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The Difference is Research

## Background



LGBTQ+ people are a priority population for **cancer control** due to:

- Lower rates of **cancer screening**
- Higher rates of risk factors such as **alcohol use**



Public awareness of alcohol use as a risk factor for cancer is poor.

There is a need for :

- LGBTQ+ inclusive cancer-related **health messaging**
- Data on LGBTQ+ peoples' **alcohol-related** behaviours, beliefs, and knowledge of health risks



This work was undertaken in collaboration with **ACON** and **Cancer Institute NSW**

## Aims

To examine among LGBTQ+ adults:

- Alcohol use levels
- Perceived health risks of alcohol use
- Knowledge about alcohol-related cancer risk
- Engagement in help-seeking behaviours to reduce alcohol use
- Barriers and facilitators of seeking help to reduce alcohol use



## Methods

- Cross-sectional online survey
- LGBTQ+ people aged 18+ residing in NSW
- Advertised via social media Nov-Dec 2022



## Conclusions

- More than 1 in 4 LGBTQ+ adults consume alcohol at **risky levels**.
- Knowledge of alcohol-related cancer risk among LGBTQ+ adults is **poor**
- LGBTQ+ adults who consume alcohol at risky levels but don't seek help feel **embarrassed, judged, or unprepared**



## Implications

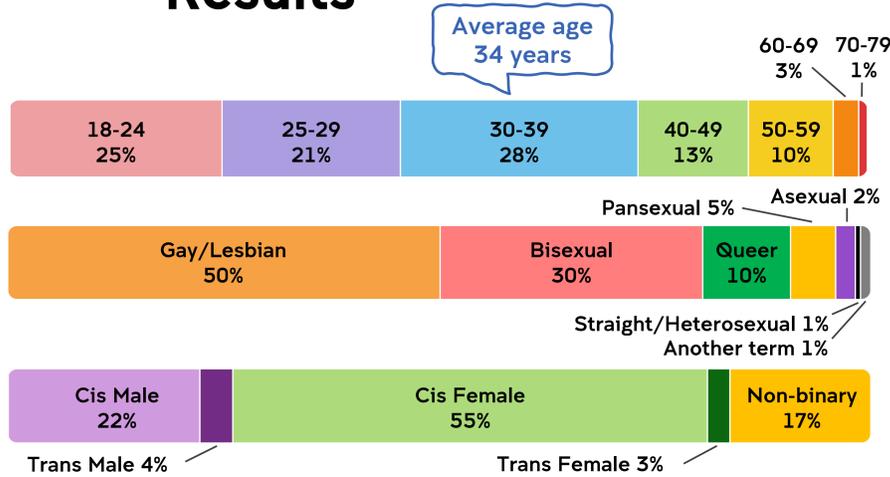
- Need to **increase awareness of alcohol-related cancer risk**
- Public health campaigns aimed at reducing risky alcohol use in LGBTQ+ people need to **avoid judgemental messaging whilst encouraging action**

## Results

**1,499** participants



**89%** consumed alcohol in the past 12 months



**24%** drank 11+ drinks in a typical week

exceeds NHMRC weekly guideline!

**47%** drank at least once a week



**10%** drank daily or almost daily

exceeds NHMRC single-day guideline!

**31%** drank 5+ drinks on a typical drinking day

most common among 40-59-year-olds

most common among 18-24-year-olds

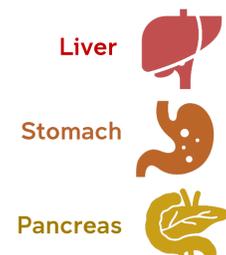
**Most common health issues participants thought were linked to alcohol:**



**66%** aware alcohol increases risk of cancer

**33%** named cancer as an alcohol-related health risk without being prompted

**Most common cancers participants thought were linked to alcohol:**



most common among participants aged 25-59 years and participants who drank 11+ drinks in typical week

**37%** of participants who exceeded NHMRC guidelines thought about seeking help to reduce their alcohol use

**Common facilitators of seeking help:**



**Common barriers to seeking help:**



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