



It really does  
take a village

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MSc, FACOG, FABM

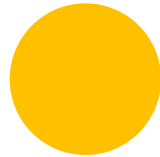
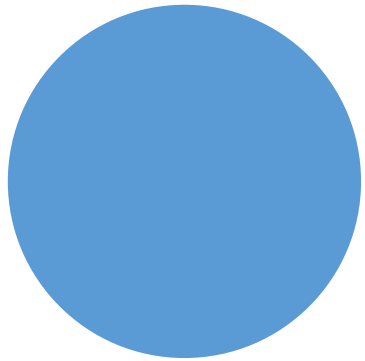
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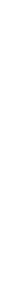


## Today's agenda

- What do babies and mothers need to thrive?
- How might supporting maternal wellbeing reduce risk for preterm birth, child maltreatment and mortality?



What do babies and  
mothers need to thrive?





“

There is no such thing as a baby ... if you set out to describe a baby, you will find you are describing **a baby and someone.**

- Donald Winnicott, 1947

## Costly and Cute

HELPLESS INFANTS AND  
HUMAN EVOLUTION

*Edited by* Wenda R. Trevathan and Karen R. Rosenberg



SCHOOL FOR ADVANCED RESEARCH ADVANCED SEMINAR SERIES

“

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

“

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

Kitzinger S (1975). The fourth trimester?  
Midwife Health Visit Community Nurse,  
Apr;11(4), 118-121.





*4th trimester*  
PROJECT™

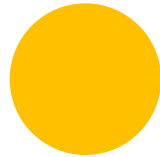
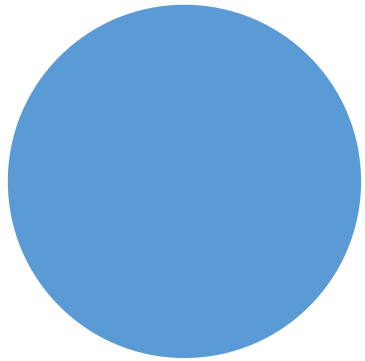
“

There is no such thing as a family ... if you set out to describe a family, you will find you are **describing a community.**







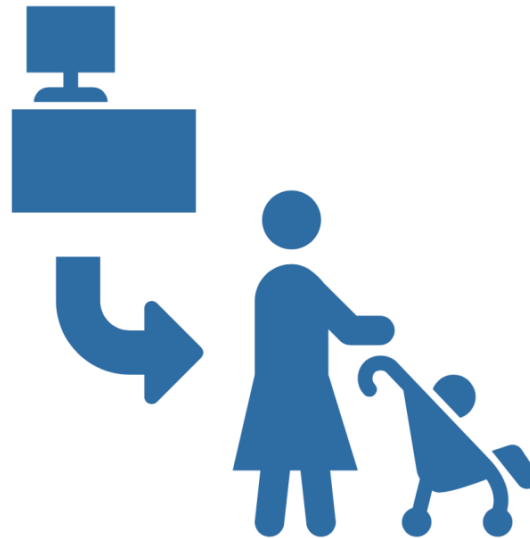


How might supporting maternal  
wellbeing reduce risk for preterm  
birth, child maltreatment and  
mortality?





**Workplace  
Accommodations**



**Sick Leave & Paid  
Parental Leave**



**Breastfeeding  
Support**

# ***Listening to Mothers: The Experiences of Expecting and New Mothers in the Workplace***



## **Workplace Accommodations**

- More than half of women were working for someone else or self-employed during pregnancy
- Women are the primary of sole breadwinner in nearly 40% of families with children
- 71% of women reported needing more frequent breaks, but 42% never asked their employers to accommodate them



My husband or partner lost his job  
I lost my job even though I wanted  
to go on working  
I had problems paying the rent,  
mortgage, or other bills

