



# Expecting Justice

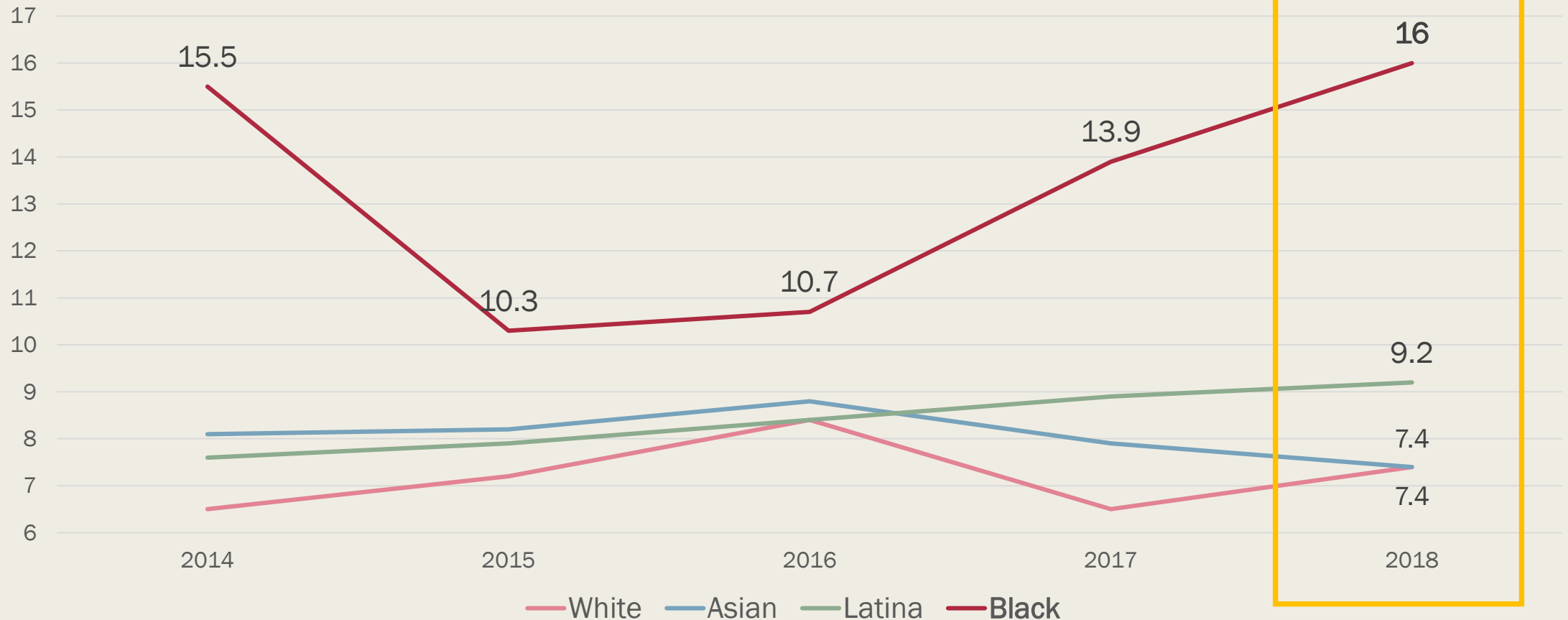
**San Francisco Collective Impact for Healthy Births**

**Zea Malawa, MD, MPH**  
**December 17th, 2019**

# SF's Black Maternal Health Crisis

## Preterm Birth Rates in SF, 2014-2018

Source: SF Birth Records Data, SFDPH 2019



# What is preterm birth?

When a pregnant woman gives birth before 37 weeks of pregnancy

Other related adverse birth outcomes include:

- Low Birth Weight (**2.5x** higher rate)
- Maternal Mortality (**50%** of all maternal deaths in SF in last decade, only **4%** of births)
- Infant Mortality (**3.3x** higher for Black babies compared to White babies)



Source: SF Birth Records Data, SFDPH 2019

# Why does it matter?



## AT BIRTH

**Neurodevelopment  
Respiratory  
Challenges**

## FIRST YEAR

**Infant Mortality  
Impaired Attachment**

## CHILDHOOD

**Cognition  
Academic  
Achievement**

## ADULTHOOD

**Chronic Disease  
Earning Potential**

# Some Factors Associated with Preterm Birth

## Social, Personal, and Economic Characteristics

- ✓ Teens and women over age 35
- ✓ Black race
- ✓ Women with low income

## Pregnancy and Medical Conditions

- ✓ Prior preterm birth
- ✓ Infection
- ✓ Carrying more than 1 baby (twins, triplets, or more)

## Behavioral

- ✓ Tobacco use
- ✓ Substance use
- ✓ Stress



For more information visit: [www.cdc.gov/reproductivehealth/MaternalInfantHealth/PretermBirth.htm](http://www.cdc.gov/reproductivehealth/MaternalInfantHealth/PretermBirth.htm)

