

# Perinatal Care: Race Matters

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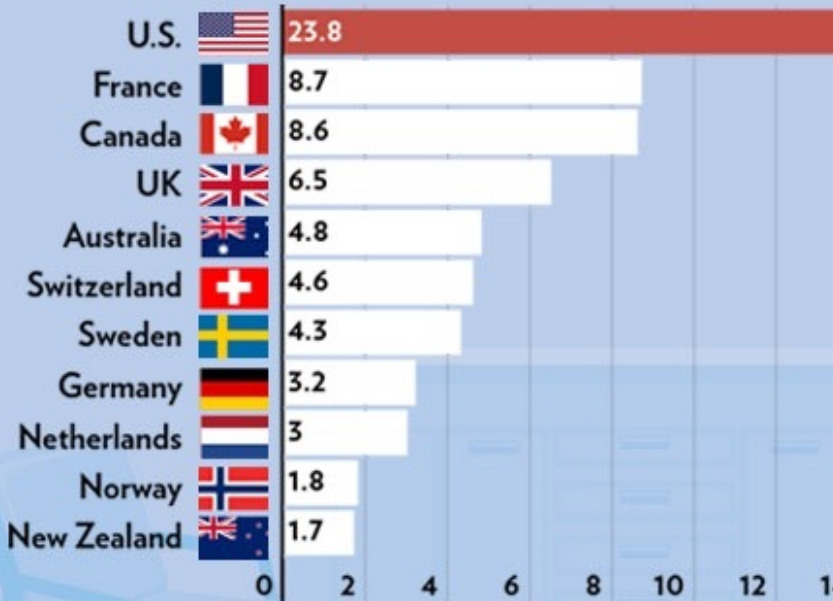
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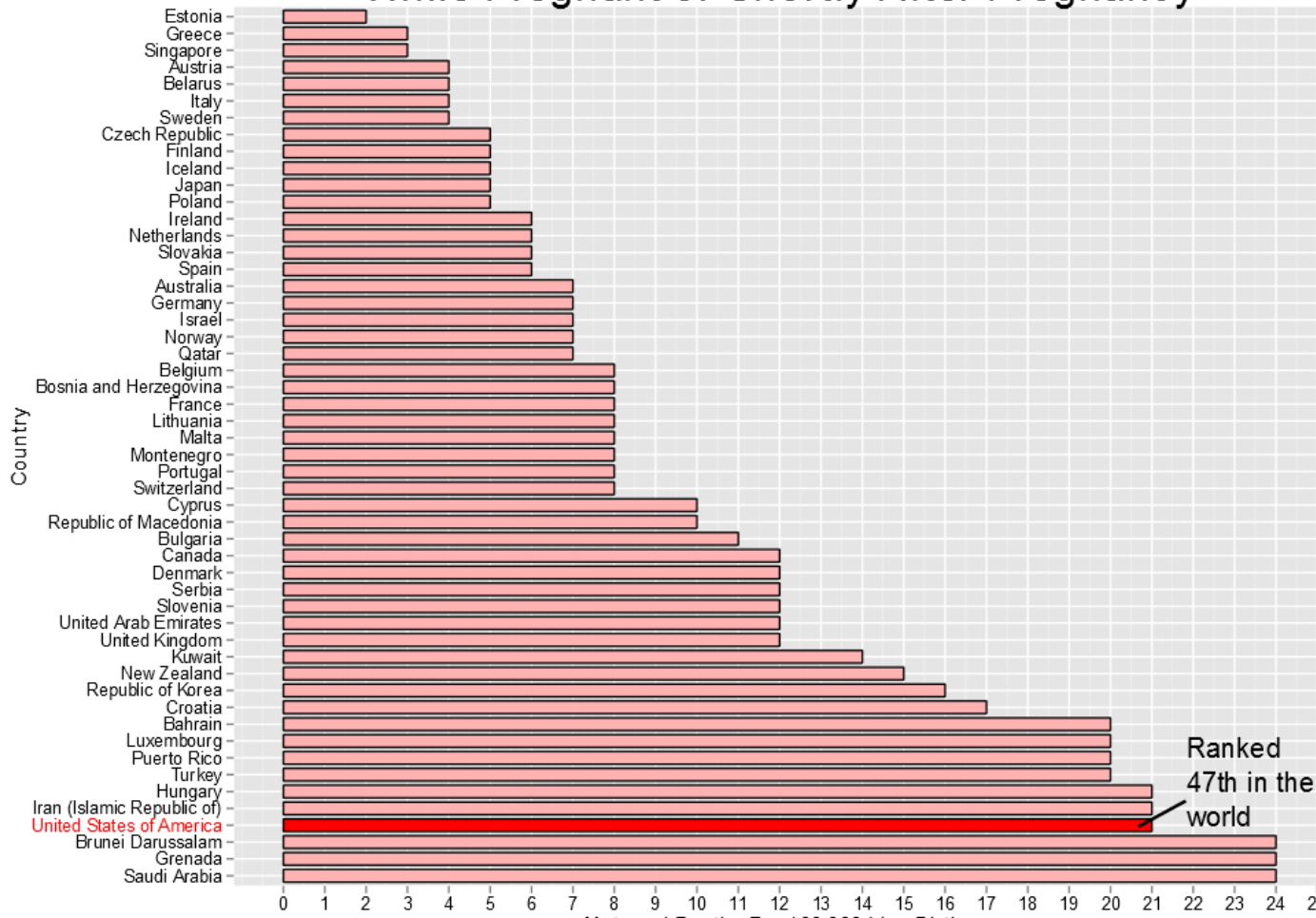
# Maternal Mortality in the U.S. Far Outstrips That of Other Industrialized Nations