**24% Low Birth Weight**  
**19% Preterm Birth**

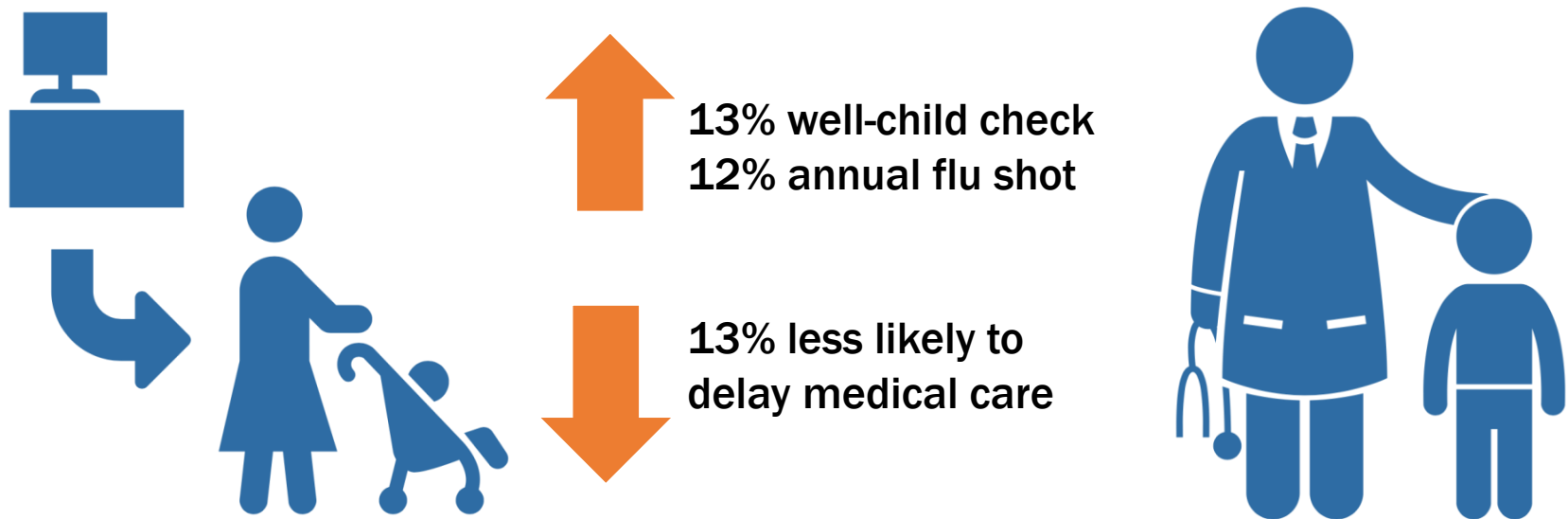


# Sick Leave and prenatal care

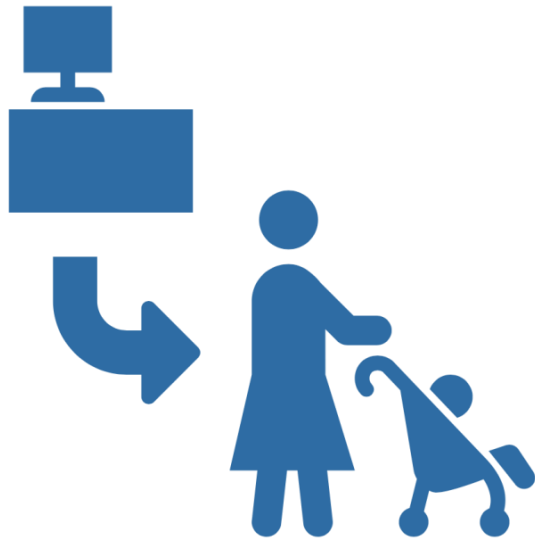
1 in 12 NC mothers  
delayed prenatal  
care because they  
**couldn't take time**  
**off** from work or  
school



