



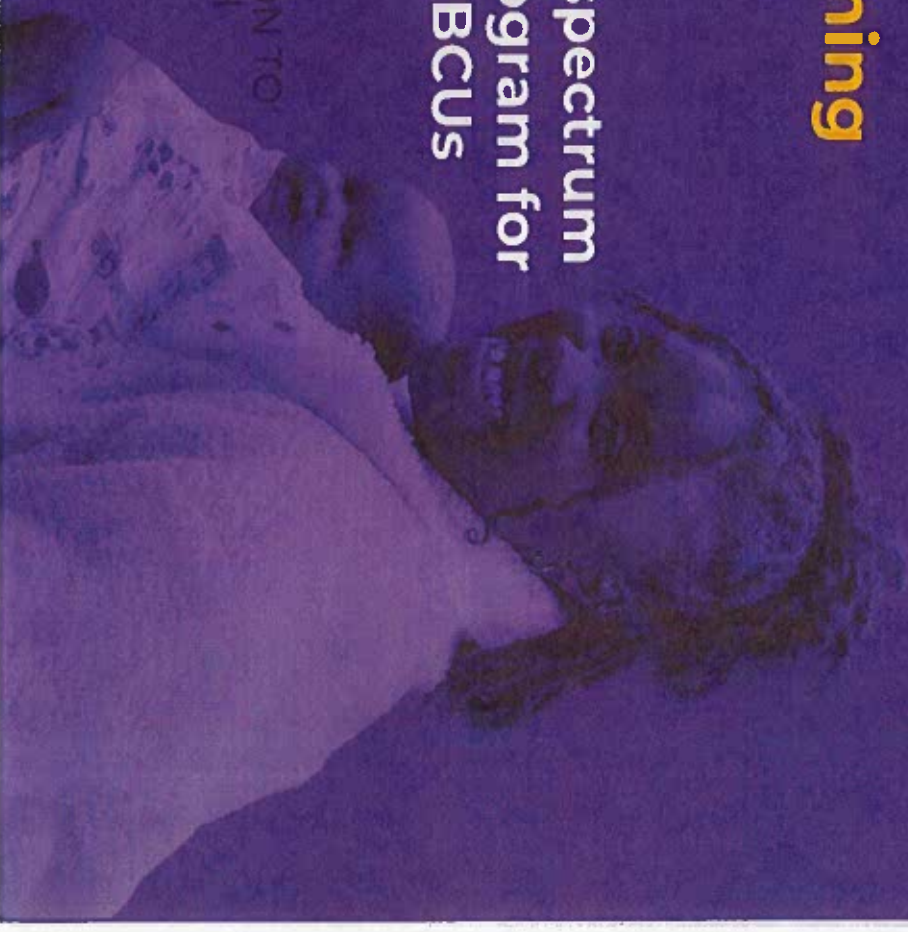
College/HBCU Doula Training

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



NATIONAL ASSOCIATION TO
ADVANCE BLACK BIRTH

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**NATIONAL ASSOCIATION TO
ADVANCE BLACK BIRTH**

OUR VISION AND MISSION

OUR VISION

A future where Black families, babies, and children thrive in equitable and culturally safe birthing environments.

OUR MISSION

NAABB is dedicated to advocating for Black birthing people by addressing racial disparities in maternal and infant health. We strive to empower Black birth workers, influence policy change, and ensure culturally responsive care in maternity service and along the lifecourse.



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

Black women in the
U.S. experience
maternal mortality
rates 2 to 4 times
higher than White
women, with ~50
deaths per 100,000
live births in 2023.

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

Midwifery & doula
models of care are
recognized as life
saving strategies to
reduce mortality &
postpartum
complications

Addressing these
disparities presents a
large economic
opportunity, driven by
improved workforce
healthcare savings,
and healthier futures
for mothers and
children.



WHY HBCU & COLLEGES?

