



THE
CONFEDERATED
TRIBES OF
GRAND RONDE

The History of Native American Health

FEDERAL POLICY



1825-1850: The Removal Era

The 1830 Removal Act was passed under Andrew Jackson's presidency. The government then began to relocate Tribal Nations to "Indian Territory" with the ultimate goal to move all Native Nations past the Mississippi River and into Oklahoma.



1850-1887: The Reservation Era

The Gold Rush and the Oregon Trail led to a flood of United States citizens across the country. This created conflict between tribal nations and settlers. In an effort to resolve this conflict, the federal government created Indian Reservations, often advertised as "safe spaces" for Native Peoples. This resulted in the removal of Native Peoples from their homelands and the relocation of many tribal nations.



1887-1934: The Allotment & Assimilation Era

In 1887, the Dawes General Allotment Act was passed with two goals.

- *Goal #1:* Assimilate into American Society and "civilize Indians"
- *Goal #2:* Break up the Tribal Nations' ownership of land

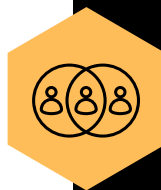
With the goal to break apart tribes and families, the federal government forced assimilation on Native Peoples - resulting in negative effects on both physical and mental health.

EXPOSURE



During European colonization, infectious diseases were the primary killer among Native American communities. Infections ranging from smallpox, bubonic plague, chickenpox, cholera, the common cold, influenza, measles, scarlet fever, some sexually transmitted diseases, and typhoid produced illness and extensive deaths. It is estimated that 95 percent of the indigenous populations in the Americas were killed by infectious diseases during the years following European colonization, amounting to an estimated 20 million people.

ASSIMILATION



Assimilation, or the government policy in the United States aimed at forcing Native Americans to abandon their traditional cultures, practices, and beliefs, had a significant impact on both the mental and physical health of Native American peoples. Forced relocation and resettlement on reservations led to overcrowding and exposure to disease. The government's efforts to "civilize" Native Americans led to the adoption of Western diets, which were often high in sugar and processed foods, leading to an increase in obesity and diabetes. Additionally, the US government forced Native American children to attend boarding schools, where they were stripped of their culture and language, leading to a loss of identity and increased mental health issues.

HISTORICAL TRAUMA



Historical trauma is a term used to describe the lasting effects of past trauma that has been experienced by a group of people. This trauma has had a direct impact on the health of Native American people, contributing to high rates of mental health problems, substance abuse, and chronic diseases such as diabetes and heart disease. It has also led to a disconnection from cultural practices and spirituality that are important for overall well-being.