# Sick Leave and child health

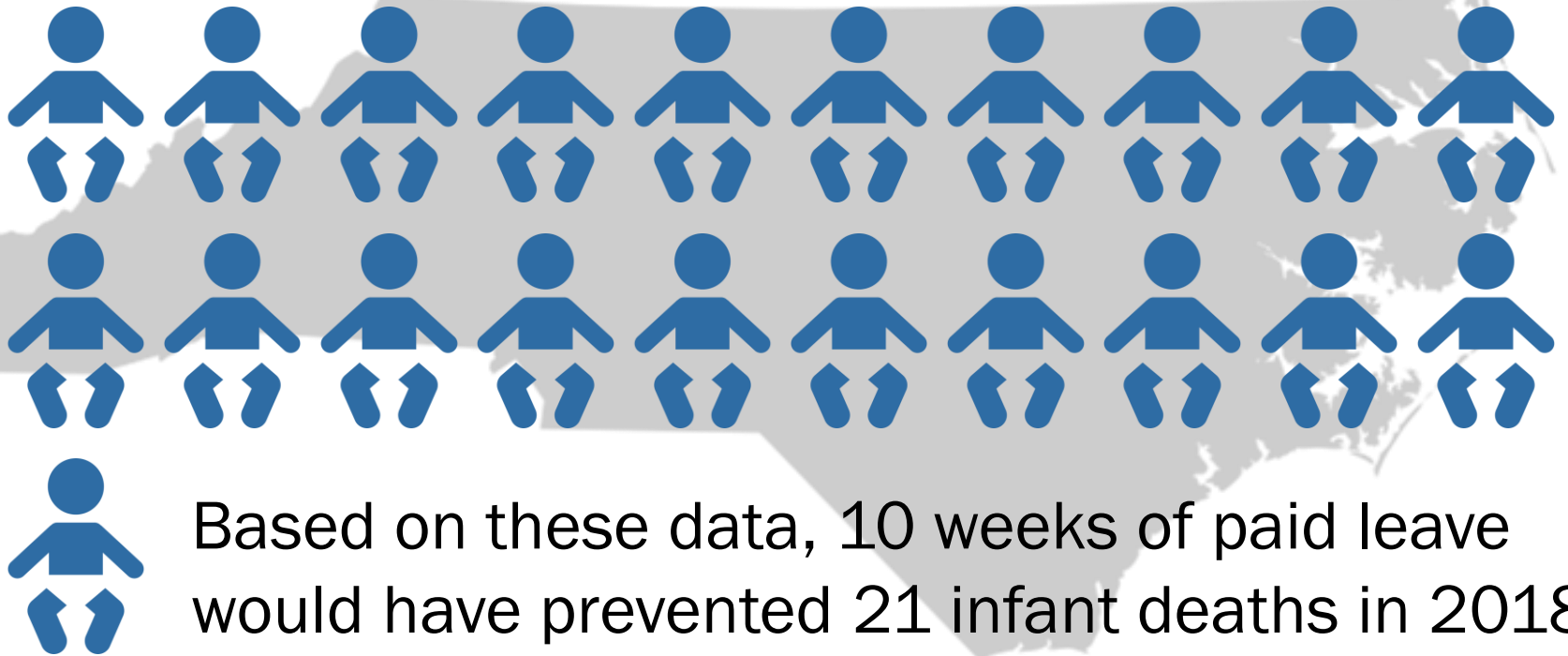


# Paid leave and infant mortality



- 10 weeks of job-protected paid leave lowers
  - Infant mortality by 2.6%
  - Post-neonatal mortality by 4.1%
  - Child mortality by 3%
- Unpaid leave, or paid leave without job protection, has **no effect** on infant or child mortality





