

I'm My Sisters Keeper; Overcoming Disparities In Health Care For Black Women. Part 1

As a society, we often overlook the health disparities that Black women face. Despite the fact that their health outcomes are lower than those of other groups, Black women are often overlooked and marginalized in discussions about healthcare. It's time for us to take a step back and recognize the power and resilience of these incredible women whose history and experience impact our collective livelihood. It's time to be our sisters' keepers and work towards changing the outcomes for Black women in healthcare. Every woman deserves to have a voice when it comes to their health and childbirth experiences. No woman should have to endure inadequate care or feel unheard during one of the most important moments in their life.

In this episode of ***Conversations with I Follow the Leader***, your host, Chief Encouragement Officer Antoinetta Mosley, and her team members of Leadership Triangle's 2023 Regional cohort, Penny Carroll, Kim Glenn, Chrissy Sailstad, and Titilayo Somorinto, discuss disparities and inequities that happen in communities and how to overcome disparities in health care for Black women. We're our sisters' keepers, and we each have a responsibility to look out for each other in the community.

In part one, Chrissy Sailstad and Titilayo Somorinto talk about the genesis of the disparities we experience as Black women, the statistics, and their personal experiences visiting plantation grounds at Historic Stagville in Durham, North Carolina. In part two, Penny Carroll and Kim Glenn discuss where we are now and share information from a birth center in North Carolina, Aya Birth & Community Wellness and attending a Better Wake Town Hall on health equity hosted by The Raleigh Chamber.

Tune in!

During this episode, you will learn about;

- [00:03] Intro, what in for you in today's show and about our guest
- [04:18] Why today's topic is so crucial and timely in such a time as this
- [14:24] Titi and Chrissy's feelings as they drove to the Historic Stagville plantation
- [17:27] Historic Stagville plantation and why Titi and Chrissy didn't go to tour the big house
- [21:14] How the plantation visit experience impacted Titi and Chrissy's perspective
- [25:03] Statics of slavery and abolishment of slavery in the United States
- [28:21] Titi's takeaway from the leadership Triangles' simulation and Stagville plantation
- [31:33] Enslaved women's birthing experience and how it still impacts Black people today
- [36:30] Challenges that enslaved Black women faced and their role in resistance movements
- [39:04] Titi and Chrissy's final thoughts on rootology, slavery, and their visit to Stagville
- [42:02] Wrapping up and ending the show with disparity quotes

Notable Quotes

- What affects one woman affects all women, and what affects her children affects all women.
- We must be willing to acknowledge what happened in the past to learn and move forward.
- Slavery was formally abolished in the US with the ratification of the 13th amendment to the Constitution in 1865; however, segregation and discrimination against black people continue.
- When women are doing well, communities are doing well.
- Bias has influenced the way we've been treated as black mothers since slavery, hence what happened with us today, and all those social norms impact how we navigate life on a daily basis.
- If you don't know your own history, you cannot learn from your mistakes or make changes. You will continue to repeat the same mistakes and behaviors.
- We all have biases; until you see and recognize your bias, you cannot do anything about it.
- Of all forms of inequality, injustice in healthcare is the most shocking and inhumane, by Martin Luther King.

I'm My Sisters Keeper; Overcoming Disparities In Health Care For Black Women. Part 2

Maternal health is a critical issue that affects millions of women worldwide. However, underrepresented and underestimated populations, such as women of color and low-income women, often face significant barriers to accessing quality maternal healthcare services. These disparities result in higher maternal mortality and morbidity rates among these groups. To address this maternal health crisis, we must create a more equitable healthcare system where all women have access to high-quality maternal healthcare services, regardless of their socio-economic status, race, or ethnicity. This involves advocating for changes, which starts with each of us playing our part where we're.

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In part one, Chrissy Sailstad and Titilayo Somorinto talk about the genesis of the disparities we experience as black women, the statistics, and their personal experiences visiting plantation grounds at Historic Stagville in Durham, North Carolina. In part two, Penny Carroll and Kim Glenn discuss where we are now and share information from a birth center in North Carolina, Aya Birth & Community Wellness and attending a Better Wake Town Hall on health equity hosted by The Raleigh Chamber.

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During this episode, you will learn about;

- [00:03] Intro and what in for you in today's show
- [04:18] A bit about our guests and their statistics on black women's health
- [08:40] How to be an advocate and participate in overcoming health disparities
- [11:31] A Better Wake Town Hall and what they are doing to create equitable health systems
- [14:02] Aya Birth Center and what they are doing to enhance health diversity
- [15:43] Kim's takeaway from A Better Wake's health equity event
- [18:45] Penny's takeaways from Aya Birth and Wellness Center
- [24:35] Kim's perspective on the alarming statistic of maternal health
- [27:32] What Antoinetta took with her from Aya Birth and Wellness Center
- [32:32] Where we are now and what we can do about health disparities
- [37:31] The foundation of effective and impactful communication
- [40:10] Why the past matter in overcoming disparities in healthcare
- [44:46] Kim and Penny's final thoughts on how we can be our sisters' keeper
- [46:09] Wrapping up and ending the show with disparity quotes

Notable Quotes

- You need both access and education to improve outcomes; you can't have one or the other.
- We don't need to be an expert in disparities and inequalities to be a voice; we just need to advocate so others can advocate.
- People are paying more directly and indirectly for the worst care.
- Cultural humility should be universal; when we have a sense of humility about culture and the people we're working with and serving, we will make a difference.
- Prejudice is an attitude; discrimination is a behavior
- Change happens when we keep sharing it, talking about it, and amplifying it.