

RESEARCH THAT MATTERS

---

# FOOD INSECURITY AND RELIANCE ON SNAP AMONG LGBT ADULTS

June 2025

---

Brad Sears  
Andrew R. Flores  
Jet Harbeck

## CONTENTS

EXECUTIVE SUMMARY .....	2
BACKGROUND .....	4
THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) .....	4
PROPOSED CHANGES TO SNAP .....	4
FINDINGS .....	7
LGBT ADULTS, FOOD INSECURITY, AND SNAP BENEFITS .....	7
IMPACT OF WORK REQUIREMENTS ON LGBT ADULTS RECEIVING SNAP .....	15
CONCLUSION .....	18
AUTHORS .....	19
ACKNOWLEDGEMENTS .....	19
SUGGESTED CITATION .....	19
DATA SOURCE AND METHODS .....	20
DATA SOURCE .....	20
MEASURES .....	20
POPULATION ESTIMATES .....	21
APPENDIX .....	22
TABLES .....	22

## EXECUTIVE SUMMARY

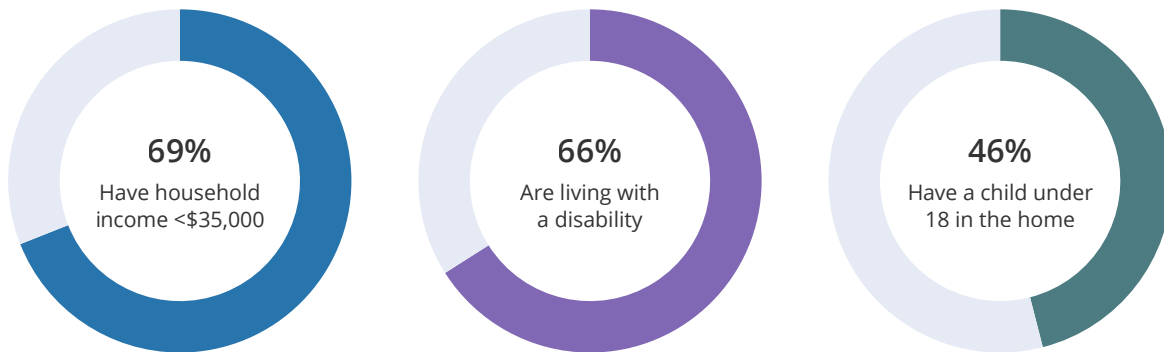
The Supplemental Nutrition Assistance Program (SNAP) is the largest anti-hunger program in the United States, supporting over 42 million people each month.<sup>1</sup> The current Budget Reconciliation Bill, H.R. 1, would make significant changes to SNAP, causing an estimated seven million people to either lose their SNAP benefits or have their benefits substantially cut. In this brief, we analyze pooled data from the 2021 and 2023 Behavioral Risk Factor Surveillance System (BRFSS) to show the degree to which LGBT adults experience food insecurity and rely on SNAP benefits, as well as the potential impact on LGBT adults of expanded work requirements for SNAP benefits.

## KEY FINDINGS

LGBT adults were more likely than non-LGBT adults to experience food insecurity and to rely on SNAP.

- 18% of LGBT adults experienced food insecurity in the past year, compared to 14% of non-LGBT adults.
- 15% of LGBT adults relied on SNAP benefits in the past year, compared to 11% of non-LGBT adults. This difference is largely due to higher rates of poverty and disability among LGBT adults as compared to non-LGBT adults.
  - Almost seven in 10 LGBT adults who received SNAP benefits had household incomes under \$35,000, two-thirds were living with a disability, and nearly half had a child under 18 living in the household.

Percent of LGBT adults who received SNAP benefits by selected characteristics, BRFSS 2021 and 2023



Nearly 2.1 million LGBT adults rely on SNAP. This includes approximately:

- 1.3 million LGBT adults living with a disability
- 1.3 million lesbian and bisexual women
- 900,000 LGBT adults who have children under 18 in their household
- 500,000 cisgender gay and bisexual men
- 250,000 transgender adults

<sup>1</sup> Supplemental Nutrition Assistance Program (SNAP)- Key Statistics and Research, USDA ECON. RSCH. SERV. (June 13, 2025), <https://www.ers.usda.gov/topics/food-nutrition-assistance/supplemental-nutrition-assistance-program-snap/key-statistics-and-research>.

Expanding work requirements will create additional barriers to applying for and maintaining SNAP benefits for LGBT adults, many of whom were already working, in school, or were unable to work.

- Over 90% of LGBT adults who received SNAP benefits (91%) were either currently working (42%), had worked in the past year (6%), were students (8%), homemakers (9%), retired (5%), or were unable to work (21%).
- The remaining were LGBT adults who reported that they had not worked in the past year (8%).<sup>2</sup>

---

<sup>2</sup> The remaining 1% did not respond to this question. See Figure 10.

## BACKGROUND

### THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Formerly known as food stamps, the Supplemental Nutrition Assistance Program (SNAP) provides monthly funds to individuals with low incomes to purchase groceries. SNAP benefits are loaded onto a card, similar to a debit card, that can be used at local stores or farmers' markets to buy groceries. On average, participants received about \$6.16 per day per person in regular SNAP benefits in 2025.<sup>3</sup>

Eligibility for SNAP and the amount of benefits a household<sup>4</sup> receives depend on household income and family size.<sup>5</sup> In 2023, 73% of SNAP households had a gross monthly income at or below 100% of the federal poverty level (FPL).<sup>6</sup> SNAP currently has work requirements for adults up to the age of 55 who are not disabled or living with minor children. These adults are limited to three months of SNAP benefits every three years unless they are working at least 20 hours per week or participating in a qualifying workfare or job training program.<sup>7</sup> Currently, states may seek temporary waivers from this three-month time limit for areas with relatively high unemployment.<sup>8</sup>

SNAP provides basic food assistance for more than 42 million people.<sup>9</sup> In 2023, approximately eight out of 10 (79%) households that received SNAP benefits included a child under 18, an individual aged 60 or older, or an individual under 60 with a disability.<sup>10</sup> The remainder of recipients tended to be single people living alone and with very low incomes.<sup>11</sup>

### PROPOSED CHANGES TO SNAP

The Budget Reconciliation Bill (H.R.1),<sup>12</sup> passed by the House and currently being considered by the Senate, would impose deep cuts to the SNAP program, reducing federal funding for SNAP by approximately 30%.<sup>13</sup> If passed, these cuts would result in an estimated seven million people either

<sup>3</sup> *Policy Basics: The Supplemental Nutrition Assistance Program (SNAP)*, CTR. ON BUDGET & POL'Y PRIORITIES (Nov. 25, 2024), <https://www.cbpp.org/research/food-assistance/the-supplemental-nutrition-assistance-program-snap>.

<sup>4</sup> A SNAP household is made up of people who live together and purchase and prepare food together. *Id.*

<sup>5</sup> In general, to qualify for SNAP benefits, a household must have a gross monthly income at or below 130% of the federal poverty level (FPL), have a net monthly income (income after deductions are applied for items such as housing, utility, and child care costs) of less than or equal to the FPL, and have very little assets, less than \$3,000 for households without an older or disabled member and \$4,500 for those with an older or disabled member. *Id.*

<sup>6</sup> MIA MONKOVIC & BEN WARD, CHARACTERISTICS OF SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM HOUSEHOLDS: FISCAL YEAR 2023 (2025), .

<sup>7</sup> CTR. ON BUDGET & POL'Y PRIORITIES, *supra* note 3.

<sup>8</sup> *Id.*

<sup>9</sup> USDA ECON. RSCH. SERV., *supra* note 1.

<sup>10</sup> MONKOVIC & WARD, *supra* note 6.

<sup>11</sup> *Id.*

<sup>12</sup> H.R. 1, 119th Cong. (2025) (as passed by House, May 22, 2025).

