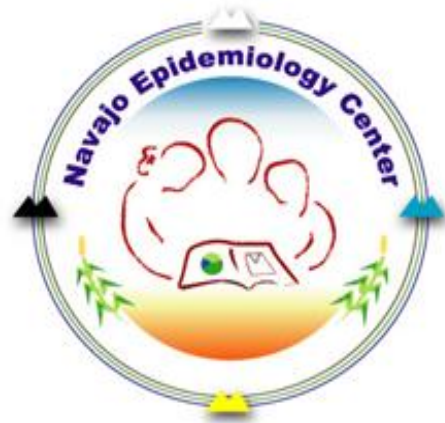


Navajo Population Profile

2010 U.S. Census



- Navajo Division of Health



- Navajo Epidemiology Center

December 2013

Window Rock, Arizona, Navajo Nation

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Executive Summary

The Navajo Population Profile (Profile) is a tool designed to assist programs of all types to effectively plan and strategize prevention and treatment for the Navajo people. The goal is to improve the health status of the Navajo people on the Navajo Nation, in border towns, metropolitan areas, and throughout the United States (U.S.).

Currently, the Navajo Nation is working collaboratively with federal programs (i.e., Indian Health Services and Centers for Disease Control and Prevention), the states, self-determined sites contracted under the Public Law 93-638, and local programs to proactively undertake the health issues and challenges affecting the Navajo people. Technical work groups were identified to launch new initiatives such as implementing communicable diseases and public health event surveillance systems; data sharing agreements; and focusing on resources to positively impact the health disparities among the Navajo people.

The problems encountered and witnessed by many programs prior to the Profile include: the lack of consistent collection and coding of geographic information; the multijurisdictional overlap of programs and in geography among local, state, county, tribal and federal entities. Each program operates according to their respective policies and practices, and in geography, the multiplicity in jurisdiction includes trust, allotted, and private land has resulted in conflicting counts for the U.S. Census enumerations.

The Profile aims to provide an accurate picture of the Navajo population throughout the U.S. to identify target or at risk populations when assessing the health status of the Navajo people. Other factors and determinants affecting the health of the Navajo people including socioeconomic status, environmental conditions, poverty status, and access to quality medical care need further evaluation and research and the Profile provides a baseline of the target or at risk populations.

Introduction

The Navajo Nation includes 27,425 square miles of land that extends into New Mexico, Arizona, and Utah, and borders Colorado, which makes Navajo the largest geographic land base American Indian reservation in the United States (U.S.), Figure 1 and Figure 2.



Figure 1. Map of the United States with the Navajo Nation highlighted in yellow.

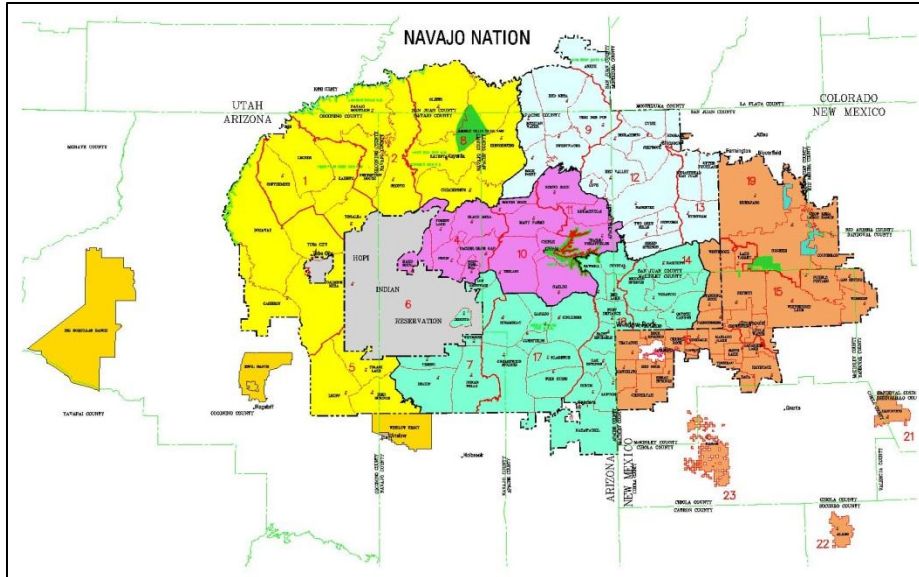


Figure 2. Map of the Navajo Nation, the five geographic and political agencies in color. The grey area is the Hopi reservation. Courtesy of Navajo Land Department, Navajo Nation, 2012.

Navajo Nation claims over 300,000¹ enrolled tribal members and is the second largest tribe in population, following the Cherokee Nation. According to 2010 U.S. Census, there were a total of 332,129 individuals living in the U.S. who claimed to have Navajo ancestry.² The Profile includes the population on the Navajo Nation, the Navajo population in the bordering towns of the Navajo Nation, and in the metropolitan areas with a high populace of Navajos. Using the 2010 U.S. Census American Indian and Alaska Native (AIAN) Summary Files data, the Profile provides a documentation of the population in three enumeration groups, listed below.

- “Navajo tribal grouping alone” (*Navajo alone*)
- “Navajo tribal grouping alone or in any combination” (*Navajo in combination*)
- “All race population includes all races” (*All race*)

The *Navajo alone* consist of individuals who claim to be only Navajo as their race during the 2010 U.S. Census. The *Navajo in combination* include individuals who claim to be Navajo only or individuals who claim to be *Navajo in combination* with another race or tribe. For example, in a formula:

$$\text{Navajo in combination} = \text{Navajo alone} + \text{Navajo mixed with other race}$$

Since *Navajo in combination* has a larger population for the Navajo population, it would be beneficial to use as a health indicator at the geographic local and national level when comparisons are made with other races, tribes, or populations.

The Profile also contains population data on the five Navajo Nation’s political and geographic agencies, Figure 3, listed below, and the 110 chapters.

- Crownpoint of Eastern Navajo Agency
- Fort Defiance Agency
- Chinle or Central Navajo Agency
- Tuba City or Western Navajo Agency
- Shiprock or Northern Navajo Agency

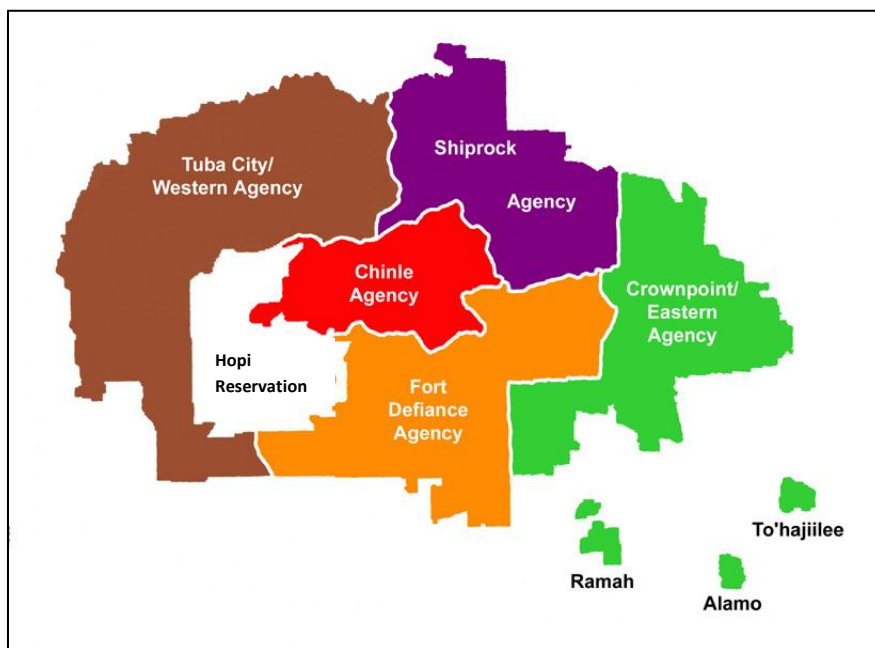


Figure 3. Map of Navajo Nation and the Five Agencies in color. The white area is the Hopi Reservation. 2012.

Each of the five Navajo agencies are geographically and politically divided into chapters; for a total of 110 chapters. The chapters are sub-governmental entities within the Navajo Nation delegated to address local issues pertaining to the land and health status of their respective chapter population. According to the U.S. Census Bureau, each chapter is designated as a Census Designated Place (CDP) with the exception of San Juan Chapter, located in northwestern New Mexico.³ The chapters in the Profile are organized by the Navajo Nation agency, state, and counties they entail.

Based on the 2010 U.S. Census population count, Navajos are represented in all parts of the U.S. The majority of Navajos live on the Navajo Nation (47 percent), followed by the metropolitan areas (26 percent), then in border towns (10 percent), Figure 4. The remainder (17 percent) of the Navajos live elsewhere in the U.S. and are not queried and represented in the Profile.

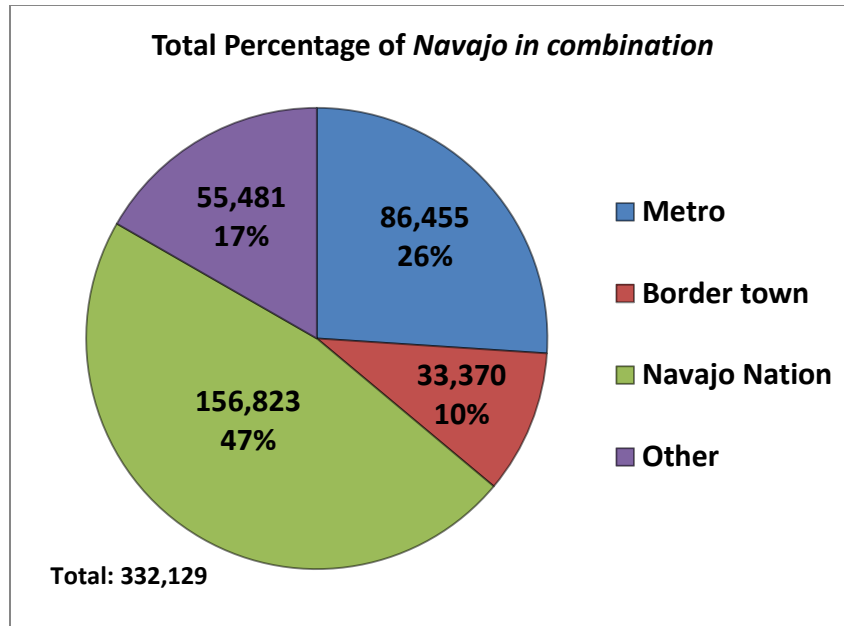


Figure 4. Total number and percentage by location of *Navajo in combination* in the U.S.

Selection Criteria

The selection criteria of border towns and metropolitan areas were developed by the Navajo Epidemiology Center (NEC) staff epidemiologists and the selection from the 2005 Navajo Community Health Status Assessment⁴ with one border town inclusion - Blanding, Utah. Thresholds were established to query border towns with at least five hundred *Navajo in combination* population. Border towns with a *Navajo in combination* population less than five hundred were not included in the Profile. The results are based on the 2010 U.S. Census Summary File for American Indians and Alaska Natives. Datasets for twelve border towns were queried by city and included in the Profile.

For metropolitan areas, the selection criteria are based on metro areas that had a *Navajo in combination* population of more than five hundred. The results are based on data using the 2010 U.S. Census American Indian and Alaska Native Summary Files. Datasets were queried by Metropolitan Statistical Area (MSA). All MSA data from the 2010 U.S. Census were queried and those with a *Navajo in combination* population of over five hundred were selected for inclusion in the Profile. There are a total of twenty-eight metro areas in the Profile.

Epidemiological Perspective

To understand the health profile of a Navajo Nation, it is essential to identify the population at risk as a baseline population at a certain point in time to determine incidence, prevalence, mortality, morbidity, and co-morbidity rates. The goal of the Profile is to define the Navajo population based on 2010 U.S. Census to use in public health planning and research; to aid in

developing prevention and treatment strategies; and in evaluating and monitoring current public health programs within the Navajo Division of Health (NDOH) of the Navajo Nation.

All NDOH programs can use the Profile to enhance their understanding of the Navajo population on the Navajo Nation, in the U.S., in border towns, and metropolitan areas. Additionally, since Navajos are represented throughout the U.S., the Profile can also be used by researchers, planners, and leaders to develop public health initiatives for the Navajo people and to reach off reservation programs in areas such as Phoenix and Albuquerque with large Navajo populations.

The Navajo people are burdened with many health issues such as alcoholism, diabetes, and cancer. From an epidemiological standpoint, most of the current health issues affecting the Navajo people are related to socio-economic status and social behavior that need further research and assessment to identify correlations, variances, and risks through analysis and data collection.

As an example, the increase of obesity rates is associated to social behavior. For Navajos, obesity is an emerging health issue that can be seen in each community on the reservation. Studies show obesity increases a person's risk of becoming diabetic or developing cardiovascular disease. Many factors lead to obesity such as poor diet and lack of physical activity. Currently, health promotion and disease prevention programs are out in the communities educating the public about certain diseases that are highly prevalent among the Navajo people. There are other factors the Navajo Nation has not researched such as socio-economic status. Further epidemiological studies need to be conducted to determine associations between socio-economic status and disease development as one example.

Health programs are encouraged to use this Profile as a guide to target health issues when planning and strategizing for a healthier Navajo Nation.

Population of Navajo in the United States

Total Navajo in combination in the United States

The 2010 U.S. Census enumerated 332,129 Navajos as “Navajo tribal grouping alone or in any combination” (*Navajo in combination*) in the U.S. The demographic data was analyzed to provide a glimpse of the population distribution by age group and sex, Figure 5, Figure 6, and Figure 7. The age distribution of total *Navajo in combination* shows the highest population of Navajos in the 0-9 and 10-19 age groups. Over half, fifty-six percent (56 percent) of the total *Navajo in combination* population fell in the 0-29 age groups.

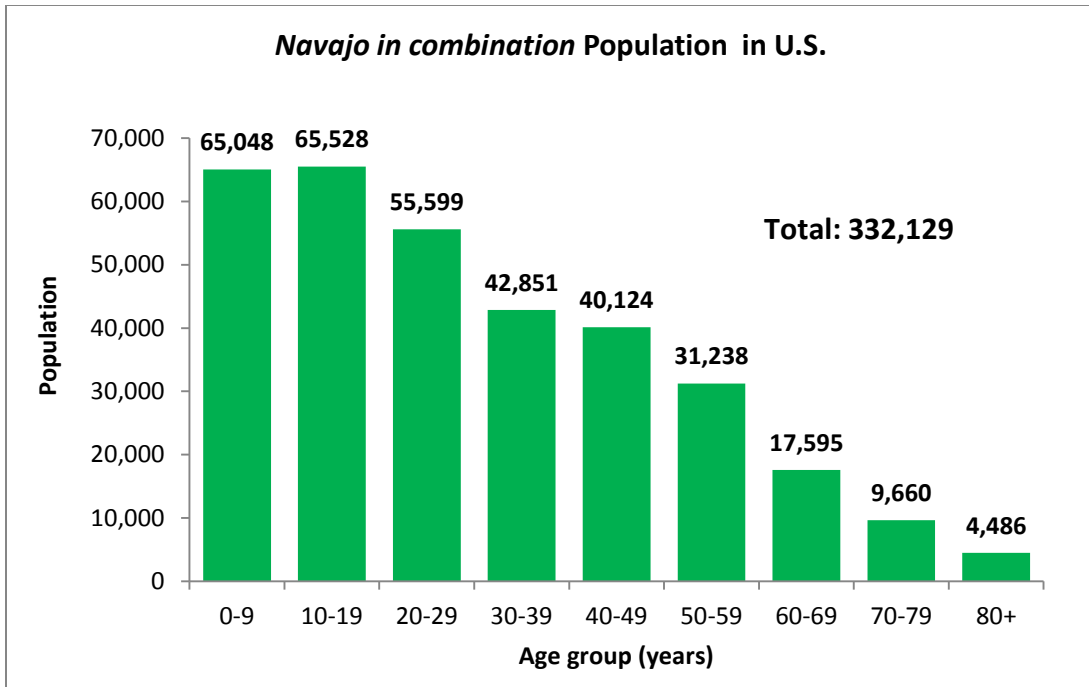


Figure 5. Age distribution of total *Navajo in combination* population in U.S.

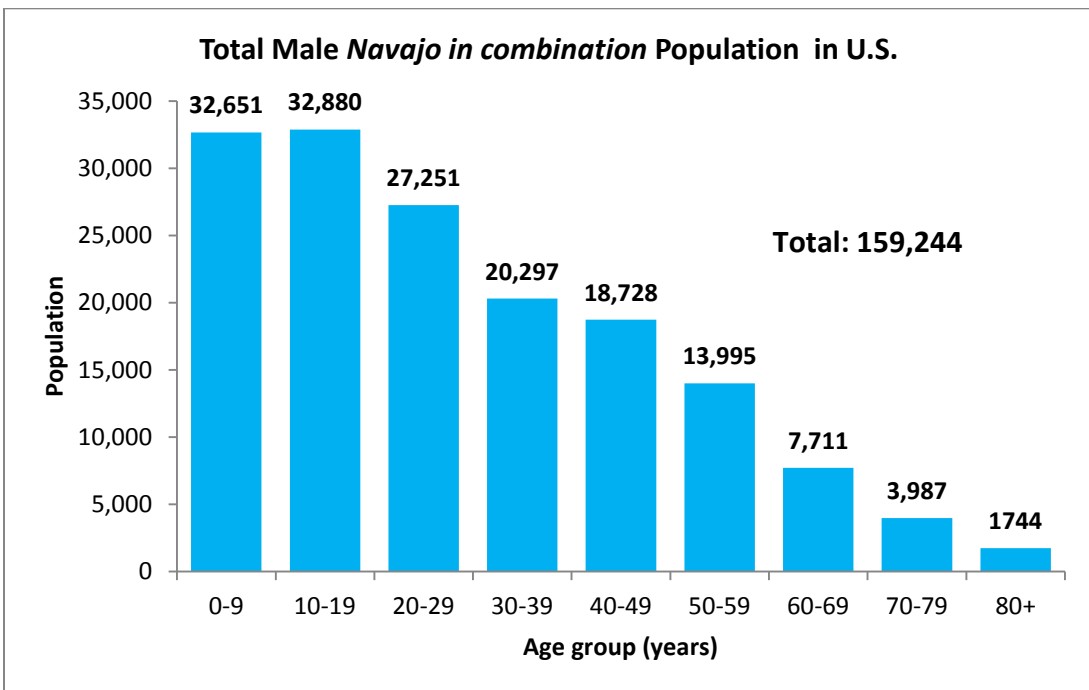


Figure 6. Age distribution of total male *Navajo in combination* in U.S.

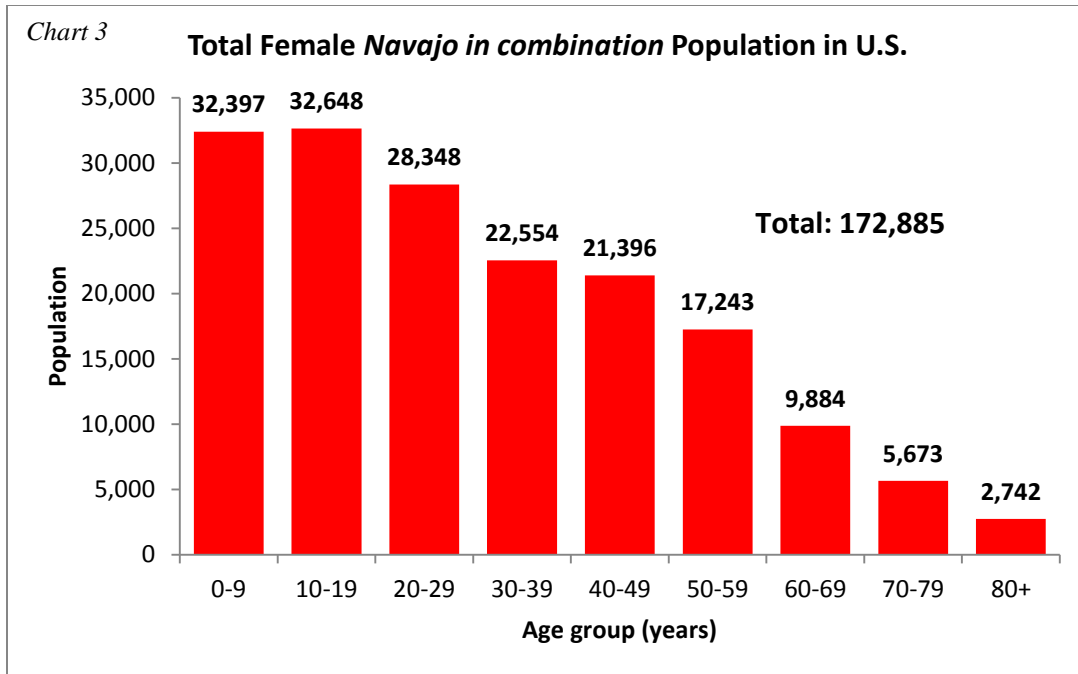


Figure 7. Age distribution of total female *Navajo in combination* in U.S.