\*Deaths per 100,000 live births

Source: <https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2020/maternal-mortality>

## Countries Where the Fewest Women Die While Pregnant or Shortly After Pregnancy



Ranked 47th in the world

# Perinatal Care in the United States

# Maternal Mortality by Race in the US.

## NON-HISPANIC BLACK WOMEN

40

United States

Comparison:  
Women of all races .....

44

Brazil

40

Malaysia

38

Mexico

36

Uzbekistan

Maternal  
deaths per  
100,000

## NON-HISPANIC WHITE WOMEN

12.4

United States

11

New Zealand

9

United Kingdom

8

France

5

Japan

## Black Women Face Three Times the Maternal Mortality Risk as White Women

Black mothers: 55



White mothers: 19



Hispanic mothers: 18







\*Deaths per 100,000 live births

Source: <https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2020/maternal-mortality-rates-2020.htm>



“Every pregnancy-related death is tragic, especially because two in three of them are preventable...

Black women are three times more likely to die from a pregnancy-related cause than White women.



Multiple factors contribute to these disparities, such as variation in quality healthcare, underlying chronic conditions, structural racism, and implicit bias.”

# Why? Implicit racial bias

- Black birthing persons are ignored – Serena Williams

## How Serena Williams Saved Her Own Life

*Black women are nearly three times more likely to die after childbirth than white women. Serena Williams was almost one of them. Here, in her own words, she tells her story.*

“Giving birth to my baby, it turned out, was a test for how loud and how often I would have to call out before I was finally heard.”



BY SERENA WILLIAMS PUBLISHED: APR 5, 2022



- Research Articles from over 30 years. - Describes Structural Racism,
- Black Birthing persons viewed as “incompetent” and “not heard”
- After shock - <https://www.youtube.com/watch?v=k63RC0rJEd8>



