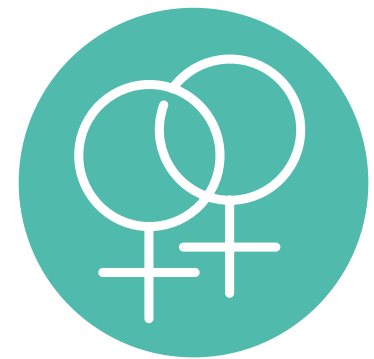
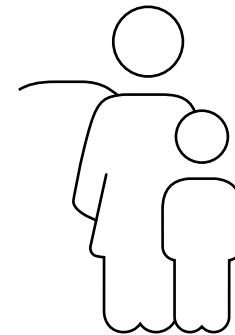


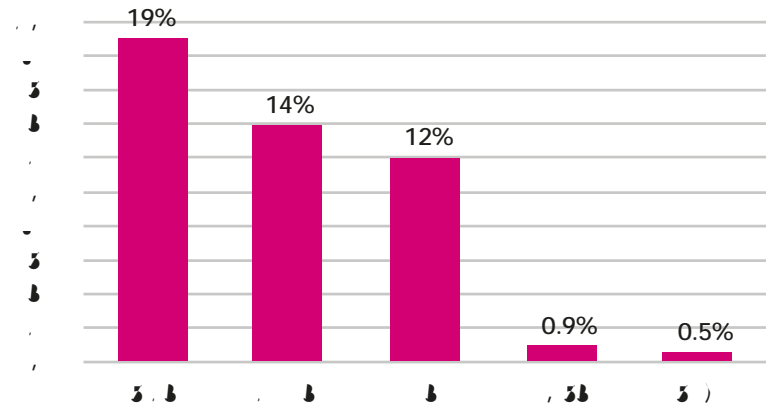


B

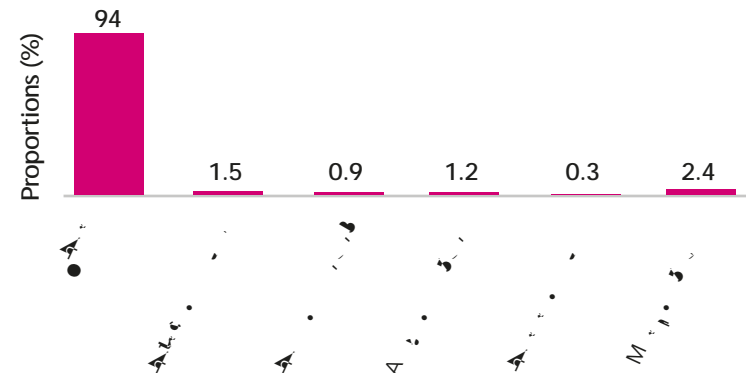


THE TERM LESBIAN IS USED TO REFER TO A WOMAN WHO HAS A ROMANTIC AND/OR SEXUAL ORIENTATION TOWARDS WOMEN

Office for National Statistics: The percentages of those who identify as gay/lesbian amongst various age groups within the UK (2019)



Office for National Statistics: The proportions of those who identify as lesbian amongst different ethnic groups



MENTAL HEALTH AND WELLNESS

COMPARED TO HETEROSEXUAL WOMEN, THERE WAS A

38%

higher chance of poor mental health (anxiety or depression) in lesbian women

2x RATES OF SELF-HARM AMONGST LESBIAN WOMEN COMPARED TO THE GENERAL POPULATION AND GAY MEN

ALCOHOL % REGIONAL PROBLEMS WITH ALCOHOL INTAKE

DRUG USE **79%** of lesbians reported having ever used drugs compared to heterosexual women

DOMESTIC VIOLENCE EXPERIENCED

35% **35%** **33%** **15%**
Trans

HEALTHY AND AFFORDABLE FOOD

EATING DISORDERS

Around **1 in 5** lesbian and bisexual women had an eating disorder compared to **1 in 20** heterosexual women

MORE THAN 150 MINS / WEEK (PHE, 2018)

HEALTHY BODYWEIGHT

#1 Bisexual women

62%

Likelihood of a lesbian woman being obese was around

LESBIANS HAVE BEEN FOUND TO BE MORE LIKELY TO OWN THEIR OWN BICYCLE

LESBIAN AND BISEXUAL WOMEN AGED 40 AND OVER WERE MORE LIKELY TO

DIET

Lesbians were more likely than heterosexuals to have ever eaten red meat in the previous year.

Lesbians were more likely to have reported a history of weight cycling (losing 10 pounds more than once) than heterosexual women (**43% vs 34%**)

GETTING THE BEST START IN LIFE

LESBIAN WOMEN FACE MORE CHALLENGES IN BECOMING PARENTS THAN HETEROSEXUAL WOMEN

80%

However lesbian & bisexual young women have a higher risk of teenage conception than heterosexual women

25%

The thematic areas that the report covers are: