



### Our Top Recommended Books:

- Cooper Owens, Diedre. (2017). *Medical Bondage: Race, Gender, and the Origins of American Gynecology*. Athens: University of Georgia Press.
- Menakem, Resmaa. (2017). *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies*. Central Recovery Press.
- Oparah Julia. C. & Bonaparte Alicia. D. (2015). *Birthing Justice: Black Women, Pregnancy and Childbirth*. Paradigm.
- Roberts, Dorothy. E. (1997). *Killing the Black Body: Race, Reproduction, and the Meaning of Liberty*. New York: Pantheon Books.
- Kendi, Ibram X. (2022). *How to Raise an Anti-Racist*. New York: Penguin Random House.

### Education & Online Courses:

- [Harvard Implicit Bias Test](#): Test your level of implicit bias around race, skin tone, gender and more.
- [Anti-Racist Daily](#): Subscribe to a free e-newsletter on current news and tips for practicing racial justice daily.
- [Dignity in Pregnancy and Childbirth Project](#): Free 1-hour interactive training course for health care providers on implicit bias and reproductive health, developed by Diversity Science and Dr. Rachel Hardeman, [CARHE](#) Director. Designed initially for California providers, with additional Minnesota modules also available [here](#).
- [Mind the Gap](#): A Handbook of Clinical Signs in Black and Brown Skin. An educational platform for medical students and other health professionals to recognize conditions that may present differently in darker skins.
- [Okun, Tema](#). (2021). *White Supremacy Culture – Still Here*. A review of examples (i.e. perfectionism, fear of conflict, defensiveness) as “invisible” cultural aspects that can be harmful to both white and people of color.
- [Chidi, Erica & Cahill, Erica](#). (2020). *Equity in Midwifery Education*: An educational website for providers and educators.
- [Race and Racism in Medicine](#): *Waking Up the Medical Community*. An educational website for providers.

### Academic Studies:

- Greenwood, B. N., Hardeman, R. R., Huang, L., et al. (2020). Physician-patient racial concordance and disparities in birthing mortality for newborns. *Proceedings of the National Academy of Sciences of the United States of America*, 117(35), 21194–21200.
- Hoffman, K., Trawalter, S., Axt, J. et al. (2016). Racial bias in pain assessment and treatment recommendations, and false beliefs about biological differences between blacks and whites. *Proceedings of the National Academy of Sciences of the United States of America*, 113(16), 4296–4301.
- Kanter, Rosen, Manbeck et al. K (2020). Addressing microaggressions in racially charged patient-provider interactions: a pilot randomized trial. *BMC medical education*, 20(1), 88.
- White VanGompel, E. Lai, J., Davis, D., et al. (2022). Psychometric validation of a patient-reported experience measure of obstetric racism<sup>®</sup> (The PREM-OB Scale<sup>™</sup>). *Birth (Berkeley, Calif.)*, 49(3), 514–525.
- [EBB Abortion Research Resource Guide \(2022\)](#).

### Black-Led Community Birth & Doula Trainings:

- [Ancient Song Full Spectrum Community Doula Training](#)
- [Birthing Advocacy Doula Trainings](#) with Sabia Wade
- [Commonsense Childbirth Training](#) with Jennie Joseph
- [Community Aware Birthworker Training](#) with Rhonda Fellows and Heather Christine
- [Community Birth Sister/Doula Training](#) with Nicole Deggins of Sista Midwife Productions
- [Mamatoto Village Perinatal Health Worker Training](#)
- [National Black Doulas Association Training](#)
- [Okunsola's Community Doula Training<sup>®</sup>](#) with Jamaa Birth Village
- [SMC Full Circle Doula Training](#) with Shafia Monroe
- [Uzazi Village Perinatal Doula Training](#)





*Evidence that Empowers!*

By Ihotu Jennifer Ali, MPH and Rebecca Dekker, PhD, RN

### Anti-Racism Practice/Praxis Groups for White Allies:

- [Showing Up for Racial Justice \(SURJ\)](#): Join a state [chapter near you](#) for community organizing and education.
- [Center for Study of Racism, Social Justice and Health](#): Join a monthly [Anti-Colonialism Collective Book Club](#)
- [Equity in Midwifery Education](#): Join quarterly [Equity Strategy & Collaboration Calls](#) for midwifery educators.
- [Swedish Family Medicine Residency](#): Sign an [antiracism in medicine pledge](#) on behalf of your school.
- [White Coats 4 Black Lives](#): Create a [chapter at your school](#) to support Black life, health, and dismantle racism.

### Podcasts:

- [NATAL Podcast](#): Birthing While Black.
- [Solutions for the Crisis in American Maternity Care with Jennie Joseph](#) (EBB 136)
- [Taking a Stand against White Supremacy and Creating Solidarity in Birth Work](#) (EBB 200)
- [Fighting Bias in the Birth Room with Irth<sup>®</sup> App Founder, Kimberly Seals Allers](#) (EBB 220)
- [The Need for More Black OB/GYN Representation with Dr. Rachel Bervell & Dr. Tamandra Morgan](#) (EBB 174)
- [Hearing Black Moms' Voices in the Birth World with Michelle Gabriel-Caldwell](#) (EBB 74)
- [Naseema McElroy, Founder of Financially Intentional, Shares her Courageous Story of Speaking up as a Labor and Delivery Nurse](#) (EBB 251)
- [Black Fatherhood and Fighting Anti-Black Racism with Brandon Diggs Williams, Licensed Clinical Social Worker](#) (EBB 238)
- [Amplifying the Need for Intersectional Birth Support for QTBIPOC Birthing People with Xian Brooks of the Dandy Doula](#) (EBB 227)

### Films:

- [Aftershock](#): Following the preventable deaths of their loved ones due to childbirth complications, two families galvanize activists, birth-workers and physicians to reckon with one of the most pressing American crises of our time – the US maternal health crisis.
- [13<sup>th</sup>](#): This film explores race, justice, and mass incarceration in the United States” and titled after the Thirteenth Amendment to the United States Constitution (1865), which abolished slavery and ended involuntary servitude except as a punishment for conviction of a crime.
- [Films by Henry Louis Gates](#): Birth of a Movement, Making Black America, Finding Your Roots, Many Rivers to Cross, Black in Latin America, Africa's Great Civilizations, The Black Church, Reconstruction and more!

### For Kids!

- [Embrace Race](#): Conversation tips, action guides, and books for children through adolescents on anti-racism.
- [A Kids Co.](#): A monthly box subscription of books to get kids talking on hard topics, and kids podcast network.
- [Woke Homeschooling](#): Conscious U.S. history told from new perspectives – created by a homeschooling mom!

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