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The manner in which the gender/sex questions are asked could be improved.

[1] Asking "sex at birth" feels immaterial to the point, but harmless.

[2] The gender question is more fraught. When Version 1 of the question asks a person to choose among Male, Female, Trans, Nonbinary, and Other, the Census Bureau is signaling that it believes that these categories are mutually exclusive (they are not), and that it believes that Trans is a gender category (it is not). Being Trans is more akin to a status of identifying as a gender that does not conform to the sex assigned at birth than a gender per se. That's why it's common to refer to people as Trans Female and Trans Male, for example (note that these are not the only two categories of Trans that exist). A better approach would be to ask the gender first and offer Male, Female, Nonbinary, Other (write-in), and then in a separate question ask if the individual identifies as Trans, which one can be net of gender. The way that Version 2 asks the question (allowing multiple selections and therefore letting people check both Trans and Male, for example) is the better of the two options, if it's not possible to ask the Trans question on its own as suggested above, which, again, would acknowledge that Trans is not a gender.

It feels similar to Race and Ethnicity when it comes to Hispanics. One could be a Black Hispanic, for example, or a White Hispanic. ("Hispanics can be of any race," as the form used to read.) Similarly, I would posit, "Trans can be of any gender."