

A Child is a Child: A Snapshot of California's Children's Health November 2022: AI/AN Children's Health Fact Sheet

The First Peoples of California

Over 300,000 early indigenous peoples lived across uncolonized lands in what is now known as California in the late 18th century. These diverse Native communities spoke around 300 dialects of 100 distinct languages, and included, among other tribes: the Chumash, Serrano, Tongva, Cahuilla, Yoruk, Maidu, Mojave, Pomo, Miwok, and Modoc. Despite the atrocities of colonization and genocide, Native communities persist in California today. California is home to 732,225 Native Americans—more than any other state in the country, with urban, rural and suburban populations. There are currently close to 200 tribes in California, 110 that are recognized by the U.S. federal government.

Terminology

American Indian/Alaska Native: We use the term "American Indian/Alaska Native" (AI/AN) in this snapshot/fact sheet because this is the federal term used in the U.S. Census Bureau's data collection efforts, including the American Community Survey, and other data sets used to inform this fact sheet. The U.S. Census Bureau defines this category as "[a] person having origins in any of the original peoples of North and South America (including Central America) and who maintains tribal affiliation or community attachment." This category includes people who indicate their race as "American Indian or Alaska Native" or report entries such as

¹ Chris Clarke, "Untold History: The Survival of California's Indians" https://www.kcet.org/shows/tending-the-wild/untold-history-the-survival-of-californias-indians

² Ibid.

³ University of California, "Before 1768: Pre-Columbian California," https://calisphere.org/exhibitions/essay/1/pre-columbian/

⁴ "California Tribal Communities," https://www.courts.ca.gov/3066.htm; "Frequently Asked Questions: Indian Tribas and Tribal Communities in California," https://www.courts.ca.gov/documents/TribalFAQs.pdf

⁵ Ibid.

⁶ https://www.census.gov/topics/population/race/about.html



Navajo, Blackfeet, Inupiat, Yup'ik, or Central American Indian groups or South American Indian groups.⁷ We acknowledge that Census racial and ethnic categories do not adequately represent AI/AN communities and are problematic.

Children and youth: Children and youth are defined as those individuals under age 19 (0 to 18 years).

Masked Health Inequities

AI/AN communities have been greatly undercounted, uncounted, and miscategorized in data collection efforts across state, county, and federal agencies—including in the census—presenting stark challenges to accurately highlighting inequities impacting AI/AN children. Data collection tools at the state and federal level are not created by or adapted to AI/AN culture and communities and lack questions that are relevant to or understanding of them, leading to data that drastically underestimates, overlooks, or miscategorizes their experiences and challenges. There is a critical need for accurate, meaningful, culturally-relevant and responsive, and timely data collection in AI/AN communities in order to better inform policies and programs that impact them. 9

Protective Factors

Cultural-based healing: An approach to healing and healthy development for AI/NA children & youth that focuses on preserving and restoring Indigenous cultural identity as the foundation of well-being and healthy development, including learning or remembering Indigenous cultural values, customs, and traditions ¹⁰. Two Feathers Native American Family Services incorporates community defined and culturally-based programming for youth and families, including the A.C.O.R.N. Youth Wellness Program where youth learn about cultural values and how they apply physically, mentally, spiritually, and culturally in their everyday life. The California Consortium for Urban Indian Health (CCUIH) developed the Culturally Relevant Integration Model designed to strengthen and center the use of AI cultural practices within systems of health care to increase access to traditional knowledge and community-centered, culturally-relevant wellness practices. United American Indian Involvement (UAII) supports the physical,

⁷ https://www.census.gov/quickfacts/fact/note/US/RHI625221

⁸ https://www.uihi.org/resources/who-counts-racial-misclassification-and-american-indians-alaska-natives/.

⁹ Ibid.

 $^{^{10}\ \}underline{https://www.nationalcompadresnetwork.org/publications/brown-paper/}$



behavioral, and spiritual well-being of AI/AN youth and families through services and programs that incorporate AI/AN cultures and traditions, including beading, drumming, singing and dancing, sage-picking, and talking circles.