# Parental Leave in the U.S.

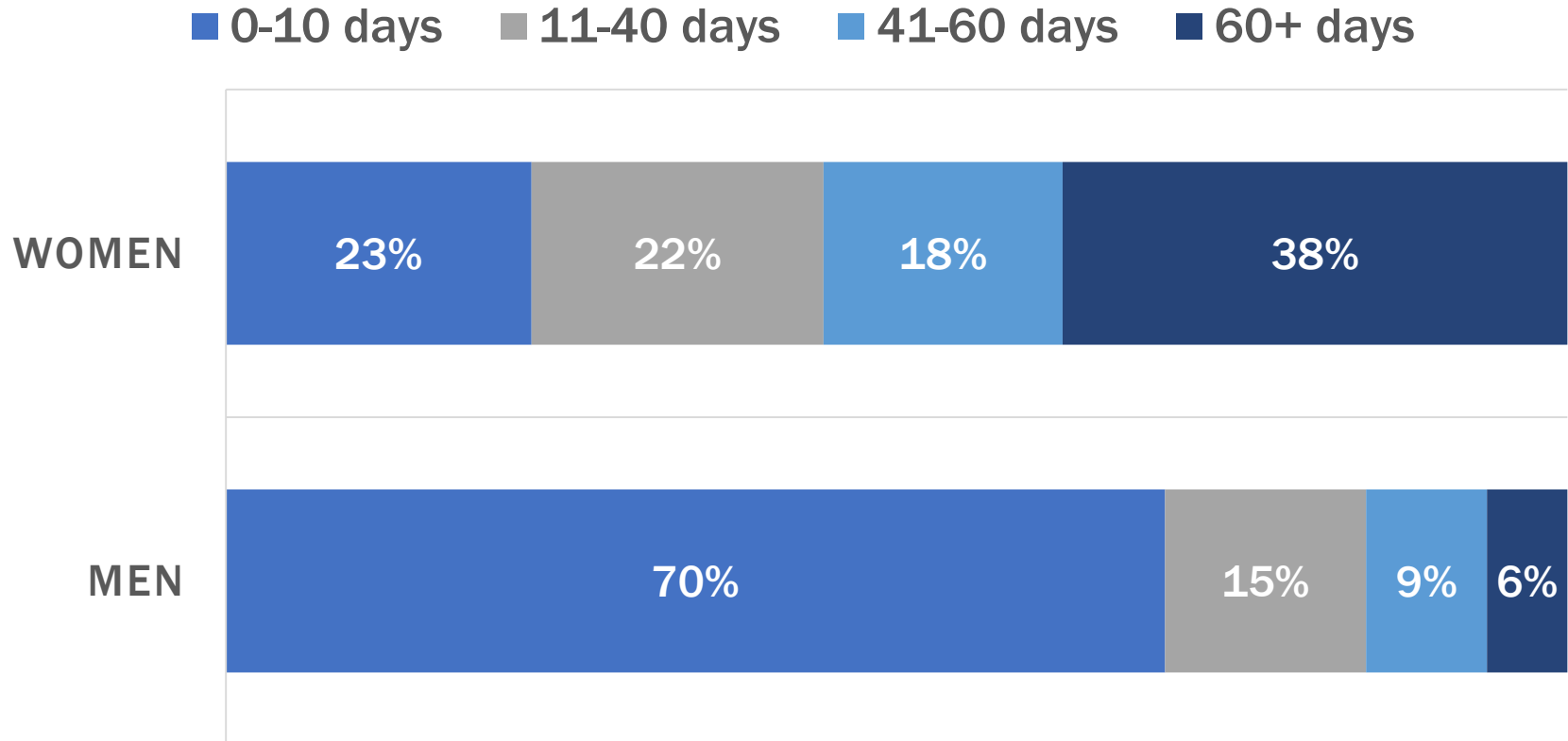







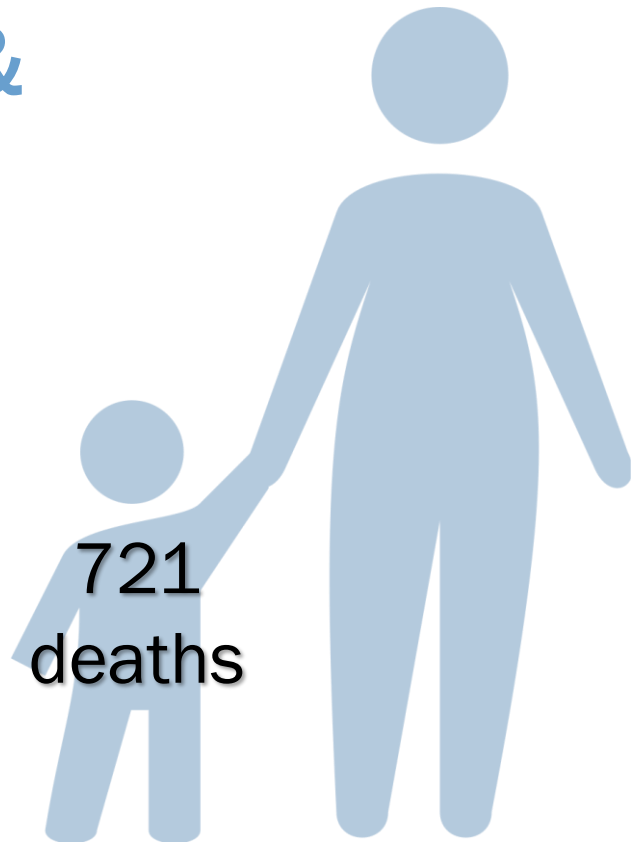


Exhibit 7.2.7 Family and Medical Leave in 2012: Technical Report

# Optimal breastfeeding & children's health

CASES PREVENTED		DISEASE
185		Leukemia
601,825		Ear infections
271		Crohn's disease & Ulcerative colitis
2,558,629		GI infections
20,900		Severe lower respiratory infections
45,298		Childhood obesity
1355		Necrotizing Enterocolitis



Policy matters

## Access to Workplace Accommodations to Support Breastfeeding after Passage of the Affordable Care Act



Katy B. Kozhimannil, PhD, MPA<sup>a,\*</sup>, Judy Jou, MA<sup>a</sup>, Dwenda K. Gjerdingen, MD, MS<sup>b</sup>,  
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Article history: Received 2 March 2015; Received in revised form 25 June 2015; Accepted 6 August 2015

