

Mental Health Outcomes among LGBTQ+ Adults in New York City

New York City (NYC) is home to large and diverse communities of LGBTQ+ adults, including both sexual minorities (who have a sexual orientation other than heterosexual) and gender minorities (who do not identify their gender with the sex they were assigned at birth). NYC is recognized as the birthplace of the modern LGBTQ+ rights movement and is home to the largest Pride celebration in the United States, reflecting the strength and resiliency of the city's sexual and gender minorities.¹ Over the last decade, the national population of adults openly identifying as LGBTQ+ has grown steadily and public support for LGBTQ+ communities has increased, with a large majority of Americans supporting equal rights for sexual and gender minorities.^{2,3}

Despite growing public social acceptance, the incidence of anti-LGBTQ+ hate crimes in the U.S. has increased in recent years and several states have introduced legislation targeting LGBTQ+ rights.⁴ LGBTQ+ adults face stigma, bias-motivated violence, and discrimination in education, employment, healthcare, and housing that may put them at heightened risk of poor mental health. Compared with non-LGBTQ+ people, sexual and gender

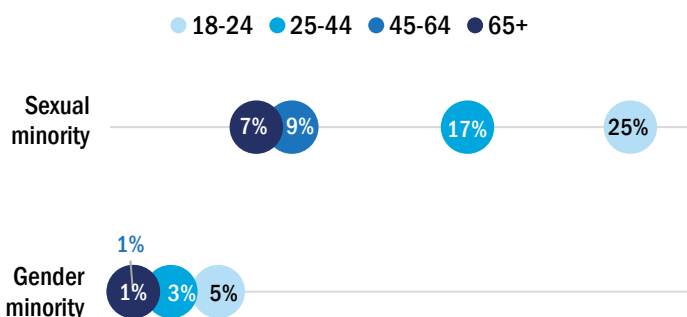
minorities are more likely to experience depression, anxiety, and suicidal ideation.⁵

Existing research on mental health inequities between LGBTQ+ and non-LGBTQ+ populations focuses primarily on adolescents and young adults. However, there is evidence that these inequities persist among older adults, who may have been exposed to higher rates of stigma due to generational differences in perceptions of sexual and gender minorities.⁶

To better understand the mental health inequities that exist between LGBTQ+ adults and heterosexual and cisgender adults, and to identify groups within the LGBTQ+ community that are more likely to experience poor mental health outcomes, this brief describes findings from the 2023 NYC Neighborhood Wellness Survey, including associations between LGBTQ+ identification and the prevalence of serious psychological distress (SPD), social isolation, and receipt of mental health treatment. Gaining a comprehensive understanding of LGBTQ+ mental health is critical to supporting sexual and gender minorities in NYC and implementing interventions responsive to their mental health needs.

Younger adults are more likely than older adults to identify as LGBTQ+

Prevalence of sexual and gender minority identification among New York City adults by age group, 2023



Source: NYC Neighborhood Wellness Survey, 2023

- In 2023, an estimated 907,000 adults (14%) identified their sexual orientation as something other than heterosexual. The prevalence of identifying with a sexual minority decreases with age, from 25% of adults ages 18 to 24 to 7% of adults ages 65 and older.
- An estimated 155,000 NYC adults (2%) do not identify their gender with their sex assigned at birth. Adults ages 18 to 24 (5%) were more likely to identify as a gender minority than those ages 25 to 44 (3%), 45 to 64, and 65 and older (both 1%). Adults ages 25 to 44 were also more likely than those in older age groups to identify as a gender minority.

Definitions: **Serious Psychological Distress (SPD)** is defined as having a score greater than or equal to 13 on the Kessler 6 (K6) scale, a six-item scale developed to identify people highly likely to have a diagnosable mental illness and associated functional limitations. Using a five-point scale ranging from “none of the time” to “all of the time,” respondents rated the frequency of six symptoms of mental illness or nonspecific psychological distress.

