



Establishing the 4th Trimester

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SCHOOL OF MEDICINE
Obstetrics and Gynecology

Costly and Cute

HELPLESS INFANTS AND
HUMAN EVOLUTION

Edited by Wenda R. Trevathan and Karen R. Rosenberg



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...there are advantages to having growth occur in the **stimulating environment of the outside world** and a dense social network.



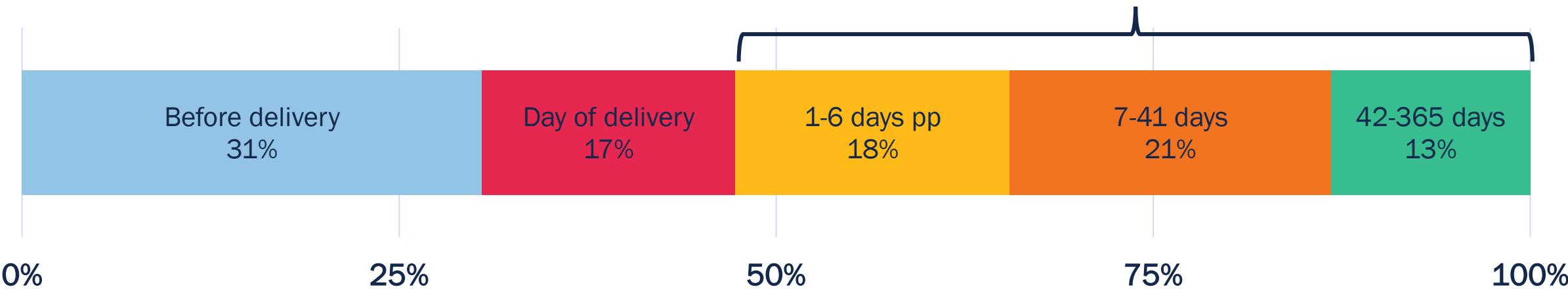
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There is a fourth trimester to pregnancy, and we neglect it at our peril.



Mortality

More than half of pregnancy-related maternal deaths occur after delivery





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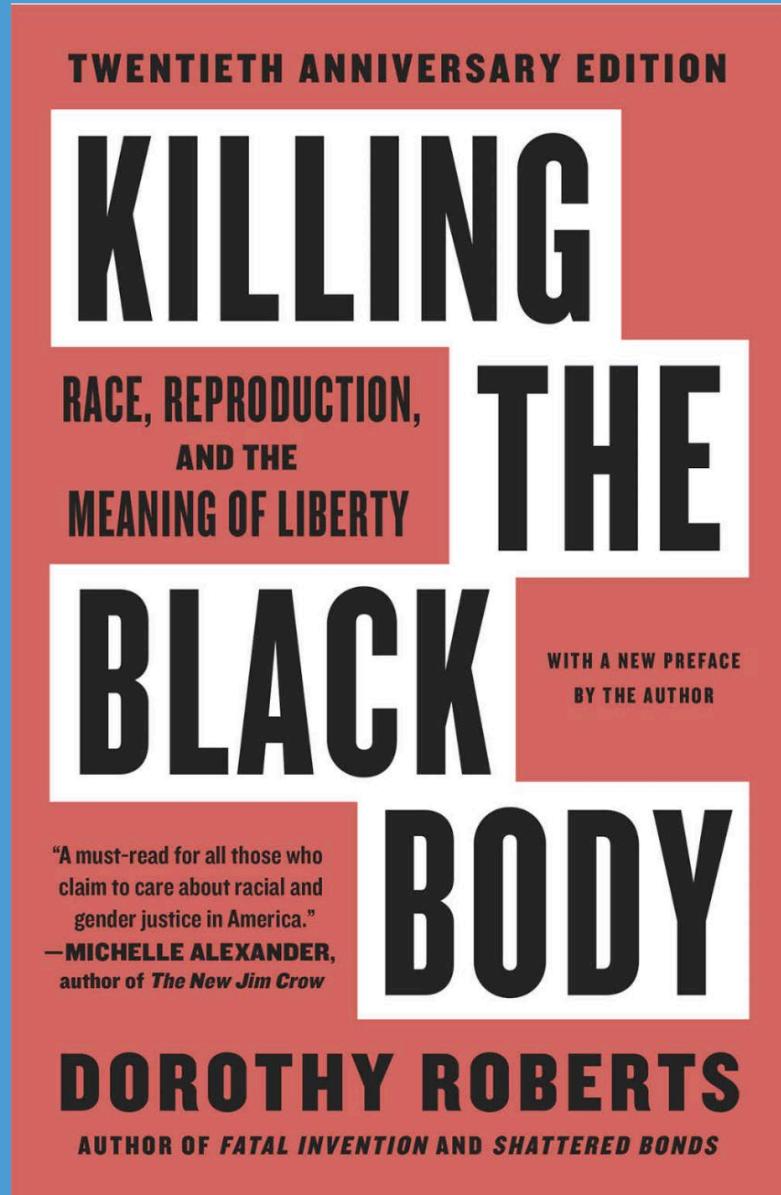
The baby is the candy, and the mother is the wrapper. Once the candy is out of the wrapper, the wrapper is cast aside.