From aged 0 through 19 years, the age distribution of males and females are similar, however, from aged 20 years and older, there were more females in all age groups, Figure 8.

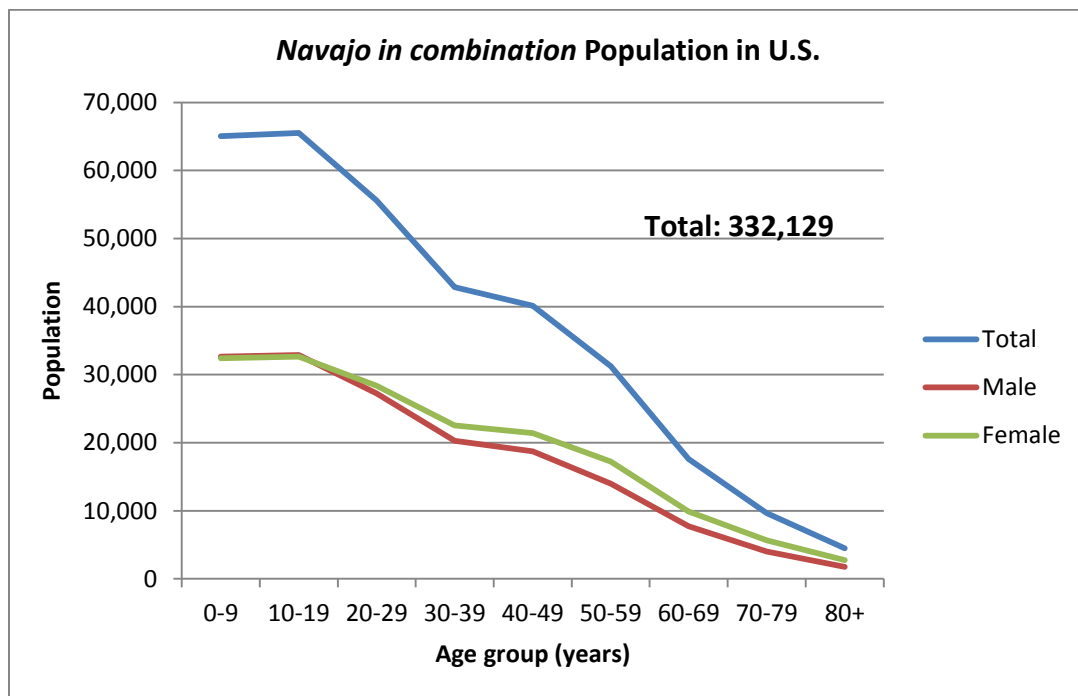


Figure 8. Age distribution of total *Navajo in combination* population by sex in U.S.

Total Navajo alone in the United States

The 2010 U.S. Census enumerated a total of 286,731 Navajos as “Navajo tribal grouping alone” (*Navajo alone*). For this population, the 10-19 age group had the largest population with 54,195 individuals, Figure 9. Fifty-three percent (53 percent) of the total *Navajo alone* population were in the less than 30 year old age groups. The age trends were similar as described prior for *Navajo in combination*, Figure 10, Figure 11, and Figure 12.

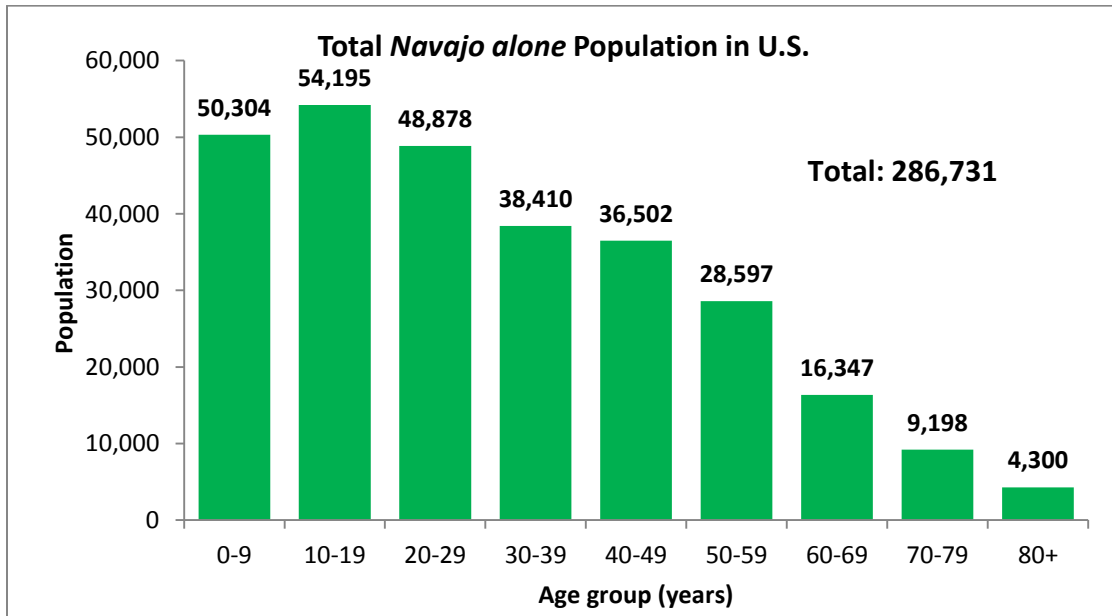


Figure 9. Age distribution of total *Navajo alone* population in the U.S.

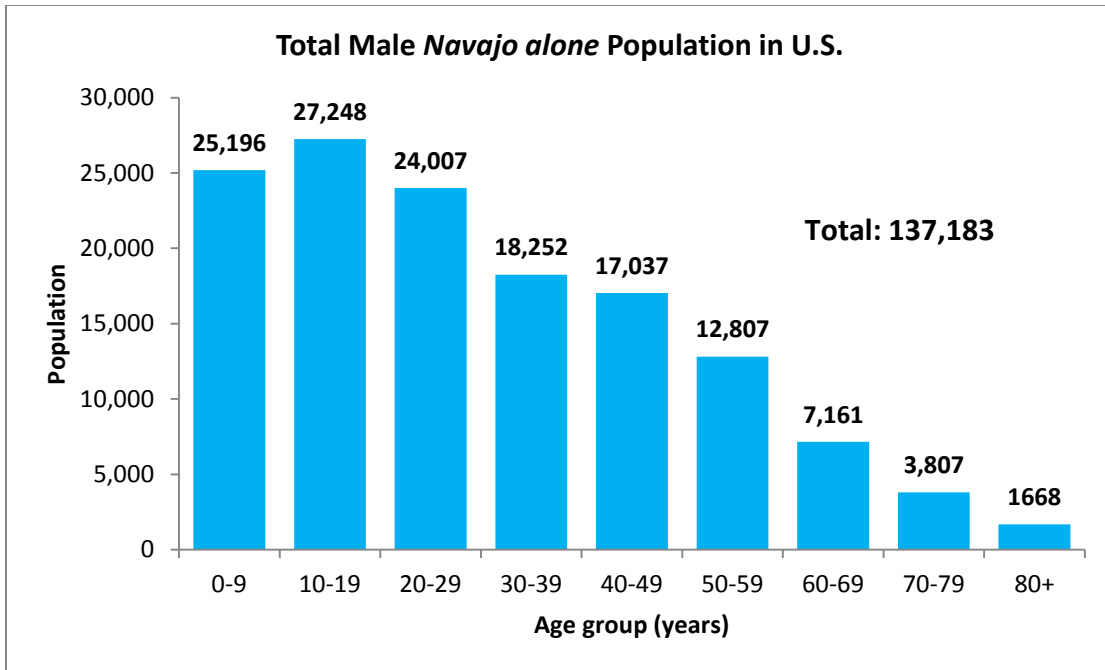


Figure 10. Age distribution of total male *Navajo alone* in the U.S.

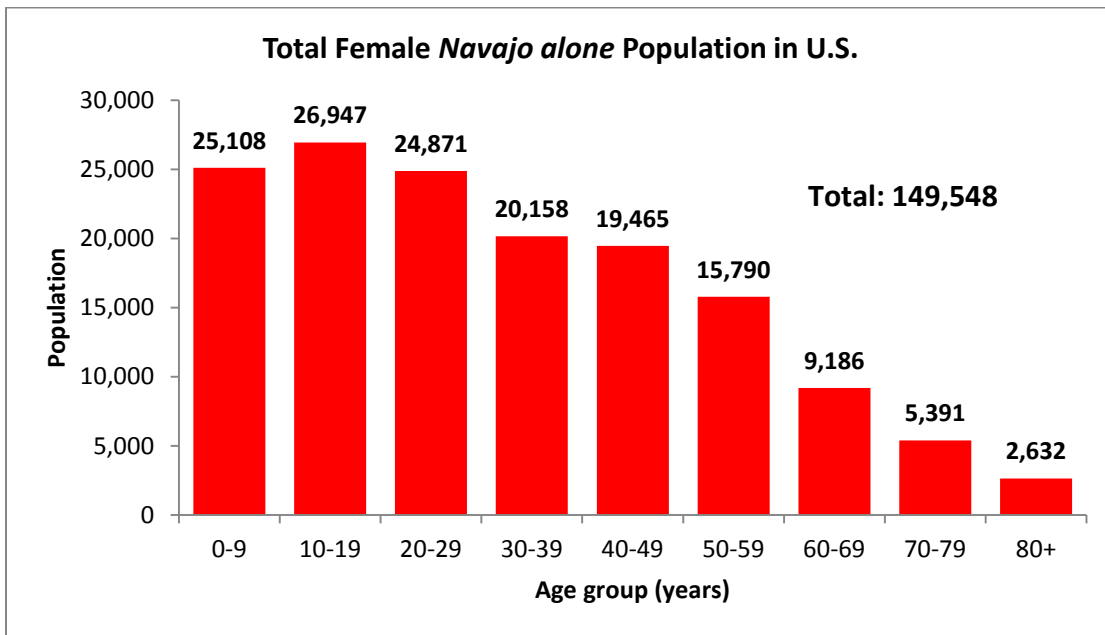


Figure 11. Age distribution of total female *Navajo alone* in the U.S.

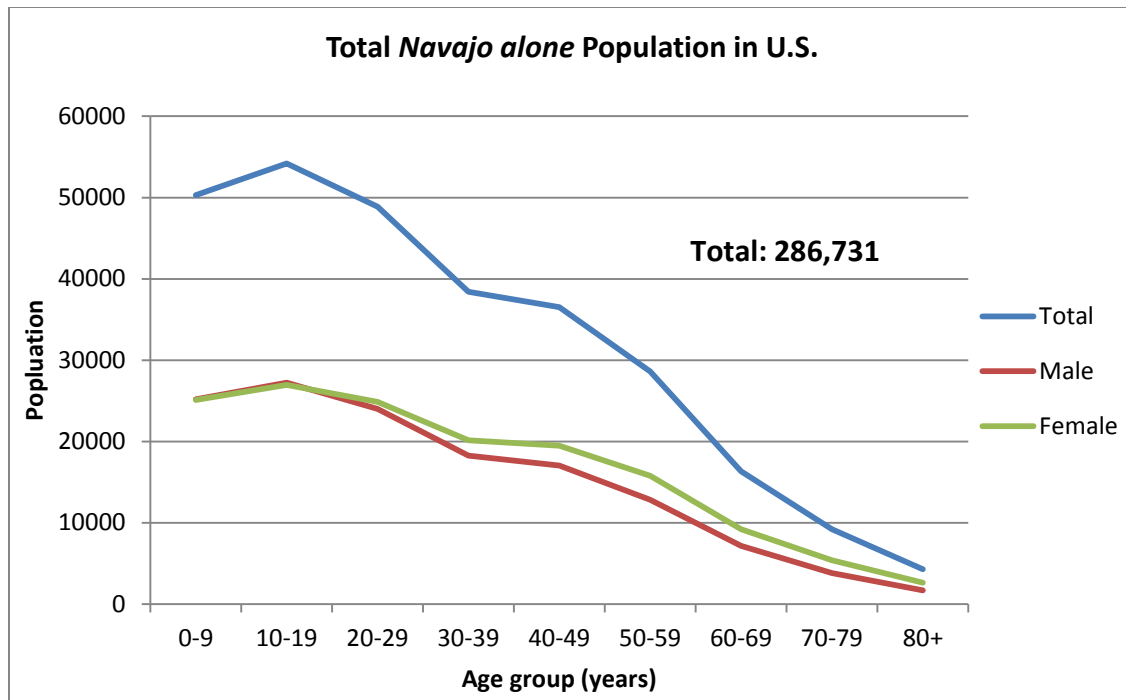


Figure 12. Age distribution of total *Navajo alone* population in the U.S. The age distribution by sex and has a population peak for the 10-19 age group.

Population on Navajo Nation

Total Population on the Navajo Nation

The 2010 U.S. Census enumerated 173,667 people living on the Navajo Nation including all races. The age distribution of the total population on Navajo Nation with the highest population was the 10-19 age group at 34,320 individuals, Figure 13. Fifty-one percent (51 percent) of the total Navajo population were in the 0-29 age group. The distribution of this population by age group and sex are in Figure 14, Figure 16, and Figure 17.

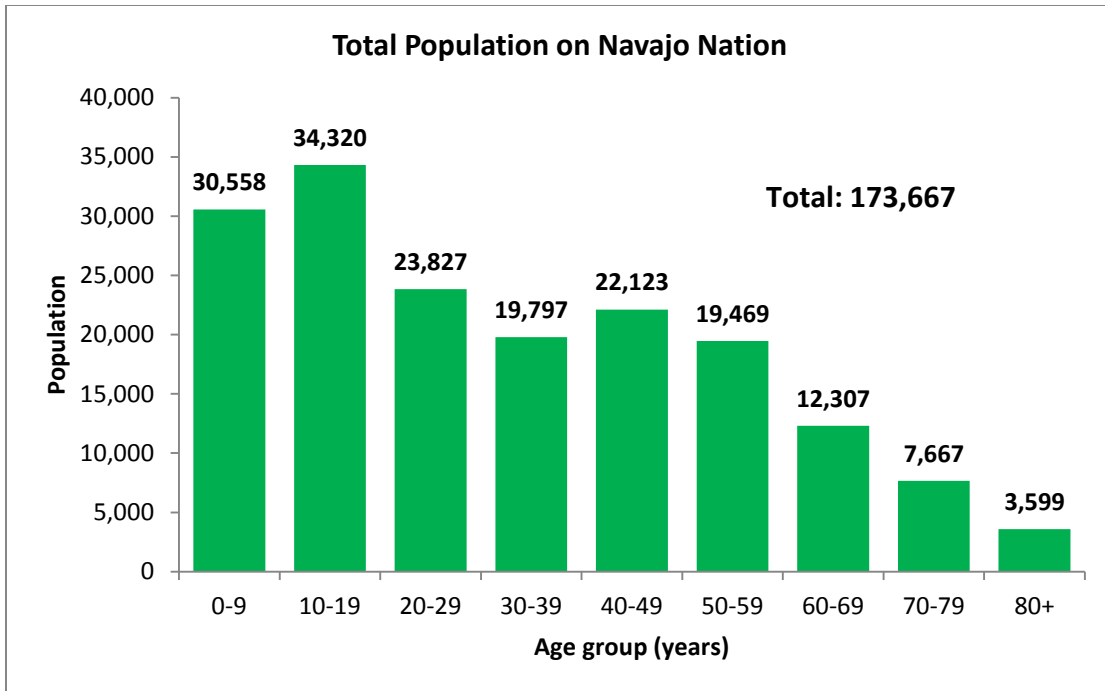


Figure 13. Age distribution of total population on the Navajo Nation.

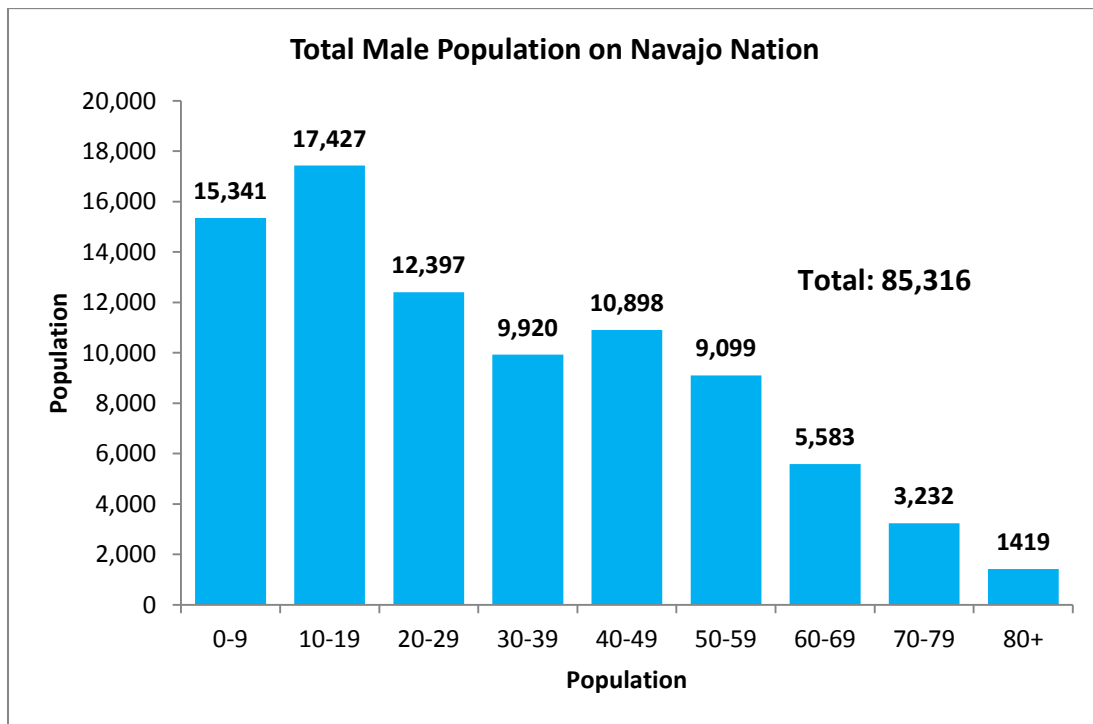


Figure 14. Age distribution of the total male population on the Navajo Nation.

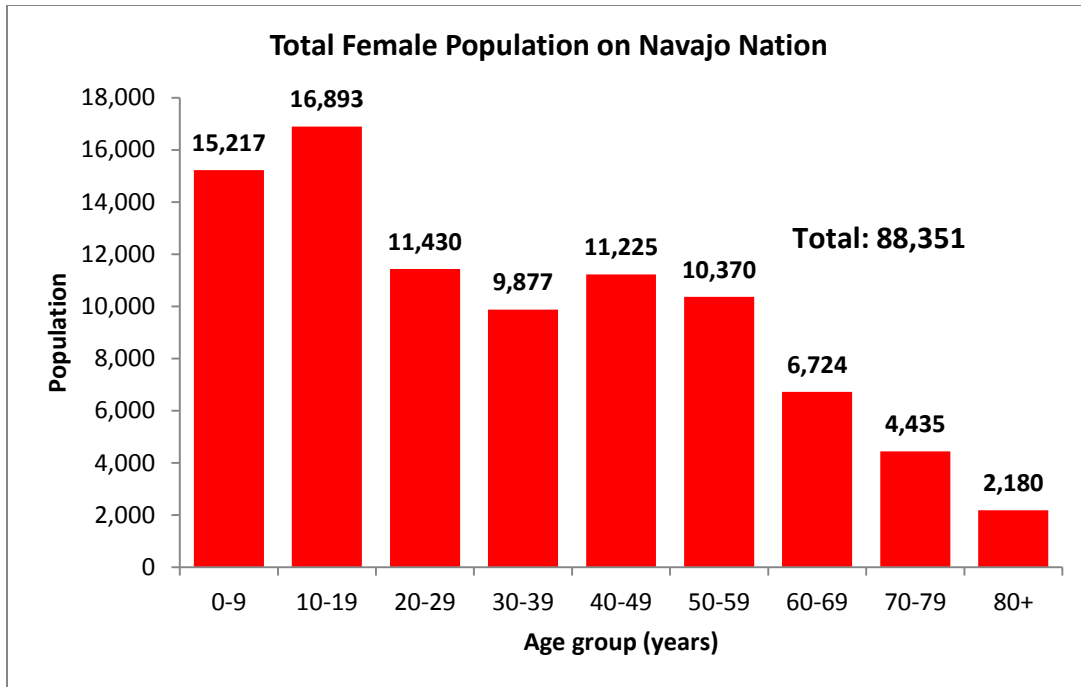


Figure 15. Age distribution of the total female population on the Navajo Nation.