<sup>13</sup> *By the Numbers: House Republican Reconciliation Bill Takes Food Assistance Away From Millions of People*, CTR. ON BUDGET & POL'Y PRIORITIES (June 6, 2025), <https://www.cbpp.org/research/food-assistance/by-the-numbers-house-republican-reconciliation-bill-takes-food-assistance>.

losing their SNAP benefits or having them substantially cut.<sup>14</sup> The proposed funding cuts to the SNAP program include:

**Reducing the federal government’s contributions to states for SNAP.** Currently, the federal government pays the full cost of SNAP benefits and splits the cost of administering the program with the states.<sup>15</sup> The House version of the Budget Reconciliation Bill would require all states to pay 5% of the costs for SNAP food benefits starting in 2028. States with higher payment error rates (greater than 6% in over- and/or underpayments) in calculating food benefits<sup>16</sup> would pay between 15% and 25% of food benefits costs.<sup>17</sup> The Senate version of the Budget Reconciliation Bill would leave states with a 0% match if they had a payment error rate of less than 6%, and then impose a cost-sharing range of 5% to 15% for states with a payment error rate of 6% or higher.<sup>18</sup> It is likely that many, if not most, states would have to pay a higher rate than 5%. The national average payment error rate in 2023 was 11.7%<sup>19</sup> and in 2023, only seven states would have a 0% match under the Senate’s more lenient requirements.<sup>20</sup> In contrast, based on their 2023 payment error rates, 25 states and D.C. would have a 15% match under the Senate bill.<sup>21</sup> Moreover, payment errors are likely to increase because the bill also cuts federal funding in half for states to administer the SNAP program<sup>22</sup> and creates a stricter definition for what constitutes a payment error.<sup>23</sup> The Congressional Budget Office estimates that these provisions would eliminate benefits for 1.3 million people in an average month between 2025 and 2034.<sup>24</sup>

**Expanding SNAP’s work requirement.** SNAP currently has two types of work requirements, both of which would be changed by the Budget Reconciliation Bill. SNAP’s general work requirement requires those aged 16 to 59 who are able to work to either work 30 hours a week, be actively looking for

<sup>14</sup> *Id.*

<sup>15</sup> CTR. ON BUDGET & POL’Y PRIORITIES, *supra* note 3.

<sup>16</sup> The individual state payment error rates measure the accuracy of each state’s eligibility and benefit determinations. Payment errors include both underpayments and overpayments. *SNAP Payment Error Rates*, USDA FOOD & NUTRITION SERVS. (July 9, 2024), <https://www.fns.usda.gov/snap/qc/per>.

<sup>17</sup> Wesley Tharpe et al., *House Republican Reconciliation Bill Would Force States to Cut Food Assistance, Health Care, and Other Vital Services*, CTR. ON BUDGET & POL’Y PRIORITIES (June 3, 2025), <https://www.cbpp.org/research/state-budget-and-tax/house-republican-reconciliation-bill-would-force-states-to-cut-food>.

<sup>18</sup> Gina Plata-Nino, *Senate Follows House Lead on SNAP Cuts Proposal: A Direct Threat to Families, Communities, and the Economy*, FOOD RSCH. & ACTION CTR. (June 12, 2025), <https://frac.org/blog/senate-follows-house-lead-on-snap-cuts-proposal-a-direct-threat-to-families-communities-and-the-economy>.

<sup>19</sup> USDA FOOD & NUTRITION SERV., SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM: PAYMENT ERROR RATES FISCAL YEAR 2023 (2024), <https://fns-prod.azureedge.us/sites/default/files/resource-files/snap-fy23-qc-payment-error-rate.pdf>.

<sup>20</sup> Plata-Nino, *supra* note 18.

<sup>21</sup> *Id.*

<sup>22</sup> RANDY ALISON AUSSENBERG, CONG. RSCH. SERV., R48552, SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) AND RELATED NUTRITION PROGRAM IN THE HOUSE-PASSED BUDGET RECONCILIATION BILL: IN BRIEF (2025).

<sup>23</sup> H.R. 1 effectively redefines what counts as an error to any variance of (\$0 threshold) from the current threshold for an error of a variance of \$57. *Id.*

<sup>24</sup> CONG. BUDGET OFF., LETTER TO THE HONORABLE AMY KLOBUCHAR & ANGIE CRAIG, DETAILING POTENTIAL EFFECTS OF H. CON. RES. 14 ON THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (May 22, 2025), [https://www.cbo.gov/system/files/2025-05/Klobuchar-Craig-Letter-SNAP\\_5-22-25.pdf](https://www.cbo.gov/system/files/2025-05/Klobuchar-Craig-Letter-SNAP_5-22-25.pdf).

work, or be enrolled in a training program.<sup>25</sup> The bill changes the age range for the general work requirement to 18 to 64 years old.<sup>26</sup> Second, SNAP limits adults without disabilities and without dependents (ABAWDs), ages 18 to 54, to receiving three months of SNAP benefits in a 36-month period unless they work 20 hours per week or participate in specified work-related programs. Dependent children are those under age 18. The bill would expand the population subject to the time limit to those aged 18 to 64 and redefine dependents to children under age 6 in the House version of the bill<sup>27</sup> and under age 14 in the Senate version.<sup>28</sup> The bill would also restrict states' ability to seek exemptions or waive work requirements, in response to economic conditions, such as meeting the needs of those in rural and/or high-unemployment areas.<sup>29</sup> The Congressional Budget Office estimates that the changes to ABAWD work requirements would reduce SNAP participation by 3.2 million people in an average month between 2025 and 2034.<sup>30</sup> Finally, the Senate version of the Budget Reconciliation Bill would eliminate exemptions from the work requirements for veterans, those who are homeless, and youth in foster care.<sup>31</sup>

**Reducing the amount of SNAP benefits that households would receive.** The Budget Reconciliation Bill makes several changes that would either reduce who is eligible for SNAP or the benefits that households receive. These changes include restricting updates to the Thrifty Food Plan (TFP)—the basis for calculating SNAP benefits—to every five years, which limits the ability for SNAP benefits to keep up with rising food costs.<sup>32</sup> In addition, changes to how internet<sup>33</sup> and utility costs<sup>34</sup> are considered may make some current recipients ineligible or reduce their benefits. The Congressional Budget Office estimates that the restrictions to updating the TFP would reduce the average monthly benefit amount by \$15 by 2034; changes to how internet costs are considered would reduce benefits by about \$10 a month on average for approximately 65% of SNAP households between 2026 and 2034; and changes to how utility costs are considered would decrease monthly benefits by about \$100 a month for about 3% of SNAP households during the same time period.<sup>35</sup>

**Further restricting SNAP's immigration status requirements.** While immigrants without legal status are already ineligible for SNAP, the Budget Reconciliation Bill would further restrict the already limited eligibility for immigrants with legal status.<sup>36</sup>

<sup>25</sup> AUSSENBERG, *supra* note 22.

<sup>26</sup> *Id.*

<sup>27</sup> *Id.*

<sup>28</sup> Plata-Nino, *supra* note 18.

<sup>29</sup> SHARE OUR STRENGTH, SUMMARY OF THE PROPOSED CHANGES TO SNAP IN THE AGRICULTURE TITLE OF THE HOUSE RECONCILIATION BILL (H.R.1) (2025), [https://bestpractices.nokidhungry.org/sites/default/files/2025-05/2025%20Reconciliation\\_House%20Bill%20HR1\\_SNAP%20Provisions\\_0.pdf](https://bestpractices.nokidhungry.org/sites/default/files/2025-05/2025%20Reconciliation_House%20Bill%20HR1_SNAP%20Provisions_0.pdf).

<sup>30</sup> CONG. BUDGET OFF., *supra* note 24.

<sup>31</sup> Aris Folley, *SNAP Work Requirement Carve-Outs for Vets, Homeless Caught in Crosshairs of Trump Bill*, THE HILL (June 19, 2025, 6:00 AM), <https://thehill.com/homenews/senate/5358468-snap-work-requirements-exemptions/>.

<sup>32</sup> SHARE OUR STRENGTH, *supra* note 29.

<sup>33</sup> AUSSENBERG, *supra* note 22.

<sup>34</sup> *Id.*

<sup>35</sup> Benefits by about \$10 for approximately 65% of SNAP households, on average in each year from 2026 through 2034.

<sup>36</sup> *Id.*



## FINDINGS

### FOOD INSECURITY AND SNAP BENEFITS

Prior Williams Institute research has shown that LGBT adults and youth are more likely to experience food insecurity. For example, a 2022 Williams Institute report found that 13% of LGBT adults reported sometimes or often not having enough to eat compared to 8% of non-LGBT adults.<sup>37</sup> Transgender people were nearly two and a half times more likely than non-transgender people to experience food insecurity.<sup>38</sup> A 2023 Williams Institute report found that one in five (20%) LGBT high school students experienced hunger<sup>39</sup> in the past month due to a lack of food at home, compared to 16% of non-LGBT high school students. The same report found that 14% of LGBT young people aged 18 to 24 reported not having enough to eat during the past week, compared to 10% of non-LGBT young people.<sup>40</sup> Prior Williams Institute research has also shown that SNAP benefit utilization was higher among LGBT adults than non-LGBT adults (16% v. 12%)<sup>41</sup> and among transgender adults than cisgender adults (15% v. 12%).<sup>42</sup>

In this report, we primarily analyze data from two questions on the 2021 and 2023 BRFSS that measure food insecurity<sup>43</sup> in the past 12 months and reliance on SNAP benefits in the past 12 months. The intent of SNAP is to address food insecurity,<sup>44</sup> so measuring food insecurity among LGBT adults can demonstrate the need among LGBT adults for programs such as SNAP. Of course, not everyone who is food insecure is enrolled in SNAP, and even for those who are enrolled, SNAP does not eliminate food insecurity.