“

Throughout the US history,
the fertility and childbearing
of poor women and women
of color **were not valued**
equally to those of affluent
white women.

-Lisa Harris and Taida Wolfe,
Stratified Reproduction, Family Planning
Care & the Double Edge of History





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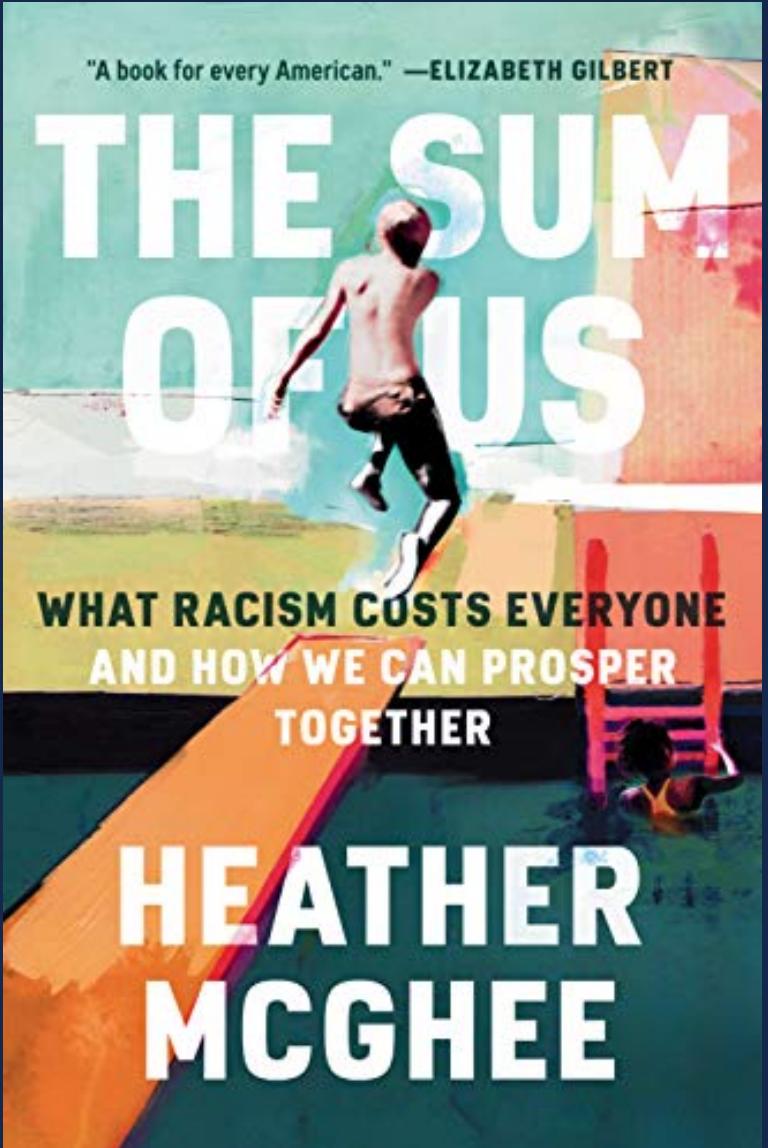
They say we don't need to spend money on social welfare programs or figure out racism and poverty; **the solution is to keep these people from having children.**

