

Black Women and Health Care Resources and Action Steps

Resources:

- **Black Maternal Health Momnibus Act of 2021** - <https://blackmaternalhealthcaucus-underwood.house.gov/Momnibus>
- **CDC 2018 Maternal Mortality Reports & other info** - <https://www.cdc.gov/nchs/maternal-mortality/index.htm>
- **2019 Article on Racism, Inequality and Health Care for African Americans** - https://production-tcf.imgix.net/app/uploads/2019/12/19172443/AfAmHealth_Jamila_PDF.pdf
- **[Protecting Your Birth: A Guide For Black Mothers](#)**
- Research paper on **Women of Color & Health Disparities**
https://lawreview.law.ucdavis.edu/issues/39/3/deconstructing-image-repertoire-women-of-color/DavisVol39No3_IKEMOTO.pdf
- https://www.cbcbinc.org/wp-content/uploads/2019/10/Black-Health-and-Black-Wealth_v2.pdf
- https://www.urban.org/sites/default/files/publication/49116/2000178-How-are-Income-and-Wealth-Linked-to-Health-and-Longevity.pdf?TB_iframe=true&width=921.6&height=921.6
- <https://www.rwjf.org/en/library/research/2011/04/how-social-factors-shape-health1.html>

ACTION STEPS

Citizens:

- “Arm yourself with information: Knowledge is the currency of freedom.” *Marianne A. Fray, CEO Maternity Care Coalition*
- Learn more about White Supremacy and how to dismantle it and be an antiracist
 - Listen to the podcast: *Seeing White* (<https://www.sceneonradio.org/seeing-white/>) which takes a deep dive into the questions: What is going on with white people? Where did the notion of “whiteness” come from? What does it mean? What is whiteness for?
 - Read the book: *How To Be An Antiracist* by Ibram X. Kendi
- Join grassroots/community organizing groups working toward health equity
- Invest in nonprofits working for health equity: www.maternitycarecoalition.org/support-us/
- Ask your local & state reps their positions on policies that promote health equity

- Connect pregnant people with a doula and/or home visiting services
- Promote birthing people's self-determination & awareness of their own body and symptoms

Providers:

- “Build authentic relationships with your patients by listening, asking questions, not making assumptions, and spending time to get to know your patients” – *Felicia Harris, Principal, HiTouch Enterprises*
- Challenge & dismantle individual and organizational racial biases
- Work to integrate implicit bias training in education of healthcare providers
- Diversify the healthcare workforce
- Utilize data from Maternal Mortality (MMR) & Perinatal Periods of Risk (PPOR) Reviews to improve access & quality of healthcare services

Advocates/Policy makers:

Support policies that work toward:

- Universal healthcare
- Paid family, medical & sick leave
- Universal affordable childcare
- Livable wages as defined by the Self-Sufficiency Standard, a realistic, geographically specific, and family composition-specific measure of income adequacy, and safe working conditions for everyone in our economy to thrive. (Read more about the Self-Sufficiency Standard: https://pathwayspa.org/wp-content/uploads/2020/01/PA2019_OverlookedUndercounted_Web.pdf)