

Gender-Affirming Care Question Set

*Created by the ACHA Promoting LGBTQIA+ Equity Task Force
Spring 2024*

Introduction

The American College Health Association “[opposes any policy, at any level, that restricts, limits, or discourages access to gender-related services for transgender and nonbinary youth and/or adults in our communities.](#)”

Given the current hostile and explicitly anti-trans climate, the ACHA Promoting LGBTQIA+ Equity Task Force is dedicated to providing institutions with tools to support transgender and nonbinary students to help further ACHA’s top strategic goal of improving diversity, equity, inclusion, justice, and accessibility.

It has been well established that access to gender-affirming care [greatly improves mental health and well-being](#). The executive summary provided to the task force comparing transgender and nonbinary students with cisgender students in the Spring 2022 and Spring 2023 National College Health Assessment (NCHA) reference groups showed major mental health disparities, greatly emphasizing the need for all of us to be trusted advocates for transgender and nonbinary students.

Because this question set is **not** included in the national instrument, it would need to be added as additional questions for a fee by each institution. As proposed by the Promoting LGBTQIA+ Equity Task Force, the cost to add these extra questions to your NCHA will start at \$1,500 for ACHA Institutional Members, and at \$2,000 for non-member institutions.

Alternatively, institutions could use these questions (or adapted versions of them) to meet their needs internally.

Why Use the National College Health Assessment to Collect These Data?

The NCHA offers a rare opportunity to learn from the students themselves about what is going on in their lives in terms of their health and well-being – particularly as it relates to their academic performance and mental health.

Further, [ACHA’s Sexual Health Services Survey](#) asks about gender-affirming care and other LGBTQ health concerns, but it does not collect information from the actual students being served.

How Could Institutions Use the Data Collected?

By comparing outcomes (e.g., health, academic performance, etc.) of transgender and nonbinary students who are receiving gender-affirming care with students who are not, institutions would be better able to meet the needs of their students by providing them with a clearer understanding of their lived experiences.

Such data would allow institutions to understand the [unmet] needs of transgender and nonbinary students on their campuses and help make the case for beginning to offer – or improving access to – gender-affirming care.

These data would also help advocate for the inclusion of gender-affirming care in student health insurance plans (and other insurance plans).

The Question Set

The following questions are recommended by the task force to be asked of any student who describes themselves as **trans and at least 18 years old** on the NCHA or as part of an institution-specific survey.

1 - In the last 12 months, have you received (in-person or via telehealth) any type of gender-affirming care? This may include hormone replacement therapy, vocal coaching, gender affirmation surgery, mental health support, hair removal, or another form of gender-affirming care.

- Yes
- No

IF YES TO 1

1.1 YES/NO MATRIX - In the last 12 months, did you receive the following gender-affirming care services?

- Hormone replacement therapy
- Vocal coaching
- Gender-affirming surgery
- Mental health support
- Hair removal
- A type of gender-affirming care not described above (please specify)

1.2 YES/NO MATRIX - In the last 12 months, was the gender-affirming care you received (in- person or telehealth) provided by:

- My current campus health center
- A gender-affirming care provider in the local community near my campus
- A gender-affirming care provider in my hometown
- A national telehealth gender-affirming care provider
- A gender-affirming care provider not described above (please specify)

1.3 For the gender-affirming care you have received in the last 12 months, please estimate the total amount you have had to pay out-of-pocket.

- \$0-\$500
- \$501-\$1000
- \$1001-\$2000
- \$2001-\$3000
- \$3001 or more

IF NO TO 1

1.4 Have you been interested in receiving gender-affirming care in the last 12 months?

- Yes
- No

IF YES TO 1.4

1.5 YES/NO MATRIX - Do any of the following reasons for not receiving gender-affirming care in the last 12 months apply to you?

- I have not attempted to access gender-affirming care
- I have attempted to access gender-affirming care, but was ultimately unable to receive it
- Cost of gender-affirming care
- Fear of being outed to someone other than my healthcare team
- I do not know where to go for gender-affirming care
- Mistrust of the healthcare system
- Negative experience with healthcare team
- A reason not described above (please specify)

2 - How supportive has your campus health services team been for you in relation to your gender identity?

- Very unsupportive
- Unsupportive
- Neither supportive or unsupportive
- Supportive
- Very supportive
- Not applicable/Don't know

3 - How supportive has your campus community been for you in relation to your gender identity?

- Very unsupportive
- Unsupportive
- Neither supportive or unsupportive
- Supportive
- Very supportive
- Not applicable/Don't know

4 - How supportive has your off-campus community been for you in relation to your gender identity?

- Very unsupportive
- Unsupportive
- Neither supportive or unsupportive
- Supportive
- Very supportive
- Not applicable/Don't know

5 - How supportive has your family been for you in relation to your gender identity?

- Very unsupportive
- Unsupportive
- Neither supportive or unsupportive
- Supportive
- Very supportive
- Not applicable/Don't know