Prevalence of serious psychological distress and social isolation vary by sexual orientation and gender identity

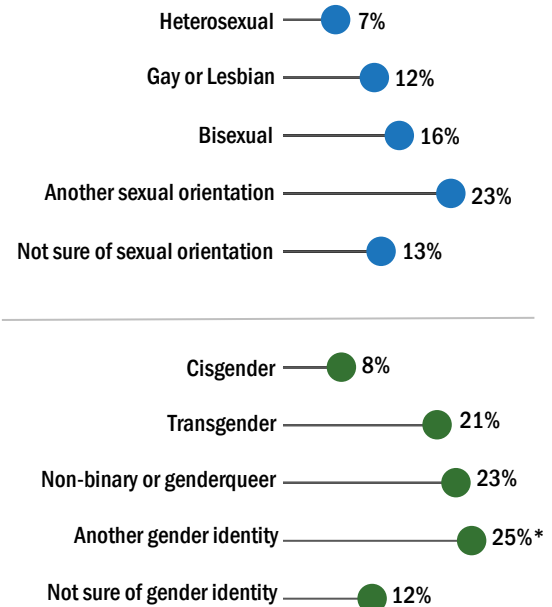
Definitions (continued, adapted from the PFLAG National Glossary):

LGBTQ+ is an acronym for lesbian, gay, bisexual, transgender, questioning or queer, and other non-heterosexual or non-cisgender individuals for whom LGBTQ does not accurately represent or fully encompass their sexual orientation or gender identity. Definitions of sexual orientations and gender identities may vary based on a person's experience and can change over time. **Sexual orientation** describes an individual's sexual, romantic, or physical attraction to others. Respondents were asked to describe their sexual orientation by selecting one of the following responses: "gay or lesbian," "straight or heterosexual," "bisexual," "sexual orientation not listed," or "not sure." **Gay or lesbian** refers to an individual who is attracted to members of the same sex or gender. **Heterosexual** refers to an individual who is attracted to people of a different sex or gender from their own. **Bisexual** refers to an individual who is attracted to both men and women, or to more than one sex or gender. **Sexual minority** refers to individuals that identify with a sexual orientation other than heterosexual.

Gender identity refers to an individual's sense of self in relation to gender. Gender identity does not always correspond to biological sex and is independent from sexual orientation. Respondents were asked to describe their gender by selecting one of the following responses: "man," "woman," "transgender man," "transgender woman," "nonbinary or genderqueer person," "a gender identity not listed," or "not sure." They were also asked what sex they were assigned at birth. **Cisgender** refers to an individual whose gender identity aligns with the sex they were assigned at birth. **Transgender** refers to an individual who does not identify with the sex assigned to them at birth. **Nonbinary** refers to an individual who does not identify exclusively as a man or woman. **Gender minority** refers to individuals that identify with a gender identity other than cisgender.

- The prevalence of serious psychological distress (SPD) was higher among adults identifying as gay or lesbian, bisexual, another sexual orientation, or unsure of their sexual orientation compared with heterosexual adults.
- Adults identifying as transgender, nonbinary, or another gender identity were two to three times more likely to experience SPD than cisgender adults.
- Adults who identified as any sexual orientation other than heterosexual had a higher prevalence of social isolation (defined as feeling cut off or distant from other people somewhat or a lot in the past 30 days), compared with heterosexual adults.
- Nearly half of transgender adults and three in four non-binary or genderqueer adults experienced social isolation, which was higher than prevalence of social isolation among cisgender adults.

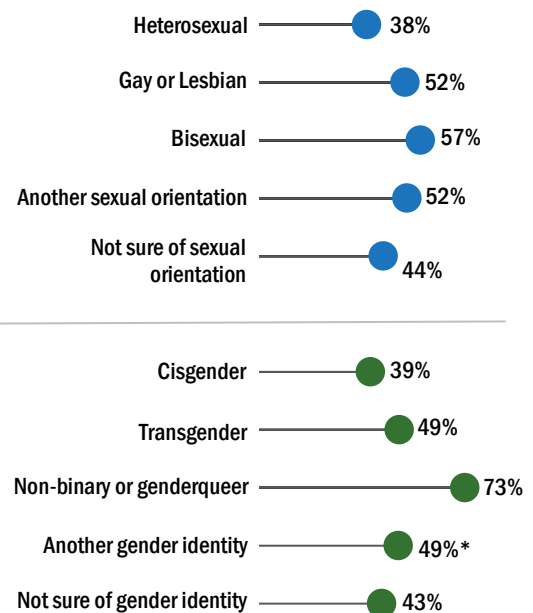
Prevalence of serious psychological distress among New York City adults by sexual orientation and gender identity, 2023



* Estimate should be interpreted with caution due to wide 95% Confidence Interval.

