

## Mexico and its indigenous communities

Between many other things, indigenous communities add cultural richness so, we must work hard to ensure rights and equality for these important groups in our society

Mexico is the result of indigenous communities that unfortunately are forgotten. For this reason, it is important to coordinate the work of the three levels in the government and civil society to ensure their human rights and quality of life.

In Mexico we know that we are a multicultural country, which is the result of the sweat, efforts and hard work of indigenous communities. Over the last years, they asked for more participation and equality, just like the rest of the society, as they also want respect for their rights in many areas such as political, electoral, educational, economic, and especially cultural ones.

For this reason, it is important that the three levels in the government promote and ensure the rights of these communities to preserve their identities, the right to make decisions about their patrimony, and they also ask for respect to their land so that all the societies could live together.

**In Mexico, the National Institute of Indigenous Peoples (INPI) identified 68 ethnolinguistic groups, which are identified by the language they speak and the area where they are located**

Historically, indigenous communities have suffered exclusion and discrimination, which caused that many communities and cultures got lost. That fact also caused migratory flows to look for opportunities to improve the quality of life of their families.

### The indigenous communities with more population in Mexico



Nahuas, currently there are more than 2 million people



Mayas with almost a million and a half inhabitants



Mixtecas, they live in some areas in Guerrero, Puebla, and Oaxaca



Zapotecs with almost 800 thousand people who are located in different areas in Oaxaca

In Mexico and in many countries around the world indigenous communities face similar challenges at the moment of asking for recognition and protection to their fundamental rights. Unfortunately, they are between the most vulnerable and the most affected people, which causes shortages in educational, health, socio-cultural, and economic areas.

### According to the United Nations (UN) General Assembly:

- Indigenous communities consist of more than 5 thousand different groups in more than 90 countries.
- They are 370 million people, that is to say, they are more than 6% of the world population.
- They are between the most unfavored and vulnerable people, and they are almost 19% of the total amount of poor people.



Therefore, it is important to protect indigenous communities and their knowledge because their territories host 80% of biodiversity in the world. They can teach important lessons about how to find a balance among nature and the environment, a fact that is necessary these days especially during the COVID-19 pandemic that has affected the world for almost a year.

In the midst of the pandemic, indigenous communities are the most affected sector in economic issues and incomes due to limited access to health services, unhealthy conditions in water, hygiene, and sanitation.



### Did you know...?

- More than 86% of indigenous people in the world work in informal economy contexts
- Indigenous communities are three times more likely to live in extreme poverty conditions
- 47% of indigenous people who work did not have the chance of getting education

Unluckily, indigenous communities live this pandemic in poor health care conditions, lack of access to essential services, sanitation, and other preventive measures like: clean water, soap, sanitizer, etc. Most of the medical facilities do not have enough equipment and staff, and when indigenous people finally decide on going there, they have to face stigma and discrimination.

### Data

- During the pandemic, indigenous communities try to find their own solutions. Some of them take preventive measures and they use their knowledge and traditional practices, which are communicated and explained in their own languages.
- In some indigenous communities, food insecurity became the biggest challenge due to the lack of food.

In view of this, Congregación Mariana Trinitaria (CMT) contributes to welfare and development of indigenous communities through the CMT Welfare Ecosystem, whose integral approach supports groups and communities. The objective is to join efforts in specific issues through different networks, for example: food, health, education, productivity and financial inclusion.

Some of the actions underneath those chains are the programs called “Optimal water storage”, “Liquid milk and milk formula”, “Improvement of housing”, “Backyard gardens”, “Improved seeds for field crops”; and many other actions that are designed as long as communities present them as feasible actions in their natural, human, and cultural environments.

### Networks of CMT Welfare Ecosystem

Food 	Environment 	Education 	Human security 
Health 	Energy 	Water 	Productive and financial inclusion 
Housing 	Art, sports, culture, and youth 		Management and innovation of knowledge 

Those networks are directly or indirectly aligned to one or more of the 17 Sustainable Development Goals in the 2030 UN Agenda. The objective of that agenda is to lead the world programs to end poverty, fight against inequality and injustice.