

The background features a dark purple gradient with various tropical elements. On the left, there are vibrant orange and pink hibiscus flowers and large green monstera leaves. On the right, there are more green monstera leaves and a palm frond. The text is centered in a clean, white, sans-serif font.

The Abundant Birth Project

Breezy Powell

Latriece Love-Goodlett

Deborah Karasek

May 7, 2021



Birth Outcomes in San Francisco



Preterm Birth – Why does it matter?



AT BIRTH

Neurodevelopment
Respiratory challenges

FIRST YEAR

Infant Mortality

CHILDHOOD

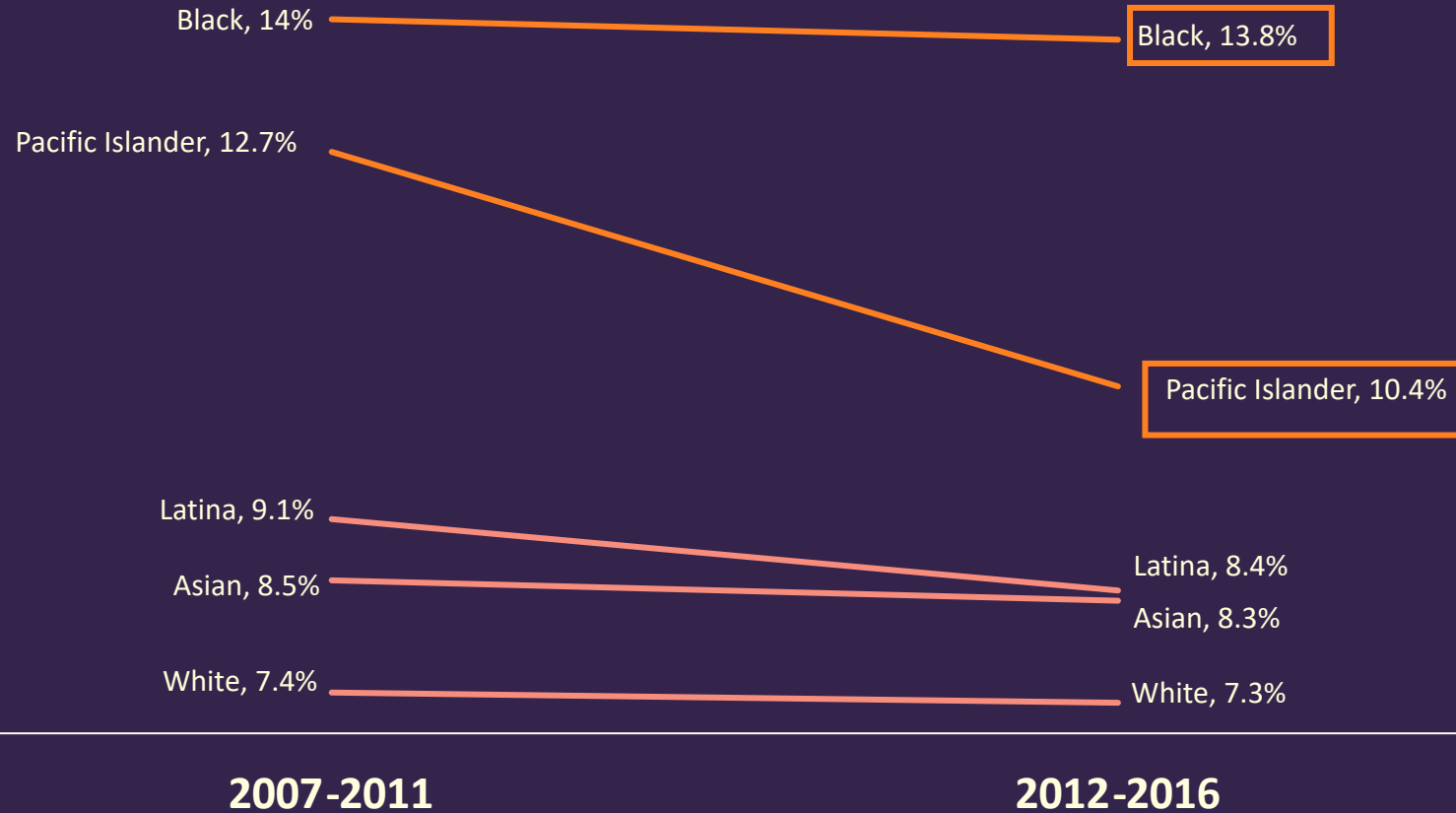
Cognition, Academic
achievement

ADULTHOOD

Chronic disease
Earning Potential

Five-year Preterm Birth Rates in San Francisco

(Percent of Live Births)






Racism
is the
Root
Cause

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


Some Factors Associated with Preterm Birth



- Social, Personal, and Economic Characteristics**
 - ✓ Teens and women over age 35
 - ✓ Black race
 - ✓ Women with low income
- Pregnancy and Medical Conditions**
 - ✓ Prior preterm birth
 - ✓ Infection
 - ✓ Carrying more than 1 baby (twins, triplets, or more)
- Behavioral**
 - ✓ Tobacco use
 - ✓ Substance use
 - ✓ Stress

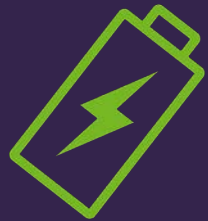
For more information visit: www.cdc.gov/reproductivehealth/MaternalInfantHealth/PretermBirth.htm

National Center for Chronic Disease Prevention and Health Promotion
Division of Reproductive Health





