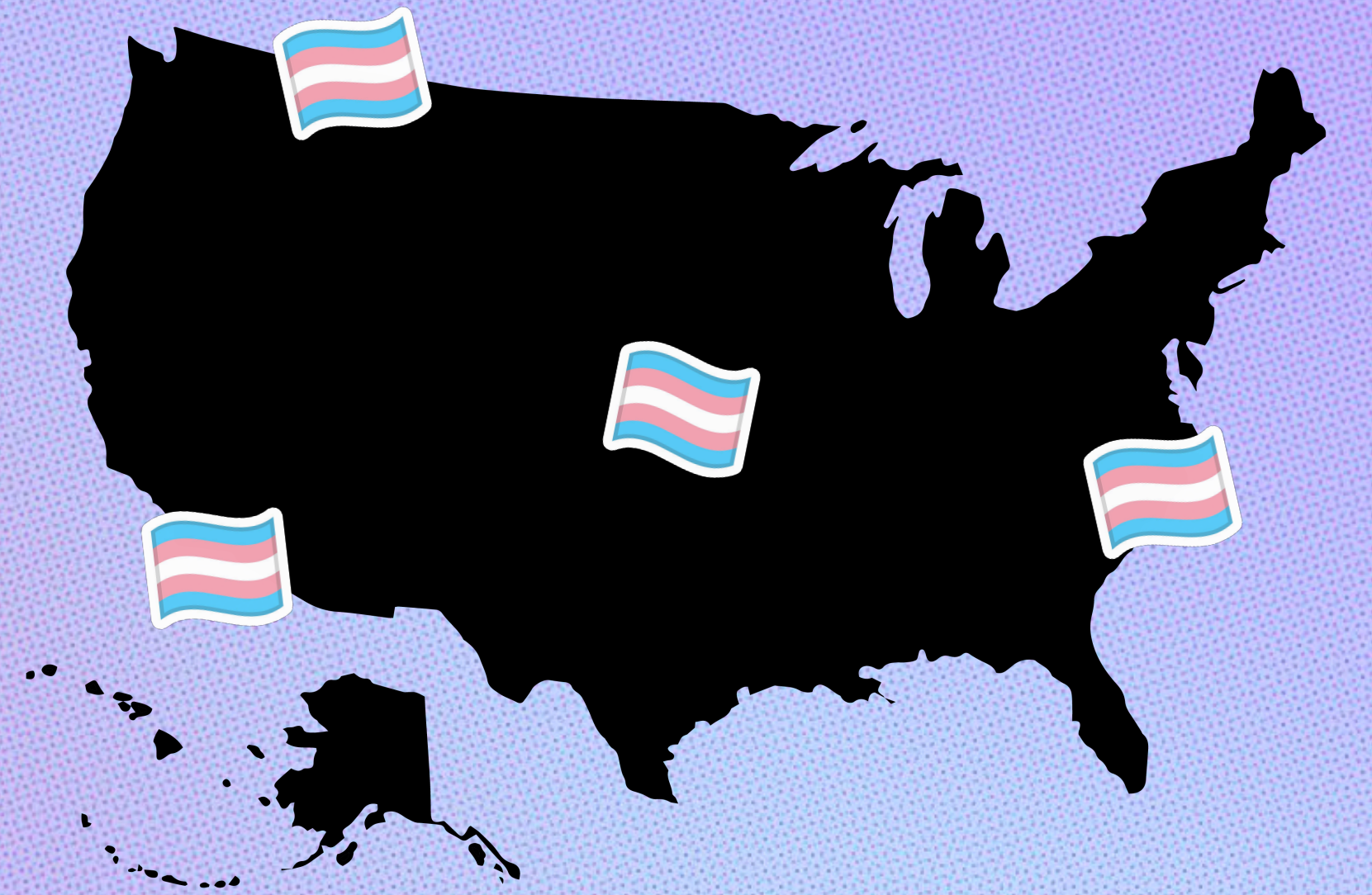


FOLX POST-ELECTION SURVEY RESULTS 2025

Transgender Perspectives After the 2024 Presidential Election



FOLX



**We asked
transgender and
nonbinary adults
about the *impact* of
the 2024 Presidential
election on their lives.**

Transgender adults and youth have increasingly found their lives under the spotlight of political debate and media coverage, becoming central to the national conversation ahead of the upcoming inauguration. During his 2024 presidential campaign, president-elect Donald Trump devoted significant attention and resources to transgender issues, including plans to restrict healthcare access for transgender individuals.

How do transgender individuals feel about these proposed looming changes? And how are policies already affecting their access to healthcare and mental health? We went directly to the source to find out.

