

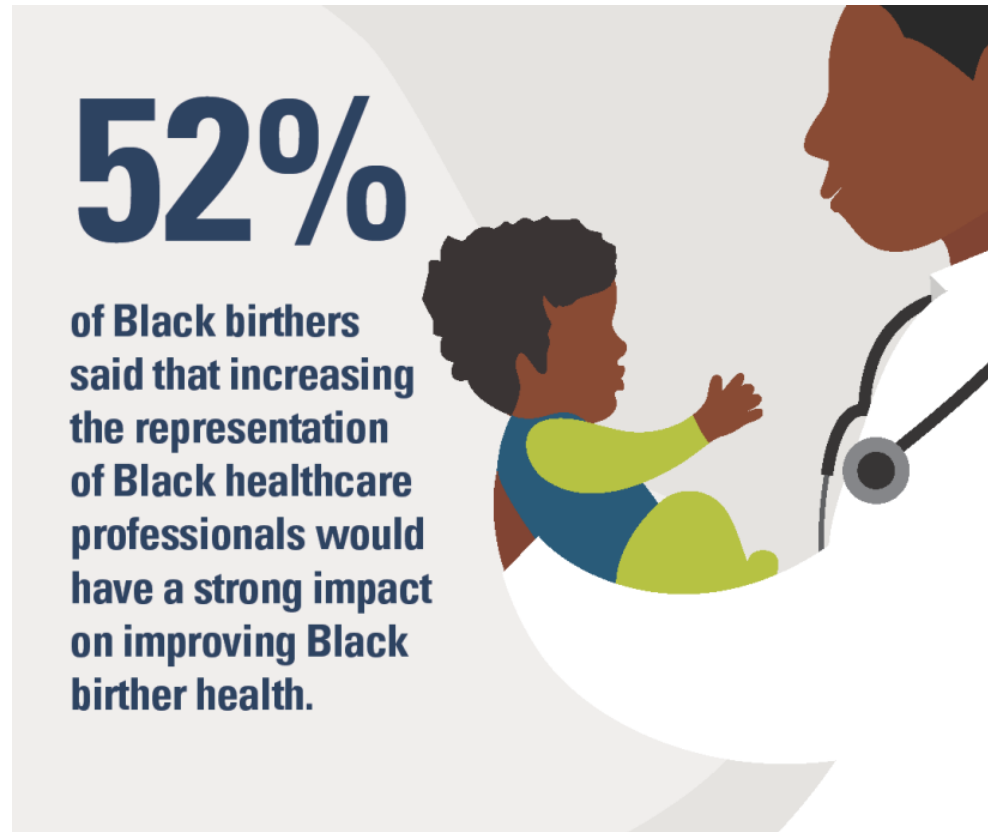


BlueCross  
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Minnesota

BLUE CROSS® AND BLUE SHIELD® OF MINNESOTA

# 2024 BLACK BIRTHERS POLL

# DEEP INEQUITIES PERSIST



[centerforpreventionmn.com/black-maternal-health](https://centerforpreventionmn.com/black-maternal-health)

The public-opinion online poll was commissioned by Blue Cross® and Blue Shield® of Minnesota and conducted by ©2023 Padilla Newsmaker Online Survey, Fall 2023, n=200. It consisted of 200 Black Minnesota birthers, ages 18-50. Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

# ABOUT THE POLL

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# WHICH OF THE FOLLOWING STATEMENTS, IF ANY, APPLY TO YOU?

