

grievances from those no longer protected.

The office “considers this a benefit of the rule,” said Katie Keith, co-founder of Out2Enroll, an organization that helps the LGBTQ community obtain health insurance. “Organizations will have lower labor costs and lower litigation costs because they will no longer have to process grievances or defend against lawsuits brought by transgender people.”

### Why does this matter?

Research shows the LGBTQ community faces greater health challenges and higher rates of illness than other groups, making access to equitable treatment in health care all the more important.

Discrimination, from the misuse of pronouns to denials of care, is “commonplace” for transgender patients, according to a 2011 report by advocacy groups. The report found that 28 percent of the 6,450 transgender and gender nonconforming people interviewed said they had experienced verbal harassment in a health care setting, while 19 percent said they had been refused care due to their gender identity.

#### About this story:

It was produced by Kaiser Health News, an editorially independent program of the Kaiser Family Foundation.

The report said 28 percent had postponed seeking medical attention when they were sick or injured because of discrimination.

Critics fear the rule would muddy the waters, giving patients less clarity on what is and is not permissible and how to get help when they have been the victims of discrimination.

Jocelyn Samuels, the Obama administration official who oversaw the implementation of the Obama-era rule, said that for now, even though the Trump administration’s HHS will not pursue complaints against those providers, Americans still have the right to challenge this treatment in court. Multiple courts have said the prohibition on sex discrimination includes gender identity.

“The administration should be in the business of expanding access to health care and health coverage,” Samuels told reporters on a conference call after the rule’s release. “And my fear is that this rule does just the opposite.” □



## WEEKLY DOSE

### Put a little pep in your step

Next time you go for a walk, you may want to consider picking up the pace. According to a new study out of the University of Leicester in England, fast walkers are more likely to live longer than those who prefer a more leisurely stroll. While brisk walkers cover about 100 steps a minute and move at approximately 3 mph, slow walkers accomplish half that. Researchers studied 474,919 people and found the quicker group had a longer life expectancy across all weight categories, while the slower group had the lowest life expectancy at an average of 64.8 years for men, 72.4 for women. Interestingly, the results suggested that physical fitness is a greater indicator of long life than body mass index (BMI) and whether or not you smoke. Sounds like stopping to smell the flowers may not be all it’s cracked up to be—reduce your risk of heart-related death by leaving your fellow walkers in the dust.

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