



Minnesota House Judiciary Finance and Civil Law Committee

January 31, 2023

**PROTECT TRANSGENDER KIDS AND THE ADULTS WHO TAKE CARE OF THEM**  
**SUPPORT HF 146**

Dear Chair Becker-Finn and Committee Members:

On behalf of the National Center for Transgender Equality, I am writing to ask you to support HF 146. This bill protects access to gender-affirming care and addresses the fear felt around the country by transgender youth and their families watching elected officials attempt to ban children's access to age-appropriate care and criminalize the adults in their life who take care of them.

Contrary to the misinformed arguments of anti-trans advocacy efforts<sup>1</sup>, gender-affirming healthcare is safe, effective, scientifically supported, and medically necessary.<sup>2</sup> Gender-affirming care, which encompasses a broad range of safe and scientifically-supported treatments and resources, such as counseling, laser hair removal, voice training, puberty suppression, hormone replacement therapy, and more<sup>3</sup>, is critical to transgender and nonbinary people's physical, mental, and social health needs and well-being.

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<sup>1</sup> See Kellan E. Baker et al., *Hormone Therapy, Mental Health, and Quality of Life Among Transgender People: A Systematic Review*, 5 J ENDOCR. SOC. bvab011 (2021).; Jeremy A. Wernick et al., *A Systematic Review of the Psychological Benefits of Gender-Affirming Surgery*, 46 UROL. CLIN. NORTH AM. 475 (2019); Taciana Silveira Passos, Marina Sá Teixeira & Marcos Antonio Almeida-Santos, *Quality of Life After Gender Affirmation Surgery: a Systematic Review and Network Meta-analysis*, 17 SEX RES. SOC. POLICY 252 (2020).

<sup>2</sup> See, e.g., Ivy H. Gardner, Joshua D. Safer, *Progress on the Road to Better Medical Care for Transgender Patients*, 20(6) CURRENT OPIN. ENDOCRINOLOGY DIABETES & OBES. 553 (2013), available at [https://journals.lww.com/co-endocrinology/Abstract/2013/12000/Progress\\_on\\_the\\_road\\_to\\_better\\_medical\\_care\\_for.9.aspx](https://journals.lww.com/co-endocrinology/Abstract/2013/12000/Progress_on_the_road_to_better_medical_care_for.9.aspx); Sari L. Reisner, Asa Radix & Madeline B. Deutsch, *Integrated and Gender-Affirming Transgender Clinical Care and Research*, 72 Suppl 3 J. ACQUIR. IMMUNE DEFIC. SYNDR. S235 (2016).

<sup>3</sup> See, e.g., University of California San Francisco, *Voice and Speech Therapy | Gender Affirming Health Program* (last visited Sept. 28, 2022), available at <https://transcare.ucsf.edu/voice-and-speech-therapy%09>; Eli Coleman et al., *Standards of Care for the Health of Transgender and Gender Diverse People, Version 8*, 23 INT'L J. OF TRANSGENDER HEALTH S1 (2022).

There is a strong overwhelming and growing consensus among expert and medical organizations that gender-affirming health care is medically necessary and vital for the wellbeing of youths and adults<sup>4</sup>. This includes the following organizations, among others:

- [American Medical Association \(AMA\)](#)<sup>5</sup>
- [American Psychological Association \(APA\)](#)<sup>6</sup>
- [American College of Obstetricians and Gynecologists \(ACOG\)](#)<sup>7</sup>
- [American Public Health Association \(APHA\)](#)<sup>8</sup>
- [Endocrine Society](#)<sup>9</sup>
- [Pediatric Endocrine Society](#)<sup>10</sup>
- [American Academy of Child & Adolescent Psychiatry \(AACAP\)](#)<sup>11</sup>
- [World Medical Association \(WMA\)](#)<sup>12</sup>
- [World Professional Association for Transgender Health \(WPATH\)](#)<sup>13</sup>