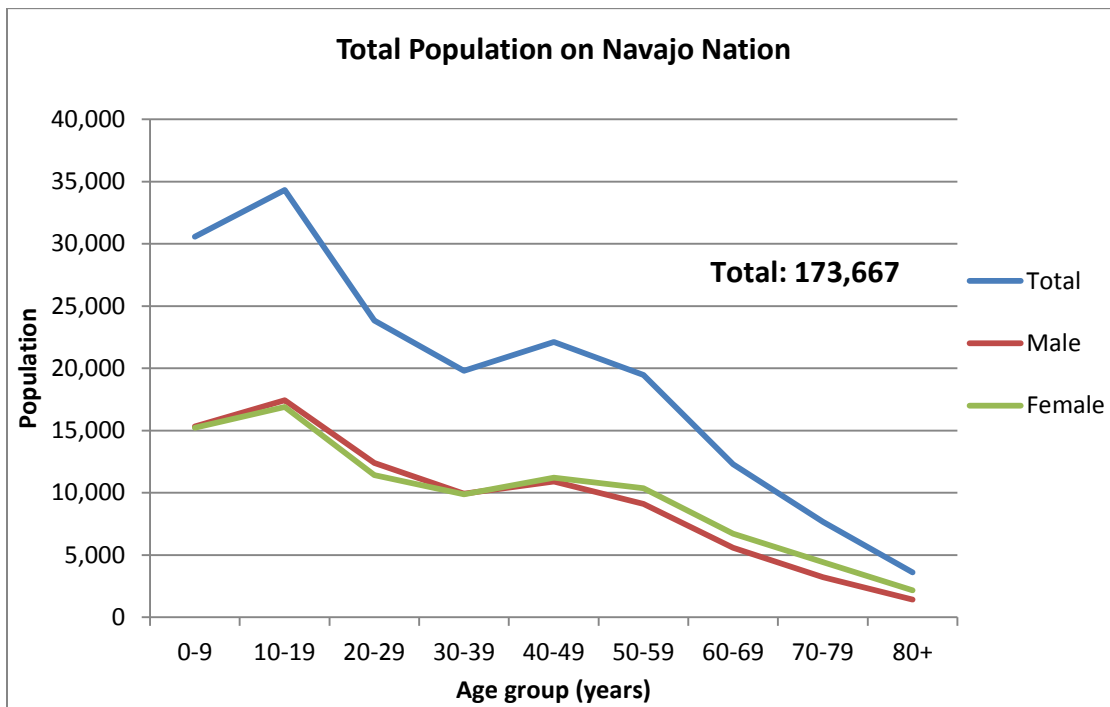


Figure 16. Age distribution of the total population on the Navajo Nation by age group and sex.

Total Navajo in combination Population on the Navajo Nation

The 2010 U.S. Census enumerated 156,823 *Navajo in combination* individuals living on the Navajo Nation. The age distribution of the total *Navajo in combination* population on Navajo Nation shows the highest population in the 10-19 age group at 31,371, Figure 17. Fifty-two percent (52 percent) of the total *Navajo in combination* population on Navajo Nation are in the 0-29 age group. The distribution of this population by age group and sex are in Figure 18, Figure 19, and Figure 20.

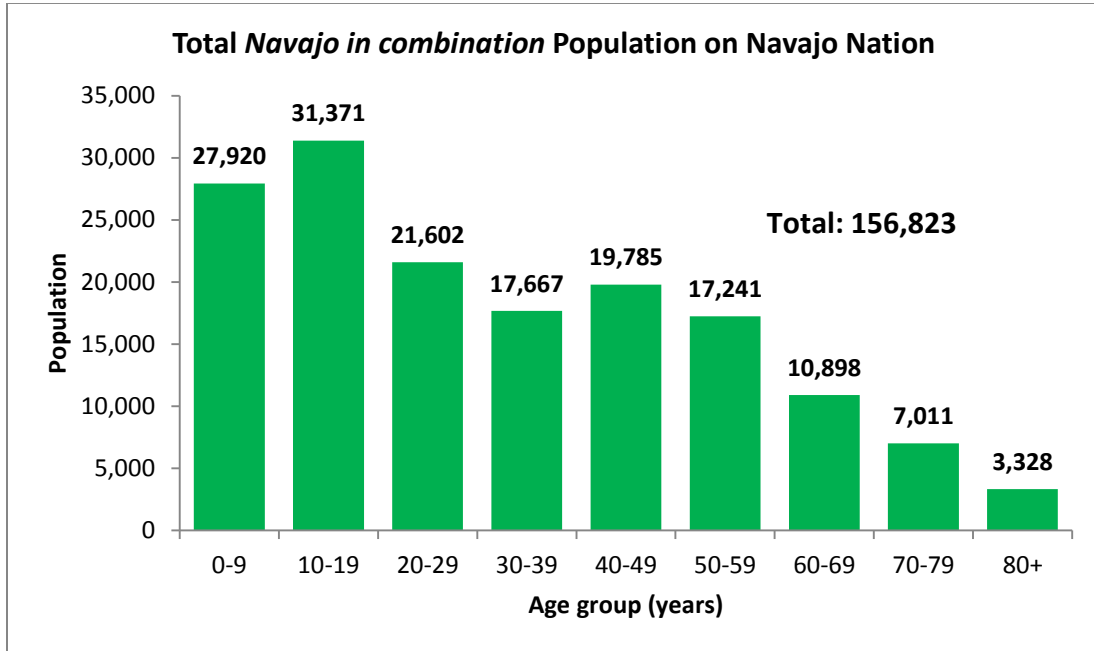


Figure 17. Age distribution of total *Navajo in combination* population on the Navajo Nation.

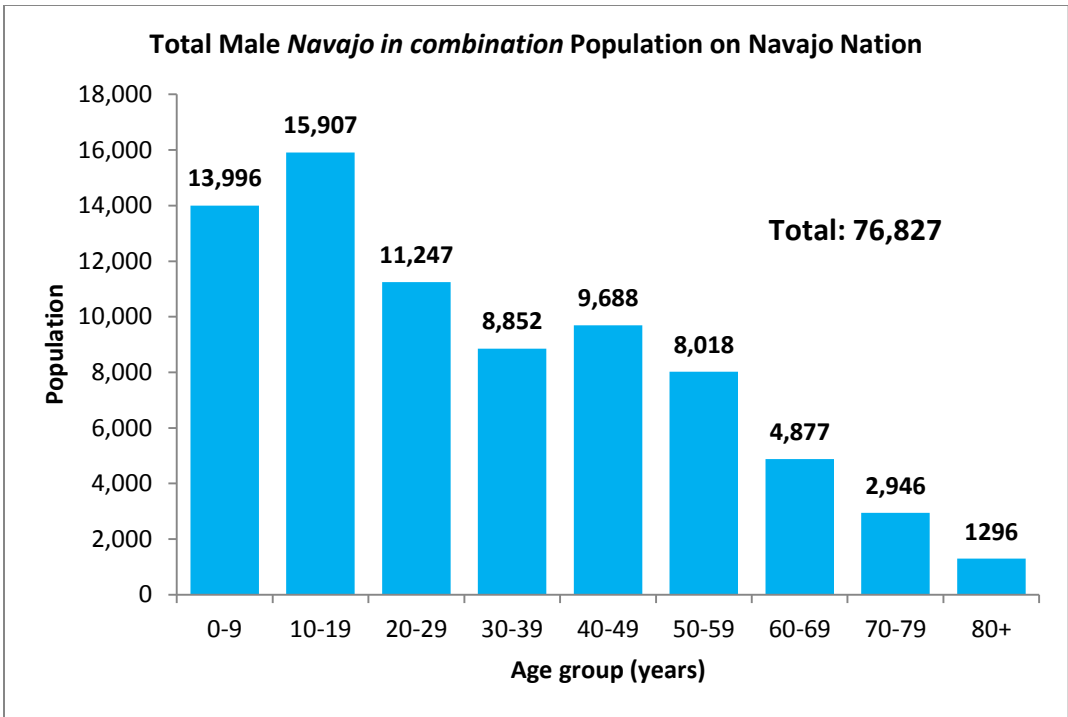


Figure 18. Age distribution of total male *Navajo in combination* on the Navajo Nation.

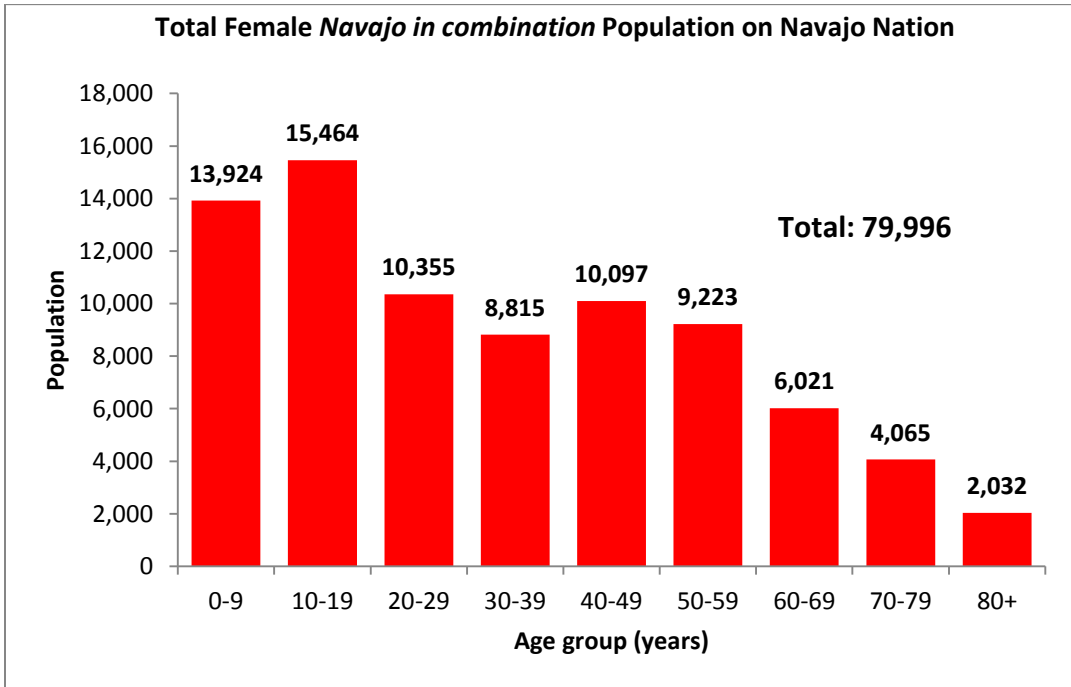


Figure 19. Age distribution of total female *Navajo in combination* on the Navajo Nation.

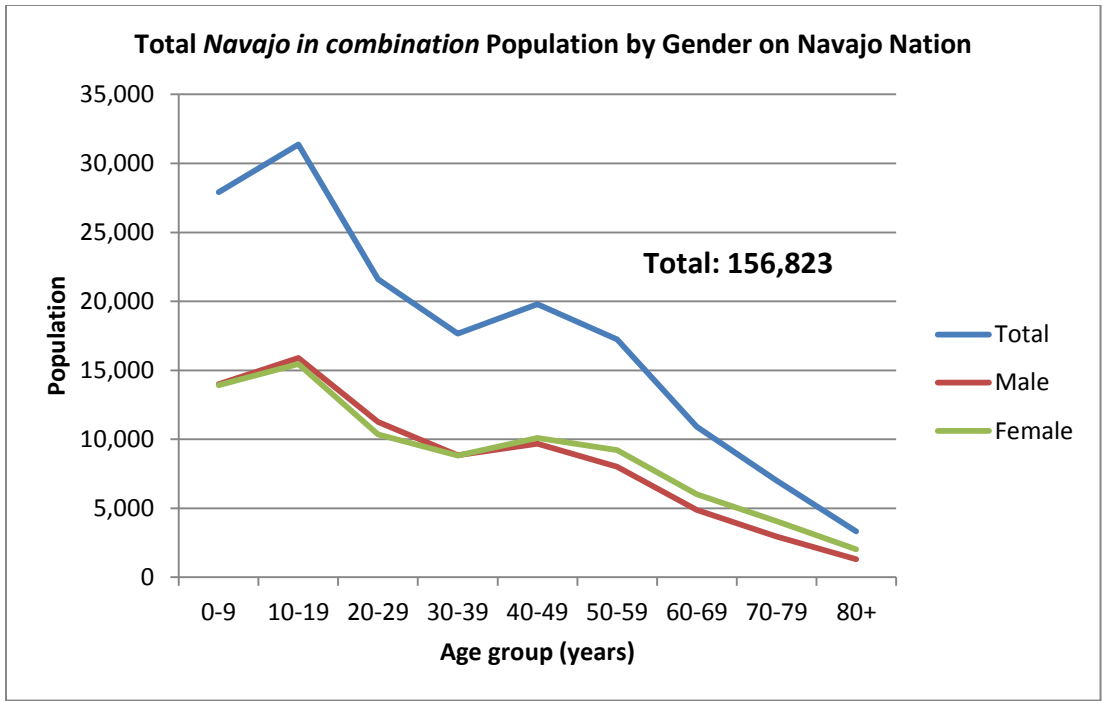


Figure 20. Age distribution of total *Navajo in combination* population by age group and sex on the Navajo Nation.

Total Navajo alone Population on Navajo Nation

The 2010 U.S. Census enumerated 153,323 *Navajo alone* individuals living on the Navajo Nation. The age distribution of the total *Navajo alone* population on the Navajo Nation shows the highest population in the 10-19 age group at 30,325 individuals. Fifty-one percent (51 percent) of the total *Navajo alone* population on the Navajo Nation are in the 0-29 age group. The distribution of this population by age group and sex are in Figure 21, Figure 22, and Figure 23.

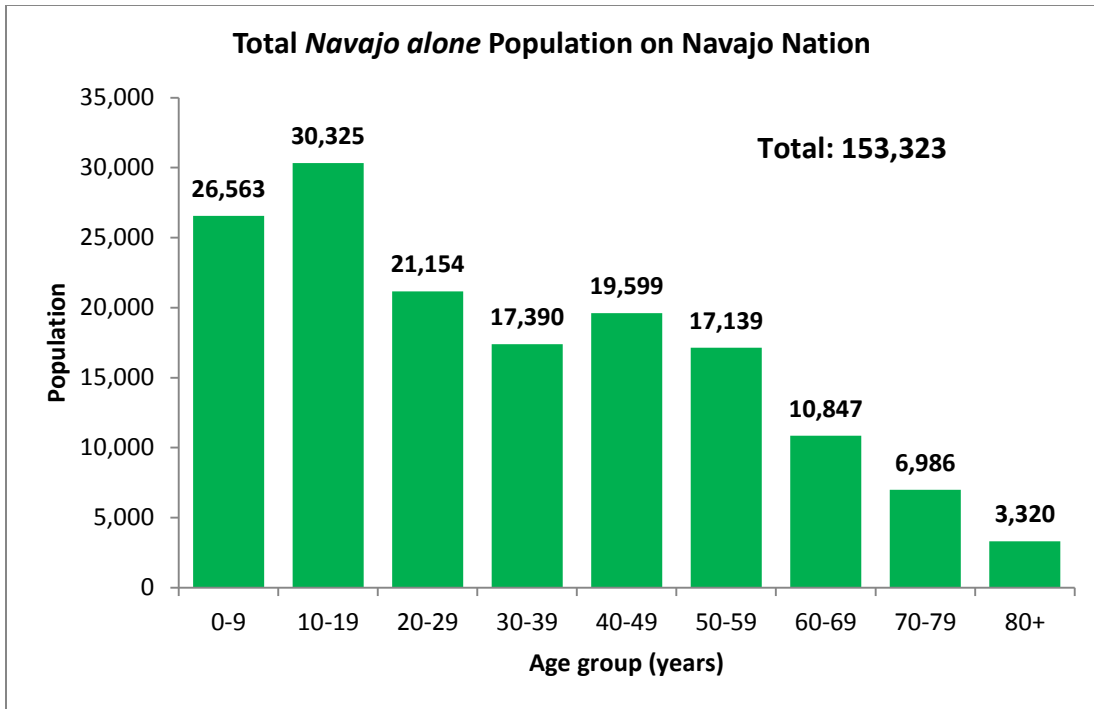


Figure 21. Age distribution of total *Navajo alone* population on the Navajo Nation.

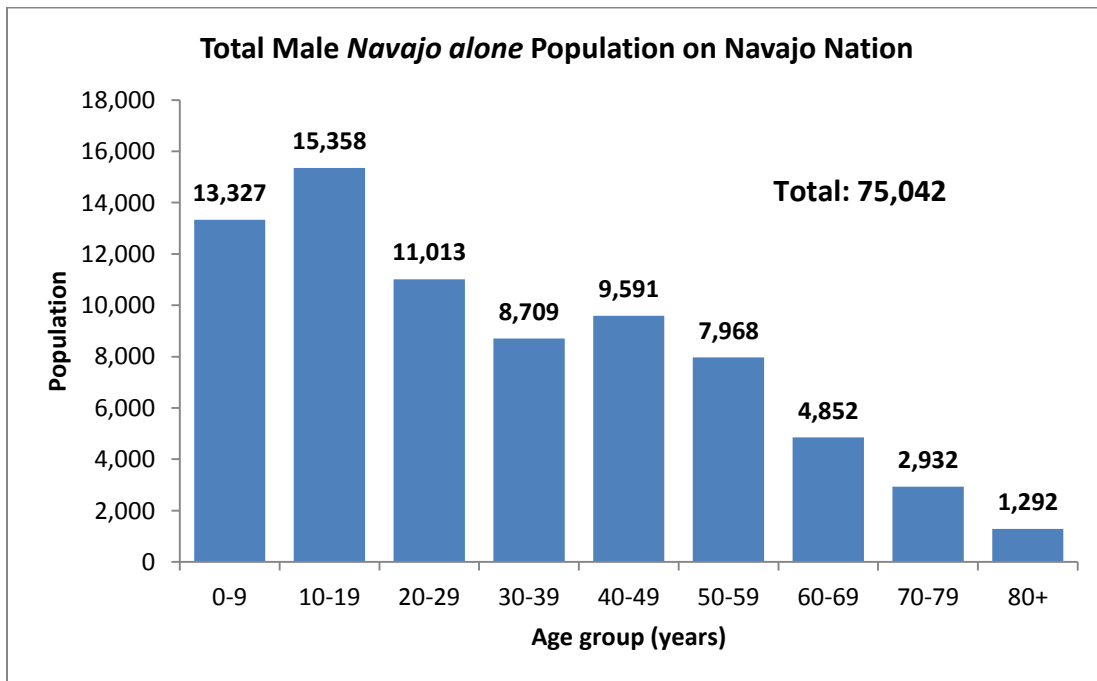


Figure 22. Age distribution of total male *Navajo alone* population on the Navajo Nation.

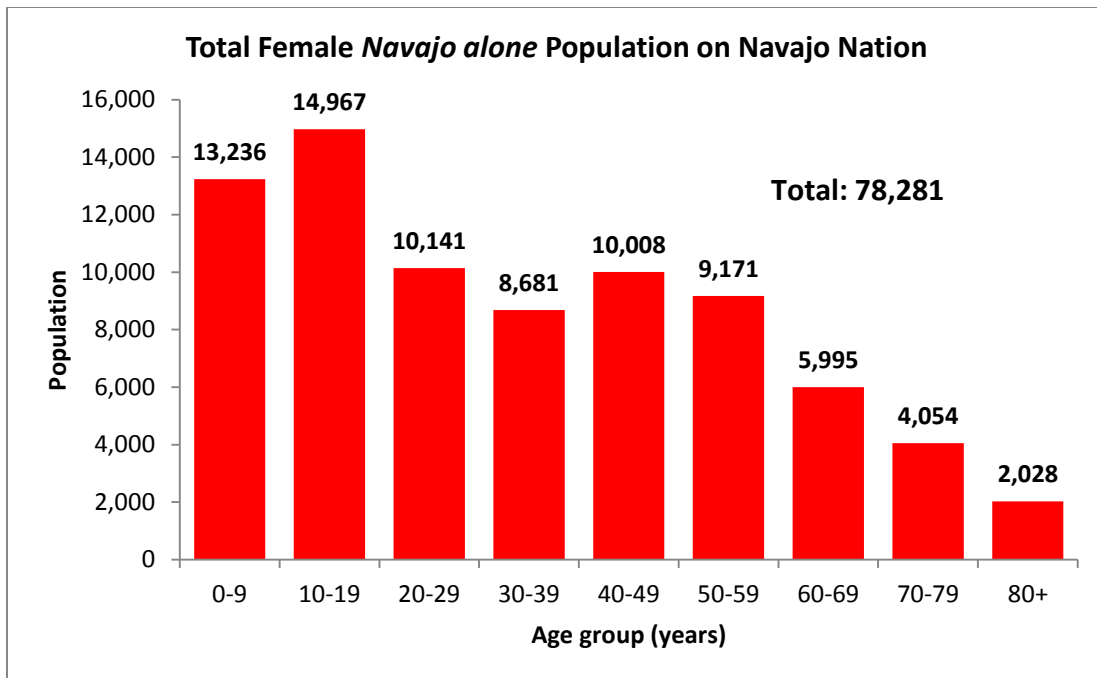


Figure 23. Age distribution of total female *Navajo alone* population on the Navajo Nation.

