



Hunger and Poverty Facts Among LGBTQIA+

HUNGER AND POVERTY FACTS AMONG THE LGBTQIA+ COMMUNITY

Includes Most Recent Data Available as of MAY 2025

SOCIO-ECONOMIC

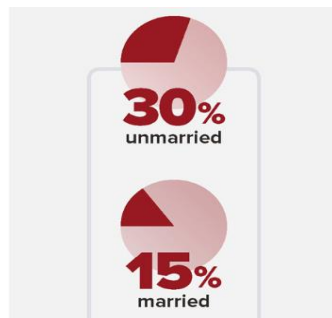
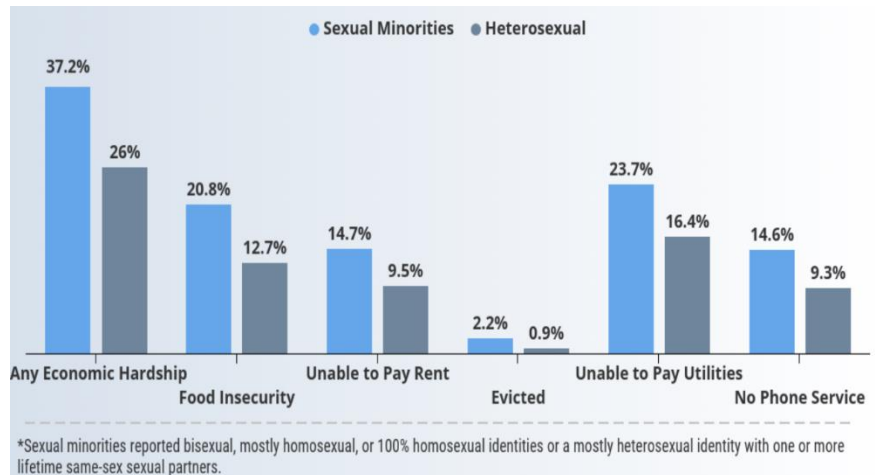
Source: These infographics convey the data through visually engaging and accessible design. All items in this library can be downloaded and shared: <https://williamsinstitute.law.ucla.edu/quick-facts/infographics/>

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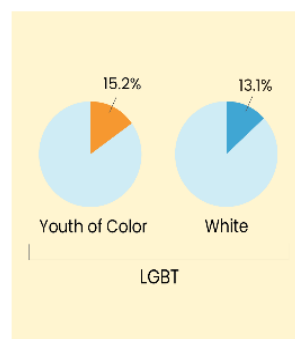
The following link <https://williamsinstitute.law.ucla.edu/quick-facts/infographics/> provides infographics that convey key LGBTQIA+ data through visually engaging and accessible design. These charts collectively portray a landscape of inequality that LGBTQIA+ communities continue to navigate. Structural discrimination and social stigma perpetuate these disparities, emphasizing the need for inclusive policies, legal protections, and targeted support services.

This chart shows the persistent economic disparities faced by LGBTQIA+ individuals compared to their non-LGBTQIA+ counterparts.

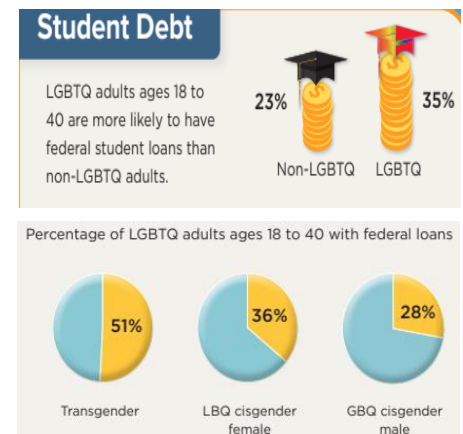
Across income, food insecurity, housing, and healthcare access, LGBTQIA+ people often experience structural barriers that limit opportunities, which lead to food insecurity.



Food Insecurity and SNAP Participation in the LGBT Community



Food Insecurity Among LGBT+ Youth



Source: UCLA Williams Institute. Food Insufficiency Among LGBT Adults During The COVID-19 Pandemic. April 2022. Our infographics convey our data through visually engaging and accessible design. All items in this library can be downloaded and shared.

<https://williamsinstitute.law.ucla.edu/wp-content/uploads/LGBT-Food-Insufficiency-Apr-2022.pdf>

According to a study conducted by the *Williams Institute*:

- **12.7 percent** of LGBTQIA+ people reported that sometimes or often not having enough to eat in the last seven days. This is **63 percent higher** than non-LGBTQIA+ adults (7.8 percent).
 - **17.3 percent** of LGBTQIA+ people of color sometimes or often did not have enough to eat in the prior week as compared to **11.9 percent** of non-LGBTQIA+ people of color, **10.1 percent** of LGBTQIA+ White people and **5.6 percent** of non-LGBTQ+ White people.
 - **22.6 percent** of LGBTQIA+ adults with a high school degree or less reported sometimes or often not having enough to eat in the last seven days. This is **79 percent higher** than non-LGBTQIA+ adults with a high school degree or less (12.6 percent).
- **More than one in five, or 21.7 percent** of LGBTQIA+ adults reported an income below the federal poverty level. This is **41 percent higher** than non-LGBTQIA+ adults (15.4 percent).
- **More than one third, or 34.7 percent** of LGBTQIA+ adults reported difficulty paying for household expenses such as food, rent or mortgage, car payments, medical expenses, student loans, etc. This is **33 percent higher** than non-LGBTQIA+ adults (26.0 percent).
- **6.7 percent** of LGBTQIA+ adults reported recent use of charitable food resources such as free groceries. This is **nearly 18 percent higher** than non-LGBTQIA+ adults (5.7 percent).
- **15.8 percent** of LGBTQIA+ adults reported using Supplemental Nutrition Assistance Program (SNAP). This is **37 percent higher** than non-LGBTQIA+ adults (11.5 percent).