Source: NYC Neighborhood Wellness Survey, 2023

Prevalence of social isolation among New York City adults by sexual orientation and gender identity, 2023



* Estimate should be interpreted with caution due to wide 95% Confidence Interval.

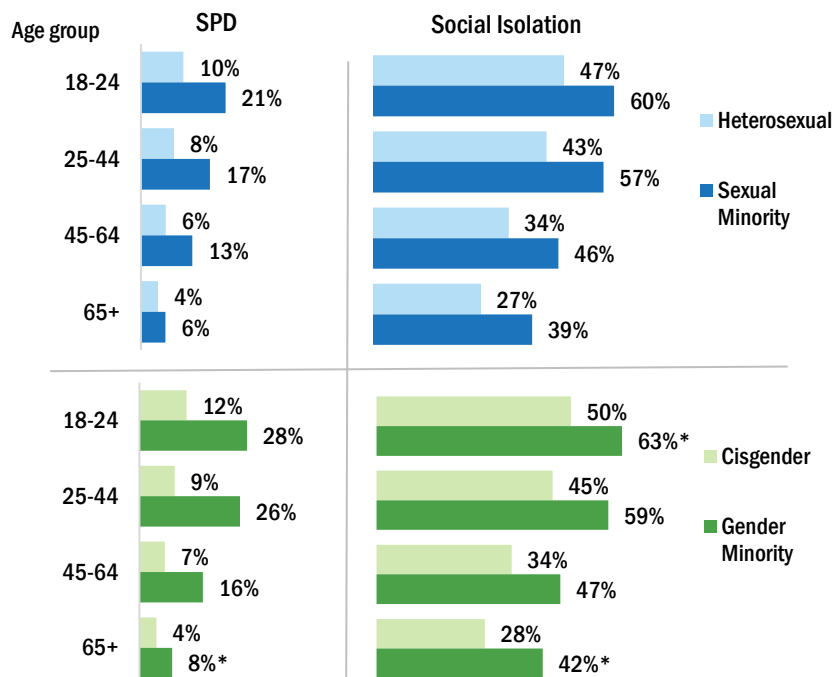
Source: NYC Neighborhood Wellness Survey, 2023

Among adults with serious psychological distress, some gender and sexual minorities are more likely to receive mental health treatment than heterosexual and cisgender adults

- Among adults with SPD, the prevalence of receiving mental health treatment (defined as receiving either counseling or medication in the past 12 months) was higher among adults that identified as gay or lesbian (65%) or bisexual (69%) compared with heterosexual adults (48%).
- Among adults with SPD, the prevalence of mental health treatment was higher among transgender adults (73%*) and adults that identified as nonbinary (75%*) or another gender identity (87%*) than among cisgender adults (50%).
- Among adults with SPD, perceived unmet need for mental health treatment (defined as having needed treatment for emotions, nerves, or mental health in the last 12 months but not getting it) did not differ by sexual orientation or gender identity.

Mental health inequities between LGBTQ+ and non-LGBTQ+ adults persist across age groups

Prevalence of serious psychological distress (SPD) and social isolation among New York City adults by age group, sexual orientation, and gender identity, 2023



*Estimate should be interpreted with caution due to large Relative Standard Error or wide 95% Confidence Interval.

Source: NYC Neighborhood Wellness Survey, 2023

- Among adults ages 18 to 24, 25 to 44, and 45 to 64, sexual minorities had a higher prevalence of SPD than their heterosexual peers. Similarly, gender minorities in the same age groups had a higher prevalence of SPD than their cisgender peers.
- Among all age groups, sexual and gender minorities reported a higher prevalence of social isolation than heterosexual and cisgender adults, respectively.
- Among sexual minorities, adults ages 18 to 24 reported a higher prevalence of SPD than those 45 to 64 and 65 and older. Among gender minorities, adults ages 18 to 24 reported a higher prevalence of SPD than those 65 and older.
- Among sexual minorities, adults ages 18 to 24 reported a higher prevalence of social isolation than adults ages 45 to 64 and 65 and older.

