

# Five Crucial Interventions to Improve Health Outcomes for Black Mothers



AmeriHealth Caritas Chief Diversity, Equity, and Inclusion Officer  
Karen Dale, RN, MSN, Explains How Health Plans Can Help Address  
Health Disparities for Black Mothers

01



## Offer No-Cost Transportation

Providing transportation at no cost to members improves access to care, decreases missed appointments, promotes regular prenatal care, and reduces stress for pregnant and parenting people.

02



## Coordinate Pregnancy Care Through Technology

Coordination of care using technology may reduce factors that contribute to pregnancy-related complications. For example, there are apps designed to improve birth outcomes and reduce pregnancy-related complications through early prenatal education and intervention or that have an external risk-detection platform that drives better clinical decision making and care for moms.

03



## Provide Medically Tailored Meals

Through collaborations with programs such as Mom's Meals®, Food & Friends®, and MANNA, medically tailored meals help mothers improve their nutrition, reduce food insecurity during and after pregnancy, manage co-occurring health conditions, promote healthy birth outcomes, and accelerate recovery after birth.

04



## Improve Outcomes With Certified Community-Based Doulas

Certified community-based doulas can play a critical role in improving Black maternal health by providing supportive and culturally sensitive care, reducing disparities in birth outcomes, and promoting informed decision making.

05



## Assist in Postpartum Recovery

States that extend coverage to 12 months improve Black maternal health by providing access to postpartum care, which helps reduce financial barriers, supports maternal-child bonding, and promotes long-term physical and emotional health.

<sup>1</sup> Bright Start® and community baby showers, 2023, <https://www.amerhealthcaritas.com/beyond-managed-care/health-outreach-programs.aspx>.

<sup>2</sup> Babyscripts homepage, 2023, <https://babyscripts.com>.

<sup>3</sup> White House Blueprint for Addressing the Maternal Health Crisis, June 2022, <https://www.whitehouse.gov/wp-content/uploads/2022/06/Maternal-Health-Blueprint.pdf>.