



2026 BLACK MATERNAL HEALTH WEEK *TOOLKIT*

This official toolkit contains key messaging, social shareables, and other materials related to **BMHW26**.



VISIT BLKMATERNALHEALTHWEEK.COM FOR MORE INFO

ABOUT BMMA



BMMA, Inc. (Black Mamas Matter Alliance) is a **network of Black-led/Black women-led organizations and multi-disciplinary professionals who work to ensure that all Black Mamas have the rights, respect, and resources to thrive before, during, and after pregnancy.** BMMA honors the work and historical contributions of Black women's leadership within their communities and values the need to amplify this work on a national scale.

For this reason, BMMA does not have any chapters. The alliance is composed of existing organizations and individuals works. **BMMA's focus is to build the skills and mobilize the global Black perinatal, maternal, and reproductive health workforce as a means to END maternal mortality.**

For 10 years, BMMA has established and led the Global Black Maternal Health Movement. This milestone reflects a decade of strengthening Black-led perinatal, maternal, and reproductive health organizations and the Black perinatal workforce, alongside advancing policy, narrative, and systems change to address maternal health care inequities.



VISIT [BLKMATERALHEALTHWEEK.COM](https://blkmateralhealthweek.com) FOR MORE INFO

THEME, STATISTICS & MESSAGING

“ROOTED IN JOY & JUSTICE”

The 2026 Black Maternal Health Week (#BMHW26) theme is “Rooted in Justice & Joy.” Join BMMA in celebration as we mark 2026 as our 10-year anniversary. We honor the power of our collective movement, nurturing thriving families and shaping a liberated future rooted in justice, healing, and joy. This milestone theme reflects the strength and resilience of Black-led perinatal, maternal, and reproductive health organizations that have cultivated change and healing across communities. It acknowledges the enduring legacies of systemic oppression, reproductive injustices, and health inequities that continue to impact Black Mamas and birthing people; while calling for a liberated future rooted in restoration, justice, and joy.

Held annually on April 11-17, BMHW is a week-long campaign founded and led by BMMA, Inc. (Black Mamas Matter Alliance) to build awareness, foster activism, and community-building, amplifying the voices, perspectives, and lived experiences of Black Mamas and birthing people. The week is intentionally held during **National Minority Health Month** and begins on April 11th annually to join dozens of global organizations in marking this day as **International Day for Maternal Health and Rights** - an opportunity to advocate for the elimination of maternal mortality globally. The activities and conversations hosted throughout the week intentionally center on the values and practices of the birth and reproductive justice movements.



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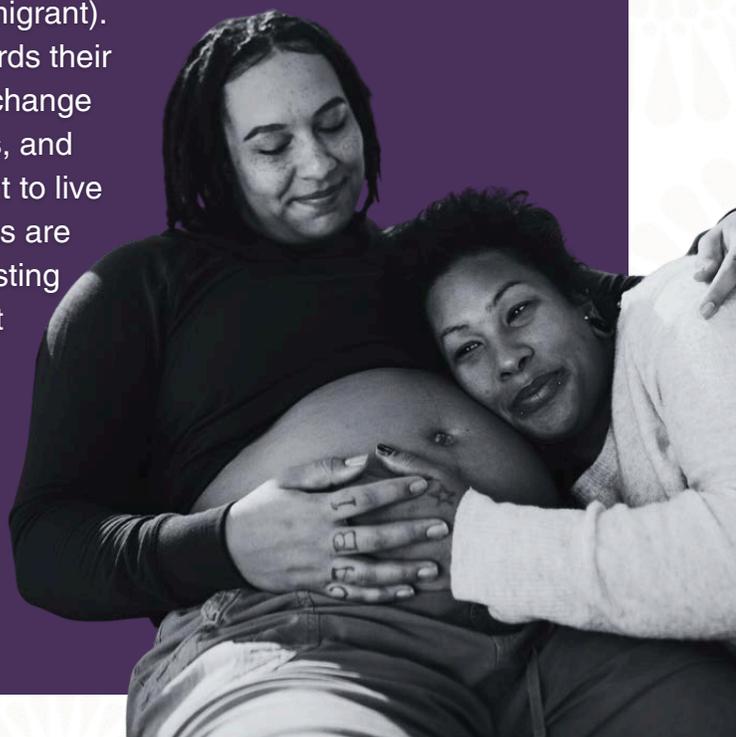
How to Engage with Black Maternal Health Week