	Count	%
I have been pregnant at least once in my life	116	58%
I am currently pregnant	27	14%
I plan to or am considering becoming pregnant/having a child(ren) in the future	57	29%
I am not able to become pregnant/carry a child	0	0%
I have not ever and do not plan to become pregnant/carry a child	0	0%
Prefer not to state	0	0%
Total	200	100%

# WHICH OF THE FOLLOWING DO YOU MOST IDENTIFY AS?

	Count	%
White (Non-Hispanic)	0	0%
Hispanic, Latinx or Spanish origin (any race)	0	0%
Asian or Asian American	0	0%
American Indian or Alaska Native	0	0%
Black, African American or African-born	200	100%
Native Hawaiian or other Pacific Islander	0	0%
Mixed Race	0	0%
Other	0	0%
Prefer not to state	0	0%
Total	200	100%

# IN YOUR OPINION

HOW CONFIDENT ARE YOU IN THE ABILITY OF YOUR COMMUNITY HEALTHCARE PROVIDER TO EFFECTIVELY ADDRESS THE SPECIFIC NEEDS AND CONCERNS OF BLACK BIRTHERS DURING THE FOLLOWING TIME – PRE-PREGNANCY

	Count	%
5 - Very Confident	38	19%
4	33	17%
3	83	42%
2	29	15%
1 - Not Confident at All	17	9%
Total	200	100%

## IN YOUR OPINION

HOW CONFIDENT ARE YOU IN THE ABILITY OF YOUR COMMUNITY HEALTHCARE PROVIDER TO EFFECTIVELY ADDRESS THE SPECIFIC NEEDS AND CONCERNS OF BLACK BIRTHERS DURING THE FOLLOWING TIME – PREGNANCY

	Count	%
5 - Very Confident	37	19%
4	39	20%
3	77	39%
2	30	15%
1 - Not Confident at All	17	9%
Total	200	100%

## IN YOUR OPINION

HOW CONFIDENT ARE YOU IN THE ABILITY OF YOUR COMMUNITY HEALTHCARE PROVIDER TO EFFECTIVELY ADDRESS THE SPECIFIC NEEDS AND CONCERNS OF BLACK BIRTHERS DURING THE FOLLOWING TIME – POSTPARTUM

	Count	%
5 - Very Confident	33	17%
4	35	18%
3	59	30%
2	44	22%
1 - Not Confident at All	29	15%
Total	200	100%



# WHICH OF THE FOLLOWING, IF ANY, DO YOU BELIEVE HAS A POSITIVE IMPACT ON THE MATERNAL HEALTH OF BLACK BIRTHERS?



	Count	%
Strong support networks/social connections (e.g., family, friends, community members)	106	53%
Access to mental health support to address postpartum depression and anxiety	102	51%
Healthcare providers trained to understand and respect cultural differences	104	52%
Access to affordable, healthy food options	102	51%
Availability of quality prenatal care services for early detection and management of health concerns	92	46%
Access to quality healthcare services	95	48%
Access to postpartum support groups, counseling and lactation consultants	93	47%
Access to affordable and reliable childcare services	94	47%
Good work conditions (e.g, hours, environment, responsibilities, etc.)	90	45%
Access to comprehensive family planning and reproductive healthcare	89	45%
Personal behaviors (e.g., good hygiene, eating health, regularly exercising, etc.)	85	43%
Policies designed to address the unique needs and challenges of Black birthers	84	42%
Employment that pays living wage (i.e., stable income that allows an acceptable standard of living)	86	43%
Longer and paid maternity leave policies	84	42%
Community-based initiatives that offer resources and support during pregnancy and postpartum	80	40%
Integration of physical, emotional and mental well-being into maternal care	77	39%
Limited stress	75	38%
Physical safety in neighborhood and community	72	36%
Access to midwife/doula	65	33%
Access to high quality education	55	28%
Other	2	1%
None of the above	5	3%
Don't Know/Unsure	10	5%
Total	200	100%

