DISCLOSURES

This activity is jointly provided by Northwest Portland Area Indian Health Board and Cardea Services

Cardea Services is approved as a provider of continuing nursing professional development by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the California Medical Association (CMA) through the joint providership of Cardea and Northwest Portland Area Indian Health Board. Cardea is accredited by the CMA to provide continuing medical education for physicians.

Cardea designates this live web-based training for a maximum of 1 *AMA PRA Category 1 Credit(s)*^{TM}. Physicians should claim credit commensurate with the extent of their participation in the activity.

NPAIHB
Indian Leadership for Indian Health

CARDEA
Training, Organizational Development and Research
SERVICES

DISCLOSURES

COMPLETING THIS ACTIVITY

Upon successful completion of this activity 1 contact hour will be awarded

Successful completion of this continuing education activity includes the following:

- Attending the entire CE activity;
- Completing the online evaluation;
- Submitting an online CE request.

Your certificate will be sent via email

If you have any questions about this CE activity, contact Michelle Daugherty at mdaugherty@cardeaservices.org or (206) 447-9538

CARDEA
Training, Organizational Development and Research
SERVICES

Disclosures

None of the planners or presenters of this CE activity have any relevant financial relationships with any commercial entities pertaining to this activity.

CARDEA
Training, Organizational Development and Research
SERVICES

Introduction to Gender Identity and Expression

Jessica Halem, MBA
LGBTQ Outreach and Engagement Director
Harvard Medical School

Email: jessica_halem@hms.harvard.edu

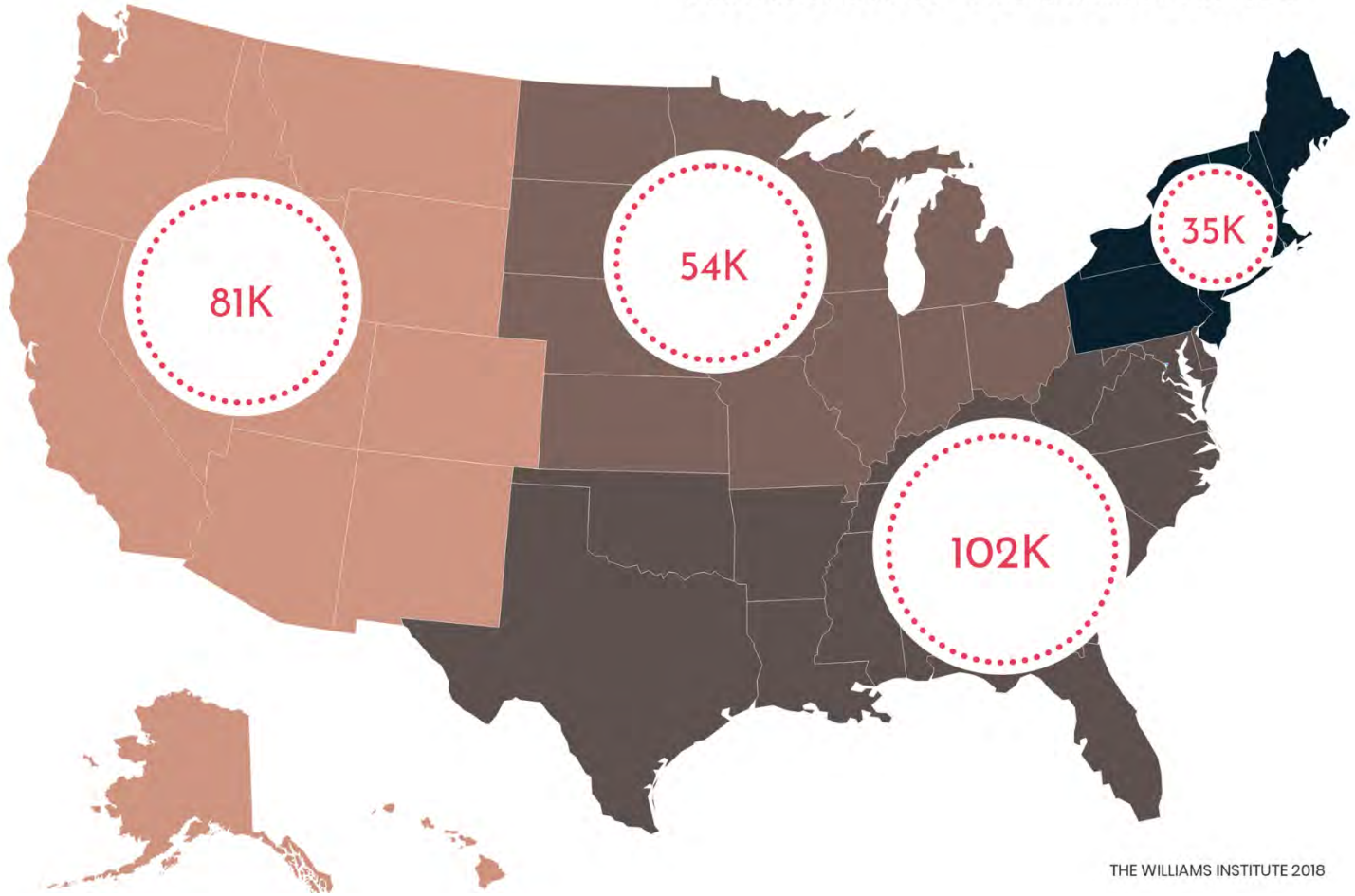
Twitter: @jessicahalem
Pronouns: She/her