BMHW is about collective action and community engagement. Here's how you can get involved and support the movement:

- **Support Birth & Reproductive Justice organizations** – Find organizations in your area that are celebrating Black Maternal Health Week and engage with their events and initiatives.
- **Connect with Black-led organizations** – Build relationships with your local Black-led or Black women-led perinatal, maternal, or reproductive health organizations.
- **Volunteer & Invest** – Offer your time, skills, or financial support to Black-led organizations working to advance maternal health equity.
- **Amplify the movement** – Use your platform to uplift BMHW (#BMHW26) by sharing key messages, events, and advocacy actions that are outlined in this toolkit.
- **Follow BMMA & Our Partners** – Sign-up for our e-newsletter and follow us and our partners on all social media platforms to be aware of Black Maternal Health in Action in your neighborhood!

Key Term

BMMA uses the phrase “**BLACK MAMAS**” to represent the full diversity of our lived experiences that includes birthing persons (cis women, trans folks, and gender expansive individuals) that are people of African descent across the diaspora (Afro-Latinx, African-American, Afro-Caribbean, Black, and African Immigrant). Black Mamas are taking control and building towards their liberation unapologetically. Whenever intentional change has been fostered, we have been on the frontlines, and now we are focusing on our own freedom and right to live and thrive. The work is not done until Black Mamas are **liberated, respected, and protected**. When investing in Black Mamas, we are pouring into the roots that act as the foundational strength of Black families and systems of care. We recognize, celebrate, and support those who care for and mother our families and communities whether they have given birth or not. We stand in solidarity with all Black Mamas.



Key Black Maternal Health Facts

Outlined below are key statistics pertaining to various aspects of Black Maternal Health, along with a corresponding list of partners and collaborators who are working in each area:

Maternal Mortality & Pregnancy Related-Death

- In 2023, the maternal mortality rate for non-Hispanic Black women was 50.3 deaths per 100,000 live births, nearly 3.5 times the rate for non-Hispanic White women. Maternal deaths decreased from 2022 to 2023 for all racial/ethnic groups except for Black women. (Source: [CDC, 2025](#)).
- In the U.S., Black women are over three times more likely to die from a pregnancy-related cause than White women. CDC notes that more than 80% of pregnancy related deaths are preventable ([CDC, 2024](#)).

Reproductive Health Conditions

Cancers

- Black women have a higher incidence rate of cervical cancer compared to women of other racial/ethnic groups ([AJPM, 2023](#)).
- Black women are more likely to die from cervical cancer than other women in the United States ([CDC, 2024](#)).
- Uterine cancer is one of the few cancers with increasing mortality with death rates have increase by 1.7% per year, since the mid-2000s. Black women are more likely to die from it ([ACS, 2025](#)).

Fibroids

- Fibroids are noncancerous growths located in and around the uterus that can cause pain, infertility, heavy bleeding, and pregnancy complications ([CDC, 2024](#)).
- Black women have a higher prevalence of uterine fibroids ([Katon, Plowden, & Marsh, 2023](#)).
- Compared to white women, Black women are almost four times more likely to be hospitalized for fibroid related issues, nearly seven times more likely to have surgically remove fibroids, and twice as likely to have hysterectomies ([NIH, 2014](#)).