## Racism as a Root Cause

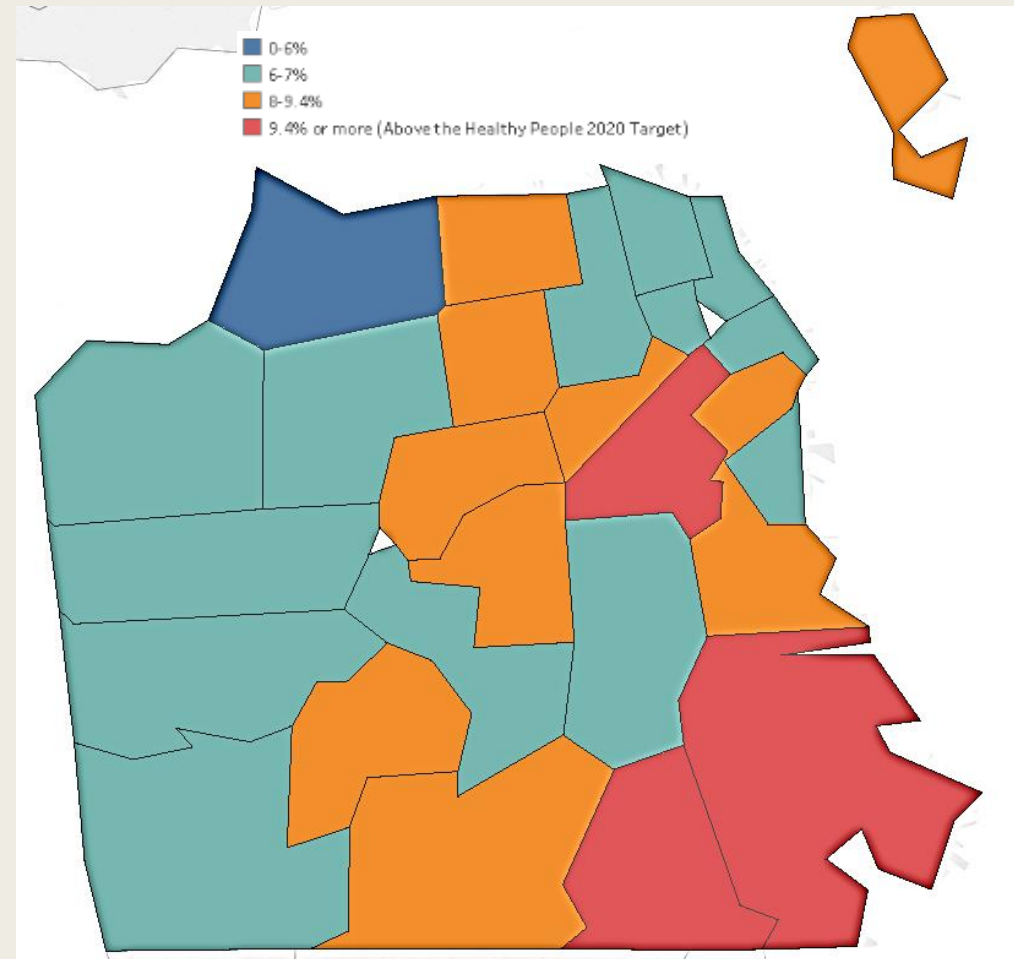
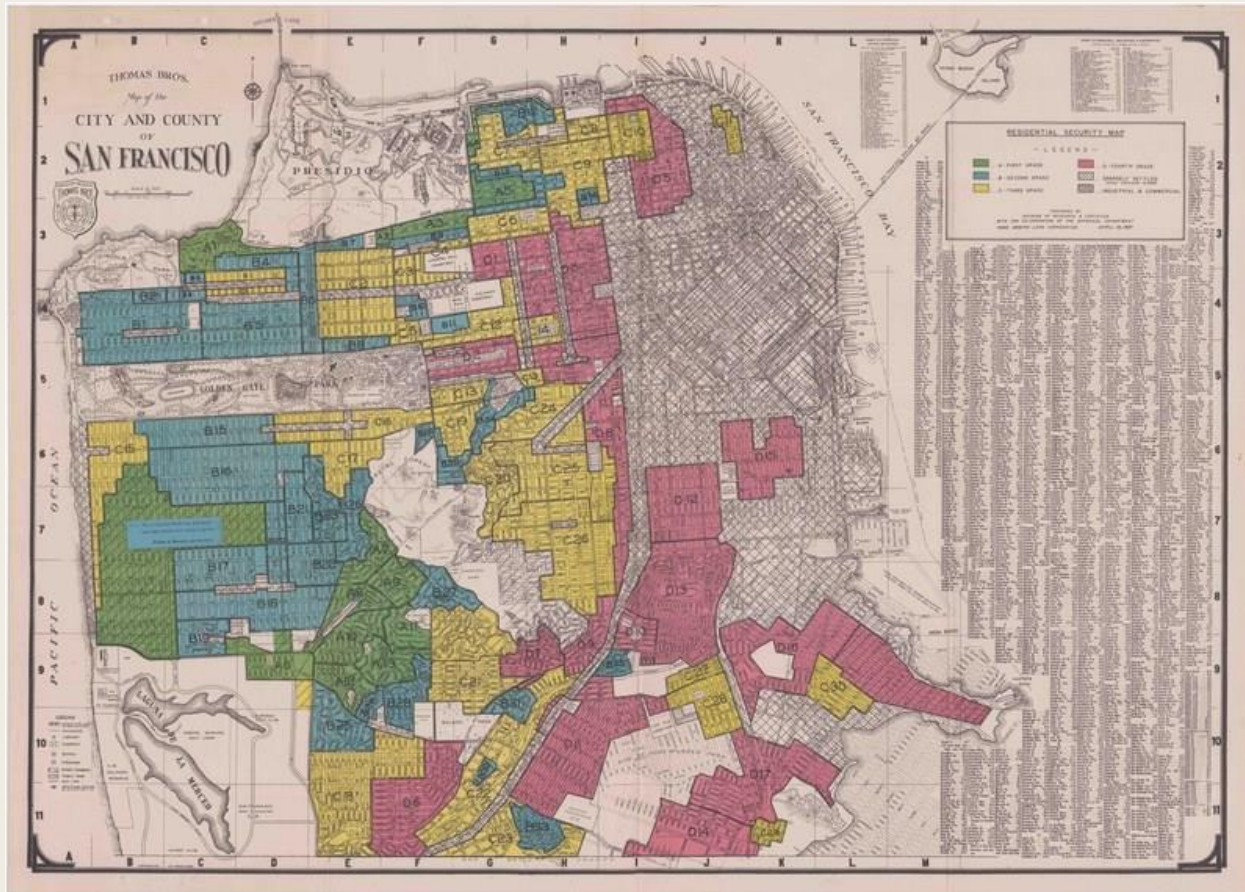
There is nothing inherent about Black skin that increases risk, except for overexposure to racism

