



# L-HEALTH PROJECT



Co-funded by  
the European Union

# Index

1. Introduction
2. Who we are
3. Goals
4. Our perspective
5. How to participate
6. Training for professionals
7. Contact



# 1. Introduction



# Introduction

L-HEALTH is a pioneering study that focuses on the health of Lesbian\* people, that is, “lesbians, bisexuals, pansexuals (both cisgender and non-binary, trans\*, queer or intersex women), and also heterosexual cisgender women who have sex with women or are attracted to women.”

This study is coordinated by the Jordi Gol i Gurina Primary Care Research Institute (IDIAPJGol), with the support of the European Union. And something that makes us unique: several of the people in our team also identify as sexual dissidents.

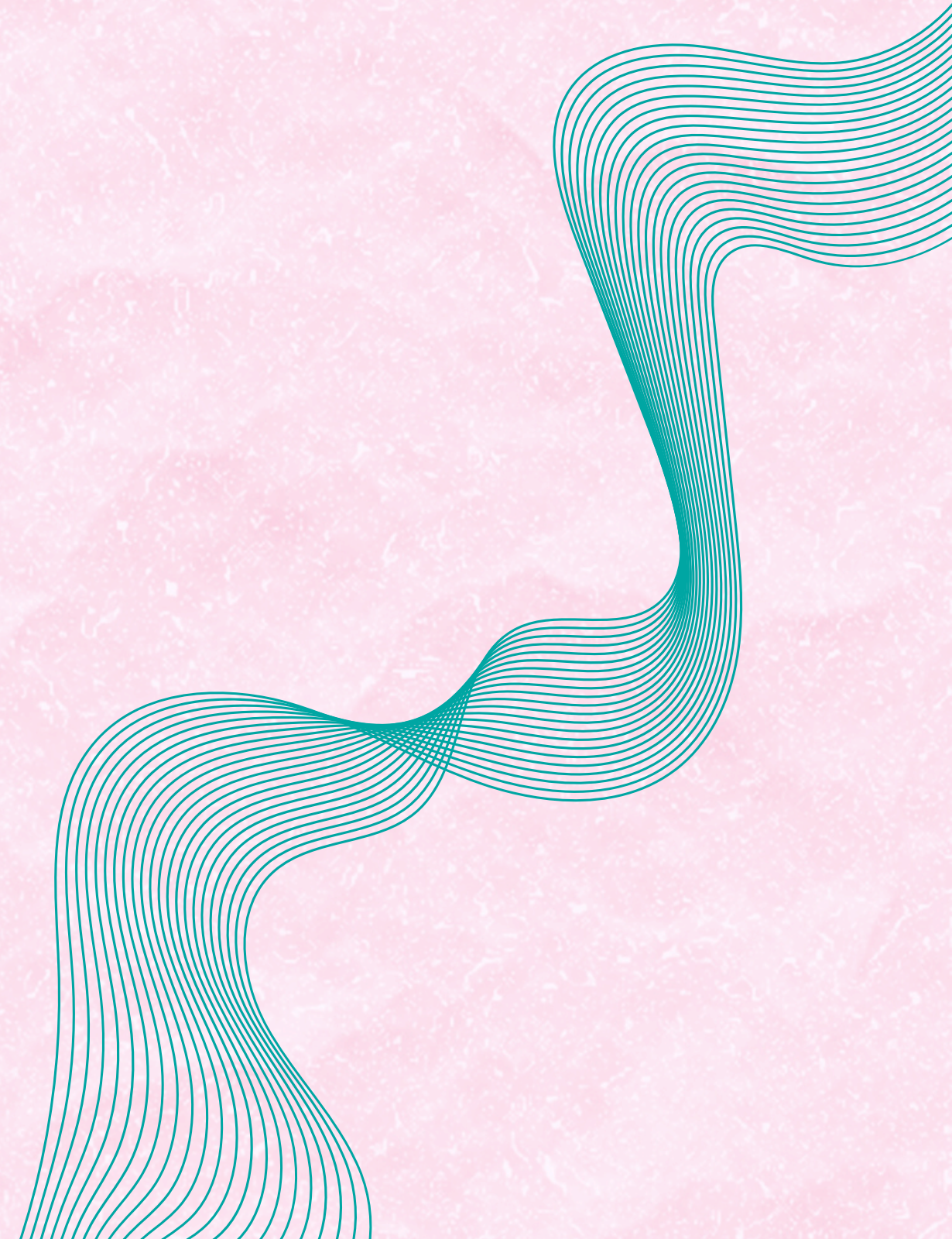


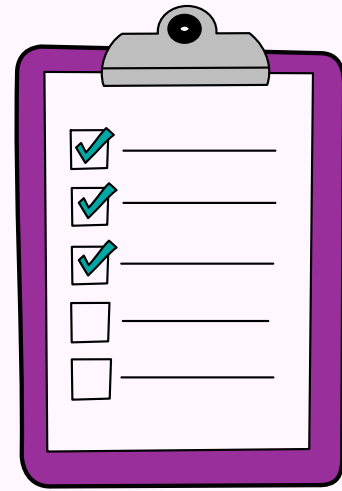
# Who We Are





# 3. Goals

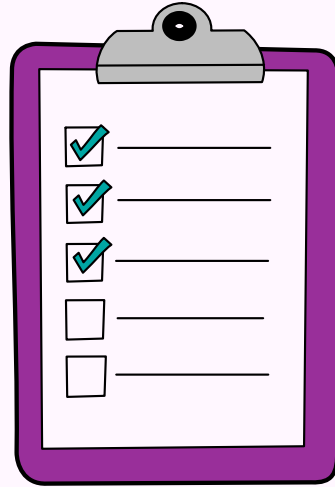




# Main Goal



Promote clinical practice excellence for Lesbians\* in primary care.



# Secondary Goals



Identify the main health inequalities among Lesbians\*.



To understand the needs, knowledge gaps and attitudes of health professionals.



Design and evaluate training for health professionals to improve clinical practice for Lesbians\*.



# 4. Our perspective





# Our perspective

We base our work on feminist and intersectional research.

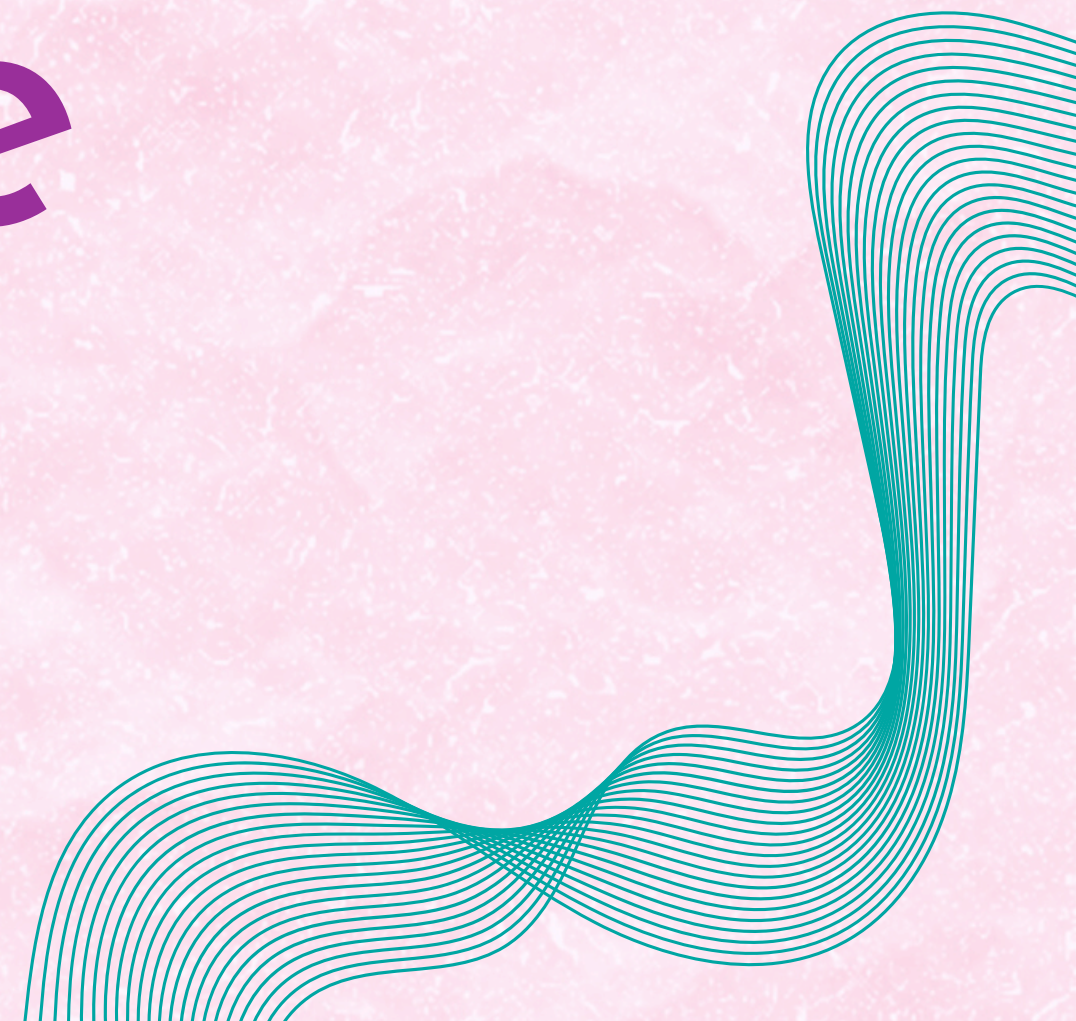
We believe in the importance of experience as a source of knowledge.

