



Care Can't Wait NC

FACT SHEET

for North Carolina Providers

The Evidence is Clear

Gender-Affirming Care for Transgender and Non-Binary Youth

| What is Gender-Affirming Care?

Gender-affirming care (GAC) is a continuum of individualized, evidence-based clinical services for transgender and gender-diverse youth. It spans social affirmation, mental health support, puberty-blocking medications (reversible), gender-affirming hormone therapy, and surgical intervention (rarely in adolescence). It is guideline-driven and endorsed by every major U.S. medical professional organization.

| The Situation in North Carolina

HB808 (2023) prohibits GAC for minors, threatens license revocation, and bars Medicaid and CHIP coverage. Beyond what the law requires, **Atrium Health** and **UNC Health** voluntarily halted GAC for all patients under 19, including legal adults and patients mid-treatment, without public notice. *These were institutional choices, not legal mandates.* **Duke Health** is overburdened and booked months out, yet continues to provide GAC.

| What Does the Evidence Show?

25 years of peer-reviewed literature supports GAC as medically necessary, safe, and effective:

Study	Key Finding
Budge et al, 2024	Rebuts every major legislative argument against GAC.
Green et al, 2022	Youth receiving GAHT reported significantly lower rates of depression and suicidal ideation vs. those who wanted to but could not access it

Study	Key Finding
Les & Rosenthal, 2023	25 years of research supports current GAC models, legislative bans contradict established clinical consensus.
Tordoff et al, 2022	GAC associated with 60% lower odds of moderate/severe depression and 73% lower odds of suicidality over 12 months.

| What Does the Medical Community Say?

The AAP, AMA, APA, AACAP, Endocrine Society, WPATH, ACOG, ACP, Society for Adolescent Health and Medicine, and more than 30 additional national and international health organizations have each independently affirmed that GAC is medically necessary and that withholding it causes measurable harm (GLAAD, 2024).

| What are Providers Being Asked to Do?

-  **Sign the NC Provider Pledge for Trans Youth Health**
-  **Submit written testimony or public comments**
-  **Engage your professional association; urge them to issue a public statement**
-  **Complete at least one evidence-based CE module on transgender and non-binary youth**

| References

Budge, S.L. et al (2024). Gender affirming care is evidence-based for transgender and gender-diverse youth. *Journal of Adolescent Health*, 75(6), 851-853.

Chinn, E. (January 2026). UNC Health will not provide gender-affirming treatments to patients under 19. *WUNC*.

GLAAD (June 2024). Medical association statements in support of health care for transgender people and youth.

Green, A.E. et al (2022). Association of gender-affirming hormone therapy with depression, thoughts of suicide, and attempted suicide among transgender and non-binary youth. *Journal of Adolescent Health*, 70(4), 643-649.

Kingdollar, B. (January 2026). Trans youth under 19 left with few options for gender-affirming care in NC. *NC Newsline*.

| Legislative Argument vs. Evidence

Argument	Evidence
<i>“This care is experimental.”</i>	25 years of peer-reviewed literature supports current GAC models (Lee & Rosenthal, 2023)
<i>“No randomized controlled trials exist.”</i>	Withholding known beneficial care to conduct RCTs is clinically unethical (Budge et al, 2024)
<i>“The Cass Report proves it’s unsafe.”</i>	Non-peer-reviewed; rebutted in published literature; minimizes robust evidence and serious harms of restricting care (Budge et al, 2024)
<i>“Detransition rates are high.”</i>	Rates are very low; most cases are driven by family rejection and stigma, not regret (Budge et al, 2024).

| References (cont’d)

Lee, J.Y. & Rosenthal, S.M. (2023). Gender-affirming care of transgender and gender diverse youth: Current concepts. *Annual Review of Medicine*, 74, 107-116.

North Carolina General Assembly (2023). An act to protect minors from harmful medical interventions, H.B.808, North Carolina General Assembly.

The Trevor Project (2025). 2024 national survey on the mental health of LGBTQ+ young people in NC.

Tordoff, D.M. et al (2022). Mental health outcomes in transgender and nonbinary youths receiving gender-affirming care. *JAMA Network Open*, 5(2), e220978