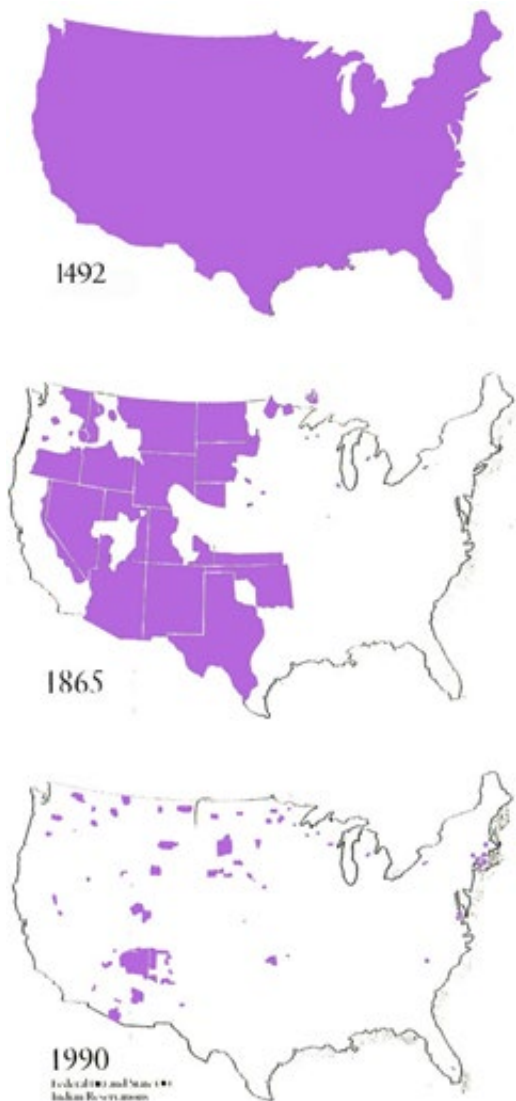


## History

In 1915, the annual Congress of the American Indian Association meeting in Lawrence, Kans., formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

In 1990 President George H. W. Bush approved a joint resolution designating November 1990 “National American Indian Heritage Month.” Similar proclamations, under variants on the name (including “Native American Heritage Month” and “National American Indian and Alaska Native Heritage Month”) have been issued each year since 1994.

### American Indian Reservations for lower 48 states



There is only 1 reservation in Alaska - It is the Metlakatla **Indian** Community of the Annette Island Reserve in southeastern Alaska

**Tribal sovereignty** refers to the right of American Indians and Alaska Natives (AI/AN) to govern themselves. The U.S. Constitution recognizes Indian tribes as distinct governments and they have with few exceptions, the same powers as federal and state governments to regulate their internal affairs. Sovereignty for tribes includes the right to establish their own form of government, determine membership requirements, enact legislation and establish law enforcement and court systems.

**The Constitution** gives authority in Indian affairs to the federal government, not to the state governments. Just as the U.S. deals with states as governments, it also deals with Indian tribes as governments, not as special interest groups, individuals, or some other type of non-government entity. Some states have explicitly recognized the government status of Indian tribes through various state recognition processes. States are excluded from regulating tribes UNLESS Congress delegates power to them (Public Law 280)

A **federally recognized tribe** is an American Indian or Alaska Native tribal entity that is recognized as having a government-to-government relationship with the U.S. and is eligible for funding and services from the Bureau of Indian Affairs. Federally recognized tribes are recognized as possessing certain inherent rights of self-government (i.e., tribal sovereignty) and are entitled to receive certain federal benefits, services, and protections because of their special relationship with the United States. At present, there are **574 federally recognized** American Indian and Alaska Native tribes and villages.

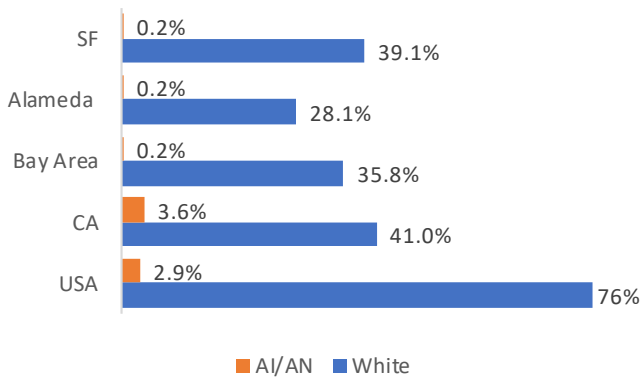
A federal **Indian reservation** is land reserved for a tribe under treaty or other agreement with the U.S, executive order, or federal statute or administrative action as permanent tribal homelands, and where the federal government holds title to the land in trust on behalf of the tribe. About 56.2 million acres are held in trust by the U.S. for Indian tribes. There are about 334 Indian land areas in the U.S. as of 2010, administered as federal Indian reservations (i.e., reservations, pueblos, rancherias, missions, villages, communities, etc.)

## American Indian/Alaska Natives in the U.S.

### Demographics

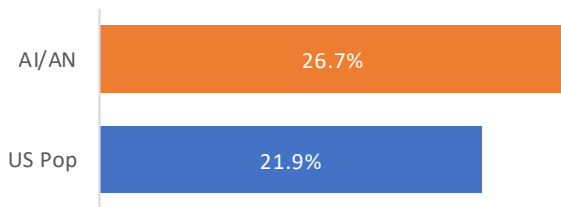
As of 2020, there were an estimated 9.7 million people who were classified as American Indian and Alaska Native alone or in combination with one or more other races. This racial group comprises 2.9% of the total U.S. population. As of 2022, there are 324 federally recognized American Indian reservations in the US.