**Only 40% of women had both  
break time and a private space to pump**

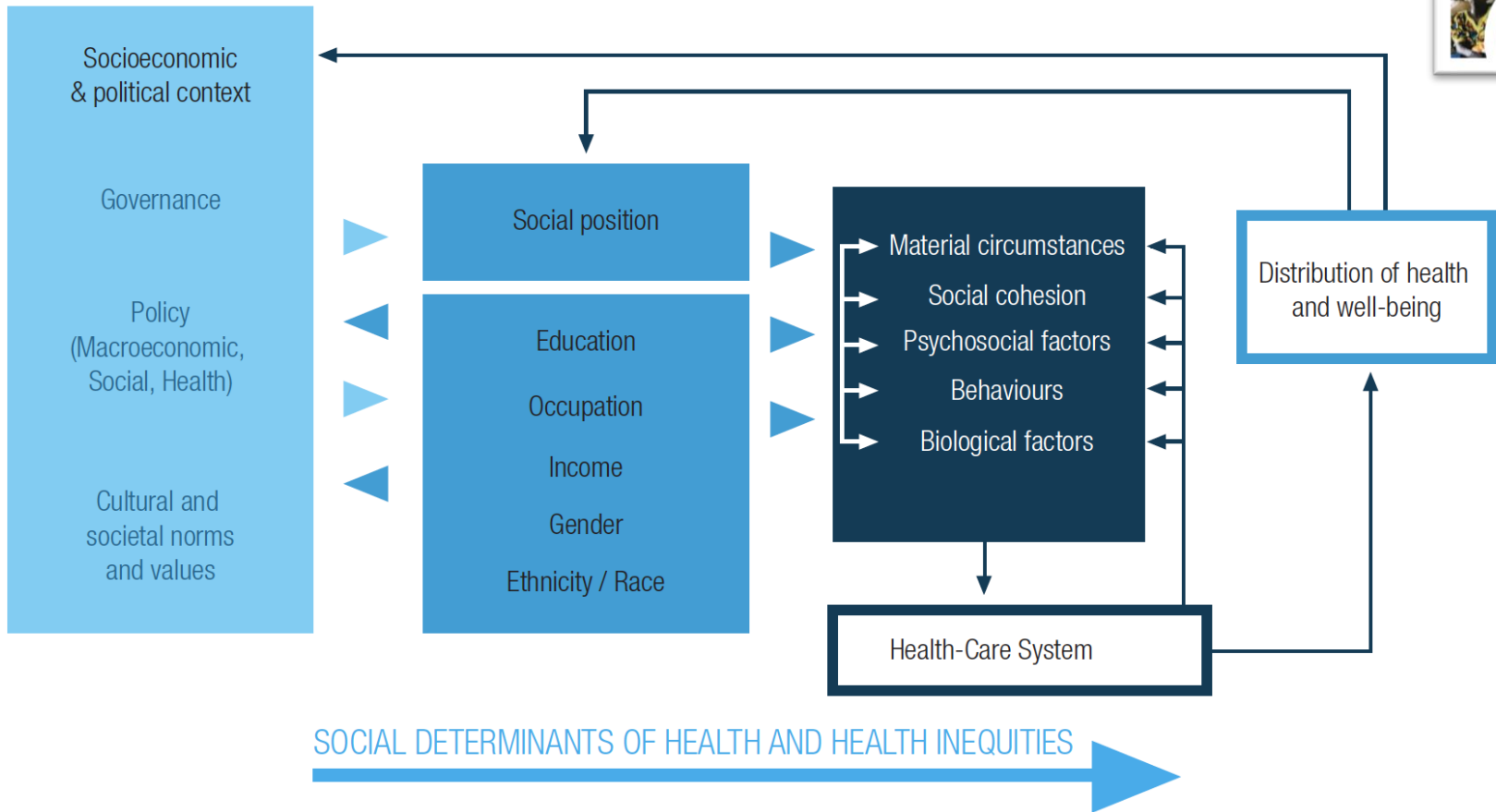
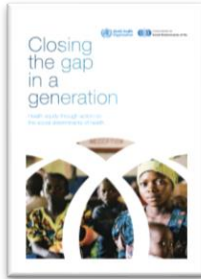




“

Health inequities... are differences in health that are not only unnecessary and avoidable but, in addition, are considered unfair and unjust. Health inequities are **rooted in social injustices** that make some population groups more vulnerable to poor health than other groups.

[www.bphc.org](http://www.bphc.org)



WHO, “Closing the gap in a generation: Health equity through action on social determinants of health.”