Among sexual minorities, prevalence of serious psychological distress and social isolation varies by race and ethnicity

- Among adults who identified as a sexual orientation other than heterosexual, there was a higher prevalence of SPD among Latino adults (19%) compared with white (12%), Black (13%), Asian or Pacific Islander adults (14%), and adults of other races (13%). Similarly, there was a higher prevalence of social isolation among Latino adults (56%) compared with white (49%) and Asian or Pacific Islander adults (44%).

Definitions (continued) Race and ethnicity: for the purpose of this publication, Latino includes people of Hispanic or Latino origin, as identified by the survey question “Are you of Hispanic or Latino origin?”, regardless of reported race. Black, white, Asian/Pacific Islander, and adults of other races exclude those who identified as Latino.

*Estimate should be interpreted with caution due to large relative standard error, wide 95% confidence interval, or small sample size.

Implications

Sexual and gender minorities in NYC experience SPD and social isolation at greater rates than their heterosexual and cisgender peers. These findings highlight the need for more targeted interventions designed to provide culturally responsive care to address the mental health needs of the adult LGBTQ+ communities, particularly among those most likely to experience poor mental health outcomes, such as Latino adults and adults under 25 years. Although younger LGBTQ+ adults appear to be at heightened risk of SPD and social isolation, mental health inequities affect LGBTQ+ adults of all ages. The proportion of LGBTQ+ individuals in older age groups is likely to continue to grow as younger generations age, and it is therefore critical to develop interventions designed to promote mental health in all stages of life. Inequities in mental health outcomes persist even as LGBTQ+ adults receive mental health treatment at rates equal to or higher than those of non-LGBTQ+ adults. The tendency of LGBTQ+ adults to seek mental health care provides an opportunity to expand the availability of tailored and affirming mental health

counseling. It is also critical to address upstream factors that may drive mental health inequities, such as stigma, discrimination in education, employment, healthcare, and housing, and anti-LGBTQ+ policies. NYC is working to promote positive mental health outcomes for LGBTQ+ adults. The NYC Health Department maintains the [NYC Health Map](#), which includes an online directory of LGBTQ+ - knowledgeable mental health providers, and [LGBTQ+ Health](#) and [Transgender Health](#) resources. The Office for the Prevention of Hate Crimes in the Mayor's Office implements community-driven strategies to address biases fueling hate crimes and foster healing for victims and communities. New Yorkers who have experienced discrimination based on sexual orientation or gender identity can file a complaint with the [NYC Commission on Human Rights](#). For free, confidential mental health and substance use support for you and your loved ones, call or text 988 or chat online at nyc.gov/988, anytime. Trained counselors are available 24/7 by phone in over 200 languages and by text and chat services in English and Spanish.

Health equity is attainment of the highest level of health and well-being for all people. Not all New Yorkers have the same opportunities to live a healthy life. Achieving health equity requires focused and ongoing efforts to address historical and contemporary injustices such as discrimination based on social position (e.g., class, immigration status) or social identities (e.g., race, gender, sexual orientation). For more information, visit the Centers for Disease Control and Prevention's [Health Equity](#) page.

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Data Source: [The NYC Neighborhood Wellness Survey \(NWS\), 2023](#), conducted May to August 2023, was a collaboration between the Health Department and the City University of New York (CUNY) Graduate School of Policy and Public Health. The NWS used a probability-based approach using address-based sampling methods to randomly sample among non-institutionalized adults ages 18 and older. Most surveys were completed by mail with some online completion. Estimates are age-adjusted to the U.S. 2000 standard population and weighted to the adult residential population per the American Community Survey, 2021.

References: 1. About Heritage of Pride: Our Mission. Heritage of Pride. Date unknown. Accessed December 9, 2024. nycpride.org/about-pride/our-mission 2. Jones, J. LGBTQ+ Identification in U.S. Now at 7.6%. Gallup. Published March 13, 2024. Accessed December 3, 2024. news.gallup.com/poll/611864/lgbtq-identification.aspx 3. GLAAD. Accelerating Acceptance 2023. Published June 1, 2023. Accessed December 3, 2024. glaad.org/publications/accelerating-acceptance-2023/ 4. Luneau, D. FBI's Annual Crime Report – Amid State of Emergency, Anti-LGBTQ+ Hate Crimes Hit Staggering Record Highs. hrc.org/press-releases/fbis-annual-crime-report-amid-state-of-emergency-anti-lgbtq-hate-crimes-hit-staggering-record-highs. Published October 16, 2023. Accessed September 16, 2024. 5. National Academies of Sciences, Engineering, and Medicine. *Understanding the Well-Being of LGBTQI+ Populations*. Washington, DC: The National Academies Press; 2020. 6. Lampe, N., Barbee, H., Tran, N. et al. Health Disparities Among Lesbian, Gay, Bisexual, Transgender, and Queer Older Adults: A Structural Competency Approach. *Int J Aging Human Dev*. 2024;98(1):39-55.

