



Maternal Health Toolkit for Faith Communities

Introduction

There are too many women in the U.S. are experiencing problems related to pregnancy, including death. Experts say that over 80 percent of these deaths could have been prevented. In Texas, women of color are more than twice as likely to die from pregnancy-related issues compared to white women.

As trusted institutions, communities of faith have a unique opportunity to help improve the health of moms and babies. Texas Health Resources Faith Community Nursing has developed a Maternal Health Toolkit to help you make a difference. The toolkit is intended to provide simple actions and ideas for congregations to use.

Toolkit Topics:

Topic	Why it is important
Safety	Car seat safety and safe sleeping practices are paramount for infant well-being and survival.
Mental Health	Pregnancy-related depression and anxiety can become serious medical conditions without proper treatment. About 1 in 8 women experience perinatal and postpartum depression.
Blood Pressure	High Blood Pressure is among the TOP causes of deaths of women in Texas who are pregnant OR have been discharged from the hospital after delivery.
Fathers and Men	Dads and men have an important role in supporting and encouraging mom's health and well-being.

Section Tools:

Item	How to use
User Guide & Did You Know?	Tips and information to help faith community nurses and health promoters utilize toolkit materials successfully.
Informational tools	Handouts for pregnant and new moms and families
How to Document	Instructions for documenting activities in the Henry Ford Documentation System
Additional Resources	Helpful resources for pregnant and new moms and families

For more information or support for your program, contact us at:

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