



**ncnw**

columbus section



***The Legacy of Racism on Black  
Maternal Health and the Black Family***

***Ms. Vivian Jackson Anderson***

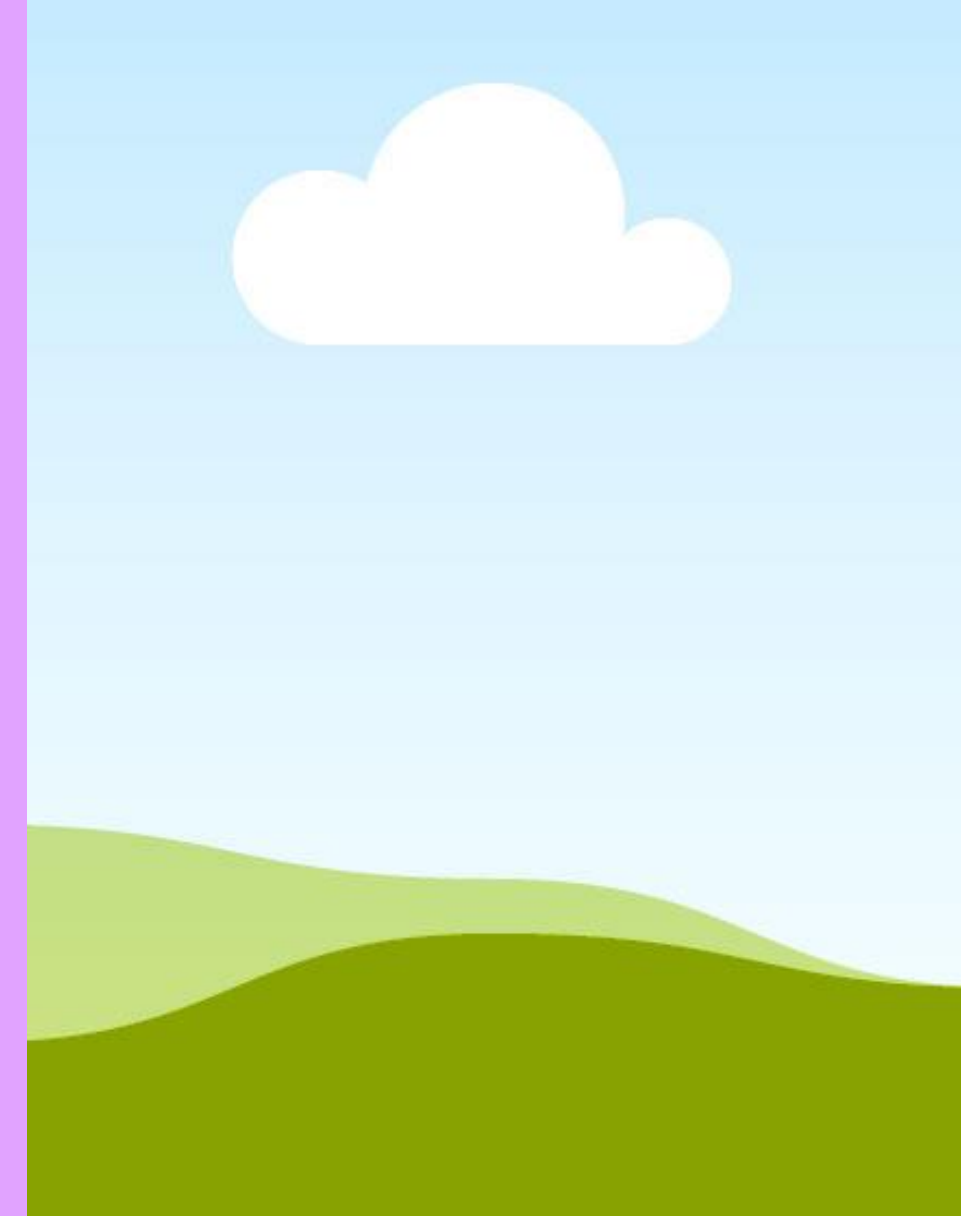
***President***

***National Council of Negro Women, Incorporated***

***Columbus Section***

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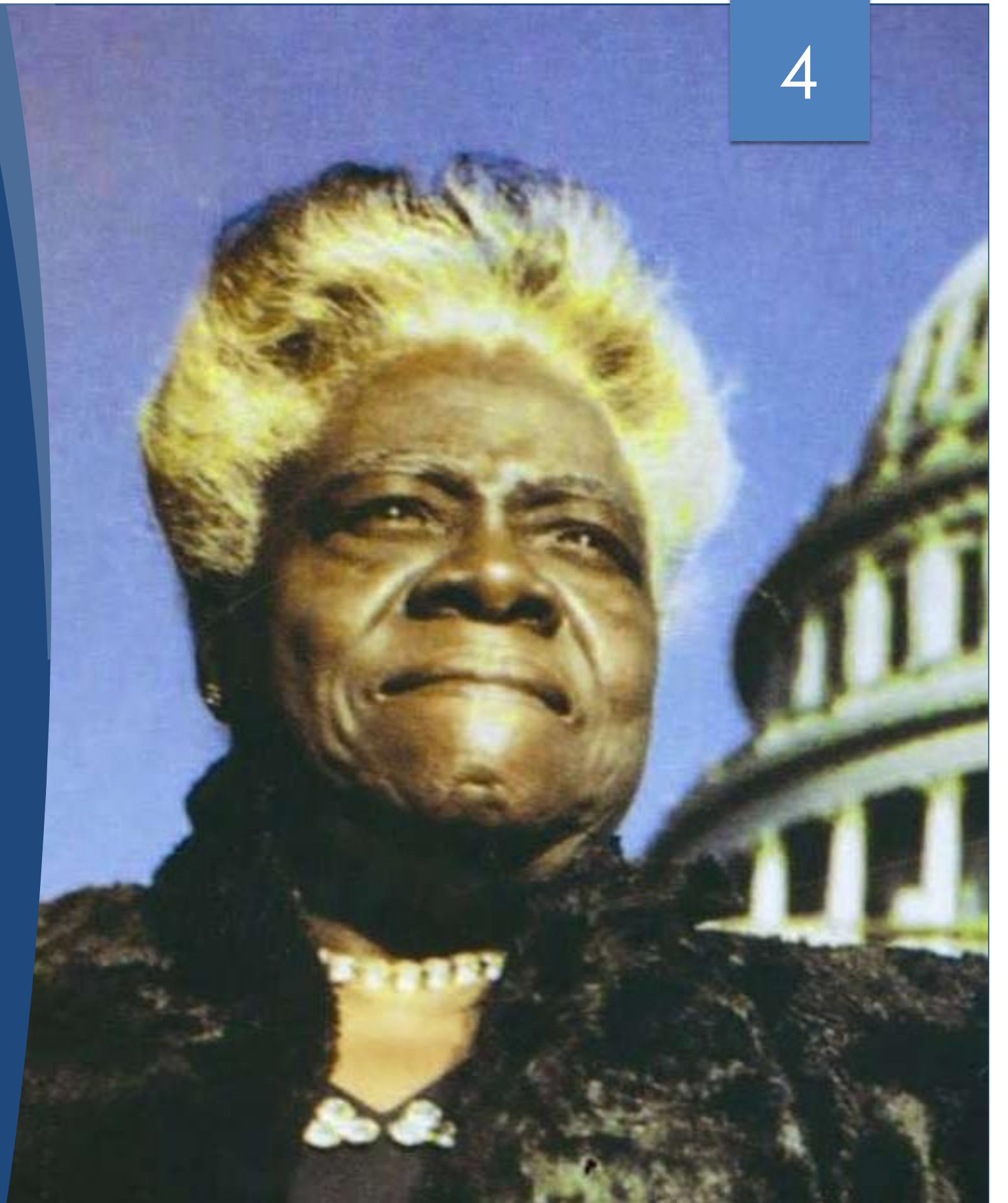


- ▶ 10<sup>th</sup> President
- ▶ Life Legacy Member
- ▶ Bethune Achiever
- ▶ Community Health Worker
  - ▶ Administrator
- ▶ Community Health Worker
  - ▶ Wife
  - ▶ Mom
  - ▶ G-mom
- ▶ Interests: reading, traveling, gardening, dogs, cooking?, decorating, teaching, change...



# Dr. Mary McLeod Bethune

- ▶ **Our Founder**
- ▶ **July 10, 1875 – May 18, 1955**





# *Introduction*

Black women are three to four times more likely to die from pregnancy-related complications compared to white women.

The legacy of racism and discrimination has contributed to this disparity.

Addressing this issue is crucial to improving the health and well-being of not only Black mothers, but also their families and communities.



The legacy of racism has had a profound and detrimental impact on black maternal health and the black family in the United States. This legacy is deeply rooted in historical and systemic racism, which has created a range of disparities that persist to this day. Here are some key aspects of this legacy:



