# Promoting Transgender and Gender Minority Health through Inclusive Policies and Practices

**Statement Date**

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**Statement Summary**

Policies and practices that exclude transgender and gender-nonconforming people have a negative impact on gender minority health by permitting discrimination and reinforcing stigma. APHA advocates for the adoption and application of inclusive policies and practices that recognize and address the needs of people and communities identifying as transgender or gender nonconforming. Inclusive policies and practices are those that recognize transgender and gender-nonconforming identities as valid and deserving of equal consideration and treatment. Inclusive policies and practices are critical to reduce health inequities experienced by transgender and gender-nonconforming people. Transgender is an umbrella term that refers to individuals who do not conform to binary gender norms that correspond with their assigned sex at birth. This term includes a wide spectrum of individuals, including but not limited to people whose gender identity differs from the gender typically associated with the sex they were assigned at birth, those who embrace gender fluidity, and those who do not identify as either men or women. The term gender nonconforming is also used in this policy statement to describe those with nonbinary gender identities. Although transgender and gender-nonconforming people may experience similar gender-related bias and discrimination, they are diverse in terms of factors such as age, race, ethnicity, ability, income, sexual orientation, socioeconomic status, and immigration status. APHA urges Congress, state legislatures, and other public and private entities to ensure that policies and practices across all sectors are explicitly inclusive of transgender and gender-nonconforming people.

**Full Citation**

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