



Black Maternal Health “Rooted in Justice & Joy”

Black Maternal Health Week raises awareness about the urgent need to improve health outcomes for Black mothers and birthing people. The 2026 theme, “Rooted in Justice & Joy,” celebrates the strength of Black communities while advocating for equitable care, resources and respect throughout pregnancy and beyond (Black Mamas Matter Alliance, 2026).

Understanding Black Maternal Health

Black maternal health focuses on improving pregnancy, childbirth and postpartum outcomes for Black women and birthing people. Across the United States, Black mothers experience significantly higher rates of pregnancy related complications and maternal mortality.

These disparities are connected to systemic inequities, barriers to healthcare access and long standing reproductive injustices. Black Maternal Health Week highlights the leadership of Black led organizations that are working to address these issues and create healthier futures for Black families.

Why It Matters

Maternal health is a critical part of community health. When Black mothers receive equitable care, resources and support, families and communities thrive.

Black Maternal Health Week also recognizes the importance of collective action by uplifting organizations, advocates and community leaders who are working to advance maternal health equity and reproductive justice.

What You Can Do

- Share information and messages from Black Maternal Health Week to raise awareness.
- Follow and support Black led maternal and reproductive health organizations.
- Volunteer your time, skills or financial support to organizations advancing maternal health equity.
- Attend or support local events and initiatives recognizing Black Maternal Health Week.
- Use your platform to amplify advocacy efforts and resources that support Black mothers.



<https://blkmaternalhealthweek.com/get-engaged>

The mission of **The Balm In Gilead, Inc.** is to improve the health of individuals who are most at risk for chronic and acute diseases by supporting faith and community organizations in areas that mobilize and strengthen their capacity to increase awareness in areas of prevention, treatment and access to care through education, programming and advocacy. Learn more at balmingilead.org.

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