



# Improving Equitable Outcomes in Maternal Care Is A Team Effort

Author: Nicole Wallace, LCMHC  
Transformation Counseling & Consulting, PLLC  
(919) 925-2274  
[transformcc10@gmail.com](mailto:transformcc10@gmail.com)

As a mom and a professional, it often feels like I don't always have time to tackle the larger issues I care about. However, I have found that when I break them down into more manageable pieces it might not always be as difficult as I thought.

Improving equitable outcomes in maternal care is one such area in which I am extremely concerned. It is my belief that all women have the right to safe, respectful, and affordable health care before, during and after pregnancy. In addressing this concern, I created this call to action which each of us can implement as individuals. I call it the 3 Bs because each strategy is a method of being we can implement into our daily lives.

**1. Be educated.** The best way to come to understand how "racism" and privilege works is to identify your own biases and to educate yourself about the topics as well as about other cultures. Don't rely on people of color to do your work for you. Read, explore, and keep and keep an open mind as you learn about different perspectives.

## **Battling Over Birth: Black Women and the Maternal Health Care Crisis 1st Edition**

by Julia Chinyere Oparah (Author), Helen Arega (Author), Dantia Hudson (Author), Linda Jones (Author), Talita Oseguera (Author)

## **Black Mamas Matter Toolkit**

[http://blackmamasmatter.org/wp-content/uploads/2018/05/USPA\\_BMMA\\_Toolkit\\_Booklet-Final-Update\\_Web-Pages-1.pdf](http://blackmamasmatter.org/wp-content/uploads/2018/05/USPA_BMMA_Toolkit_Booklet-Final-Update_Web-Pages-1.pdf)

Black Mothers Keep Dying After Giving Birth. Shalon Irving's Story Explains Why

<https://www.npr.org/2017/12/07/568948782/black-mothers-keep-dying-after-giving-birth-shalon-irvings-story-explains-why>



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**2. Be an advocate.** Representatives Lauren Underwood, Alma Adams, Cory Booker, and members of the Black Maternal Health Caucus announced the *Black Maternal Health Momnibus Act of 2021*. The piece of legislation builds on existing maternal health legislation and seeks to mitigate **racial and ethnic disparities** in maternal health outcomes. This bill would make critical investments to address social determinants of health, support individuals at the community level, increase utilization of digital tools and improve data collection processes and quality measures.

#### **March of Dimes**

<https://www.marchofdimes.org/advocacy/affordable-care-is-essential-to-moms-and-babies.aspx>

#### **Health Affairs This Week Episode 11**

Breaking down the 2021 Momnibus bill

Podcast: <https://www.healthaffairs.org/do/10.1377/hp20210211.452531/full/>

**3. Be welcoming.** If you are part of a support group or developing a support group for moms, try to be as inclusive and welcoming as possible. Provide scholarships for mom who may not be able to afford membership fees. Speak to mom who may not look like you at the next gathering. Don't assume their lifestyles do or don't resemble yours. Invite more diverse groups than yours to attend gatherings or events your groups organize.

Mocha Moms

<https://www.mochamoms.org/i4a/pages/index.cfm?pageid=3325>

Moms of Color Support Group

<https://www.emeralddoulas.com/momsocolor>