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Epi Data Tables

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Data Tables

- Table 1.** Prevalence of sexual orientations by age group among New York City adults
- Table 2.** Prevalence of gender identities identification by age group among New York City adults
- Table 3.** Prevalence of serious psychological distress among New York City adults by sexual orientation, gender identity, and age group
- Table 4.** Prevalence of serious psychological distress among New York City adults that identify as a sexual or gender minority, by age group and race
- Table 5.** Prevalence of social isolation among New York City adults by sexual orientation, gender identity, and age group
- Table 6.** Prevalence of social isolation among New York City adults that identify as a sexual or gender minority, by age group and race
- Table 7.** Prevalence of mental health treatment among New York City adults with serious psychological distress by sexual orientation and gender identity
- Table 8.** Prevalence of perceived unmet mental health treatment need among New York City adults with serious psychological distress by sexual orientation and gender identity

Data Sources

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Table 1. Prevalence of sexual orientations by age group among New York City adults

Source: The NYC Neighborhood Wellness Survey, 2023

Data are weighted to the adult residential population per the American Community Survey, 2021

	Heterosexual						Sexual minority						Gay or lesbian					
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value
Overall	86.3	85.9	86.8				13.7	13.2	14.1				5.2	5.0	5.5			
Age group (years)																		
18-24	75.1	72.8	77.2	REF			24.9	22.8	27.2	REF			5.6	4.5	6.8	REF		
25-44	82.9	82.1	83.6	<.001	REF		17.1	16.4	17.9	<.001	REF		7.1	6.6	7.6	0.022	REF	
45-64	91.3	90.7	91.8	<.001	<.001	REF	8.7	8.2	9.3	<.001	<.001	REF	4.1	3.8	4.5	0.02	<.001	REF
65+	92.5 U	91.9	93.2	<.001	<.001	0.003	7.5 D	6.8	8.1	<.001	<.001	0.003	2.8	2.4	3.3	<.001	<.001	<.001
	Bisexual						Another sexual orientation						Not sure of sexual orientation					
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value
Overall	4.0	3.7	4.3				0.9	0.8	1.1				3.5 U	3.3	3.8			
Age group (years)																		
18-24	9.0	7.7	10.5	REF			1.9	1.3	2.8	REF			8.5 D	7.1	10.0	REF		
25-44	5.7	5.3	6.2	<.001	REF		1.0	0.8	1.3	0.023	REF		3.3	3.0	3.8	<.001	REF	
45-64	1.7	1.4	2.0	<.001	<.001	REF	0.5 U	0.4	0.7	<.001	<.001	REF	2.4	2.1	2.8	<.001	0.001	REF
65+	1.0	0.8	1.2	<.001	<.001	<.001	0.9	0.7	1.2	0.01	0.424	0.01	2.7	2.4	3.1	<.001	0.03	0.209

Sexual minority includes gay or lesbian, bisexual, another sexual orientation, and not sure of sexual orientation

95% confidence intervals are a measure of estimate imprecision: the wider the CI, the more imprecise the estimate.

Bold p-values indicate statistically significant difference from the reference group.

Table 2. Prevalence of gender identities by age group among New York City adults

Source: The NYC Neighborhood Wellness Survey, 2023

Data are weighted to the adult residential population per the American Community Survey, 2021