Sickle Cell

- Sickle cell disease refers to a group of genetic blood disorders that primarily affects Black or African American people in the United States. It is the most common inherited blood disorder in the nation. ([CDC, 2024](#))

Key Black Maternal Health Facts

Reproductive Health Conditions cont.

Sickle Cell cont.

- Sickle Cell Disease is associated with a higher risk of severe maternal morbidity in Black pregnant women ([Boghossian et al., 2023](#)). Black women with Sickle Cell Disease experience more stillbirths, infection, and hemorrhage when compared to those without the disease. ([Adesina et al., 2023](#)).

BMMA Partners Making a Difference: [The Foundation for Black Women's Wellness](#), [Black Women for Wellness](#), [Black Women's Health Imperative](#), [Feminist Center](#), [Sickle Cell Reproductive Health Education Directive \(SC RED\)](#), [The White Dress Project](#), [ECANA](#)

Menstrual Health (Menopause and Perimenopause)

- Menopause occurs when menstrual periods stop permanently for at least 12 months. Most women experience menopause between ages 45 and 55 ([CDC, 2024](#)).
- One study found that earlier onset of menopause in Black women is associated with smoking, lower body mass index, and individuals who did not use oral contraceptives ([Palmer et al., 2003](#)).
- Black women are also more likely to report more intense and severe symptoms, like hot flashes ([Kochersberger, 2024](#)).
- Black women experience gaps in menopausal and perimenopausal care. A recent review found that Black women were less likely to be prescribed hormone therapy and other treatment less than white women ([Conklin et al., 2024](#)).

Gaps in menopausal and perimenopausal care contribute to unmanaged symptoms, chronic disease risk, and long-term reproductive and cardiovascular health inequities for Black women.

BMMA Partners Making a Difference: [Black Women's Health Imperative](#), [Black Girl's Guide to Surviving Menopause](#), [The Period Doctor \(Dr. Charis Chambers, MD, FACOG\)](#).

Key Black Maternal Health Facts

Maternal Mental Health

- Mental health conditions are a leading complication of pregnancy and childbirth of mortality with perinatal mood and anxiety disorders affecting up to 1 in 7 pregnant and postpartum women nationally. ([CDC, 2022](#); [Fawcett et al., 2019](#); [McKee et al., 2020](#))
- Although Black women are more likely to develop perinatal mood disorders, they are less likely to receive treatment when compared to their white counterparts. ([Kozhimannil et al., 2011](#)).
- In the United States, 29–44% of Black women experience postpartum depressive symptoms (PDS), yet few are properly identified and/or connected to mental care services ([NIH, 2023](#)).

***BMMA Partners Making a Difference:** [Shades of Blue Project](#), [Center for Black Women's Wellness](#), [Sisters in Loss](#), [Diversity Uplifts, Inc.](#), [Oshun Family Center](#)*

Preterm Births

- Preterm birth (delivery before 37 weeks and 0/7 days of gestation) is a leading cause of infant morbidity and mortality in the United States ([CDC, 2016](#)).
- The preterm birth rate rose 12% from 2014 to 2022, from 7.74% to 8.67% ([CDC, 2024](#)).
- Despite advances in medical care, racial and ethnic disparities associated with preterm birth persist. In 2022, the rate of preterm birth among Black women (12.34%) was about 1.5 times higher than the rate of preterm birth among white or Hispanic women (7.64% and 8.72% respectively) ([CDC, 2024](#)).

***BMMA Partners Making a Difference:** [Center for Black Women's Wellness](#), [Southern Birth Justice Network](#), [Mamatoto Village](#), [Commonsense Childbirth](#), [Perinatal Health Equity](#), [Jamaa Birth Village](#)*

Key Black Maternal Health Facts

Perinatal Workforce Development

- Research shows that Black perinatal providers are uniquely equipped to provide culturally congruent care that improves maternal and infant health outcomes among Black women and birthing people ([PNAS, 2020](#)).
- A culturally diverse and congruent, well-trained workforce of Black perinatal health professionals is needed to improve Black maternal and child health nationwide ([National Library of Medicine, 2022](#)).

