

## BLACK MATERNAL HEALTH RESOURCE LIBRARY

A resource library about Black Maternal Health including articles, videos, podcasts, organizations, and movements. This is a work in progress and will continue to be updated.

### Articles

#### Low Birth Weight:

- [Race Disparities and Decreasing Birth Weight: Are All Babies Getting Smaller? - PMC \(nih.gov\)](#) (2016)
  - In this study, birth weight has decreased in recent years, and reductions were greater in infants born to African-American Women. These trends might be explained by accumulation of risk factors such as hypertension and prepregnancy obesity that disproportionately affect African-American women.
- [Very Low Birthweight in African American Infants: The Role of Maternal Exposure to Interpersonal Racial Discrimination - PMC \(nih.gov\)](#) (2004)
  - This study concludes that the lifelong accumulated experiences of racial discrimination by African American women is an independent risk factor for preterm delivery.

#### Prenatal Care:

- [Prevalence of Access to Prenatal Care in the First Trimester of Pregnancy Among Black Women Compared to Other Races/Ethnicities: A Systematic Review and Meta-Analysis - PMC \(nih.gov\)](#) (2022)
  - This review concludes that Black women, compared to other racial groups, had lower access to prenatal care, with less chance of access in the first trimester. Race/skin color may be an important determinant in having obstetric care.
- [Experiences With Prenatal Care Delivery Reported by Black Patients With Low Income and by Health Care Workers in the US: A Qualitative Study | Obstetrics and Gynecology | JAMA Network Open | JAMA Network](#)
  - This study suggests that prenatal care redesign can inspire new care models to address persistent inequities in prenatal care delivery and outcomes. An ideal prenatal care model would be anchored by a supportive practitioner in collaboration with a community-based team using integrated, flexible care delivery to meet patients' diverse needs.

#### Maternal Mortality:

- Health Equity Among Black Women in the United States [JWH-2020-8868-ver9-Chinn\\_3P 212..219 \(nih.gov\)](#) (2021)
- [Solving the Black Maternal Health Crisis | Johns Hopkins | Bloomberg School of Public Health \(jhu.edu\)](#)
  - Examines the heightened risks faced by Black birthing people in the U.S., the history and racism behind the crisis, and what can be done to address it.
- [Allyson Felix: Tori Bowie Can't Die In Vain | TIME](#)

- o Former Olympic Track and Field teammates call to action about Black maternal mortality and pregnancy complications.
- [https://www.nytimes.com/2018/04/11/magazine/black-mothers-babies-death-maternal-mortality.html?unlocked\\_article\\_code=1.pE0.vn3C.j9FpwnxFpkU3&smid=url-share](https://www.nytimes.com/2018/04/11/magazine/black-mothers-babies-death-maternal-mortality.html?unlocked_article_code=1.pE0.vn3C.j9FpwnxFpkU3&smid=url-share)

### **Breastfeeding**

- [Racial Disparities in Breastfeeding Initiation and Duration Among U.S. Infants Born in 2015 | MMWR \(cdc.gov\)](#)
  - o In this report, rates of breastfeeding length and exclusively breastfeeding are lower among black infants than among white infants.

### **Videos:**

- [BIRTHING JUSTICE – A Women in the Room Productions Documentary](#)
- [Aftershock | Documentary Film \(aftershockdocumentary.com\)](#)

### **Podcasts**

- <https://thebirthrightpodcast.com/>
- <https://www.natalstories.com/listen>
- <https://www.birthstoriesincolor.com/>
- <https://demblackmamas.com/>

### **National Organizations:**

- [Black Mamas Matter Alliance - Advancing Black Maternal Health, Rights & Justice](#)
- [Resources · IRTH \(irthapp.com\)](#)
- [Black Doula Locator — Black Women Birthing Justice](#)
- [For Mama's — Black Women Birthing Justice](#)
- [Black Birthing Bill of Rights – The NAABB](#)

### **Movements:**

- [Black Maternal Health Omnibus | Black Maternal Health Caucus \(house.gov\)](#)

### **Lactation, Breastfeeding, and Chestfeeding:**

- [BMBFA | Black Mothers' Breastfeeding Association \(blackmothersbreastfeeding.org\)](#)