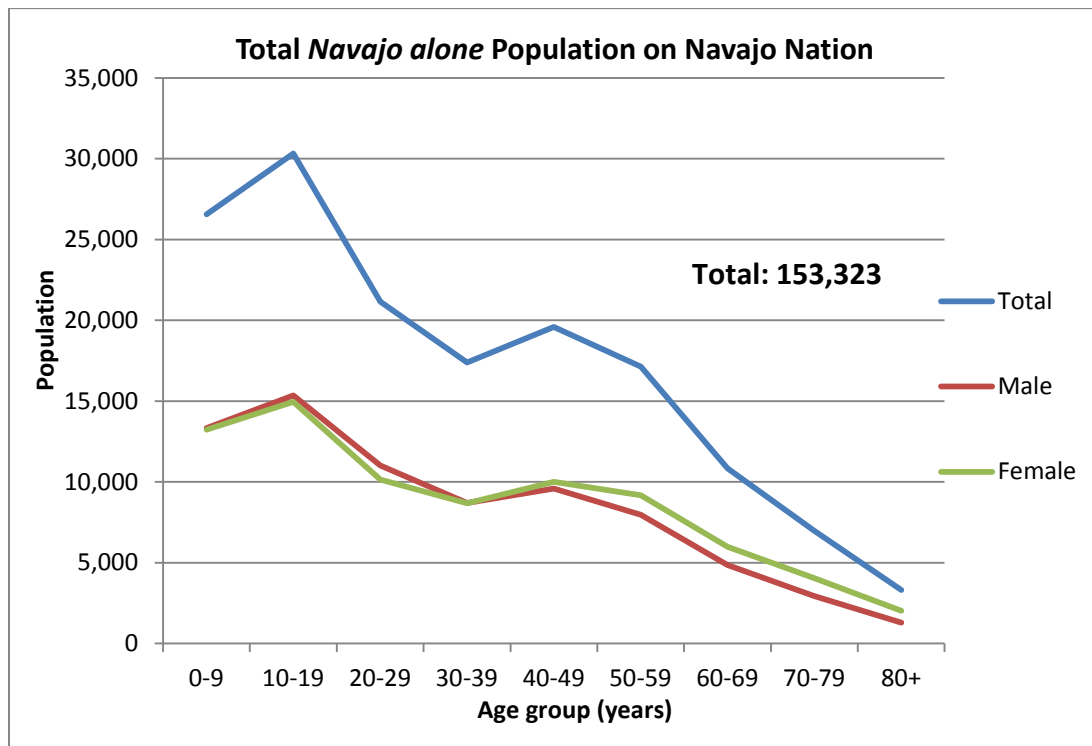


Figure 24. Age distribution of total *Navajo alone* population by age group and sex on the Navajo Nation.

The data for three populations within the exterior boundaries of the Navajo Nation, including *Navajo in combination*, total *Navajo alone*, and total population, were analyzed for age group and sex distribution, Figure 25.

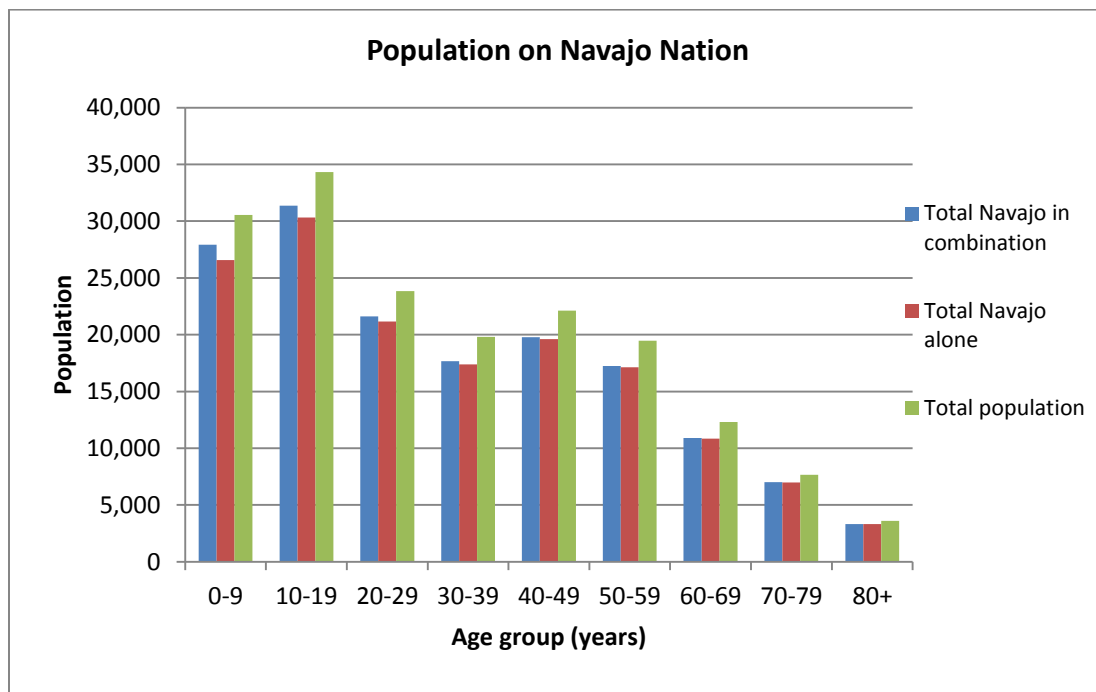


Figure 25. Population distribution of total *Navajo alone* and *Navajo in combination* on the Navajo Nation.

Population Density

Population density is a measurement of population per unit area (i.e., per square mile). This geographical term is mainly used to determine population in a specific area and identified as rural or urban. The average population density for the U.S. is approximately 345 persons per square mile. The Navajo Nation has a population density of 6.33 persons per square mile and is a rural area.

Population of Navajo in Border Towns

Over half, fifty-three percent (53 percent) of Navajos reside within the exterior boundaries of the Navajo Nation. According to the 2010 U.S. Census, nine percent (9 percent) of Navajos living in cities or towns on the borders of the Navajo Nation are known as border towns. The age distribution of *Navajo alone* and *Navajo in combination* shows the highest population for age groups 0-9 years and 20-29 years indicating a large population of young Navajos living in border towns, Figure 26 and Figure 27. Over sixty percent (60 percent) of Navajos living in the border towns are in the 0-29 age group.

Twelve border towns, listed below, were selected for inclusion in the Profile.

- Farmington, NM
- Gallup, NM
- Flagstaff, AZ
- Page, AZ
- Winslow, AZ
- Bloomfield, NM
- Holbrook, AZ
- Blanding, UT
- Grants, NM
- Cortez, CO
- Durango, CO
- Aztec, NM

The results were based on the 2010 U.S. Census Summary File for American Indians and Alaska Natives. The city datasets were queried by “city.” Farmington, NM has the highest *Navajo in combination* population with 9,522 individuals. The least *Navajo in combination* populated city was Aztec, NM at 535 individuals. For *Navajo alone*, Farmington, NM had the highest population at 8,708 and Durango, CO had the least at 483, Figure 28, Figure 29, and Figure 30. Fifty-six percent (56 percent) of the *Navajo alone* and *Navajo in combination* population live in Farmington or Gallup, NM.

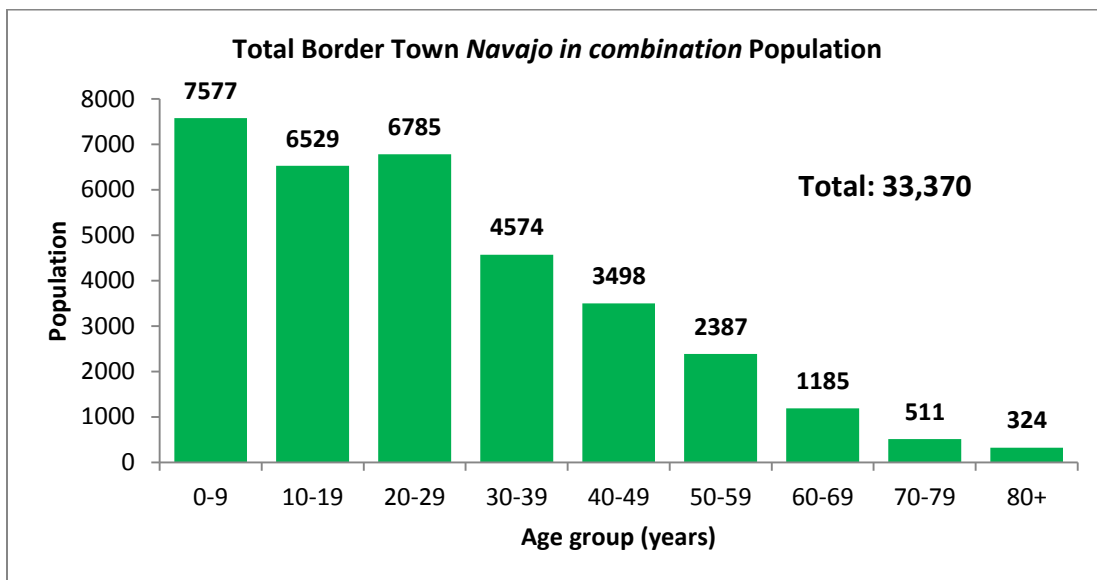


Figure 26. Age distribution of total *Navajo in combination* population in border towns.

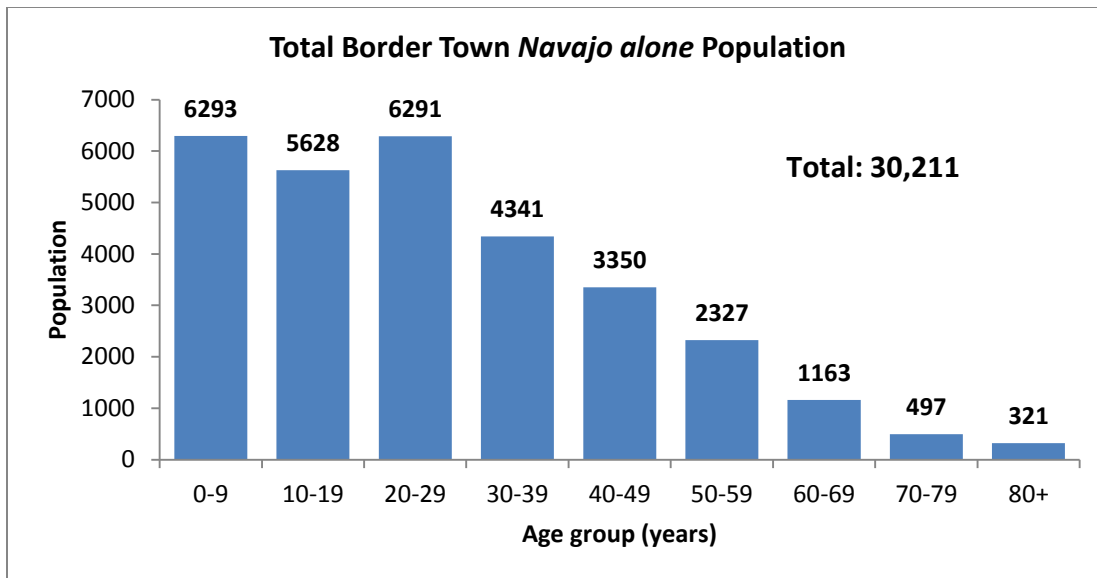


Figure 27. Age distribution of total *Navajo alone* population in border towns.

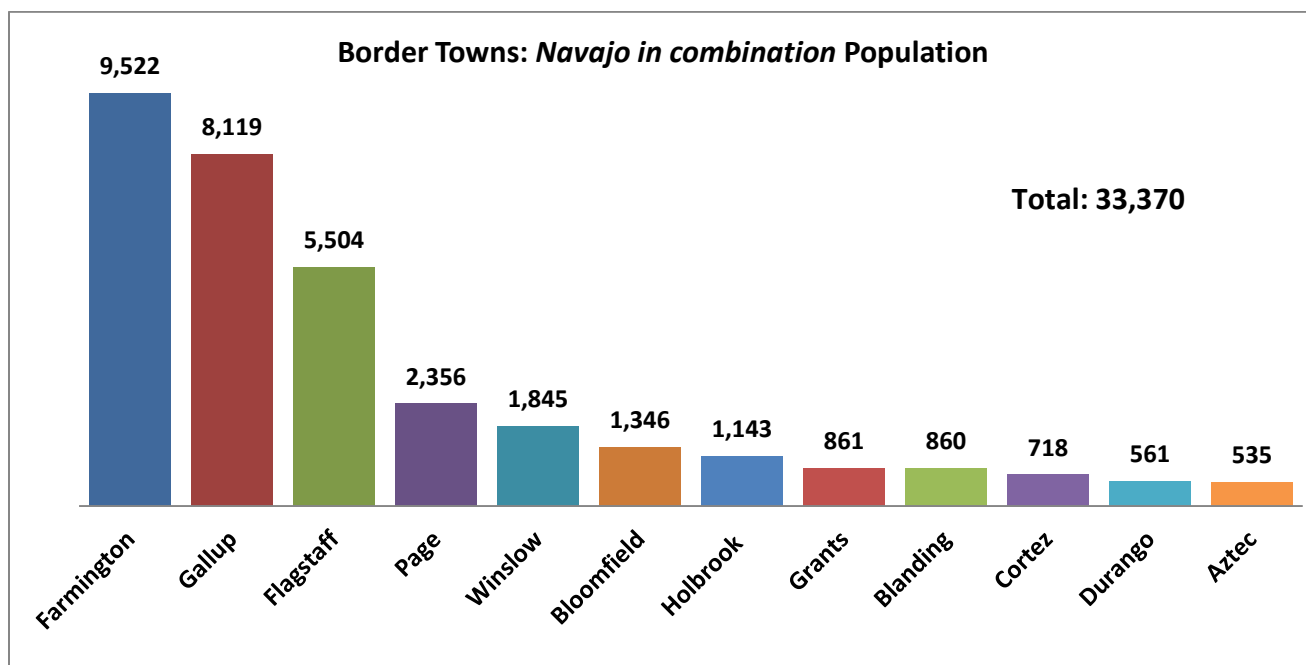


Figure 28. *Navajo in combination* population by specific border town.

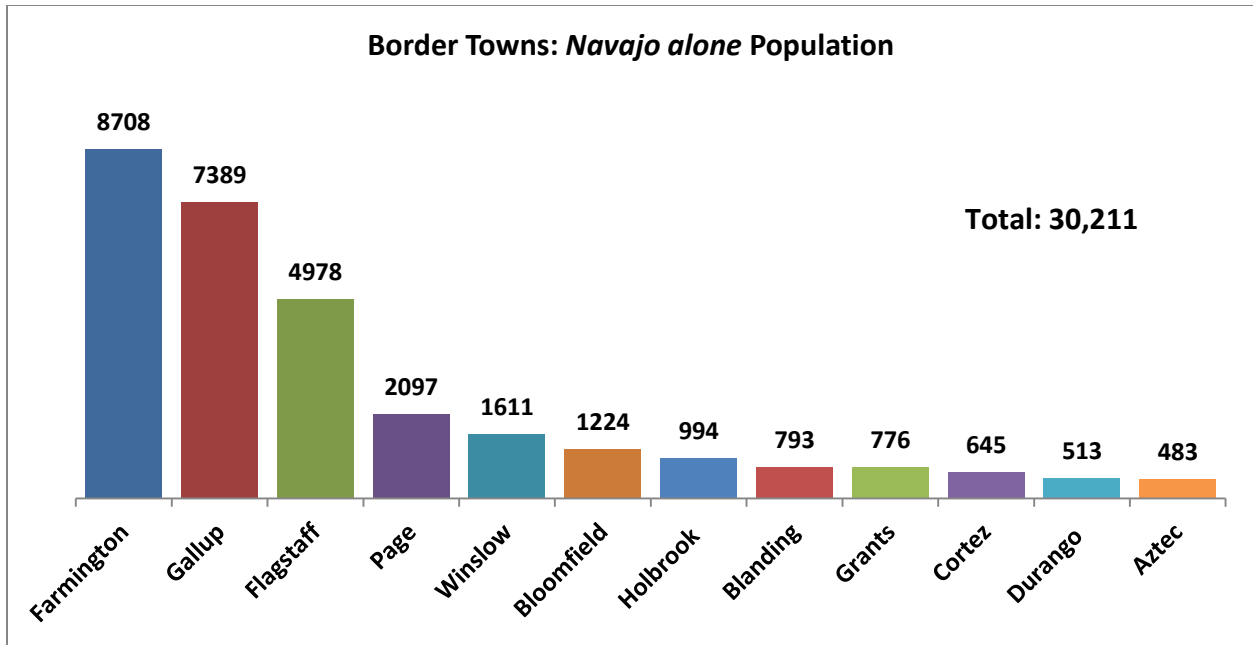


Figure 29. Navajo alone population by specific border town.

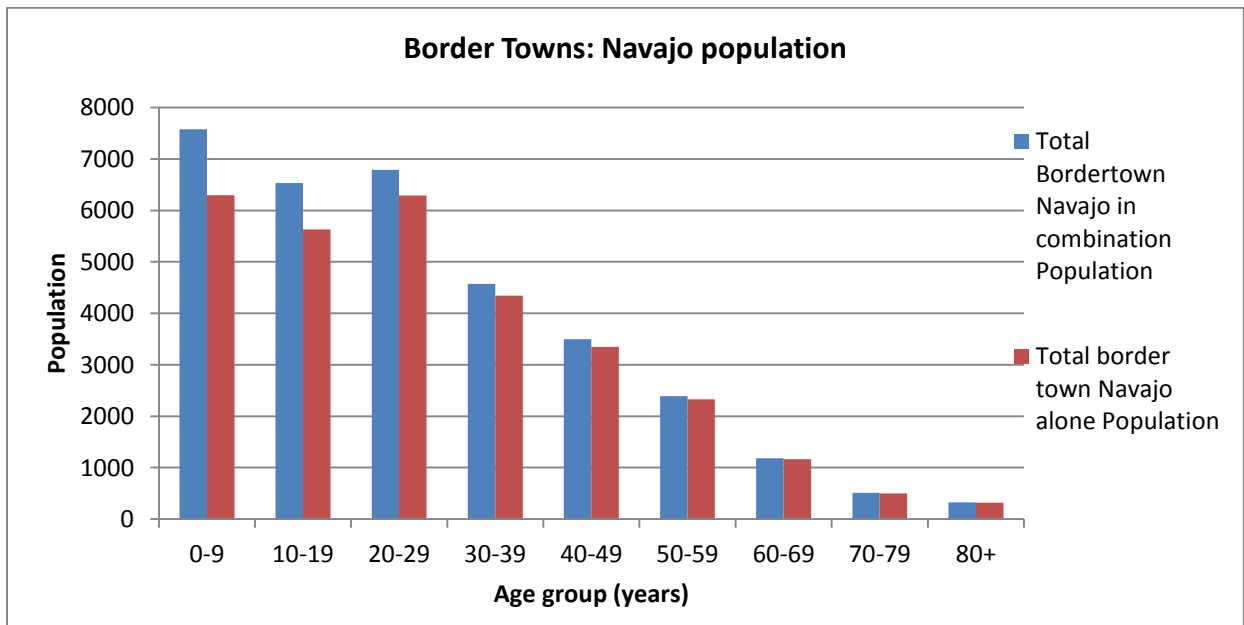


Figure 30. Border town Navajo population. The highest population in border towns are in the 0-9 age group, followed by the 20-29 age group.

Population of Navajo in Metropolitan Areas

Twenty-two percent (22 percent) of Navajos live in metropolitan areas. The age distribution of *Navajo alone* and *Navajo in combination* shows a high population of young Navajos living in the metropolitan areas. Approximately sixty percent (60 percent) of Navajos living in metropolitan areas are in the 0-29 age group. For *Navajo in combination*, the largest populations are in the 0-9 and 20-29 age group with 15,171 and 15,012 individuals, respectively. For *Navajo alone*, the largest population living in the metropolitan areas were in the 20-29 age group with 12,631 individuals.

