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Racial and Ethnic Disparities Within Maternal Health

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Racial and Ethnic Disparities within Maternal Health

Nyrie Abdur-Rahim

Introduction

Research Question

What are the aspects that aid in the disproportionate negative maternal health outcomes for racial and ethnic minorities?

Background

The United States' contemporary maternal health system holds one of the most elevated risks for women to suffer from maternal morbidity and mortality in the developed world. In recent decades, death and long-term health effects pre- and post- natal are on the incline. Most shocking is the general trend between birthing ethnic and racial minorities and an increased risk of negative health outcomes. The intersectional issues of class, access, and education will also play a role in how differences in quality of care further put pregnant individuals of color at risk. To address these rising maternal mortality and morbidity rates, I suggest and back with peer reviewed articles, the importance of helping those most at a disadvantage and even offering the addition of midwifery into our maternal health system to offset the social aspects that lead to negative maternal health outcomes.

Motivations/ Rationale

The existence of such maternal health disparities reveals a serious lack in our current maternal health system and the health system overall. It is important to address those most at risk, and in the terms of maternal health, that would be birthing individuals of color. In doing so, the overall rates of maternal morbidity and mortality will see a decline in the US.

Entrance

My research article will focus primarily on quality of care. Specifically, how disparities within quality of care due to race and ethnicity in addition to other intersectional issues, has allowed for minorities to have elevated rates of maternal mortality and morbidity in the United States.

Methods

Qualitative Literary Analysis

Sources

- Peer-Reviewed Journal Articles
- Maternal Health Studies
- Video Recordings of Committees
- Newspaper Articles

A full analysis was taken for each of my selected sources and related to my research question.

Results

Aspects that Strongly Correlate to the Differences in the Quality of Maternal Care Received by Minorities

- Racial Bias
- Availability to Quality Care
- Access (geography)
- Class (Private insurance vs Medicaid)
- Education

