Approximately 1.4 million adults and 150,000 youths identify as transgender, meaning those individuals’ gender identity is different from cultural expectations based on the sex they were assigned at birth.

Policies that exclude transgender individuals from restrooms and other facilities consistent with their gender identity have detrimental effects on the health, safety and well-being of those individuals.

Exclusionary policies undermine well-established treatment protocols for gender dysphoria, and impair social and emotional development, leading to poorer health outcomes.

Transgender individuals face a greater risk of violence when using a public facility that does not correspond with their gender identity, including being verbally harassed, physically assaulted or sexually assaulted.

In addition to psychological harm, prolonged avoidance of the restroom can cause physical harm including dehydration, continence issues, kidney issues and urinary tract infections.

The AMA opposes policies preventing transgender individuals from accessing basic human services and public facilities consistent with gender identity, including the use of restrooms.