Twenty-eight metropolitan areas, listed below, were selected.

- Albuquerque, NM
- Chicago, IL
- Colorado Springs, CO
- Dallas, TX
- Denver, CO
- Houston, TX
- Lake Havasu City, AZ
- Las Cruces, NM
- Las Vegas, NV
- Los Angeles, CA
- New York, NY
- Ogden, UT
- Oklahoma City, OK
- Phoenix, AZ
- Portland, OR
- Prescott, AZ
- Provo, UT
- Riverside, CA
- Sacramento, CA
- Salt Lake City, UT
- San Diego, CA
- San Francisco, CA
- San Jose, CA
- Sante Fe, NM
- Seattle, WA
- St. George, UT
- Tucson, AZ
- Washington, DC

The results are based on the 2010 U.S. Census Summary File for American Indians and Alaska Natives. The datasets were queried by MSA and analyzed for age distribution, Figure 31 and Figure 32. Phoenix, Arizona had the largest *Navajo in combination* population at 26,939 and *Navajo alone* at 23,104 individuals, Figure 33 and Figure 34.

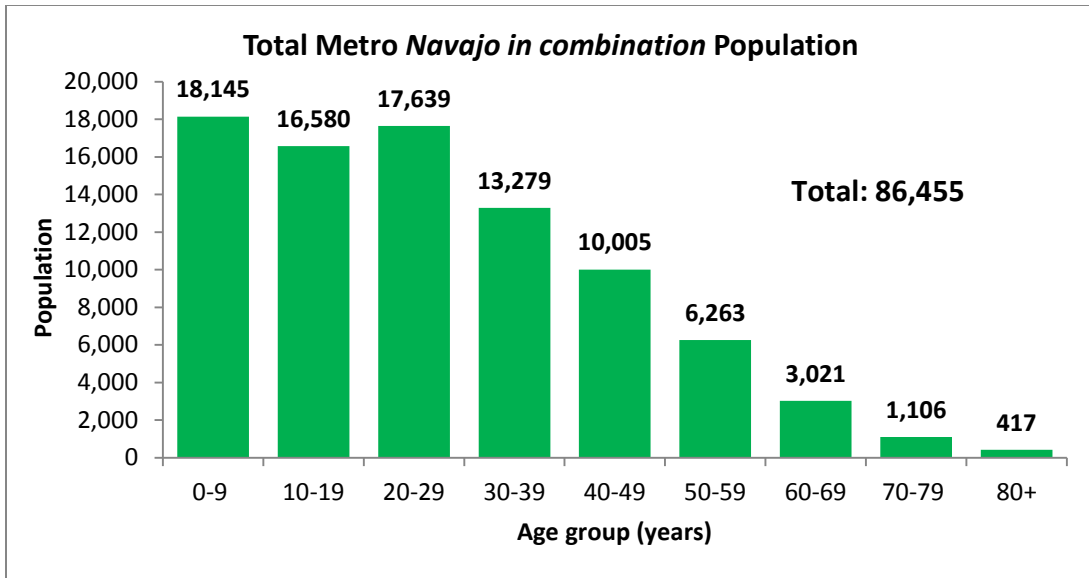


Figure 31. Total metropolitan *Navajo in combination* population in the U.S.

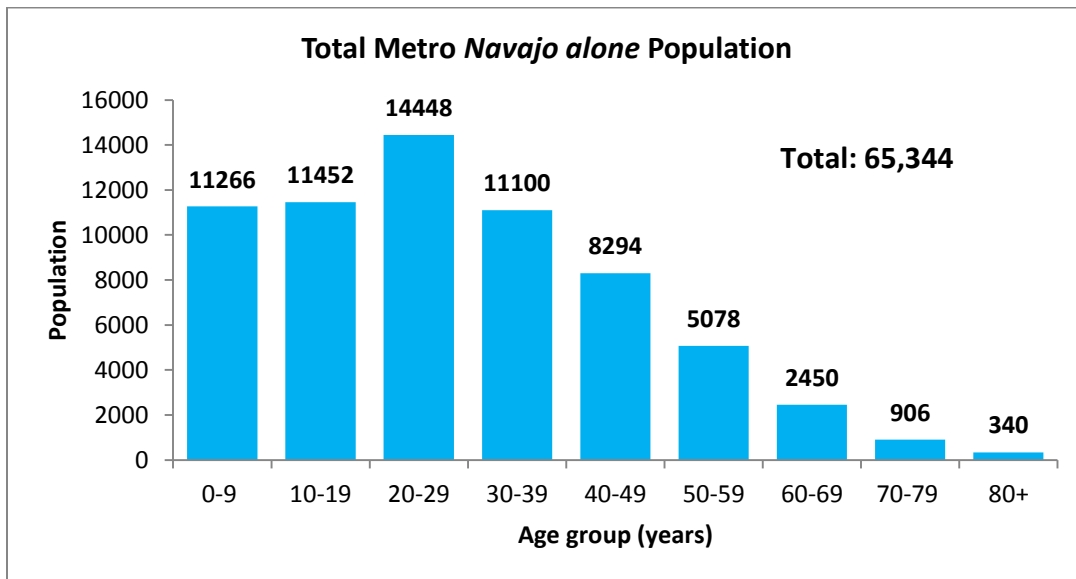


Figure 32. Total metropolitan *Navajo alone* population in the U.S.

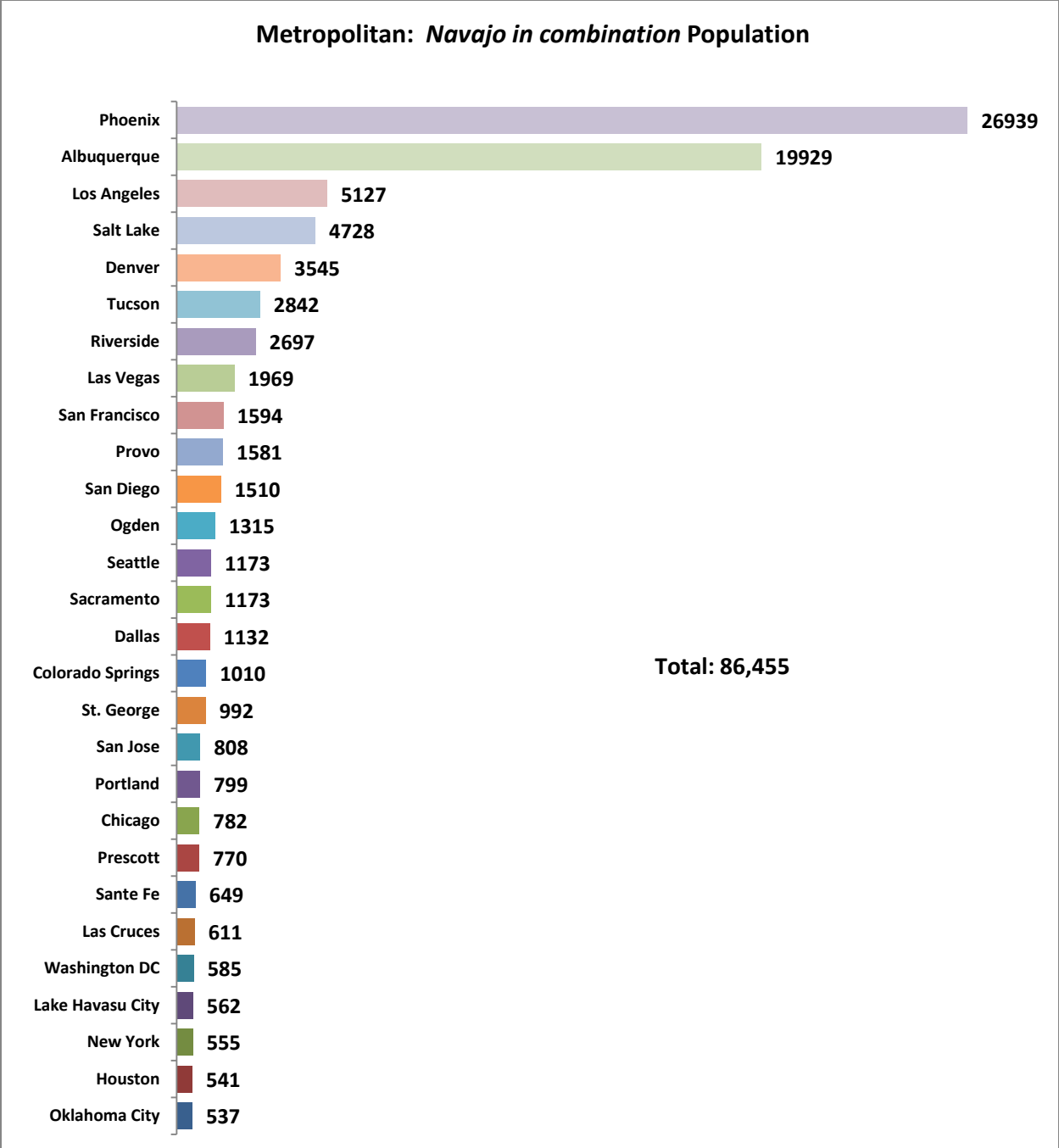


Figure 33. *Navajo in combination* population in Metropolitan Statistical Areas.

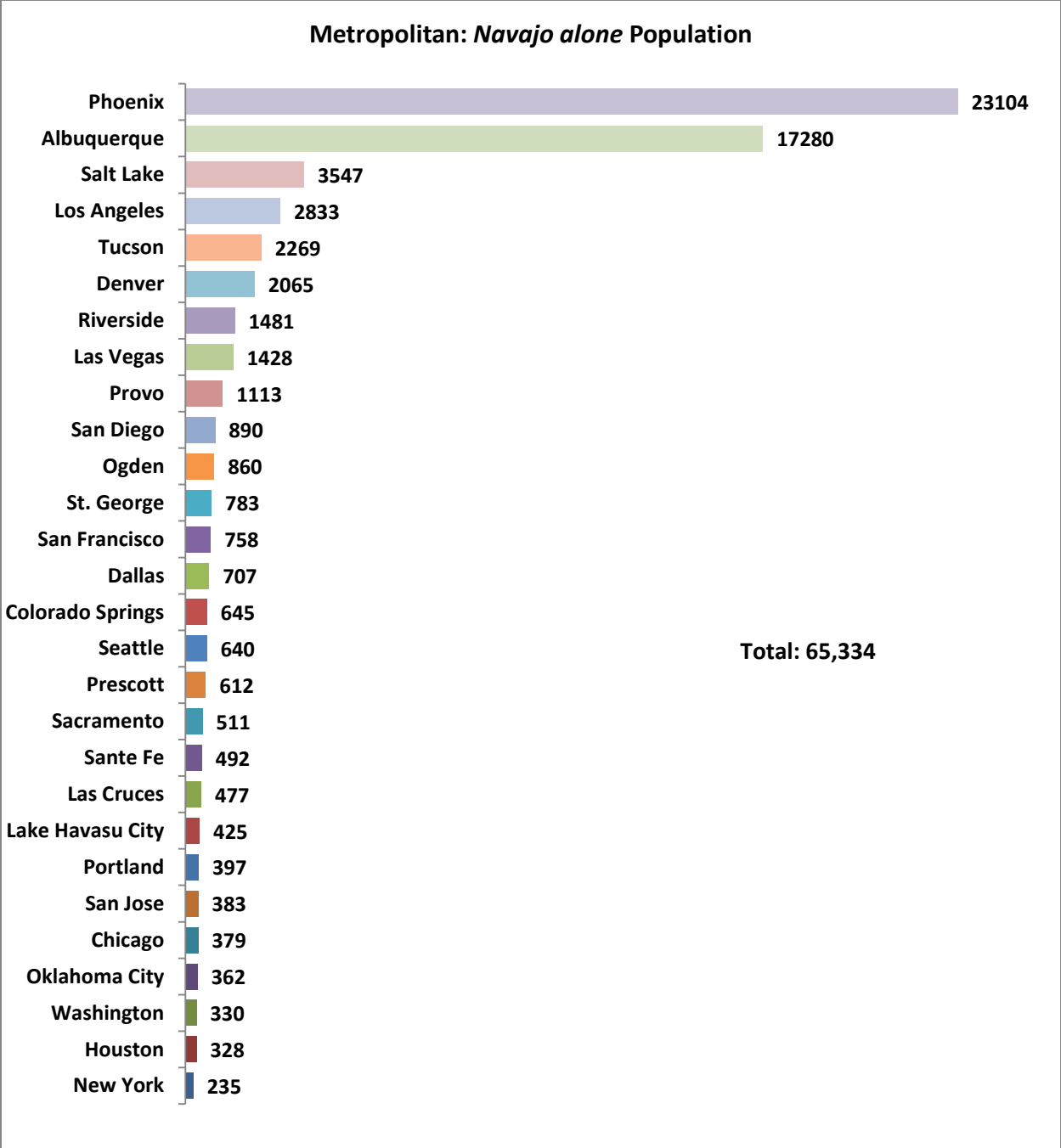


Figure 34. *Navajo alone* population in Metropolitan Statistical Areas.

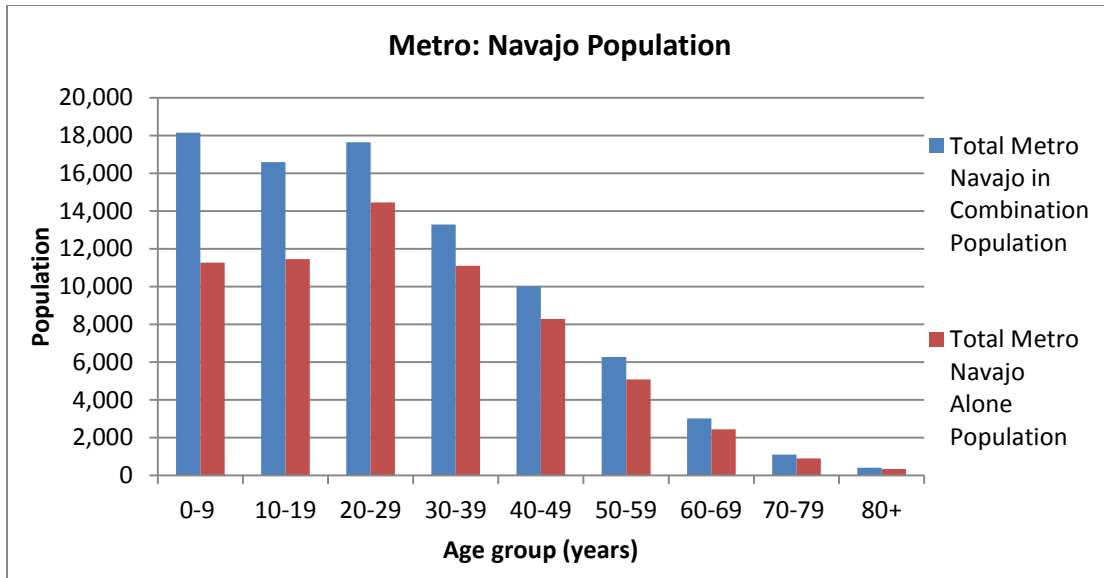


Figure 35. Total metropolitan *Navajo in combination* and *Navajo alone* populations by age group in the U.S..

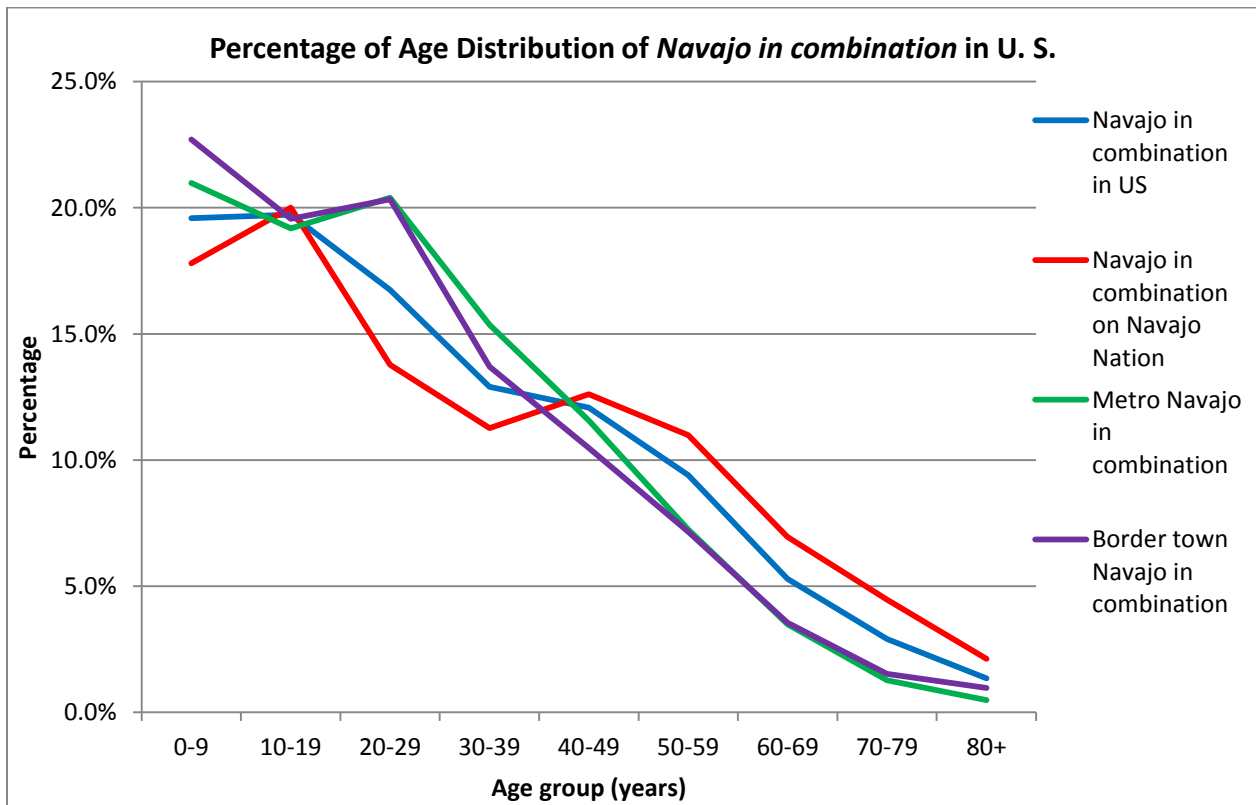


Figure 36. Percentage of *Navajo in combination* by age group and geographical area, in U.S., on Navajo Nation, in metropolitan areas, and in border towns

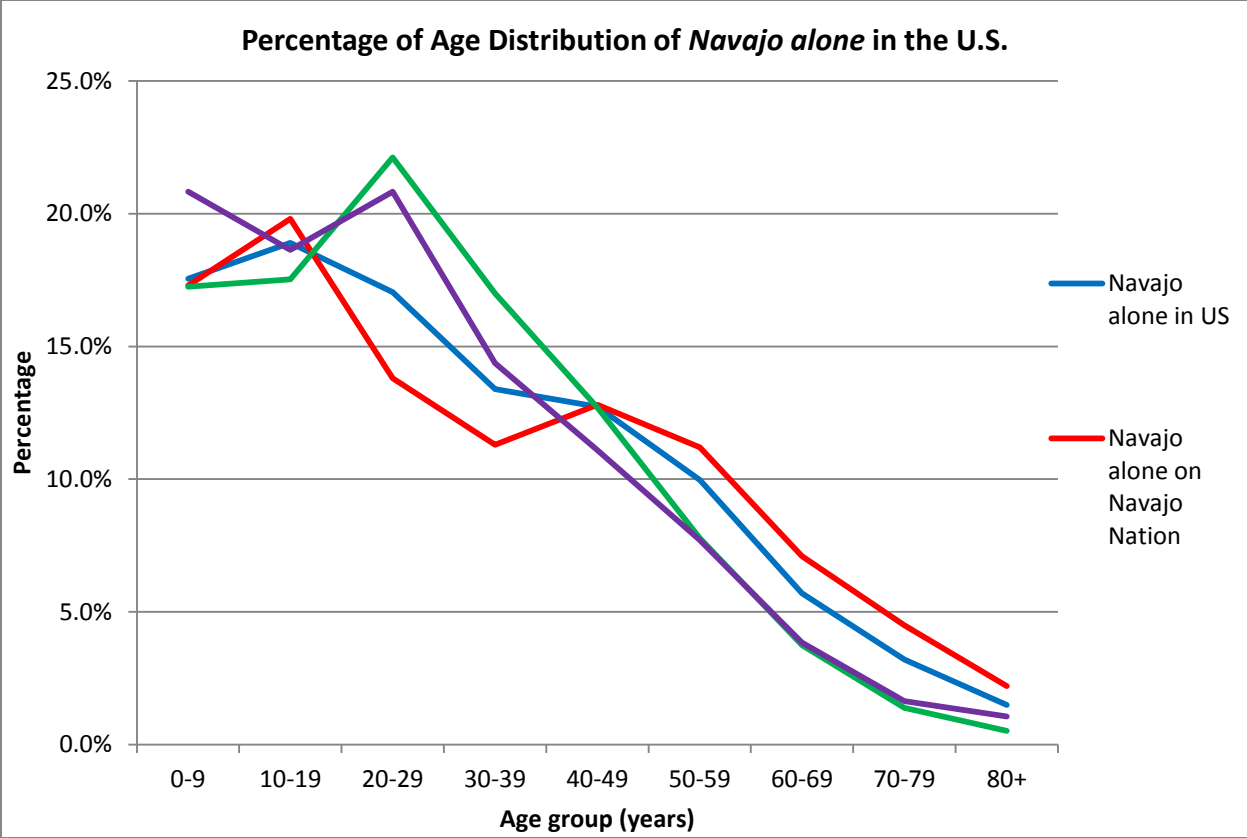


Figure 37. Percentage of *Navajo alone* population by age group and geographic area, in the U.S., on Navajo Nation, in metropolitan areas, and in border towns

Agency and Chapter Population on Navajo Nation

There are a total of 110 chapters that constitute the Navajo Nation with a certain number of chapters per agency, Figure 38. Eastern agency has the most chapter representation at thirty-one. Central agency has the least chapter representation with fourteen. Each chapter is designed some authority over local issues pertaining to their respective chapter area.