Figure 1: Pregnancy-related Mortality Ratio

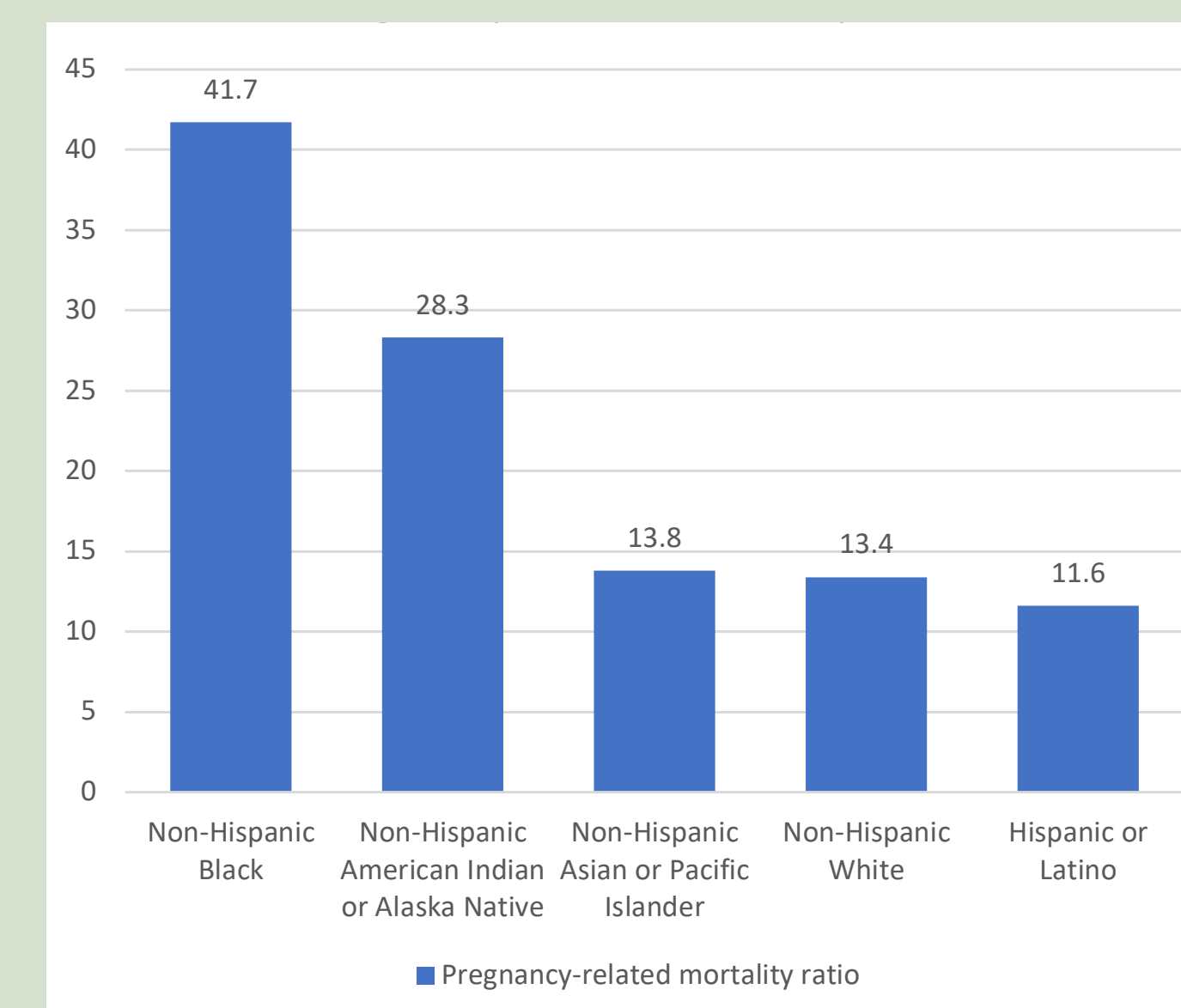


Figure 3: Marginal Probabilities of Severe Maternal Morbidity and Mortality Among Rural and Urban Residents, 2007-21



Figure 2: Percentage of Women Who Skip Maternal Health Care Due to Cost by Country

