Reshaping African American Women’s Birthing Experience

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Serena Williams wasn’t an exception

- The United States has the highest MMR amongst high-income countries of 17.4 deaths per 1000,000 live births (CDC, 2019)
- African American women experience 37.3 deaths per 100,000 while Hispanics death rate is 11.8, and 14.9 deaths for White individuals (CDC, 2020)
Research question:
How does structural racism perpetuate a higher maternal death rate for African American women?

Purpose:
- Looking at where oppression began
- Using these findings to design a health system that:
  - Makes African American women’s birthing experience safer and more equitable in the U.S.

Critical Race Theory
<table>
<thead>
<tr>
<th>Sustainable Development Goal</th>
<th>Target</th>
<th>Indicator</th>
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</thead>
<tbody>
<tr>
<td>Goal 3: Ensure healthy lives and promote well-being for all at all ages</td>
<td>Target 3.1: By 2030, reduce the global maternal mortality ratio to less than 70 per 100,000 live births</td>
<td>3.1.1 Maternal mortality ratio</td>
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</tbody>
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U.S. Legacy of Medical Racism

• 1845, Sims conducted experiments on enslaved women, without anesthesia.
• Violent birthing experience
• Survived but not necessarily thriving
Approaching a solution

Doula & Midwifery care

- Sweden-
  - 4 deaths per 100,000
  - Midwives for 300 years
  - Doulas- cultural interpreter
  - Low risk births