

# Pregnancy and Postpartum Experiences in Chicago Neighborhoods With Increased Adverse Maternal Outcomes: A Qualitative Study

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## What Is the Purpose of This Study?

- This study aimed to understand the experiences of Black birthing people during and after pregnancy.

## What Is the problem?

- Black birthing people are more likely to experience pregnancy complications and are more likely to die from pregnancy-related causes than White birthing people.
- There is limited research exploring the perspectives of Black birthing people from communities with higher rates of maternal morbidity and mortality.

## What Are the findings?

- Participants describe (1) a need for social and mental health support during and after pregnancy, (2) a preference for multiple sources of health information, (3) a need for strengthened connection with medical providers and health care systems, (4) a lack of clarity regarding maternal morbidity and mortality and the postpartum period, (5) a difference in language between patients and health care providers.

## Who Should Care Most?

- Health care providers caring for people with the capacity to be pregnant.
- Community health organizations that do outreach with pregnant and postpartum people.

## Recommendations for Action

- Further research and interventions are needed to evaluate how to best support pregnant and postpartum people, to implement patient-centered language when communicating about pregnancy and postpartum complications, and to demonstrate investment by health care workers in Black birthing people.
- Crucial to further research and interventions is communication with and input from communities most affected by maternal morbidity and mortality.