*“Faith is the first factor in a life devoted to service.*

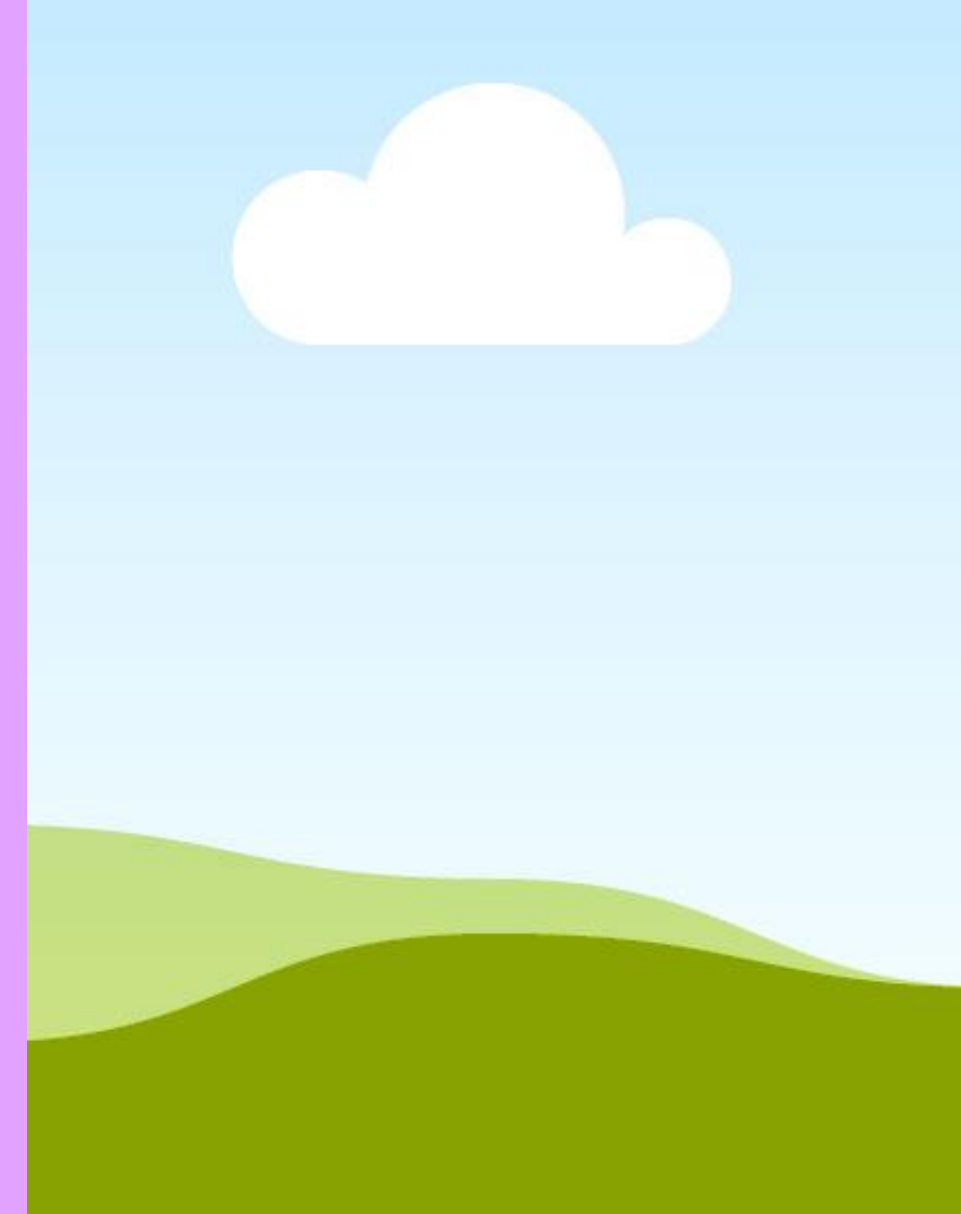
*Without it, nothing is possible. With it, nothing is impossible.”*

*Dr. Mary McLeod Bethune*



Structural racism has resulted in limited access to prenatal care for many black women. They may face barriers such as lack of transportation, childcare, or healthcare facilities in their communities. Every one of these can lead to delayed or inadequate care during pregnancy.

# HealthCare Disparities



Black women also experience higher rates of maternal morbidity, which includes severe complications during childbirth or pregnancy. These complications can have long-term physical and psychological effects, impacting not only the mother's health but also her ability to care for her family

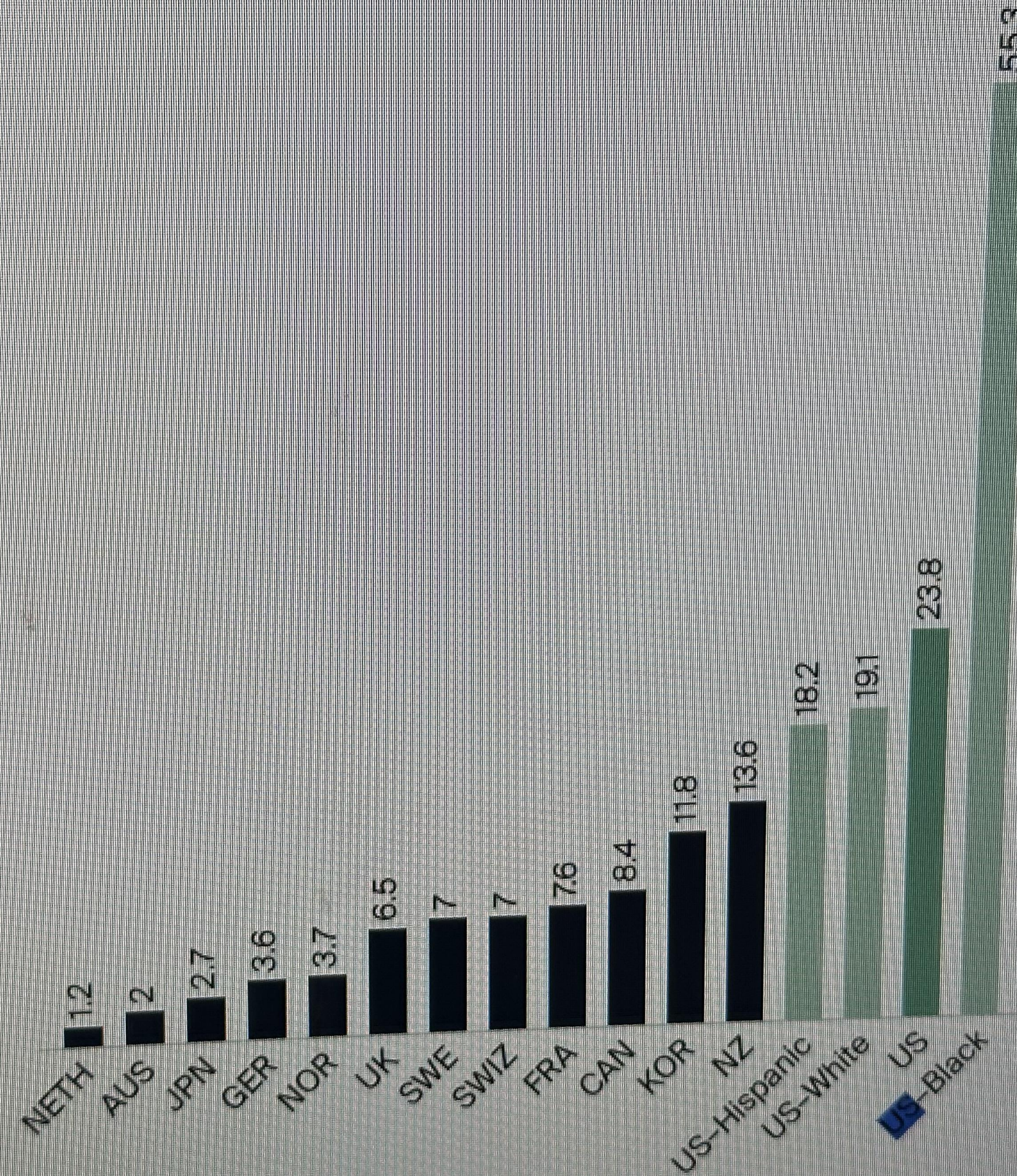


# The current state of black maternal health

- Black women in the United States face significantly higher maternal mortality rates compared to white women. For example, they die in higher numbers from pregnancy-related complications than whites. This disparity is not explained by income or education level and is often attributed to *racial bias* in healthcare systems, including inadequate access to quality prenatal and postnatal care.
- Black women are 3-4 times more likely to experience pregnancy-related deaths than white women. This is a cogent reason why racial disparities in healthcare must be addressed.



Deaths per 100,000 live births



The U.S. Maternal Mortality Crisis Continues to Worsen: An International Comparison is depicted in this graph

New Data Shows U.S. Maternal Mortality Rate Exceeds That in Other High-Income Countries and is worse for blacks

Source: Commonwealth Fund. December 1<sup>st</sup>, 2022

<https://www.commonwealthfund.org/blog/2022/u-s-maternal-mortality-crisis-continues-worsen-international-comparison>


Historical and ongoing economic disparities, partly rooted in racism, can limit the resources available to black families. Economic instability can lead to challenges in accessing quality healthcare, housing, and nutritious food, all of which are vital for maternal and family well-being.

# Economic Inequities



The experience of racism and discrimination contributes to chronic stress among black individuals, including pregnant women. This chronic stress can have negative effects on both maternal and fetal health. It also impacts the mental health of black mothers, which in turn affects their ability to care for their families..

# Psychological and Emotional Impact



The over-policing and incarceration of black individuals, particularly black men, disrupts families and can have profound effects on maternal health. The stress and trauma associated with having a family member involved in the criminal justice system can negatively impact maternal and family well-being.

There is something wrong with the fact that the U.S. has only 5% of the world's population but has nearly 25% of the world's prisoners! Furthermore, the racial makeup in the U.S. prisons is disproportionate.

# Criminal Justice System & Community Disinvestment

**Black people represent only 12% of the U.S. adult population, but 33% of the prison population, while white individuals make up 64% of the adult population and 30% of prisoners.**

Source:  
[https://givingcompass.org/topics/criminal-justice?gclid=CjwKCAjwjaWoBhAmEiwAXz8DBU3SmkXaInybEGLFnDGQfHEtuLf1s1M1vZniKKHTEjhAAstgX3tXBxoCsoMQAvD\\_BwE](https://givingcompass.org/topics/criminal-justice?gclid=CjwKCAjwjaWoBhAmEiwAXz8DBU3SmkXaInybEGLFnDGQfHEtuLf1s1M1vZniKKHTEjhAAstgX3tXBxoCsoMQAvD_BwE)

# The history of racism in healthcare


- The history of racism in healthcare has resulted in significant health disparities and a mistrust of medical institutions among Black communities. These disparities further influence the Criminal Justice System!
- The Data reveals a Criminal Justice System that is very unfair (see image here). We all can play a critical role in advancing criminal justice reform, from ending mass incarceration to addressing disparities!
- Source: Black Lives Matter  
<https://www.sentencingproject.org/reports/the-color-of-justice-racial-and-ethnic-disparity-in-state-prisons-the-sentencing-project/>



Unequal access to quality education can limit opportunities for black children, affecting their prospects and the economic stability of their families.