Since 2021, over 60,000 LGBTQIA+ patients across all 50 states have sought care through FOLX. This nationwide reach enables us to amplify the voices of the LGBTQIA+ community in meaningful ways. Through thoughtful surveys and in-depth research, we aim to better understand their experiences and prioritize what matters most to them.

This report delves into the impacts of the 2024 Presidential election on transgender adults and their access to care. While much has been written about transgender people, this report offers a unique opportunity to hear directly from them—sharing firsthand insights into what is truly happening in their lives.



Key Results

MENTAL HEALTH

87%

of trans respondents reported the election worsened their mental health.

As hard as the next four years may be, let this bring us all together to lift one another up and continue to fight for our rights and freedoms.”

- SURVEY RESPONDENT, IOWA



FAMILY AND POLITICAL ALIGNMENT

64%

of respondents with family voting for Harris said at least half of their non-chosen family knew their LGBTQ+ identity, compared to **51% of those with family voting for Trump.**


Among those whose family knew their LGBTQ+ identity and voted differently, **77% reported worsening mental health**, highlighting the emotional toll of perceived rejection.

STATE-LEVEL IMPACT



76%

of respondents in Trump-voting states believe his term will have a major impact on LGBTQ adult healthcare, and 94% on youth healthcare in their state.



In Harris-voting states, fewer respondents perceived a major impact on LGBTQ adult (49%) and youth healthcare (70%) in their state.



Only **16% of respondents in Trump-voting states** described their state as supportive of LGBTQ+ rights, compared to **92% in Harris-voting states.**

ACTIONS TAKEN

69%

of respondents took proactive steps ahead of the next term.

1 in 2 respondents made a change in how they accessed gender-affirming care.

1 in 4 respondents updated a government document to align with their gender identity.

SUPPORT AND COMMUNITY

74%

of respondents cited friends and chosen family as key sources of support.

Nearly **50% relied on online platforms** for connection during this period.



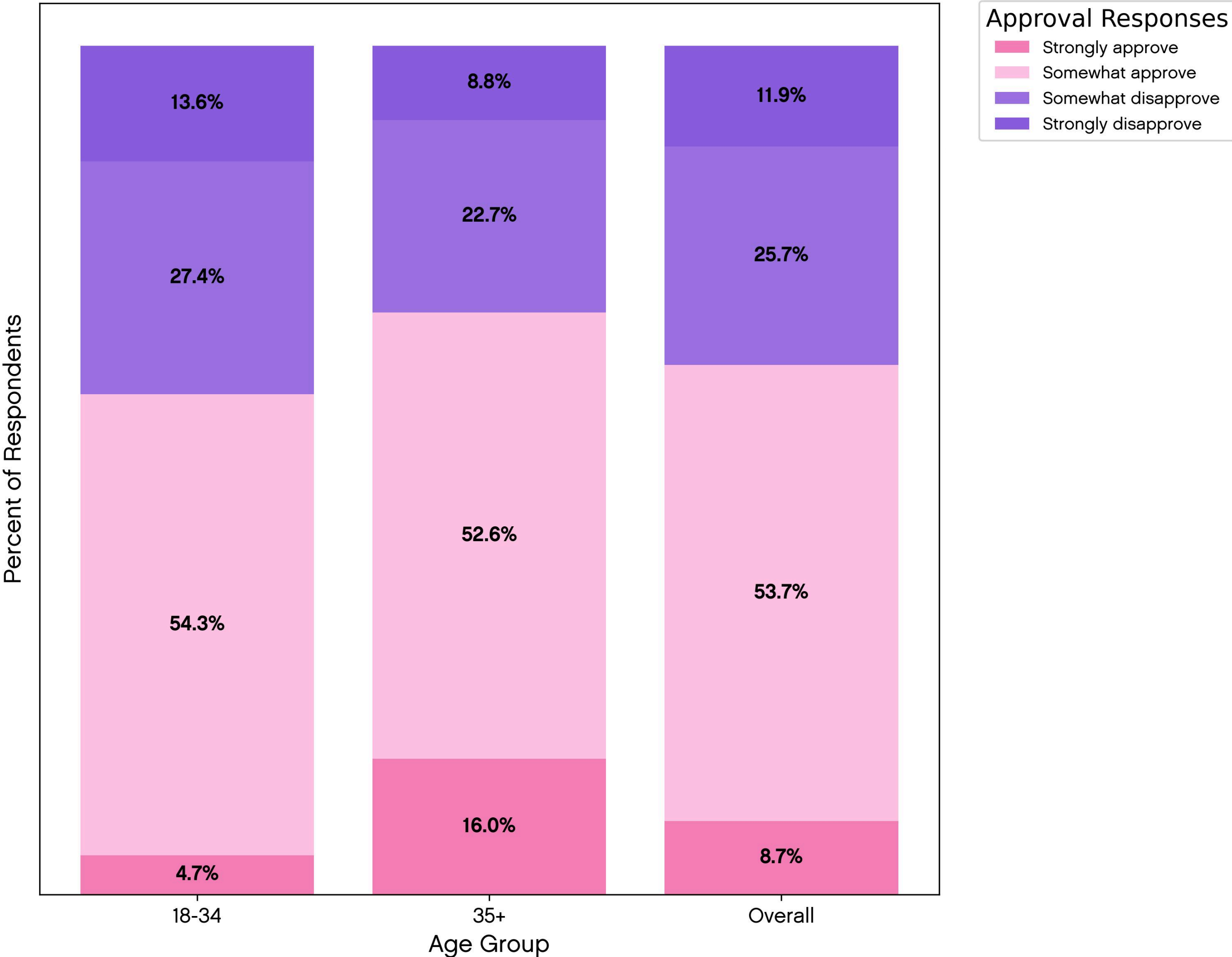
Transgender Adults' Approval of Biden's LGBTQ+ Policies

Transgender Adults' Approval of Biden's LGBTQ+ Policies

In his last full month in office, Biden signed a bill that included language stripping coverage of transgender medical treatments for the children of service members and scrapped pending plans to provide protections for transgender student-athletes. This has left some trans people feeling unsupported.

Despite these setbacks, our survey revealed that **two-thirds of transgender adults somewhat or strongly approve** of how Biden addressed LGBTQ+ issues during his presidency.

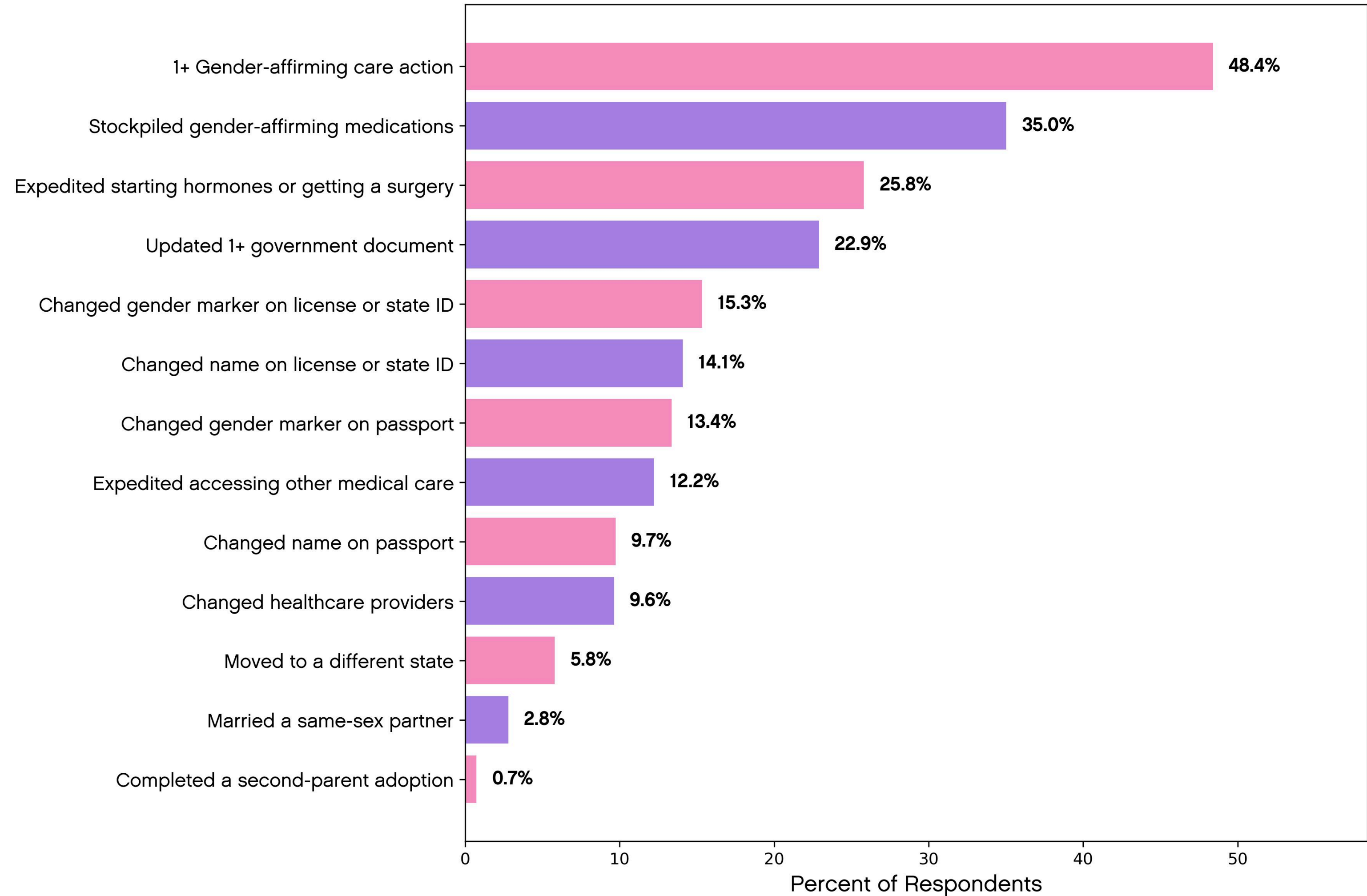
Those aged 35 and older report slightly higher rates of approval compared to those 18 to 35 years old.



Preparing for the Incoming Presidential Term

A majority (69%) of respondents reported taking at least one action in anticipation of the upcoming presidential term. Of these, 48% took steps related to gender-affirming care, such as expediting care or stockpiling medications. Additionally, 23% updated a government document with either their name or gender marker.

Preparing for the Incoming Presidential Term



Mental Health & the Election

Just 2% of respondents said the election positively impacted their mental health, while 10% reported no impact.

A striking 87% of trans respondents stated the election worsened their mental health.

“An allied queer community is a strong queer community; by sticking together we can survive the hate and violence against us.”

- SURVEY RESPONDENT, WYOMING



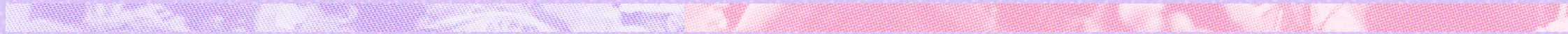


Candidate Choice and Family Dynamics in the 2024 Presidential Election

The 2024 Presidential election was deeply personal for many trans individuals, as political choices often intersected with family dynamics and mental health. This section explores how respondents navigated voting decisions, family support—or lack thereof—and the emotional impact of these experiences.


“Let your trans joy guide you.”

- SURVEY RESPONDENT, CALIFORNIA




90%


of respondents reported voting in the 2024 Presidential election, with **6%** voting for Trump, **90%** for Harris, and **4%** for another candidate. This high voter turnout reflects the significance of the election for trans individuals, particularly as issues central to their lives were highlighted in the campaigns.




Among respondents living in states where Trump won, only **6%** voted for Trump. This suggests that even in predominantly Trump-supporting states, many trans individuals aligned with policies more supportive of their rights and healthcare access.




Family dynamics played a critical role in shaping emotional responses to the election. **35% of respondents** said most or all of their non-chosen family members (e.g., parents, siblings, aunts) supported the same candidate they did. These shared choices may have provided a sense of solidarity and support during a divisive election.




Among those who said few or none of their non-chosen family members supported the same candidate, **54%** reported their mental health had somewhat or greatly worsened because of the way their non-chosen family members voted. Many respondents described feeling a deep sense of betrayal, particularly as family members' choices were seen as rejecting their identities and values.



Interestingly, **46%** of respondents whose family members mostly or fully supported the same candidate reported that their mental health remained unchanged, somewhat improved, or greatly improved. This underscores the positive impact of familial alignment on emotional well-being during politically charged periods.



Awareness of LGBTQ+ identities within families also played a role. **58%** of respondents said at least half of their non-chosen family members knew about their LGBTQ+ identity. Among those whose family members were aware but voted differently, **77%** reported their mental health had somewhat or greatly worsened, suggesting that perceived rejection tied to identity can have a profound impact.



Among respondents whose family mostly voted for Harris, **64%** said at least half of their non-chosen family members knew about their LGBTQ+ identity. In contrast, only **51%** of those with a majority of family voting for Trump reported the same. This could suggest two potential dynamics at play: families might be more likely to vote in alignment with LGBTQ+ family members when they are aware of their identity, or individuals might feel more comfortable coming out to family members when there is a sense of political alignment. These findings highlight the complex interplay between political alignment and family dynamics in fostering openness and support around LGBTQ+ identities.

“I will always support all my trans siblings and those who choose to support us as well. We can make it together and make a brighter future.”

- SURVEY RESPONDENT, ARIZONA

Among respondents who said the election worsened their mental health, **50%** reported that none or only a few of their non-chosen family members supported the same candidate. In comparison, just **38%** of those whose mental health was unaffected or improved reported the same. This suggests that a lack of political alignment within families may contribute to heightened stress and mental health challenges during politically charged events like elections.