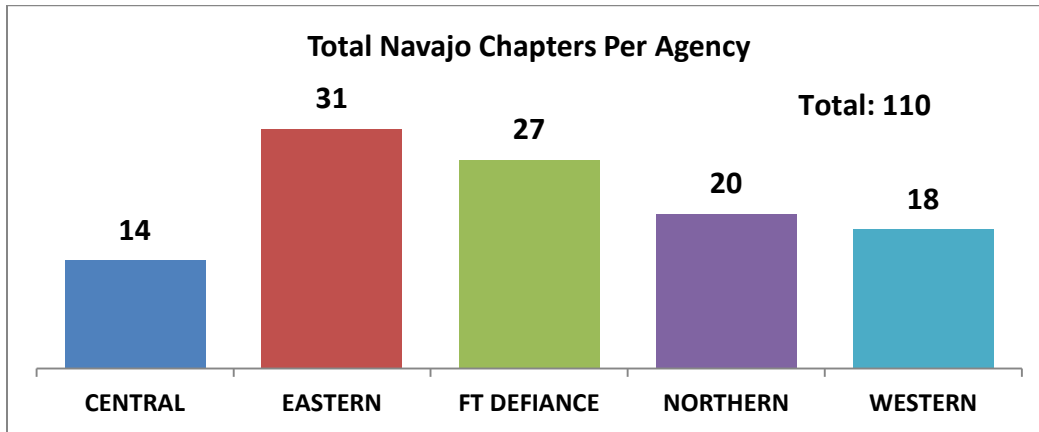


Figure 38: Total number of Navajo chapters per agency.

The 2010 U.S. Census data was analyzed for the Navajo Nation chapters and listed in alphabetical order by agencies with population counts for *Navajo in combination* (*Navajo in Comb pop*), *Navajo alone* (*Navajo alone pop*), and total population with all races (*All race pop*) Table 1.1.

Table 1.1. Eastern Agency populations by Navajo in combination, Navajo alone, and all races.

EASTERN AGENCY					
CHAPTER	STATE	COUNTY	Navajo in Comb* pop	Navajo alone pop†	All race Pop†
ALAMO	NM	SOCORRO/CIBOLA	1,873	1,826	2,006
BACA	NM	McKINLEY/CIBOLA	731	725	789
BECENTI	NM	McKINLEY	377	367	403
BREAD SPRINGS	NM	McKINLEY	850	843	908
CANONCITO	NM	CIBOLA/BERNALLILO/SANDOVAL	1,423	1,389	1,591
CASAMERO LAKE	NM	McKINLEY	464	460	518
CHICHILTAH	NM	McKINLEY	1,334	1,333	1,443
CHURCH ROCK	NM	McKINLEY	2,653	2,626	2,868
COUNSELOR	NM	SANDOVAL/RIO ARRIBA/SAN JUAN	721	708	870
CROWNPOINT	NM	McKINLEY	2,320	2,263	2,729
HUERFANO	NM	SAN JUAN	2,466	2,404	2,633
IYANBITO	NM	McKINLEY	808	790	890
LAKE VALLEY	NM	SAN JUAN/McKINLEY	287	286	306
LITTLEWATER	NM	McKINLEY	402	402	427
MANUELITO	NM	McKINLEY	223	223	264
MARIANO LAKE	NM	McKINLEY	786	784	823
NAGEEZI	NM	SAN JUAN	1,010	994	1,095
NAHODISHGISH	NM	McKINLEY	384	378	408
OJO ENCINO	NM	McKINLEY	584	567	688
PINEDALE	NM	McKINLEY	1,015	993	1,109
PUEBLO PINTADO	NM	McKINLEY	359	354	419
RAMAH	NM	CIBOLA/McKINLEY	1,236	1,206	1,400
RED ROCK	NM	McKINLEY	1,694	1,666	1,866
ROCK SPRINGS	NM	McKINLEY	988	974	1,086
SMITH LAKE	NM	McKINLEY	828	811	951
STANDING ROCK	NM	McKINLEY	568	548	641
THOREAU	NM	McKINLEY	1,181	1,141	1,433
TORREON	NM	SANDOVAL/McKINLEY	1,315	1,300	1,612
TSAYATOH	NM	McKINLEY	574	555	658
WHITE HORSE	NM	McKINLEY	383	373	406
WHITE ROCK	NM	SAN JUAN/McKINLEY	75	75	76
		TOTAL	29,912	29,364	33,316
* Combination					
† Population					

Table 1.2. Ft. Defiance Agency populations by *Navajo in combination, Navajo alone, and all races.*

FT. DEFIANCE AGENCY					
CHAPTER	STATE	COUNTY	<i>Navajo in Comb* pop†</i>	<i>Navajo alone pop†</i>	All race Pop†
CORNFIELDS	AZ	APACHE	815	803	911
COYOTE CANYON	NM	McKINLEY	643	634	685
CRYSTAL	NM/AZ	SAN JUAN/APACHE/McKINLEY	562	555	670
DILKON	AZ	NAVAJO	1,960	1,933	2,110
FORT DEFIANCE	AZ/NM	APACHE/McKINLEY	4,979	4,752	5,856
GANADO	AZ	APACHE	2,202	2,169	2,504
GREASEWOOD	AZ	NAVAJO/APACHE	1,226	1,185	1,320
HOUCK	AZ	APACHE	1,339	1,300	1,436
INDIAN WELLS	AZ	NAVAJO	928	900	989
JEDDITO	AZ	NAVAJO/APACHE	961	936	1,180
KINLICHEE	AZ	APACHE	1,450	1,404	1,610
KLGETOH	AZ	APACHE	846	826	909
LOW MOUNTAIN	AZ	NAVAJO/APACHE	688	676	754
LUPTON	AZ	APACHE	840	806	902
MEXICAN SPRINGS	NM	McKINLEY	1,212	1,180	1,418
NAHATADZIL	AZ	APACHE	1,572	1,550	1,731
NASCHITTI	NM	SAN JUAN	1,411	1,363	1,500
OAK SPRINGS	AZ	APACHE	497	482	533
RED LAKE	AZ/NM	APACHE/McKINLEY	1,794	1,752	2,028
SAWMILL	AZ	APACHE	982	966	1054
ST. MICHAELS	AZ/NM	APACHE/McKINLEY	4,800	4,667	5,643
STEAMBOAT	AZ	APACHE/NAVAJO	1,173	1,140	1,226
TEESTO	AZ	NAVAJO	844	820	930
TOHATCHI	NM	McKINLEY	1,256	1,240	1,450
TWIN LAKES	NM	McKINLEY	1,990	1,963	2,212
WHITE CONE	AZ	NAVAJO	1,210	1,176	1,284
WIDE RUINS	AZ	APACHE	1,008	984	1,095
		TOTAL	39,188	38,162	43,940
* Combination † Population					

Table 1.3. Central Agency populations by *Navajo in combination, Navajo alone, and all races.*

CENTRAL AGENCY					
CHAPTER	STATE	COUNTY	<i>Navajo in Comb*</i> pop†	<i>Navajo alone</i> pop†	All race Pop†
BLACK MESA	AZ	NAVAJO/APACHE	378	376	428
CHINLE	AZ	APACHE	7,273	7135	8,005
FOREST LAKE	AZ	NAVAJO	432	431	471
HARD ROCK	AZ	NAVAJO	1,046	1,032	1,161
LUKACHUKAI	AZ	APACHE	2,064	2,021	2,154
MANY FARMS	AZ	APACHE	2,476	2,444	2,738
NAZLINI	AZ	APACHE	1,155	1,129	1,260
PINON	AZ	NAVAJO	2,487	2,471	2,751
ROUGH ROCK	AZ	APACHE	856	844	947
ROUND ROCK	AZ	APACHE	1,475	1,455	1,566
TACHEE/BLUE GAP	AZ	APACHE/NAVAJO	1,133	1,123	1,178
TSAILE/WHEATFIELDS	AZ/NM	APACHE/SAN JUAN	2,053	2,015	2,250
TSELANI	AZ	APACHE	1,332	1,312	1,425
WHIPPOORWILL	AZ	NAVAJO	1,439	1,427	1,489
		TOTAL	25,599	25,215	27,823
* Combination † Population					

Table 1.4. Western Agency populations by Navajo in combination, Navajo alone, and all races.

WESTERN AGENCY					
CHAPTER	STATE	COUNTY	Navajo in Comb* pop†	Navajo alone pop†	All race Popt
BIRD SPRINGS	AZ	COCONINO/NAVAJO	772	751	795
BODAWAY	AZ	COCONINO	1,605	1,588	1,704
CAMERON	AZ	COCONINO	1,020	982	1,122
CHILCHINBETO	AZ	NAVAJO/APACHE	1,067	1,048	1,165
COALMINE MESA	AZ	COCONINO	641	636	691
COPPERMINE	AZ	COCONINO	545	535	590
DENNEHOTSO	AZ/UT	APACHE/SAN JUAN/NAVAJO	1,402	1,378	1,462
INSCRIPTION HOUSE	AZ/UT	COCONINO/SAN JUAN/NAVAJO	1,161	1,139	1,252
KAIBETO	AZ	COCONINO	1,881	1,858	1,963
KAYENTA	AZ	NAVAJO	5,307	5,174	6,211
LECHEE	AZ	COCONINO	1,589	1,537	1,660
LEUPP	AZ	COCONINO	1,469	1,433	1,611
NAVAJO MOUNTAIN	UT/AZ	SAN JUAN/COCONINO/NAVAJO	501	475	542
OLJATO	UT/AZ	SAN JUAN/COCONINO/NAVAJO	2,040	1,973	2,214
SHONTO	AZ	NAVAJO/COCONINO	1,866	1,827	2,124
TOLANI LAKE	AZ	COCONINO/NAVAJO	606	597	647
TONALEA	AZ	COCONINO	2,452	2,402	2,595
TUBA CITY	AZ	COCONINO	7,608	7,354	9,265
		TOTAL	33,532	32,687	37,613
* Combination					
† Population					

Table 1.5. Northern Agency populations by Navajo in combination, Navajo alone, and all races.

NORTHERN AGENCY					
CHAPTER	STATE	COUNTY	Navajo in Comb* pop†	Navajo alone pop†	All race Pop†
ANETH	UT	SAN JUAN	1,820	1,802	1,989
BECLABITO	NM/AZ	SAN JUAN/APACHE	718	707	749
BURNHAM	NM	SAN JUAN	257	256	280
COVE	AZ	APACHE	420	412	430
FRUITLAND	NM	SAN JUAN	2,538	2,433	2,751
GADII'AH	NM	SAN JUAN	495	478	550
HOGBACK	NM	SAN JUAN	1,150	1,124	1,215
MEXICAN WATER	AZ/UT	APACHE/SAN JUAN	851	829	933
NENAHNEZAD	NM	SAN JUAN	1,128	1,077	1,292
NEWCOMB	NM	SAN JUAN	550	544	629
RED MESA	UT/AZ	SAN JUAN/APACHE	1,144	1,132	1,222
RED VALLEY	AZ/NM	APACHE/SAN JUAN	1,356	1,343	1,417
ROCK POINT	AZ	APACHE	1,218	1,203	1,273
SAN JUAN	NM	SAN JUAN	500	500	500
SANOSTEE	NM/AZ	SAN JUAN/APACHE	1,676	1,660	1,795
SHEEP SPRINGS	NM	SAN JUAN	766	749	801
SHIPROCK	NM	SAN JUAN	8,329	8,073	9,126
SWEETWATER	AZ	APACHE	1,362	1,332	1,535
TEEC NOS POS	AZ/UT/NM	APACHE/SAN JUAN	1,212	1,178	1,301
TWO GREY HILLS	NM	SAN JUAN	500	500	500
		TOTAL	28,592	27,895	30,945
* Combination					
† Population					

Table 1.6. Populations by Agencies on Navajo Nation. Navajo in combination comprise 90.3 percent of the population on Navajo Nation, while Navajo alone comprise 88.6 percent.

Population on Navajo Nation by Agency			
Agency	Navajo in Comb* pop†	Navajo alone pop†	All race pop†
Central	25,599	25,215	27,823
Western	33,532	32,687	37,613
Northern	28,592	27,895	30,945
Ft. Defiance	39,188	38,162	43,940
Eastern	29,912	29,364	33,316
TOTAL	156,823	153,323	173,637
* Combination			
† Population			

Table 1.7. Population by chapter in Central Agency from most to least populated.

CENTRAL AGENCY POPULATION LARGEST TO SMALLEST						
	CHAPTER	STATE	COUNTY	<i>Navajo in comb* pop†</i>	<i>Navajo alone pop†</i>	All race pop†
1	CHINLE	AZ	APACHE	7,273	7,135	8,005
2	PINON	AZ	NAVAJO	2,487	2,471	2,751
3	MANY FARMS	AZ	APACHE	2,476	2,444	2,738
4	TSAILE/WHEATFIELDS	AZ/NM	APACHE/SAN JUAN	2,053	2,015	2,250
5	LUKACHUKAI	AZ	APACHE	2,064	2,021	2,154
6	ROUND ROCK	AZ	APACHE	1,475	1,455	1,566
7	WHIPPOORWILL	AZ	NAVAJO	1,439	1,427	1,489
8	TSELANI	AZ	APACHE	1,332	1,312	1,425
9	NAZLINI	AZ	APACHE	1,155	1,129	1,260
10	TACHEE/BLUE GAP	AZ	APACHE/NAVAJO	1,133	1,123	1,178
11	HARD ROCK	AZ	NAVAJO	1,046	1,032	1,161
12	ROUGH ROCK	AZ	APACHE	856	844	947
13	FOREST LAKE	AZ	NAVAJO	432	431	471
14	BLACK MESA	AZ	NAVAJO/APACHE	378	376	428
* Combination						
† Population						

Table 1.8. Population by chapter in Eastern Agency from most to least populated.

EASTERN AGENCY POPULATION LARGEST TO SMALLEST						
	CHAPTER	STATE	COUNTY	<i>Navajo in comb* pop†</i>	<i>Navajo alone pop†</i>	All race pop†
1	CHURCH ROCK	NM	McKINLEY	2,653	2,626	2,868
2	CROWNPOINT	NM	McKINLEY	2,320	2,263	2,729
3	HUERFANO	NM	SAN JUAN	2,466	2,404	2,633
4	ALAMO	NM	SOCORRO/CIBOLA	1,873	1,826	2,006
5	RED ROCK	NM	McKINLEY	1,694	1,666	1,866
6	TORREON	NM	SANDOVAL	1,315	1,300	1,612
7	CANONCITO	NM	CIBOLA/BERNALLILO/SANDOVAL	1,423	1,389	1,591
8	CHICHILTAH	NM	McKINLEY	1,334	1,333	1,443
9	THOREAU	NM	McKINLEY	1,181	1,141	1,433
10	RAMAH	NM	CIBOLA/McKINLEY	1,236	1,206	1,400
11	PINEDALE	NM	McKINLEY	1,015	993	1,109
12	NAGEEZI	NM	SAN JUAN	1,010	994	1,095
13	ROCK SPRINGS	NM	McKINLEY	988	974	1,086
14	SMITH LAKE	NM	McKINLEY	828	811	951
15	BREAD SPRINGS	NM	McKINLEY	850	843	908
16	IYANBITO	NM	McKINLEY	808	790	890
17	COUNSELOR	NM	SANDOVAL/RIO ARRIBA/SAN JUAN	721	708	870
18	MARIANO LAKE	NM	McKINLEY	786	784	823
19	BACA	NM	McKINLEY/CIBOLA	731	725	789
20	OJO ENCINO	NM	McKINLEY	584	567	688
21	TSAYATOH	NM	McKINLEY	574	555	658
22	STANDING ROCK	NM	McKINLEY	568	548	641
23	CASAMERO LAKE	NM	McKINLEY	464	460	518
24	LITTLEWATER	NM	McKINLEY	402	402	427
25	PUEBLO PINTADO	NM	McKINLEY	359	354	419
26	NAHODISHGISH	NM	McKINLEY	384	378	408
27	WHITE HORSE	NM	McKINLEY	383	373	406
28	BECENTI	NM	McKINLEY	377	367	403
29	LAKE VALLEY	NM	SAN JUAN/McKINLEY	287	286	306
30	MANUELITO	NM	McKINLEY	223	223	264
31	WHITE ROCK	NM	SAN JUAN/McKINLEY	75	75	76
* Combination						
† Population						

Table 1.9. Population by chapter in Ft. Defiance Agency from most to least populated.

FT. DEFIANCE AGENCY POPULATION LARGEST TO SMALLEST						
	CHAPTER	STATE	COUNTY	<i>Navajo in comb* pop†</i>	<i>Navajo alone pop†</i>	All race pop†
1	FORT DEFIANCE	AZ	APACHE/McKINLEY	4,979	4,752	5,856
2	ST. MICHAELS	AZ/NM	APACHE/McKINLEY	4,800	4,667	5,643
3	GANADO	AZ	APACHE	2,202	2,169	2,504
4	TWIN LAKES	NM	McKINLEY	1,990	1,963	2,212
5	DILKON	AZ	NAVAJO	1,960	1,933	2,110
6	RED LAKE	AZ/NM	APACHE/McKINLEY	1,794	1,752	2,028
7	NAHATADZIL	AZ	APACHE	1,572	1,550	1,731
8	KINLICHEE	AZ	APACHE	1,450	1,404	1,610
9	NASCHITTI	NM	SAN JUAN	1,411	1,363	1,500
10	TOHATCHI	NM	McKINLEY	1,256	1,240	1,450
11	HOUCK	AZ	APACHE	1,339	1,300	1,436
12	MEXICAN SPRINGS	NM	McKINLEY	1,212	1,180	1,418
13	GREASEWOOD	AZ	NAVAJO/APACHE	1,226	1,185	1,320
14	WHITE CONE	AZ	NAVAJO	1,210	1,176	1,284
15	STEAMBOAT	AZ	APACHE/NAVAJO	1,173	1,140	1,226
16	JEDDITO	AZ	NAVAJO/APACHE	961	936	1,180
17	WIDE RUINS	AZ	APACHE	1,008	984	1,095
18	SAWMILL	AZ	APACHE	982	966	1,054
19	INDIAN WELLS	AZ	NAVAJO	928	900	989
20	TEESTO	AZ	NAVAJO	844	820	930
21	CORNFIELDS	AZ	APACHE	815	803	911
22	KLGETOH	AZ	APACHE	846	826	909
23	LUPTON	AZ	APACHE	840	806	902
24	LOW MOUNTAIN	AZ	NAVAJO/APACHE	688	676	754
25	COYOTE CANYON	NM	McKINLEY	643	634	685
26	CRYSTAL	NM/AZ	SAN JUAN/APACHE/McKINLEY	562	555	670
27	OAK SPRINGS	AZ	APACHE	497	482	533
* Combination † Population						

Table 1.10. Population by chapter in Western Agency from most to least populated.