Unequal access to quality education can limit opportunities for black children, affecting their prospects and the economic stability of their families.

# Education & Opportunities



This, in turn, can impact maternal health as mothers often bear the brunt of these challenges.

# *Opportunities*

In the interim, blacks can continue to self-educate themselves on selfcare. They can prioritize their health by seeking quality prenatal and postpartum care, eating nutritious foods, exercising, managing stress, and seeking support.





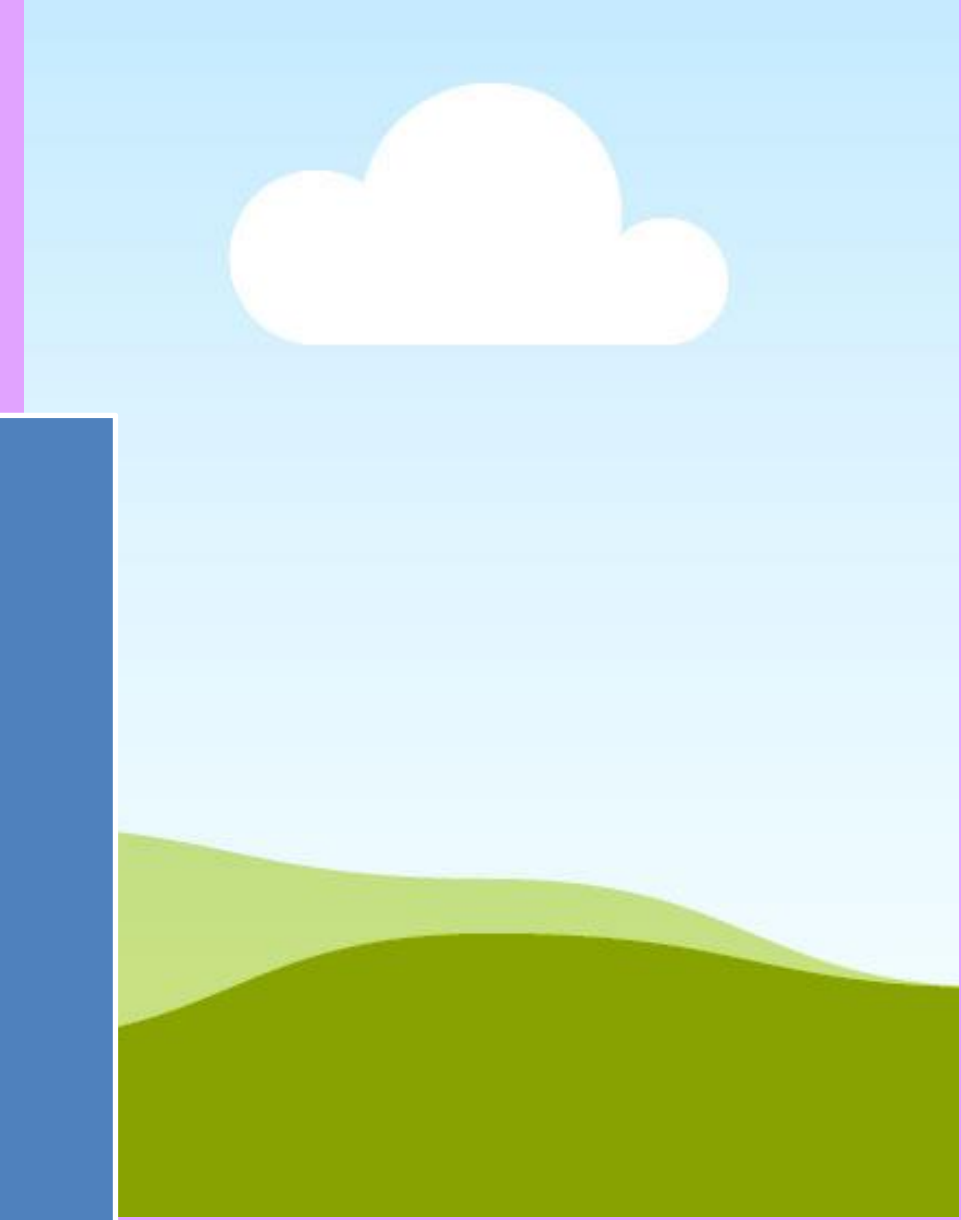


# GOOD HEALTH WINS

NATIONAL COUNCIL OF NEGRO WOMEN, INC. & VACCINATE YOUR FAMILY



Conclusion





# CONCLUSION

In summary, black women are three to four times more likely to die from pregnancy-related complications compared to white women.

The legacy of racism and discrimination as indicated has contributed to this disparity.

Addressing this issue is crucial to improving the health and well-being of not only Black mothers, but also their families and communities.



# The history of racism in healthcare

Furthermore, the history of racism in healthcare has resulted in significant health disparities and a mistrust of medical institutions among Black communities.





