



Photo: The Gender Spectrum Collection

Belonging builds healthy communities

Research has shown that a strong sense of belonging is associated with better self-rated physical and mental health. But belonging is influenced by a wide range of factors that may be experienced in unique ways by different groups.

That's why the Central Oregon Health Council funded researchers from Oregon Health & Science University and Oregon State University-Cascades to develop a survey to measure belonging in Central Oregon.

Here's what we learned from LGBTQIA+ community members.



About the Survey

The **Community Belonging Measurement Project** team collected data on belonging, resilience, and health in Central Oregon (Crook, Deschutes, Jefferson, Northern Klamath Counties, and the Confederated Tribes of Warm Springs) between January and July of 2023 from surveys and focus groups.

The project is funded by the Central Oregon Health Council and is intended to support the development of data-driven strategies to increase belonging and resilience. **Community input** has informed every stage of the project, including interpretation of the data.

Learn more: BelongingCentralOregon.org

Belonging is...



SAFETY

Feeling safe enough to be visible as your authentic self



VISIBILITY

Seeing other LGBTQIA+ people; knowing that you're not alone



CONNECTEDNESS

Connecting with others across shared experiences



SUPPORT

Feeling like others have your back; having access to resources



RESPECT

Feeling valued for what you bring to the community, not exploited



BELONGING BY THE NUMBERS

- Most LGBTQIA+ respondents
- (71%) said they **believe they**
- **have a lot to give to their**
- **community**, but fewer than
- half (48%) said the energy
- they put into their community
- comes back to them.

LGBTQIA+

34% feel like **they belong** in their community*

52% feel **safe in public** places in their community

50% **could raise \$2,000** in 2 days in an emergency

52% feel they are **treated fairly** in their community*

TRANSGENDER

20% feel like **they belong** in their community*

30% feel **safe in public** places in their community

40% **could raise \$2,000** in 2 days in an emergency

26% feel they are **treated fairly** in their community*

**Respondents said these statements applied "quite a bit" or "a lot."*

About the Sample

- 1,019 total survey respondents
- 106 LGBTQIA+
- 20 Transgender or nonbinary



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LGBTQIA+ Community Recommendations

Gathering spaces that are safe for trans / LGBTQ+ people

Free, sober-friendly community events

Support accessing health care and other basic needs

More visible community support for LGBTQ+ people

Community support groups with trained facilitators

Opportunities to share our stories and have our voices heard