Background

Our knowledge about who trans people really are is unfortunately still very limited. Many studies have focused on only those who attend certain clinics, or seek out hormone treatment or sex reassignment surgeries. (1,2) More recent studies have tried to capture what trans people “look like” by surveying people in other venues. (3) Trans PULSE has taken a unique snapshot of trans people across Ontario - people with a range of identities, relationships with their bodies, and personal beliefs about the necessity of physical transition. The information we present was collected using a unique research method that would allow us to take the most statistically accurate picture of trans people possible in Ontario.

Our Approach

Surveys were completed by 433 trans people age 16 or over who live, work or receive health care in Ontario, Canada. To increase accessibility, participants completed their surveys either online, via paper copy, or by telephone with a language interpreter. To participate, individuals indicated that they fit under the broad umbrella term of “trans” and were not required to have begun a social or medical gender transition.

Key Findings and their Impact on Policy and Practice

While previous studies conclude that for every person on the female-to-male spectrum, there are three male- to-female individuals, (1,2) our findings suggest that trans people in Ontario are about equally split. In terms of sexual orientation, participants identify across a broad range of sexual orientation identities, which is consistent with other research. (4) Our results also show that while a high percentage of Ontario trans people have post-secondary education, their income levels do not reflect this. The majority are living below the poverty line, and only 7% report personal annual incomes over $80,000.
The proportion of trans people born outside of Canada (19%) is significantly lower than it is in the overall Ontario population (28%), and trans people have diverse geographic representation, living across the various regions of the province. FTM and MTFs reside in each area of the province, however, FTMs are more likely to reside in the Metropolitan Toronto area than the surrounding area, while MTFs are more equally split between Toronto and surrounding areas. Despite the fact that the overwhelming majority of trans services are located in the "M" postal code (Metropolitan Toronto), 68% of trans Ontarians live outside that postal code area. Other notable differences in comparing MTFs and FTMs are that FTMs are younger, more ethnoracially diverse, and less likely to currently be parents. Approximately 6% of the trans people in our study identify as Aboriginal and 21% indicate a range of ethnosexual identities other than just white Canadian, American or European.

Trans people live in all regions of Ontario and present across a range of ages, sexual orientations, and cultural and ethnosexual identities. These findings significantly build upon the available knowledge about trans people and the range of diversities that exist within trans communities. The diversity represented here highlights the need to take into account this diversity (especially intersecting identities) when shaping policies and programs and identifying issues and gaps in the provision of services. This invites consideration of how these factors may affect experiences of discrimination, overall quality of life, employment, social support, or create particular access barriers in health care, and/or other health issues more broadly.

### References


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**E-Bulletins about a variety of topics as well as presentations and articles can be downloaded at:**
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