- Dr. *Monica McLemore*

# What is it like to be Black and Pregnant in San Francisco?

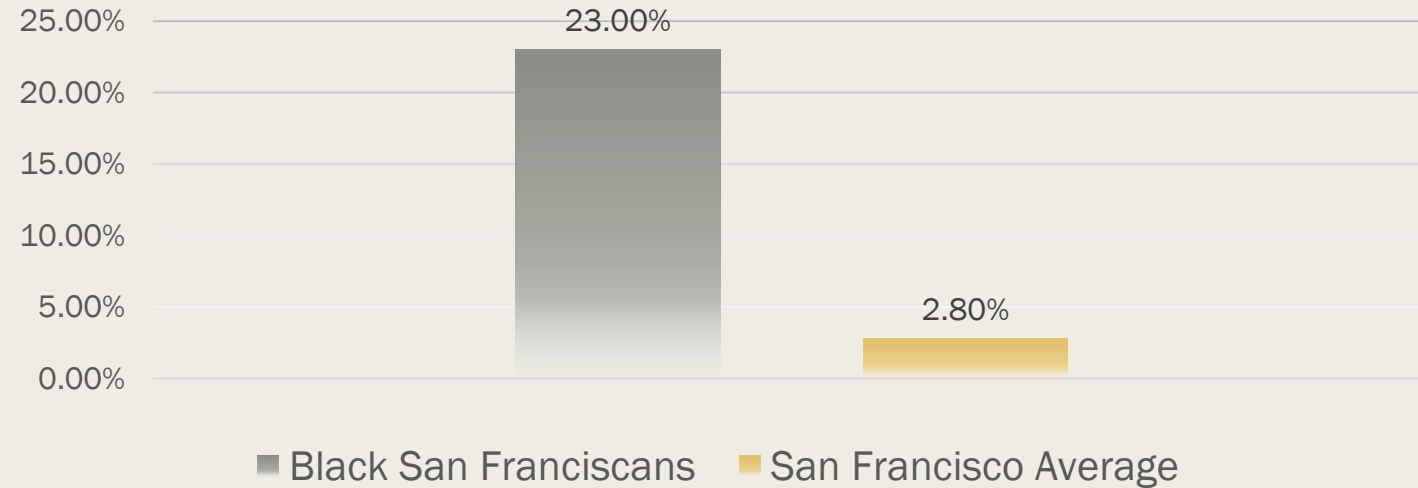


# Redlining Map VS Preterm Birth in SF

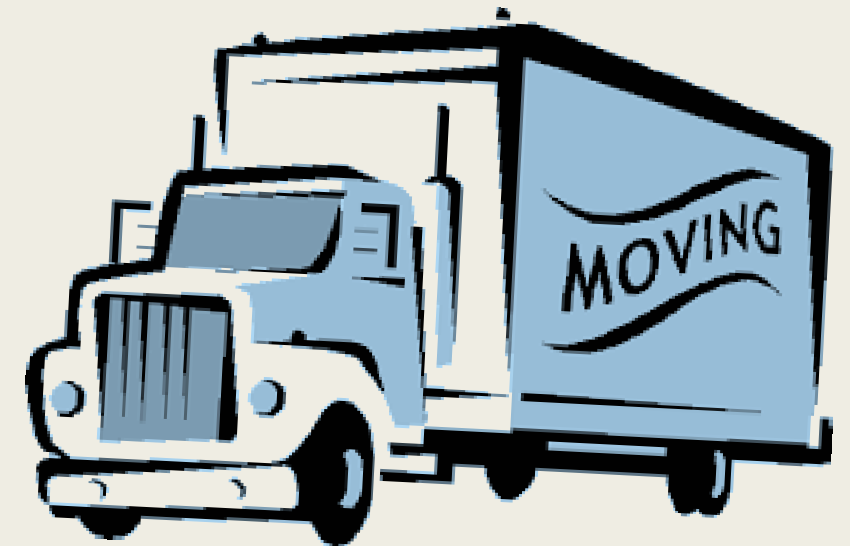
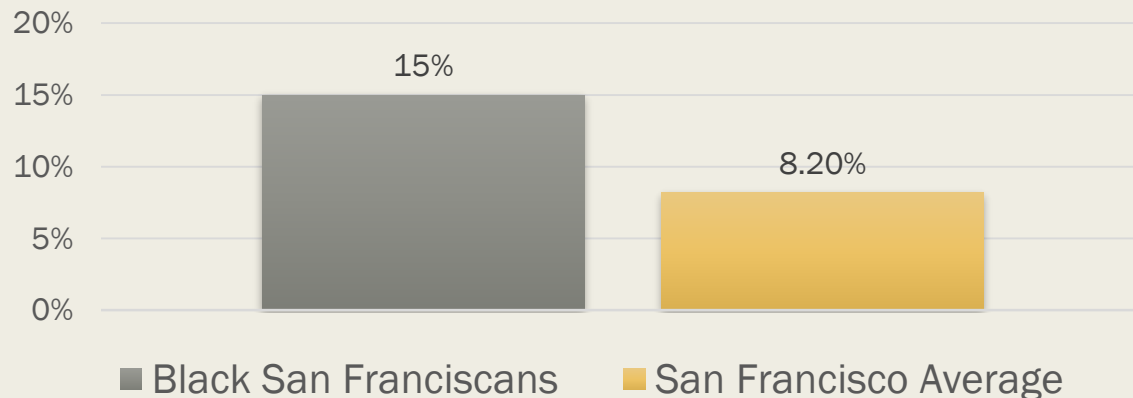