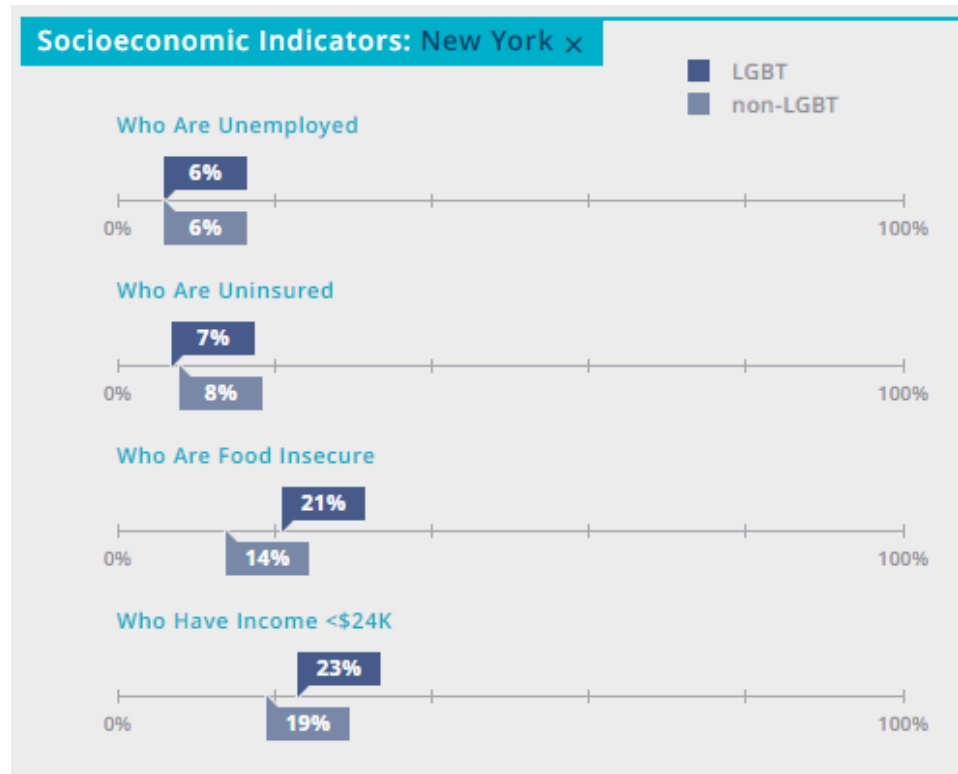
SOCIO - ECONOMIC NYS

Source: LGBT Demographic Data Interactive. (January 2019). The Williams Institute, UCLA.

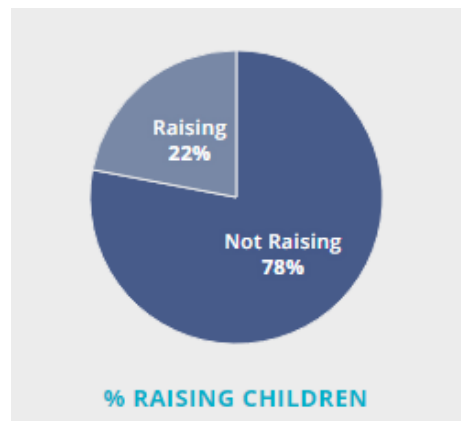
<https://williamsinstitute.law.ucla.edu/visualization/lgbt->

- **21 percent or more than 1 in 5** LGBTQIA+ individuals living in New York State were food insecure in 2019, right before the pandemic.
 - **23 percent or more than 1 in 4** LGBTQIA+ individuals living in New York State were living in poverty, right before the pandemic.
 - LGBTQIA+ individuals consist of **5.1 percent** of the NYS total population. This is approximately **1 million (991,950)** LGBTQIA+ individuals.
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stats/?topic=LGBT&area=36#about-the-data



- **22 percent or more than 1 in 5** LGBTQIA+ individuals living in New York State are raising children.



SOCIO-ECONOMIC NYC

Source: The Office of New York City Comptroller. Results of a Survey of LGBTQ New Yorkers.

<https://comptroller.nyc.gov/wp->

Prior to the pandemic, the Office of New York City Comptroller undertook a survey to better understand challenges faced by LGBTQIA+ New Yorkers when it comes to economic security and issues related to discrimination in the workplace and beyond.

Results of the survey showed that LGBTQIA+ in New York City face hardship and discrimination as a result of their sexual orientation or gender identity.

- **Over 1 in 5 or 21 percent** of survey respondents reported that they have been denied a promotion, not hired, or been fired or forced to resign from a job due to their sexual orientation or gender identity. Respondents who identified as transgender or gender non-conforming reported such an experience at much higher rates (**42 percent**).
- Relatively high rates of food insecurity and usage of food assistance programs has been well documented in the LGBTQIA+ community overall. In the survey, **nearly 1 in 5 or 18 percent** of respondents stated that they had **utilized a food assistance program** in the last five years, making food assistance the most frequently utilized public program among LGBTQIA+ New Yorkers.
- While **18 percent** of respondents reported experiencing homelessness, those respondents also identifying as Black, Hispanic, or transgender or gender non-conforming were much more likely (**over 60 percent**) to say they had been homeless at one time.
- **90 percent** of survey respondents who relied on New York City shelters at least once, reported feeling unsafe due to other shelter residents and shelter staff.