### Population Percentages

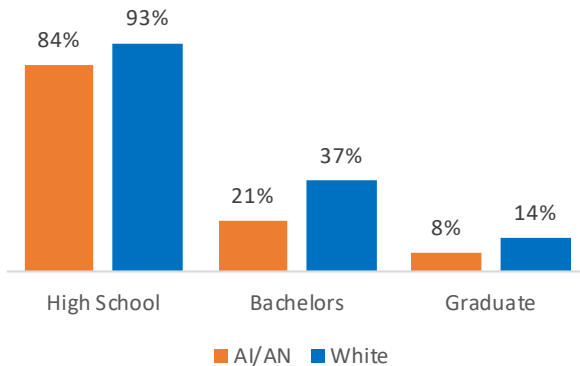


### Language

In 2019, 26.7% of American Indians/Alaska Natives alone spoke a language other than English at home. There are about 150 Native American languages in the U.S. and Canada.

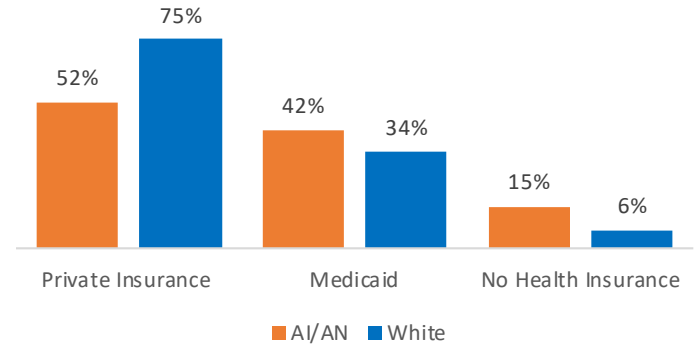


### Education



### Uninsured Rate

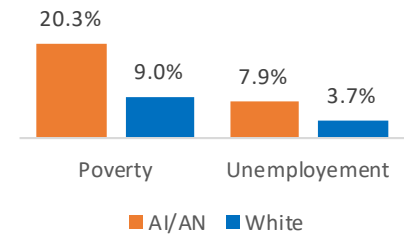
Medicaid and CHIP help fill in gaps in private coverage, but they remain more likely to be uninsured than Whites.



### Median Annual Income 2019

AI/AN \$49,906  
White \$71,664

### Poverty



### Where AI/AN live

- 78%** Live outside of tribal statistical areas
- 22%** Live on reservations or other trust lands
- 60%** Live in metropolitan areas

### Housing

Housing conditions for Native American households are substantially worse than for other U.S. households. More Native Americans live in housing that is overcrowded, lacks complete kitchens and bathrooms, has heating and electrical problems, or is structurally unsound than general US households.

- Overcrowding affect 16% of AI/AN households in tribal areas and 10% in urban areas compared to 2% of all US households
- Among AI/AN households in tribal areas, 6% had incomplete plumbing and 7% incomplete kitchens compared to less than 2% of all US households.

## Health Disparities

American Indian/Alaska Native compared to Non-Hispanic White. It is significant to note that American Indians/Alaska Natives frequently contend with issues that prevent them from receiving quality medical care. These issues include cultural barriers, geographic isolation, inadequate sewage disposal, and low income.

### CANCER

**2x**  
to have liver & IBD cancer  
for AI/AN men

**2.3x**  
more likely to have liver &  
IBD cancer for AI/AN  
women

### HEPATITIS

**2.7x**  
to die from Hep C

**2.3x**  
to die from Hep B

### HEART DISEASE

**50%**  
more likely to be  
diagnosed with coronary  
heart disease

**50%**  
more likely to be  
cigarette smokers

### INFANT MORTALITY

**2x**  
infant mortality rate

**2.7x**  
to die from accidental deaths  
before one year

**2.8x**  
likely to receive late or no  
prenatal care for AI/AN mothers

**70%**  
More likely to smoke during  
pregnancy for AI/AN mothers



### DIABETES

**3x**  
to be diagnosed with diabetes

**2.4x**

to be diagnosed with end  
stage renal disease

### OBESITY

**30%**

more likely to be obese  
for AI/AN adolescents

**50%**

More likely to be obese  
for AI/AN adults

### CHRONIC LIVER DISEASE

**4<sup>th</sup>**

leading cause of death  
**2<sup>nd</sup>**

leading cause of death  
for AI/AN men

**2.2x**

to be diagnosed for  
AI/AN women

### MENTAL HEALTH

**2<sup>nd</sup>**

leading cause of death is  
suicide

**20%**

higher of overall death  
rate from suicide

**5x**

higher death rate for  
adolescent AI/AN females,  
ages 15-19

### RESOURCES & DATA

[APHA American Indian/Alaska Native/Native Hawaiian Caucus](#)

[HHS Office of Minority Health](#)

[Indian Health Services – Urban Indian Health Institute](#)

[Indian Health Services – HIV/AIDS](#)

[National Congress of American Indian](#)

[National Council of Urban Indian Health](#)

[National Indian Health Board](#)

[National Urban Indian Family Coalition](#)

[Native American Heritage Month](#)

[US Census Bureau](#)

[The Native American Housing Needs Study](#)

### UCSF RESOURCES

[Native American Health Alliance \(NAHA\)](#)