LGBT adults who are food insecure may not be enrolled in SNAP because they do not meet SNAP's eligibility or work requirements. Others may meet these requirements, but face barriers to enrolling in SNAP, such as not knowing about the program or fearing discrimination or rejection because of their LGBT status. While prior Williams Institute research has shown that similar rates of income-eligible LGBT and non-LGBT people (37% v. 39%) are enrolled in SNAP,<sup>45</sup> only 29% of income-eligible transgender people were enrolled in SNAP as compared to 39% of their income-eligible cisgender

<sup>37</sup> KERITH J. CONRON & KATHRYN K. O'NEILL, WILLIAMS INST., FOOD INSUFFICIENCY AMONG TRANSGENDER ADULTS DURING THE COVID-19 PANDEMIC 5 (2022), <https://williamsinstitute.law.ucla.edu/wp-content/uploads/Trans-Food-Insufficiency-Update-Apr-2022.pdf>.

<sup>38</sup> *Id.*

<sup>39</sup> "Hunger refers to a potential consequence of food insufficiency. Hunger is 'discomfort, illness, weakness, or pain' caused by 'prolonged, involuntary lack of food.' Food insufficiency does not necessarily cause hunger, but hunger is a possible outcome of food insufficiency." MORIAH L. MACKLIN ET AL., WILLIAMS INST., FOOD INSECURITY AMONG LGBTQ YOUTH 2 (2023), <https://williamsinstitute.law.ucla.edu/wp-content/uploads/Youth-Food-Insecurity-Jun-2023.pdf>.

<sup>40</sup> *Id.*

<sup>41</sup> KERITH J. CONRON ET AL., WILLIAMS INST., FOOD INSUFFICIENCY AMONG LGBT ADULTS DURING THE COVID-19 PANDEMIC (2022), <https://williamsinstitute.law.ucla.edu/wp-content/uploads/LGBT-Food-Insufficiency-Apr-2022.pdf>.

<sup>42</sup> CONRON & O'NEILL, *supra* note 37.

<sup>43</sup> For the purposes of this analysis, we are defining those experiencing food insecurity as those who responded that "always," "usually," or "sometimes" the food they bought did not last, and they didn't have money to get more.

<sup>44</sup> *Measuring the Effect of SNAP Participation on Food Insecurity*, USDA FOOD & NUTRITION SERV. (Jan. 24, 2025), <https://www.fns.usda.gov/research/snap/measuring-effect-snap-food-security>.

<sup>45</sup> CONRON ET AL., *supra* note 41.



peers.<sup>46</sup> Barriers to SNAP enrollment for transgender adults may include a lack of identity documents that align with a person's preferred name and gender markers; prior negative experiences of discrimination when accessing public benefit programs; disability and health barriers; transportation barriers; and access points to SNAP through faith-based providers that may be unwelcoming to transgender people.<sup>47</sup>

Further, for those enrolled in SNAP, the program does not eliminate food insecurity. Results from prior research on SNAP's impact on food insecurity have ranged from finding no association between SNAP and reducing food insecurity to showing that SNAP reduces the overall prevalence of food insecurity by 5% to 30%, and even more among children and those with very low food security.<sup>48</sup> LGBT adults enrolled in SNAP may face additional barriers to addressing food insecurity through other programs and resources. For example, prior Williams Institute research found that during the COVID-19 pandemic, LGBT adults were more likely than non-LGBT adults to report barriers to accessing food, such as not being able to get out to buy food because of transportation, mobility, and health limitations, as well as safety concerns.<sup>49</sup>

Accordingly, the relationships between the two primary measures we examine are complex. LGBT adults may be food insecure and may or may not be enrolled in SNAP. They also may not be food insecure and may be enrolled in SNAP. They could have been food insecure for part of the past 12 months, enrolled in SNAP at another point in the past 12 months, and not have been food insecure during their period of SNAP enrollment. Such a person could respond affirmatively that, within the past 12 months, they were food insecure and that, within the past year, they were enrolled in SNAP, without necessarily meaning that they were food insecure while enrolled in SNAP.

Consistent with prior research by the Williams Institute, our analysis of 2021 and 2023 BRFSS data shows that LGBT adults were more likely than non-LGBT adults to have experienced food insecurity<sup>50</sup> in the past 12 months (18% v. 14%) and to have received SNAP benefits (15% v. 11%). Transgender adults were also more likely to have experienced food insecurity (21% v. 14%) and received SNAP benefits (17% v. 11%) in the past 12 months than cisgender adults. (Appendix Tables 1 and 2) Further, almost half (49%) of LGBT adults who received SNAP benefits in the past 12 months also experienced food insecurity during the past 12 months. (Appendix Table 3)

<sup>46</sup> CONRON & O'NEILL, *supra* note 37.

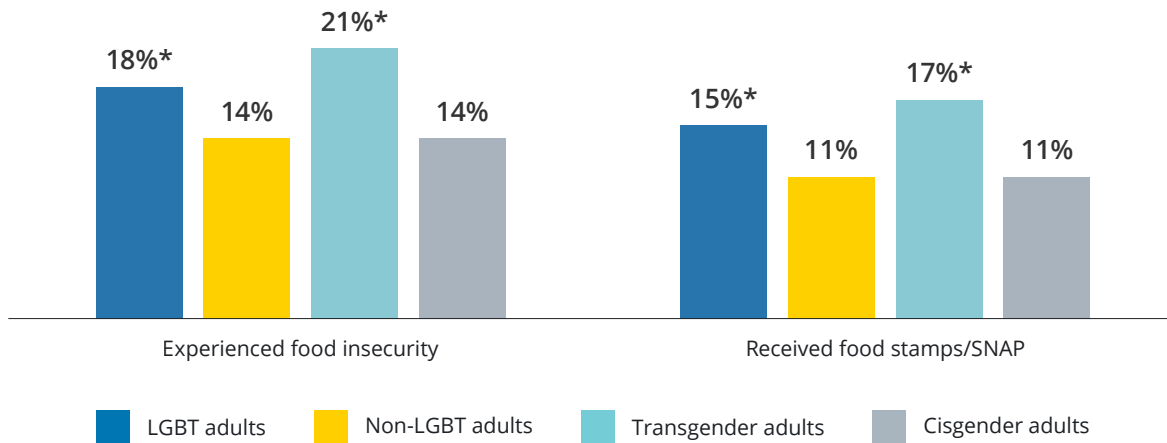
<sup>47</sup> *Id.*

<sup>48</sup> Steven Carlson & Brynne Keith-Jennings, *SNAP Is Linked with Improved Nutritional Outcomes and Lower Healthcare Costs*, CTR. ON BUDGET & POL'Y PRIORITIES (Jan. 17, 2018), <https://www.cbpp.org/research/snap-is-linked-with-improved-nutritional-outcomes-and-lower-health-care-costs>. See also CAROLINE RATCLIFFE & SIGNE-MARY MCKERNAN, THE URB. INST., HOW MUCH DOES SNAP REDUCE FOOD INSECURITY? (2010), [https://ers.usda.gov/sites/default/files/\\_laserfiche/publications/84336/CCR-60.pdf?v=90927](https://ers.usda.gov/sites/default/files/_laserfiche/publications/84336/CCR-60.pdf?v=90927); JAMES MABLI ET AL., MATHEMATICA POL'Y RSCH., MEASURING THE EFFECT OF SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP) PARTICIPATION ON FOOD INSECURITY (SUMMARY) (2013), <https://fns-prod.azureedge.us/sites/default/files/Measuring2013Sum.pdf>.

<sup>49</sup> CONRON ET AL., *supra* note 41.

<sup>50</sup> For the purposes of this analysis, we are defining those experiencing food insecurity as those who responded that "always," "usually," or "sometimes" "the food they bought did not last, and they didn't have money to get more."

