

Everyone has a gender identity, including men, women, people who are neither men nor women, and people who are both.

People who belong to more than one social group, like people with disabilities who are also transgender, often have more physical and mental health risks.

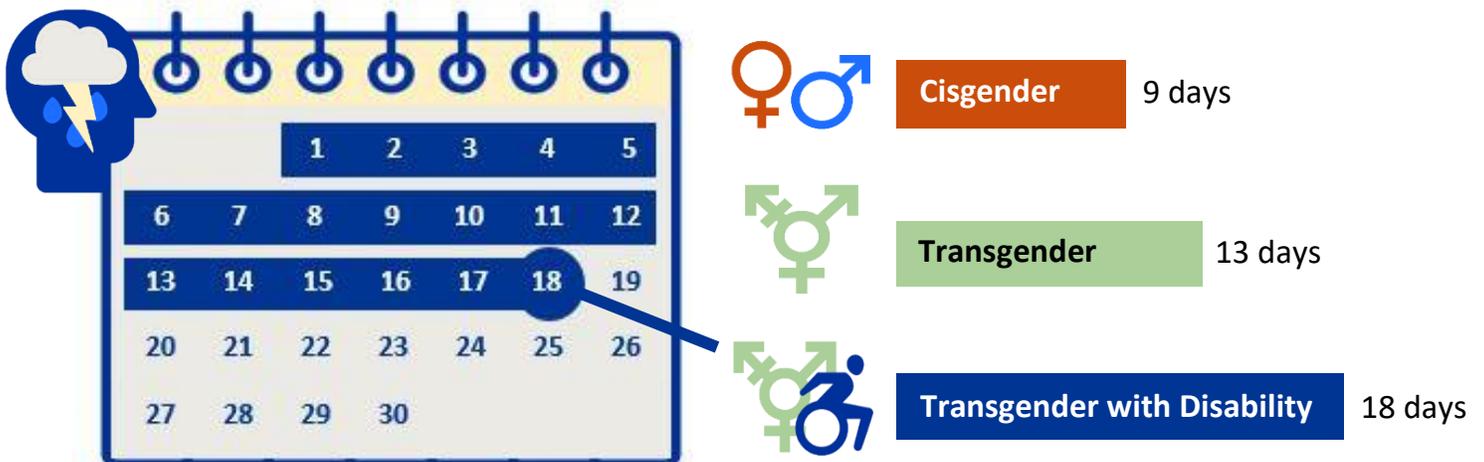
<p><b>Transgender person</b></p>  <p>Different gender identity from what they were called at birth</p>	<p><b>Cisgender person</b></p>  <p>Same gender identity as what they were called at birth</p>
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**Mental Health**

When adults were asked about stress, depression, and problems with emotions in the last 30 days, people who were cisgender had fewer bad days (9 days) than people who were transgender (13 days). People with disabilities who were also transgender had the most mentally unhealthy days (18 days).

“The way others treat me based on my gender identity has negatively impacted my mental health at times... it has made me anxious about going out in the world.” - Transgender person with a disability

**Average number of bad mental health days in the last month**



**Strategies to Support the Mental Health of People with Disabilities Who Are Transgender:**

- **Avoid** making assumptions about gender identity. Ask which pronouns people use to describe themselves (for example: he, she, they, and others).
- **Update** data collection forms and electronic health record systems, so that people can include the name, gender identity, and pronouns they use;
- **Become** a transgender ally by practicing these [tips from the National Center for Transgender Equality](#);
- **Promote** transgender-specific mental health resources. The [National Alliance on Mental Illness New Hampshire](#) has many resources available;
- **Contact** the [NH Disability & Public Health Project](#) with questions about with cultural competence, accessibility and inclusion for people with disabilities who are also part of other social groups.

“All healthcare professionals should know to ask about pronouns. It signals to the patient that it’s safe to open up and discuss healthcare needs.”

- Transgender person with a disability

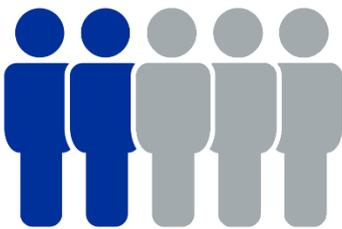


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Institute on Disability/UCED



**2 in 5**



NH adults who are transgender have a disability

Adults who are transgender are **2 times more likely** to have a disability than adults who are cisgender (not transgender). This includes one or more disabilities related to:

Mobility



Cognition



Vision



Hearing



And more



**Look inside to learn more...**

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*Data source: 2019 NH Behavioral Risk Factor Surveillance System (BRFSS), available through the CDC*

*Alternative formats are available on request.*