## HOMELESS OR DID NOT HAVE A PLACE TO SLEEP DURING PREGNANCY



## WOMAN OR PARTNER HAD PAY OR HOURS CUT DURING PREGNANCY

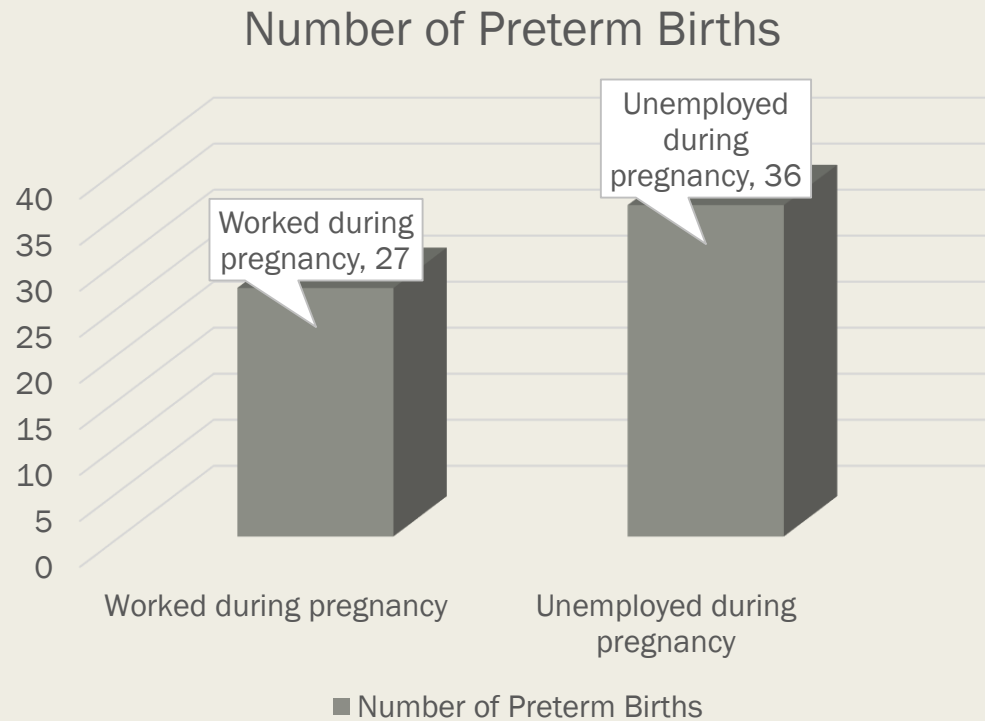


Source: MCAH Division Perinatal Equity Initiative, Maternal and Infant Health Indicators for San Francisco County. California Department of Public Health; 2019