# WHICH OF THE FOLLOWING, IF ANY, DO YOU BELIEVE HAS A NEGATIVE IMPACT ON THE MATERNAL HEALTH OF BLACK BIRTHERS?



	Count	%
Discrimination based on race or ethnicity	108	54%
Lack of sufficient postpartum support systems	97	49%
Feeling alienated or misunderstood due to cultural norms or practices	98	49%
Not making a living wage (e.g., non-stable income, lower income, unemployment, etc.)	96	48%
Limited access to affordable, healthy food options	95	48%
Exposure to abuse or trauma	91	46%
Poor working conditions (e.g., hours, environment, responsibilities, etc.)	91	46%
Lack of safe, affordable housing conditions	94	47%
Limited access to family planning resources and reproductive healthcare	94	47%
Limited access to quality healthcare services	95	48%
High stress	87	44%
Discrimination based on sexuality	81	41%
Limited access to proper prenatal care	84	42%
Weak support networks/social connections (e.g., isolation or loneliness, toxic relationships, etc.)	90	45%
Inadequate health insurance coverage	88	44%
Discrimination based on gender identity	82	41%
Unequal distribution of healthcare facilities	78	39%
Broader systemic issues that contribute to disparities in healthcare access and outcomes	69	35%
Personal behaviors (e.g., poor hygiene, eating unhealthy foods, etc.)	70	35%
Language barriers (e.g., non-English speakers)	66	33%
Other	1	1%
None of the above	0	0%
Don't Know/Unsure	9	5%
Total	200	100%

# WHICH TWO OF THE FOLLOWING SOURCES OF STRESS DO YOU BELIEVE HAVE THE GREATEST NEGATIVE IMPACT ON AN INDIVIDUAL'S HEALTH?



	Count	%
Financial-related issues (e.g., debt, bills, affordability, etc.)	61	70%
Mental health issues (e.g., anxiety)	51	59%
Environmental stress (e.g., not feeling safe, unreliable housing, etc.)	36	41%
Work-related issues (e.g., work demands, responsibilities, etc.)	15	17%
Social-related issues (e.g., social obligations, divorce or separation, etc.)	7	8%
Other	1	1%
None of these	0	0%
Don't know/Unsure	1	1%
<b>NET</b>	<b>87</b>	<b>100%</b>

# IN YOUR OPINION, WHAT IS THE MAIN BARRIER PREVENTING BLACK BIRTHERS FROM ACCESSING QUALITY PRENATAL CARE AND MATERNAL HEALTH SERVICES?



	Count	%
Racial discrimination by healthcare providers	47	24%
Lack of health insurance coverage	39	20%
Lack of trust in the healthcare system	36	18%
High cost of healthcare services	32	16%
Limited availability of healthcare facilities in underserved areas	24	12%
Language barriers	11	6%
Other	0	0%
None of these	4	2%
Don't know/Unsure	7	4%
Total	200	100%

# IN YOUR OPINION, WHICH FACTORS CONTRIBUTE MOST TO THE HIGHER RATES OF MATERNAL MORTALITY AMONG BLACK BIRTHERS?



	Count	%
Racial bias in healthcare	113	56%
Lack of access to quality healthcare	100	50%
Inadequate prenatal and postpartum care and support	90	45%
Limited insurance coverage	74	37%
Implicit bias among healthcare providers	69	35%
Lack of routine screening	68	34%
Lack of representation	69	35%
Socioeconomic disparities	58	29%
Limited data collection	39	20%
Other	0	0%
None of these	4	2%
Don't know/Unsure	10	5%
Total	200	100%

# IN YOUR OPINION, WHICH OF THE FOLLOWING SOLUTIONS WOULD HAVE A STRONG IMPACT ON IMPROVING THE MATERNAL HEALTH OF BLACK BIRTHERS?