Family Alignment with Presidential Candidate





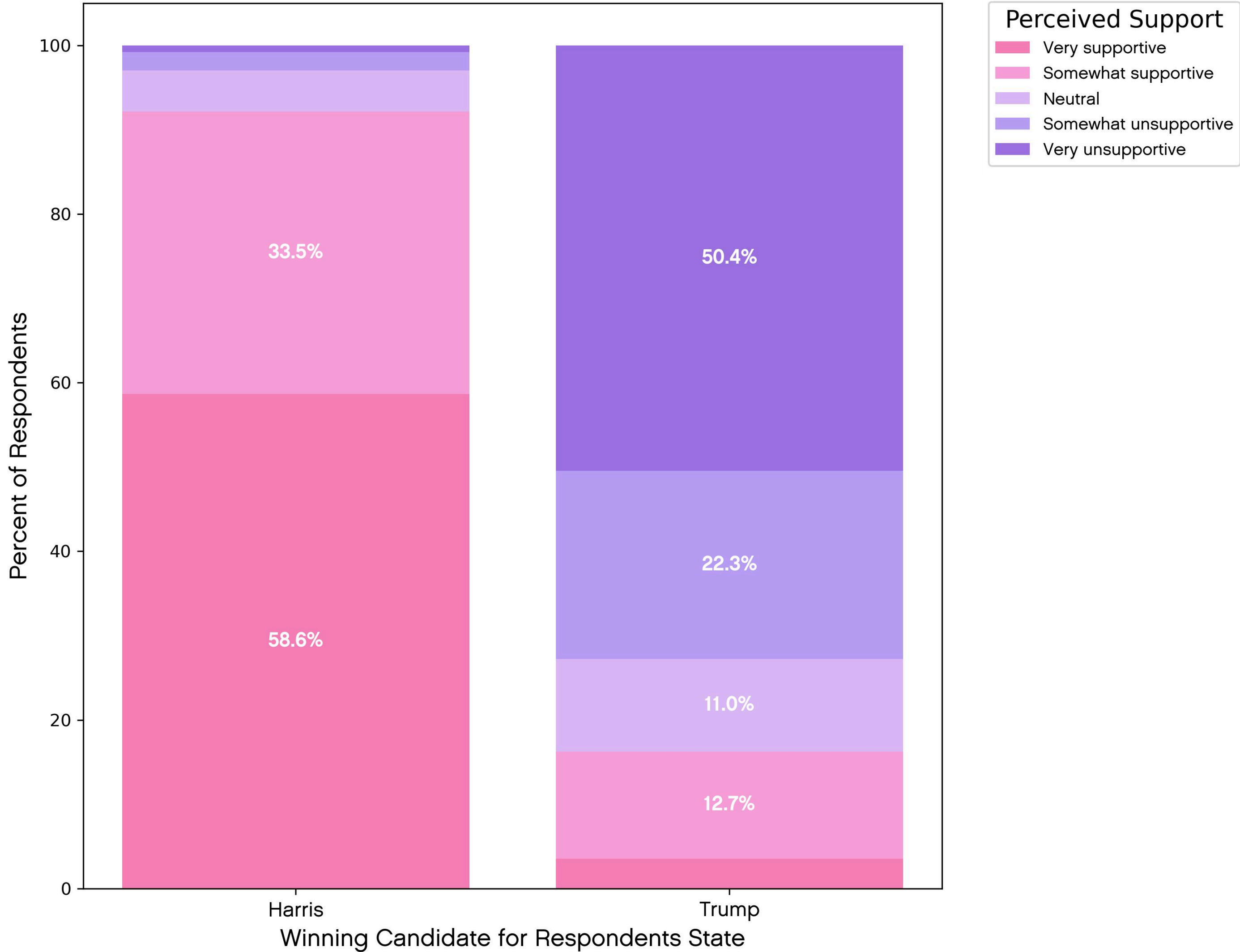
Perceptions of State Support and Anticipated Impact of the Presidential Term

Perceptions of State Support of LGBTQ+ Rights and Healthcare

16% of respondents residing in states that voted for Trump reported their state is somewhat or very supportive of LGBTQ rights and healthcare, compared to **92%** in states that voted for Harris.

Less than **2%** of respondents in Florida and Texas reported their state was somewhat or very supportive of LGBTQ+ rights and healthcare.