Culture, family, community and peer connectedness: Connectedness with one another, nature, family, and culture. Positive health and mental health outcomes for AI/AN youth are consistently related to feelings of being connected to culture and family. Peer programs where AI/AN youth are paired with each other to provide each other with guidance or support in a school or community organization have been shown to increase feelings of connectedness to culture, family and peers. AI/AN community leaders have recommended and utilized long-established AI/AN practices such as drumming, dancing, bead making, sage preparation, and basket making to help improve and create positive mental health by creating strong connections to community and culture.

Truth and Healing

Truth-telling and reparations are fundamental components of equity, healing, and closure. ¹³ Many of the government-sponsored human rights violations committed against AI/AN communities—boarding schools that tore AINA youth away from their families and culture, the forced removal of AINA communities from their lands, and genocide from government authorized wars, attacks and raids—have largely been ignored or overlooked by U.S. governments and society. ¹⁴ There has never been a national truth and healing commission focused on AI/NA communities. Representative Deb Haaland introduced the <u>Truth and Healing Commission on Indian Boarding School Policy Act</u> in 2020 but it has not passed. California is one of only two states in the nation who has formally established a Truth commission: through its <u>Truth and Healing Council</u>, California has the opportunity to use truth-telling to support AI/AN children, families and communities through reparation and restoration that acknowledges and accounts for historical wrongs committed against California's Native communities.

¹¹ https://www.nicwa.org/wp-content/uploads/2019/11/2019-10-30-Cultural-Connectedness-Fact-Sheet.pdf

¹² Johnson, C. L., Begay, C., & Dickerson, D. (2021) Final Development of the Native American Drum, Dance and Regalia Program (NADDAR), a Behavioral Intervention utilizing traditional practices for Urban Native American families: A focus group study. The Behavior Therapist, Volume 44, No. 4, April 2021.

https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4070704

¹⁴ https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4070704



Population

California, 2016-2020

- There are at least 211,606 children and youth under 18 who identify as American Indian/Alaskan Native (AI/AN), ¹⁵ including those who also identify with another race or ethnicity, making up just over 2% of the state's 9 million children. Of these children at least -
 - o 23,714 identify as AIAN alone¹⁶
 - o 130,174 identify as AIAN and Latinx¹⁷
 - \circ 5,156 identify as AIAN and Black ¹⁸
 - o 712 identify as AIAN and Asian American¹⁹
 - o 35,760 identify as AIAN and white²⁰
 - o 16,090 identify AIAN and another race/ethnicity not included in Census categories²¹

California is home to more Native Americans than any other state.²² Nearly 90% of the AI/AN population in CA resides in urban areas.²³

¹⁵ U.S. Census Bureau "American Indian and Alaska Native by Age and Race/ Ethnicity ." American Community Survey 2016-2020 5-year estimates, Public Use Microdata Sample. Provided by the CA Department of Finance, on file with The Children's Partnership.

¹⁶ Ibid.

¹⁷ Ibid.

¹⁸ Ibid.

¹⁹ Ibid.

²⁰ Ibid.

²¹ Ibid.

²² http://www.first5alameda.org/files/Native American Children and Families Community Brief.pdf .

²³ California Consortium for Urban Indian Health "Health Equity" Presentation by Virginia Hedrick, Insured the Uninsured Project Conference February 2020. Data from 2010 US Census. http://www.itup.org/wp-content/uploads/2020/02/4. Virginia-Hedrick.pdf



California, 2019-2020

• 1 in 10 (11%) AIAN children have at least one parent who was born outside of the United States, most coming from Mexico and Central and South America. 24

California is home to an estimated 170,000 indigenous people from the Mexican states of Oaxaca, Guerrero, and Michoacán, including Mixtecs, Zapotecs, and Purépechas.²⁵

Health Coverage and Access

California, 2021

• About 94% of AI/AN children 18 and under have health insurance, leaving at least 5% or 7,464 children uninsured nearly double the uninsured rate for all children in California (3.5%). 27

California, 2018-2021

• Nearly 65% of Al/AN children enrolled in Medi-Cal did not receive preventive health services they are entitled to.²⁸

California, pooling 2019, 2020 and 2021 together

²⁴ The Urban Institute. Data from the Integrated Public Use Microdata Series datasets drawn from the 2019 and 2020 American Community Survey.