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

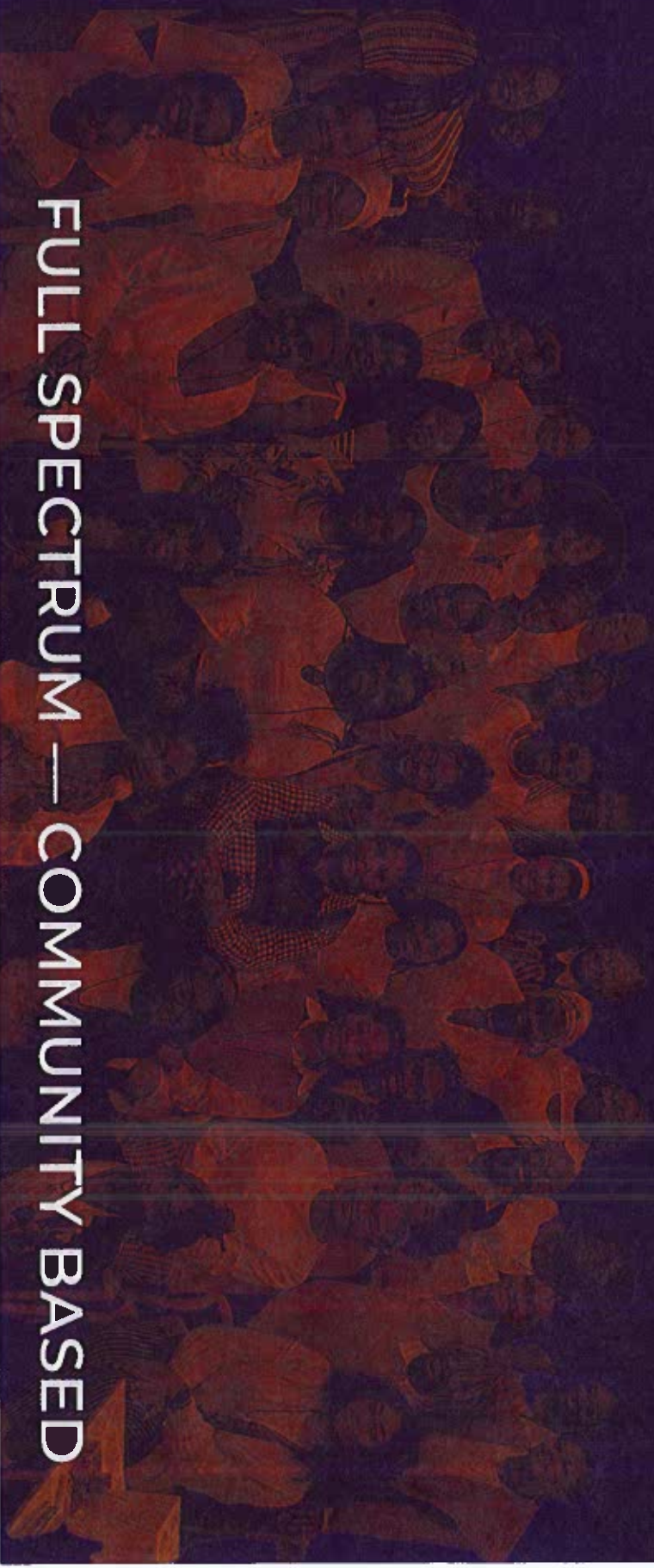
HBCUs are known as
liberatory spaces that
foster success &
address the needs of
people of color