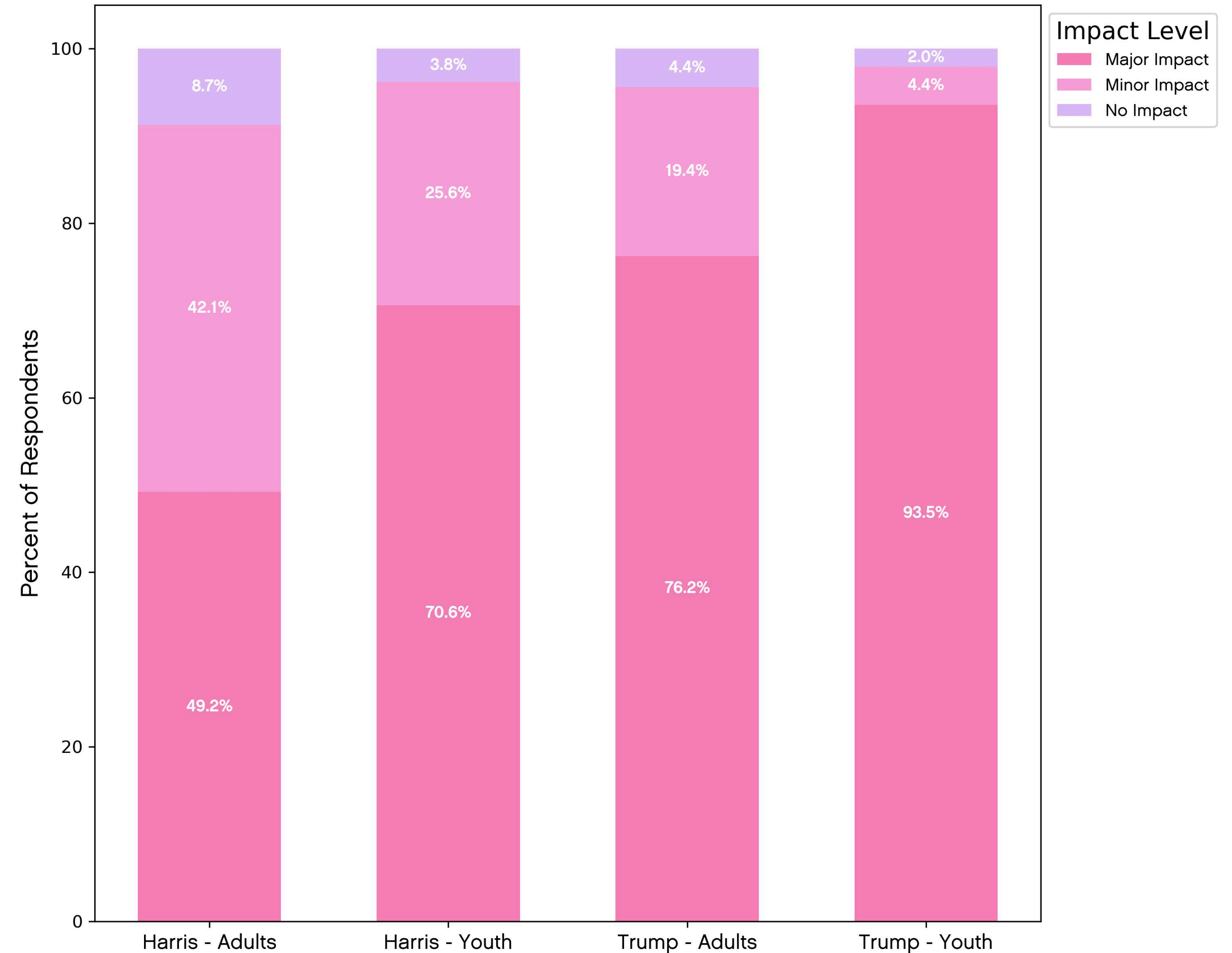
All respondents in California and New York reported their state was somewhat or very supportive of LGBTQ+ rights and healthcare.



Perceived Impact on Access to Healthcare in Harris and Trump Voting States

Among respondents residing in Trump-voting states, **76%** believe his presidential term will have a major impact on healthcare access for LGBTQ adults in their state, and **94%** believe it will significantly affect healthcare access for LGBTQ youth and children in their state. In comparison, these figures were **49%** and **70%**, respectively, for respondents in Harris-voting states.

Of those who described their state as unsupportive of LGBTQ rights and healthcare, **50%** indicated they are very or somewhat likely to move to a more supportive state during the next presidential term.