Session Goals

- Groundwork of terminology
- Increase understanding of basic concepts and dimensions of gender identity
- Reflection on breaking down barriers to care

Adult LGBT American Indians and Alaskan Natives

PER REGION OF THE UNITED STATES



THE WILLIAMS INSTITUTE 2018

Language Matters

Lesbian

Gay

Bisexual

Transgender

Queer

Intersex

Asexual

Two **S**pirit

Pansexual

Demisexual

Straight

Butch

Femme

Nonbinary

Gender nonconforming

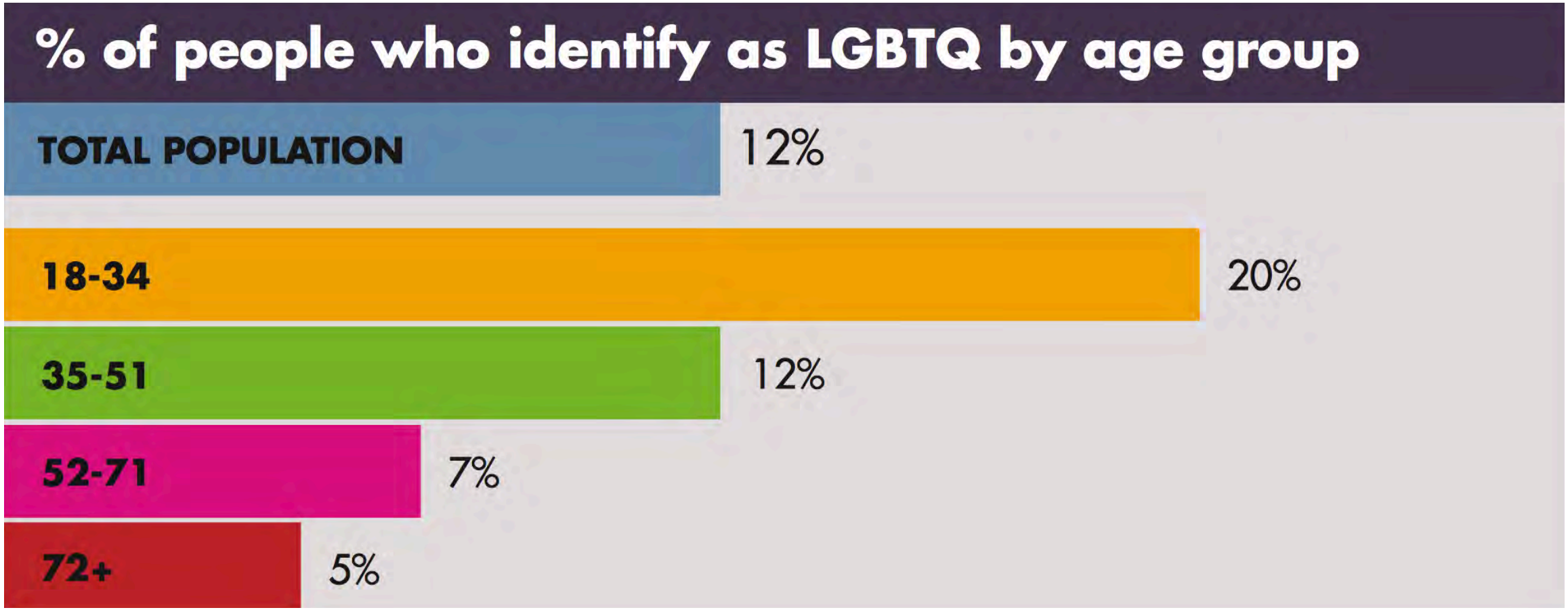
Genderqueer

Genderfluid

Agender

Bigender

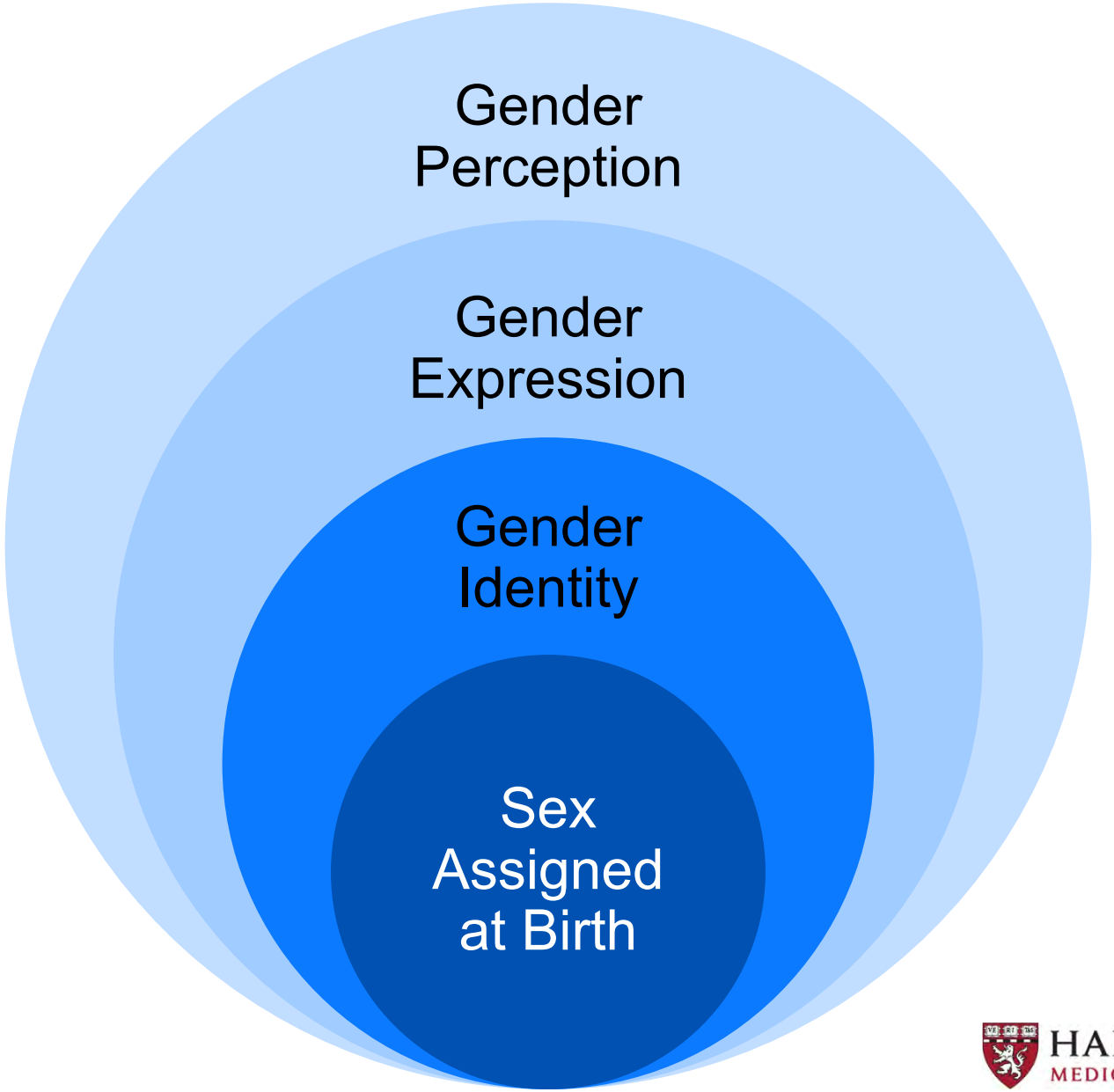
A Growing Population
GLAAD, Accelerating Acceptance 2017