# Employment

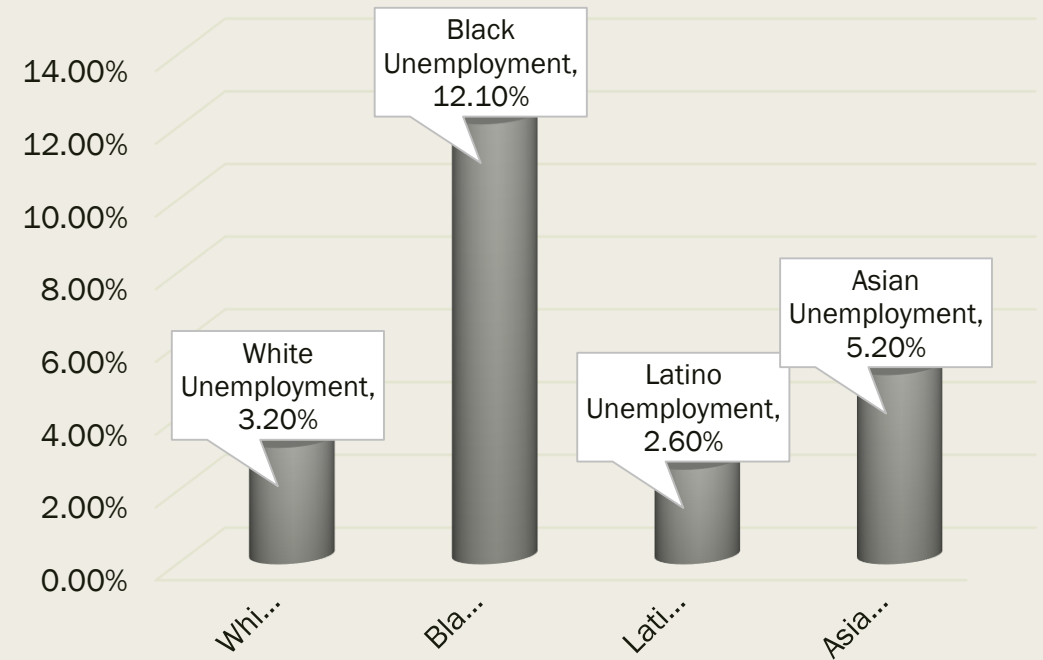
Among Black women in SF, **working** during pregnancy is **protective**.



Source: 2012-2016, SFDPH, MCAH Tableau

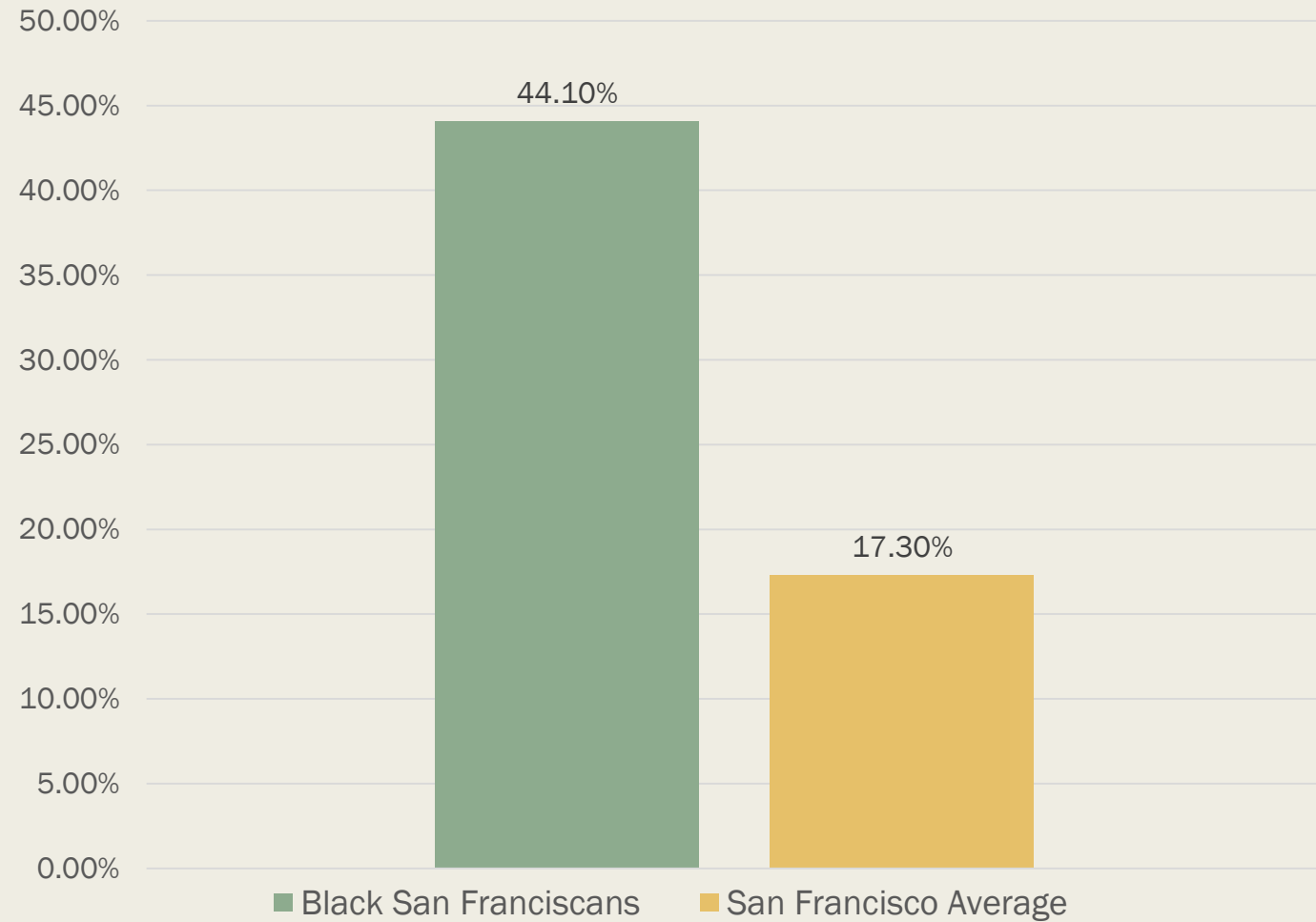
SF has the **2nd highest rate of black unemployment** in the country