Cisgender							Gender minority						Transgender					
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value
Overall	97.7	97.5	97.9				2.3	2.1	2.5				0.6	0.5	0.7			
Age group (years)																		
18-24	94.8	93.6	95.8	REF			5.2	4.2	6.4	REF			0.9	0.5	1.7	REF		
25-44	97.1	96.7	97.4	<.001	REF		2.9	2.6	3.3	<.001	REF		0.6	0.4	0.8	0.215	REF	
45-64	98.9	98.7	99.1	<.001	<.001	REF	1.1	0.9	1.3	<.001	<.001	REF	0.5 D	0.4	0.7	0.114	0.425	REF
65+	98.9	98.6	99.1	<.001	<.001	0.903	1.1	0.9	1.4	<.001	<.001	0.903	0.5 U	0.4	0.7	0.132	0.536	0.863
Nonbinary or genderqueer							Another gender identity						Not sure of gender identity					
	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value	p-value	p-value
Overall	0.9	0.8	1.0				0.2	0.1	0.2				0.6	0.5	0.7			
Age group (years)																		
18-24	2.9	2.2	3.9	REF			0.3 *	0.1	0.9	REF			1.0	0.6	1.5	REF		
25-44	1.3	1.1	1.5	<.001	REF		0.2	0.1	0.3	0.423	REF		0.9	0.7	1.1	0.653	REF	
45-64	0.2	0.1	0.3	<.001	<.001	REF	0.1	0.1	0.2	0.159	0.060	REF	0.4	0.3	0.5	0.007	<.001	REF
65+	0.1 *	0.0	0.2	<.001	<.001	0.092	0.2	0.1	0.4	0.557	0.671	0.055	0.3	0.2	0.5	0.004	<.001	0.667

Gender minority includes transgender, nonbinary or genderqueer, another gender identity, and not sure of gender identity

* Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate imprecision: the wider the CI, the more imprecise the estimate.

Bold p-values indicate statistically significant difference from the reference group.

Table 3. Prevalence of serious psychological distress among New York City adults by sexual orientation, gender identity, and age group

Source: The NYC Neighborhood Wellness Survey, 2023

Data are weighted to the adult residential population per the American Community Survey, 2021

Data are age-adjusted to the US 2000 Standard Population except those stratified by age group

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Overall	8.2	7.9	8.6	
Sexual orientation				
Heterosexual	7.1	6.7	7.5	REF
Gay or lesbian	12.3	10.5	14.3	<.001
Bisexual	15.7	13.4	18.2	<.001
Another sexual orientation	22.6	16.6	30.0	<.001
Not sure of sexual orientation	13.2	10.9	16.0	<.001
Gender identity				
Cisgender	7.9	7.5	8.3	REF
Transgender	20.7	14.3	29.2	0.001
Non-binary or genderqueer	23.3	17.2	30.8	<.001
Another gender identity	25.4 *	15.5	38.8	0.004
Not sure of gender identity	12.0	8.2	17.2	0.071
Among adults aged 18-24				
Overall	13.0	11.4	14.9	
Sexual Orientation				
Heterosexual	10.4	8.6	12.4	REF
Sexual Minority	20.7	16.8	25.2	<.001
Gender Identity				
Cisgender	12.1	10.4	13.9	REF
Gender Minority	27.7	19.0	38.6	0.002
Among adults aged 25-44				
Overall	9.5 U	8.9	10.2	
Sexual Orientation				
Heterosexual	8.1	7.4	8.8	REF
Sexual Minority	16.9	15.0	18.9	<.001
Gender Identity				
Cisgender	9.1	8.4	9.7	REF
Gender Minority	25.9	20.7	31.9	<.001
Among adults aged 45-64				
Overall	6.6	6.1	7.1	
Sexual Orientation				
Heterosexual	6.1	5.6	6.6	REF
Sexual Minority	12.6	10.4	15.2	<.001
Gender Identity				
Cisgender	6.5 U	6.0	7.0	REF
Gender Minority	16.3	10.9	23.6	0.003
Among adults aged 65+				
Overall	4.5 D	4.0	4.9	
Sexual Orientation				
Heterosexual	4.2	3.7	4.7	REF
Sexual Minority	6.0	4.1	8.5	0.114
Gender Identity				
Cisgender	4.4	3.9	4.9	REF
Gender Minority	8.4 *	3.5	18.9	0.273

* Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate imprecision: the wider the CI, the more imprecise the estimate.

Bold p-values indicate statistically significant difference from the reference group.

