

WHAT DOES IT MEAN TO BE

# “HISPANIC?”

RACE VS ETHNICITY

The U.S. Census Bureau Dilemma

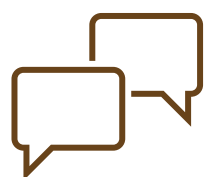
**2/3** Hispanic adults say being Hispanic is part of their racial background.

“I AM...”

- |                |                |
|----------------|----------------|
| Mexican        | Cuban American |
| Latinx         | Multiracial    |
| Latin American | Afro-Latino    |
| Puerto Rican   | Indigenous     |

“MY IDENTITY IS INFLUENCED BY MY...”

- Country of birth
- Parents’ country of origin
- Geographical region in the U.S.



- Ancestors' language
- My first language

[source]

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# “NATIVE AMERICAN?”

AMERICAN INDIAN OR NATIVE AMERICAN?

“All I know is that when I hear the term American Indian, I immediately think of people like myself who are citizens of America’s indigenous nations. When I hear the term Native American, I pause ever so slightly. I know that term includes me because I was born in this country, and I am an American citizen by dint of the Indian Citizenship Act of 1924. I know too that anyone born in this country can rightfully claim to be a native American.”

— [Perry G. Horse](#)

“MY IDENTITY IS INFLUENCED BY...”

- My relationship to my Native language and culture
- The validity of my genealogy
- The extent to which I hold traditional Native philosophies and worldviews
- My self concept as a Native American
- My enrollment in a tribe

# WHO AM I?

## Acknowledging the complex identities of BIPOC clients and students

### #BIPOCMentalHealth

Our identity and sense of belonging are central to our mental health. While multiple factors such as age, gender, sexual identity and disability contribute to identity formation, race and ethnicity are unique variables because of how inherently complex they are and how simplistically they’re often labeled and defined in society.

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# “BLACK?”

“There is no label that defines the human beings who were taken out of Africa. The consistent thing when it comes to people of African descent in this country is the declaration that we are fully human.”  
— Dr. Greg Carr (@AfricanaCarr)

“Black connects me to my people throughout the world, whether they are in South America, the Caribbean, Africa or elsewhere.”  
— Shahida Muhammad

“I AM...”

- |                  |                   |
|------------------|-------------------|
| African American | Multiracial       |
| Black Hispanic   | Haitian           |
| Biracial         | Afro-Caribbean    |
| Black            | A person of color |
| Not a label      | Fully Human       |

WHAT DOES IT MEAN TO BE

# “ASIAN AMERICAN?”

A global majority but recognized in the U.S. as a “minority”

**30+**  
COUNTRIES OF ORIGIN

**13%**  
of 11.1M undocumented immigrants (we rarely talk about this)

Fastest growing ethnic group worldwide

- Chinese
- Filipino
- Indian
- Japanese
- Cambodian
- Vietnamese
- Laotian
- Native Hawaiian
- ....

FROM 2002-2018

# Only .17%

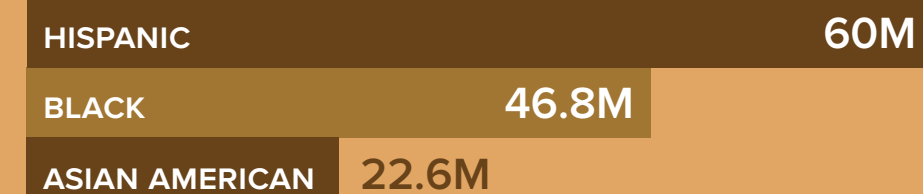
Of NIH funding went to projects focused on Asian Americans, Native Hawaiians, and Pacific Islanders.

“I AM AN...”

- |                |                       |
|----------------|-----------------------|
| Adoptee        | International student |
| Immigrant      | Third culture kid     |
| Asian American | Individual            |

## BIPOC POPULATIONS

POPULATION IN THE U.S.



**560+** Identified Native American tribes in the United States

% OF THE U.S. POPULATION