# ***The impact on the black family***

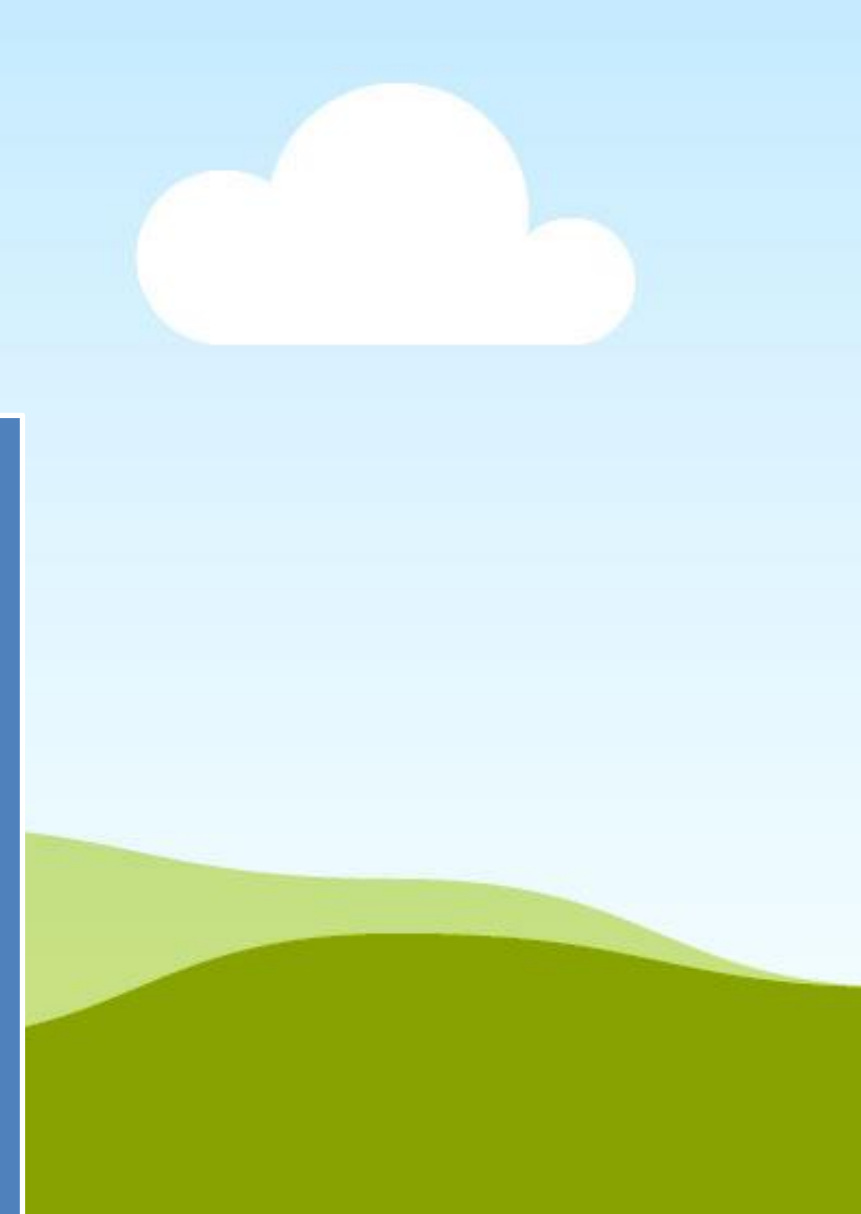
Black women are 3-4 times more likely to die from pregnancy-related causes than white women.

Black women are more likely to experience maternal health complications than white women.

Racial discrimination and systemic racism contribute to the disparities in black maternal health outcomes.



# The Way Forward



# *The way forward*

Prioritize your health by seeking quality prenatal and postpartum care, eating nutritious foods, exercising, managing stress, and seeking support.





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commitment | unity | self reliance

- ▶ Partner with other agencies providing similar services to similar populations to insure the greatest reach to vulnerable populations.





“

Without community service, we would not have a strong quality of life. It's important to the person who serves as well as to the recipient. It's the way in which we grow and develop.

”