## CDC initiatives.

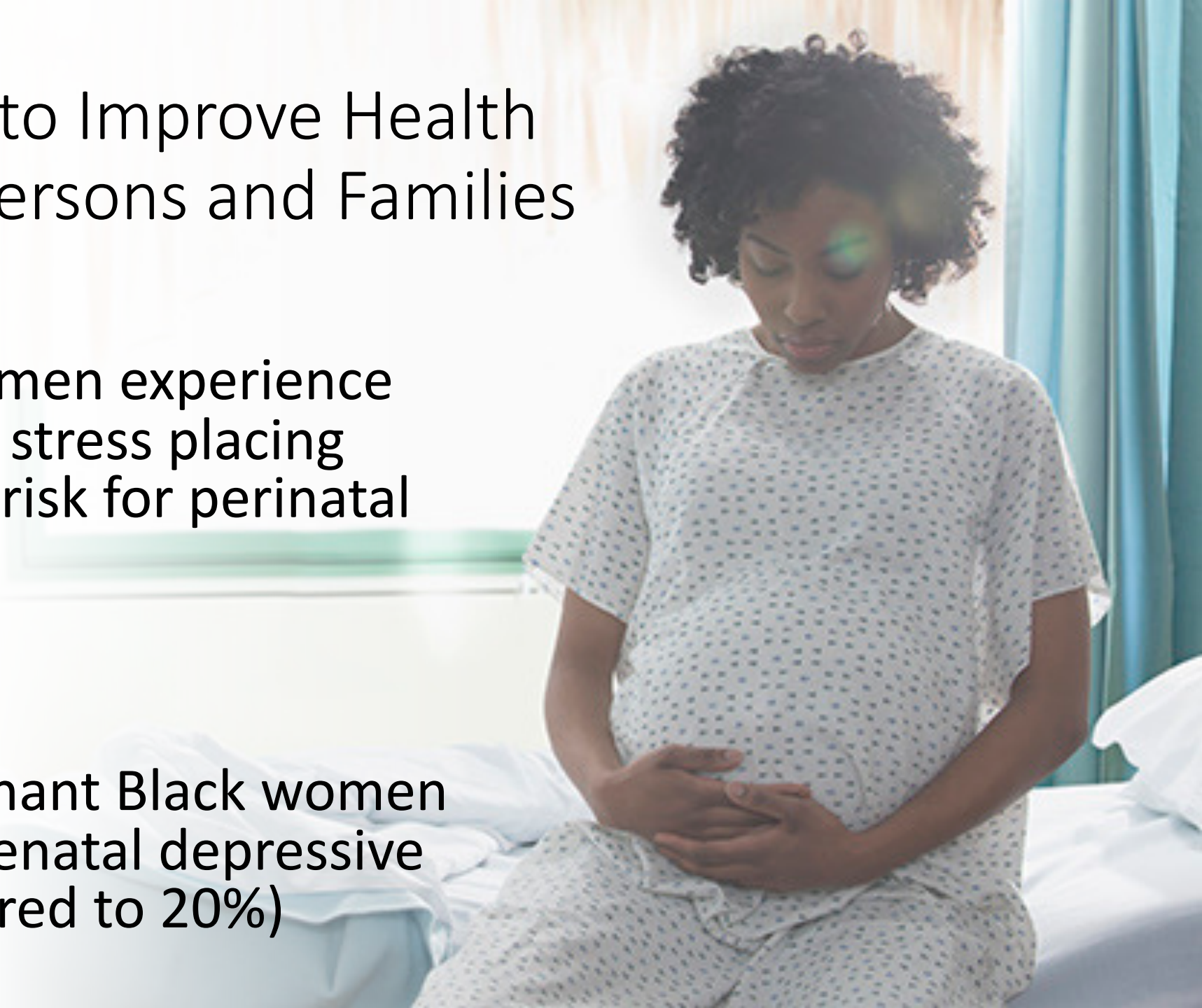
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### Healthcare providers can:

- Ask questions to better understand their patient and things that may be affecting their lives.
- Help patients, and those accompanying them, understand the [urgent maternal warning signs](#) and when to seek medical attention right away.
- Help patients manage chronic conditions or conditions that may arise during pregnancy like [hypertension](#), [diabetes](#), or [depression](#).
- Recognize [unconscious bias](#) in themselves and in their office.
- Address any concerns patients may have.
- Provide all patients with respectful care.

# Research Projects to Improve Health of Black Birthing Persons and Families

- Perinatal Black women experience increased levels of stress placing them at increased risk for perinatal health disparities
- Up to 40% of pregnant Black women report elevated prenatal depressive symptoms (compared to 20%)



# Mindfulness for African Americans Postpartum

## K23

- Long-term goal
  - Wellness/Mental Health consultant for all birthing persons in postpartum
- Overall goal
  - Create intervention to improve stress, mental health, and family health
- Recruiting for study
  - Research Assistants
  - Why Black birthing persons say no to research





# Secondary Data Analysis

- Descriptive study is to explore racial and ethnic differences in Black, White and Latinx women receiving prenatal care at FQHCs.
- Federally Qualified Health Centers (FQHCs) serve under-resourced populations in the US who are at higher risk for poor birth outcomes.



# Methods

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- Retrospective study of 17,086 prenatal records from women receiving care at FQHCs from 2012–2017.
- Our sample self-identified as Black, White or Latinx and completed at least one prenatal visit past 24 weeks' gestation.



# Results

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- Black women were less likely to enter prenatal care in the first trimester
- Black women at a greater risk for hypertension
- Black women were less likely to be partnered



# Conclusion

- Perinatal health inequities exist
- Healthcare providers must be aware of inequities.
- Healthcare systems should provide education on interventions that will improve perinatal outcomes.
- More research on cultural care and culturally adapted interventions for Black women is needed to improve health of future generations.

