

SPEAK UP for Black Women

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It is unacceptable that Black women are three to four times more likely to die during childbirth than women in all other racial and ethnic groups (CDC). The most recently published statistics show that there were 43.5 per 100,000 live births where Black women died compared to 12.7 deaths per 100,000 live births for white women and 14.4 deaths per 100,000 live births for women of other races. The Institute for Perinatal Quality Improvement is working to change this fact.

According to the over 200 stories of maternal morbidity collected and reported by Nina Martin @ProPublica & Renee Montagne @NPR, Black women feel ignored, "devalued, and disrespected by medical providers." One thing we can do to begin to work to reduce pregnancy-related racial and ethnic disparities is to ensure that all women are treated with dignity and respect. We can show more respect by making changes in how we listen to and treat the women. We can also make sure that we speak respectfully about the women we care for when conversing with our colleagues.

You can....

- S**et limits and only allow racially respectful dialogue and actions in your work space #notonmywatch
- P**actice and prepare. Plan how you will act if you see or hear someone being treated or referred to disrespectfully.
- E**xpress your concerns. Discuss, but do not blame others.
- A**pologize if you said or did something that others find hurtful.
- K**eept improving. Be mindful and willing to become aware of your unconscious biases.
- U**ncover and learn from disrespectful comments and actions, including "jokes".
- P**ersuade others to SPEAK UP!

It can be risky to speak up. However, when silent we lose our voice and change will not occur. We are also complicit when we are silent. People assume we agree with what they said or did.
Martin Luther King, Jr. said, "In the end, we will remember not the words of our enemies, but the silence of our friends."

Change is possible and change begins when we all #SpeakUpAgainstRacism
Sign the SPEAK UP Pledge and access resources at: www.perinatalQI.org or email: info@perinatalQI.org
QI Saves Lives!

Nina Martin, R. (2018). *Nothing Protects Black Women From Dying in Pregnancy and Childbirth* — ProPublica. [online] ProPublica. Available at: <https://www.propublica.org/article/nothing-protects-black-women-from-dying-in-pregnancy-and-childbirth> [Accessed 27 Jul. 2018].
CDC.gov. (2018). *Pregnancy Mortality Surveillance System | Maternal and Infant Health | CDC*. [online] Available at: <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/pregnancy-mortality-surveillance-system.htm> [Accessed 27 Jul. 2018].