DR. DOROTHY I. HEIGHT

To: Community Health Workers



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Service Focused

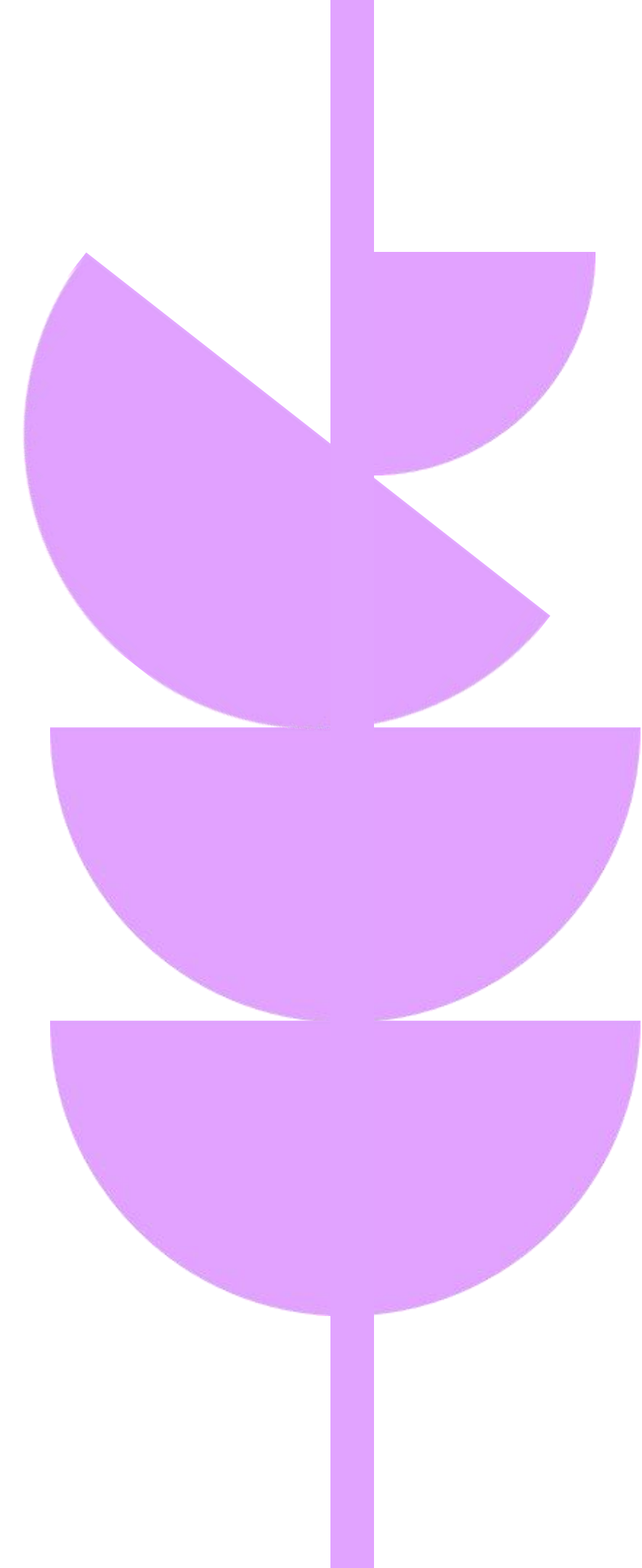
At work



***Thank you for engaging in this presentation on***

## **The Impact of Racism on Black Maternal Health and the Black Family**

Addressing these disparities requires a multifaceted approach that includes policy changes, healthcare system reforms, community investment, anti-discrimination efforts, and public awareness campaigns. Recognizing and confronting the legacy of racism in maternal health and the black family is crucial to achieving health equity and social justice.



# Community Health Workers





In power, with purpose, a plan, and passion, I encourage you to give your life daily to helping women and their families survive, to develop hope for the future.