## Rates of Unemployment in SF



Holmes, M. (2017). Employment by race and place: snapshots of America. <https://www.brookings.edu/blog/the-avenue/2017/02/27/employment-by-race-and-place-snapshots-of-america/>

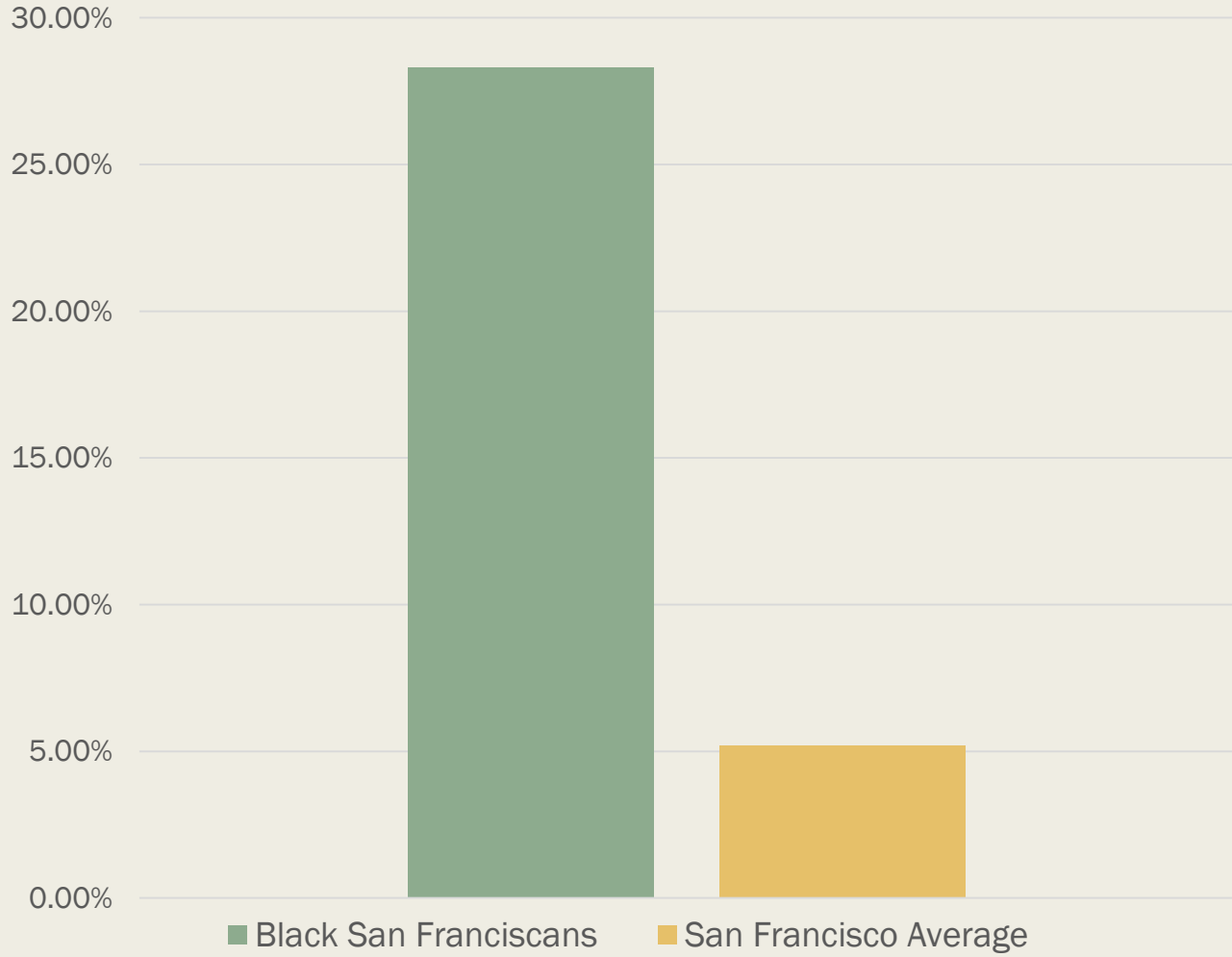
# OFTEN WORRIED ABOUT RACISM THROUGHOUT HER LIFETIME



Source: MCAH Division Perinatal Equity Initiative, Maternal and Infant Health Indicators for San Francisco County. California Department of Public Health; 2019