**Figure 1. Experienced food insecurity and received SNAP benefits in the past 12 months by LGBT status and gender identity, BRFSS 2021 and 2023**



Note: \*Statistically significant difference between non-LGBT and LGBT adults and between cisgender and transgender adults.

Using our previous estimates of the LGBT adult population, multiplied by these percentages, we estimate that over two million LGBT adults<sup>51</sup> received SNAP benefits in the past 12 months, including almost 250,000 transgender adults.<sup>52</sup>

Due to eligibility requirements for SNAP, as described above, cutting funding for SNAP would primarily impact LGBT adults with household incomes below \$35,000, who are raising children, who are living with disabilities, and who are older. Due to broader demographic patterns related to gender, race, parenting, and poverty, cisgender lesbian and bisexual women<sup>53</sup> and LGBT people of color<sup>54</sup> would be disproportionately impacted by funding cuts to SNAP.

**LGBT adults in households with incomes below \$35,000.** SNAP is a program designed to provide support for individuals and families with lower incomes. Prior Williams Institute research has shown that LGBT adults are more likely to live in poverty than non-LGBT adults.<sup>55</sup>

LGBT adults in households with incomes under \$35,000 were four times more likely to have experienced food insecurity in the past 12 months and five times more likely to have received SNAP

<sup>51</sup> See BIANCA D.M. WILSON & LAUREN J.A. BOUTON, WILLIAMS INST., LGBTQ PARENTING IN THE US (2024), <https://williamsinstitute.law.ucla.edu/wp-content/uploads/LGBTQ-Parenting-Jul-2024.pdf> (Table A4 provides an estimate of the total adult LGBT population based on BRFSS data from 2020-2021).

<sup>52</sup> See *id.* (Table A4 provides an estimate of the total adult transgender population based on BRFSS data 2020-2021).

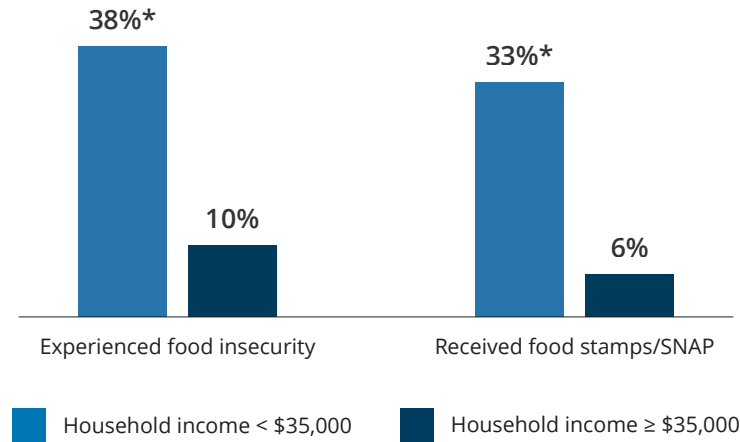
<sup>53</sup> *State Health Facts: Medicaid Enrollees by Sex*, KAISER FAM. FOUND., <https://www.kff.org/medicaid/state-indicator/medicaid-enrollees-by-sex/?currentTimeframe=0&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D> (last visited May 13, 2025).

<sup>54</sup> *State Health Facts: Distribution of People Ages 0-64 with Medicaid by Race/Ethnicity*, KAISER FAM. FOUND., <https://www.kff.org/medicaid/state-indicator/medicaid-distribution-people-0-64-by-raceethnicity/?currentTimeframe=0&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D> (last visited May 13, 2025).

<sup>55</sup> BIANCA D.M. WILSON ET AL., WILLIAMS INST., LGBT POVERTY IN THE UNITED STATES: TRENDS AT THE ONSET OF COVID-19 (2023), <https://williamsinstitute.law.ucla.edu/wp-content/uploads/LGBT-Poverty-COVID-Feb-2023.pdf>.

benefits than those in households with higher incomes. Almost four in 10 LGBT adults (38%) who lived in households with incomes under \$35,000 experienced food insecurity in the past 12 months, compared with 10% of those with higher household incomes. One in three LGBT adults (33%) who lived in households with incomes under \$35,000 received SNAP benefits in the past 12 months, compared with 6% of those with higher household incomes. (Appendix Tables 4 and 5)

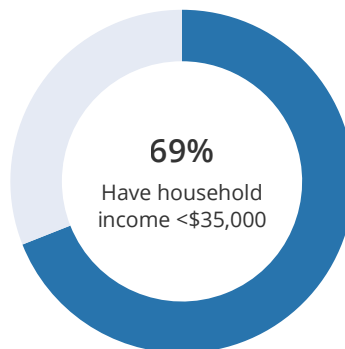
**Figure 2. Experienced food insecurity and received SNAP benefits in the past 12 months among LGBT adults by income, BRFSS 2021 and 2023**



Note: \*Statistically significant difference between LGBT adults based on household income.

Put differently, of all LGBT adults who received SNAP benefits, seven in 10 (69%) had household incomes of less than \$35,000. (Appendix Table 7)

**Figure 3. Percent of LGBT adults who received SNAP benefits with household incomes under \$35,000, BRFSS 2021 and 2023**



**LGBT adults with children under 18 in the household.** In 2023, approximately 39% of SNAP participants were children.<sup>56</sup> Prior Williams Institute research has shown that more LGBT than non-LGBT parents—and therefore their children—are living in poverty.<sup>57</sup>

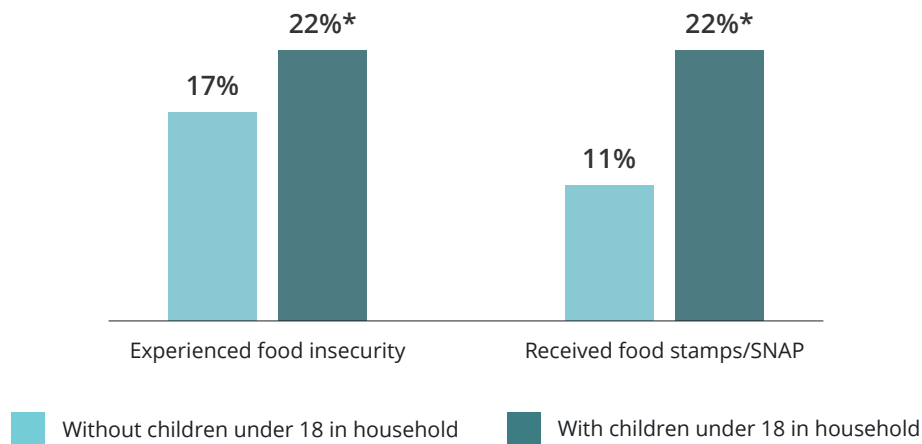
<sup>56</sup> MONKOVIC & WARD, *supra* note 6.

<sup>57</sup> WILSON ET AL., *supra* note 55.

Almost one in four LGBT adults (22%) with children under 18 in their households experienced food insecurity in the past 12 months, compared with 17% of those without children in the household. Twice as many LGBT adults with children under 18 in their household relied on SNAP benefits in the past 12 months as those without children in the household (22% vs. 11%). (Appendix Tables 4 and 5) Put differently, 46% of LGBT adults who received SNAP benefits had a child under 18 in their household. (Appendix Table 7)

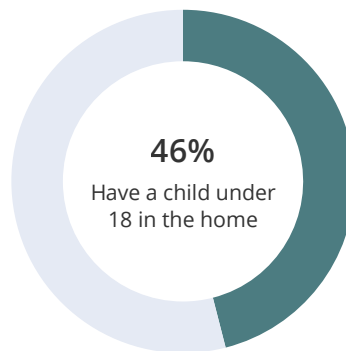
Using our previous population estimates, we estimate that over 900,000 LGBT adults with children in the household rely on SNAP benefits.<sup>58</sup>

**Figure 4. Experienced food insecurity and received SNAP benefits in the past 12 months among LGBT adults by children in the household and parenting status, BRFSS 2021 and 2023**



Note: \*Statistically significant difference between LGBT adults based on children under 18 in the household.

**Figure 5. Percent of LGBT adults with children under 18 in the household who received SNAP benefits in the past 12 months, BRFSS 2021 and 2023**



<sup>58</sup> See WILSON & BOUTON, *supra* note 51 (Table A3 provides an estimate of the total adult LGBT population with children under 18 living in the household based on BRFSS data from 2020-2021).