U When reporting to the nearest percent, round up

D When reporting to the nearest percent, round down

Table 4. Prevalence of serious psychological distress among New York City adults that identify as a sexual or gender minority, by age group and race

Source: The NYC Neighborhood Wellness Survey, 2023

Data are weighted to the adult residential population per the American Community Survey, 2021

Data are age-adjusted to the US 2000 Standard Population except those stratified by age group

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Among sexual minorities				
Overall	14.2	13.0	15.5	
Age Group				
18-24	20.7	16.8	25.2	REF
25-44	16.9	15.0	18.9	0.111
45-64	12.6	10.4	15.2	0.001
65+	6.0	4.1	8.5	<.001
Race				
White	11.5 U	9.9	13.4	<.001
Black	13.1	10.2	16.6	0.004
Latino	19.4	16.6	22.5	REF
Asian/Pacific Islander	13.7	11.0	17.0	0.007
Another race	12.6	8.9	17.4	0.009
Among gender minorities				
Overall	20.3	17.1	23.9	
Age Group				
18-24	27.7	19.0	38.6	REF
25-44	25.9	20.7	31.9	0.755
45-64	16.3	10.9	23.6	0.055
65+	8.4 *	3.5	18.9	0.002
Race				
White	19.3	14.1	25.7	0.812
Black	25.3 *	16.5	36.6	0.412
Latino	20.3	14.7	27.4	REF
Asian/Pacific Islander	18.2	11.7	27.3	0.686
Another race	15.6	9.1	25.4	0.366

* Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate imprecision: the wider the CI, the more imprecise the estimate.

Bold p-values indicate statistically significant difference from the reference group.

U When reporting to the nearest percent, round up

D When reporting to the nearest percent, round down

Table 5. Prevalence of social isolation among New York City adults by sexual orientation, gender identity, and age group

Source: The NYC Neighborhood Wellness Survey, 2023

Data are weighted to the adult residential population per the American Community Survey, 2021

Data are age-adjusted to the US 2000 Standard Population except those stratified by age group

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Overall	39.6	39.0	40.3	
Sexual orientation				
Heterosexual	38.0	37.3	38.7	REF
Gay or lesbian	51.5 U	48.7	54.3	<.001
Bisexual	56.9	53.5	60.3	<.001
Another sexual orientation	52.2	45.4	58.9	<.001
Not sure of sexual orientation	43.9	40.3	47.5	0.002
Gender identity				
Cisgender	39.3	38.7	40.0	REF
Transgender	49.4	40.7	58.2	0.026
Non-binary or genderqueer	72.7	63.5	80.2	<.001
Another gender identity	49.2 *	35.2	63.3	0.182
Not sure of gender identity	43.3	35.3	51.7	0.35
Among adults aged 18-24				
Overall	50.1	47.5	52.7	
Sexual Orientation				
Heterosexual	47.3	44.3	50.3	REF
Sexual Minority	59.7	54.6	64.5	<.001
Gender Identity				
Cisgender	49.5 U	46.9	52.2	REF
Gender Minority	62.5 *U	51.3	72.5	0.022
Among adults aged 25-44				
Overall	45.1	44.0	46.1	
Sexual Orientation				
Heterosexual	43.0	41.8	44.2	REF
Sexual Minority	57.1	54.6	59.6	<.001
Gender Identity				
Cisgender	44.8	43.7	45.8	REF
Gender Minority	59.5 D	53.0	65.6	<.001
Among adults aged 45-64				
Overall	34.6	33.6	35.6	
Sexual Orientation				
Heterosexual	33.6	32.6	34.7	REF
Sexual Minority	45.9	42.5	49.3	<.001
Gender Identity				
Cisgender	34.4	33.4	35.4	REF
Gender Minority	46.8	37.2	56.6	0.014
Among adults aged 65+				
Overall	27.8	26.8	28.7	
Sexual Orientation				
Heterosexual	26.7	25.7	27.7	REF
Sexual Minority	39.4	35.2	43.7	<.001
Gender Identity				
Cisgender	27.6	26.6	28.6	REF
Gender Minority	42.3 *	31.8	53.6	0.009

* Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate imprecision: the wider the CI, the more imprecise the estimate.

Bold p-values indicate statistically significant difference from the reference group.