-Dorothy Roberts

Medicare, 1965

- Part A: Hospital insurance, **Federal program** paid for by social security payroll tax
- Part B: Voluntary program for doctor's visits
- Part C: **Matching funds for states** to provide medical care for low income AFDC beneficiaries





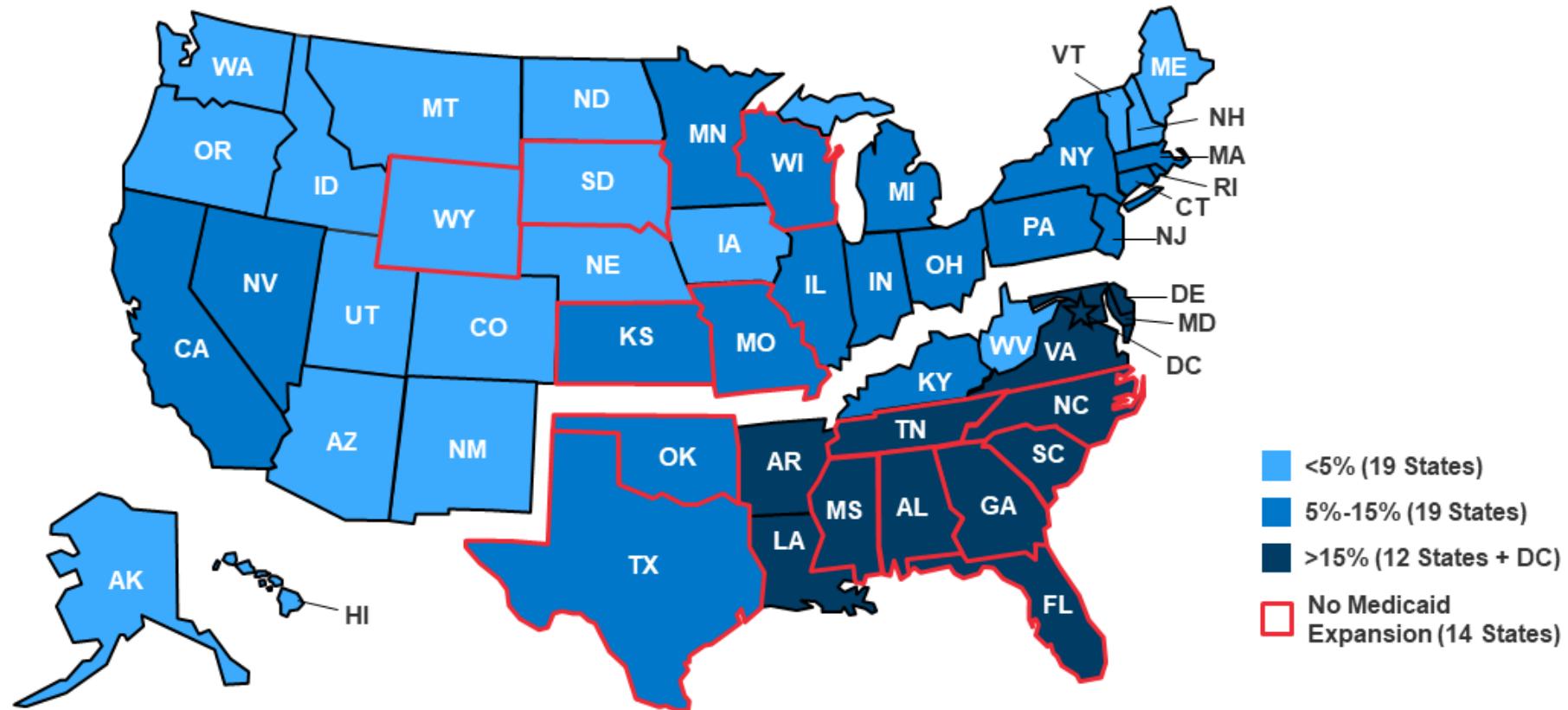
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Johnson's Congress conceded to leave whether and how to offer Medicaid to the individual states, in a **compromise with racism** that curtailed the program's reach for decades.

—Heather McGhee

Figure 8

Share of Total Nonelderly Population that is Black by State and Medicaid Expansion Status as of January 2020



Note: Includes nonelderly individuals 0-64 years of age and non-Hispanic Blacks.