“I leave you love. I leave you hope.”  
- Dr. Mary McLeod Bethune -

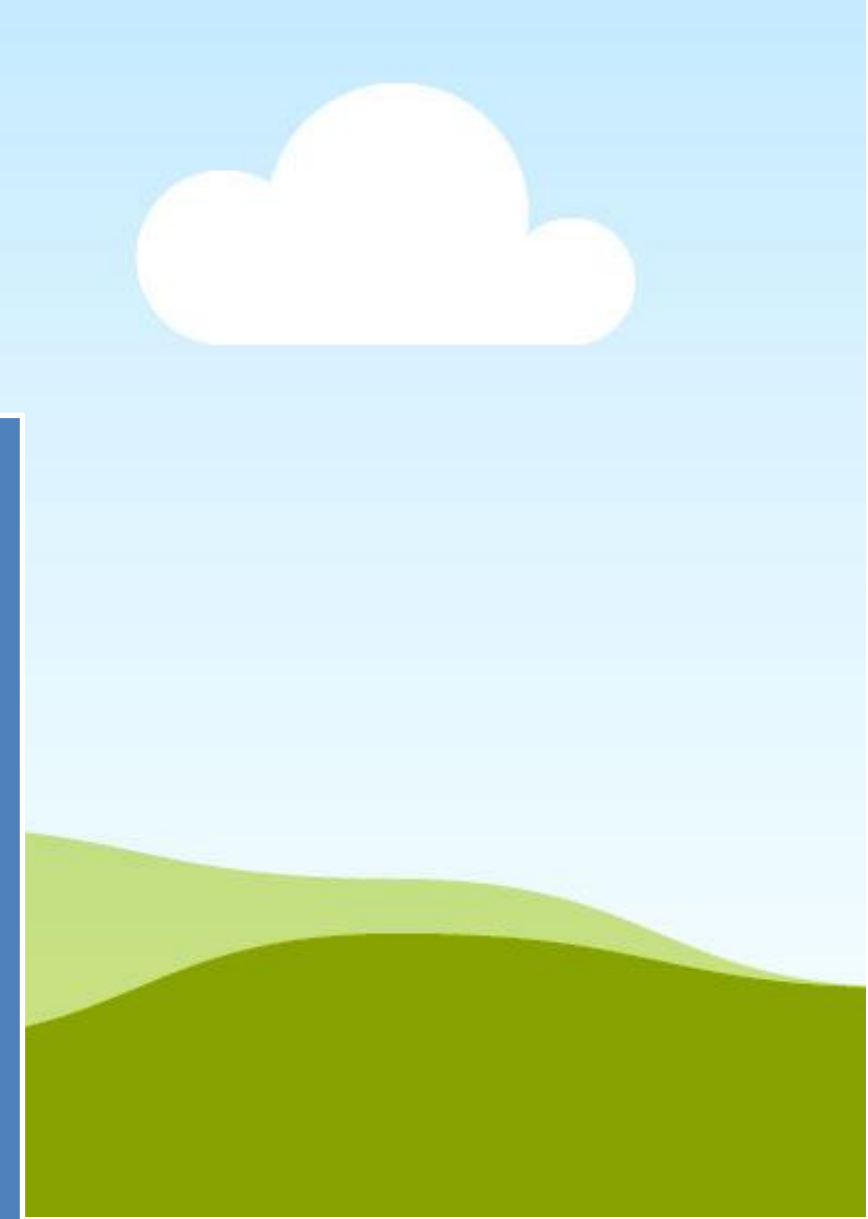


Your  
Cooperation  
and  
Participation  
Matters





# The Way Forward



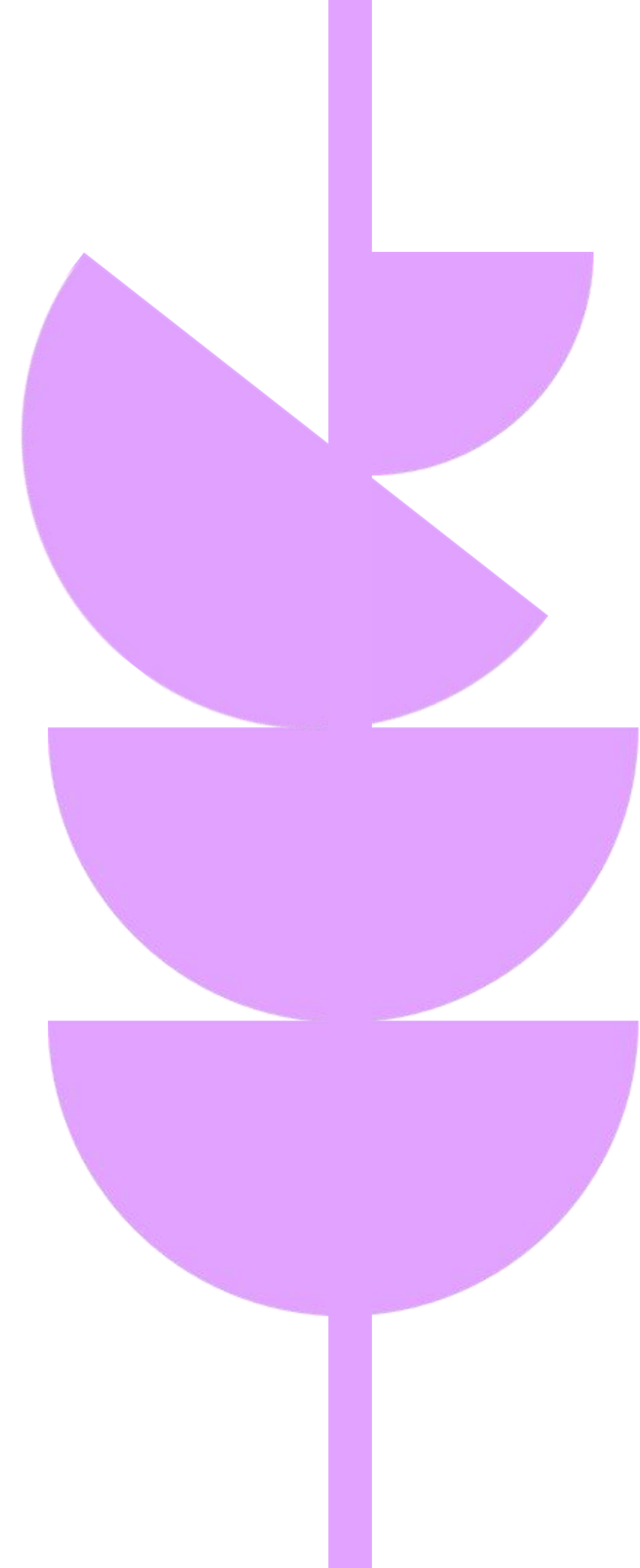
Let's continue working towards a more just and equitable society for all. In seeking justice, equity and minimizing disparities black voices must be heard! Blacks, especially women, must therefore, be at *“The Table”* where these discussions are held, and where the decisions are made!

**VISION!**

**VOICE!**

**VALUE!**

Q/A





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**National Council of Negro Women, Incorporated**

**Vivian Jackson Anderson**

**President**