BMMA Partners Making a Difference: [Center for Black Women's Wellness](#), [Southern Birth Justice Network](#), [Mamatoto Village](#), [Commonsense Childbirth](#), [Perinatal Health Equity](#), [Jamaa Birth Village](#)

Breastfeeding

- Breastfeeding is important for both infant and maternal health. Breastfed babies are less likely to develop infections, asthma, diabetes, and other illnesses. Breastfeeding lowers the risk of cancer, diabetes, and cardiovascular disease ([CDC, 2024](#)).
- Black women have the lowest prevalence of breastfeeding initiation and continuation at six and twelve months ([Li et al., 2019](#)).
- About 75.4% of Black infants are breastfed compared to the national average of 84% (CDC, 2024). When compared to all other racial/ethnic groups in the US, Black women have the lowest prevalence of breastfeeding. ([CDC, 2021](#)).

BMMA Partners Making a Difference: [Black 'Mother's Breastfeeding Association](#), [Black Girls Breastfeeding Club](#), [Chocolate Milk Cafe](#), [Perinatal Health Equity Initiative](#), [Mamatoto Village](#), [The Bloom Collective](#), [Center for Black Women's Wellness](#), [The Melanated Mammary Atlas](#), [CinnaMoms](#)

Key Black Maternal Health Facts

Reproductive Rights & Justice / Access to Contraception

- The reversal of *Roe v. Wade* has exacerbated disparities in abortion access for Black women and birthing people. Black non-Hispanic women accounted for the highest proportion of abortions in 2022 ([CDC, 2024](#)).
- The impact of restrictive abortion laws and denied abortion care disproportionately affects Black Mamas, worsened further by structural barriers, such as economic disparities and limited access to quality family planning services ([KFF, 2024](#)). A recent study found that the estimated travel time to abortion facilities increased post-decision. ([Rader et al., 2022](#)).
- As of January 21, 2026, 41 states have abortion bans in effect, with 13 states having a total abortion bans and 28 states having abortion bans based on gestational duration ([Guttmacher, 2026](#)).
- Patients are increasingly being monitored and prosecuted for reproductive health outcomes, including abortion, miscarriage, and stillbirth. As of 2025, 24 states have introduced legislation that includes embryonic or fetal personhood language that would criminalize patients, providers, and abortion support networks. Such bills imply a violation of existing criminal or civil statutes such as child abuse, homicide, feticide, fetal death, wrongful death, or drug-related offenses. ([Guttmacher, 2025](#))
- In 2025, 16 bills across states were passed and enacted to improve, expand, and safeguard access to contraception in response to *Dobbs v. Jackson*. These states include (California, Connecticut, District of Columbia, Guam, Illinois, Maine, Michigan, Nevada, Oklahoma, Rhode Island, Tennessee, and Virginia). ([Guttmacher, 2025](#))

BMMA Partners Making a Difference: [CHOICES Memphis Center for Reproductive Health](#), [Feminist Center](#), [SisterSong](#), [SisterReach](#), [SisterLove](#)

Key Black Maternal Health Facts

Access to Care / Quality of Care

- Black women face barriers to accessing care. Nationally, 12% of Black women lack health insurance coverage compared to 7.6% of white women. ([National Women's Law Center, 2023](#)).
- Medicaid is the largest single source of health care coverage and pays over 60% of births to Black mothers, making Medicaid policy central to maternal and infant health outcomes. ([CDC, 2021](#)). The One Big Beautiful Bill Act drastically cuts Medicaid funding, potentially leading to devastating cuts in maternal care. ([Commonwealth Fund, 2025](#)).
- Approximately 20% of women reported experiences of mistreatment during maternity care, with women of color disproportionately affected. 30% of Black women, 29% of Hispanic women, and 27% of multiracial women reported mistreatment ([CDC, 2023](#)).
- Perinatal community-based models of care offer enhanced care and support throughout the pre-pregnancy to postpartum spectrum, including doula and midwifery childbirth services to pregnant women who face barriers to care ([National Partnership for Women and Families, 2023](#)).

