



What does it mean to be NOURISHED?

Implementing a full-spectrum
community doula program for
college students at HBCUs

Black Women's Health Imperative
Maternal & Child Health

Toni Junious, Kanika Harris, Jada Ledbetter







Maternal health begins where a mother is “born, lives, learns, works, plays, worships, and ages” (Healthy People 2020).

Maternal health does not begin when a mother receives her first prenatal check-up or even when she finds out that she is pregnant; it is shaped by a lifetime of experiences that begin with the earliest exposures to social conditions.



WHERE WE ARE

CDC reported maternal mortality rate for Black women was **55.3 deaths per 100,000 live births** in 2020

Addressing **preconception health** is one of HHS priority areas recognizing chronic conditions can be exacerbated during pregnancy

Midwifery & doula model is recognized as **life-saving strategy** to reduce maternal mortality & postpartum complications

N.O.U.R.I.S.H

New Opportunity to Uncover our Resources,
Intuition, Spirit, and Healing



FULL SPECTRUM — COMMUNITY BASED



WHY HBCUS?

HBCUs produce **20%** of
all Black
undergrad degrees
& **25%** of **STEM**
doctoral degrees

HBCUs are known as
liberatory spaces that
foster success &
address the needs of
people of color

HBCUs have **structural**
barriers with maternal
health programs, school
of public health & no
midwifery programs