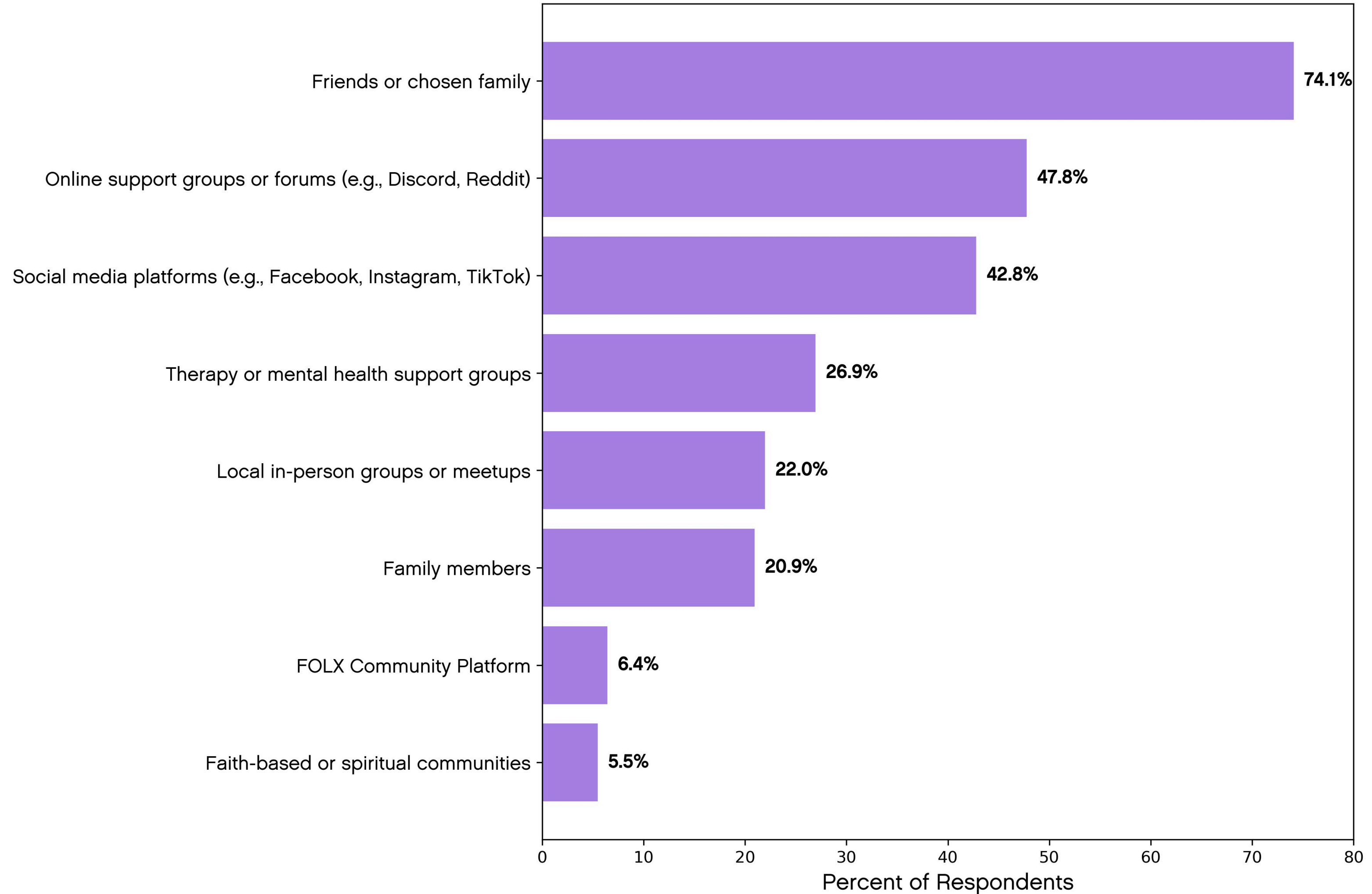
Sources of Support

Friends and chosen family were the most frequently reported sources of support for transgender respondents, with **74%** identifying them as key. Additionally, nearly half of respondents highlighted online support groups or social media platforms as important sources of connection and support.

“We've always been here and we always will be here, no matter what happens.”

- SURVEY RESPONDENT, PENNSYLVANIA

Sources of Support





About FOLX

ABOUT FOLX

Launched in December 2020, FOLX Health is an LGBTQIA+ healthcare service provider built to serve the community's specific needs. We provide end-to-end virtual primary care, mental health care, gender-affirming care, care navigation, and community through a diverse network of LGBTQIA+ specialized providers.



ABOUT FOLX



100%

of FOLX members
see their clinician as
a partner in their care

50K+

patients served
since 2021

60M+

individuals with
in-network care
at FOLX

<2

days wait
time for
appointments



Methodology

A cross-sectional design was used to collect data through an online survey platform between January 7th and January 10th of 2025. A sample of individuals ages 18+ who resided in the United States, including its territories, was recruited via FOLX email and social media. Respondents were defined as being trans if they answered yes to the question, “do you identify as gender diverse, transgender, trans, genderqueer, Two Spirit, gender non-binary, and/or having a gender that is different than your sex assigned at birth?”

Respondents were then asked ‘how do you identify your gender?’ and were asked to select one of the following: ‘Man / Transgender Man’, ‘Woman / Transgender Woman’, or ‘Non-binary / Gender Diverse / Two-Spirit’. . Qualified respondents completed a secure online questionnaire. The questionnaire was offered in English only.

