# Happily Ever After: Same-Sex Marriage Protects Gay Health

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Rocky Galloway (left) and Reggie Stanley in Washington, DC.

Proof that the road to marriage leads to good health: A Columbia University study found that in states where same-sex marriage is legal, gay men lead healthier lives and spend less on health care (especially costs related to mental health). Overall, researchers found a 13 percent reduction in medical visits and a 14 percent drop in health care costs. In addition, men in the study reported experiencing fewer stress-related ailments like depression and adjustment disorders. Moreover, both single and partnered gay men shared these benefits, suggesting the right to marry (and not just being married) is powerfully positive medicine. Currently, same-sex marriage is only legal in Connecticut, Iowa, Maryland, Massachusetts, New Hampshire, New York, Vermont and Washington, DC. We're hoping other states begin to notice that legalizing same-sex marriage not only supports human rights—it also leads to a healthier and happier ever after.

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