

Creative Health at a Glance

Spotlight on: Maternity

Black women are 5x more likely to die in pregnancy/ childbirth than white women. 39% of these deaths are due to **avoidable heart disease or blood clots** (9).

Arts activities and cultural safe spaces can support the **health literacy of disenfranchised groups** (10), which could help them to spot warning signs and access care.



The 'Research Justice framework' aids research with Black pregnant and birthing people, and Black birth-workers, demonstrating best practice in **equitable co-design** (11).

Singing interventions have demonstrated a statistically significant faster improvement in symptoms for mothers suffering with **moderate-severe postnatal depression** (12).