BMMA Partners Making a Difference: [Kuluntu Reproductive Justice Center](#), [Ancient Song](#), [National Black Midwives Alliances](#), [Southern Birth Justice Network](#), [ROOTT](#), [National Perinatal Task Force](#), [Common Sense Childbirth](#), [Black Women Birthing Justice](#), [Baobab Birth Collective](#), [Atlanta Doula Collective](#), [Jamaa Birth Village](#)

Maternal Vaccinations

- Flu vaccination coverage was 10.1% lower in the 2023-24 season (47.4%) than pre-pandemic coverage in the 2019-20 season (57.5%) ([CDC, 2024](#)). Like findings in previous CDC reports, flu, Tdap, and COVID-19 vaccination coverage was highest among pregnant women with a provider offer or referral for vaccination ([CDC, 2023](#)).
- Tdap coverage was lowest among non-Hispanic Black (Black) women (47.3%) ([CDC, 2024](#)).
- Strategies to promote increased vaccine uptake in Black pregnant populations include provider referrals for vaccinations and culturally relevant communication about the importance of vaccinations, benefits of vaccination and any potential risks ([NIH, 2024](#)).

Low vaccination coverage during pregnancy increases preventable risks of severe maternal illness, preterm birth, and infant hospitalization.

Key Black Maternal Health Facts

Environmental Justice, Climate Change and Black Maternal Health

- **Understanding Reprotoxins:** Reprotoxins are substances that harm the reproductive system by disrupting reproductive organs and hormone systems, including the thyroid and adrenal glands. Exposure can disrupt fertility, pregnancy, fetal development, and lactation, contributing to adverse maternal and infant health outcomes ([Wang et al. 2017](#), [Contemporary OB Associates, 2025](#)).
- **Maternal Mental Health/Climate Change:** Research shows that climate-related disasters such as storms, floods, and displacement are linked to impaired functioning, mild depression, and climate-related distress during pregnancy and the postpartum period. Anxiety about climate change is associated with higher rates of depression during pregnancy, regardless of parity. Extreme heat exposure during pregnancy is also linked to increased psychiatric emergency visits, including suicidal ideation. ([Barkin, et al. 2025](#); [Barkin, et al. 2024](#); [Cosh, 2024](#))
- **Birth workers in Environmental and Reproductive Justice:** Adverse environmental conditions, including wildfires, flooding, poor air and water quality, and extreme heat, are increasing and pose heightened risks during the already vulnerable perinatal period. Birth workers are uniquely positioned as a frontline of prevention, offering education, preparation, and support to help families navigate environmental risks and protect maternal and infant health. ([Human Rights Watch, 2022](#))
 - **Toxic Personal Care Products and Advancing Maternal Health Equity:** Studies link exposure to phthalates, pesticides, PFAS, toxic heavy metals, and other harmful chemicals to hormone disruption, diabetes, and thyroid irregularities. These exposures are associated with higher risks of preterm birth, low birth weight, infertility, and pregnancy loss. Pregnant people can experience significant exposure, with disproportionately higher levels among Black and Latina women. ([Owens, P. 2017](#), [Pan, Janet, 2014](#))
- **Lead pipes:** While lead pipes are present in all 50 states, Illinois, Ohio, New York, New Jersey, Wisconsin, Pennsylvania, and Florida have the highest presence of lead pipes, increasing lead exposure risks during pregnancy and early infancy ([NRDC, 2024](#)).