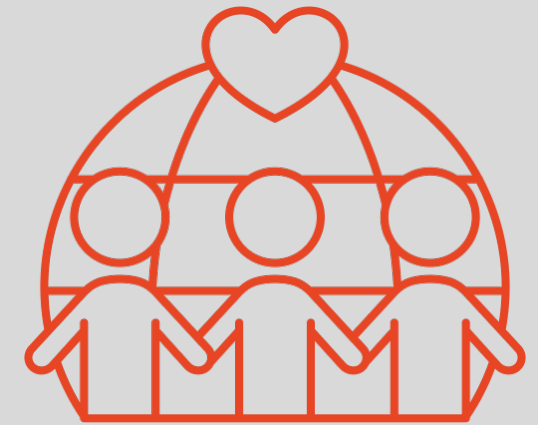
OUR APPROACH



Knowing By Doing
Preconception
Health Model

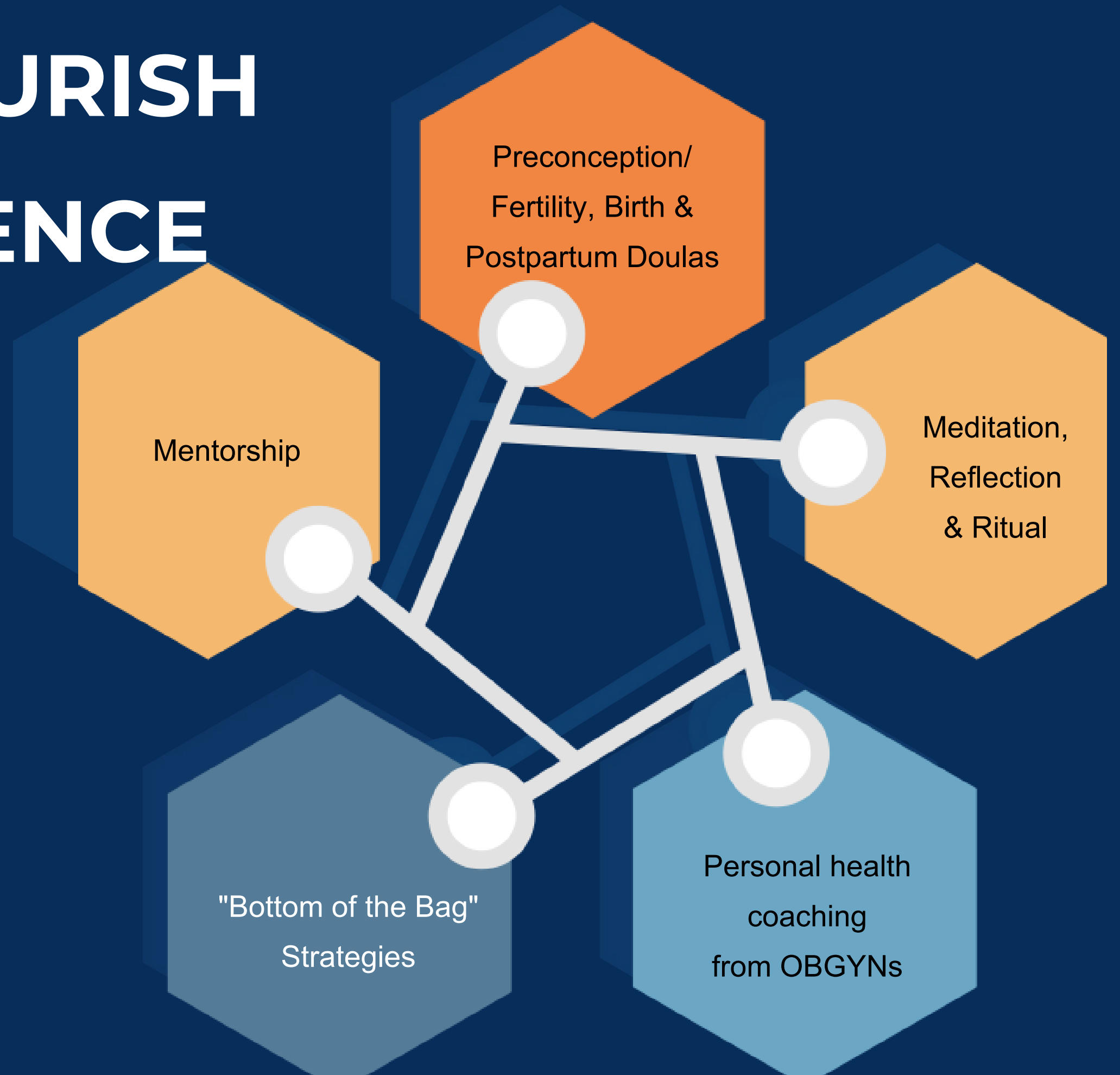


Supporting Community
through Decolonizing
Information

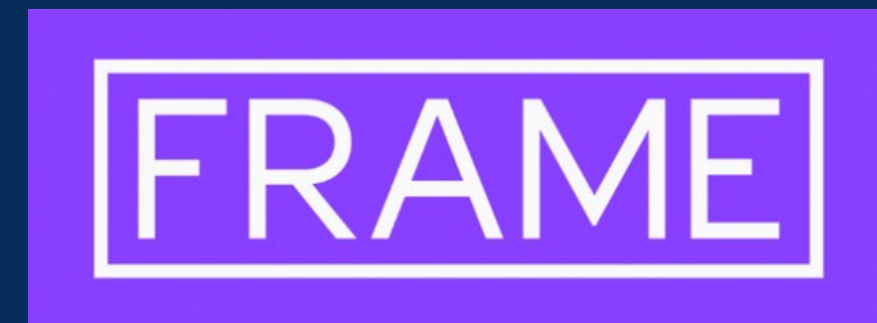


Expanding the
legacy of the
Black Midwife

THE NOURISH EXPERIENCE



NOURISH PARTNERS



NOURISH TRAINING TEAM



Kanika Harris, PhD, MPH



Jada Ledbetter, MPH



Toni Junious, MPH



Mavhu Hargrove



Binahkaye Joy



Lydia Harris



Olivyah Bowens

**NOURISH
FULL SPECTRUM
DOULA PROGRAM
IN-PERSON
TRAINING SESSIONS**

October • January
March • May



PROCESS - IMPORTANCE OF RITUAL



ORIENTATION WEEKEND

- ASA African Dance Class
- Bringin' In Da Spirit
- Framing Doula Work and History of African & Granny Midwives
- Intro to Frame Fertility