**Cisgender lesbian and bisexual women.** Prior Williams Institute research has found that cisgender lesbian and bisexual women are more likely to be living in poverty than cisgender gay and bisexual men<sup>59</sup> and more likely to have children under 18 in the household.<sup>60</sup> Due to higher rates of poverty and parenting,<sup>61</sup> cuts to SNAP will disproportionately impact lesbian and bisexual cisgender women. According to our analysis, cisgender lesbian and bisexual women were more likely to have experienced food insecurity (20% v. 14%) and to have received SNAP benefits (17% v. 10%) in the past 12 months than cisgender gay and bisexual men. (Appendix Tables 4 and 5)

Using our previous population estimates, we estimate that almost 1.3 million cisgender lesbian and bisexual women and over 500,000 cisgender gay and bisexual men rely on SNAP benefits.<sup>62</sup>

**Figure 6. Experienced food insecurity and received SNAP benefits in the past 12 months among cisgender LGB adults by gender, BRFSS 2021 and 2023**



Note: \*Statistically significant difference between cisgender lesbian and bisexual women and cisgender gay and bisexual men.

**LGBT adults of color.** Prior Williams Institute research has also shown that LGBT adults of color are more likely to be living in poverty<sup>63</sup> and to be parents<sup>64</sup> than white LGBT adults. In our current analysis, about one in four LGBT adults of color (24%) reported experiencing food insecurity in the past 12 months, compared to 15% of white LGBT adults. Similarly, 19% of LGBT adults of color reported receiving SNAP benefits in the past 12 months, compared with 12% of white LGBT adults. Approximately twice as many LGBT adults who are Black (27%), American Indian and Alaska Native (AIAN) (24%), or multiracial or of other races (23%) relied on SNAP benefits as compared to white LGBT adults (12%). (Appendix 4 and 5)

<sup>59</sup> WILSON ET AL., *supra* note 55, at 4.

<sup>60</sup> WILSON & BOUTON, *supra* note 51.

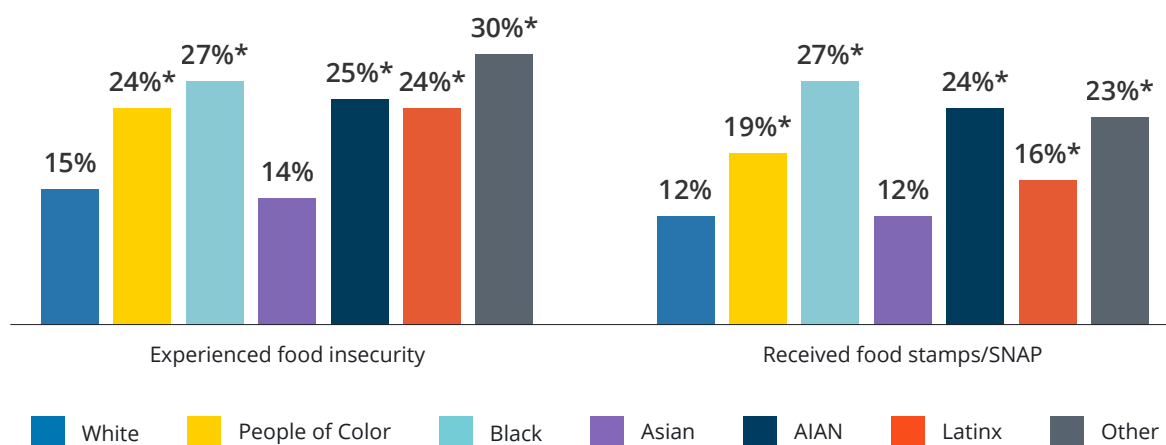
<sup>61</sup> *Id.*

<sup>62</sup> See *id.* (Table A4 provides an estimate of the total adult population who identify as cisgender lesbian and bisexual women and cisgender gay and bisexual men based on BRFSS data from 2020-2021).

<sup>63</sup> WILSON ET AL., *supra* note 55, at 4.

<sup>64</sup> WILSON & BOUTON, *supra* note 51.

Figure 7. Experienced food insecurity and received SNAP benefits in the past 12 months among LGBT adults by race/ethnicity, BRFSS 2021 and 2023



Note: \*Statistically significant differences between LGBT white adults and LGBT adults of color, Black LGBT adults, AIAN LGBT adults, Latinx LGBT Adults, and LGBT adults who were of other races or multiracial. Latinx includes Latinx/Hispanic adults of any race. Each of the other race/ethnicity groups consists only of those who do not identify as Latinx/Hispanic (i.e., white non-Hispanic, Black non-Hispanic, Asian non-Hispanic, AIAN non-Hispanic).

**LGBT adults living with a disability.** Consistent with prior Williams Institute research,<sup>65</sup> our current analysis finds that LGBT adults were much more likely to be living with one or more disabilities than non-LGBT adults (41% v. 28%).<sup>66</sup> In general, the poverty rate for all adults with disabilities (27%) is more than twice the rate of adults with no disability (12%).<sup>67</sup>

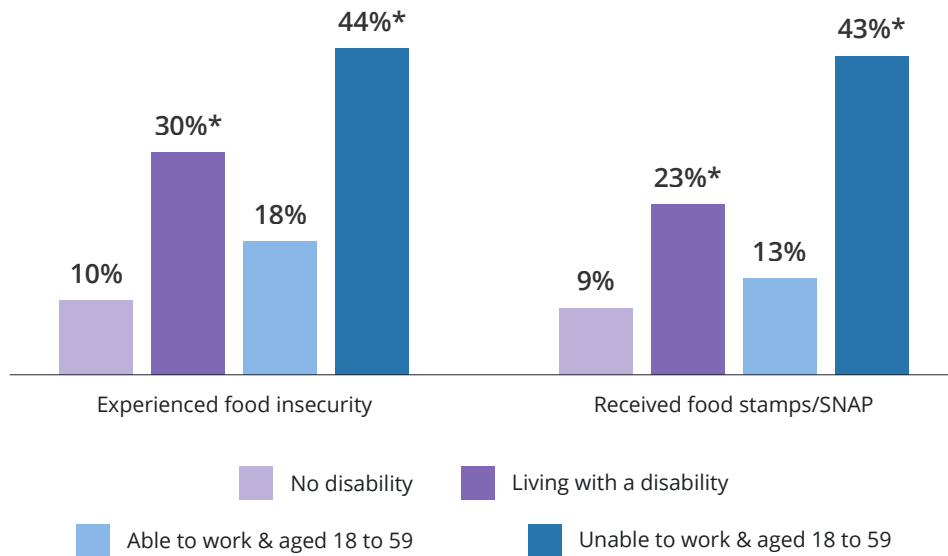
For our analysis, we considered people living with disabilities in two different ways. First, we considered all people who indicated they were living with one or more disabilities, whether or not their disability impacted their ability to work. Second, we narrowed our focus to those under age 60 who reported that they were unable to work (whether or not they also indicated that they were living with a disability) in response to a question about employment status. Both groups had much higher rates of food insecurity and reliance on SNAP benefits than LGBT adults who were not living with a disability. (Appendix Tables 4 and 5)

<sup>65</sup> M. V. LEE BADGETT ET AL., WILLIAMS INST., LGBT POVERTY IN THE UNITED STATES: A STUDY OF DIFFERENCES BETWEEN SEXUAL ORIENTATION AND GENDER IDENTITY GROUPS 22 (2019), <https://williamsinstitute.law.ucla.edu/wp-content/uploads/National-LGBT-Poverty-Oct-2019.pdf>; see also, Chris R. Surfus, *A Statistical Understanding of Disability in the LGBT Community*, 10 STAT. AND PUB. POL'Y 1, 3 (2023) (similarly finding that 13% of non-LGBT adults had a disability compared to 21% of LGBT adults and 38% of transgender adults).

<sup>66</sup> Based on analysis of pooled BRFSS data from 2021 to 2023. Analyses on file with authors.

<sup>67</sup> NANETTE GOODMAN ET AL., NAT'L DISABILITY INST., FINANCIAL INEQUALITY: DISABILITY, RACE AND POVERTY IN AMERICA 12 (2019), <https://www.nationaldisabilityinstitute.org/wp-content/uploads/2019/02/disability-race-poverty-in-america.pdf> [<https://perma.cc/7ZZP-YPH8>].