WESTERN AGENCY POPULATION LARGEST TO SMALLEST						
	CHAPTER	STATE	COUNTY	<i>Navajo in comb* pop†</i>	<i>Navajo alone pop†</i>	All race pop†
1	TUBA CITY	AZ	COCONINO	7,608	7,354	9,265
2	KAYENTA	AZ	NAVAJO	5,307	5,174	6,211
3	TONALEA	AZ	COCONINO	2,452	2,402	2,595
4	OLJATO	UT	SAN JUAN/ COCONINO/NAVAJO	2,040	1,973	2,214
5	SHONTO/COCONINO	AZ	NAVAJO	1,866	1,827	2,124
6	KAIBETO	AZ	COCONINO	1,881	1,858	1,963
7	BODAWAY	AZ	COCONINO	1,605	1,588	1,704
8	LECHEE	AZ	COCONINO	1,589	1,537	1,660
9	LEUPP	AZ	COCONINO	1,469	1,433	1,611
10	DENNEHOTSO	AZ	APACHE/SAN JUAN/NAVAJO	1,402	1,378	1,462
11	INSCRIPTION HOUSE	AZ	COCONINO/SAN JUAN/NAVAJO	1,161	1,139	1,252
12	CHILCHINBETO	AZ	NAVAJO/APACHE	1,067	1,048	1,165
13	CAMERON	AZ	COCONINO	1,020	982	1,122
14	BIRD SPRINGS	AZ	COCONINO/NAVAJO	772	751	795
15	COALMINE MESA	AZ	COCONINO	641	636	691
16	TOLANI LAKE	AZ	COCONINO/NAVAJO	606	597	647
17	COPPERMINE	AZ	COCONINO	545	535	590
18	NAVAJO MTN	UT/AZ	SAN JUAN/COCONINO /NAVAJO	501	475	542
* Combination † Population						

Table 1.11. Population by chapter in Northern Agency from most to least populated.

NORTHERN AGENCY POPULATION LARGEST TO SMALLEST						
	CHAPTER	STATE	COUNTY	<i>Navajo in comb* pop†</i>	<i>Navajo alone pop†</i>	All race pop†
1	SHIPROCK	NM	SAN JUAN	8,329	8,073	9,126
2	FRUITLAND	NM	SAN JUAN	2,538	2,433	2,751
3	ANETH	UT	SAN JUAN	1,820	1,802	1,989
4	SANOSTEE	NM/AZ	SAN JUAN/APACHE	1,676	1,660	1,795
5	SWEETWATER	AZ	APACHE	1,362	1,332	1,535
6	RED VALLEY	AZ/NM	NAVAJO/SAN JUAN	1,356	1,343	1,417
7	TEEC NOS POS	AZ/UT/NM	APACHE/SAN JUAN	1,212	1,178	1,301
8	NENAHNEZAD	NM	SAN JUAN	1,128	1,077	1,292
9	ROCK POINT	AZ	APACHE	1,218	1,203	1,273
10	RED MESA	UT/AZ	SAN JUAN/APACHE	1,144	1,132	1,222
11	HOGBACK	NM	SAN JUAN	1,150	1,124	1,215
12	TWO GREY HILLS	NM	SAN JUAN	1,102	1,063	1,157
13	MEXICAN WATER	AZ/UT	APACHE/SAN JUAN	851	829	933
14	SHEEP SPRINGS	NM	SAN JUAN	766	749	801
15	BECLABITO	NM/AZ	SAN JUAN/APACHE	718	707	749
16	NEWCOMB	NM	SAN JUAN	550	544	629
17	GADII'AH	NM	SAN JUAN	495	478	550
18	SAN JUAN	NM	SAN JUAN	500	500	500
19	COVE	AZ	APACHE	420	412	430
20	BURNHAM	NM	SAN JUAN	257	256	280
* Combination † Population						

States

The Navajo Nation extends into Arizona, New Mexico, and Utah, and borders Colorado. The following charts provide the total population and total Navajo population by chapter for each respective state. Arizona has the largest Navajo representation by population and chapters, followed by New Mexico, then Utah. For chapters that cover more than one state, as Red Valley Chapter, the population was tallied by the location of the chapter house (e.g., Red Valley Chapter is located in Arizona, but most of land base is in New Mexico). Populations from all states are included in the tally for chapters encompassing more than one state (e.g., Red Valley Chapter population is tallied from Arizona and New Mexico).

Table 2.1. Arizona Navajo chapters population by Navajo in combination, Navajo alone, and total with all races.

CHAPTER	COUNTY	AGENCY	Navajo in comb* pop†	Navajo alone pop†	All race pop†	
1	BIRD SPRINGS	COCONINO/NAVAJO	WESTERN	772	751	795
2	BLACK MESA	NAVAJO/APACHE	CENTRAL	378	376	428
3	BODAWAY	COCONINO	WESTERN	1,605	1,588	1,704
4	CAMERON	COCONINO	WESTERN	1,020	982	1,122
5	CHILCHINBETO	NAVAJO/APACHE	WESTERN	1,067	1,048	1,165
6	CHINLE	APACHE	CENTRAL	7,273	7,135	8,005
7	COALMINE MESA	COCONINO	WESTERN	641	636	691
8	COPPERMINE	COCONINO	WESTERN	545	535	590
9	CORNFIELDS	APACHE	FT DEFIANCE	815	803	911
10	COVE	APACHE	NORTHERN	420	412	430
11	DENNEHOTSO	APACHE/SAN JUAN/NAVAJO	WESTERN	1,402	1,378	1,462
12	DILKON	NAVAJO	FT DEFIANCE	1,960	1,933	2,110
13	FOREST LAKE	NAVAJO	CENTRAL	432	431	471
14	FORT DEFIANCE	APACHE/McKINLEY	FT DEFIANCE	4,979	4,752	5,856
15	GANADO	APACHE	FT DEFIANCE	2,202	2,169	2,504
16	GREASEWOOD	NAVAJO/APACHE	FT DEFIANCE	1,226	1,185	1,320
17	HARD ROCK	NAVAJO	CENTRAL	1,046	1,032	1,161
18	HOUCK	APACHE	FT DEFIANCE	1,339	1,300	1,436
19	INDIAN WELLS	NAVAJO	FT DEFIANCE	928	900	989
20	INSCRIPTION HOUSE	COCONINO/SAN JUAN/NAVAJO	WESTERN	1,161	1,139	1,252
21	JEDITO	NAVAJO/APACHE	FT DEFIANCE	961	936	1,180
22	KAIBETO	COCONINO	WESTERN	1,881	1,858	1,963
23	KAYENTA	NAVAJO	WESTERN	5,307	5,174	6,211
24	KINLICHEE	APACHE	FT DEFIANCE	1,450	1,404	1,610
25	KLAGETOH	APACHE	FT DEFIANCE	846	826	909
26	LECHEE	COCONINO	WESTERN	1,589	1,537	1,660
27	LEUPP	COCONINO	WESTERN	1,469	1,433	1,611
28	LOW MOUNTAIN	NAVAJO/APACHE	FT DEFIANCE	688	676	754
29	LUKACHUKAI	APACHE	CENTRAL	2,064	2,021	2,154
30	LUPTON	APACHE	FT DEFIANCE	840	806	902
31	MANY FARMS	APACHE	CENTRAL	2,476	2,444	2,738
32	MEXICAN WATER	APACHE/SAN JUAN	NORTHERN	851	829	933
33	NAHATADZIIL	APACHE	FT DEFIANCE	1,572	1,550	1,731
34	NAZLINI	APACHE	CENTRAL	1,155	1,129	1,260
35	OAK SPRINGS	APACHE	FT DEFIANCE	497	482	533
36	PINON	NAVAJO	CENTRAL	2,487	2,471	2,751
37	RED LAKE	APACHE/McKINLEY	FT DEFIANCE	1,794	1,752	2,028
38	ROCK POINT	APACHE	NORTHERN	1,218	1,203	1,273
39	RED VALLEY	APACHE/SAN JUAN	NORTHERN	1,356	1,343	1,417
40	ROUGH ROCK	APACHE	CENTRAL	856	844	947
41	ROUND ROCK	APACHE	CENTRAL	1,475	1,455	1,566
42	SAWMILL	APACHE	FT DEFIANCE	982	966	1054
43	SHONTO	NAVAJO/COCONINO	WESTERN	1,866	1,827	2,124
44	ST. MICHAELS	APACHE/McKINLEY	FT DEFIANCE	4800	4667	5643
45	STEAMBOAT	APACHE/NAVAJO	FT DEFIANCE	1,173	1,140	1,226
46	SWEETWATER	APACHE	NORTHERN	1,362	1,332	1,535
47	TACHEE/BLUE GAP	APACHE/NAVAJO	CENTRAL	1,133	1,123	1,178
48	TEEC NOS POS	APACHE/SAN JUAN	NORTHERN	1,212	1,178	1,301
49	TEESTO	NAVAJO	FT DEFIANCE	844	820	930
50	TOLANI LAKE	COCONINO/NAVAJO	WESTERN	606	597	647
51	TONALEA	COCONINO	WESTERN	2,452	2,402	2,595
52	TSAILE/WHEATFIELDS	APACHE/SAN JUAN	CENTRAL	2,053	2,015	2,250
53	TSELANI	APACHE	CENTRAL	1,332	1,312	1,425
54	TUBA CITY	COCONINO	WESTERN	7,608	7,354	9,265
55	WHIPPOORWILL	NAVAJO	CENTRAL	1,439	1,427	1,489
56	WHITE CONE	NAVAJO	FT DEFIANCE	1,210	1,176	1,284
57	WIDE RUINS	APACHE	FT DEFIANCE	1,008	984	1,095
* Combination	† Population	TOTAL		93,767	91,635	104,157

Table 2.2. Arizona Navajo chapters population from most to least by all races.

	CHAPTER	COUNTY	AGENCY	Navajo in comb* pop†	Navajo alone pop†	All race pop†
1	TUBA CITY	COCONINO	WESTERN	7,608	7,354	9,265
2	CHINLE	APACHE	CENTRAL	7,273	7,135	8,005
3	KAYENTA	NAVAJO	WESTERN	5,307	5,174	6,211
4	FORT DEFIANCE	APACHE/McKINLEY	FT DEFIANCE	4,979	4,752	5,856
5	ST. MICHAELS	APACHE/McKINLEY	FT DEFIANCE	4,800	4,667	5,643
6	PINON	NAVAJO	CENTRAL	2,487	2,471	2,751
7	MANY FARMS	APACHE	CENTRAL	2,476	2,444	2,738
8	TONALEA	COCONINO	WESTERN	2,452	2,402	2,595
9	GANADO	APACHE	FT DEFIANCE	2,202	2,169	2,504
10	TSAILE/WHEATFIELDS	APACHE/SAN JUAN	CENTRAL	2,053	2,015	2,250
11	LUKACHUKAI	APACHE	CENTRAL	2,064	2,021	2,154
12	SHONTO	NAVAJO/COCONINO	WESTERN	1,866	1,827	2,124
13	DILKON	NAVAJO	FT DEFIANCE	1,960	1,933	2,110
14	RED LAKE	APACHE/McKINLEY	FT DEFIANCE	1,794	1,752	2,028
15	KAIBETO	COCONINO	WESTERN	1,881	1,858	1,963
16	NAHATADZIL	APACHE	FT DEFIANCE	1,572	1,550	1,731
17	BODAWAY	COCONINO	WESTERN	1,605	1,588	1,704
18	LECHEE	COCONINO	WESTERN	1,589	1,537	1,660
19	LEUPP	COCONINO	WESTERN	1,469	1,433	1,611
20	KINLICHEE	APACHE	FT DEFIANCE	1,450	1,404	1,610
21	ROUND ROCK	APACHE	CENTRAL	1,475	1,455	1,566
22	SWEETWATER	APACHE	NORTHERN	1,362	1,332	1,535
23	WHIPPOORWILL	NAVAJO	CENTRAL	1,439	1,427	1,489
24	DENNEHOTSO	APACHE/SAN JUAN/NAVAJO	WESTERN	1,402	1,378	1,462
25	RED VALLEY	APACHE/SAN JUAN	NORTHERN	1,356	1,343	1,417
26	HOUCK	APACHE	FT DEFIANCE	1,339	1,300	1,436
27	TSELANI	APACHE	CENTRAL	1,332	1,312	1,425
28	GREASEWOOD	NAVAJO/APACHE	FT DEFIANCE	1,226	1,185	1,320
29	TEEC NOS POS	APACHE/SAN JUAN	NORTHERN	1,212	1,178	1,301
30	WHITE CONE	NAVAJO	FT DEFIANCE	1,210	1,176	1,284
31	ROCK POINT	APACHE	NORTHERN	1,218	1,203	1,273
32	NAZLINI	APACHE	CENTRAL	1,155	1,129	1,260
33	INSCRIPTION HOUSE	COCONINO/SAN JUAN/NAVAJO	WESTERN	1,161	1,139	1,252
34	STEAMBOAT	APACHE/NAVAJO	FT DEFIANCE	1,173	1,140	1,226
35	JEDDITO	NAVAJO/APACHE	FT DEFIANCE	961	936	1,180
36	TACHEE/BLUE GAP	APACHE/NAVAJO	CENTRAL	1,133	1,123	1,178
37	CHILCHINBETO	NAVAJO/APACHE	WESTERN	1,067	1,048	1,165
38	HARD ROCK	NAVAJO	CENTRAL	1,046	1,032	1,161
39	CAMERON	COCONINO	WESTERN	1,020	982	1,122
40	WIDE RUINS	APACHE	FT DEFIANCE	1,008	984	1,095
41	SAWMILL	APACHE	FT DEFIANCE	982	966	1,054
42	INDIAN WELLS	NAVAJO	FT DEFIANCE	928	900	989
43	ROUGH ROCK	APACHE	CENTRAL	856	844	947
44	MEXICAN WATER	APACHE/SAN JUAN	NORTHERN	851	829	933
45	TEESTO	NAVAJO	FT DEFIANCE	844	820	930
46	CORNFIELDS	APACHE	FT DEFIANCE	815	803	911
47	KLAGETOH	APACHE	FT DEFIANCE	846	826	909
48	LUPTON	APACHE	FT DEFIANCE	840	806	902
49	BIRD SPRINGS	COCONINO/NAVAJO	WESTERN	772	751	795
50	LOW MOUNTAIN	NAVAJO/APACHE	FT DEFIANCE	688	676	754
51	COALMINE MESA	COCONINO	WESTERN	641	636	691
52	TOLANI LAKE	COCONINO/NAVAJO	WESTERN	606	597	647
53	COPPERMINE	COCONINO	WESTERN	545	535	590
54	OAK SPRINGS	APACHE	FT DEFIANCE	497	482	533
55	FOREST LAKE	NAVAJO	CENTRAL	432	431	471
56	COVE	APACHE	NORTHERN	420	412	430
57	BLACK MESA	NAVAJO/APACHE	CENTRAL	378	376	428
	* Combination	† Population	TOTAL	93,767	91,635	104,157

Table 2.3. New Mexico Navajo chapters population by *Navajo in combination*, *Navajo alone*, and total with all races.

	CHAPTER	COUNTY	AGENCY	<i>Navajo in comb*</i> pop†	<i>Navajo alone pop†</i>	All race pop†
1	ALAMO	SOCORRO/CIBOLA	EASTERN	1,873	1,826	2,006
2	BACA	McKINLEY/CIBOLA	EASTERN	731	725	789
3	BECENTI	McKINLEY	EASTERN	377	367	403
4	BECLABITO	SAN JUAN/APACHE	NORTHERN	718	707	749
5	BREAD SPRINGS	McKINLEY	EASTERN	850	843	908
6	BURNHAM	SAN JUAN	NORTHERN	257	256	280
7	CANONCITO	CIBOLA/BERNALLILO/SANDOVAL	EASTERN	1,423	1,389	1,591
8	CASAMERO LAKE	McKINLEY	EASTERN	464	460	518
9	CHICHILTAH	McKINLEY	EASTERN	1,334	1,333	1,443
10	CHURCH ROCK	McKINLEY	EASTERN	2,653	2,626	2,868
11	COUNSELOR	SANDOVAL/RIO ARRIBA/SAN JUAN	EASTERN	721	708	870
12	COYOTE CANYON	McKINLEY	FT DEFIANCE	643	634	685
13	CROWNPOINT	McKINLEY	EASTERN	2,320	2,263	2,729
14	CRYSTAL	SAN JUAN/APACHE/McKINLEY	FT DEFIANCE	562	555	670
15	FRUITLAND	SAN JUAN	NORTHERN	2,538	2,433	2,751
16	GADII'AH	SAN JUAN	NORTHERN	495	478	550
17	HOGBACK	SAN JUAN	NORTHERN	1,150	1,124	1,215
18	HUERFANO	SAN JUAN	EASTERN	2,466	2,404	2,633
19	IYANBITO	McKINLEY	EASTERN	808	790	890
20	LAKE VALLEY	SAN JUAN/McKINLEY	EASTERN	287	286	306
21	LITTLEWATER	McKINLEY	EASTERN	402	402	427
22	MANUELITO	McKINLEY	EASTERN	223	223	264
23	MARIANO LAKE	McKINLEY	EASTERN	786	784	823
24	MEXICAN SPRINGS	McKINLEY	FT DEFIANCE	1,212	1,180	1,418
25	NAGEEZI	SAN JUAN	EASTERN	1,010	994	1,095
26	NAHODISHGISH	McKINLEY	EASTERN	384	378	408
27	NASCHITTI	SAN JUAN	FT DEFIANCE	1,411	1,363	1,500
28	NENAHNEZAD	SAN JUAN	NORTHERN	1,128	1,077	1,292
29	NEWCOMB	SAN JUAN	NORTHERN	550	544	629
30	OJO ENCINO	McKINLEY	EASTERN	584	567	688
31	PINEDALE	McKINLEY	EASTERN	1,015	993	1,109
32	PUEBLO PINTADO	McKINLEY	EASTERN	359	354	419
33	RAMAH	CIBOLA/McKINLEY	EASTERN	1,236	1,206	1,400
34	RED ROCK	McKINLEY	EASTERN	1,694	1,666	1,866
35	ROCK SPRINGS	McKINLEY	EASTERN	988	974	1,086
36	SAN JUAN	SAN JUAN	NORTHERN	500	500	500
37	SANOSTEE	SAN JUAN/APACHE	NORTHERN	1,676	1,660	1,795
38	SHEEP SPRINGS	SAN JUAN	NORTHERN	766	749	801
39	SHIPROCK	SAN JUAN	NORTHERN	8,329	8,073	9,126
40	SMITH LAKE	McKINLEY	EASTERN	828	811	951
41	STANDING ROCK	McKINLEY	EASTERN	568	548	641
42	THOREAU	McKINLEY	EASTERN	1,181	1,141	1,433
43	TOHATCHI	McKINLEY	FT DEFIANCE	1,256	1,240	1,450
44	TORREON	SANDOVAL	EASTERN	1,315	1,300	1,612
45	TSAYATOH	McKINLEY	EASTERN	574	555	658
46	TWIN LAKES	McKINLEY	FT DEFIANCE	1,990	1,963	2,212
47	TWO GREY HILLS	SAN JUAN	NORTHERN	1,102	1,063	1,157
48	WHITE HORSE	McKINLEY	EASTERN	383	373	406
49	WHITE ROCK	SAN JUAN/McKINLEY	EASTERN	75	75	76
	* Combination	† Population	TOTAL	57,557	56,306	63,513

Table 2.4. New Mexico Navajo chapters population from most to least by all races.

