



Fast Facts: Native Americans and Tribes

There are 574 federally-recognized Native American Tribes and there are less than 9 million Natives in the United States. Tribes have a direct government-to-government relationship with the United States. This is a result of the Trust and Treaty responsibility the United States owes to Tribes.

Terminology:

Tribal citizens prefer to be referred to as their own Tribe. For example, “Lacey is Cherokee.” But it is also fine with most to use the terms Native American, American Indian, Indian or Indigenous.

There are three federally-recognized Tribes of Cherokees – Cherokee Nation of Oklahoma (the largest federally recognized tribe), Eastern Band of Cherokee Indians (North Carolina) and United Keetoowah Band of Cherokee Indians (Oklahoma). When introducing someone as Cherokee, you may be asked for their specific Tribe.

Demographic Facts:

- When compared to all other U.S. races, Native Americans have a lower life expectancy of 5.5 years. This includes higher rates of death from chronic illness, including diabetes, chronic liver disease, cirrhosis, mellitus, and suicide.
- For Native youth, the rate of suicide is 2.5 times higher than the rest of the country. It is the highest suicide rate among all other races/ethnicities in the country.
- For Tribal economies, Native businesses had an estimated buying power of \$115 billion in 2018, larger than many countries including Serbia, Panama, Uganda, and Costa Rica.
- Natives are more likely to experience violent crimes at a rate of 2.5X higher than the national average. In comparison to all other racial/ethnic groups, they are 2X more likely to experience rape or sexual assault crimes.
- 84.3% of Native women – or four in five – will experience violence in their lifetime and 56.1% of Native women have experienced sexual violence in their lifetime.
- 19% of Natives serve in the military vs. 14% for all other races
- Natives are incarcerated at higher rates than all other ethnicities

How can you help?

1) Donate:

Youth - Native American Advancement Foundation: www.naafnow.org

Women - National Indigenous Women's Resource Center: www.niwrc.org

Voting & Environmental - Native American Rights Fund: www.narf.org

2) Learn About Indian Country:

http://www.ncai.org/tribalnations/introduction/Indian_Country_101_Updated_February_2019.pdf

3) Hire/Support Natives that are **enrolled citizens** of a federally-recognized tribe

Contact me for Questions:

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