## Median and average wealth, by race

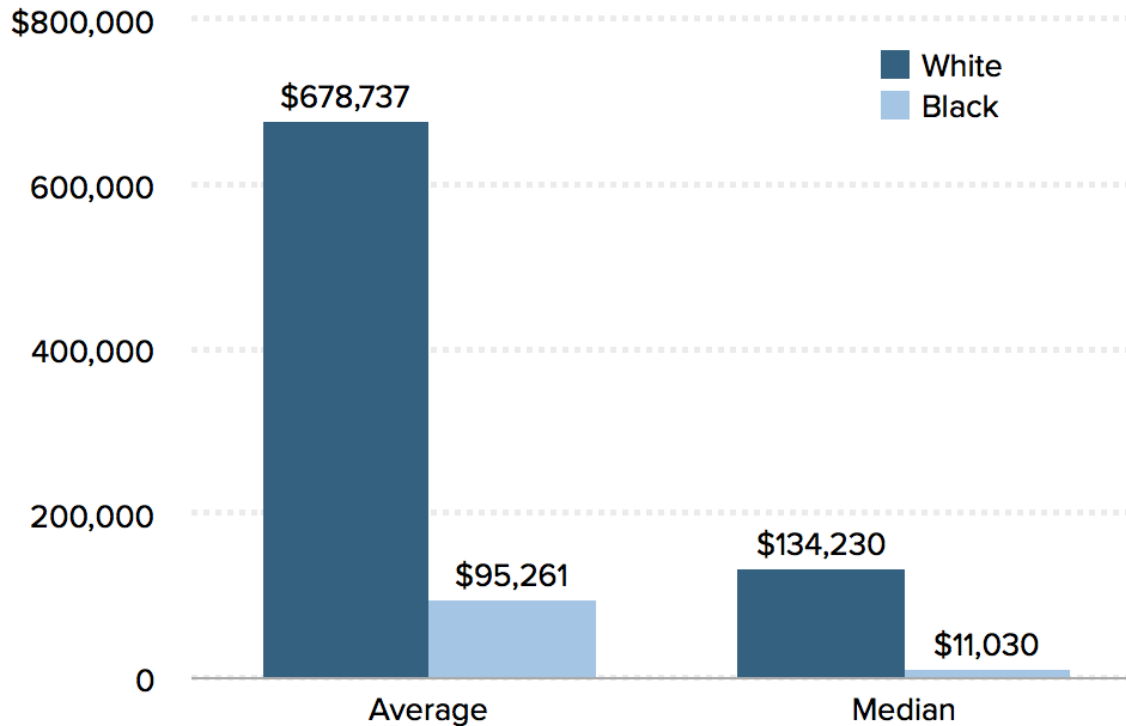
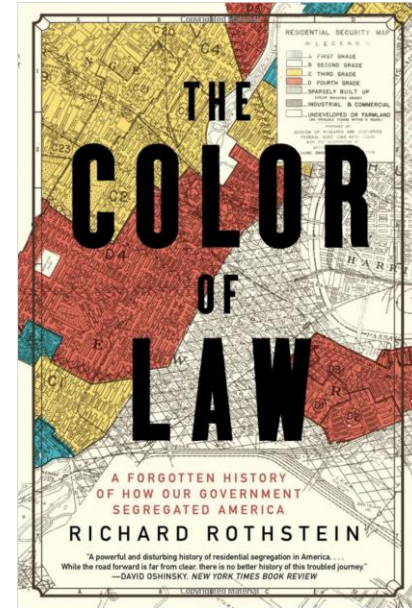


Chart Data

**Source:** Survey of Consumer Finance Combined Extract Data, 2013.

**Economic Policy Institute**



The racial wealth gap: How African-Americans have been shortchanged out of the materials to build wealth. Economic Policy Institute



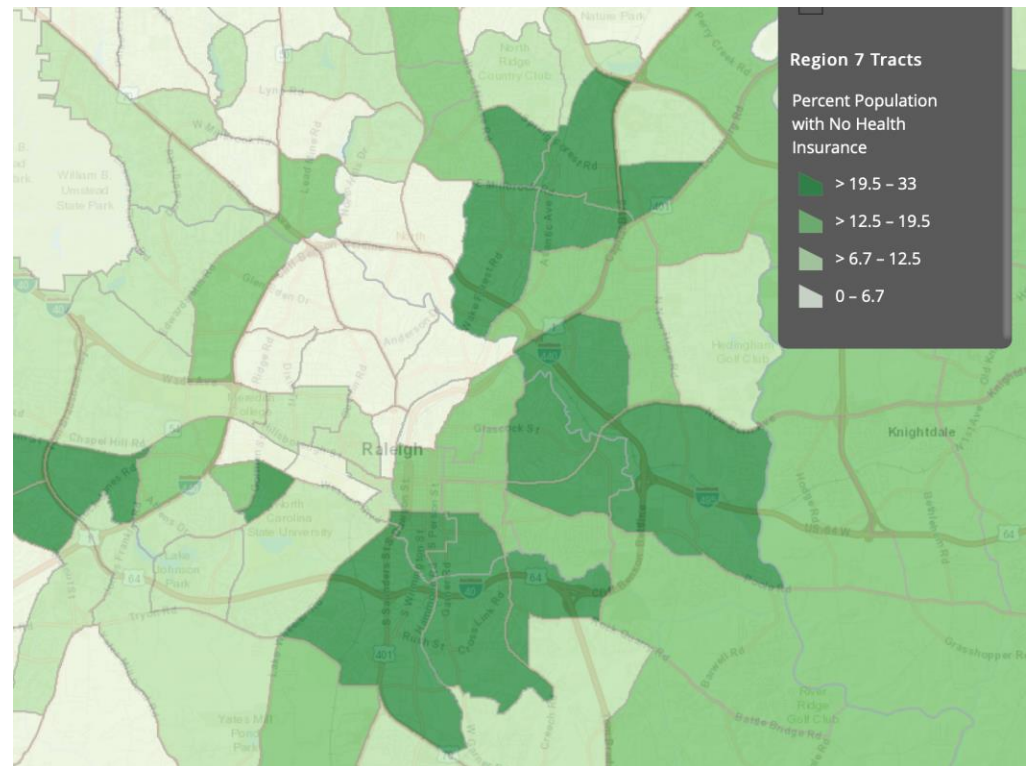
# Suburbanizing Jim Crow: The Impact of School Policy on Residential Segregation in Raleigh

