



March 15, 2022

Letter of Support for Trans and Non-binary Youth in Austin and Travis County

Austin Public Health stands against the stigma and discrimination towards the LGBTQIA+ community and the harm to their quality of life, health, and well-being. There continues to be a rapid spread of misinformation, and the topic of gender-affirming or patient-centered care for trans youth is no exception.

Gender affirming care or patient-centered care for trans youth goes beyond medical intervention. It addresses mental health, emotional well-being, and support for trans youth. For young people who identify as transgender, studies show that gender-affirming care can reduce emotional stress, improve their sense of well-being, and reduce the risk of suicide (Green, DeChants, Price & Davis, 2021). Austin Public Health supports individuals and their families in making informed decisions regarding their health care. We believe we can achieve this by having the appropriate information and support from experts in this area, including providers. We support education rooted in fact and science and the voices of those with lived experience.

The mission of Austin Public Health is “to prevent disease, promote health, and protect the well-being of all.” Trans and non-binary youth will always be respected, protected, and safe within our spaces.

1. Green, A., DeChants, J., Price, M., & Davis, C. (2021). Association of Gender-Affirming Hormone Therapy With Depression, Thoughts of Suicide, and Attempted Suicide Among Transgender and Nonbinary Youth. *Journal Of Adolescent Health*. doi: 10.1016/j.jadohealth.2021.10.036

Sincerely,

A handwritten signature in black ink that reads 'Adrienne Sturup'.

Adrienne Sturup
Director