**Figure 8. Experienced food insecurity and received SNAP benefits in the past 12 months among LGBT adults by disability status and ability to work, BRFSS 2021 and 2023**

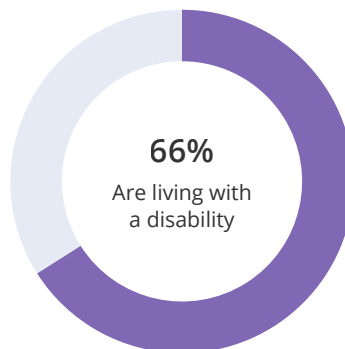


Note: \*Statistically significant difference between LGBT adults living with and without a disability and who are aged 18 to 59 and able and unable to work

LGBT adults who were living with a disability (30%) were three times as likely to report food insecurity in the past 12 months as those who were not living with a disability (10%). They were over twice as likely to report having relied on SNAP benefits in the past 12 months (23% v. 9%).

Applying these percentages to our previous population estimates, we estimate that over 1.3 million LGBT adults living with one or more disabilities rely on SNAP benefits.<sup>68</sup> Put differently, two-thirds (66%) of LGBT adults who received SNAP benefits were living with one or more disabilities. (Appendix Table 7)

**Figure 9. Percent of LGBT adults who received SNAP benefits in the past 12 months who were living with a disability, BRFSS 2021 and 2023**



<sup>68</sup> See WILSON & BOUTON, *supra* note 51 (Table A4 provides an estimate of the total adult LGBT population based on BRFSS data from 2020-2021).



LGBT adults aged 18 to 59 who were unable to work were over twice as likely to report experiencing food insecurity in the past 12 months (44% v. 18%) and three times as likely to have received SNAP benefits in the past 12 months (43% v 13%) than those in the same age group who did not report they were unable to work.

**LGBT older adults.** Of LGBT adults aged 60 and older, 10% reported food insecurity in the past 12 months and 12% reported receiving SNAP benefits.

**LGBT students.** Prior research conducted by the Williams Institute has shown the economic vulnerability of LGBT students in higher education. LGBT college students are less likely to live near or with their parents than non-LGBT students and are less likely to rely on their family for financial support for school.<sup>69</sup> Examples of economic disparities for LGBT students include that they are more likely than non-LGBT students to have student debt<sup>70</sup> and were more likely to have experienced housing instability and food insecurity during the early years of the COVID-19 pandemic.<sup>71</sup> Our current analysis shows that more than one in 10 LGBT adults who were current students experienced food insecurity in the past 12 months (14%) and have received SNAP benefits (10%).

**LGBT adults who live in rural areas.** In general, adults in rural areas have higher rates of poverty, food insecurity, and SNAP participation.<sup>72</sup> LGBT adults who lived in rural areas were more likely to report food insecurity in the past 12 months (22%) than those in urban (11%) and suburban (11%) areas. They were also more likely to report receiving SNAP benefits in the past 12 months (26%) than those in urban (22%) and suburban (13%) areas. While these differences are not statistically significant, they are consistent with prior Williams Institute research that has shown higher rates of poverty for LGBT adults who live in rural areas.<sup>73</sup>

## IMPACT OF WORK REQUIREMENTS ON LGBT ADULTS RECEIVING SNAP

As discussed above, the Budget Reconciliation Bill would increase work requirements for SNAP recipients. The Congressional Budget Office estimates that the changes would reduce SNAP participation by 3.2 million people in an average month between 2025 and 2034.<sup>74</sup> However, studies have shown that most working-age adults who receive SNAP do work during the course of the year and use SNAP to support their food costs because they are earning low wages or are temporarily unemployed.<sup>75</sup> Many of these SNAP participants work in jobs that are temporary or volatile, have

<sup>69</sup> KERITH J. CONRON ET AL., WILLIAMS INST., COVID-19 AND STUDENTS IN HIGHER EDUCATION (2021), <https://williamsinstitute.law.ucla.edu/wp-content/uploads/LGBTQ-College-Student-COVID-May-2021.pdf>.

<sup>70</sup> KERITH J. CONRON ET AL., WILLIAMS INST., FEDERAL STUDENT LOAN DEBT AMONG LGBTQ PEOPLE, (2021), <https://williamsinstitute.law.ucla.edu/wp-content/uploads/LGBTQ-Student-Debt-Jul-2021.pdf>.

<sup>71</sup> CONRON ET AL., *supra* note 69.

<sup>72</sup> Carmen Byker Shanks et al., *Food Insecurity in the Rural United States: An Examination of Struggles and Coping Mechanisms to Feed a Family Among Households with a Low-Income*, 14 NUTRIENTS 5250 (2022).; *Food Stamps/Supplemental Nutrition Assistance*, U.S. CENSUS BUREAU, [https://data.census.gov/table/ACSST1Y2023.S2201?q=s2201&g=010XXC0US\\_010XXH0US](https://data.census.gov/table/ACSST1Y2023.S2201?q=s2201&g=010XXC0US_010XXH0US) (last visited June 23, 2025).

<sup>73</sup> BADGETT ET AL., *supra* note 65.

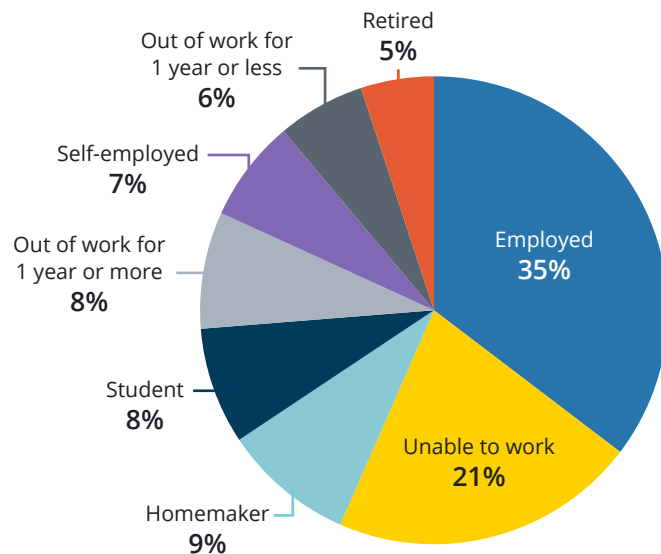
<sup>74</sup> CONG. BUDGET OFF., *supra* note 24.

<sup>75</sup> Katie Bergh et al., *Worsening SNAP's Harsh Work Requirement Would Take Food Assistance Away From Millions of Low-Income*

unpredictable hours, and do not offer benefits, such as paid sick leave, resulting in more frequent periods of joblessness.<sup>76</sup> In 2023, over 80% of households without children who received SNAP benefits and included a non-disabled working-age adult had earnings at some point in the prior year.<sup>77</sup> Work rates among such households with children were higher, not lower.<sup>78</sup> As a result, stricter work requirements are likely to make many SNAP recipients who have disabilities, are older, or are raising children ineligible for benefits without increasing employment or earnings among SNAP recipients.<sup>79</sup>

Our analysis shows that over 90% of LGBT adults who received SNAP benefits (91%) were currently working (42%), had worked in the past year (6%), were students (8%), homemakers (9%), retired (5%), or were unable to work (21%). The remaining consisted of LGBT adults who reported not having worked in the past year (8%).<sup>80</sup> (Appendix Table 6)

**Figure 10. Employment status of LGBT adults who received SNAP benefits in the past 12 months, BRFSS 2021 and 2023**



LGBT adults who received SNAP benefits were more likely to be currently working, either employed or self-employed, than non-LGBT adults (42% vs. 35%) or to be a student (8% vs. 4%). They were less likely to be retired (5% vs. 13%). (Appendix Table 6) They were also more likely than non-LGBT adults to have earnings from work in the past year (48% vs. 41%). (Appendix Table 7)

People, CTR. ON BUDGET & POL'Y PRIORITIES (Apr. 30, 2025), <https://www.cbpp.org/research/food-assistance/worsening-snaps-harsh-work-requirement-would-take-food-assistance-away>.