Karen Benjamin<sup>1</sup>

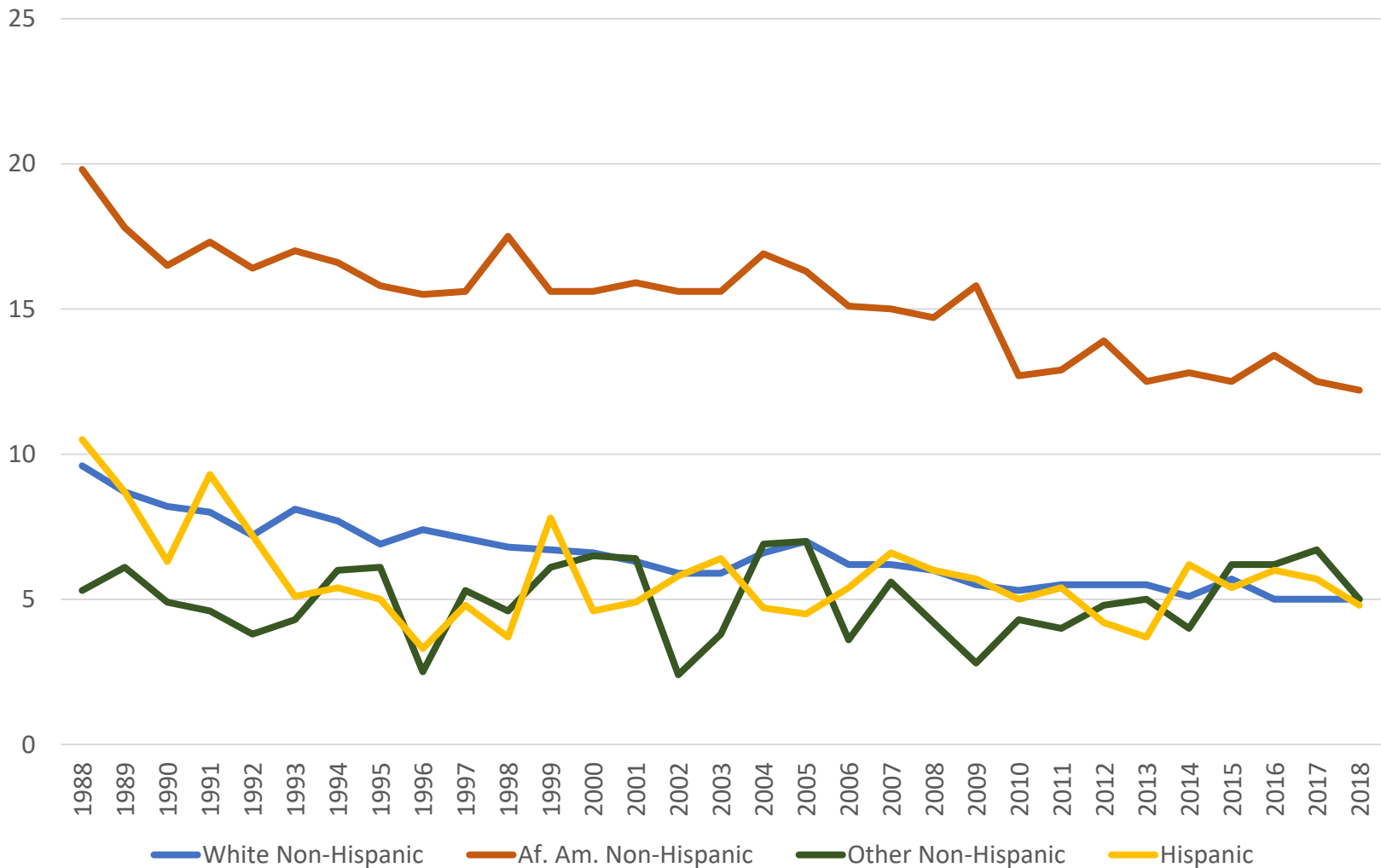


...locating all of the new black schools in the southeast corner of the city discouraged black suburban development elsewhere.

