



Queer/Trans Collective for  
Research on Equity & Wellness

**TRANS  
MARYLAND**

## INITIAL FINDINGS FROM THE MARYLAND TRANS SURVEY

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The **Maryland Trans Survey** is a community-based research project conducted by **Trans Maryland** and the **Queer/Trans Collective for Research on Equity and Wellness** examining experiences of trans<sup>1</sup> people in the State of Maryland in areas such as health and healthcare, employment and economic wellbeing, and legal and policy experiences. To date, **it is the largest survey of trans people in the State**, with 750 trans people representing all 23 counties in Maryland and Baltimore City.

Data were collected from May to December 2023 through in-person and online community outreach<sup>2</sup> and the project was approved by the Towson University Institutional Review Board. This brief contains preliminary descriptive results<sup>3</sup> from the project for advocates, policymakers, and community-serving entities to better understand and support the current needs of trans people in Maryland.

### COMMUNITY DEMOGRAPHICS

The trans community in Maryland is **incredibly diverse**, specifically:

- In terms of gender, 43.3% were nonbinary, genderqueer, genderfluid, or agender; 29.3% were men/transmasculine; 24.7% were women/transfeminine; and 2.4% were another gender identity
- In terms of sex assigned at birth, 66.1% were assigned female at birth while 32.8% were assigned male at birth
- In terms of race, 76.3% were white, 7.7% were multiracial, 6.4% were Black, 4.8% were Asian/Pacific Islander, and 3.6% were Hispanic/Latinx, and 1.2% were another identity
- In terms of sexual orientation, 62.4% were queer, 41.1% were bisexual, 28.9% were pansexual, 27.3% were gay, 23.5% were lesbian, 21.5% were asexual, 14.3% were dyke, 8.5% were fluid, 8.0% were same-gender loving, 4.9% were heterosexual/straight, 4.5% were homoflexible, 2.5% were heteroflexible, and 1.1% were two-spirit; 10.9% also identified with another sexual orientation

<sup>1</sup> "Trans" is used in this report as an umbrella term for people with gender diverse experiences or gender identities different from their sex assigned at birth, including but not limited to binary identities (e.g., women, men), nonbinary identities (e.g., nonbinary, genderqueer), and people without gender (e.g., agender).

<sup>2</sup> It is important to acknowledge that this survey method generally limited participation to people who had access to the internet, could respond to an English survey, and were in some ways connected to people, groups, or organizations who were aware of the survey; as such, trans people who are not represented in our sample may be expected to have worse outcomes than those described in this report due to experiences of further marginalization.

<sup>3</sup> Note that statistics may not appear to add to 100% due to small percentages of respondents declining to answer. Others may appear to add above 100% in cases where participants were permitted to select more than one.

- In terms of disability, half (49.9%) had a disability
- In terms of age, participants were between the ages of 18 and 80 years, with a mean of 29.6 years and a standard deviation of 10.4 years
- In terms of jurisdiction of residence, the largest proportion of the sample came from Baltimore City (28.9%); the five most common counties from there were Montgomery County (17.3%), Baltimore County (11.2%), Anne Arundel County (7.2%), Prince George's County (6.7%), and Howard County (6.1%)
- In terms of urbanicity, 38.6% lived in urban environments, 51.2% lived in suburban environments, and 10.2% lived in rural environments

## EXPERIENCES OF DISCRIMINATION AND VIOLENCE

Trans people in Maryland experienced **violence and victimization at alarming rates**, specifically:

- 78.2% had experienced verbal insults or abuse at least once in their life; 62.4% experienced this at least three times
- 55.4% had experienced threats of violence at least once in their life; 31.6% experienced this at least three times
- 46.1% had experienced physical and/or sexual assault at least once in their life; 23.3% experienced this at least three times
- 37.8% had experienced property theft or vandalism at least once in their life; 10.5% experienced this at least three times

## HEALTHCARE, INSURANCE, AND GENDER-AFFIRMING CARE

Trans people in Maryland experienced a variety of **challenges accessing healthcare**, specifically:

- 94.4% had some type of health insurance; 36.9% had insurance through their employer, 32.5% had insurance through their parent, 11.1% had insurance through Maryland Health Connections, 10.3% had Medicaid, 8.4% had insurance through their spouse/partner, 2.5% had insurance through the Health Insurance Marketplace, 1.5% had TRICARE or military healthcare, 1.3% had Medicare, 1.3% had Veterans Affairs healthcare, 1.1% had insurance that they purchased directly, and 0.8% had another type of insurance or coverage plan
- 20.1% had no place where they go when they need health advice, 32.5% did not have a primary personal doctor or provider, and 34.9% did not have a transgender-related healthcare provider
- For people who did have at least one place to go for healthcare, 67.1% were mostly or very satisfied with the healthcare they receive
- 54.9% were receiving hormones for trans-related purposes; of those, 94.9% receive hormones only through licensed professionals, 3.4% receive hormones through licensed and non-licensed sources (e.g., friends, online), and 1.5% receive hormones only through non-licensed sources

