

# Oregon Community Demographics

Cultural Humility & Responsive Service Delivery • THW Continuing Education

## FACT SHEET

# Oregon Community Demographics

Oregon's population is increasingly diverse. Understanding our communities helps you provide culturally responsive support. A printable PDF version is available in your course materials.

## Oregon Population Overview

Measure	Value
Total Population (2023 est.)	4.2 million
Urban Population	81%
Rural Population	19%
Foreign-Born	~10%
Languages Spoken at Home (other than English)	~15%

## Racial & Ethnic Composition

Group	% of Population
White (non-Hispanic)	71%
Hispanic/Latino	14%
Asian American	5%
Multiracial	5%
Black or African American	2%
American Indian / Alaska Native	1%
Native Hawaiian / Pacific Islander	<1%

## Mental Health Disparities by Population

Population	Key Disparity

Native Americans	Suicide rate 2x state average
Black Oregonians	Less likely to receive mental health treatment
LGBTQ+ Youth	4x more likely to attempt suicide than peers
Latinx Communities	Lower rates of treatment-seeking due to language and immigration concerns
Rural Residents	Higher suicide rates; limited service access

## Communities of Color and Historical Trauma

### Native American Communities

- 9 federally recognized tribes in Oregon
- Forced removal and boarding school legacy
- Cultural healing practices central to recovery
- Ongoing sovereignty and self-determination work

### Black Oregonians

- Founded with Black exclusion laws (1844)
- Redlining and urban renewal displacement
- Vanport flood (1948) displacement
- Concentrated in Portland and major urban areas

### Latinx Communities

- Largest community of color in Oregon (14%)
- Concentrated in agricultural regions
- Many migrant worker families
- Immigration enforcement fears affect help-seeking

### Asian American Communities

- Diverse subgroups with very different experiences
- History of Chinese Exclusion Act, Japanese internment
- “Model minority” stereotype masks real needs
- Stigma around mental health services in many communities

## LGBTQ+ Considerations

### Key practice

Use chosen names and pronouns. At first meeting, ask: “What name and pronouns should I use for you?” Make this routine for everyone. This is not optional — it’s a baseline of respect that directly affects mental health

outcomes.

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