

RECOMMENDATIONS DURING COVID-19

ADDRESSING MATERNAL HEALTH DISPARITIES



American women die in childbirth at a higher rate than in any other developed country, while non-Hispanic Black women are more than 3 times more likely to have a maternal death than white women in the United States. Most pregnancy-related deaths are preventable.

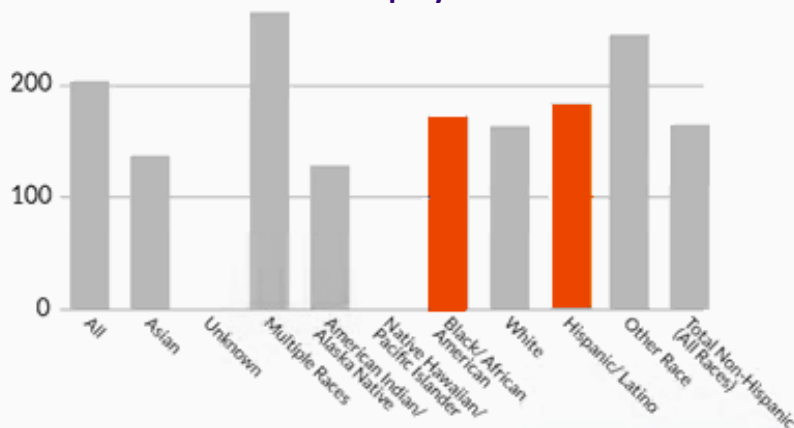
[American Journal of Managed Care](#)

THE IMPACT OF COVID-19 IN CALIFORNIA AND MATERNAL HEALTH

COVID-19 death rates per 100,000 population

Last updated: March 30, 2021

CA Health Equity Index 2021

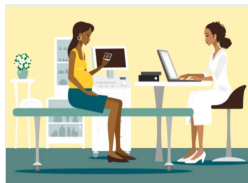


- ▶ Limited information available about SARS-CoV-2 infection in pregnant women in California.
- ▶ Nationally, [Hispanic and non-Hispanic black pregnant](#) women appear to be disproportionately affected by SARS-CoV-2 infection during pregnancy.
- ▶ Among reproductive-age women with SARS-CoV-2 infection in the U.S., [pregnancy was associated with hospitalization](#) and increased risk for intensive care unit admission, and receipt of mechanical ventilation, but not with death.
- ▶ During the study period of January to June 2020, [22.1% of the total 8,207 cases](#) of COVID-19 in pregnant women reported to the CDC, were Black.

RESOURCES TO ADDRESS COVID-19 AND MATERNAL HEALTH

- ▶ Learn and implement best practices through the [Reduction of Peripartum Racial/Ethnic Disparities Patient Safety Bundle](#) toolkit.
- ▶ Explore educational webinars from the [California Maternal Quality Care Collaborative](#).
- ▶ Explore virtual care platforms such as [Babyscripts](#) app to facilitate remote monitoring and delivery of prenatal care by interfacing between the member and provider.
- ▶ Use a [COVID-Watch tool](#) that sends automated text messages to pregnant and newly postpartum women who are experiencing symptoms of COVID-19.

ADDRESSING MATERNAL HEALTH DISPARITIES



Despite [impressive reductions](#) in maternal mortality for all racial/ethnic groups in California, Black mothers/birthing people are still [three to four times as likely to die \(PDF\)](#) from pregnancy/birth-related causes and twice as likely to suffer a maternal morbidity (such as hemorrhage and infection) than those in all other racial/ethnic groups.

[California Health Care Foundation \(CHCF\)](#)

RESOURCES TO SUPPORT MATERNAL MENTAL HEALTH



- ▶ Use [A Black Mama's Guide to Living and Thriving](#) from Mamatoto Village that provides a framework for self-healing and wellness.
- ▶ Provide [resources](#) (i.e., BIPOC resources and intensive treatment programs) for members and families affected by maternal mental health (MMH) conditions that are often undiagnosed and untreated.
- ▶ Encourage members to use the [Shades of Blue Project](#) that provides online mental health support to women of color.
- ▶ Encourage the use of the [Postpartum Support International](#) where PSI Coordinators assist with linking members to specialized providers, resources and support groups.

RESOURCES TO SUPPORT MATERNAL EMOTIONAL WELL-BEING



- ▶ Create [community listening sessions](#) to allow women from high-risk areas across the state to share stories about their birth experiences and their thoughts on the maternal mortality rate.
- ▶ Use social navigators to assist with coordinating services for pregnant mothers.
- ▶ Use community partners (e.g., parks, hair and nail salons, retail stores, local colleges etc.) to inform members of benefits and services, and partner with local hospital leadership, public health and [Black Infant Health program \(BIH\)](#) programs.
- ▶ Learn from Medi-Cal Managed Care Health Plans' [Doula Pilot](#) Programs to support women giving birth. (*Note: not a current Medi-Cal covered benefit but under consideration for the future).