Racism as a Root Cause Approach



Long-Term



Systems Change



Precise Impact

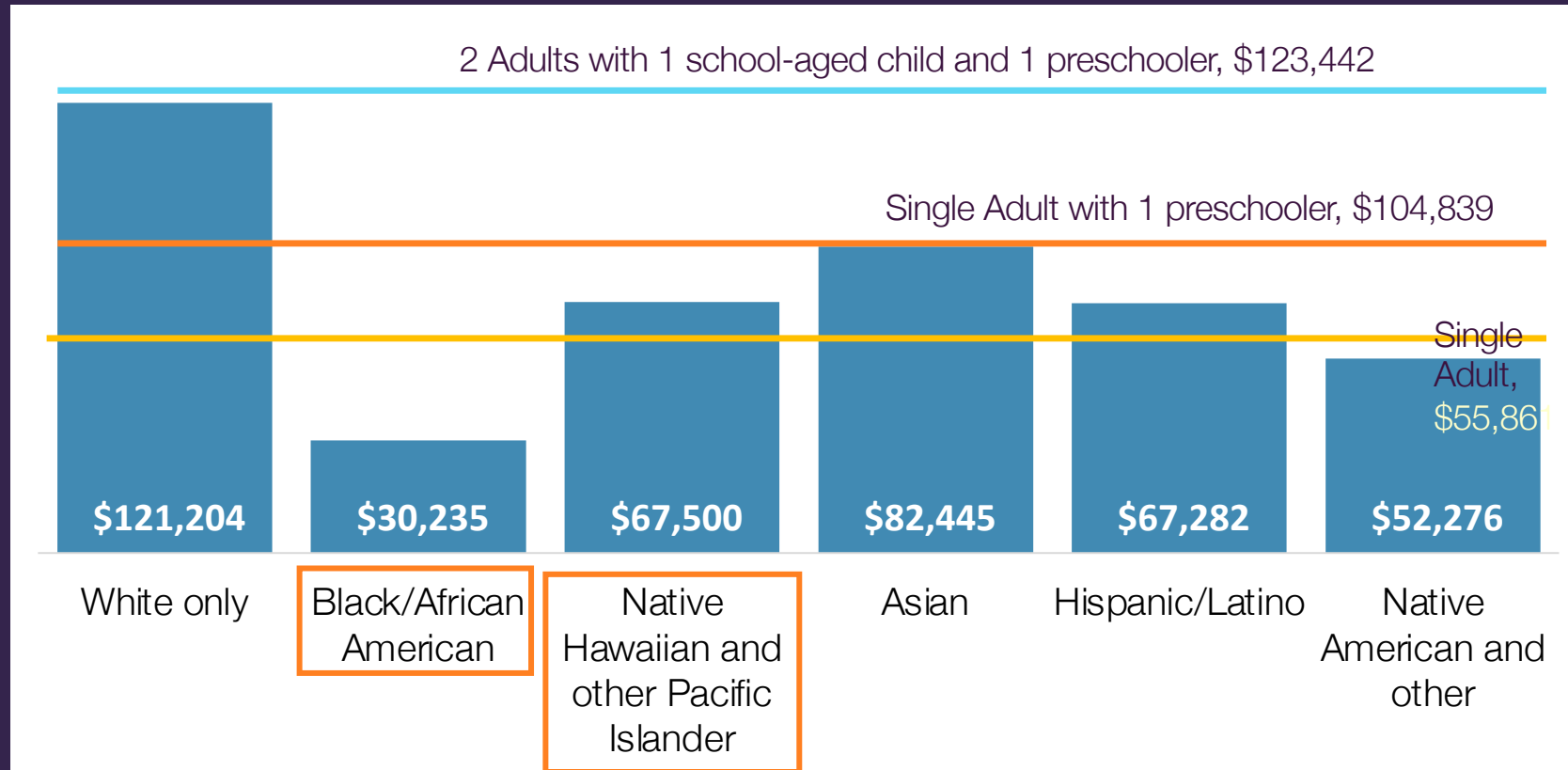


Reparations

Economic Exclusion in San Francisco



