

# Racial Differences in LGBTQ+ Substance Use: Insights from All of Us Data

## INTRODUCTION

- **Heightened Risk:** LGBTQ+ individuals face increased exposure to chronic stress, discrimination, and violence, contributing to higher rates of substance use<sup>1-3</sup>
- **Intersectional Disparities:** BIPOC LGBTQ+ people experience polysubstance use at twice the national average<sup>4</sup>
- **Public Health Concern:** Given the global burden of substance use disorders (SUD), understanding risk factors for those with intersecting marginalized identities is critical for effective interventions.
- **Research Gap:** Most studies rely on small, non-representative samples, limiting the ability to address racial disparities in SUD among LGBTQ+ populations at a broader scale.
- **Study Aim:** Describe the occurrence of SUD in a racially-diverse and representative sample of LGBTQ+ adults and identify differences by racial/ethnic groups through data analysis of samples collected by the National Institutes of Health (NIH) All of Us Research Program (N=34,138).

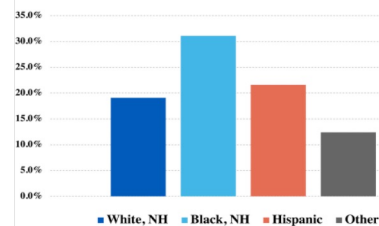
## METHODS

- **Secondary data analysis from the All of Us Research Program** (longitudinal cohort study of one million+ individuals across the USA)
- Demographics, EHR data, and surveys (i.e., basic, lifestyle, and healthcare access)
- **Analysis:** R Studio in the All of Us Researcher Workbench
- **Variables identified with ICD 9 and 10 codes**
  - **Substance Use Disorder (SUD):** Substance abuse/dependence, alcohol, and nicotine
- Bivariate analyses used for group comparisons, chi-square tests: categorical variables
- Independent samples t-tests and one-way ANOVA: continuous variables, standardized mean difference percent (SMD%)
- Tukey's post-hoc tests: identify group differences ( $p < .05$ )

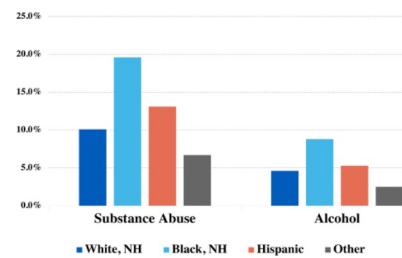
**Black, non-Hispanic (NH) participants were more likely to report SUD (31.1%,  $p < 0.001$ , SMD 46.6%), substance abuse (19.6%,  $p < 0.001$ , SMD 40%), alcohol (8.8%,  $p < 0.001$ , SMD 27.3%), nicotine (21.4%,  $p < 0.001$ , SMD 41.3%).**

## RESULTS

Substance Use Prevalence in LGBTQ+



Substance Abuse and Alcohol Prevalence in LGBTQ+



Nicotine Prevalence in LGBTQ+

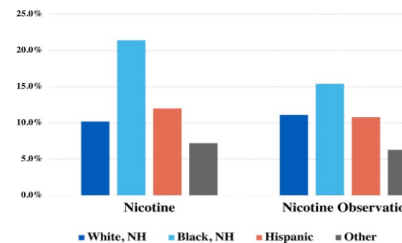
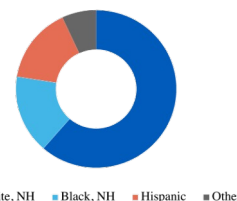


Table 1. Demographics

Gender (%)	
Female	18030 (52.8)
Male	12213 (35.8)
Nonbinary	1213 (3.6)
Transgender	562 (1.6)
Other Gender	345 (1.0)
Relationship Status	
Never Married	15186 (44.7)
Married	8184 (24.1)
Living With Partner	5196 (15.3)
Divorced	3072 (9.0)
Separated	947 (2.8)
Widowed	671 (2.0)
Prefer Not To Answer	691 (2.0)
Education Level: Highest Grade (%)	
Less than Highschool	1964 (5.8)
Highschool or GED	5685 (16.8)
Some College	9583 (28.4)
College Graduate	8760 (26.0)
Advanced Degree	7596 (22.5)
Never Attended	<20 (<0.1)
Prefer Not To Answer	135 (0.4)

Race/Ethnicity



## CONCLUSION

- Black, NH LGBTQ+ reported highest rates of substance, alcohol, and nicotine use, in line with previous research
- Institutional racism, stigma, increased risk of delay in appropriate treatment, family rejection, and harassment based on LGBTQ+ identity have been related to increased rates of substance use
- Despite high rates of SUD, treatment gaps exist for Black, NH LGBTQ+ adults due to factors such as insurance coverage disparities

### Limitations:

- EHR limitations of patient substance use history, selection bias to opt into study
- Small transgender/nonbinary population

### Clinical implications:

- More frequent screenings for SUD risk for Black, NH LGBTQ+ are needed, given the relationship between suicidality and SUD
- Connection to community resources, safety within clinical relationship

### Future Directions:

- Further research needed on BIPOC LGBTQ+ subgroups to further understand SUD risk

## AUTHORS & DISCLOSURES

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