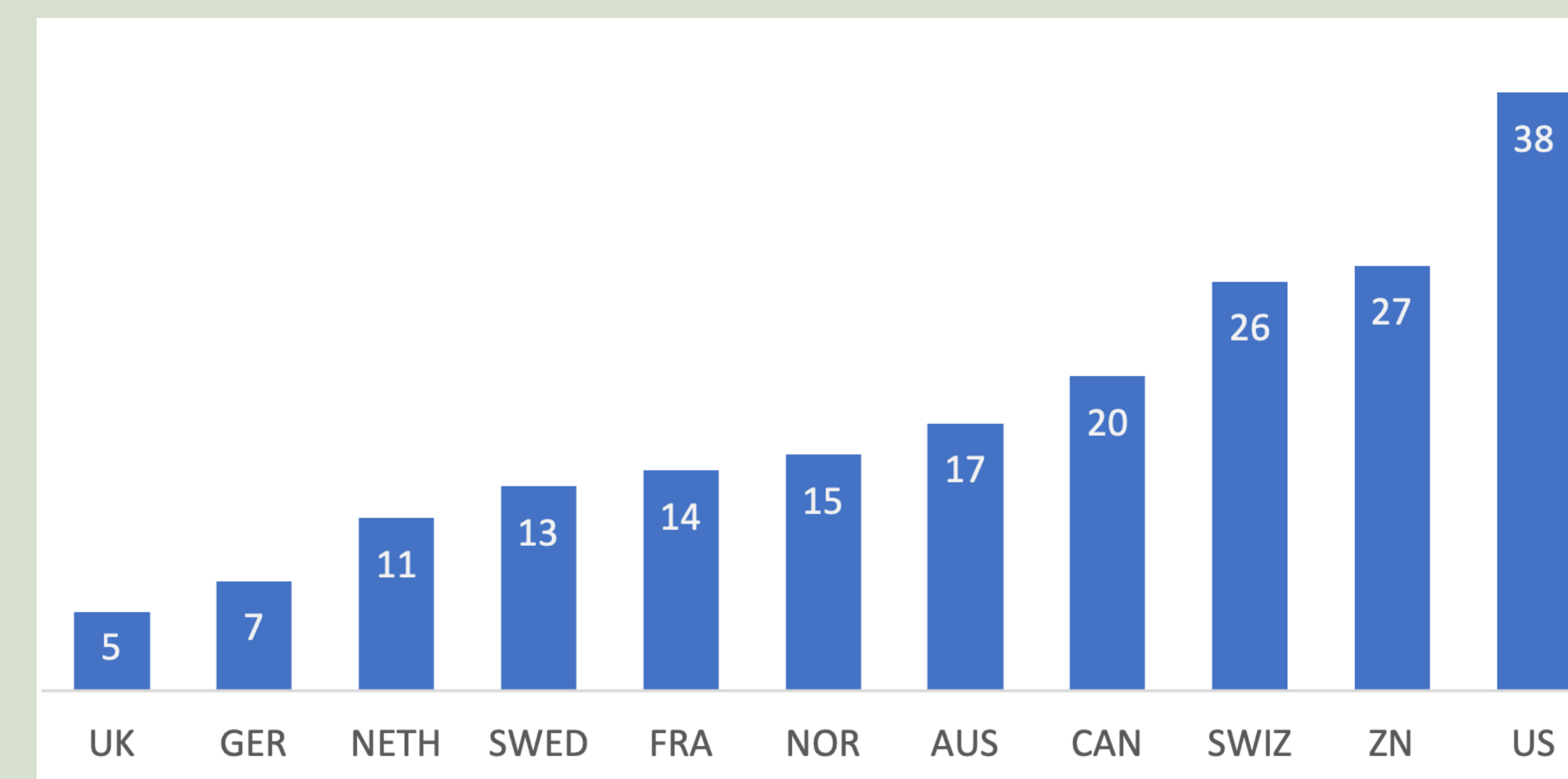