The broad medical consensus, however, has not discouraged anti-trans politicians from pursuing policies to end gender-affirming care by any means necessary, including challenging child custody, criminalizing supportive parents, or even threatening doctors for simply making a referral.<sup>14</sup> These threats have very real consequences, even when they do not become public policy. Transgender people living in fear of their lawmakers passing anti-trans legislation for their state have a higher likelihood of experiencing depression, anxiety, and PTSD.<sup>15,16</sup> These concerns are not limited to advocates like me, or even to transgender and nonbinary adults who may be navigating the process of living their authentic selves. In a survey of nearly 35,000 LGBTQ youth, 94% of respondents reported that the current anti-trans political climate has had a negative impact on their mental health.<sup>17</sup> The ignorant, uninformed, and discriminatory messaging originating from and perpetuated by elected officials who hold enormous power and influence over our lives are causing real harm.

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<sup>4</sup> <https://transhealthproject.org/resources/medical-organization-statements/>

<sup>5</sup> <https://www.ama-assn.org/system/files/2019-03/transgender-coverage-issue-brief.pdf>

<sup>6</sup> <https://www.apa.org/about/policy/transgender.pdf>

<sup>7</sup> <https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2021/03/health-care-for-transgender-and-gender-diverse-individuals>

<sup>8</sup> <https://apha.org/policies-and-advocacy/public-health-policy-statements/policy-database/2017/01/26/promoting-transgender-and-gender-minority-health-through-inclusive-policies-and-practices>

<sup>9</sup> <https://www.endocrine.org/advocacy/position-statements/transgender-health>

<sup>10</sup> <https://www.endocrine.org/-/media/a65106b6ae7f4d2394a1ebeb4458591d.ashx>

<sup>11</sup> [https://www.jaacap.org/article/S0890-8567\(12\)00500-X/fulltext](https://www.jaacap.org/article/S0890-8567(12)00500-X/fulltext)

<sup>12</sup> <https://www.wma.net/policies-post/wma-statement-on-transgender-people/>

<sup>13</sup> <https://www.wpath.org/newsroom/medical-necessity-statement>

<sup>14</sup> <https://www.pbs.org/newshour/politics/republican-states-aim-to-restrict-transgender-health-care-in-first-bills-of-2023>

<sup>15</sup> Hughto, J. M. W., Meyers, D. J., Mimiaga, M. J., Reisner, S. L., & Cahill, S. (2021). Uncertainty and Confusion Regarding Transgender Non-discrimination Policies: Implications for the Mental Health of Transgender Adults. *Sexuality and Social Policy*. 19:1069–1079. <https://doi.org/10.1007/s13178-021-00602-w>

<sup>16</sup> Pacey, M. S., Dikitsas, Z. A., Greenwood, E., McInroy, L. B., Fish, J. N., Williams, N., Riquino, M. R., Lin, M., Henderson, S. B., & Levine, D. S. (2021). The Perceived Health Implications of Policies and Rhetoric Targeting Transgender and Gender Diverse Youth: A Community-Based Qualitative Study. *Transgender Health*. <https://doi.org/10.1089/trgh.2021.0125>

<sup>17</sup> <https://www.thetrevorproject.org/survey-2022/>

The legal consequences and the mental health impacts of these policy proposals require a response that tells transgender youth, their families, and the professionals who care for them that they are safe and protected. HF 146 does just that.

According to the Williams Institute, there are an estimated 1.6 million Americans age 13 and up who are transgender.<sup>18</sup> We live in every state in the nation. We are your child's best friend at school, your barista, your postal workers, and your IT department. We are your children, your doctors and nurses, and your ministers. We are human beings who deserve to live in safety. To participate in public life within our communities, the same as every other person. Transgender people are also your constituents.

Transgender people are part of the fabric of American society. We belong, and we matter.

Alexis Vida Rangel  
Policy Counsel  
National Center for Transgender Equality

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<sup>18</sup> <https://williamsinstitute.law.ucla.edu/subpopulations/transgender-people/>