²⁵ "Who Is California's Indigenous Migrant Community?" n.d. Mixteco. https://mixteco.org/mixtec/

²⁶ Table C27001C HEALTH INSURANCE COVERAGE STATUS BY AGE (AMERICAN INDIAN AND ALASKA NATIVE ALONE) 2021 CA ACS 1-Year Estimates Detailed Tables

 $[\]frac{\text{https://data.census.gov/cedsci/table?q=C27001C\%3A\%20HEALTH\%20INSURANCE\%20COVERAGE\%20STATUS\%20BY\%20AGE\%20\%28AMERICAN\%20INDIAN\%20AND\%20ALASKA\%20NATIVE\%20ALONE\%29\&g=0400000US06}{\text{https://data.census.gov/cedsci/table?q=C27001C\%3A\%20HEALTH\%20INSURANCE\%20COVERAGE\%20STATUS\%20BY\%20AGE\%20\%28AMERICAN\%20INDIAN\%20AND\%20ALASKA\%20NATIVE\%20ALONE\%29\&g=0400000US06}{\text{https://data.census.gov/cedsci/table?q=C27001C\%3A\%20HEALTH\%20INSURANCE\%20COVERAGE\%20STATUS\%20BY\%20AGE\%20W28AMERICAN\%20INDIAN\%20AND\%20ALASKA\%20NATIVE\%20ALONE\%29\&g=0400000US06}{\text{https://data.census.gov/cedsci/table?q=C27001CW3A\%20HEALTH\%20INSURANCE\%20COVERAGE\%20STATUS\%20BY\%20AGE\%20W28AMERICAN\%20INDIAN\%20ANDW20ALASKA\%20NATIVE\%20ALONE\%29\&g=0400000US06}{\text{https://data.census.gov/cedsci/table?q=C27001CW3A\picolong}}$

²⁷ Table K202701AGE BY HEALTH INSURANCE COVERAGE STATUS CA ACS 1-Year Estimates Detailed Tables

²⁸ <u>https://www.bsa.ca.gov/reports/2022-502/supplemental.html</u>



• 22% of AI/AN children 18 and under don't have a usual source of receiving health care—over double the rate of white children (9%).²⁹

California, pooling 2020 and 2021

• 43% of AI/AN children rely on a community clinic as their usual source of care – over triple the rate of white children (12%).³⁰

COVID-19

National, 2022

• Nationally, Al/AN people are over 2 times more likely than white people to be hospitalized or die from COVID-19.31

California 2022

- In California, AI/AN COVID-19 deaths and cases <u>have been undercounted due to racial misclassification</u>. Even though statistics show that fewer American Indian people have died in California than in other states, Native American communities are concerned about the true numbers of these reports due to American Indians' long history of often racial misclassification, resulting in undercounted number of deaths and the impacts that COVID-19 has had on their communities. Several research show that they are frequently identified as white, Latino, or black on official documents by hospital staff. ³²
- AI/AN children make up 6,724 of COVID-19 cases in CA.³³
- 1% of AI/AN children under 5, 30% of AI/AN children ages 5-11 and 53% of AI/AN children ages 12-17 have received at least one dose of the COVID-19 vaccine, lower than the state averages for these age groups (3%, 37%, and 67%, respectively).³⁴

²⁹ https://ask.chis.ucla.edu/AskCHIS/tools/ layouts/AskChisTool/home.aspx#/results Accessed November 2022

³⁰ https://ask.chis.ucla.edu/AskCHIS/tools/_layouts/AskChisTool/home.aspx#/results Accessed November 2022

³¹ https://www.cdc.gov/coronavirus/2019-ncov/covid-data/investigations-discovery/hospitalization-death-by-race-ethnicity.html

³² Cimini, Kate. 2021. "We're Born Indian and We Die White': California Indigenous Fear COVID Deaths Undercounted." CalMatters, March 3, 2021, sec.

