**Elevator Pitch/Poster Presentation**

Hello! My name is Regina Futcher and I am a sophomore double majoring in psychology and gender, sexuality, and women’s studies. For the last semester, I have been working in Dr. Rofey’s POWER lab, short for Pittsburgh Obesity Weight Emotion and Gender Research. Her lab primarily works on projects associated with helping overweight youth and adolescents lead healthier lifestyles. The current project we are working on investigates the impact gender affirming hromone therapy has on BMI and adiposity levels in transgender youth and adolescents in Pittsburgh.

Although many previous studies have tracked how these new hormones influence bodily changes, there are very few that give a critical eye to BMI. This is especially pertinent to younger individuals who are going through puberty alongside these hormonal introductions. Our participants were between the ages of 13 and 26 there were going through masculinizing or feminizing therapy. This was a correlation study where observational data was collected by accessing patients' electronic health records. While this method was necessary to extract information on adiposity and BMI over a prolonged period of time, it did not allow us to gain additional data that was not included in the electronic health record. More descriptive information, such as diet, level/intensity of exercise, and family medical history, could have been used to more accurately interpret the effects of hormone therapy on specific individuals, but was rarely included in their file.

Our results showed that young trans men and adolescents that received masculinizing hormone therapy had a significant increase in their BMI percentile, while young trans women and adolescents did not show a difference in BMI percentile. These results are expected as men tend to have a higher BMI than women on average. This weight gain can potentially become a problem for trans men in the future where this sudden weight gain can lead to cardiovascular disorders.

The overall goal of this project is to better understand the underlying causes of obesity as well as to find the most effective ways of weight management because obesity can negatively impact teenagers greatly. This increases the chances of a variety of both physical and mental health issues including cardiovascular disease, diabetes, sleep disorders, and negative body images. Further research needs to be done looking into the pitfalls of BMI assessments of hormonally transitioning individuals. We urge the continued investigation into long term effects hormone therapy has on adiposity, lean tissue, and bone density and for medical practitioners to document a more thorough description of age, hormone dose, and rate of weight gain. This research is the building block for the development of better standards for gender affirming care in the future. Other studies should look into the prolonged long-term effects of gender affirming hormone therapy and their potential relationship and connection to cardiovascular difficulties.