

# Substance Use in the Transgender Population

## Understanding the Community

Gender refers to a person's social identity while sex refers to biological characteristics. Transgender describes people whose biology at birth does not match their gender identity.

### TRANSGENDER MAN

A person who was assigned female sex at birth, but identifies and lives as a man.

### TRANSGENDER WOMAN

A person who was assigned male sex at birth, but identifies and lives as a woman.



27

Percent who report current binge drinking. The overall rate for U.S. adults is 25%.



25

Percent who report current marijuana use. The overall rate for the U.S. general population is 8%.



7

Percent who report current nonmedical prescription drug use. The overall rate for the U.S. general population is 2%.



22

Percent who report current tobacco use. The overall rate for the U.S. general population is 21%.

SOURCE: 2015 U.S. Transgender Survey, National Center for Transgender Equality

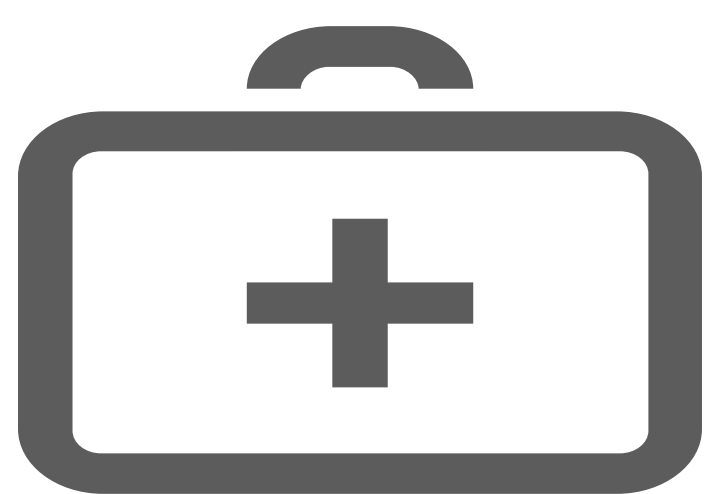
## High Rates of Substance Use



There is a lack of data regarding substance use in the transgender population. Existing research suggests individuals in this population use addictive substances at higher rates than the general U.S. population. Alcohol and other drug use among individuals in the transgender population may be a reaction to discrimination, stigma, and violence. Visit [www.dhs.wisconsin.gov/lgbthealth](http://www.dhs.wisconsin.gov/lgbthealth) for healthy living resources.

## Living Well

### HEALTH



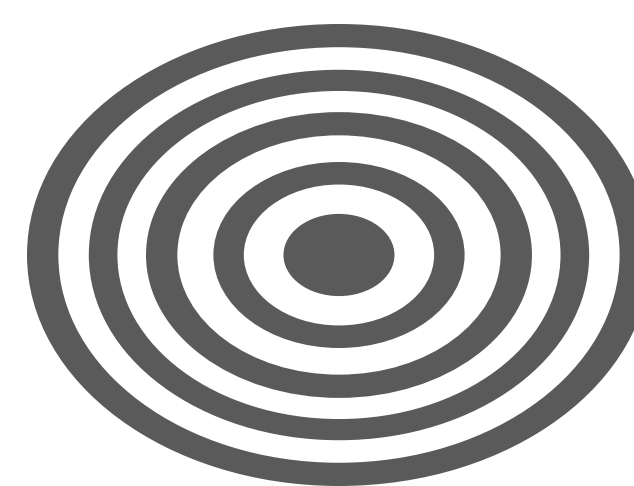
There is a shortage of health care providers who are knowledgeable about transgender health issues. Access to culturally competent health care services is a protective factor against substance use.

### HOME



Many transgender persons do not have a safe, stable place to live. Fair housing practices are a protective factor against substance use.

### PURPOSE



The national unemployment rate in the transgender population is three times higher than the rate for the general population. Inclusive workplaces promote participation in meaningful daily activities, which is a protective factor against substance use.

### COMMUNITY



Many transgender persons experience a lack of support from family and friends. They experience frequent physical and verbal assaults and harassment. Enforcement of anti-bullying policies in schools and access to safe places to meet with other transgender persons are protective factors against substance use.