

LGBTQ+ Health Disparities and Transgender Athletes

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It has been shown that LGBTQ+ diversity, LGBTQ + inclusion, and interaction of the two are all associated, with important outcomes for individuals, teams, and organizations. However, discrimination continues to impact the health of LGBTQ+ athletes. There are additional concerns which impact transgender athletes, as there is not a monolithic path for transitioning; individuals consider what changes are comfortable, correspond with their gender identity, and fit into their life situations. Some of these changes will directly influence athletic performance and are addressed in some sport eligibility policies, and athletes may have to consider eligibility requirements that will factor into decisions regarding transitioning. As part of the multidisciplinary team for the athlete, it is important for sports physical therapists to understand eligibility requirements for athletes of different ages/levels, in addition to the impact of hormonal therapy on sports physiology.

This session will discuss the health care disparities which are experienced by LGBTQ+ athletes, current guidelines and recommendations for inclusivity in athletic environments, psychological considerations for LGBTQ+ athletes, and physiological considerations for transgender athletes across the continuum of care"

1. Discern the health care disparities experienced by LGBTQ+ athletes.
2. Discuss the current guidelines and recommendations for inclusivity in athletic environments for LGBTQ+ athletes.
3. Identify psychological considerations for LGBTQ+ athletes.
4. Examine physiological considerations for transgender athletes across the continuum of care."

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Stefanie is the sports medicine manager for Hartford Healthcare and the current APTA CT President. She has presented on this topic at Combined Sections Meeting and APTA RI Annual Meeting. Stefanie received her Doctorate from Russell Sage Colleges in Troy NY and her Masters degree from University of Hartford where she was a DI goalkeeper for the Women's soccer team.