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## WELL-BE·ING

*a good or satisfactory condition of existence;  
a state characterized by health,  
happiness and prosperity.*

**STATE of BLACK  
MATERNAL INFANT  
HEALTH *in* ARIZONA**

Health prominently factors into any measure or definition of well-being. Without good health and access to services and care essential for managing health conditions, the ability to achieve the essential state of well-being — and the comfort, stability, and success it brings — is severely hampered.

***The State of Black Arizona is dedicated to improving the overall well-being of Blacks in Arizona by highlighting key issues that shape the quality of life of individuals and communities and promoting partnerships committed to developing data-informed solutions that address those issues. Health is key among them.***

In State of Black Arizona’s [“Volume V: Driving Local Investment in Black Arizonans,”](#) we included the available disaggregated data about the health of Black Arizonans, which show disproportionate, negative impact compared to the overall population. In another report, [“Health and Well-being of Black Girls and Women,”](#) we focused specifically on a population with stark disparities in health outcomes.

There is so much work to be done in Arizona on both collecting data and responding to what the numbers say about health-care policies and practices affecting Black Arizonans and the long-standing social and economic strife behind some harsh truths. It is hard work, as addressing life-and-death crises often is.

But that hard work, indeed, is being done. We’re pleased about the momentum building this year to address some health and well-being issues, particularly in Black maternal health where health outcomes are starkly worse than white maternal health in Arizona and the United States.



Black mothers and babies have the worst childbirth outcomes in the United States, which has the worst maternal health statistics among wealthy nations. Black women have pregnancy-related mortality rates that are three times higher than non-Hispanic White women. Rates of pre-term births and low birthweight births are also disproportionately higher.

Recent national awareness campaigns have highlighted challenges and solutions to addressing Black maternal and infant health. They include National Black Maternal Health Week in April and Maternal Mental Health Month in May, which calls for more resources and community environments conducive that make it easier for women experiencing overwhelming stress or mental illness during and after pregnancy to get help.

Check out National Institute for Children’s Health Quality

[Maternal Mental Health Awareness Month \(nichq.org\)](https://www.nichq.org/)

Please check out our State of Black Arizona website page: [Maternal Infant Health in Arizona](#)

Includes previous announcements and videos that display the awareness of our work as we develop our local data and story for a call to action.