California Divide. https://calmatters.org/california-divide/2021/03/california-indigenous-fear-covid-deaths-undercounted/. Accessed November 2022

³³ https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Age-Race-Ethnicity.aspx Accessed November 2022

³⁴ https://covid19.ca.gov/vaccination-progress-data/#age-ethnicity Accessed November 2022



Housing and Economic Well-being

California, 2016-2020 5-year estimates

• Over 1 in 3 (34%) or at least 17,742 AIAN children live in families whose income falls below the federal poverty level.³⁵ This is double the rate of all children in California (17%). ³⁶

California, 2019-2020

• 1 in 4 (25%) AIAN children live in households that are burdened by housing and utility costs, and over 1 in 3 (39%) live in households that do not own their home.³⁷

Mental Health

California, 2017-2019

• In CA in 2019, 34% of AI/AN youth in 7th, 9th, and 11th grades reported feeling depressed, with the number rising to nearly 1 in 2 (44%) AIAN 11th graders who have these feelings.³⁸

 $\frac{\text{https://data.census.gov/table?q=B17020C:+POVERTY+STATUS+IN+THE+PAST+12+MONTHS+BY+AGE+(AMERICAN+INDIAN+AND+ALASKA+NATIVE+ALONE)\&g=0400000US06\&tid=ACSDT5Y2020.B17020C}{\text{Accessed November 2022}} \\$

³⁵ Table B17020C POVERTY STATUS IN THE PAST 12 MONTHS BY AGE (AMERICAN INDIAN AND ALASKA NATIVE ALONE) 2020 CA 5-year estimates

³⁶ Table B17001POVERTY STATUS IN THE PAST 12 MONTHS BY SEX BY AGE 2020 CA 5-year estimates https://data.census.gov/table?q=B17001:+POVERTY+STATUS+IN+THE+PAST+12+MONTHS+BY+SEX+BY+AGE&g=0400000US06&tid=ACSDT5Y2020 .B1700. Accessed November 2022

³⁷ The Urban Institute. Data from the Integrated Public Use Microdata Series datasets drawn from the 2019 and 2020 American Community Survey.

³⁸ CA Healthy Kids Survey "Secondary Student Substance Use and Mental Health, by Race/Ethnicity." "https://calschls.org/reports-data/public-dashboards/secondary-student/ California Department of Education, 2017-2019. Accessed October 2022.



• In CA in 2019, 19% of AI/AN youth in 7th, 9th, and 11th grades reported considering suicide –higher than the rate of all middle and high schoolers (15%).³⁹

California, pooling 2019, 2020, 2021

• At least 1 in 3 (34%) AI/AN teens and 65% of AINA teen girls needed help for emotional or mental health problems, ⁴⁰ yet nearly 80% of all AI/AN teens did not receive psychological or emotional counseling. ⁴¹

National, 2019

• In 2019, suicide was nationally ranked the second leading cause of death for AI/AN between the ages of 10 and 34. 42

Food Access

National, 2017

- 28.0% of AI/AN households with children live in food-insecure households in the U.S. compared to 15.7% of general households with children.⁴³
- Across the US, many areas with the highest numbers of AI/AN community members are food deserts, meaning communities have to travel long distances to purchase healthy food.⁴⁴

 $\frac{\text{https://ask.chis.ucla.edu/ask/SitePages/AskChisLogin.aspx?ReturnUrl=\%2fAskCHIS\%2ftools\%2f_layouts\%2fAuthenticate.aspx\%3fSource\%3d\%252FAskCHIS}{\underline{\%252Ftools\%252F}}\\ \frac{\text{\%252Ftools\%252FAskChisTool\%252FAskCHIS\%2ftools\%2fAskCHIS\%2ftools\%2fAskChisTool\%252FAskCHIS}}{\text{Easpx}}\\ \frac{\text{\text{Easpx}}}{\text{\text{Easpx}}}\\ \frac{\text{Easpx}}{\text{\text{Easpx}}}\\ \frac{\text{\text{Easpx}}}{\text{\text{Easpx}}}\\ \frac{\text{Easpx}}{\text{Easpx}}\\ \frac{\text{Easpx}}{\text{\text{Easpx}}}\\ \frac{\text{Easpx}}{\text{\text{Easpx}}}\\ \frac{\text{Easpx}}{\text{\text{Easpx}}}\\ \frac{\text{Easpx}}{\text{\text{Easpx}}}\\ \frac{\text{Easpx}}{\text{Easpx}}\\ \frac{\text{Easpx}}{\text{\text{Easpx}}}\\ \frac{\text{Easpx}}{\text{\text{Easpx}}}\\ \frac{\text$

https://www.bread.org/sites/default/files/downloads/hunger-poverty-indigenous-communities-september-2018.pdf

³⁹ Ibid.