	Count	%
Increasing the representation of Black healthcare professionals to enhance cultural understanding and trust	104	52%
Providing comprehensive prenatal education to empower Black birthers with knowledge about pregnancy, childbirth and postpartum care	99	50%
Better access to affordable, quality housing	92	46%
Offering accessible and stigma-free mental health resources for addressing postpartum depression and anxiety	92	46%
Providing postpartum home visits by healthcare professionals to monitor and support Black birthers	91	46%
Increased access to affordable, quality healthcare services	88	44%
Establishing community-based healthcare centers in underserved areas to improve access to quality care	86	43%
Implementing policies that address systemic racism, healthcare inequities and racial disparities in maternal health	85	43%
Requiring healthcare institutions to provide anti-bias training to address and eliminate racial biases in patient care	82	41%
Improved access to high quality childcare, schools, etc.	81	41%
Better access to high quality jobs/employment opportunities	75	38%
Better access to public or alternative transportation (e.g., buses, trains, car sharing, etc.)	70	35%
Expanding telehealth services for remote consultations and check-ups, improving access for rural areas	69	35%
Mandating cultural competency training for healthcare providers	68	34%
Adopting trauma-informed care practices to address the impact of historical and systemic trauma	65	33%
Implementing holistic approaches to maternity care that focus on physical, mental and emotional well-being	63	32%
Other	0	0%
None of these	0	0%
Don't know/Unsure	11	6%
Total	200	100%

# TO WHAT EXTENT TO YOU AGREE WITH THE FOLLOWING STATEMENTS:



THERE IS A STRONG CONNECTION BETWEEN THE MATERNAL HEALTH OF BLACK BIRTHERS AND SOCIOECONOMIC STATUS

	Count	%
5 - Strongly Agree	37	19%
4	35	18%
3 - Neutral	69	36%
2	33	17%
1 - Strongly Disagree	16	8%
Total	190	100%

# TO WHAT EXTENT TO YOU AGREE WITH THE FOLLOWING STATEMENTS:

THERE IS A STRONG CONNECTION BETWEEN THE MATERNAL HEALTH OF BLACK BIRTHERS AND EDUCATION

	Count	%
5 - Strongly Agree	50	26%
4	38	20%
3 - Neutral	61	32%
2	29	15%
1 - Strongly Disagree	14	7%
Total	192	100%



# TO WHAT EXTENT TO YOU AGREE WITH THE FOLLOWING STATEMENTS:

THERE IS A STRONG CONNECTION BETWEEN THE MATERNAL HEALTH OF BLACK BIRTHERS AND THEIR NEIGHBORHOOD AND PHYSICAL SURROUNDINGS

	Count	%
5 - Strongly Agree	45	23%
4	59	31%
3 - Neutral	58	30%
2	23	12%
1 - Strongly Disagree	8	4%
Total	193	100%

# TO WHAT EXTENT TO YOU AGREE WITH THE FOLLOWING STATEMENTS:

THERE IS A STRONG CONNECTION BETWEEN THE MATERNAL HEALTH OF BLACK BIRTHERS AND EMPLOYMENT

	Count	%
5 - Strongly Agree	50	26%
4	40	21%
3 - Neutral	59	30%
2	27	14%
1 - Strongly Disagree	18	9%
Total	194	100%

# TO WHAT EXTENT TO YOU AGREE WITH THE FOLLOWING STATEMENTS:

THERE IS A STRONG CONNECTION BETWEEN THE MATERNAL HEALTH OF BLACK BIRTHERS AND SOCIAL CONNECTIONS

	Count	%
5 - Strongly Agree	31	16%
4	46	24%
3 - Neutral	82	42%
2	24	12%
1 - Strongly Disagree	11	6%
Total	194	100%

# TO WHAT EXTENT TO YOU AGREE WITH THE FOLLOWING STATEMENTS:

THERE IS A STRONG CONNECTION BETWEEN THE MATERNAL HEALTH OF BLACK BIRTHERS AND ACCESS TO AFFORDABLE, QUALITY HEALTHCARE SERVICES

	Count	%
5 - Strongly Agree	52	27%
4	34	18%
3 - Neutral	54	28%
2	34	18%
1 - Strongly Disagree	20	10%
Total	194	100%