Source: KFF analysis of 2018 American Community Survey, 1-Year Estimates and KFF, Status of State Action on the Medicaid Expansion Decision, as of January 2020, <https://www.kff.org/health-reform/state-indicator/state-activity-around-expanding-medicaid-under-the-affordable-care-act/>.

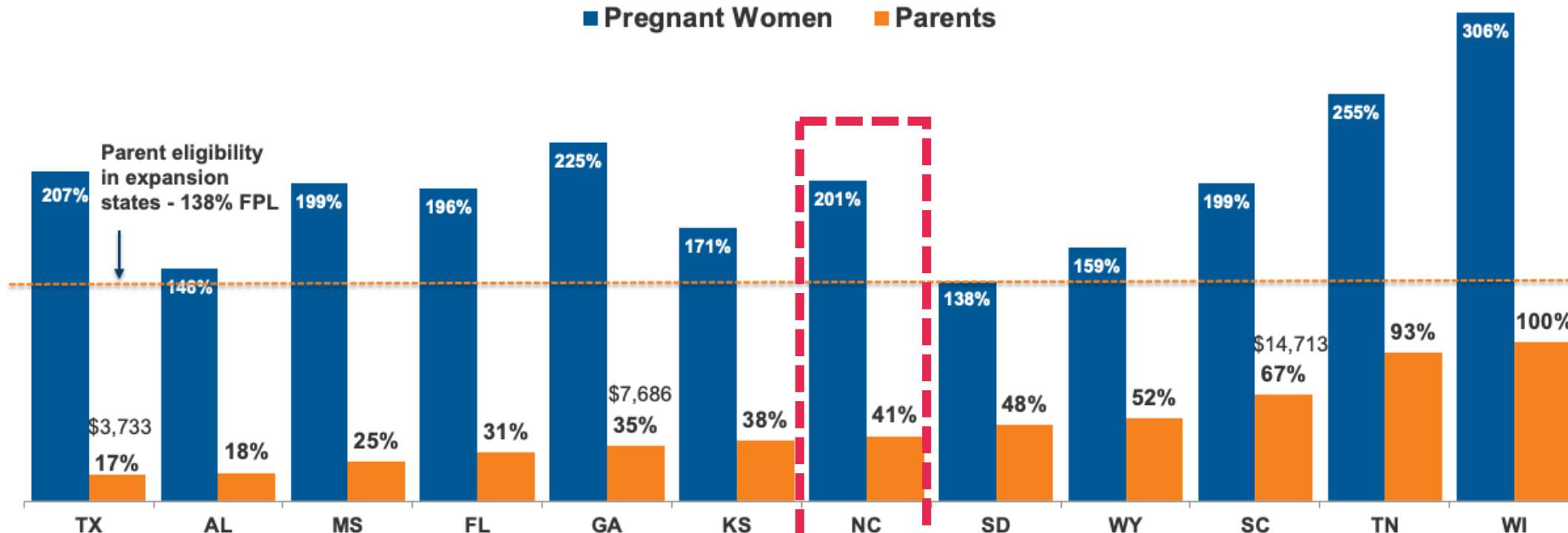




Figure 1

Medicaid Eligibility Is Much More Restrictive for Parents than Pregnant Women, Particularly in States that Have Not Expanded Medicaid

