

LGBTQ+ Health and Wellness:

Understanding the Journey to Building a Family

LGBTQ+ parenthood today: Family trends, future plans, and paths to parenting.

FAMILIES TODAY



2.6M

LGBTQ+ adults parenting children under 18 at home.

Williams Institute, 2024



18%

of LGBTQ+ adults are parenting children under 18 at home.

Williams Institute, 2024



5M

children being raised by an LGBTQ+ parent in the U.S.

Williams Institute, 2024

FUTURE PARENTS



33%

of LGBTQ+ adults under 50 want children.

Pew Research Center, 2025



LGBTQ+ Adults

ages 18-29 | ages 30-49
36% | 27%
want children someday.

Pew Research Center, 2025



28%

of LGBTQ+ adults under 50 are unsure about having children.

Pew Research Center, 2025

Among LGBTQ+ adults without children

PATHS TO PARENTHOOD



21% vs. 3%

LGBTQ+ Couples

Heterosexual Couples

have adopted children.

Williams Institute, 2024; ACS 2019-2021.



Heterosexual Couples

4% vs. 0.4%

LGBTQ+ Couples

are fostering children.

Williams Institute, 2024; ACS 2019-2021.

Among couples raising children



KEY TAKEAWAY

LGBTQ+ adults are building and planning families in different ways. Understanding their experiences helps brands better support them throughout their parenting journey.