BMMA Partners Making a Difference: [Black Women for Wellness LA](#), [Birthmark Doula Collective](#), [Nurturely](#)

Key Black Maternal Health Facts

Cardiovascular Health

- Hypertensive disorders of pregnancy are among the leading causes of pregnancy-related death and illnesses among Black women. These disorders include hypertension, preeclampsia, and eclampsia. ([CDC, 2022](#); [McDorman et al., 2021](#))
- Black women have the highest prevalence of preeclampsia and eclampsia, experiencing these disorders at rates five times higher than their white counterparts. ([Minhas et al., 2021](#))
- Systemic discrimination, socioeconomic inequalities, and adverse social determinants of health contribute to disproportionate rates of hypertensive disorders of pregnancy. ([Keith, M.H. & Martin, M.A., 2024](#)). Inequities in access to and quality of postpartum care received by Black women with these disorders worsen existing disparities. ([McLaughlin et al., 2025](#))

BMMA Partners Making a Difference: [Perinatal Health Equity Initiative \(PHEI\)](#), [Foundation for Black Women's Wellness](#), [Center for Black Women's Wellness](#), [Black Women's Health Imperative](#)

Fertility and Infertility Issues

- There are racial and ethnic disparities in the prevalence of infertility and access to infertility treatment. Black women have higher rates of infertility than white women (11.2 vs 7.7% respectively) ([CDC, 2024](#)). Risk factors associated with infertility include diabetes, heart disease, polycystic ovary syndrome, higher body mass index, and age at the time of treatment. ([Ghidei et al., 2022](#))
- Black women are 70% less likely to receive infertility treatment and care. ([Dongarwar et al., 2022](#)) Although Black women are more likely to experience difficulty getting pregnant, they are less likely to seek help for infertility. ([Cebert-Gaitors et al., 2022](#); [Wiltshire et al., 2019](#))
- Black women are also more likely to experience miscarriages and disproportionately lower birth rates following IVF treatments ([Wiltshire et al., 2019](#))

BMMA Partners Making a Difference: [SisterSong Inc.](#), [Sisters in Loss](#)

Key Black Maternal Health Facts

Policies in Maternal, Child, & Reproductive Health

Policies that shape access to care, income, paid leave, and bodily autonomy directly influence maternal, infant, and child health outcomes for Black families.

Medicaid coverage

- Postpartum coverage: As of January 2025, 49 states including DC have a 12-month extension for Medicaid postpartum coverage (Wisconsin limits extended coverage to 90 days, Arkansas is the only state without a postpartum extension) ([KFF, 2025](#)).
- Medicaid expansion: 41 states (including DC) have adopted Medicaid expansion. The 10 states that have not adopted Medicaid expansion are (WI, WY, KS, TX, MS, AL, GA, TN, SC, FL). 7 out of 10 of the states that have not implemented the Medicaid expansion are in the South ([KFF, 2026](#)).
- Doula care: As of May 2025, 46 states and DC have taken steps towards Medicaid coverage for doula care ([CCF, 2025](#)). This is an increase from 21 states in 2022.
- Medicaid work requirements: In July 2025, Congress passed H.R.1 which added the first-ever national work requirements to the Medicaid program. These work requirements are scheduled to start by January 1, 2027 ([Commonwealth Fund, 2025](#)). As of January 14, 2026, Georgia is currently the only state with an active Medicaid work requirement. Seven states (AZ, AR, IA, MT, OH, SC, UT) have pending work requirement 1115 waivers. Additionally, Nebraska is adopting work requirements early through a state plan amendment ([KFF, 2026](#)).

Youth gender affirming care: As of November 24, 2025 there are 27 state policies in effect that restrict minor access to gender affirming care ([KFF, 2025](#)).

Birth centers: As of 2022, birth centers are licensed in 41 states and the District of Columbia and have deemed licensure in 2 additional states. Five states that do not license or regulate birth centers allow them to operate, but in these states without licensure or other regulation, birth centers are not eligible for Medicaid reimbursement. There are 8 states that have 0 birth centers ([NIH, 2022](#)).