Medicaid eligibility thresholds for pregnant women compared to parents, 2021



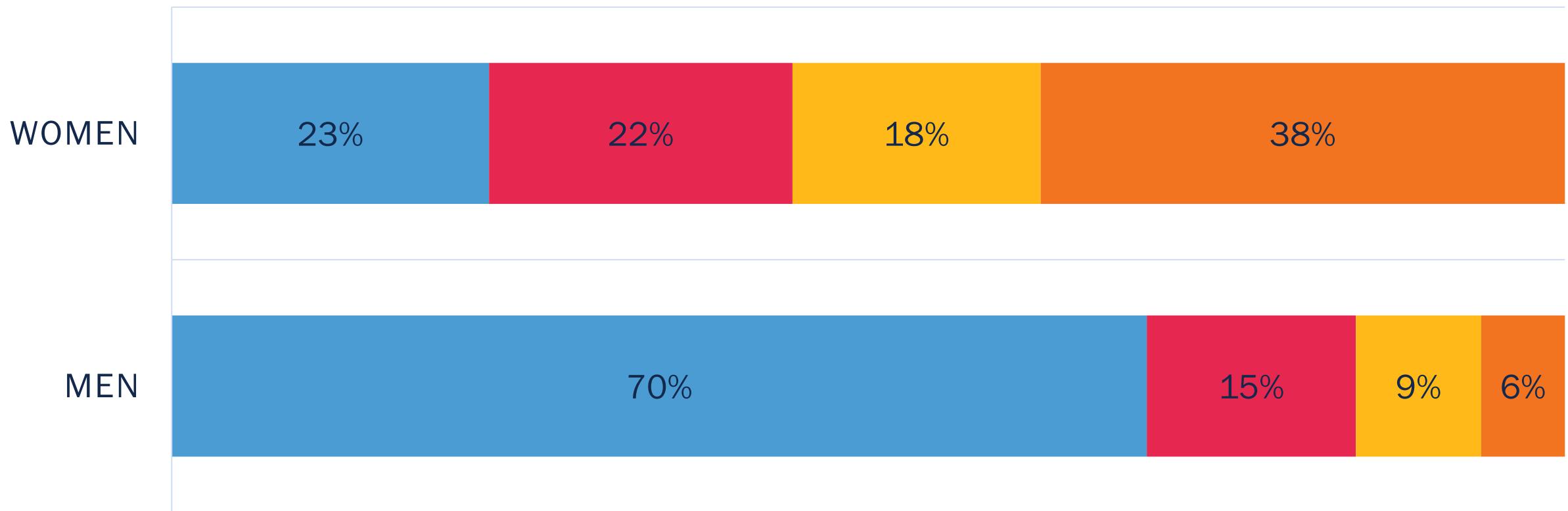
NOTE: For pregnant women, reflects highest eligibility limit for pregnant women under Medicaid, CHIP, or the unborn child option. For "Parents," eligibility limits calculated as a percent of the Federal Poverty Level (FPL) & are calculated based on a family of three for parents. In 2021, the FPL was \$21,960 for a family of three. Thresholds include the standard five percentage point of the FPL disregard.

SOURCE: Based on national survey conducted by KFF with the Georgetown University Center for Children and Families, 2021..



Parental Leave in the U.S.

■ 0-10 days ■ 11-40 days ■ 41-60 days ■ 60+ days



“

The lack of policies substantially benefitting early life in the United States constitutes a **grave social injustice**: those who are already most disadvantaged in our society bear the greatest burden.

Adam Burtle and Stephen Bezruchka





“

...there is no answer to solving this crisis that Black women do not already know. It is in their lived experiences and resilience that drives innovation and belonging - and we as stakeholders should take heed.

Karen A. Scott, Stephanie R. M. Bray,
Ifeyinwa Asiodu & Monica R. McLemore
www.blackwomenvbirthingjustice.org

I am seen
I am heard
I am loved
#decolonizebirth19



Chanel L. Porchia-Albert
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Mother of 6. Speaker. Birth Justice Activist. CEO [@ancientsong7](https://twitter.com/ancientsong7). Race & Reproductive Justice Consultant. Progressive

Shared decision making
brings at least two
experts to the table: the
patient and the provider

