Perinatal Care: Race Matters

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Perinatal Care in the United States
Maternal Mortality by Race in the US.

**NON-HISPANIC BLACK WOMEN**

<table>
<thead>
<tr>
<th>Country</th>
<th>Maternal deaths per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>United States</td>
<td>40</td>
</tr>
<tr>
<td>Brazil</td>
<td>44</td>
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<tr>
<td>Malaysia</td>
<td>40</td>
</tr>
<tr>
<td>Mexico</td>
<td>38</td>
</tr>
<tr>
<td>Uzbekistan</td>
<td>36</td>
</tr>
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</table>

**NON-HISPANIC WHITE WOMEN**

<table>
<thead>
<tr>
<th>Country</th>
<th>Maternal deaths per 100,000</th>
</tr>
</thead>
<tbody>
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<td>United States</td>
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</tr>
<tr>
<td>New Zealand</td>
<td>11</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>9</td>
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<td>France</td>
<td>8</td>
</tr>
<tr>
<td>Japan</td>
<td>5</td>
</tr>
</tbody>
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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
“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.”

- 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
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

• 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

• 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.