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# **BLACK MATERNAL HEALTH WEEK 2021**

**APRIL 11-17**

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**MY BODY. MY BIRTH. MY VOICE. MY SUPPORT.  
INSTITUTE OF WOMEN & ETHNIC STUDIES**

**CLAIMING OUR POWER, RESILIENCE,  
AND LIBERATION**

**#BMHW21**



# EVENTS

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**MONDAY, APRIL 12**

A SPECIAL WORD FROM IWES' CEO, DR. DENESE  
SHERVINGTON

**TUESDAY, APRIL 13**

LIVE MATERNAL YOGA WITH VALERIE MCMILLAN

**WEDNESDAY, APRIL 14**

BLACK MATERNAL HEALTH ADVOCACY DAY AT THE  
LOUISIANA STATE CAPITOL (VIRTUAL)

**THURSDAY, APRIL 15**

LIVE MOMMY AND ME MATERNAL YOGA WITH VALERIE  
MCMILLAN

**FRIDAY / SATURDAY, APRIL 16-17**

BLACK MATERNAL HEALTH CONFERENCE





# PRENATAL YOGA BENEFITS

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Prenatal yoga is a mixture of stretching, controlled breathing, and mental focus that offers a variety of benefits to expectant mothers including:

- Stress relief
- Connection between mind and body
- Improvement in sleep, flexibility and endurance
- Reduction of nausea, lower back pain, and premature birth





# **BLACK MATERNAL HEALTH FACTS**

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- **Black women are more likely to experience preventable maternal death compared with white women.**
- **Black women experience physical “weathering,” meaning their bodies age faster than white women’s due to exposure to chronic stress linked to socioeconomic disadvantage and discrimination over the life course, thus making pregnancy riskier at an earlier age.**
- **Only 87 percent of Black women of reproductive age have health insurance and many more experience gaps in coverage during their lives.**



# SLEEP TIPS DURING PREGNANCY

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In the 3rd trimester, sleep on your left side to allow for the best blood flow to the baby, uterus and kidneys. Avoid lying flat on your back for a long period of time.

Try frequent snacks (like crackers) throughout the day to avoid nausea.

Relieve stress with yoga, mindfulness meditation or massage therapy.

Limit breathing problems by elevating your head when you sleep.





# NUTRITION DURING PREGNANCY

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The key nutrients needed during pregnancy are calcium, iron, vitamin A B C D B12 B6, folate

Most doctors recommend that pregnant women take a prenatal vitamin and mineral supplement every day in addition to eating a healthy diet.

Take in enough fluids by drinking several glasses of water each day





# MATERNAL YOGA

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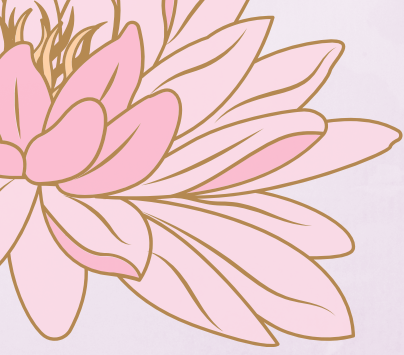
Prenatal yoga is a mixture of stretching, controlled breathing, and mental focus that offers a variety of benefits to expectant mothers.

Maternal yoga is good for:

- Improving sleep.
- Reducing stress and anxiety.
- Increasing the strength, flexibility, and endurance of muscles needed for childbirth.
- Decreasing lower back pain, nausea, headaches, and shortness of breath.







# **NOLA RESOURCES:**

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**INSTITUTE OF WOMEN AND ETHNIC STUDIES**

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