2013-2017 Median Family Income in San Francisco

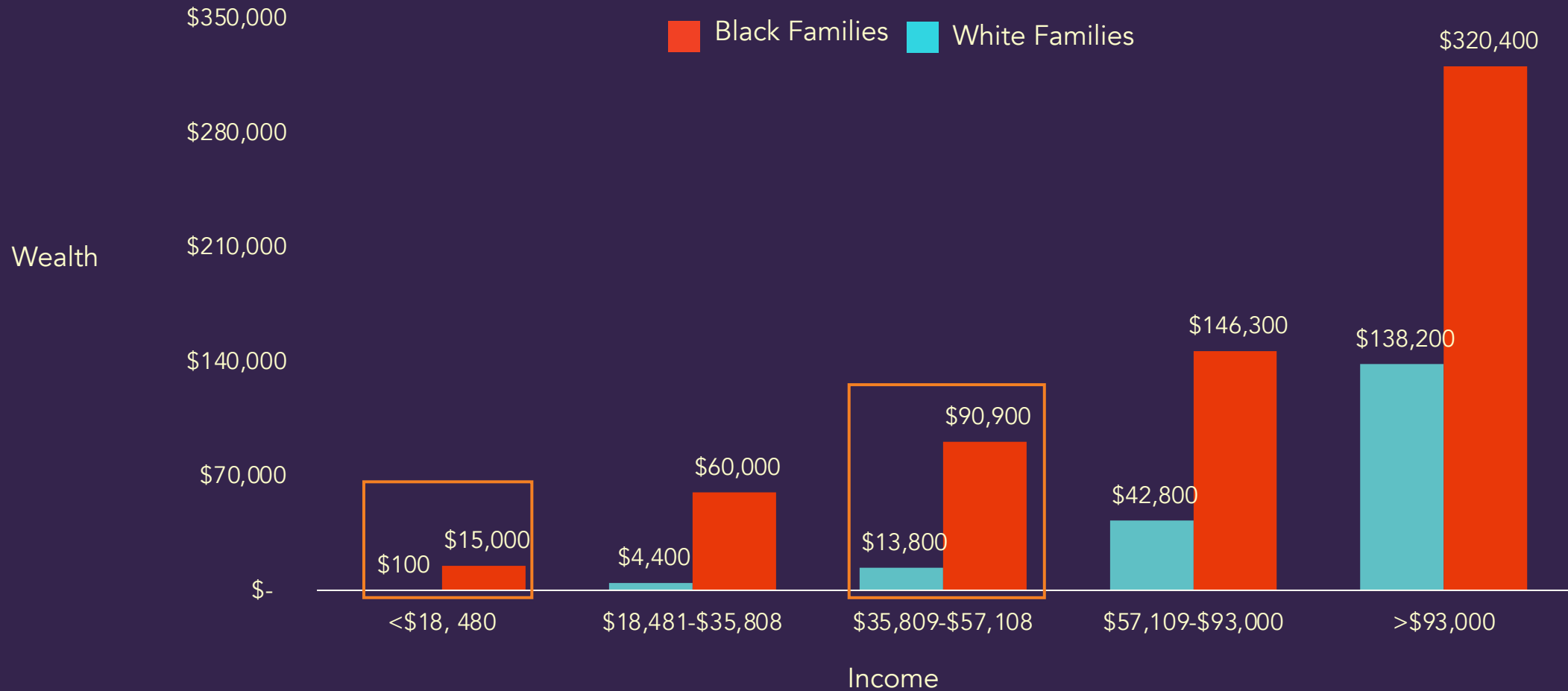


Income Volatility in Pregnancy

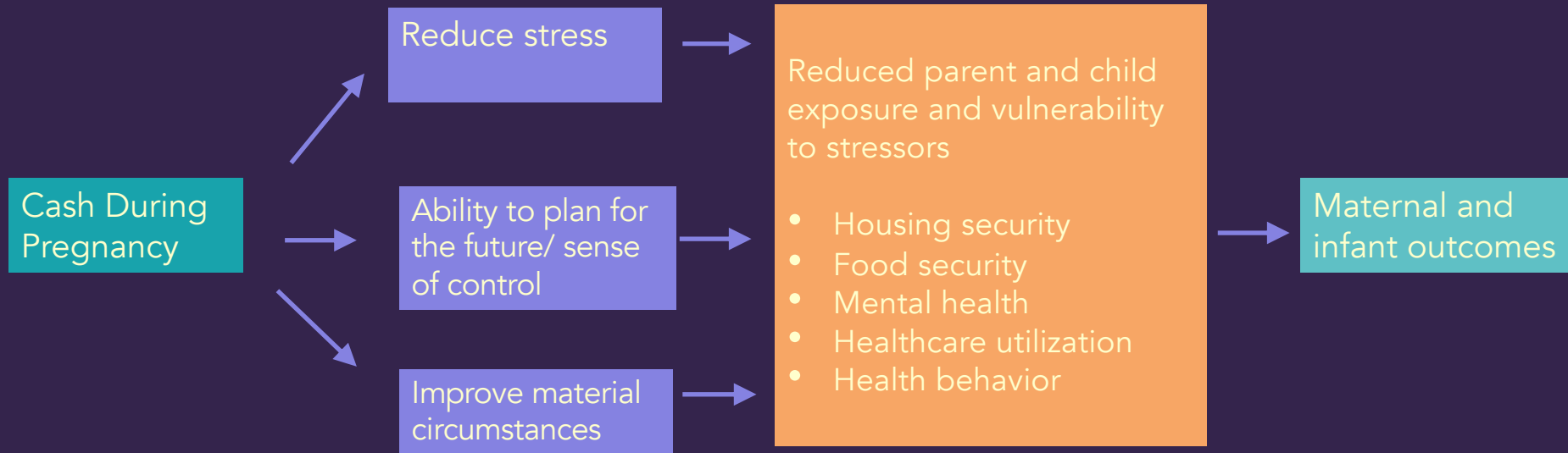
- From pre-pregnancy to the birth month, on average, U.S. households experience a 10.4% decline in total income
- Single mothers face larger drops in household income (41.8%)
- Wealth plays an important role in weathering income volatility