### WAS TOLD A PROVIDER EITHER WOULD NOT TAKE HER INSURANCE OR ACCEPT HER AS A PATIENT



Source: MCAH Division Perinatal Equity Initiative, Maternal and Infant Health Indicators for San Francisco County. California Department of Public Health; 2019

# Stress

Many studies indicate that stress is linked to preterm birth—recent studies suggest it is a **causal** factor

- **Preconceptional chronic stress** increases risk of preterm birth, black women have higher rates of chronic stress
- Experiences of **racial discrimination** are moderately associated with preterm birth
- **Chronic worry about racial discrimination** is a form of stress linked to preterm birth

Institute of Medicine (US) Committee on Understanding Premature Birth and Assuring Healthy Outcomes. *Preterm Birth: Causes, Consequences, and Prevention*. (Behrman RE, Butler AS, eds.). Washington (DC): National Academies Press (US); 2007.

Braveman, P., Heck, K., Egerter, S., Dominguez, T. P., Rinki, C., Marchi, K. S., & Curtis, M. (2017). Worry about racial discrimination: A missing piece of the puzzle of Black-White disparities in preterm birth?. *PloS one*, *12*(10), e0186151.

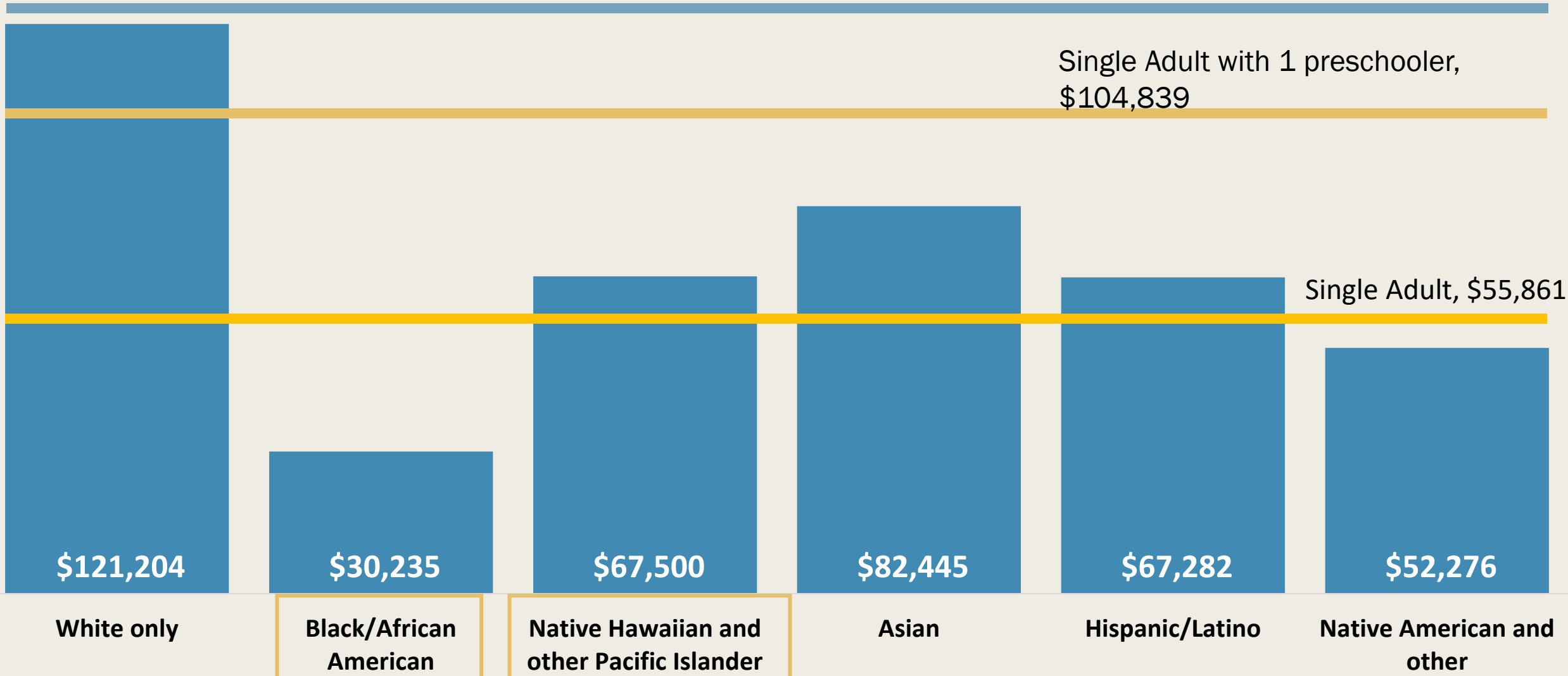


# 2013-2017 Median Family Income in San Francisco

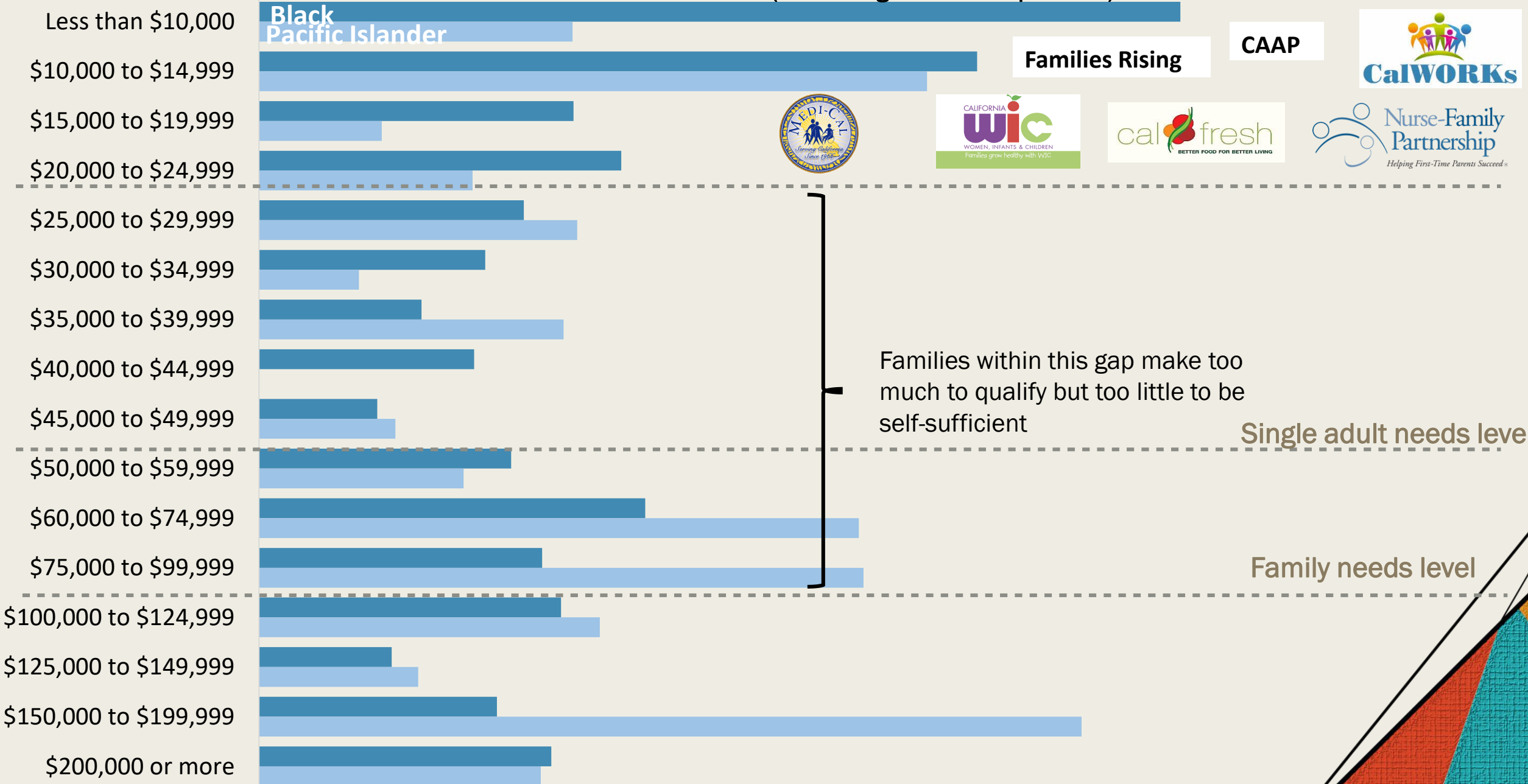
2 Adults with 1 school-aged child and 1 preschooler,  