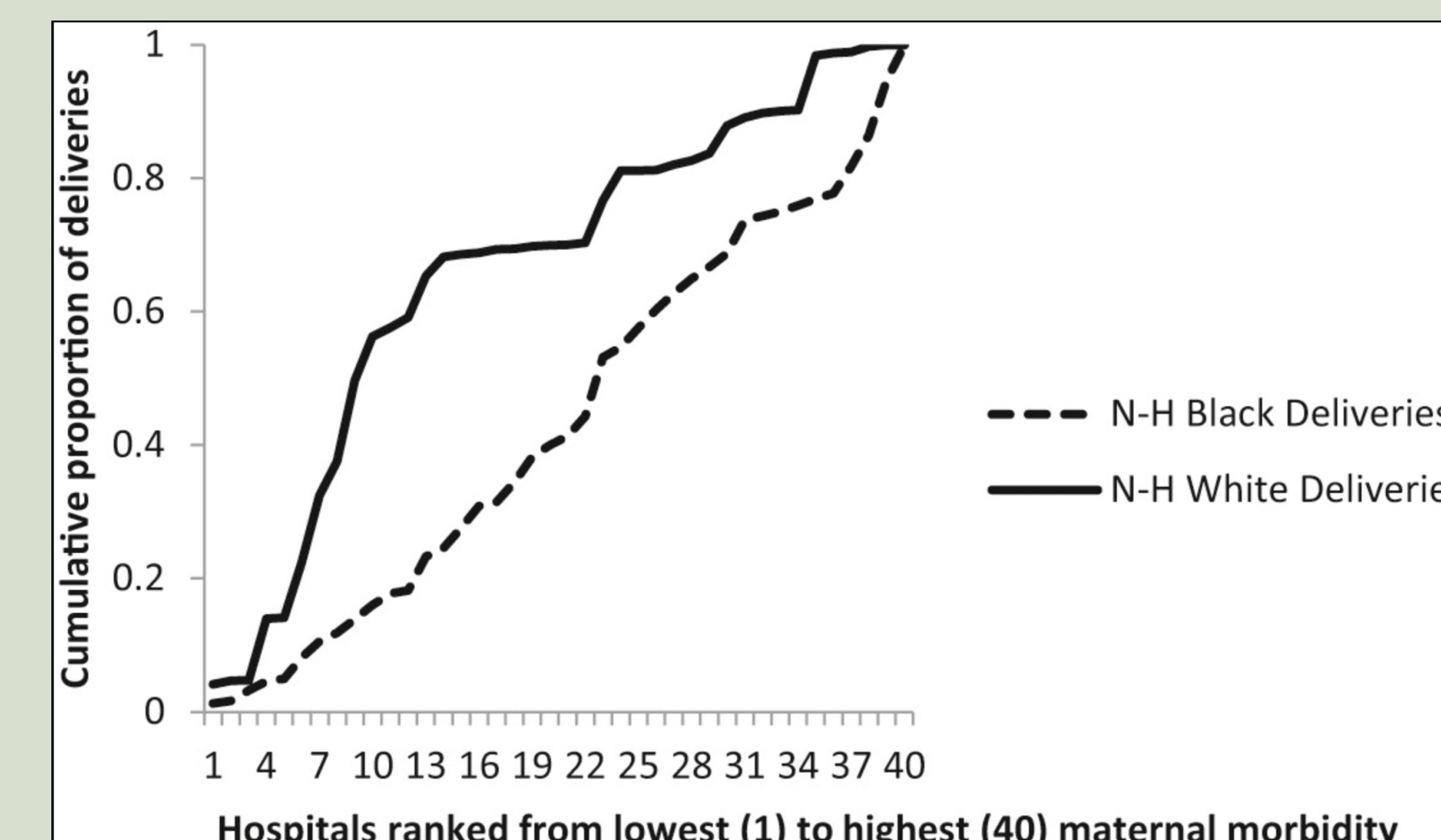