⁴⁰ Pooling 2019, 2020, 2021 California Health Interview Survey Accessed November 2022

⁴¹ Ibid.

⁴² https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=39 Accessed November 2022

⁴³ Bread for the World, "Hunger and Poverty in the Indigenous Community," citing date from Household Food Security in the U.S. in 2017. US Department of Agriculture. September 2018

⁴⁴ Ibid.



California, 2019

 A recent study co-designed and conducted by four Native American tribes in the Klamath Basin in northern California found that while 92% of the households suffered from food insecurity, households with better access to native foods had significantly higher levels of food security, indicating that increased access to culturally relevant foods will result in improved household food security.⁴⁵

Child Welfare

California, 2018

• AI/AN children and youth are removed from their homes at 4x the rate of all children and youth in CA—Children/youth ages 0-20 in Foster Care Rate per 1,000: AI/AN children (20.7), all children (5.3).⁴⁶

This alarming inequity highlights the need to safeguard the Indian Child Welfare Act, a federal law designed to address the past and present racism that exists within the child welfare system and leads to AI/AN children being disproportionately torn apart from their families.⁴⁷

Oral Health

National, 2018-2019

• AI/AN preschool children ages 3-5 have the highest rate of tooth decay among any group in the United States: more than 2 in 3 (71%) AI/AN children between 3-5 years old have tooth decay, compared to 1 in 4 (25%) of white children.⁴⁸

⁴⁵ Sowerwine, J., Mucioki, M., Sarna-Wojcicki, D. *et al.* Reframing food security by and for Native American communities: a case study among tribes in the Klamath River basin of Oregon and California. *Food Sec.* **11**, 579–607 (2019). https://doi.org/10.1007/s12571-019-00925-y
⁴⁶ https://www.kidsdata.org/export/pdf?dem=19 Assessed October 12, 2022

⁴⁷ https://www.theatlantic.com/ideas/archive/2020/01/fifth-circuit-icwa/605167/ Accessed on October 2022

⁴⁸ https://www.ihs.gov/doh/documents/surveillance/2018-19%20Data%20Brief%20of%201-5%20Year-Old%20Al-AN%20Preschool%20Children.pdf



• When compared to other population groups, AI/AN children in the United States are also four times more likely than white children to have *untreated* tooth decay: slightly more than 43% of AI/AN children between 3-5 years of age have untreated decay compared to only 10% of white non-Latinx children.⁴⁹

Maternal and Infant Health

Pregnancy-related mortality

California

• Despite the alarming disparity and having the highest population of Native American people in the US, California's Pregnancy Mortality Surveillance System does not report the pregnancy-related mortality ratio for AI/AN people in our state "due to small numbers." ⁵⁰

National, 2016-18

- AI/AN people are TWO TIMES MORE LIKELY to experience pregnancy-related mortality compared to white people. ⁵¹
 Considerable racial/ethnic disparities in pregnancy-related mortality exist. During 2016-2018, the pregnancy-related mortality ratios were: ⁵²
 - 41.4 deaths per 100,000 live births for non-Hispanic Black women.
 - 26.5 deaths per 100,000 live births for non-Hispanic American Indian or Alaska Native women.

⁴⁹ https://www.ihs.gov/doh/documents/surveillance/2018-19%20Data%20Brief%20of%201-5%20Year-Old%20Al-AN%20Preschool%20Children.pdf

⁵⁰ See page 31 https://www.cdph.ca.gov/Programs/CFH/DMCAH/surveillance/CDPH%20Document%20Library/CA-PMSS/CA-PMSS-Surveillance-Report-2008-2016.pdf

⁵¹ https://www.cdc.gov/reproductivehealth/maternal-mortality/pregnancy-mortality-surveillance-system.htm Accessed on November 2022

⁵² https://www.cdc.gov/reproductivehealth/maternal-mortality/pregnancy-mortality-surveillance-system.htm Accessed on November 2022



- 14.1 deaths per 100,000 live births for non-Hispanic Asian or Pacific Islander women.
- 13.7 deaths per 100,000 live births for non-Hispanic White women.
- 11.2 deaths per 100,000 live births for Hispanic or Latina women.

