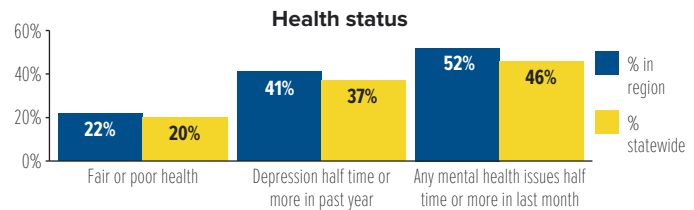


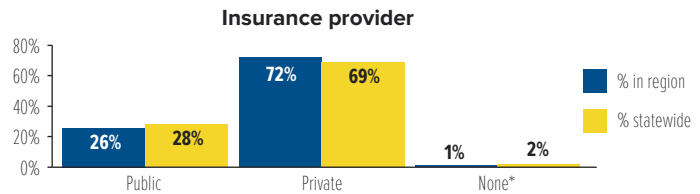
## REGIONAL SNAPSHOT: Capital District, Mohawk Valley, and North Country

### Health status, health access, barriers to care

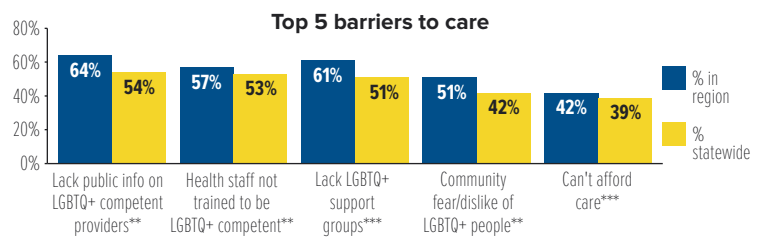
Respondents in the Capital District, Mohawk Valley, and North Country regions reported higher levels of “fair” or “poor” health — at 22% compared to 20% across all respondents. 41% reported “very good” or “excellent” health, compared to 49% statewide. Overall, self-reported health among LGBTQ+ respondents in the survey is lower than the population average in New York State, which is 12% “fair” or “poor” health and 57% “very good” or “excellent” health. 52% of LGBTQ respondents in these regions reported mental health concerns half the time or more in the past month, which is higher than the average of 46% of respondents statewide. 1% of respondents lacked health insurance and 11% said that they don’t have a primary care provider. Respondents most frequently selected the following five barriers as “somewhat” or “major” problems in accessing health care services: lack of public information about LGBTQ+ competent medical or service providers (64%), not enough support groups for LGBTQ+ people (61%), not enough health professionals who are trained and competent with the LGBTQ+ community (57%), community fear or dislike of LGBTQ+ people (51%), and cannot afford care (42%). Respondents in the Capital District, Mohawk Valley, and North Country regions were significantly more likely to select all of these problems as significant barriers to care compared to respondents statewide. For more details, see Community Survey Report Section 3 (Service areas and access to care) and Section 4 (Overall health and quality of life).



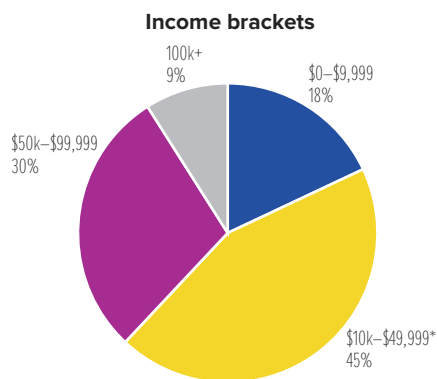
Note: ‘Mental health issues’ include depression, anxiety, little interest in doing things, and fear for own life.



Note: Public insurance includes medicare, medicaid, and military; private insurance includes private employer, private exchange, and private other.

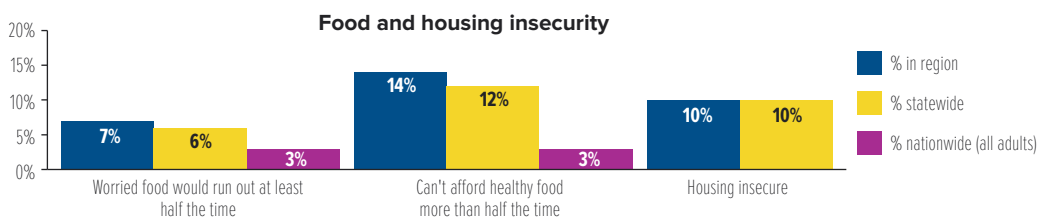


Note: % Respondents denotes percent of respondents in region who selected selected barrier as ‘somewhat’ or ‘major’ problem.



### Economic status and vulnerability

63% of survey respondents in the Capital District, Mohawk Valley, and North Country regions reported incomes of less than \$50,000 per year, which is significantly higher than the average of 55% of respondents statewide. 7% in the Capital District, Mohawk Valley, and North Country regions were worried that they would run out of food at least half the time, 14% said that they usually couldn’t afford healthy meals, and 10% were housing insecure. 27% had accessed public benefits in the last year. Most respondents (83%) were working part- or full-time, while 9% were neither employed nor in school (and not retired). For more details, see Community Survey Report Section 2 (Community profile) and Section 3 (Service areas and access to care).



Note: Respondent classified as “housing insecure” if answered “more than half the time” or more to “I did not have enough money for adequate housing” or “I did not have enough money to pay utility bills such as gas, electric or phone bills.” Nationwide food insecurity percentages are from 2020 USDA survey (percent of respondents answering “often” between never/sometimes/often).

