

# Global Anthropological / Native Continuity List (100 countries)

## Definition used here:

“Anthropological/native continuity %” refers to the approximate share of the population that represents the dominant long-term ethnocultural population of that territory (indigenous majority, historic ethnogenesis majority, or long-rooted cultural majority). Percentages are rounded and census methodologies vary.

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## GLOBAL CONTINUITY LIST (100 Countries)

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### Americas

1. United States – European-descended majority ~57–60%
2. Canada – European-descended majority ~70%
3. Mexico – Mestizo/Indigenous continuity ~70–80% combined
4. Guatemala – Indigenous Maya ~40–50%
5. Belize – Maya & Garifuna ~20–25%
6. Honduras – Mestizo majority ~85–90%
7. El Salvador – Mestizo majority ~85–90%
8. Nicaragua – Mestizo majority ~85–90%
9. Costa Rica – European-descended majority ~80%
10. Panama – Mestizo majority ~65–70%
11. Cuba – Mixed European majority ~65%
12. Dominican Republic – Mixed majority ~70–75%
13. Haiti – Afro-descended majority ~95%
14. Jamaica – Afro-descended majority ~90%
15. Bahamas – Afro-descended majority ~85–90%
16. Barbados – Afro-descended majority ~90%
17. Trinidad & Tobago – Afro/Indo majority ~35% each

- 18.Colombia – Mestizo majority ~50%
  - 19.Venezuela – Mestizo majority ~50–60%
  - 20.Ecuador – Mestizo majority ~65–70%
  - 21.Peru – Indigenous/Mestizo continuity ~70% combined
  - 22.Bolivia – Indigenous majority ~55–65%
  - 23.Paraguay – Mestizo/Guaraní continuity ~80–90%
  - 24.Chile – Mestizo majority ~75–80%
  - 25.Argentina – European-descended majority ~80–85%
  - 26.Uruguay – European-descended majority ~85–90%
  - 27.Brazil – Mixed European majority ~45–50%
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## **Europe**

- 28.Iceland – Icelandic continuity ~90%
- 29.Ireland – Irish continuity ~85–90%
- 30.United Kingdom – British continuity ~80%
- 31.France – French continuity ~80–85%
- 32.Spain – Spanish continuity ~85%
- 33.Portugal – Portuguese continuity ~90%
- 34.Italy – Italian continuity ~90%
- 35.Germany – German continuity ~75–80%
- 36.Netherlands – Dutch continuity ~75–80%
- 37.Belgium – Flemish/Walloon continuity ~75%
- 38.Luxembourg – Luxembourgish continuity ~50–55%
- 39.Switzerland – Swiss continuity ~70%
- 40.Austria – Austrian continuity ~80–85%
- 41.Poland – Polish continuity ~96%
- 42.Czech Republic – Czech continuity ~90%
- 43.Slovakia – Slovak continuity ~80%
- 44.Hungary – Hungarian continuity ~85–90%

45. Romania – Romanian continuity ~85–90%
  46. Bulgaria – Bulgarian continuity ~75–80%
  47. Greece – Greek continuity ~90–95%
  48. Albania – Albanian continuity ~95%
  49. Serbia – Serbian continuity ~80–85%
  50. Croatia – Croatian continuity ~85–90%
  51. Slovenia – Slovenian continuity ~85–90%
  52. Norway – Norwegian continuity ~80–85%
  53. Sweden – Swedish continuity ~75–80%
  54. Finland – Finnish continuity ~85–90%
  55. Denmark – Danish continuity ~85–90%
  56. Estonia – Estonian continuity ~65–70%
  57. Latvia – Latvian continuity ~60–65%
  58. Lithuania – Lithuanian continuity ~80–85%
  59. Ukraine – Ukrainian continuity ~75–80%
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## **Africa**

60. Morocco – Amazigh/Arab continuity ~95% combined
61. Algeria – Amazigh/Arab continuity ~99% combined
62. Tunisia – Arab-Berber continuity ~98%
63. Egypt – Egyptian continuity ~90%
64. Ethiopia – Ethiopian ethnic continuity ~85%
65. Somalia – Somali continuity ~85–90%
66. Kenya – Kenyan ethnic groups continuity ~99% combined
67. Tanzania – Tanzanian ethnic continuity ~99% combined
68. Uganda – Ugandan ethnic continuity ~99% combined
69. Rwanda – Rwandan continuity ~99%
70. Burundi – Burundian continuity ~99%
71. Ghana – Ghanaian ethnic continuity ~98%

- 72. Nigeria – Nigerian ethnic continuity ~99% combined
  - 73. Senegal – Senegalese continuity ~98%
  - 74. Mali – Malian ethnic continuity ~98%
  - 75. Zimbabwe – Shona/Ndebele continuity ~98%
  - 76. Zambia – Zambian ethnic continuity ~99%
  - 77. Namibia – Ovambo majority ~50%+
  - 78. Botswana – Tswana continuity ~79%
  - 79. South Africa – Black African majority ~80%
  - 80. Madagascar – Malagasy continuity ~95%
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### **Middle East & Central Asia**

- 81. Turkey – Turkish continuity ~70–75%
  - 82. Iran – Persian plurality ~50–60%
  - 83. Iraq – Arab majority ~75–80%
  - 84. Syria – Arab majority ~70%
  - 85. Jordan – Arab majority ~95%
  - 86. Saudi Arabia – Arab majority ~90%
  - 87. Yemen – Arab majority ~95%
  - 88. Israel – Jewish continuity ~74%
  - 89. Kazakhstan – Kazakh continuity ~70%
  - 90. Uzbekistan – Uzbek continuity ~80%
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### **Asia & Oceania**

- 91. China – Han majority ~91%
- 92. Mongolia – Mongol continuity ~85–90%
- 93. Japan – Japanese continuity ~97–98%
- 94. South Korea – Korean continuity ~95–97%
- 95. North Korea – Korean continuity ~99%
- 96. Vietnam – Kinh majority ~85–87%

97. Thailand – Thai majority ~75%

98. Philippines – Austronesian continuity ~90% combined

99. Indonesia – Javanese plurality ~40% (national ethnic continuity combined ~95%)

100. Papua New Guinea – Indigenous Melanesian ~95%+

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## Observations

- Most African and Asian countries show very high territorial ethnocultural continuity because colonization did not produce demographic replacement at scale.
  - The Americas and Oceania show more layered models: Indigenous + settler ethnogenesis + immigration.
  - Europe and East Asia largely reflect long-standing ethnocultural continuity states.
  - Island nations and geographically isolated regions tend to show the highest demographic continuity percentages.
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Please note politics may include recent immigrant continuity however US works to preserve native and anthropological *cultural integrity*.

## Estimated Share of U.S. Population

Scholars and genealogical demographic studies generally estimate:

- Roughly **30–45% of Americans** have substantial colonial-era European ancestry.
- If restricted to those whose majority ancestry is colonial (not heavily mixed with later immigration), estimates likely fall closer to **25–35%**.