NOURISH CURRICULUM

- **PRECONCEPTION HEALTH**
 - Menstrual Cycle, Common Disorders & Infections
- **Pregnancy & Childbirth**
 - African Perspectives
- **Advocating for Mothers & Birthing Families**
 - Creating a Birth Plan
- **Postpartum Support & Rituals**
 - Lactation, Belly Binding, Baby Carrying
 - African Perspectives
- **Miscarriage & Infant Loss**
- **Mental Health First Aid**
- **Supporting LGBTQ+ Families**
- **Business of Birthwork**





"Knowing by Doing"

- Hands-On Activities
- Pregnancy & Childbirth Comfort Techniques



"Knowing by Doing"

- Postpartum Support
- African Perspectives

PROGRAM OUTCOMES

86%

Student retention rate

38

NOURISH graduates class of 2023

58%

Sophomore/Second Year

53%

Biology or Nursing Majors

90%

Age 18 - 25 years





**MORGAN STATE STUDENTS
STAND UP FOR NOURISH**

TESTIMONIALS

"I will be able to take the information that I learned and **save it for myself** when I have children, as well as **pass it along to others** that I know who are expecting."



"It truly felt like a **sisterhood was being created**...It reminded me how nurturing Black women truly are. I felt protected and at peace in the space."



FUTURE VISION

- Doula graduates **serve over 100 Black birthing families** in Baltimore
- Expand NOURISH in partnership with **Maternal & Child Health Center of Excellence** launched by the HBCU Alliance Team (HAT) for Maternal, Child and Family Health
- Expand to other campuses
 - Coppin State University, Howard University, Spelman College, Hood College





What does it mean to be NOURISHED?

**Evaluation of N.O.U.R.I.S.H: a
full-spectrum community
doula program for college
students at HBCUs**

Black Women's Health Imperative

Maternal & Child Health

Kanika Harris



NOURISH EVALUATION

- Co-developed evaluation plan with external partner

AMAKA Consulting Led by Dr. Ndidi Amutah-Onukagha

- 8-12 month mixed method Evaluation Plan
- Share some preliminary results from the program
- Successes and challenges with completing evaluation



DEMOGRAPHICS



RESULTS

- Exemplary Quote:
- “I always leave doula trainings full and completely engulfed in knowledge. Absolutely amazing program and I am so grateful!”
- -Participant from Postpartum Training_ Day 2



SESSION EVALUATION

- In Session 1: Preconception Health, appreciation for effective learning material was mentioned by 9 out of the 37 participants who completed the post-survey.
- “Having a dark skin model of the vagina and using real pictures of a vulva to deepen our understanding.”




METHODS

- Data Analyzed
- Virtual sessions- 3, 4, 5, 7, & 8
- In-person sessions- Postpartum (Day 1) & Pregnancy and Childbirth
- Data Analysis
- Statistical analysis was conducted using SPSS
- Descriptive statistics: Percentages, means
- Inferential statistics: One Sample T-Test, Independent-Samples T-Test





SESSION PRE AND POST TESTS

- Virtual sessions 3, 5, 7, & 8 and all In-person sessions (not including postpartum day 2) showed a statistically significant difference ($p \leq 0.05$) between the average pretest score and the feedback posttest scores
 - A large difference was seen between the pretest and feedback posttest scores in Virtual sessions 3, 5, & 8 and the postpartum day 1 and childbirth in-person sessions
 - A majority of the students (over 50%) agreed that they were satisfied with the session and found the session engaging, the information clear, the presenter/trainer and presentation slides and materials clear and easy to understand, and found the information to be new to them
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PRELIMINARY RECOMMENDATIONS

- 1. Three hours is best for the length of sessions, especially to cover all of the material
- 2. Designate a note taker who can document the extra information provided (that are not on the slides) and upload the notes for everyone to access
- 3. Continued use of various skin models that represent the skin tones of participants
- 4. Continue to keep the participants engaged (ex. storytelling, jeopardy, breakout rooms, physical stations, etc.)





"We fight, even against insurmountable odds, because sometimes we win."

NOURISH

A Community Based Doula Program

ANY QUESTIONS?

Contact Us

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