For this reason, we propose a participatory and situated approach to research.

We acknowledge the diversity of life stories, recognizing that power structures affect us differently depending on who we are.



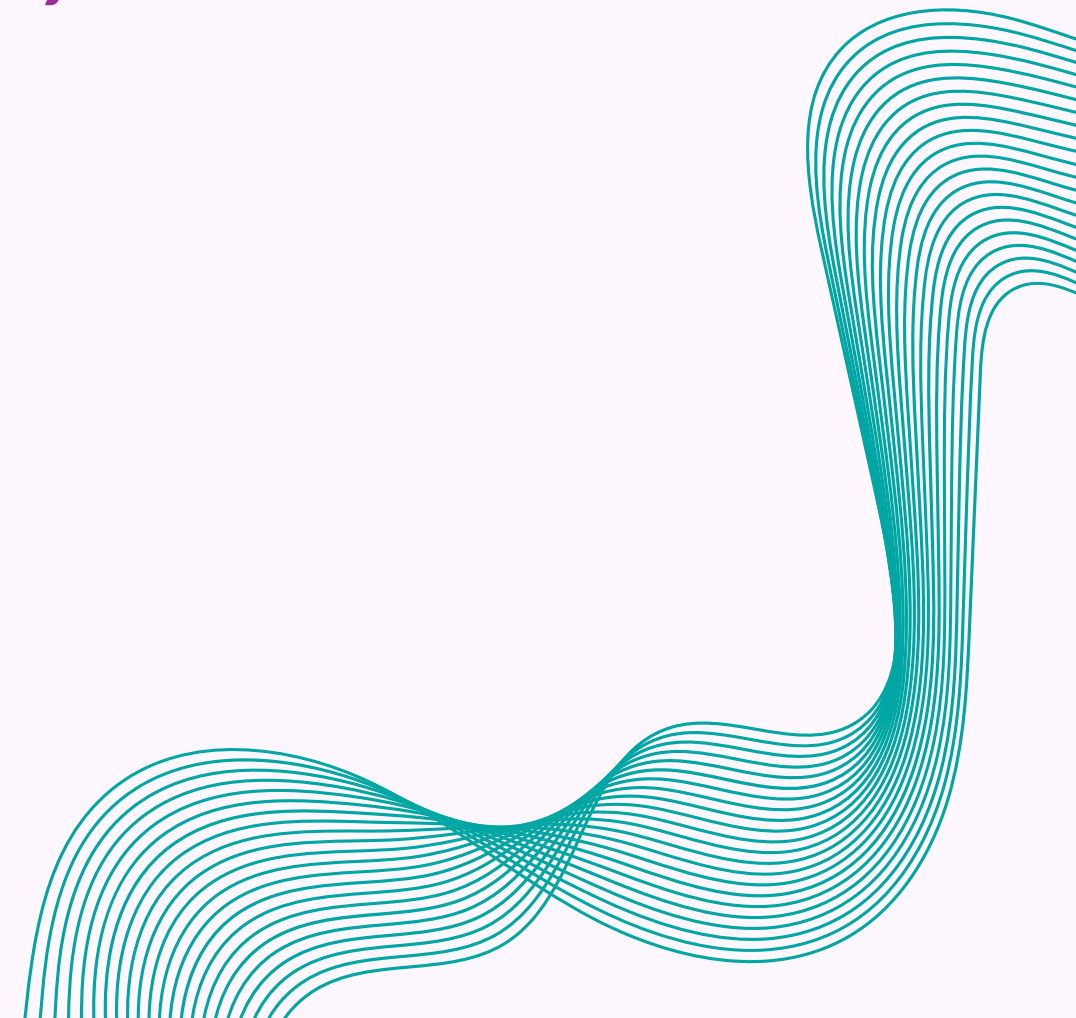
# 5. How to participate





# Are you a Lesbian\*? Here's how you can participate!

- ✓ In group conversations, and/or
- ✓ In a chain online survey.





# Group conversations:

## Who can participate?

- 🌈 Lesbians\* over 18 years of age who have lived in Catalonia for at least one year.
- ✨ If you meet these requirements, we are looking for you! 🇪🇸

## What are we looking for?

- 🌈 We want to connect with a diverse and heterogeneous Lesbians\* population, because we understand that our health needs are unique and varied.
- 💡 That's why we want to include people with different immigration statuses, ages, functional diversities, body types, and much more.

✨ Your experience counts to build a health that represents us! 🇪🇸

# Group conversations:

What does participation entail?

🗨️ Join a group conversation of about 2 hours, where:

We will reflect on our health needs.

- We will talk about experiences of discrimination in primary care.
- We will propose ideas to build more inclusive healthcare.

✨ Your voice matters for change! 🌈