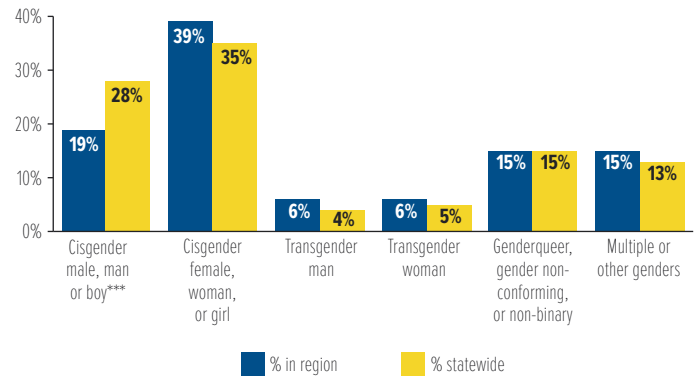
Note: Asterisks denote statistically significant difference from statewide percent, per t-test. \* =  $p < .05$ ; \*\* =  $p < .01$ ; \*\*\* =  $p < .001$

Note: Due to rounding of percentages, pie chart totals may add to 100%, +/- 1%.

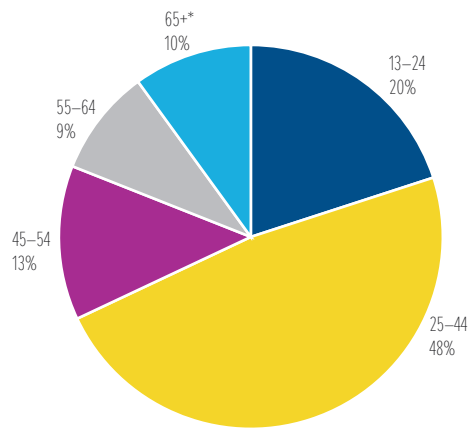
## Demographics

Survey respondents represented a diverse range of gender identities and sexual orientations. 42% identified as transgender, genderqueer, non-binary, or multiple genders. 15% identified as gay, 22% as queer or pansexual, and 12% as lesbian. In terms of race and ethnicity, 1% of respondents were Asian, Asian American or Pacific Islander, 2% were Black, 2% were Latino/ Latinx or Hispanic, 90% were white, and 3% identified as multiracial. Finally, 58% of respondents had a college degree. For more details, see Community Survey report Section 2 (Community profile).

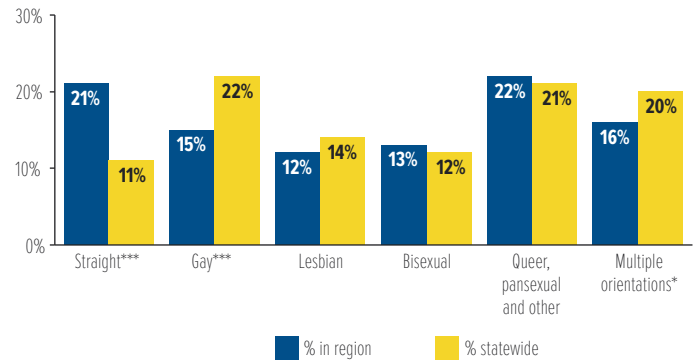
### Gender identity



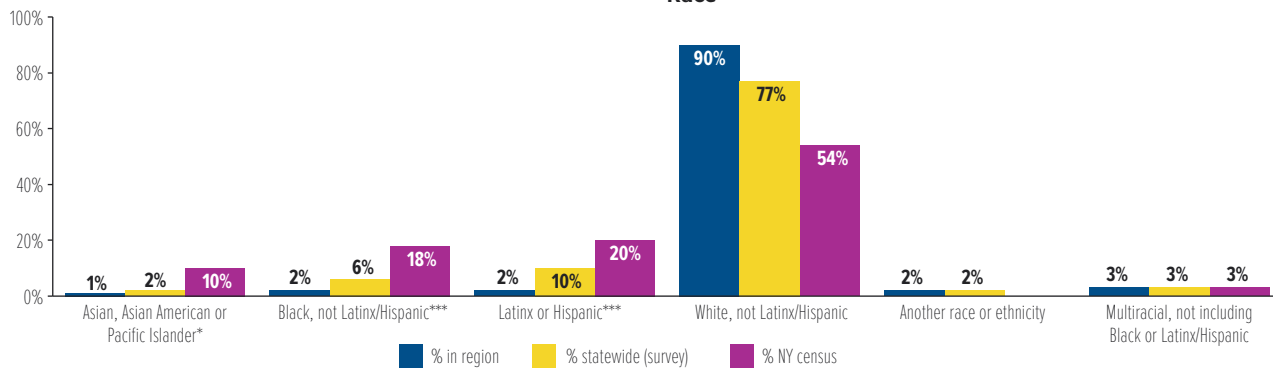
### Age brackets



### Orientation



### Race



Note: Overall New York State percentages come from 2022 estimates by US Census Bureau. U.S. Census does not include "Another race or ethnicity" as a category. Survey respondents represent convenience sample and are not representative of state racial demographics. For more details on survey design and implementation, see Introduction to Community Survey report (pg 6).

Note: Asterisks denote statistically significant difference from statewide percent, per t-test. \* =  $p < .05$ ; \*\* =  $p < .01$ ; \*\*\* =  $p < .001$

Note: Due to rounding of percentages, pie chart totals may add to 100%, +/- 1%.