At every level of income, the racial wealth gap is wide



Cash During Pregnancy Pathway



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

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

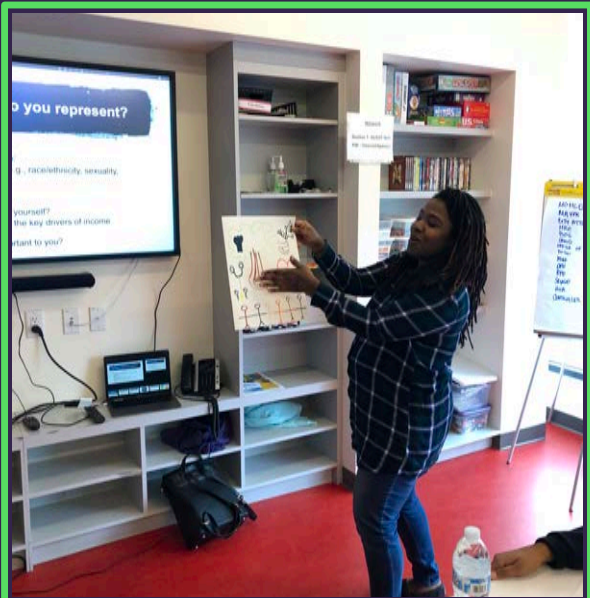
Less than \$100,000 annual family income

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?





Anjeanette Coats
Community Researcher



Breezy Powell
Community Researcher



Sabra Bell
Community Researcher



Maile Chand
Community Researcher



Esperanza Castillo,
Research Coordinator



Payshia Edwards
Program Associate, EJ



Zariyah Isaq
Intern



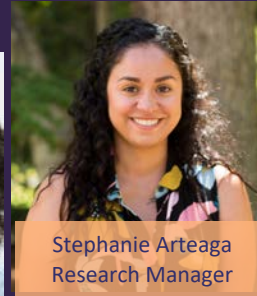
Latrice Love-Goodlett
Associate Director, EJ



Zea Malawa
Director, EJ



Michaela Taylor
Graduate Student
Researcher



Stephanie Arteaga
Research Manager



Deb Karasek
Co-PI, UCSF



Monica De La Cruz
Graduate Student Researcher



Solaire Spellan
Assoc. Director, PTBi



Anu Manchikanti Gomez
Co-PI, UC Berkeley

ABP Team

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



ACKNOWLEDGMENTS



None of our work is possible without our funders. We appreciate you!



Questions?

Email:

ABPStudy@ucsf.edu

Twitter:

@ExpectingJustSF

@karasekd

ABP Pilot Evaluation: Outcomes Assessed



Financial
Well-Being



Food
Security



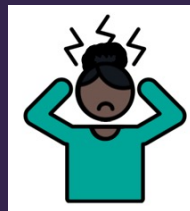
Housing
Security



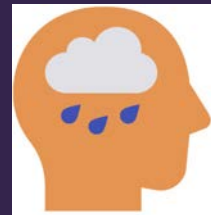
Birth
Outcomes



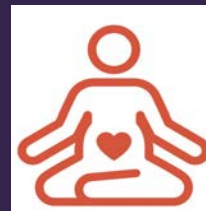
Child
Health



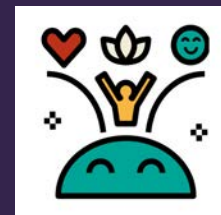
Maternal
Stress



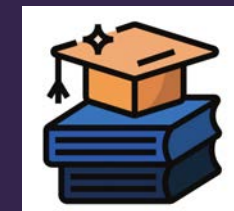
Mental
Health



Prenatal &
Postnatal
Outcomes



Well-Being,
Hope, &
Agency



Educational
Outcomes