

Title: Sexual health among transgender people in Sweden

Authors: Malin Lindroth¹, Galit Zeluf², Louise Mannheimer³, Charlotte Deogan²

1. Jönköping University, School of Health and Welfare

2. Karolinska Institutet, Department of Public Health Sciences & the Public Health Agency of Sweden

3. Karolinska Institutet, Department of Learning, Informatics, Management and Ethics & the Public Health Agency of Sweden

Corresponding author: charlotte.deogan@folkhalsomyndigheten.se

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Background: A strategy to secure equal rights and opportunities regardless of sexual orientation, gender identity and gender expression was launched by the Swedish government in 2014. The Public Health Agency of Sweden in collaboration with academia conducted studies with the aim to explore health and health determinants including sexual health among transgender individuals.

Aim: To explore and describe holistic sexual health as well as experiences of safer sex, access to STI testing facilities and reimbursement for sex among transgender people in Sweden and present a way of summarizing a range of determinants of sexual health.

Methods: Results from a web-based survey with 796 respondents and a qualitative interview study with 20 transgender people were combined.

Results: A framework for determinants of holistic sexual health is presented where physical, emotional and relational well-being are all vital aspects for experiencing holistic sexual health, i.e. they are all important sexual health determinants although of different importance to different individuals in different times. Satisfaction with sex life, having an ongoing sexual relationship and having been exposed to offensive treatment are examples of physical, emotional and relational sexual health determinants that are connected to factors such as condom use, access to respectful STI/HIV-testing and having received reimbursement for sex. Experiences of disrespect and discrimination were reported in both the qualitative and the quantitative data, and in the qualitative data a wish for equity in access to sexual health care is evident.

Significance for research, policy or practice going forward: The results provide a broad and extensive insight into transgender people's sexual health in Sweden. Furthermore it underlines that access to non-discriminatory health care services are vital, including access to gender-confirming care and different sexual health promoting and preventive services such as testing facilities.

Key words: transgender, transgender health, sexual health, general health, wellbeing

Key references:

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