	CHAPTER	COUNTY	AGENCY	Navajo in comb* pop†	Navajo alone pop†	All race pop†
1	SHIPROCK	SAN JUAN	NORTHERN	8,329	8,073	9,126
2	CHURCH ROCK	McKINLEY	EASTERN	2,653	2,626	2,868
3	FRUITLAND	SAN JUAN	NORTHERN	2,538	2,433	2,751
4	CROWNPOINT	McKINLEY	EASTERN	2,320	2,263	2,729
5	HUERFANO	SAN JUAN	EASTERN	2,466	2,404	2,633
6	TWIN LAKES	McKINLEY	FT DEFIANCE	1,990	1,963	2,212
7	ALAMO	SOCORRO/CIBOLA	EASTERN	1,873	1,826	2,006
8	RED ROCK	McKINLEY	EASTERN	1,694	1,666	1,866
9	SANOSTEE	SAN JUAN/APACHE	NORTHERN	1,676	1,660	1,795
10	TORREON	SANDOVAL	EASTERN	1,315	1,300	1,612
11	CANONCITO	CIBOLA/BERNALLILO/SANDOVAL	EASTERN	1,423	1,389	1,591
12	HASCHITTI	SAN JUAN	FT DEFIANCE	1,411	1,363	1,500
13	TOHATCHI	McKINLEY	FT DEFIANCE	1,256	1,240	1,450
14	CHICHILTAH	McKINLEY	EASTERN	1,334	1,333	1,443
15	THOREAU	McKINLEY	EASTERN	1,181	1,141	1,433
16	MEXICAN SPRINGS	McKINLEY	FT DEFIANCE	1,212	1,180	1,418
17	RAMAH	CIBOLA/McKINLEY	EASTERN	1,236	1,206	1,400
18	NENAHNEZAD	SAN JUAN	NORTHERN	1,128	1,077	1,292
19	HOGBACK	SAN JUAN	NORTHERN	1,150	1,124	1,215
20	TWO GREY HILLS	SAN JUAN	NORTHERN	1,102	1,063	1,157
21	PINEDALE	McKINLEY	EASTERN	1,015	993	1,109
22	NAGEEZI	SAN JUAN	EASTERN	1,010	994	1,095
23	ROCK SPRINGS	McKINLEY	EASTERN	988	974	1,086
24	SMITH LAKE	McKINLEY	EASTERN	828	811	951
25	BREAD SPRINGS	McKINLEY	EASTERN	850	843	908
26	IYANBITO	McKINLEY	EASTERN	808	790	890
27	COUNSELOR	SANDOVAL/RIO ARRIBA/SAN JUAN	EASTERN	721	708	870
28	MARIANO LAKE	McKINLEY	EASTERN	786	784	823
29	SHEEP SPRINGS	SAN JUAN	NORTHERN	766	749	801
30	BACA	McKINLEY/CIBOLA	EASTERN	731	725	789
31	BECLABITO	SAN JUAN/APACHE	NORTHERN	718	707	749
32	OJO ENCINO	McKINLEY	EASTERN	584	567	688
33	COYOTE CANYON	McKINLEY	FT DEFIANCE	643	634	685
34	CRYSTAL	SAN JUAN/APACHE/McKINLEY	FT DEFIANCE	562	555	670
35	TSAYATOH	McKINLEY	EASTERN	574	555	658
36	STANDING ROCK	McKINLEY	EASTERN	568	548	641
37	NEWCOMB	SAN JUAN	NORTHERN	550	544	629
38	GADII' AHI	SAN JUAN	NORTHERN	495	478	550
39	CASAMERO LAKE	McKINLEY	EASTERN	464	460	518
40	SAN JUAN	SAN JUAN	NORTHERN	500	500	500
41	LITTLEWATER	McKINLEY	EASTERN	402	402	427
42	PUEBLO PINTADO	McKINLEY	EASTERN	359	354	419
43	NAHODISHGISH	McKINLEY	EASTERN	384	378	408
44	WHITE HORSE	McKINLEY	EASTERN	383	373	406
45	BECENTI	McKINLEY	EASTERN	377	367	403
46	LAKE VALLEY	SAN JUAN/McKINLEY	EASTERN	287	286	306
47	BURNHAM	SAN JUAN	NORTHERN	257	256	280
48	MANUELITO	McKINLEY	EASTERN	223	223	264
49	WHITE ROCK	SAN JUAN/McKINLEY	EASTERN	75	75	76
	* Combination	† Population	TOTAL	57,551	56,306	63,513

Table 2.5. Utah Navajo chapters population by Navajo in combination, Navajo alone, and total with all races.

	CHAPTER	COUNTY	AGENCY	Navajo in comb* pop†	Navajo alone pop†	All race pop†
1	ANETH	SAN JUAN	NORTHERN	1,820	1,802	1,989
2	NAVAJO MOUNTAIN	SAN JUAN/NAVAJO/COCONINO/	WESTERN	501	475	542
3	OLJATO	SAN JUAN/COCONINO/NAVAJO	WESTERN	2040	1,973	2,214
4	RED MESA	SAN JUAN/APACHE	NORTHERN	1,144	1,132	1,222
	* Combination	† Population	TOTAL	5,505	5,382	5,967

Table 2.6. Utah Navajo chapters population from most to least by all races.

	CHAPTER	COUNTY	AGENCY	Navajo in comb* pop†	Navajo alone pop†	All race pop†
1	OLJATO	SAN JUAN/COCONINO/NAVAJO	WESTERN	2,040	1,973	2,214
2	ANETH	SAN JUAN	NORTHERN	1,820	1,802	1,989
3	RED MESA	SAN JUAN/APACHE	NORTHERN	1,144	1,132	1,222
4	NAVAJO MOUNTAIN	SAN JUAN/NAVAJO/COCONINO	WESTERN	501	475	542
	* Combination	† Population	TOTAL	5,505	5,382	5,967

Discussion

Public health entails the health of populations based on race, ethnicity and geography. The uniqueness of the Navajo people and the reservation status prompts Navajo public health programs to look into both environments. Upon becoming the Navajo Department of Health, the geography of the Navajo Nation will fall under the jurisdiction of the Navajo Nation. The Navajo Nation will have jurisdiction over all people within their territorial boundaries, in this case, the Navajo Indian Reservation. The status of Navajos who do not live on the reservation needs clarification and further discussion.

Many Navajos living off the reservation still claim and identify a relationship to Navajo Nation. They are registered voters; maintain cultural and familial ties; and have political rights through the Bureau of Indian Affairs (BIA) Certificate of Indian Blood (CIB) blood quantum program. Therefore, it is important to include Navajos outside the geographic boundaries of the Navajo Nation. Including all Navajos (332,129) in the U.S. as a denominator can be used as a health indicator to compare to other tribes, races and ethnicities. Total population on Navajo Nation can be used as a health indicator for programs solely focused on the Navajo Nation. Since the Navajo Nation extends/borders three states, it is also important to review the population on Navajo Nation and these states.

Since, there are a lot of young Navajos living outside the Navajo Nation boundaries and living in the metropolitan areas, it raises a question on how it impacts the Navajo Nation. Further research needs to be conducted to understand the dynamics of why Navajos aged 20 through 39 years do not live on the Navajo Nation. We could hypothesize it is due to lack of jobs, opportunities, housing, higher education, and business on the reservation. The socio-economic status of the Navajo Nation needs to be further researched to aid programs on the Navajo Nation to guide and foster those the Navajo Nation serves.

Another issue found in the Profile is there are more women than men for the *Navajo in combination* and *Navajo alone* population overall. In Figure 39, an analysis was done to determine the difference between male and female populations for Navajo by percentages. The chart displays a generally equal distribution of gender for the 0-9 age group (less than one percent) for all populations. Despite the almost equal distribution of gender, the chart depicts a higher percentage of males for the 0-19 age group, ranging from 0.7 percent to 3.1 percent more than the female population. As the years progress, females lead in population for *Navajo in combination* and *Navajo alone* in U.S. for the 20-29 age group while males lead in population on Navajo Nation at eight percent (8 percent) difference. The age distribution is largest at 0.4 percent for the 30-39 age group on Navajo Nation, while females lead in population in U.S. by approximately ten percent (10%). At the 40-49 age group, females lead in population for all age groups with the largest difference at fifty-seven percent (57 percent) for the eighty and over (80+) age group.

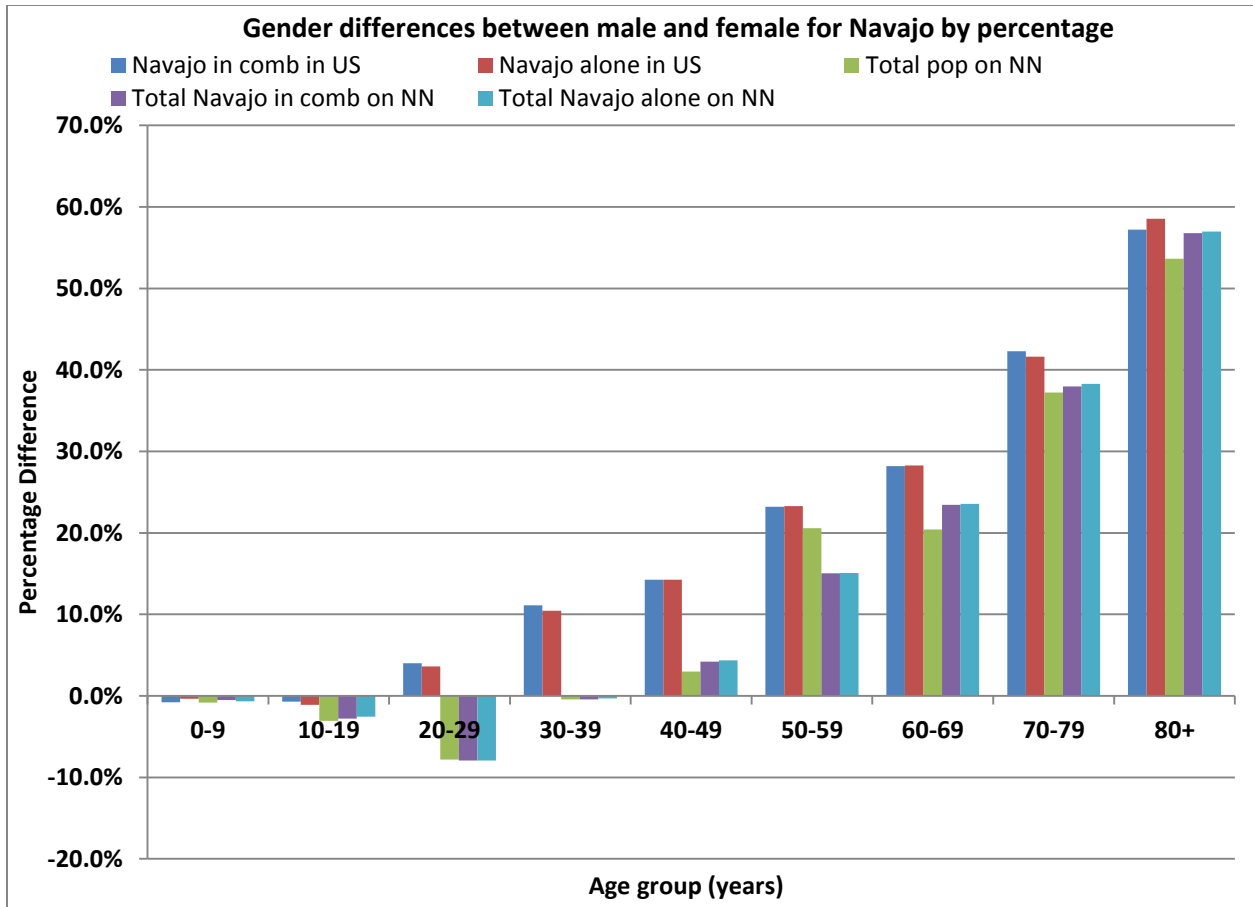


Figure 39. Gender differences between male and female for Navajo by percentage.

A possible explanation is that male in this age range have a higher mortality rate due to alcoholism, injury, or other preventable diseases. Discussion surrounding the gender differences is a topic well under discussion among programs on the Navajo Nation, especially in epidemiology. If there is an equal distribution of gender from birth to nine years of age, why is there a higher population of women starting at the 40-49 age group? Some hypotheses were derived at staff discussions pertaining to the gender population differences. From the Navajo Nation Mortality Report 2006-2009, there is a high number of deaths reported for Navajo males with unintentional injuries as the leading cause of death for Navajo Nation from 2006-2009, accounting for 18.9 percent of all deaths.⁵ Unintentional injuries are the fifth leading cause of death in the U.S., and account for only 4.8 percent of all deaths. The age-adjusted mortality rate for unintentional injuries is 126.5 per 100,000 for Navajo Nation and 37.3 per 100,000 for the U.S. in 2009. The five leading cause of unintentional injury deaths are:

1. motor vehicle crashes (289 deaths)
2. pedestrian (116 deaths)
3. falls (75 deaths)
4. unintentional alcohol poisoning (73 deaths)
5. exposure to cold (66 deaths).

Deaths due to chronic liver disease and cirrhosis is the fifth leading cause of death for Navajo Nation, accounting for 5.6 percent of all deaths, whereas chronic liver disease and cirrhosis is the twelfth leading cause of death for the U.S. accounting for 1.3 percent of all deaths. The age-adjusted mortality rates for chronic liver disease and cirrhosis are 43.1 per 100,000 and 9.2 per 100,000 for Navajo Nation and U.S. respectively.

The age adjusted all-cause mortality rates for Navajo Nation are 876.7 per 100,000 and 692.8 per 100,000 for males and females, respectively. Some key health issues for which the Navajo male mortality rate is higher than the Navajo female mortality rate are listed in the table below.

Table 3.1. Leading causes of death and mortality rates by sex, 2006-2009.

<u>Cause</u>	<u>Mortality Rate</u>	
	<u>Male</u>	<u>Female</u>
Unintentional Injury	193.1	53.0
Diabetes	62.6	28.2
Suicide	31.4	5.3
Alcohol Dependence Syndrome	23.9	6.3
Assault	21.1	4.4
Hypertensive disease	15.8	5.9
Chronic Obstruction Pulmonary Disease	13.1	5.3

The 2005 Community Health Status Assessment Report⁴ and 2004 Chapter Images⁶ have also reported on the Navajo population prior to the 2010 U.S. Census enumeration. The trend of Navajo population by numbers and the 10 year percent differences in population growth indicate more Navajos living outside the exterior boundaries of the Navajo Nation based on the 2005 MAPP and 2004 Chapter Images, Table 3.1.

Table 3.2. Population of the Navajo and U.S., 1980-2010 Trend, and Percent of Navajos off-reservation

<u>Population</u>	<u>1980</u>	<u>1990</u>	<u>2000</u>	<u>2010</u>
Navajo alone population on Navajo Nation	125,449*	136,253	167,539	156,823
Total population (all races) on Navajo Nation	140,984	155,876	180,462	173,667
Navajo in combination population in U.S.	158,633	219,198	298,197	332,129
Total U.S. population	226,545,805	248,709,873	281,421,906	308,745,538
Percent Navajos living off-reservation	20.9%	37.8%	43.8%	52.7%

*Note: The 1980 Navajos alone numbers were calculated using 95 percent of the total numbers of American Indian living on Navajo Nation, from 1996 Chapter Images.⁷

Table 3.3. Ten-year percent and 1980-2010 differences in Navajo population

<u>Population</u>	<u>10 year differences</u>			<u>20 year difference</u>
	<u>1980-1990</u>	<u>1990-2000</u>	<u>2000-2010</u>	<u>1980-2010</u>
Navajo population on Navajo Nation	8.6%	22.9%	-6.3%	25.0%
Total population (all races) on Navajo Nation	10.5%	15.7%	-3.7%	23.2%
Navajo population in U.S.	38.1%	36.0%	11.3%	109.4%
Total U.S. population	9.7%	13.1%	9.7%	36.3%

Data source: census.gov

The tables above show a population increase of 109.4 percent for all Navajo in the U.S. and a population decrease of 6.3 percent for the Navajo population on Navajo Nation. Some changes were implemented in the reporting system for races and enumeration methodology that includes self-reporting of more than one race. The table shows a large increase in Navajo population in the U.S. from years 1980 to 2010.

The population figures differ for Navajos living on the reservation compared to those living in the border towns and metropolitan areas. From the age distribution, it appears most Navajos are returning to the reservation at the 40-49 age group. Thereafter, a majority of Navajos are living on the Navajo Nation when compared with border towns and metropolitan areas.

Some key health areas to focus are the high mortality rates for men. Table 3.1 identifies some of the key factors leading to the cause of death for Navajo males, with unintentional injuries as the leading cause. These areas need further attention for planning, prevention, education, and awareness.

Recommendations

- 1) Use *Navajo in combination* population as denominator when comparing to other tribes, races and ethnicities. For example, when using *Navajo in combination* to determine prevalence and incidence rates for diseases such as diabetes, coronary artery disease, cirrhosis of the liver, alcohol dependence syndrome, HIV, sexually transmitted disease, cancer, etc.

$$\text{Prevalence rate} = \frac{\text{Number of old and new cases within a specific time frame}}{\text{Navajo in combination population}}$$

$$\text{Incidence rate} = \frac{\text{Number of new cases within a specific time frame}}{\text{Navajo in combination population}}$$

Rates can also be geographically established within the Navajo Nation to provide comparisons between states, agencies, and/or chapters.

Example of prevalence rate comparison between Navajo agencies:

$$\text{Prevalence rate} = \frac{\text{Number of old and new cases in Central Agency}}{\text{Total Navajo in combination population in Central Agency}}$$

$$\text{Prevalence rate} = \frac{\text{Number of old and new cases in Northern Agency}}{\text{Total Navajo in combination population in Northern Agency}}$$

$$\text{Prevalence rate} = \frac{\text{Number of old and new cases in Western Agency}}{\text{Total Navajo in combination population in Western Agency}}$$

- 2) Use *Navajo alone* population as denominator when comparing to *Navajo in combination* population. The Profile portrays an increase in *Navajo in combination* population for the younger population. Some diseases are associated to race and genetics such as rare diseases, therefore, it is highly important to differentiate between these cases to better understand the dynamics of diseases.
- 3) Provide prevention education on alcohol, substance abuse, suicide, assault, unintentional injury, and promote healthy lifestyles for Navajo males starting at age 10.
- 4) Establish epidemiologic surveillance systems for behavioral health, cancer, infectious diseases, and chronic disease within NDOH.
- 5) Establish a Navajo data work group or committee consisting of programs within the Navajo Nation including:
 - Division of Public Safety
 - Emergency Management System
 - Division of Social Services
 - Division of Health
 - Indian Health Services
 - Department of Diné Education
 - Department of Justice
 - Navajo Nation Council and Legislative Services
 - Environmental Protection Agency
 - Other pertinent programs aimed at enhancing the public health of the Navajo Nation.

Conclusion

The goal of the Navajo Population Profile is to provide all programs within the Navajo Division of Health to better understand the parameters of the Navajo population in the U.S., on Navajo Nation, in border towns, and metropolitan areas. The age distributions can help programs define areas to focus on with prevention, treatment, and planning from child to geriatric health. Additionally, the Profile shows females having a larger population after the age of forty which could be related to the high mortality rates for men.

The Profile can help to determine prevalence and incidence rates at the national, state, agency, and chapter level. Developing a surveillance system for chronic, communicable, and non-communicable diseases on the Navajo Nation would highly benefit the nation. As the Navajo Nation embarks on transitioning to a Department of Health, the Profile can guide planners, administration, and leaders to develop a health profile for the Navajo Nation. Upon determining

prevalence and incidence rates for chapters and agencies, comparisons can be made to target areas with high priorities and needs.

Since, Navajos were represented in all parts of the country, one of the goals of the Profile is to reach programs off the reservation to be used by researchers, planners, and leaders in developing public health initiatives for the entire Navajo people. With a Navajo population increase of 11.3 percent in the U.S. and a decrease of 6.3 percent on the Navajo Nation between 2000 and 2010, leaders of the Navajo Nation need to focus on how to address and provide services for the Navajo population. Non-NDOH programs can use the Profile to create jobs and for economic development, as they are key services to bring Navajos back to the reservation. Providing a decent salary for educated Navajos can prompt them to return to Navajo Nation rather than losing Navajo talent to other programs outside the reservation.

A main platform for the current Navajo Nation administration and executive is sovereignty.⁸ For sovereignty to occur, the nation needs to be reaffirmed and strengthened through preservation and continued building of the Navajo culture. A major social determinant of health is education. Studies have shown that populations with low educational attainment results in poor health and vice-versa; high educational attainment results in good health. The NDOH is only a portion to the entire function and body of the nation. Other programs (i.e. education, public safety, social services, environmental) are an integral part of the entire system, function, and health of the nation. All programs and networks need to work efficiently and effectively; collaborate by discouraging silo operations; and continue to strive for the best to meet the demands of a healthier Navajo Nation.

It is recommended the Navajo Nation become the owners of Navajo data for all Navajo in the U.S. to enable, evaluate, analyze, and assess data pertaining to the health status of the Navajo people. Sovereignty is a powerful right inherited from our foremothers and forefathers when treaties were established with the federal government in exchange for land and resources. Sovereignty is embedded in the current Indian Health Care Improvement Act⁹ giving tribal nations the authority over their geographical locations and people. This inherit right called sovereignty takes an enormous amount of energy to make it capable of protecting and preserving the Navajo culture, and through that, the Navajo Population Profile can take a step toward reaching the nation's full capacity as a sovereign nation.

References

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2. U.S. Census Bureau, 2010 Census. American Indian and Alaska Native Summary File. DP-1 - Profile of General Population and Housing Characteristics: 2010.
3. San Juan Chapter was not included in Census 2010. I called San Juan Chapter and was informed they were the last chapter to join the Navajo Nation. They reported they have a population estimate of 500 which is included with Fruitland/Nenahnezad Chapter in Census 2010 figures. I subtracted 500 from the Fruitland/Nenahnezad population count and added to the San Juan Chapter population count for the Profile.
4. 2005 Navajo Community Health Status Assessment. Navajo Area Indian Health Service Office of Program Planning and Evaluation. 2005.
5. Navajo Nation Mortality Report, 2006-2009. Navajo Division of Health Navajo Epidemiology Center. 2013.
6. Chapter Images 2004: Profiles of 110 Navajo Nation Chapters. Navajo Division of Community Development, April 2004.
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9. Indian Health Care Improvement Act – 25 U.S. Code Chapter 18.
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