Child tax credits: As of December 2025, 17 states and DC have enacted a state-level child tax credit. Twelve states plus DC offer refundable child tax credit programs ([NCSL, 2025](#)).

States with paid family and medical leave (ideally at least 12 weeks): 23 states and DC have state paid family leave as of February 2025 ([Bipartisan Policy, 2025](#)).

Key Black Maternal Health Facts

Policies in Maternal, Child, & Reproductive Health *cont.*

Childcare cost burden: People in the United States spend an average of 27% of their household income on childcare costs for two children ([County Health Rankings, 2024](#)).

Minimum wage: As of January 2026, 16 states and DC have a minimum wage of \$15.00 or more ([NCSL, 2026](#)).

KEY TALKING POINTS

For 10 years, Black Mamas Matter Alliance (BMMA, Inc.) has established and led the Global Black Maternal Health Movement, advancing Black-led solutions to address maternal health care inequities in the U.S. and globally.

The Black Mamas Matter Alliance (BMMA, Inc.) is a network of Black women-led and Black-led, birth and reproductive justice organizations. We believe that every person deserves access to quality and holistic health care.

Founded by BMMA, ***Black Maternal Health Week (BMHW)*** is an annual weeklong campaign held each April 11-17, during National Minority Health Month aimed at amplifying the voices of Black Mamas and centering the values and traditions of the reproductive and birth justice movements

The BMHW26 theme, “**Rooted in Justice and Joy**”, honors the resilience and leadership of Black Mamas and birthing people while naming the systemic injustices that continue to shape Black Maternal Health outcomes. As BMMA marks its 10-year anniversary, this theme reflects the power of Black-led perinatal, maternal, and reproductive health organizations to drive healing, restoration, and a future where Black families can thrive with dignity and care.

Black Mamas have always been at the forefront of movements for justice, bridging families, communities, and change. Investing in racial and birth justice is essential to dismantling systemic oppression and advancing Black liberation.

BMHW26 celebrates the leadership and expertise of Black community-based organizations as the foundation for advancing equity and ensuring transformative, sustainable improvements in Black Maternal Health.

Rooted in Justice and Joy affirms that equity and celebration are both essential to Black Maternal Health. Justice calls for accountability, systems change, and respect for Black birthing experiences, while joy centers rest, healing, cultural affirmation, and the right to thrive. Together, justice and joy shape a liberated future where Black Mamas, families, and communities are supported, protected, and valued.

Developing a culturally responsive and congruent workforce is critical—one that understands systemic racism, addresses bias, and provides person-centered, respectful, and affirming care for Black women and birthing people. BMHW26 highlights the need for sustainable solutions—ensuring Black Mamas receive high-quality care at every stage, from preconception to postpartum.

KEY TALKING POINTS

By investing in the perinatal, maternal and reproductive workforce, healthcare systems can ensure that ALL Black Mamas have access to high-quality care throughout the perinatal and reproductive health continuum. This includes preconception of care, prenatal care, labor and delivery, postpartum care, and family planning services.

SOCIAL MEDIA AMPLIFICATION

What follows is a list of key hashtags, sample social media posts, shareable images, and partner or collaborator social media handles to help build awareness around Black Maternal Health Week 2026, and to provide helpful tools and resources with your audiences.