<sup>76</sup> *Id.*

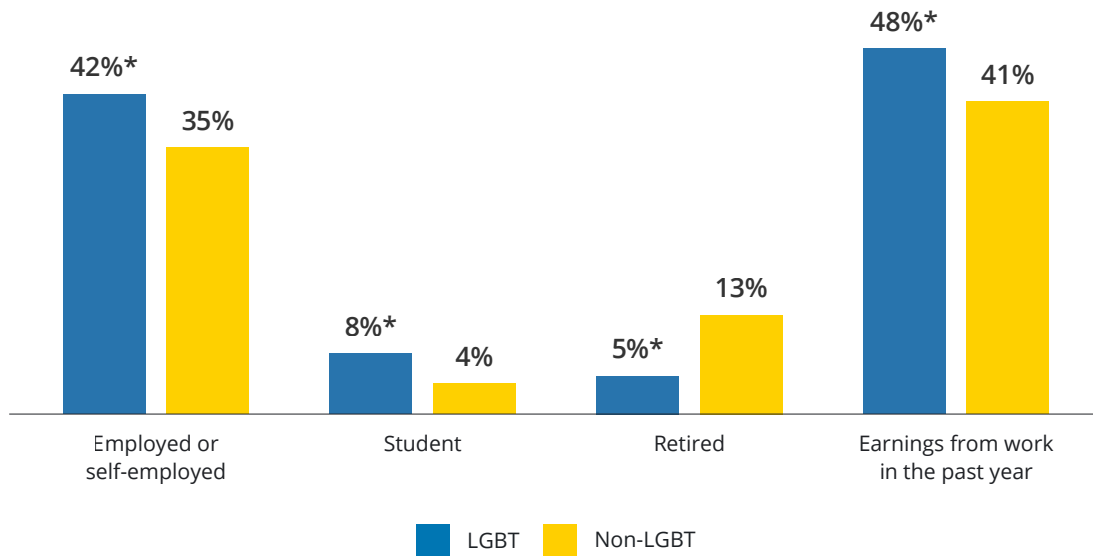
<sup>77</sup> *Id.*

<sup>78</sup> *Id.*

<sup>79</sup> *Id.*

<sup>80</sup> The remaining 1% did not respond to this question. See Figure 8.

Figure 11. Percent of adults who received SNAP benefits who were working, students, or retired by LGBT status, BRFSS 2021 and 2023



Note: \*Statistically significant difference between LGBT adults and non-LGBT adults

## CONCLUSION

LGBT adults were more likely to experience food insecurity and to rely on SNAP benefits than non-LGBT adults. Planned cuts to SNAP benefits in the Budget Reconciliation Bill will disproportionately impact LGBT adults who are living with low incomes, living with disabilities, raising children, people of color, transgender adults, and cisgender lesbian and bisexual women. Consistent with research on the impact of expanding work requirements for SNAP benefits overall, many LGBT adults who received SNAP benefits either were working or fell into categories that historically have been exempt from work requirements. Of LGBT adults on SNAP, two-thirds (67%) either had a child under 18, were age 60 or older, or were aged 18 to 59 and reported that they were unable to work.

## AUTHORS

**Brad Sears, J.D.**, is the Rand Schrader Distinguished Scholar at the Williams Institute and Associate Dean of Public Interest Law at UCLA School of Law.

**Andrew R. Flores, Ph.D.**, is a Visiting Scholar at the Williams Institute and an Assistant Professor of Government at American University.

**Jet Harbeck, J.D.**, is a 2025 Research Extern at the Williams Institute.

## ACKNOWLEDGEMENTS

The authors would like to thank Laurel Sprague, Joshua Arrayales, Eve Huynh, and Christy Mallory for their assistance and feedback on drafts of this paper.

## SUGGESTED CITATION

Sears, R.B., Flores, A.R., Harbeck, J. (2025). *Food Insecurity and Reliance on SNAP Among LGBT Adults*. Los Angeles, CA: The Williams Institute, UCLA School of Law

### ABOUT THE WILLIAMS INSTITUTE

The Williams Institute is dedicated to conducting rigorous, independent research on sexual orientation and gender identity law and public policy. A think tank at UCLA Law, the Williams Institute produces high-quality research with real-world relevance and disseminates it to judges, legislators, policymakers, media, and the public. These studies can be accessed at the Williams Institute website.

### FOR MORE INFORMATION

The Williams Institute, UCLA School of Law  
(310) 267-4382  
williamsinstitute@law.ucla.edu  
williamsinstitute.law.ucla.edu

RESEARCH THAT MATTERS



## DATA SOURCE AND METHODS

### DATA SOURCE

This analysis is based on pooled data from 2021 and 2023 from the Behavioral Risk Factor Surveillance System (BRFSS). BRFSS is a state-based system of health surveys coordinated by the Centers for Disease Control and Prevention and conducted in partnership with states, the District of Columbia, and three U.S. territories. Every year, an anonymous, self-report survey is conducted by telephone with representative samples of non-institutionalized adults who live in each state.<sup>81</sup>

### MEASURES

BRFSS consists of a core questionnaire provided by the CDC, plus optional modules that ask unique sets of questions that states can adopt. One module asks about sexual orientation and transgender identification (referred to as the “SOGI module”), which allows for the classification of respondents as LGBT or not.<sup>82</sup> Sexual orientation is measured with one question, “Which of the following best represents how you think of yourself?” with response options, “Gay or lesbian; Straight, that is, not gay; Bisexual; Something else; I don’t know the answer” or respondents could refuse to answer. To assess transgender and cisgender status, the BRFSS module asks, “Do you consider yourself to be transgender?” with response options, “Yes; No; Don’t Know/Not Sure,” or respondents could refuse to answer. If a respondent expresses confusion, then interviewers provide definitions of transgender and gender nonconforming. If respondents affirmatively answer the question, they are then asked if they consider themselves to be male-to-female, female-to-male, or gender nonconforming.

To produce stable estimates for LGBT individuals, we pooled data from the 2021 and 2023 BRFSS surveys, which included 42 states and Guam that used the SOGI module at least once during this timeframe (n = 802,375). All respondents who were asked about their sexual orientation identity were coded as one if they identified as LGB and zero if they did not, which includes not sure, don’t know, and refusal responses. All respondents who were asked whether they identify as transgender are coded as one if they did or zero if they did not, which includes don’t know responses, not sure responses, and refusals to answer. A respondent who was LGB and/or transgender was classified as LGBT (1), all others were classified as not LGBT (0).

BRFSS also collects demographic and socio-economic data, including questions about respondents’ sex, race, ethnicity, age, disability status, income, employment, whether they are a parent, information on food insecurity,<sup>83</sup> and whether respondents received SNAP benefits.<sup>84</sup> Consistent with other

<sup>81</sup> CTRS. FOR DISEASE CONTROL & PREVENTION, [https://www.cdc.gov/brfss/annual\\_data/2023/pdf/Overview\\_2023-508.pdf](https://www.cdc.gov/brfss/annual_data/2023/pdf/Overview_2023-508.pdf) (last visited May 13, 2025).

<sup>82</sup> *Questionnaires 2023 Modules by State by Data Set & Weight*, CTRS. FOR DISEASE CONTROL & PREVENTION (Feb. 27, 2025), <https://www.cdc.gov/brfss/questionnaires/modules/state2023.htm>.

<sup>83</sup> CTRS. FOR DISEASE CONTROL & PREVENTION, 2023 BRFSS QUESTIONNAIRE (2024), <https://www.cdc.gov/brfss/questionnaires/pdf-ques/2023-BRFSS-Questionnaire-508.pdf> (During the past 12 months how often did the food that you bought not last, and you didn’t have money to get more? Was that 1 Always 2 Usually 3 Sometimes 4 Rarely 5 Never 7 Don’t know/not sure 9 Refused to Answer”).

<sup>84</sup> *Id.* (“During the past 12 months, have you received food stamps, also called SNAP, the Supplemental Nutrition Assistance

researchers, we define food insecurity as those who reported that “always,” “usually,” or “sometimes” during the past 12 months, “the food that they bought did not last, and they did not have money to get more.”<sup>85</sup>

## POPULATION ESTIMATES

We provide several population estimates in this analysis. These population estimates are calculated by using the relevant percentage of LGBT adults who received SNAP benefits (i.e., all, lesbian and bisexual women, all those with children under 18 in the household, etc.) from our analysis of pooled BRFSS data from 2021 and 2023, with prior Williams Institute estimates for that total population. The source, which includes the methodology for those population estimates, is provided in the footnotes for each population estimate.

---

Program on an EBT card? 1 Yes 2 No 7 Don't Know/ Not sure 9 Refused to Answer).

<sup>85</sup> See, e.g., Machell Town et al., *Racial and Ethnic Differences in Social Determinants of Health and Health-Related Social Needs Among Adults – Behavioral Risk Factor Surveillance System, United States, 2022*, 73 MORBIDITY & MORTALITY WKLY. REP. 204 (2024); Rashid Njai et al., *Prevalence of Perceived Food and Housing Security – 15 States, 2013*, 66 MORBIDITY & MORTALITY WKLY. REP. 12 (2017); Vincent L. Mendy et al., *The Association Between a Summary Measure of Social Determinants of Health/Health Equity and Cardiovascular Disease Burden Among Mississippi Adults*, 4 AM. J. PREVENTATIVE MED. 100297 (2025).



