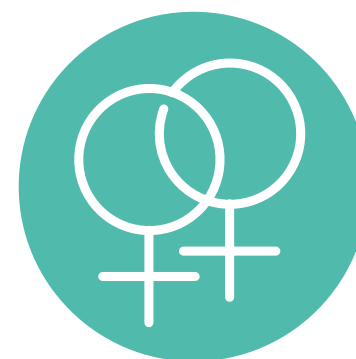
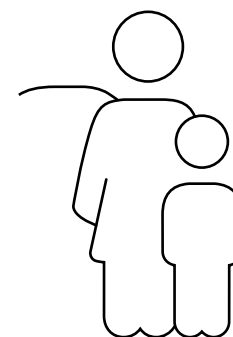


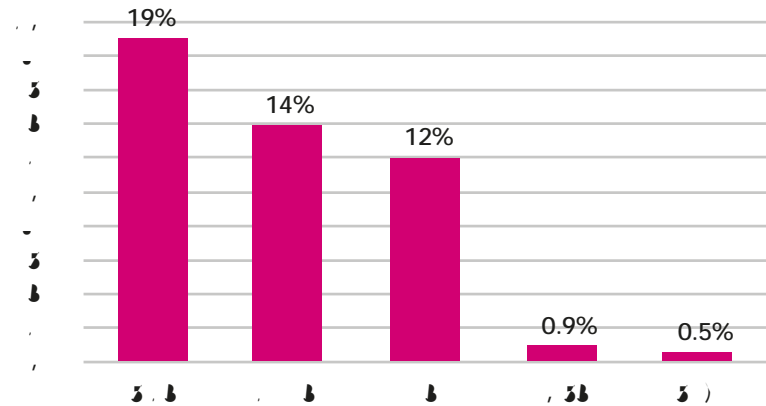


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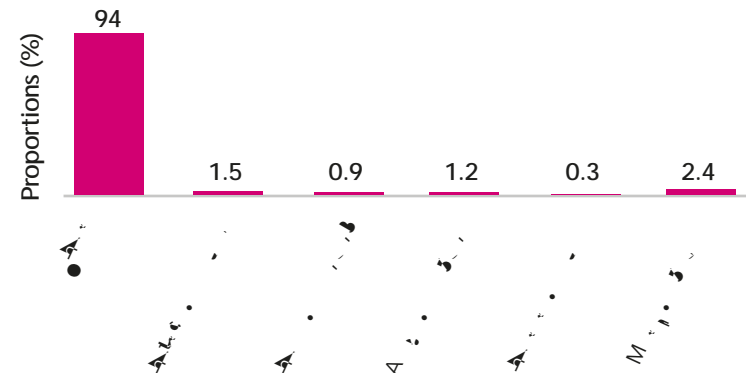


THE TERM LESBIAN IS USED TO REFER TO A WOMAN WHO HAS A ROMANTIC AND/OR SEXUAL ORIENTATION TOWARDS WOMEN

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: