The Abundant Birth Project

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Birth Outcomes in San Francisco
Preterm Birth – Why does it matter?

AT BIRTH
- Neurodevelopment
- Respiratory challenges

FIRST YEAR
- Infant Mortality

CHILDHOOD
- Cognition, Academic achievement

ADULTHOOD
- Chronic disease
- Earning Potential

Five-year Preterm Birth Rates in San Francisco
(Percent of Live Births)

2007-2011

- White, 7.4%
- Asian, 8.5%
- Latina, 9.1%
- Pacific Islander, 12.7%
- Black, 14%

2012-2016

- White, 7.3%
- Latina, 8.4%
- Asian, 8.3%
- Pacific Islander, 10.4%
- Black, 13.8%
Racism is the Root Cause

- History of Redlining
- Hiring Bias
- Biased providers
- Mass Incarceration
- Gentrification
- Educational Exclusion
- Racial Wage Gap
- Stereotyping and Microaggressions
Racism as a Root Cause

There is nothing inherent about Black skin that increases risk, except for overexposure to racism (interpersonal, internalized and structural)

Monica McLemore, UCSF & Joia Crear Perry, BMMA
Racism as a Root Cause Approach

Long-Term
Precise Impact
Systems Change
Reparations

Economic Exclusion in San Francisco
2013-2017 Median Family Income in San Francisco

- Single Adult, $55,861
- Single Adult with 1 preschooler, $104,839
- 2 Adults with 1 school-aged child and 1 preschooler, $123,442

- White only: $121,204
- Black/African American: $30,235
- Native Hawaiian and other Pacific Islander: $67,500
- Asian: $82,445
- Hispanic/Latino: $67,282
- Native American and other: $52,276
Income Volatility in Pregnancy

- From pre-pregnancy to the birth month, on average, U.S. households experience a 10.4% decline in total income.

- Single mothers face larger drops in household income (41.8%).

- Wealth plays an important role in weathering income volatility.
At every level of income, the racial wealth gap is wide.
Cash During Pregnancy Pathway

Cash During Pregnancy

- Reduce stress
- Ability to plan for the future/ sense of control
- Improve material circumstances

Reduced parent and child exposure and vulnerability to stressors
- Housing security
- Food security
- Mental health
- Healthcare utilization
- Health behavior

Maternal and infant outcomes
The Abundant Birth Project: A cash intervention
Cash is more than money!

- **CONTROL OF DESTINY**: Sense of purpose, ability to influence events that shape life's circumstances.
- **DIGNITY**: Sense of one's value, honor, and respect.
- **BELONGING/CONNECTEDNESS**: Sense of acceptance and being part of a community.
- **TRUST**: Belief in the reliability, truth, ability, or strength of self and others.
- **HOPE/ASPIRATION**: Belief that something better is possible and achievable.
- **SAFETY**: Experience of security, possession of a sense of stability.

Pillars of Well-Being, Prevention Institute, September 2017
The Abundant Birth Project

• Monthly stipend of $1000 during pregnancy

• Pilot with 150 Black and Pacific Islander pregnant people in San Francisco

• First of its kind in the US

• Funded primarily through philanthropy

• Enrollment starting in June 2021
ABP Eligibility

- Under 6 months pregnant and planning to parent
- Black and/or Pacific Islander -Identified
- San Francisco Resident
- Less than $100,000 annual family income
- Research participation optional
Formative Research

How do we design a program that centers the needs and experience of Black and Pacific Islander mamas and birthing people?
Community Led Research

• Held two design sprints with a subset of the mamas we interviewed (July and December 2020)

• Expand upon information gathered during the interviews and design the income supplement
  • Amount
  • Eligibility
  • Distribution
  • Additional services (case management)

• 21 in-depth interviews and 2 human-centered design sprints

• Rapid Assessment Process (RAP) with research team
Benefits Waivers and Policy Work

- AB 1338
- SB 65-CA Momnibus
None of our work is possible without our funders. We appreciate you!
Questions?

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ABP Pilot Evaluation: Outcomes Assessed

- Financial Well-Being
- Food Security
- Housing Security
- Birth Outcomes
- Child Health
- Maternal Stress
- Mental Health
- Prenatal & Postnatal Outcomes
- Well-Being, Hope, & Agency
- Educational Outcomes