Infant mortality

National

• AIANs suffer twice the rate of infant mortality as non-Hispanic whites (NHWs), with AIAN babies under one year 50% more likely to die from complications due to short gestation or low birthweight. AIAN infants are also 2.7 times more likely to die from unintentional injuries.⁵³

California

• According to CDPH data from 2015-2017, the rate of infant deaths per 1,000 births was 4.5 for American Indian/Alaska Native populations. The average across all populations was 4.2 deaths per 1,000 births, and the rate for white individuals was 3.4 per 1,000 births⁵⁴.

Digital Equity

National, 2020

• In 2020, 34 percent of AI/AN households had no high-speed internet access at home, and almost 16 percent had no computer.⁵⁵

⁵³ https://www<u>.ncbi.nlm.nih.gov/pmc/articles/PMC8583343/#B1-ijerph-18-11079</u> Accessed on November 2022

⁵⁴ Infant Mortality – Deaths per 1,000 Live Births." Let's Get Healthy California: Healthy Beginnings/Reducing Infant Mortality. https://letsgethealthy.ca.gov/goals/healthy-beginnings/reducing-infant-mortality/

⁵⁵ https://www.nsba.org/ASBJ/2020/December/condition-native-american-students Accessed on November 2022



California.

• In CA, nearly 10% of AI/AN children live in a household without a broadband connective device. AI/AN communities in California have the lowest access to broadband internet compared to any racial/ethnic demographic. ⁵⁶

School/Education Success and Safety

California

• Mixtec, an indigenous language spoken in regions in Mexico, is spoken by at least 4,000 students in California's public schools and is number 14 of the top 20 languages spoken by California's English Learner students.⁵⁷

California, 2020-21

• There are at least 29,000 AI/NA students enrolled in CA's public schools, making up .5% of the public-school student population.⁵⁸

California, 2019-2020

• The suspension rate among AINA students is 5.4%, double the rate of all students (2.5%)⁵⁹

California, 2018-2019

• Nearly 1 in 4 (22%) of AINA students have missed 10% or more of the academic year, compared to slightly over 1 in 10 (12%) of all students.⁶⁰

⁵⁶ https://cafwd.org/news/how-southern-california-tribes-work-to-close-the-digital-divide/ Accessed October 2022

⁵⁷ https://www.cde.ca.gov/sp/el/t3/eldemographics.asp Accessed on November 2022

 $^{^{58}~\}underline{\text{https://www.ed-data.org/state/CA}}~Data~from~2020-21~school~year.~Accessed on November~2022$

⁵⁹ https://www.ed-data.org/state/CA Data from 2019-2020 school year. Accessed on November 2022

⁶⁰ https://www.ed-data.org/state/CA Accessed on November 2022



• AI/AN students are two times more likely than white students to be arrested at California schools. 61

Climate Change

- CA's AI/AN communities have experienced climate change impacts to health for generations resulting from colonization, including drought, poor air and water quality, sea level rise, food scarcity, severe weather, soil erosion, increased wildfires, and threats to cultural resources.⁶²
- In 2022, Gov.Newsom allocated \$100 million for AI/AN tribes to reclaim their ancestral lands as part of reaching one of our state's climate goals of preserving one-third of CA's lands by 2030. 6364
- Traditional ecological knowledge supports climate resilience and improved physical and mental health among AI/AN communities through the utilization of AI/AN science, culture, and practices.⁶⁵

⁶¹ https://www.aclusocal.org/sites/default/files/field documents/no police in schools - report - aclu - 082421.pdf

⁶² https://www.energy.ca.gov/sites/default/files/2019-11/Statewide Reports-SUM-CCCA4-2018-010 TribalCommunitySummary ADA.pdf

⁶³ https://govca.app.box.com/s/kb884czn1r4x3dwkjwwfd9holrbyjbp1

⁶⁴https://www.gov.ca.gov/2020/10/07/governor-newsom-launches-innovative-strategies-to-use-california-land-to-fight-climate-change-conserve-biodiversity-and-boost-climate-resilience/

 $^{^{65}\} https://www.energy.ca.gov/sites/default/files/2019-11/Statewide_Reports-SUM-CCCA4-2018-010_TribalCommunitySummary_ADA.pdf$