



HEALTH / SELF-ESTEEM / SOCIAL SUPPORT

# The M-Track Survey

In the summer of 2007, over 220 gay, bisexual, transgendered and other men who have sex with men, living in South Vancouver Island and the Gulf Islands, volunteered to do an anonymous and confidential questionnaire and blood test.



Participants were asked questions about their health, self esteem and social support.

## Physical and Mental Health

- ★ 80% rated their general health as 'very good' or excellent'
- ★ 73% rated their mental health as 'very good' or 'excellent'

## Self Esteem

- ★ 80% reported a positive attitude towards themselves
- ★ 85% said they were satisfied with themselves

## Social Support

- ★ 3/4 knew 6 or more gay/bi/trans men quite well
- ★ 70% said that 'most of the time' they have someone to relax with, to show them love and affection and to turn to for a personal problem

## **M-TRACK SURVEY: WHAT'S IT ALL ABOUT?**

Part of a national survey for gay, bisexual, transgendered and other men who have sex with men about:

- ★ Emotional and physical well-being
- ★ Sex (what are we doing)
- ★ Substance use (what are we using and when?)
- ★ Attitudes and ideas about HIV and sexually transmitted infections (STIs)

## **WHY?**

**DURING THE PAST DECADE NATIONAL RATES OF HIV AND STIs HAVE BEEN INCREASING AMONG MEN WHO HAVE SEX WITH OTHER MEN.**

We want to know what is happening in Victoria so we can better understand how to prevent this trend from continuing.

By surveying members of our community we can estimate the number of people infected (and not infected) in Victoria, as well as the risk behaviours that result in disease transmission.

## **WHERE TO GET TESTED:**

### **VICTORIA CLINIC**

1947 Cook Street

388-2225

### **VICTORIA YOUTH CLINIC**

#### **James Bay Location**

547 Michigan Street

388-7841

#### **Downtown Location**

533 Yates Street

383-3552

### **ISLAND SEXUAL HEALTH SOCIETY**

#200-1770 Fort Street

592-3479

*or*

**See your own doctor or visit a walk-in clinic.**

*Any questions?*

*Please call 592-0570*

