

# Staying informed about Black Maternal Health

Learning you are pregnant, giving birth and bonding with your newborn can be a joyous time in a women's life. But for many Black women, that happiness ends too soon.

Throughout generations, Black women in the United States have experienced inequities that have created poor maternal health outcomes.

## **Studies show:**

- Black women in the United States are three to four times more likely to experience a pregnancy-related death than White women.
- Black women experience higher rates of many preventable diseases and chronic health conditions. When a Black woman becomes pregnant, these conditions influence both maternal and infant health outcomes.
- Black mothers have the highest infant mortality rate than any other racial group.
- Systemic racism is a driver in Black maternal and infant mortality rates - things like income level, education, and access to insurance do not improve maternal health.



## **Black Maternal Health Week** takes place

**April 11-17.** Faith communities can commemorate by sharing articles, key readings, and reports from [Black Mamas Matter Alliance](#).



Throughout the year, faith communities can support pregnant women and new moms by offering:

- Support groups and transportation to medical appointments,
- classes on newborn care, safe infant sleep, and breastfeeding,
- community baby showers to provide equipment and supplies to which mothers may not have access,
- a lactation room for nursing mothers.