U When reporting to the nearest percent, round up

D When reporting to the nearest percent, round down

Table 6. Prevalence of social isolation among New York City adults that identify as a sexual or gender minority, by age group and race

Source: The NYC Neighborhood Wellness Survey, 2023

Data are weighted to the adult residential population per the American Community Survey, 2021

Data are age-adjusted to the US 2000 Standard Population except those stratified by age group

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Among sexual minorities				
Overall	51.1	49.3	52.8	
Age Group				
18-24	59.7	54.6	64.5	REF
25-44	57.1	54.6	59.6	0.373
45-64	45.9	42.5	49.3	<.001
65+	39.4	35.2	43.7	<.001
Race				
White	48.8	46.0	51.5	0.001
Black	53.5 D	48.8	58.1	0.362
Hispanic	56.2	52.8	59.6	REF
Asian/Pacific Islander	44.1	39.8	48.5	<.001
Another race	54.7	47.2	62.1	0.731
Among gender minorities				
Overall	53.2	48.6	57.7	
Age Group				
18-24	62.5 *U	51.3	72.5	ref
25-44	59.5 D	53.0	65.6	0.636
45-64	46.8	37.2	56.6	0.035
65+	42.3 *	31.8	53.6	0.010
Race				
White	57.9	49.2	66.1	0.416
Black	60.6 *	48.9	71.2	0.286
Hispanic	52.8	44.2	61.3	ref
Asian/Pacific Islander	41.7	32.5	51.5	0.092
Another race	46.9 *	34.9	59.3	0.442

* Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate imprecision: the wider the CI, the more imprecise the estimate.

Bold p-values indicate statistically significant difference from the reference group.

U When reporting to the nearest percent, round up

D When reporting to the nearest percent, round down

Table 7. Prevalence of mental health treatment among New York City adults with serious psychological distress by sexual orientation and gender identity

Source: The NYC Neighborhood Wellness Survey, 2023

Data are weighted to the adult residential population per the American Community Survey, 2021

Data are age-adjusted to the US 2000 Standard Population except those stratified by age group

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Overall	51.6	49.3	53.9	
Sexual orientation				
Heterosexual	48.0	45.4	50.7	REF
Gay or lesbian	65.4	56.9	73.1	<.001
Bisexual	69.5 D	59.9	77.7	<.001
Another sexual orientation	58.8 *	39.9	75.4	0.258
Not sure of sexual orientation	46.6 *	36.6	56.9	0.796
Gender identity				
Cisgender	50.3	48.0	52.7	ref
Transgender	72.8 *	52.5	86.6	0.013
Non-binary or genderqueer	75.4 *	51.8	89.7	0.012
Another gender identity	86.7 *	59.0	96.7	<.001
Not sure of gender identity	47.4 *	34.3	60.8	0.676

* Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate imprecision: the wider the CI, the more imprecise the estimate.

Bold p-values indicate statistically significant difference from the reference group.

U When reporting to the nearest percent, round up

D When reporting to the nearest percent, round down

Table 8. Prevalence of perceived unmet mental health treatment need among New York City adults with serious psychological distress by sexual orientation and gender identity

Source: The NYC Neighborhood Wellness Survey, 2023

Data are weighted to the adult residential population per the American Community Survey, 2021

Data are age-adjusted to the US 2000 Standard Population except those stratified by age group

	Prevalence	Lower 95% Confidence Interval	Upper 95% Confidence Interval	p-value
Overall	46.4	44.1	48.7	
Sexual orientation				
Heterosexual	44.9	42.2	47.6	REF
Gay or lesbian	46.8	38.5	55.2	0.673
Bisexual	53.5 U	44.2	62.6	0.079
Another sexual orientation	54.1 *	35.6	71.6	0.339
Not sure of sexual orientation	41.4 *	31.5	51.9	0.52
Gender identity				
Cisgender	45.8	43.4	48.2	REF
Transgender	44.7 *	30.4	59.8	0.885
Non-binary or genderqueer	59.5 D*	41.6	75.1	0.127
Another gender identity	62.8 *	40.4	80.8	0.12
Not sure of gender identity	36.1 *	22.6	52.2	0.214

* Estimate should be interpreted with caution. Estimate's Relative Standard Error (a measure of estimate precision) is greater than 30%, the 95% Confidence Interval half-width is greater than 10, or the sample size is less than 50, making the estimate potentially unreliable.

95% confidence intervals are a measure of estimate imprecision: the wider the CI, the more imprecise the estimate.

Bold p-values indicate statistically significant difference from the reference group.

U When reporting to the nearest percent, round up

D When reporting to the nearest percent, round down