Are you lesbian, dyke,  
bisexual, pansexual or  
do you have sexual-  
affective relationships  
with other women?

**MAKE HISTORY!**

**OPEN CALL**

-  Over 18 years old?
-  Living in Catalonia for more than a year?
-  Do you want to be part of a group interview?

**WE ARE  
WAITING  
FOR YOU!**



**WHAT WE NEED:**

We want to know what your health needs are to improve primary care

[https://bit.ly/entrevistes\\_grupals\\_Lhealth](https://bit.ly/entrevistes_grupals_Lhealth)



678 00 72 76



Lhealth@idiapjgol.org



Lhealthproject



Co-funded by the European Union



# Are you a primary care healthcare professional? Here's how you can get involved!



In group conversations.

## Who can participate?

Primary care professionals who:

- They are part of the medical or nursing staff.
- Have more than one year of clinical practice.
- 👉 Open to heterosexual and LGTBI+ population.

🌟 If you work in healthcare, your experience counts!



# Group conversations:

Do you want to participate in the group interviews?

💬 It's very easy! Just sign up by filling out the following form: ✍️ ➔ 📱




 [https://bit.ly/entrevistes\\_grupals\\_Lhealth](https://bit.ly/entrevistes_grupals_Lhealth)

# Online chain survey

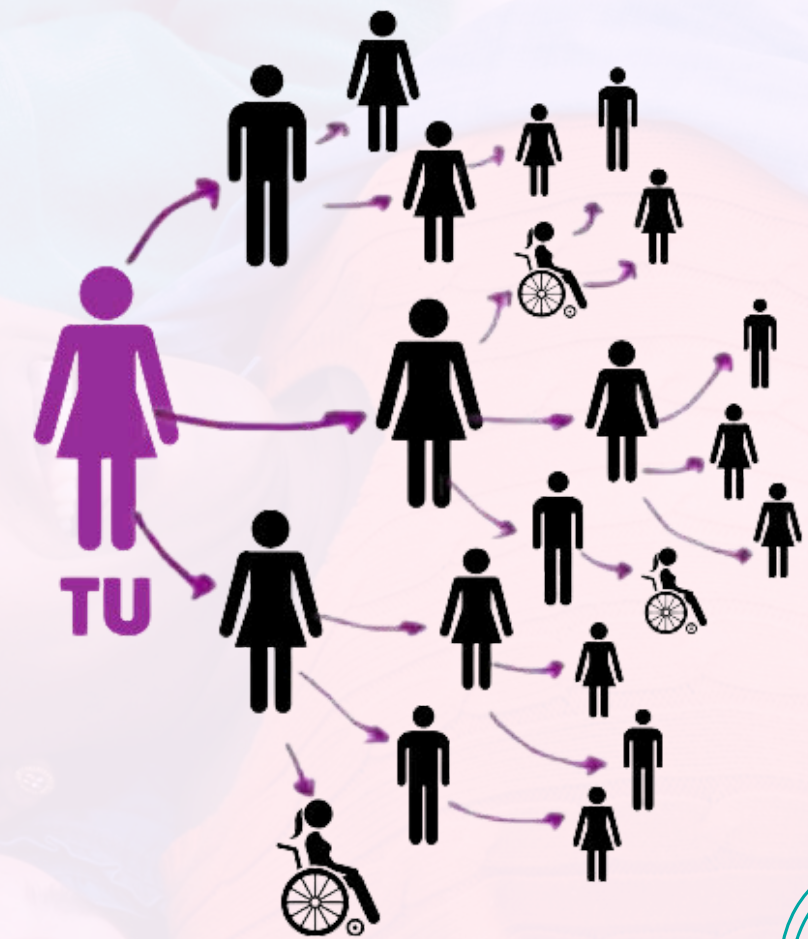
## Who can participate?

