



March 17th, 2025

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FOR IMMEDIATE RELEASE

Sussex Pride Announces Events for LGBTQ Health Awareness Week

Delaware — Sussex Pride is proud to announce that it will celebrate LGBTQ+ Health Awareness Week, which takes place nation-wide from March 17 to March 21, 2025. This observance aims to promote awareness and education concerning the unique healthcare issues that affect the LGBTQ+ community.

Originally established as a response to the alarming health disparities faced by LGBTQ+ individuals, the inaugural LGBTQ+ Health Awareness Week began in 2003. It seeks to empower individuals, raise awareness about health inequities, and promote health resources that are inclusive and culturally competent.

This year Sussex Pride is embracing the theme "From Rage to Resistance," highlighting the urgency of remaining vigilant in the face of ongoing changes in policies that impact LGBTQ+ health care access and rights. Among the changes we've seen are:

- The halting of federal funding of programs which collect information on Gender Identity
- Reversal of "Equal Access Rule" Protections for LGBTQ+ People in Housing and for Transgender Women in Shelters
- The elimination of LGBTQ+ employee groups, and pride observances, and DEI initiatives.
- Data that is crucial to the health and wellness of LGBTQ+ community being removed from the CDC website and other federal websites.

"It's crucial for us to recognize that these changes don't just impact policies; they impact lives," says event organizer Jasmine Anthony. "Our community must mobilize and fight back against these regressions. We must turn our rage into resistance for the health and wellbeing of every LGBTQ+ person."

In light of these challenges, LGBTQ+ individuals are encouraged to take ownership of their own health and wellness. This includes having open and honest conversations with healthcare providers, which is essential in ensuring that individuals receive tailored and effective care.

“Health is not just about the absence of illness. It’s about embracing who you are and seeking care that acknowledges your identity,” asserts David Mariner, Executive Director of Sussex Pride. “Let’s foster open communication with our healthcare providers to ensure that our needs are met.”

Key health issues prevalent within the LGBTQ+ community include:

- Higher rates of mental health disorders, including depression and anxiety
- Increased risks of substance misuse
- Higher rates of sexually transmitted infections (STIs)

The stress of being a minority group contributes to these higher risks, and the current climate only exacerbates this situation. LGBTQ+ community members are encouraged to take care of themselves and their mental health, during these challenging times when they see their worth and dignity up for debate.

Sussex Pride invites everyone to participate in a series of informative and engaging events throughout the week, aimed at educating and empowering our community. Join us to learn more about your health, connect with resources, and advocate for change!

Monday March 17th

- Our social media focus will be HIV and STI’s in the LGBTQ Community [Learn more here](#)

Tuesday March 18th

- Our social media focus for Wednesday will be Cancer in the LGBTQ+ Community: [Learn more here](#)

Wednesday March 19th at 3:30 PM

- [Webinar: Initial Findings from the Third Annual State of LGBTQ Health National Survey](#)- National Coalition for LGBTQ+ Health
- Today is the hearing on SB55 in the Delaware Assembly, and the social media focus will be on gender affirming care

Thursday March 19th at 7:00 PM

- [Facebook Live Broadcast: The Importance of LGBTQ+ Health Awareness Week](#), A Conversation with Dr. Harrison “Harry” Eckert (Beebe), Jasmine Anthony, and David Mariner
- Today is the hearing on HB54 in the Delaware Assembly, and our social media focus will be on Suicide Prevention: [Learn More Here](#)

Friday March 20th

- [Improving Patient Provider Relationships with LGBTQ+ Patients Living with HIV](#), National Coalition for LGBTQ Health CME/CE Available
- The Social Media Focus will be on talking with your healthcare provider:
 - [10 Things Gay Men Should Discuss with their Healthcare Providers](#)
 - [10 Things Lesbians Should Discuss with their Healthcare Providers](#)
 - [10 Things Trans People Should Discuss with their Healthcare Providers](#)
 - [10 Things BI & Pan Folks Should Discuss with their Healthcare Providers](#)

Sunday March 21

Our social media focus for the 17th will be substance use & recovery in the LGBTQ+ Community: [learn more here](#)

SUSSEX PRIDE

Sussex Pride works to celebrate, strengthen, and support the LGBTQ+ community in Sussex County and the state of Delaware, working through a social justice lens. We focus on arts & culture, health & wellness, social and support groups, and advocacy for our community. (www.sussexpride.org)