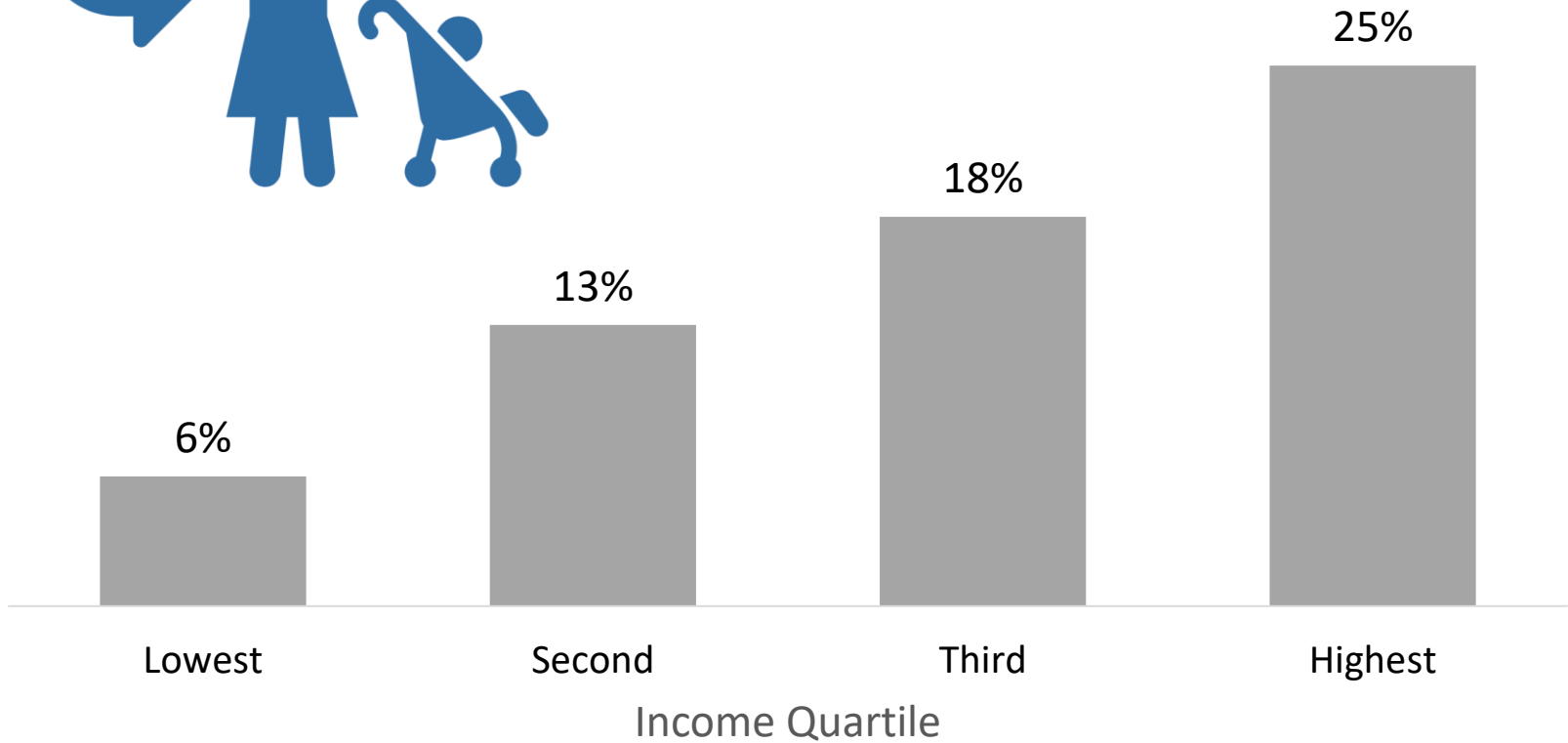
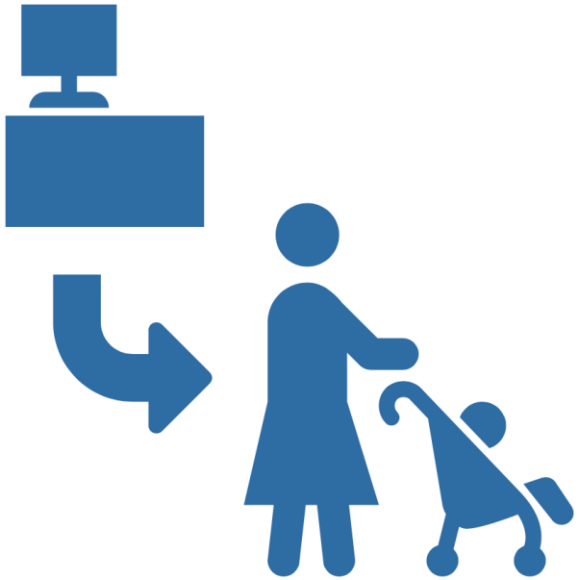
Journal of Urban History  
38(2) 225–246  
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DOI: 10.1177/0096144211427114  
<http://juh.sagepub.com>  
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# NC Infant Mortality per 1,000 Live Births, 1988-2018



# Who has access to paid leave?





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



To thrive, mothers and babies  
need supportive communities  
that handle them with care

By protecting families to  
participate in both paid work  
and parenting work, we can  
prevent deaths and improve  
health and wellbeing across two  
generations

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Today's agenda