- 25.3% have had trans-related surgery; of those who have wanted surgery, 85.2% have experienced barriers accessing it, including financial concerns (52.1%), health insurance (30.4%), surgery waitlists (24.6%), referral letters (22.7%), time off work (21.9%), unsupportive parents (20.7%), lack of post-surgery support (17.6%), being told they have to lose weight (11.9%), medical trauma (11.4%), transportation (11.3%), and housing security (8.6%)
- 78.8% worried about being negatively judged because of gender identity or sexual orientation when seeking healthcare and 9.6% had a healthcare provider refuse to treat them because they are trans
- 27.6% did not see a doctor when needed in the last year because of cost
- 31.6% had delayed or not tried to get treatment while sick or injured due to concerns about gender-related discrimination; 40.0% had postponed or not tried to get check-ups or other preventative care due to discrimination concerns
- 34.5% had never been tested for HIV and 26.7% were not familiar with Truvada or Pre-Exposure Prophylaxis (PrEP)
- Noting that trans people often experience distress due to non-acceptance in society, 26.6% scored above the cutoff on a screening measure for potential severe psychological distress

## INCOME, EDUCATION, HOUSING, AND EMPLOYMENT

Trans people in Maryland experienced several **concerning trends in their economic circumstances**, specifically:

- In terms of income, 10.8% made less than \$20,000 in annual household income, 10.0% made between \$20,000-\$35,000, 10.7% made \$35,000-\$50,000, 15.7% made \$50,000-\$75,000, 13.1% made \$75,000-\$100,000, and 25.7% made over \$100,000
- 22.7% had a major financial crisis leading to bankruptcy or inability to pay bills in the last year
- In terms of education, 14.4% had a high school diploma or less education, 26.4% had completed some college, 1.1% had a trade or vocational degree, 6.5% had an associate degree, 29.9% had a bachelor's degree, 17.6% had a master's degree, 1.6% had a professional degree, and 2.5% had a doctorate
- 2.3% did not currently have housing; 13.6% had been prevented from moving into a rental or buying a house at least once in their life; 3.5% experienced this at least three times
- In terms of employment, 47.3% were full-time employed, 26.3% were current students, 22.7% were part-time employed, 10.4% were self-employed, 2.5% were in sex work, 0.4% were in the military; 11.1% were out of work and looking for employment, 4.8% were unable to work, 4.4% were out of work and not looking for employment, 1.7% were retired; 30.9% were unemployed and looking for a job for a period longer than one month in the last year
- 40.6% had been fired from or denied a job at least once in their life; 15.6% experienced this at least three times; 9.0% experienced this in the last year

- 30.1% had been denied a promotion or received a negative evaluation at least once in their life; 10.1% experienced this at least three times

## LEGAL INSTITUTIONS, IDENTITY DOCUMENTS, AND POLICE

Trans people in Maryland experienced **discrimination from legal institutions** and often **did not have documents** that reflected their true selves, specifically:

- 38.5% had legally changed their name to reflect their gender; 30.8% had changed their name on their state identification (ID) or license in Maryland; of those who had not legally changed their name, 57.1% wanted to do so
- 37.1% had no IDs or records that reflected the name that they use; conversely, 35.3% had the correct name on all IDs or records
- 51.2% had no IDs or records that reflected the correct gender; conversely, 14.4% had the correct gender on all IDs or records
- 68.8% were not aware that Maryland has allowed people to waive the publication requirement for legal name changes since October 1, 2021;<sup>4</sup> of those who changed their name in Maryland, 43.7% waived this requirement
- 75.1% reported being very uncomfortable or somewhat uncomfortable with potentially asking for help from the police in an emergency and 22.5% reported that they would not call 911 if they were the victim of a crime
- 67.2% specified that discomfort with police was connected to their trans status/ gender identity; 38.8% had bad experiences with the police in the past

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## ABOUT THE TEAM

**The Queer/Trans Collective for Research on Equity & Wellness (QT-CREW)** conducts community-based research to ensure that the lived experiences of queer, trans, and QT-BIPOC (Black, Indigenous, People of Color) are reflected in the scientific literature and to create knowledge designed to improve their lives and well-being. Learn more at [qt-crew.org](http://qt-crew.org)

**Trans Maryland** is a multi-racial, multi-gender, trans-led community power building organization dedicated to Maryland's trans community. By trans folks, for trans folks. Learn more at [transmaryland.org](http://transmaryland.org)

## SUGGESTED CITATION

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<sup>4</sup> Action for Change of Name - Waiver of Publication Requirement, H.B. 0039, 442nd Session of the Maryland General Assembly. (2021). <https://mgaleg.maryland.gov/mgawebsite/Legislation/Details/hb0039/?ys=2021rs>