



Race and Ethnicity at Mayo Clinic



Mayo Clinic is committed to welcoming and helping people of all races and ethnicities, from all backgrounds, cultures and experiences. As we work to do our best health care for you, we need to ask for your help: We would like to know about your race and ethnicity. Let us explain why...



Our Most Important Goal

Our most important goal is to provide care that meets your personal health needs.

That's why we ask every patient about their family history, personal health and lifestyle. We also collect some demographic information. Your race and ethnicity alone do not determine your health risks and benefits. But you and your care team can use this and other information to address your unique health care needs.

- The demographic information we collect includes things such as age, spoken language, gender identity, race and ethnicity. We share that information anonymously — without names — with agencies that assess hospitals across the country. These are the same assessments that have been used to name Mayo Clinic as one of the best hospitals in the United States.
- We also use the anonymous information in our research. Mayo Clinic studies many diseases. The information we collect during our research often leads to discoveries that help many people.
- Finally, we need this information because it helps us. We want to know whether we are accurately reflecting the communities we serve. If we need to do better, this information will help us learn that.



How You Can Help



We would like to confirm your race and ethnicity in our records.

Our staff is happy to help you.

- If you are at the Clinic for a visit, inform the desk staff that you would like to update your demographics.

Or you can update your information online.

- If you have an Online Patient Account (Patient Portal Account), you can update demographics by logging into [mayoclinic.org](https://www.mayoclinic.org) or use the Mayo Clinic app.
- Look for My Account or Personal Information to update demographics.

Remember: If you identify with more than one race, you can select all races that apply to you.

If you have questions or need help setting up or updating your Patient Portal account, contact Mayo Clinic Customer Assistance at 877-858-0398.

What Is Your Race?

There are **five racial groups**, called race categories. But there are **many specific races** that people often identify with. Select the **races** that you identify with. You may choose as many races as you wish. People of Hispanic or Latino descent can identify any races.

RACE CATEGORIES AND CHOICES TO SELF-REPORT

AMERICAN INDIAN OR ALASKA NATIVE

This category includes people with ancestors from any of the original people of North American, Central America and South America. The person maintains tribal affiliation or community attachment.

- American Indian/Alaskan Native
- American Indian/Alaskan Native Alaska Region Native
- American Indian/Alaskan Native Eastern Region Native
- American Indian/Alaskan Native Northern Plains Region Native
- American Indian/Alaskan Native Pacific Coast Region Native
- American Indian/Alaskan Native South West Region Native
- American Indian/Alaskan Native Southern Plains Region Native

ASIAN

This category includes people with ancestors from the Far East, Southeast Asia or the Indian subcontinent.

- Asian
- Asian Cambodian
- Asian Chinese
- Asian Filipino
- Asian Indian
- Asian Japanese
- Asian Korean
- Asian Laotian
- Asian Other
- Asian Pakistani
- Asian Taiwanese
- Asian Thai
- Asian Vietnamese

BLACK OR AFRICAN AMERICAN

This category includes people with ancestors from any of the Black racial groups of Africa.

- African
- African American
- American Born African
- Black or African American
- Black or African American Other
- Caribbean Black

NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER

This category includes people with ancestors from Hawaii, Guam, Samoa or other Pacific Islands.

- Guamanian or Chamorro
- Native Hawaii/Pacific Islander
- Native Hawaiian
- Other Pacific Islander
- Samoan

WHITE

This category includes people with ancestors from Europe, the Middle East or North Africa.

- White

To learn more about ethnicity, visit the US Census Bureau's website: [census.gov/topics/population.html](https://www.census.gov/topics/population.html)

What Is Your Ethnicity?

There are just two large ethnic groups, called categories. They are: **Hispanic or Latino** and **Not Hispanic or Latino**. But there are many specific ethnicities that people often identify with. Select the **ethnicity category** that you identify with.

ETHNICITY CATEGORIES AND CHOICES TO SELF-REPORT

HISPANIC OR LATINO

This category includes people with ancestors from:

- **Central American:** Includes people of Central American origin regardless of race.
- **Cuban:** Includes people of Cuban origin regardless of race.
- **Hispanic or Latino:** Includes people whose ancestors are from Central and South America and the Caribbean. They follow the customs and cultures of these areas and may speak Spanish.
- **Mexican:** Includes people born in Mexico and those born in the United States with Mexican ancestry. This also includes people who identify as Chicano.
- **Other Spanish culture or origin regardless of race.**
- **Puerto Rican:** Includes people of Puerto Rican origin regardless of race.
- **South American:** Includes people of South American origin regardless of race.

NOT HISPANIC OR LATINO

This category includes people with ancestors who are:

- **Not Hispanic or Latino:** A member of any ethnicity other than Hispanic or Latino.

To learn more about ethnicity, visit the US Census Bureau's website: [census.gov/topics/population.html](https://www.census.gov/topics/population.html)

*Thank You
For Your Help.*

