

# 5 Crucial Interventions to Improve Health Outcomes for Black Mothers



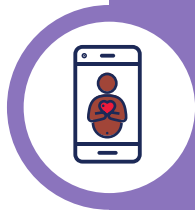
01



## Offer No-Cost Transportation

Providing transportation at no cost to members improves access to care, decreases missed appointments, promotes regular prenatal care, and reduces stress for pregnant and parenting people.

02



## Coordinate Pregnancy Care Through Technology

Coordination of care using technology may reduce factors that contribute to pregnancy-related complications. For example, there are apps designed to improve birth outcomes and reduce pregnancy-related complications through early prenatal education and intervention or that have an external risk-detection platform that drives better clinical decision making and care for moms.

03



## Provide Medically Tailored Meals

Through collaborations with programs such as Mom's Meals®, Food & Friends®, and MANNA, medically tailored meals help mothers improve their nutrition, reduce food insecurity during and after pregnancy, manage co-occurring health conditions, promote healthy birth outcomes, and accelerate recovery after birth.

04



## Improve Outcomes With Certified Community-Based Doulas

Certified community-based doulas can play a critical role in improving Black maternal health by providing supportive and culturally sensitive care, reducing disparities in birth outcomes, and promoting informed decision making.

05



## Assist in Postpartum Recovery

States that extend coverage to 12 months improve Black maternal health by providing access to postpartum care, which helps reduce financial barriers, supports maternal-child bonding, and promotes long-term physical and emotional health.

<sup>1</sup> Bright Start® and community baby showers, 2023, <https://www.amerihealthcaritas.com/beyond-managed-care/health-outreach-programs.aspx>.

<sup>2</sup> Babyscripts homepage, 2023, <https://babyscripts.com>.

<sup>3</sup> White House Blueprint for Addressing the Maternal Health Crisis, June 2022, <https://www.whitehouse.gov/wp-content/uploads/2022/06/Maternal-Health-Blueprint.pdf>.