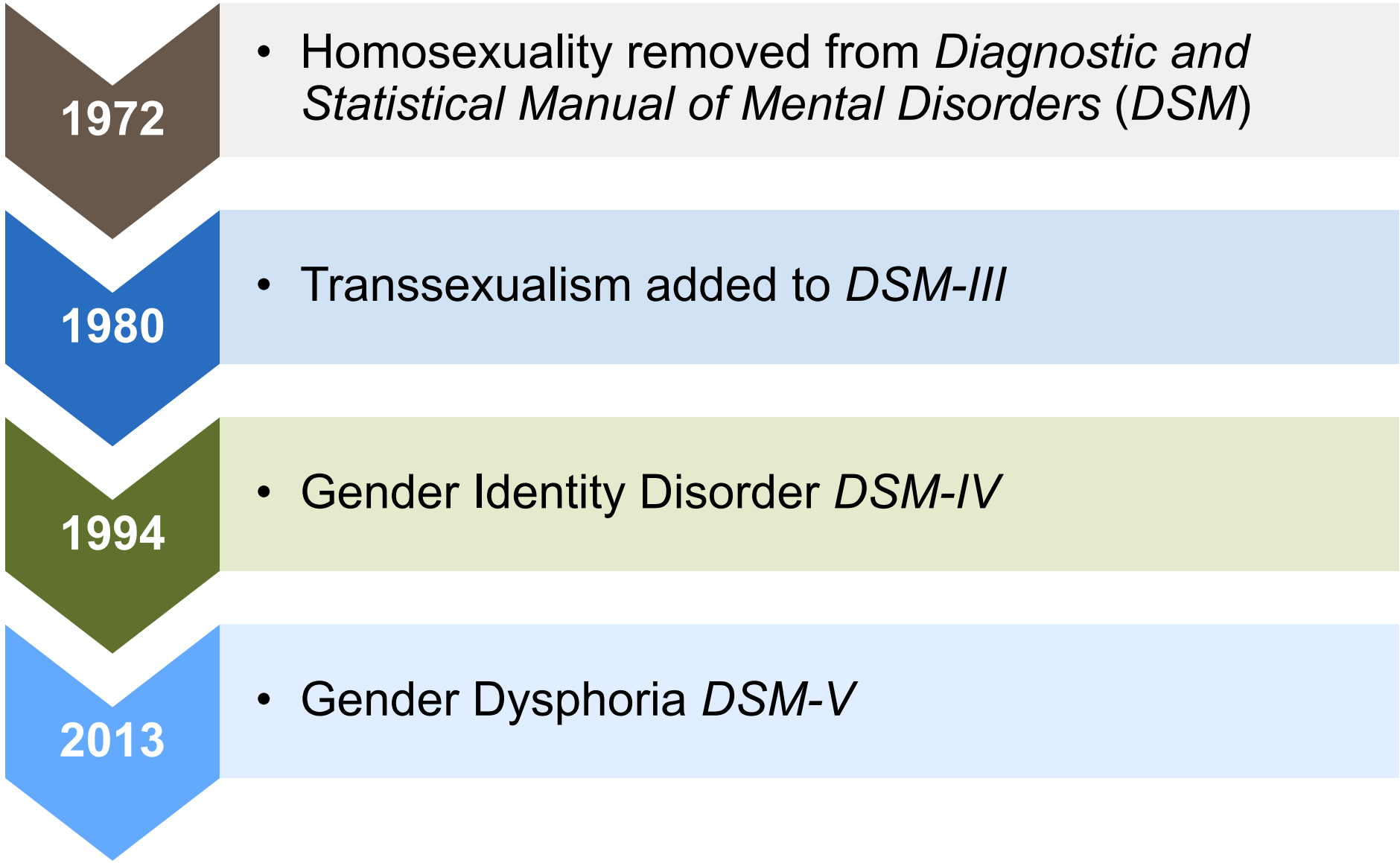
Gender Identity (GI)

