

# RACISM, RACE, AND CULTURE

According to the Philadelphia Community Action Network's (CAN) Perinatal Periods of Risk (PPOR) analysis, the risk of having a baby with very low birth weight is higher for Black, non-Latine people compared to White, non-Latine people. This infographic uses CAN interviews with Philadelphian Black and Latine birthing people to learn about how their experiences with discrimination, structural racism, and culture intersect with their health.

## Theme 1

Black and Latine birthing people are not listened to by their healthcare providers, especially regarding pain and pain management

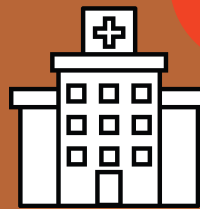
## Theme 2

Black and Latine birthing people experience fear of racism, especially in the workplace

## Theme 3

Doulas and other birthing support are valued during pregnancy, labor, and delivery because they provide information and advocacy in medical spaces

Many of the Black and Latine birthing people who were interviewed talked about situations where they **did not feel safe in the hospital**



1

### Why?

Fear and frustration at not being heard by their healthcare providers

- Healthcare providers:
  - ignored their patient's pain
  - had the wrong patient's information
  - stereotyped patient based on their race

"I was in labor for three days, I was sent home twice from the hospital, I was told repeatedly, 'You're not in enough pain.' I was told, 'Come back, when you're in more pain. Come back when you're more dilated.'"

2

Black and Latine birthing people experience fear of racism and racism in the workplace

- Racism in the workplace created stress and anxiety before pregnancy
- Black and Latine birthing people were uncomfortable in spaces that had few people who shared their race and/or culture



"Listen to us when we tell you these things... We're not just saying them."

3

Doulas and other birthing support were beneficial to Black and Latine birthing people

They:

- connected clients with different services
- attended childbirth classes with their client
- offered clients tips on how to manage and track their health
- advocated for their client with healthcare providers

"I felt like if I didn't have the doula there, I wouldn't know what the outcome would have been... I just explained to my doula that, 'I just need you to speak up for me. I just need you to be my voice.'"

