

Black Women & Maternal Mortality

What is it?

Maternal mortality (MM) is the death of a woman related to pregnancy, before or after delivery. Black women/birthing people in the US are at particularly high risk.

Click the links below for more information.

NM Birth Equity Collaborative

Kaiser Family Foundation



CDC

National Partnership for Women & Families

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

CDC, 2022

CAUSES OF RACIAL DISPARITIES IN MM

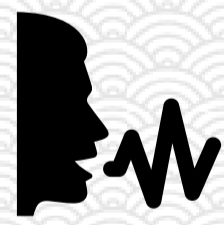
Structural Racism

Click on each to learn more.

Variations in Healthcare Quality

Underlying Chronic Conditions

HOW TO REDUCE YOUR RISK OF MM



Say Something!

If anything doesn't feel right, contact your healthcare provider immediately.



Don't Do It Alone!

Maintain a strong support group before and after delivery.



Write It Down!

Keep track of your medical history in writing before delivery and a year after.

MM Playlist

Want to find out more? Listen to these podcasts about racial disparities in maternal health.



The Lancet Voice



Sick Empire



The Motherly Podcast

Sources:

<https://www.cdc.gov/healthequity/features/maternal-mortality/index.html>
<https://www.cdc.gov/reproductivehealth/maternal-mortality/index.html>