

## Health Care for Every Body

### Dartmouth Health's Commitment to Affirming All Patients

As New Hampshire's only academic health system, Dartmouth Health is navigating the ever-growing, ever-changing public health demands of our region. This commitment to providing world-class care for the communities we serve is born from our long-held belief that everyone deserves access to compassionate and equitable care.

Dartmouth Health recognizes differing views about essential care for transgender individuals, and we embrace the opportunity to weigh in on this topic through the lens of medicine, to create a shared understanding of gender affirming health care in the Granite State.

#### What is essential care for transgender people/gender-affirming care?

As defined by the World Health Organization, gender-affirming care encompasses a range of social, psychological, behavioral, and medical interventions designed to support and affirm an individual's gender identity when it conflicts with the gender they were assigned at birth.

#### What is the purpose of gender-affirming intervention?

Through age-appropriate and evidenced-based treatment protocols, the goal of gender-affirming intervention is to assist transgender people with the alignment of various aspects of their lives – emotional, interpersonal, and biological—with their gender identity. These interventions fall along a continuum from counseling services to dermatology, endocrinology, urology, plastic surgery, gynecology, and speech/language needs.

(continued)

## Facts

### AT-A-GLANCE:


**300,000**  
youths (ages 13-17 yrs)  
in the US are transgender  
or gender diverse

(Williams Institute, 2023)

**New Hampshire  
Demographics**



**7.2%**  
Percent of Adults  
(18+) Who are LGBT



(Williams 2023)

**78,400**  
Total LGBT  
Population (13+)



(Williams 2023)

**5%**  
Percent of  
Workforce that  
is LGBTQ



(Census 2018; Williams 2020)

**35,000**  
Total LGBTQ  
Workers

(Williams 2020)

## What types of gender-affirming intervention does Dartmouth Health Children's provide to minors under the age of 18?

In New Hampshire, Dartmouth Health Children's does not perform gender-affirming genital surgery on minors. Our multidisciplinary medical teams work in concert with patients who are minors and their parents and/or legal guardians to determine which, if any, gender-affirming care may be appropriate. Our pediatric gender-affirming care is designed to take a conservative approach. When young children experience feelings that their gender identity does not match their sex recorded at birth, the first course of action is to provide mental health support as needed. For older adolescents, treatment plans are tailored to the individual and designed to maximize the time teenagers and their families have before making any decisions about their potential transition.

## Why is gender-affirming care essential for some adults or minors?

Every major U.S. medical and mental health organization, including the American Medical Association, the American Academy of Pediatrics, and the American Psychological Association, recognizes that affirming and supporting gender identity is essential medical care for transgender and gender diverse youth. A study entitled, "Association Between Gender-Affirming Surgeries and Mental Health Outcomes" published in *JAMA Surgery*, April 2021, examines the link between a lack of gender-affirming care and mental health risks. The findings indicate that transgender and gender-diverse (TGD) people had significantly lower odds of past-month psychological distress, past-year tobacco smoking, and past-year suicidal ideation compared with TGD people who had no history of gender-affirming surgery. For more than 200 years, Dartmouth Health has been determined to apply this kind of evidence-based research to deliver the most advanced medical care to our patients and families. We believe in compassionate, inclusive care for all patients—regardless of gender. By relying on science to guide all modalities of medical intervention, we can ensure better public health outcomes.



## What types of gender-affirming intervention does Dartmouth Health provide?

**For transgender and gender-diverse patients, we offer a wide variety of services for every stage of the journey, including:**

- Gender-Affirming Hormone Therapy (GAHT) for adults and adolescents
- Gender-Affirming surgery, including top surgery, bottom surgery, and facial feminization surgery
- Gynecological Services
- Hair Removal
- Mental & Behavioral Health Services
- Referrals for Primary Care Services
- Reproductive Health & Fertility Services
- Support with Navigating Community-Based Resources
- Voice Therapy

**Dartmouth Health**, New Hampshire's only academic health system and the state's largest private employer, serves patients across northern New England. Dartmouth Health provides access to more than 2,000 providers in almost every area of medicine, delivering care at its flagship hospital, Dartmouth Hitchcock Medical Center (DHMC) in Lebanon, NH, as well as across its wide network of hospitals, clinics and care facilities. DHMC is consistently named the #1 hospital in New Hampshire by U.S. News & World Report, and is recognized for high performance in numerous clinical specialties and procedures. Dartmouth Health includes Dartmouth Cancer Center, one of only 56 National Cancer Institute-designated Comprehensive Cancer Centers in the nation, and the only such center in northern New England; Dartmouth Health Children's, which includes the state's only children's hospital and multiple locations around the region; member hospitals in Lebanon, Keene and New London, NH, and Windsor and Bennington, VT; Visiting Nurse and Hospice for Vermont and New Hampshire; and more than 30 clinics that provide ambulatory and specialty services across New Hampshire and Vermont. Through its historical partnership with Dartmouth and the Geisel School of Medicine, Dartmouth Health trains nearly 400 medical residents and fellows annually, and performs cutting-edge research and clinical trials recognized across the globe with Geisel and the White River Junction VA Medical Center in White River Junction, VT. Dartmouth Health and its more than 15,000 employees are deeply committed to serving the healthcare needs of everyone in our communities, and to providing each of our patients with exceptional, personal care.

**For more information about Dartmouth Health Children's, visit [childrens.dartmouth-health.org](https://childrens.dartmouth-health.org) or contact us at (603) 650 KIDS or [chad.community.relations@hitchcock.org](mailto:chad.community.relations@hitchcock.org).**

**Dartmouth Health Children's** is the only comprehensive pediatric healthcare system in the region. Fully integrated in Dartmouth Health and anchored for more than 30 years by CHaD—Children's Hospital at Dartmouth Hitchcock Medical Center in Lebanon, NH—Dartmouth Health Children's promotes health, advances knowledge, and delivers the best patient and family-centered care for infants, children, and adolescents across New Hampshire and Vermont. Dartmouth Health Children's conducts groundbreaking research and educates the next generations of health professionals as the primary pediatric partner of the Geisel School of Medicine at Dartmouth. Highly skilled and collaborative child health professionals provide care in multiple settings across the region. Outpatient specialty visits and same-day surgery services are available at CHaD and Dartmouth Hitchcock Clinics Manchester. Primary care appointments in general pediatrics are available at Dartmouth Hitchcock Clinics in Bedford, Concord, Lebanon, Manchester and Nashua, NH, and Bennington, VT; as well as at Dartmouth Health members: Alice Peck Day Memorial Hospital, Cheshire Medical Center, New London Hospital, Mt. Ascutney Hospital and Health Center, and Southwestern Vermont Medical Center.