Providers are experts in
the **clinical evidence**

The patient and her
family are experts in
their **experiences and
values**

Paternalistic



Information
& recommendations



Informative



Information



Shared



Values & preferences
←
Information
& recommendations





FOR MOTHERS &
THOSE WHO LOVE THEM

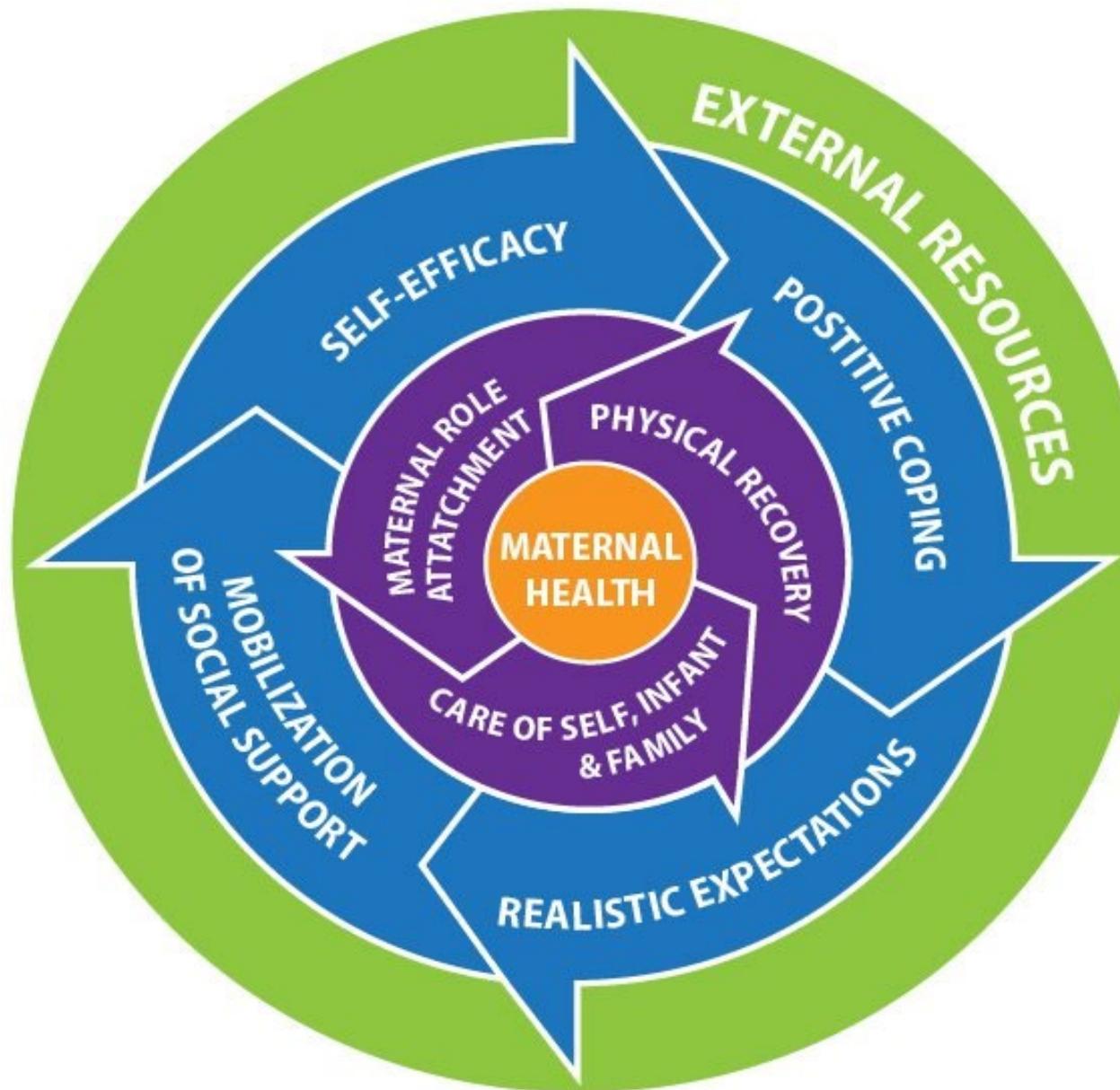


NewMomHealth.com
SaludMadre.com

bilingual expert-written postpartum self-care information hub



designed for new moms, by moms



LEGEND

The woman in the year following childbirth.



Jenifer Fahey

Key components of maternal health in the postpartum period. These are interrelated.

Life skills needed to achieve well-being in the postpartum period. Women should focus on honing these skills in order to ensure they successfully fulfill the key tasks (in purple) of a healthy postpartum.

Resources a woman may need in order to successfully acquire or employ her skills to accomplish the tasks of the postpartum.

Examples of external resources include accurate health information, access to safe daycare, housing assistance, and education about normal infant behavior.

Adapted from Fahey & Shenassa in *JMWH* by ACNM.





Loretta J. Ross
Rickie Solinger

"Reproductive justice—women having power over our own bodies—is the crucial first step toward any democracy, any human rights, and any justice."

Gloria Steinem

REPRODUCTIVE JUSTICE

An Introduction



Reproductive Justice

Every individual has a human right

- to maintain personal bodily autonomy,
- to have children,
- to not have children, and
- to parent the children we have in safe and sustainable communities





“

What would it look like
for mothers to not
only **survive**
pregnancy, but to
thrive?

Joia Crear-Perry, MD
@docCrearPerry