Methodology

A total of **1093** individuals began the survey. Of those, **11** did not pass duplicate checks. We additionally excluded those under 18, residing outside of the United States, and those who did not identify as trans. This resulted in a final analytic sample of **965** trans adults ages 18+ residing in the U.S.

This report uses “trans” as an umbrella term to encompass non-cisgender people, which includes people who are gender diverse, transgender, trans, genderqueer, Two Spirit, gender non-binary, and/or having a gender that is different from their sex assigned at birth.

Demographics of Survey Respondents

Almost half of respondents identified as a woman or transgender woman, 27% identified as a man or transgender man, and 24% identified as non-binary, gender diverse, or Two-spirit. Bisexual and queer were the most common sexual orientations of respondents. The vast majority of respondents were under 35, with 29% aged 18-24 and 36% aged 25-34. 41% resided in the South, and almost two-thirds of respondents lived in states that voted for Trump in the 2024 presidential election.

n	965
Gender Identity, n (%)	
Woman / Transgender Woman	448 (46.4)
Man / Transgender Man	263 (27.3)
Non-binary / Gender Diverse / Two-Spirit	230 (23.8)
Sexual Orientation, n (%)	24 (2.5)
Asexual	62 (6.4)
Bisexual	311 (32.2)
Gay	60 (6.2)
Heterosexual	67 (6.9)
Lesbian	160 (16.6)
Queer	200 (20.7)
Prefer not to say	105 (10.9)
Age Group, n(%)	
18-24	276 (28.6)
25-34	352 (36.5)
35-44	184 (19.1)
45-54	51 (5.3)
55-64	54 (5.6)
65 and older	48 (5.0)

Census Region, n (%)	
M	122 (12.6)
N	161 (16.7)
S	399 (41.3)
W	283 (29.3)
Candidate Winner in State of Residence (2024 Election), n (%)	
Harris	372 (38.5)
Trump	593 (61.5)

Is this survey nationally representative of trans adults?

The question of how to accurately measure trans people in national surveys is still not well understood due to the diverse methods employed to capture this demographic. Different surveys use different approaches to measure and represent transgender individuals. For example, the Behavioral Risk Factor Surveillance System (BRFSS) asks respondents: "Do you consider yourself to be transgender?" Those who answer "yes" are then prompted to specify if they are male-to-female, female-to-male, or gender-nonconforming. While these categories have been criticized for various reasons, they are still used in the weighting of nationally representative surveys, including those conducted by the Kaiser Family Foundation (KFF).

Our survey, however, employs a two-step gender identity approach. This method allows respondents to describe their gender identity more accurately, without forcing them to choose between categories such as "woman" or "trans woman." Instead, these identities are included within a single category. Research and our experience with our members have shown that many trans individuals are uncomfortable with questions about sex assigned at birth and may not identify as a "trans woman," but simply as a "woman."

To enhance our understanding and representation of trans adults, we also compare our findings with the 2022 U.S. Transgender Survey (USTS), which surveyed over 90,000 trans respondents across the United States.

In our analysis, we find that our sample skews slightly younger compared to the KFF survey but is older than the population represented in the USTS. Additionally, our survey shows a higher proportion of women/trans women compared to both the KFF survey and the USTS, yet it aligns more closely with the gender distribution found in BRFSS, which has higher rates of trans women/ women, Furthermore, the regional distribution in our survey is similar to that of the USTS.

Taken together, these findings suggest that our survey is fairly representative of the trans adult population today.

¹ Downing, J. M., & Przedworski, J. M. (2018). Health of transgender adults in the US, 2014–2016. *American journal of preventive medicine*, 55(3), 336-344.,

² Herman, J. L., Flores, A. R., & O'Neill, K. K. (2022). How many adults and youth identify as transgender in the United States?.

³ Kirzinger, A., Kearney, A., Montero, A., Sparks, G., Dawson, L., & Brodie, M. (2023). *KFF/The Washington Post Trans Survey*. San Francisco, CA: KFF (Kaiser Family Foundation).

		FOLX	KFF (2023) ¹⁸	USTS (2022) ¹⁹
Gender Identity, n (%)	Man / Transgender Man	28	12	25
	Woman / Transgender Woman	46	22	35
	Non-binary / Gender Diverse / Two-Spirit	24	62	38
Sexual Orientation, n (%)	LGBQ	82	70	-
Age Group, n (%)	18-24	29	53	43
	25-34	37		36
	35-44	19	23	9
	45-54	5		6
	55-64	6	23	7
	65 and older	5		
Region, n (%)				
	M	13	-	17
	N	17	-	19
	S	41	-	41
	W	29	-	23

⁴ James, S.E., Herman, J.L., Durso, L.E., & Heng-Lehtinen, R. (2024). *Early Insights: A Report of the 2022 U.S. Transgender Survey*. National Center for Transgender Equality, Washington, DC.

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