Figure 4: Cumulative Distribution of Deliveries for Non-Hispanic White and Black Individuals



Discussion

Racial/ Ethnic Disparities within Maternal Health

Women of color can be seen to be significantly more so at risk to suffer from maternal mortality and morbidity. It is my belief that the national incline of maternal deaths is due in part to the disproportionate rate at which minorities are dying pre- and post-natal.

Helping Those Most at Risk

To end this incline of maternal deaths, it is detrimental to first help those most at risk; by giving minorities, lower class individuals, and those who live in rural communities access to effective and quality maternal health care.

Midwifery

It has also been proven in Burkina, Cambodia, Indonesia, and Morocco, nations whose maternal mortality rate has been on the decline for decades, the implication of midwifery as effective additions into their maternal health systems in reducing these rates. Therefore, programs regarding midwifery should be implemented and supported as pliable options, especially for those most at risk to suffer from racial bias in the maternal health care system.

Conclusion

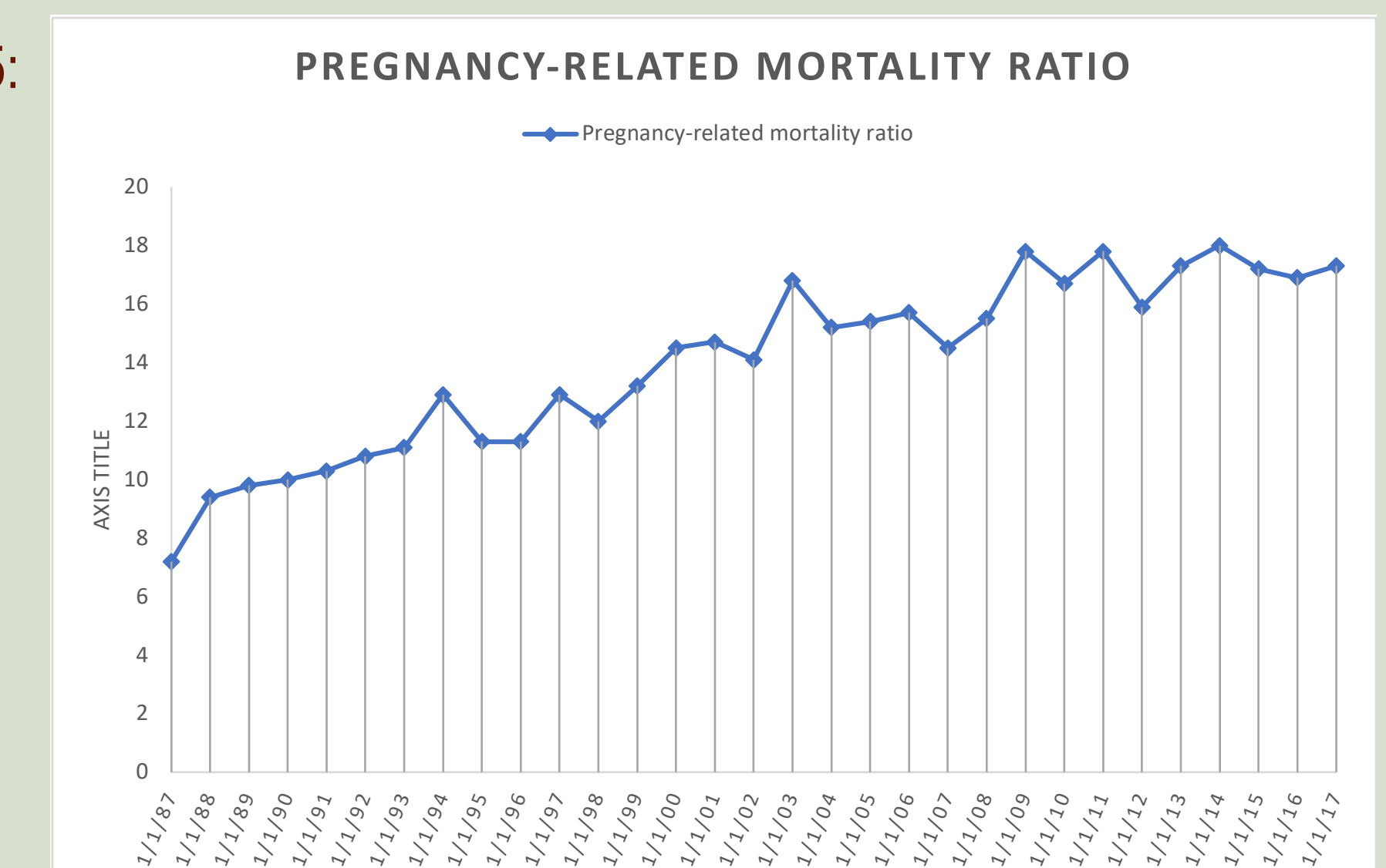
My Answer

Racial and ethnic disparities in maternal health stem from a lack of quality care being received. The intersectional issues of racism, lack of availability to quality care, one's geographic location, education, and their class status all play their respective parts in allowing birthing minorities to be most disadvantaged in maternal health.

Significance

The United States has one of the highest budgets when it comes to maternal healthcare. Yet the rates of maternal mortality and morbidity is on the rise. Additionally, 2/3 deaths found to be pregnancy related, are preventable, a majority of which happen to be minorities. This is severe issue that must be addressed and acknowledged if we are to end the unnecessary deaths of birthing individuals.

Figure 5:



Strengths

This conclusion was reached via literary analysis of multiple peer reviewed sources and studies regarding the maternal mortality rates of minorities.

Limitations

- Very intersectional issue
- Mostly qualitative analysis

Citations

- Images
- Figure 1: Data From CDC
 - Figure 2: Data From CDC
 - Figure 3: Kozhimannil, et al. *Pregnancy Mortality Surveillance System | Maternal and Infant Health | CDC.* (2020, November 25).
 - Figure 4: Howell et al. *Race, site of care, and severe maternal morbidity. Am J Obstet Gynecol 2016.*
 - Figure 5: Data From CDC

Sources