-  People over 18 years old.
-  Those who identify as LesBis\*.
-  That they have their primary care center in Catalonia.

## What does participation entail? ✨ It's very simple:

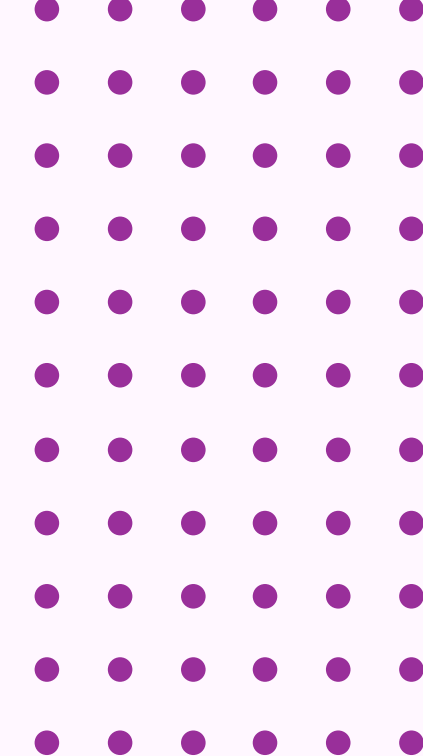
-  Receive the link from someone nearby.
-  Answer the online questionnaire in just a few minutes.
-  Invite three people who also meet the requirements. Diversity matters! ✨ For example, people of different ages.

 **Your voice matters to build a more visible and diverse community. Join us!**





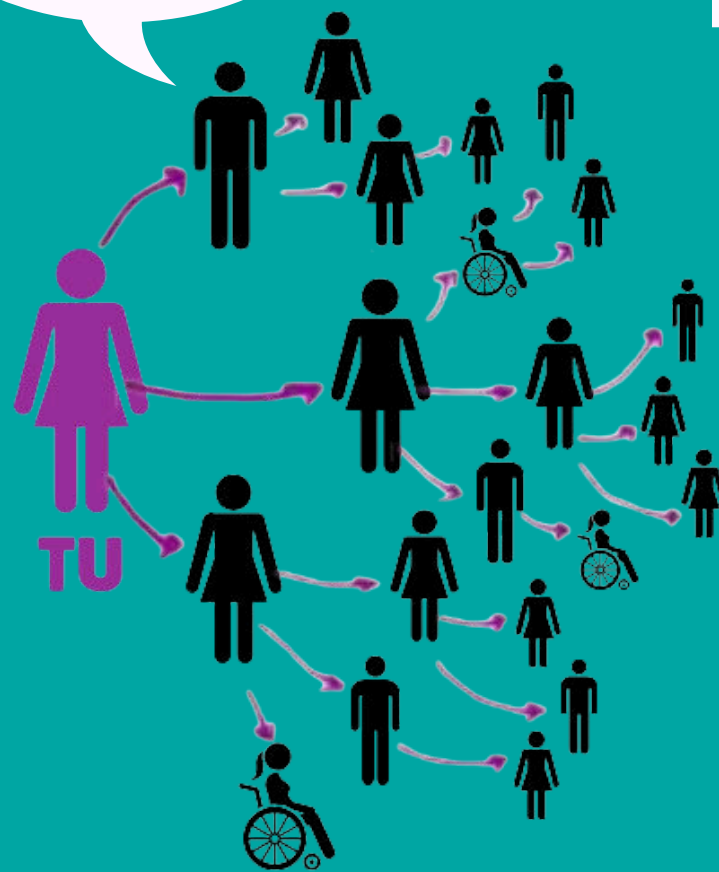
Are you lesbian, dyke, bisexual, pansexual or do you have sexual-affective relationships with other women?