## APPENDIX

### TABLES

Table A1. Percent of adults who received food stamps/ SNAP in past 12 months, BRFSS 2021 and 2023

ADULTS	RECEIVED FOOD STAMPS/SNAP	95% CI
	%	[LB,UB]
LGBT	14.6%	13.6%, 15.7%
Non-LGBT	10.7%	10.5%, 10.9%
Transgender	16.5%	13.2%, 20.4%
Cisgender	10.9%	10.7%, 11.2%

Table A2. Percent of adults experiencing food insecurity<sup>86</sup> in past 12 months by sexual orientation and gender identity, BRFSS 2021 and 2023.

ADULTS	EXPERIENCED FOOD INSECURITY	95% CI
	%	[LB,UB]
LGBT	18.4%	17.3%, 19.5%
Non-LGBT	13.6%	13.3%, 13.9%
Transgender	21.4%	18.5%, 24.6%
Cisgender	13.9%	13.6%, 14.1%

Table 3. Percent of adults who received food stamps/SNAP in past 12 months and who also reported food insecurity,<sup>87</sup> BRFSS 2021 and 2023

ADULTS	RECEIVED FOOD STAMPS/SNAP, AND EXPERIENCED FOOD INSECURITY	95% CI
	%	[LB,UB]
LGBT	48.7%	44.6%, 52.8%
Non-LGBT	46.7%	45.6%, 48.0%
Transgender	40.4%	30.1%, 51.6%
Cisgender	47.0%	45.9%, 47.5%

<sup>86</sup> Respondents who reported that they “always,” “usually,” or “sometimes” the food they bought did not last, and they didn’t have money to get more.

<sup>87</sup> Respondents who reported that they “always,” “usually,” or “sometimes” the food they bought did not last, and they didn’t have money to get more.

**Table A4. Percent of LGBT adults who received food stamps/ SNAP in the past 12 months by selected characteristics, BRFSS 2021 and 2023**

ADULTS	RECEIVED FOOD STAMPS/SNAP	95% CI
<b>SEX</b>	<b>%</b>	<b>[LB,UB]</b>
Cisgender gay and bisexual men	9.6%	8.4%, 11.0%
Cisgender lesbian and bisexual women	17.4%	15.8%, 19.1%
<b>RACE</b>		
White	11.5%	10.5%, 12.6%
People of Color	19.2%	17.2%, 21.5%
Black	26.8%	22.4%, 31.8%
Asian	11.5%	6.2%, 20.3%
AIAN	24.0%	17.4%, 32.0%
Latinx	16.3%	13.8%, 19.1%
Other	22.5%	16.6%, 29.8%
<b>AGE</b>		
18-59 years old	15.0%	13.9%, 16.2%
60+ years old	11.5%	9.2%, 14.4%
<b>PARENTING</b>		
Without children under 18 in household	11.3%	10.3%, 12.5%
With children under 18 in household	21.9%	19.5%, 24.4%
Parents of children under 18 in household	26.2%	22.4%, 30.4%
Adults who are not parents of children under 18 in the household	12.0%	8.5%, 16.8%
<b>INCOME</b>		
Household income less than \$35,000	33.4%	30.8%, 36.1%
Household income \$35,000 or greater	6.1%	5.3%, 7.1%
<b>DISABILITY I</b>		
Living with a disability	22.8%	20.7%, 24.9%
No disability	8.7%	7.7%, 9.7%
<b>DISABLED II</b>		
Unable to work among those aged 18 to 59	42.8%	36.4%, 49.5%
Not unable to work among those aged 18 to 59	13.1%	11.2%, 14.3%
<b>STUDENT</b>		
Not a student	15.3%	14.1%, 16.5%
Students	9.8%	7.8%, 12.3%
<b>URBANICITY</b>		
Urban	21.6%	11.7%, 36.4%
Suburban	13.4%	7.1%, 24.0%
Rural	25.9%	14.0%, 42.8%

Table A5. Food insecurity<sup>88</sup> in the past 12 months among LGBT adults by selected characteristics, BRFSS 2021 and 2023

ADULTS	EXPERIENCED FOOD INSECURITY	95% CI
SEX	%	[LB,UB]
Cisgender gay and bisexual men	14.2%	12.8%, 15.7%
Cisgender lesbian and bisexual women	20.3%	18.6%, 22.1%
RACE		
White	14.5%	13.6%, 15.6%
People of color	24.0%	21.7%, 26.5%
Black	26.6%	22.3%, 31.3%
Asian	13.6%	8.1%, 21.8%
AIAN	25.2%	18.8%, 32.9%
Latinx	24.2%	21.0%, 27.7%
Other	29.9%	23.2%, 37.5%
AGE		
18-60 years old	19.4%	18.2%, 20.7%
60+ years old	10.3%	8.5%, 12.3%
PARENTING		
Without children under 18 in household	16.6%	15.4%, 17.8%
With children under 18 in household	22.2%	19.8%, 24.7%
Parents of children under 18 in household	26.6%	22.6%, 31.0%
Adults who are not parents of children under 18 in the household	18.1%	14.3%, 22.7%
INCOME		
Household income less than \$35,000	38.3%	35.6%, 41.1%
Household income \$35,000 or greater	9.7%	8.7%, 10.8%
DISABILITY I		
Living with a disability	30.0%	27.9%, 32.2%
No disability	9.9%	8.9%, 10.9%
DISABLED II		
Unable to work and aged 18 to 59	43.5%	37.0%, 50.3%
Not unable to work and aged 18 to 59	17.7%	16.5%, 19.0%
STUDENT		
Not a student	18.8%	17.7%, 20.1%
Students	14.3%	11.3%, 18.1%
URBANICITY		
Urban	11.0%	7.2%, 16.6%
Suburban	11.2%	7.4%, 16.5%
Rural	22.3%	10.9%, 40.3%

<sup>88</sup> Respondents who reported that they “always,” “usually,” or “sometimes” the food they bought did not last, and they didn’t have money to get more.

**Table A6. Employment status of adults on SNAP/food stamps in the past 12 months, BRFSS 2021 and 2023**

EMPLOYMENT STATUS	LGBT	95% CI	NON-LGBT	95% CI
	%	[LB,UB]	%	[LB,UB]
Employed	35.2%	31.4%, 39.2%	27.7%	26.6%, 28.9%
Self-employed	6.6%	4.6%, 9.4%	7.4%	6.7%, 8.1%
Out of work for 1 year or more	8.1%	6.1%, 10.6%	6.8%	6.2%, 7.4%
Out of work for 1 year or less	6.2%	4.6%, 8.2%	5.5%	5.0%, 6.1%
Homemaker	8.9%	6.1%, 12.9%	9.9%	9.2%, 10.8%
Student	8.2%	6.5%, 10.2%	3.6%	3.2%, 4.1%
Retired	4.7%	3.6%, 6.2%	13.0%	12.3%, 13.8%
Unable to work	21.1%	18.4%, 24.0%	24.6%	23.6%, 25.7%
Refused to answer	1.0%	0.5%, 2.0%	1.4%	1.0%, 2.0%

**Table A7. Percentage of LGBT and non-LGBT adults on SNAP/food stamps with selected characteristics, BRFSS 2021 and 2023**

	CHARACTERISTICS	LGBT	95% CI	NON-LGBT	95% CI
		%	[LB,UB]	%	[LB,UB]
A	Has a child under 18 in household	46.0%	42.0%, 50.1%	50.0%	48.7%, 51.2%
B	Respondent 60 or older	9.3%	7.3%, 11.8%	25.5%	24.5%, 26.6%
C	Respondent living with a disability	65.6%	61.9%, 69.1%	51.4%	50.2%, 52.6%
D	Respondent unable to work & aged 18 to 59	18.9%	16.4%, 21.7%	20.5%	19.4%, 21.5%
E	A, B, or C is true	87.5%	85.2%, 89.5%	89.1%	88.3%, 89.9%
F	A, B, or D is true	66.8%	62.8%, 70.6%	82.3%	81.3%, 83.2%
G	Household income less than \$35,000	69.2%	65.3%, 72.9%	74.0%	72.7%, 75.3%
H	Has earnings from work in the past year	48.0%	44.0%, 52.1%	40.6%	39.4%, 41.8%

Note: \*Currently employed or self-employed or employed within the past year