

STRATEGIES TO OVERCOME RACISM'S IMPACT ON PREGNANCY OUTCOMES

TYPES OF RACISM

Institutionalized: Differential access to the goods, services, and opportunities of society by race.

Personally Mediated: Prejudice and discrimination, where prejudice means differential assumptions about the abilities, motives, and intentions of others according to their race, and discrimination means differential actions toward others according to their race.

Internalized: Acceptance by members of the stigmatized race(s) of negative messages about their own abilities and intrinsic worth.

REPRODUCTIVE JUSTICE

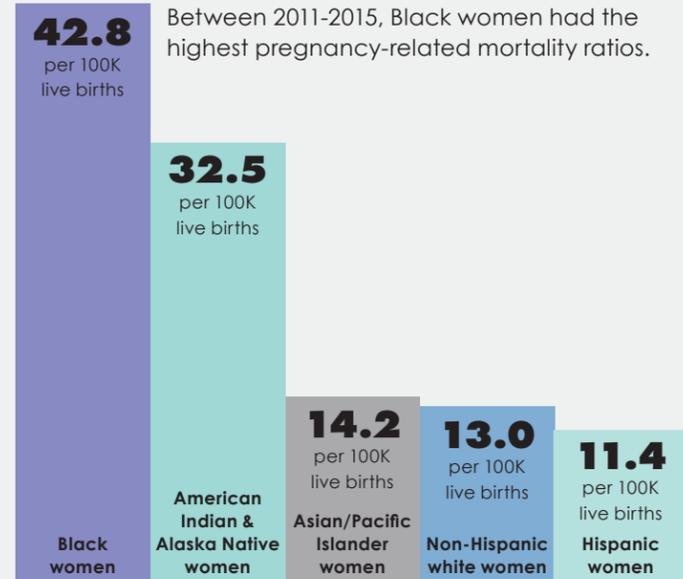
The human right to maintain personal bodily autonomy, have children, not have children, and parent children in safe and sustainable communities as defined by SisterSong Women of Color Reproductive Justice Collective.

IMPACTS

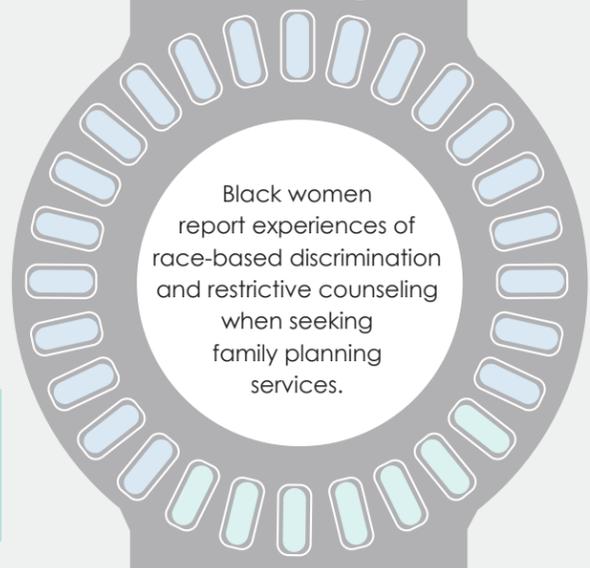
Health Care Providers are Less Likely to Respond to the Concerns of Black Women

Black women are **22% less likely** to receive an epidural than white women.

Black Women are Most Likely to Die



Black Women Face Barriers to Accessing their Preferred Method of Contraception

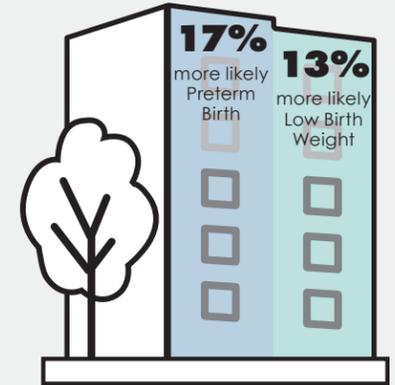


Black Infants are More Likely to Die Before Their First Birthday

The rate at which Black infants die within their first year of life is **more than twice** the rate of white infants.

Black Infants are More Likely to Be Born Early

Black women who live in the most segregated neighborhoods have an increased risk for poor birth outcomes as compared to Black women in less segregated neighborhoods.



STRATEGIES

Confront Your Own Racism and Act Against Personal Biases

A survey of maternal-fetal medicine subspecialists revealed

84%

agree that disparities impact their practice, but only

29%

believe personal biases affect how they care for patients.

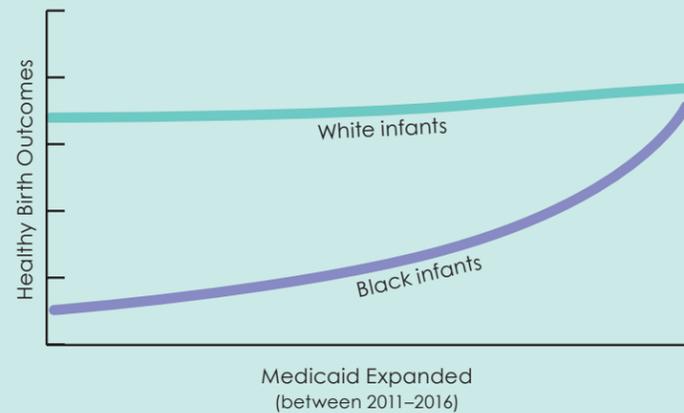


Offer Implicit Bias and Anti-Racism Training for Health Care Professionals

[Self-assessments are available online.](#)

Expand or Extend Medicaid

In states that expanded Medicaid between 2011-2016, Black-white disparities in key birth outcomes (preterm birth and low birth weight) significantly decreased:



Improve Maternal Health Data Collection and Reporting Methods,

including collecting data and expanding the evidence surrounding experiences of race-based discrimination in the health care system.

Increase Access to Quality, Comprehensive Reproductive Health Care

If Black women delivered at the same hospitals as white women, nearly **1,000 Black women each year could avoid severe morbidity events** during their delivery hospitalizations.



Commit to Diversifying the Health Care Workforce & Leadership

Relationships between patients and clinicians of the same racial or ethnic background are characterized by higher levels of trust and respect.

Black patients with Black physicians are **2.94 times**

more likely to report receiving all needed medical care compared to those with other physicians.

Black patients with Black physicians are **1.74 times**

more likely to report receiving preventive care compared to those with other physicians.