\$123,442

Single Adult with 1 preschooler,  
\$104,839

Single Adult, \$55,861



# Distribution of Income for San Francisco Black and Pacific Islander Households in the Past 12 months (Percentage of Own Population)





**Abundant Birth Project**  
Pregnancy income  
supplement



**Policy Solutions**

## **San Francisco Collective Impact for Healthy Births**



**SisterWeb**  
Doula Access



**Multi-sector citywide  
collaboration**



**HEART UP**  
Anti-Racism skills building

# Citywide Collaboration

- Engaged City Leaders
- Shared Understanding
- Producing Results!!







# **Doula Access**

- **City Funding for SisterWeb**
- **Hospital Integration**
- **Outcome Evaluation**
- **New Legislation**

# HEART UP SF

## Anti-Racism Promotion

- Trained <500 SF gov staff
- Focus on skills building
- Leveraging Quality Improvement





Photo Credit: Chanda Williams

# **Abundant Birth Project**

## **Pregnancy income supplement**

- **Monthly stipend of \$400-\$1000 during pregnancy**
- **Pilot with 100 Black women in SF**
- **First of its kind in the US**
- **Exploring EITC policy as path for sustainability**

# ACKNOWLEDGMENTS



**None of our work is possible without our funders and partners.**

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Photo Credit: Naja Lerus

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