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

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

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

FULL SPECTRUM — COMMUNITY BASED



OUR APPROACH



Knowing By Doing
Preconception
Health Model

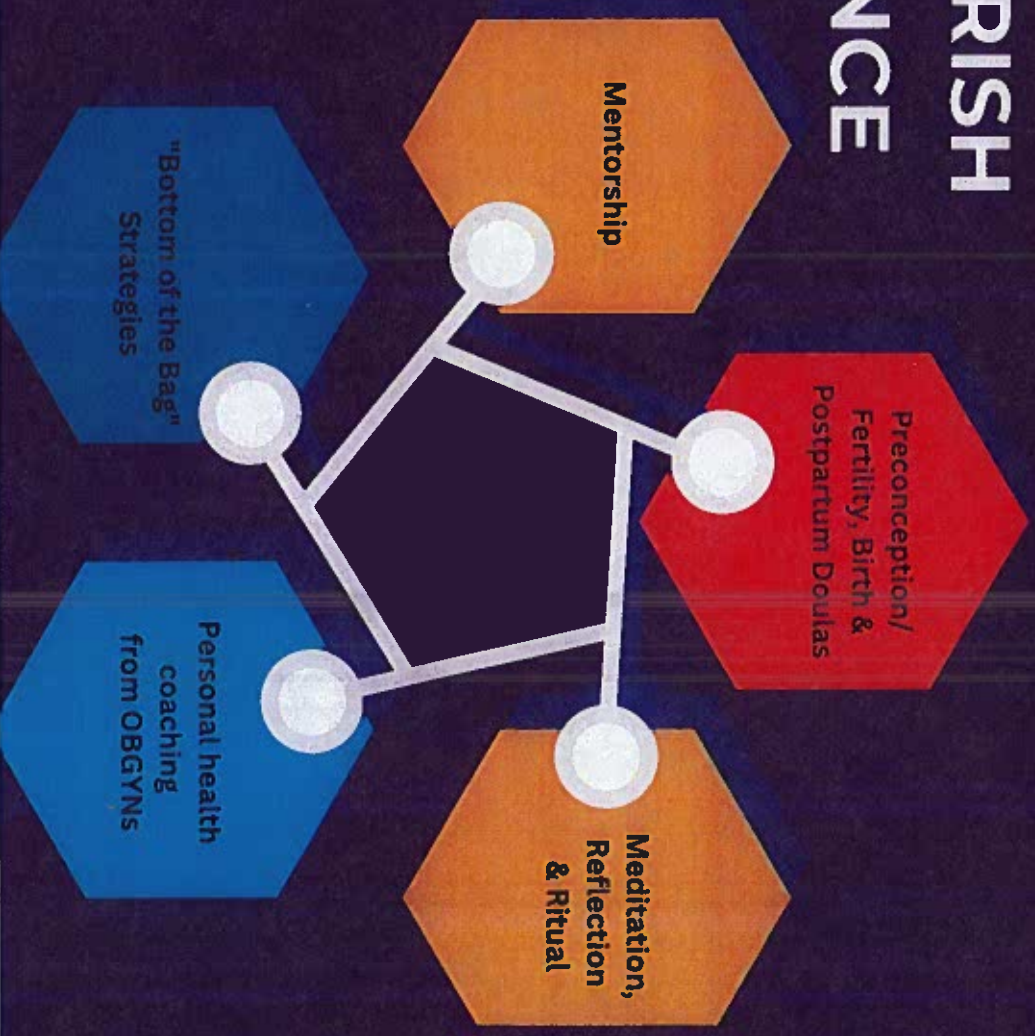


Supporting
Community through
Decolonizing
Information



Expanding the
legacy of the
Black Midwife

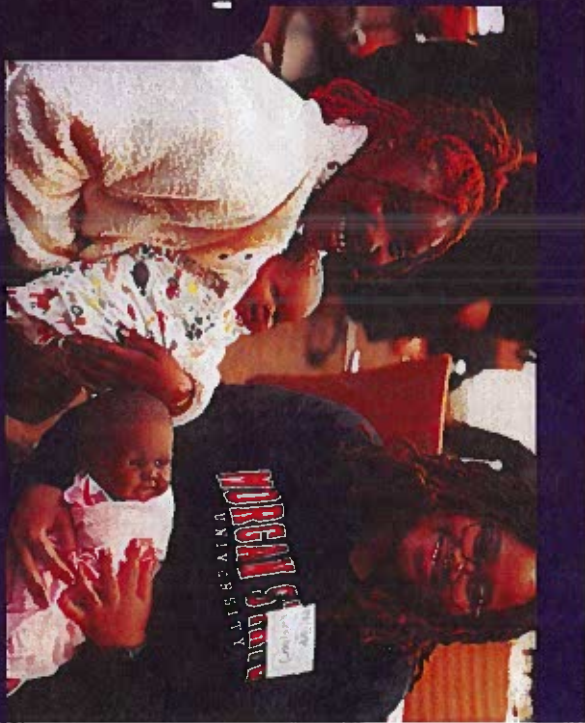
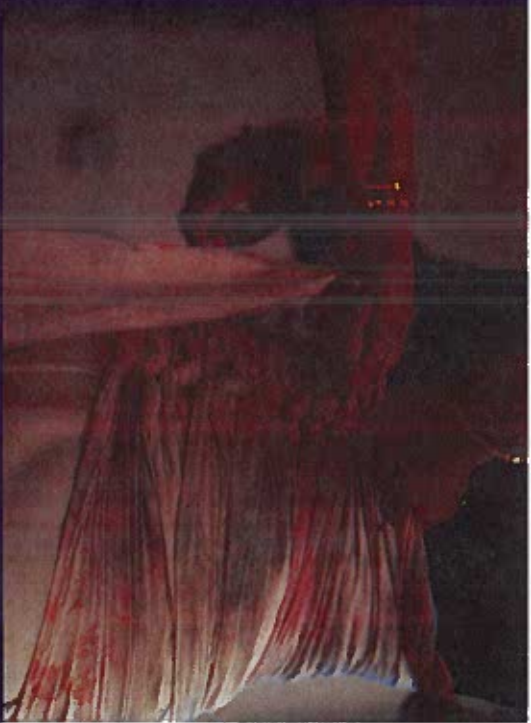
THE NOURISH EXPERIENCE



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
- Infant & ChildCare
- Business of Birthwork





"Knowing by Doing"

- Postpartum Support
- African Perspectives

Demographics

100% Female & African American

38 Graduates class of 2023

58% Sophomore/Second Year

53% Biology or Nursing Majors

90% Age 18 - 25 years



EVALUATION OUTCOMES 22-23

- 88% retention rate
- 96% STEM PATH - OBGYN, Nursing, Research, or Midwifery
- Decrease in preventable underlying pregnancy risks such as hypertension and diabetes
- 0 Maternal Deaths and infant deaths
- 98% Clients satisfaction rate



IMPACT

- 38 new doulas that supported at least 130 families.
- 83% of participants had improvements in their personal health
- 91% changed their health behaviors to improve their reproductive health
- 84% felt more comfortable talking to healthcare providers.
- 30% Are working actively advocating, working in maternal health policy, research, and advocacy



— Our Vision for Impact

- **40 full-spectrum doulas** will be trained, certified, and mentored—ready to walk beside families before birth, during labor, postpartum, and beyond.
- **Medicaid Reimbursement Ready:** With backend support from MeetMae and InovCares, our doulas won't just provide care—they'll be set up for long-term sustainability through streamlined reimbursement processes.
- **Family Reach:** Each doula will touch the lives of 2–4 families a month, adding up to over 1,560 families supported annually—that's a whole ecosystem of care, empathy, and trust.
- **Continuity of Care:** From first trimester to first steps, at least 200 families will receive wraparound support—preconception, birthing, and postpartum.

We're not just
training
doulas.

We're building
healthy
communities
for children to
thrive





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



ANY QUESTIONS?

Contact Us

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