- A person's inner sense of being a girl/woman, boy/man, something else, or having no gender at all.
- Gender Identity does not necessarily align in a traditional sense with the sex a person is assigned at birth (typically female, male or intersex).
- Gender Identity may also change over time for some people.

HARVARD MEDICAL SCHOOL | SEXUAL AND GENDER MINORITY HEALTH EQUITY INITIATIVE



HARVARD MEDICAL SCHOOL | SEXUAL AND GENDER MINORITY HEALTH EQUITY INITIATIVE

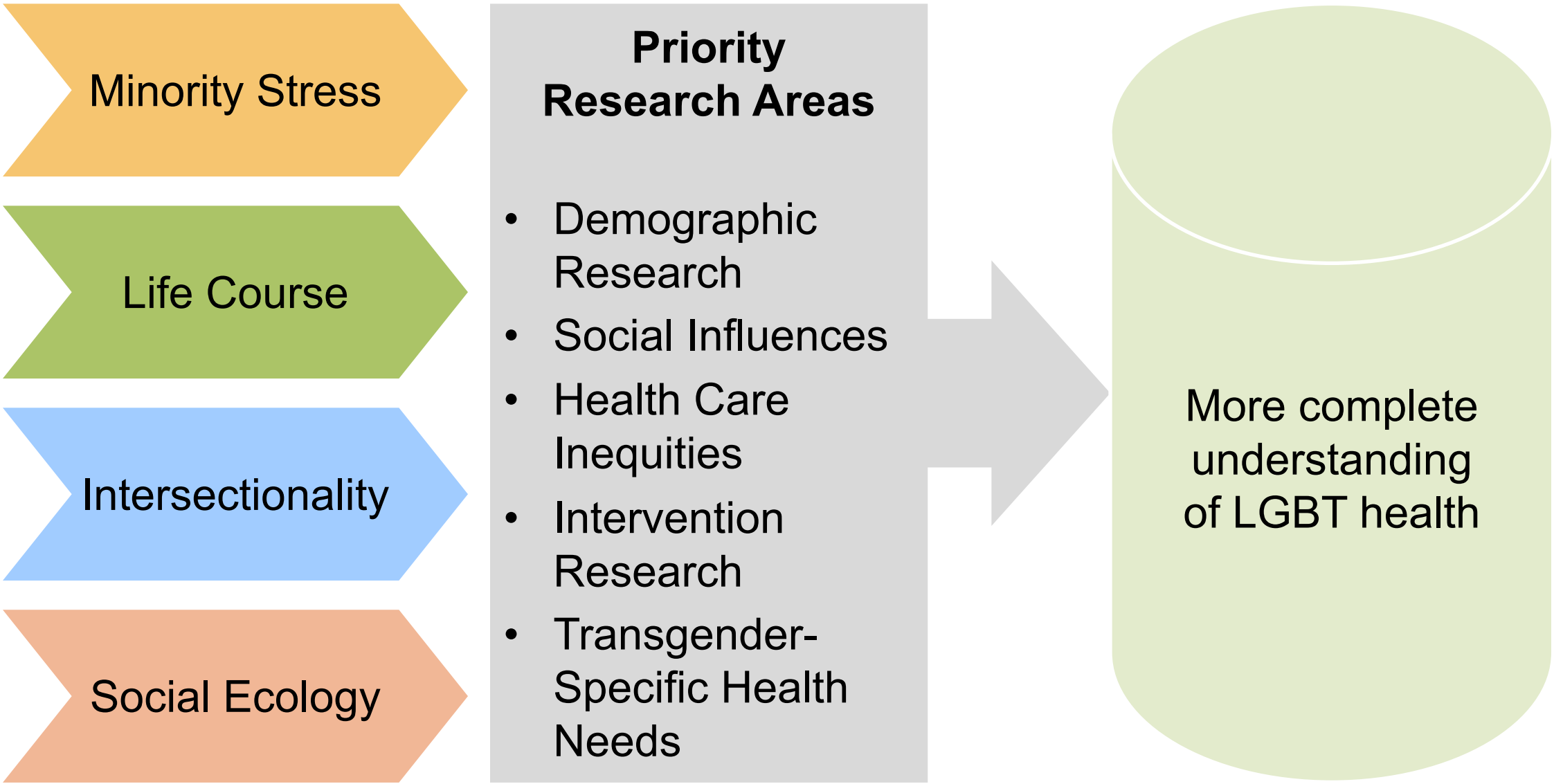

1972
• Homosexuality removed from *Diagnostic and Statistical Manual of Mental Disorders* (*DSM*)
1980
• Transsexualism added to *DSM-III*
1994
• Gender Identity Disorder *DSM-IV*
2013
• Gender Dysphoria *DSM-V*

NIH

- The National Institutes of Health commissioned the Institute of Medicine to conduct the first-ever comprehensive study on the state of the science on the health status of LGBT populations, resulting in the landmark 2011 publication:

- *The Health of Lesbian, Gay, Bisexual, and Transgender People: Building a Foundation for Better Understanding*

- Download a free PDF: https://www.nap.edu/catalog/13128/the-health-of-lesbian-gay-bisexual-and-transgender-people-building


Minority Stress
Life Course
Intersectionality
Social Ecology
Priority Research Areas
• Demographic Research
• Social Influences
• Health Care Inequities
• Intervention Research
• Transgender-Specific Health Needs
More complete understanding of LGBT health

Transgender, Nonbinary, and Two-Spirit Inclusion





Avoid:

ladies **gentlemen** **ma'am** **sir** **girls** **guys** etc.

Consider using instead:

"Thanks, **friends**. Have a great night."

"Good morning, **folks**!"

"Hi, **everyone**!"

"And for **you**?"

"Can I get you **all** something?"

Why?

Shifting to gender-inclusive language respects and acknowledges the gender identities of all people and removes assumption.

Be mindful of language



HARVARD MEDICAL SCHOOL | SEXUAL AND GENDER MINORITY HEALTH EQUITY INITIATIVE

Jessica Halem, MBA
LGBTQ Outreach and Engagement Director
Harvard Medical School

Email: jessica_halem@hms.harvard.edu

Twitter: @jessicahalem
Pronouns: She/her