# HAVE YOU EVER HEARD THE PHRASE “WEATHERING”? (SELECT ONE RESPONSE ONLY)



	Count	%
Yes	91	46%
No	80	40%
Don't know/Unsure	29	15%
Total	200	100%

# IN YOUR OPINION, WHO DO YOU BELIEVE IS RESPONSIBLE FOR ADDRESSING “THE MATERNAL HEALTH OF BLACK BIRTHERS”?



	Count	%
Healthcare professionals (e.g., physicals, nurses, etc.)	139	70%
Healthcare systems/organizations (e.g., Mayo Clinic, Fairview, Allina, etc.)	135	68%
Government/selected officials	127	64%
Healthcare insurance providers (e.g., Blue Cross Blue Shield of Minnesota, PreferredOne, etc.)	128	64%
Individuals	120	60%
Local communities	111	56%
Businesses or for-profit organizations	94	47%
Nonprofits or advocacy groups/agencies	88	44%
All of the above – It needs a combined approach/equal involvement	13	7%
None – No one is well-positioned to address social determinants of health	3	2%
Other	10	5%
Don't know/Unsure	7	4%
<b>Total</b>	<b>200</b>	<b>100%</b>

# WHAT IS THE HIGHEST LEVEL OF EDUCATION YOU HAVE COMPLETED?

	Count	%
Some high school, no diploma/GED	15	8%
High school degree/GED	58	29%
Some college, no degree	43	22%
Vocational/Technical Training	12	6%
Associate's/2-Year Degree	29	15%
Bachelor's/ 4-Year Degree	32	16%
Graduate/Master's Degree	2	1%
Professional/Advanced Degree (PhD, MD, etc )	5	3%
Prefer not to state	4	2%
Total	200	100%

# WHICH OF THE FOLLOWING DESCRIBES YOUR CURRENT EMPLOYMENT?



	Count	%
Student	19	10%
Employed, part-time	48	24%
Employed, full-time	92	46%
Unemployed, actively looking	22	11%
Unemployed, not actively looking	12	6%
Retired	2	1%
Prefer not to state	5	3%
Total	200	100%



# DO YOU HAVE ANY CHILD(REN), 18 YEARS OR YOUNGER, IN YOUR HOUSEHOLD?



	Count	%
Yes	113	56%
No	79	40%
Prefer not to state	8	4%
Total	200	100%

# WHICH OF THE FOLLOWING AGES ARE THE CHILD(REN) IN YOUR HOUSEHOLD?

	Count	%
Under 5 years old	55	49%
5 – 7 years old	40	35%
8 – 10 years old	35	31%
11 – 13 years old	25	22%
14 – 16 years old	26	23%
17 – 18 years old	15	13%
Prefer not to state	1	1%
Total	113	100%

# WHICH OF THE FOLLOWING BEST DESCRIBES YOUR CURRENT MARITAL STATUS?



	Count	%
Single	102	51%
Married	56	28%
Divorced	6	3%
Widowed	0	0%
In a civil union	3	2%
Not married, but in a committed relationship	29	15%
Prefer not to answer	4	2%
Total	200	100%

# INCLUDING YOURSELF, HOW MANY PEOPLE CURRENTLY LIVE IN YOUR HOUSEHOLD?



	Count	%
One	25	13%
Two	51	26%
Three	45	23%
Four	40	20%
Five	12	6%
Six or more	23	12%
Prefer not to state	4	2%
Total	200	100%

# WHICH OF THE FOLLOWING BEST DESCRIBES YOUR HOUSEHOLD INCOME IN 2022?



	Count	%
Less than \$25,000	48	24%
\$25,000 to \$50,000	57	29%
\$50,001 to \$75,000	42	21%
\$75,001 to \$100,000	25	13%
\$100,001 to \$125,000	9	5%
Greater than \$125,000	10	5%
Prefer not to state	9	5%
Total	200	100%

# WHICH ONE OF THE FOLLOWING BEST DESCRIBES THE AREA IN WHICH YOU LIVE?

	Count	%
An urban area or city, with a mix of buildings and other structures used for residences, commercial and industrial sites	87	44%
A suburban area surrounding a city, mostly residential with some commercial or industrial sites	83	42%
A rural area with large amounts of land and significantly lower populations than urban or suburban areas	26	13%
Don't know/Unsure	4	2%
Total	200	100%