

Wednesday 28th May 2025

Health professionals, health bodies, & community organisations call for publication of guidelines for gender affirming care

Health professionals, health organisations and community organisations are concerned by the delay of the publication of the updated clinical Guidelines for Gender Affirming Care in Aotearoa New Zealand.

Health professionals are asking for updated guidance on providing appropriate and safe healthcare to transgender and non-binary patients.

In 2023 Health NZ | Te Whatu Ora contracted the Professional Association for Transgender Health Aotearoa (PATHA) to update the 2018 guidelines for gender affirming healthcare. It is standard practice for guidelines to be periodically updated to ensure their content is kept up to date. PATHA submitted the updated guidelines in October 2024 and they followed the standard process for publication of a clinical guideline, including approval from Te Whatu Ora's National Clinical Governance Group, and were also approved by Te Whatu Ora's Executive Leadership Team.

The evidence-based guidelines, which have been peer reviewed by clinicians with expertise in this care from within New Zealand and internationally, cover a wide range of topics relevant to transgender and non-binary health and wellbeing, including new chapters on creating inclusive healthcare environments, non-medical gender affirmation options, and more. The small section within this comprehensive document relating to prescribing puberty blockers aligns with the Ministry of Health's position statement on this care and supports safe prescribing for young people.

The guidelines were due for publication at the end of March 2025. We are aware that in the days beforehand, an FYI was sent to the Minister and Associate Minister of Health. Less than 24 hours before the date of publication, there was an unnecessary, indefinite and unexplained delay in the publication of these clinical guidelines. We believe this is due to unprecedented and inappropriate political interference. Delays in releasing these guidelines impacts on the ability to improve healthcare delivery and health outcomes for the transgender and non-binary population. **The undersigned call on the government to allow Health NZ | Te Whatu Ora to publish the updated Guidelines for Gender Affirming Healthcare in Aotearoa New Zealand immediately.**

Signatories:**Medical bodies:**

Aotearoa New Zealand Association of Social Workers
College of Child and Youth Nurses | Tapuhitia Ngā Mokopuna Mō Apōpō
General Practice New Zealand (GPNZ)
The Paediatric Society of NZ | Te Kāhui Mātai Arotamariki o Aotearoa
New Zealand College of Clinical Psychologists
New Zealand College of Primary Health Care Nurses
New Zealand Medical Students Association
New Zealand Nurses Organisation | Tōpūtanga Tapuhi Kaitiaki o Aotearoa
New Zealand Psychological Society
New Zealand Sexual Health Society
New Zealand Speech-language Therapists' Association
New Zealand Society of Endocrinology
New Zealand Women in Medicine Charitable Trust
Professional Association for Transgender Health Aotearoa
Rainbow Otago Medical Students Association (ROMSA)
Royal Australian and New Zealand College of Obstetricians and Gynaecologists
Royal New Zealand College of General Practitioners

Other organisations:

Abortion Law Reform Association of New Zealand	Rainbow Auckland
Adhikaar Aotearoa	Rainbow Hub Waikato
Auckland Pride	Rainbow Path
Burnett Foundation Aotearoa	RainbowYOUTH
Gender Minorities Aotearoa	Rights Aotearoa
He Kāinga Ora	School of Health staff, Victoria
Identify Survey	University of Wellington
InsideOUT Kōaro	Te Kahukura Puāwai
Intersex Aotearoa	Te Ngākau Kahukura
Mental Health Foundation of New Zealand	The Trans Heart Health Project
Moana Vā	Tu Ora Compass Health
New Zealand Parents and Guardians of Transgender and Gender Diverse Children	Qtopia
Pride Whanganui	Q Youth Nelson
	Village Collective

Health services:

Anamata clinic Taupō	Sexual Wellbeing Aotearoa
Aramoho Health Centre	Te Aro Health Centre
Awahi and Aroha Consultancy	Te Tahi Youth
Evolve Wellington Youth Service	University of Otago, Student Health Services
Gender Care at Tamatea Medical Centre	Vibe Youth Health Service
Gender Care Whanganui	Whangarei Youth Space
Henderson Counselling & Guidance Services	Whatever Whanganui - The Youth Health Place
Hutt Union and Community Health Service	Youth Kinex - Masterton Medical
Mauri Ora, Student Health & Counselling	Youth Clinic
Number 10 Southland Youth One Stop Shop	

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9 parents of transgender children also signed this letter. We have withheld their names to protect their privacy.