### WHO CAN PARTICIPATE?

- Over 18 years old?
- Do you have your Primary Care Centre in Catalonia?
- Are you a cis woman or non-binary person?

### ON-CHAIN SURVEY



Did you get the link?



Reply and invite three LesBis\*



678 00 72 76



Lhealth@idiapjgol.org



Lhealthproject

### WHAT IS THE OBJECTIVE?

We want to know what health inequalities LesBis\* suffer in primary care.



Co-funded by the European Union



# 6. Training for professionals

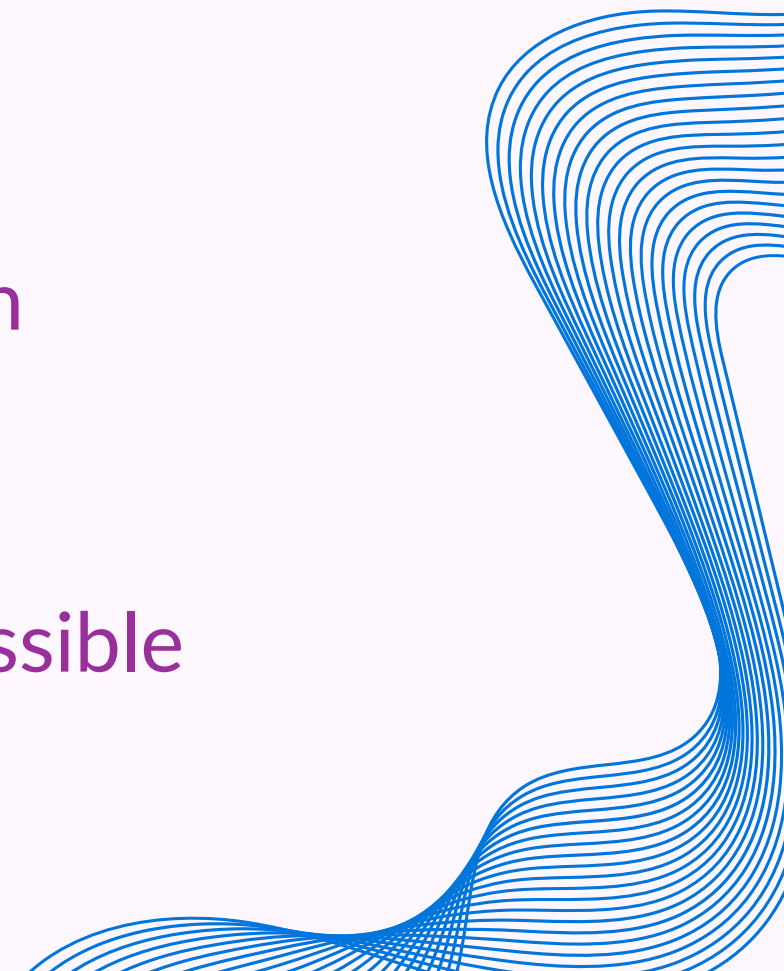




# Training for professionals

Once we have the results of all the studies we will carry out:

- ▶ a summary considering the key aspects to raise awareness and increase knowledge about LesBis\* among the research team and the driving group;
- ▶ we will transform the contents of this summary into attractive and understandable material to develop training materials for health professionals;
- ▶ the training materials will be used to conduct training sessions for health professionals to promote knowledge and change in clinical practice;
- ▶ these sessions will be evaluated to consider your training and assess possible changes in the future.





# 7. Contact



**678 00 72 76**



**[lhealth@idiapjgol.org](mailto:lhealth@idiapjgol.org)**



**Lhealthproject**





**THANK  
YOU SO  
MUCH**