

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.

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 health disparities and where we are now. 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 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.