KEY HASHTAGS

Primary:

- #BMHW26
- #BlackMamasMatter
- #BlackMaternalHealthWeek
- #BlackMaternalHealth
- #RootedInJoyAndJustice
- #ENDMaternalMortality

Secondary:

- #BirthJustice
- #MaternalEquity
- #BirthEquity
- #BlackWomenLead
- #BMHW2026
- #ReproJustice



VISIT [BLKMATERALHEALTHWEEK.COM](https://blkmateralhealthweek.com) FOR MORE INFO

SAMPLE #BMHW26 FACEBOOK / INSTAGRAM POSTS

- This year marks the 9th Annual Black Maternal Health Week, taking place April 11–17, 2026. To honor nine years of movement-building, we at [INSERT ORG NAME] are joining @BlackMamasMatterAlliance to uplift Black-led leadership and advance a future Rooted in Justice and Joy. Learn more and join the movement at blkmaternalhealthweek.com. #BMHW26 #RootedInJusticeAndJoy #BlackMamasMatter
- The purpose of #BMHW26 is to highlight the efforts led by @BlackMamasMatterAlliance and to uplift Black-led solutions and affirm the right of Black Mamas and birthing people to safety, dignity, healing, and joy. This year's theme, Rooted in Justice and Joy, calls for accountability, restoration, and a future where Black families can truly thrive. #BMHW26 #RootedInJusticeAndJoy #BlackMaternalHealth
- Join me in supporting @BlackMamasMatterAlliance by helping them reach their #BMHW26 fundraising goal. With your investment, we will be able to share the challenges impacting Black birthing people, celebrate innovation of Black-led models of holistic maternal and reproductive health care, as well as amplify the voices of Black Mamas to shift the narrative to center our joy, activism, and creativity. Learn more at blackmasmatter.org/donate. #BlackMamasMatter #JusticeAndJoy #BlackMaternalHealth
- This #BMHW26, we affirm that Black Mamas deserve more than survival; they deserve joy, rest, and liberation. Rooted in Justice and Joy centers healing, cultural affirmation, and systemic change to ensure Black families are supported before, during, and after pregnancy. This #BlackMaternalHealthWeek, join us and @BlackMamasMatterAlliance in the movement in advancing Black Maternal Health equity. #RootedInJusticeAndJoy #BlackMamasMatter
- Join us in celebrating the 9th annual Black Maternal Health Week, founded and led by @BlackMamasMatterAlliance. #BMHW26 is a week of awareness, healing, and celebration as we honor the movement and envision a future Rooted in Justice and Joy. Learn more at blkmaternalhealthweek.com. #BlackMaternalHealthWeek #BlackMamasMatter #BlackMaternalHealth
- Come join us to celebrate the 9th annual #BlackMaternalHealthWeek and the movement to change the state of #BlackMaternalHealth! Founded and led by @BlackMamasMatterAlliance, #BMHW26 is an exciting week of activism, awareness, and community-building. Learn more at blkmaternalhealthweek.com and get involved today!

SAMPLE #BMHW26 BLUE SKY POSTS

- Join us & @blackmamasmatter in celebrating #BMHW26. As we mark 9 years of Black Maternal Health Week, take part in conversations and activities advancing Black Maternal Health in the U.S. and globally. Learn more: blkmaternalhealthweek.com
#RootedInJusticeAndJoy #BlackMaternalHealth
- We @[INSERT ORG HERE] are joining @blackmamasmatter to celebrate #BMHW26. This week centers justice and joy, and honors Black-led leadership shaping the future of maternal health. Join us: blkmaternalhealthweek.com #BMHWInAction
#RootedInJusticeAndJoy
- Black Mamas are rooted in justice and joy! This #BMHW26, share how you or your organization are showing up during the week and tag #RootedInJoyAndJustice.
#BlackMamasMatter #BlackMaternalHealthWeek
- Black Mamas deserve more than survival; they deserve joy and liberation. This #BMHW26, we're uplifting Black-led care, healing, and systems change. Join the movement for Black Maternal Health equity. #RootedInJusticeAndJoy
#BlackMamasMatter
- How are you engaging in #BMHW26? From community events to healing spaces, share what you're excited about and tag #RootedInJusticeAndJoy. #BlackMamasMatter
#BlackMaternalHealthWeek

SAMPLE #BMHW26 BLUE SKY POSTS

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#RootedInJusticeAndJoy #BlackMaternalHealth
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- How are you engaging in #BMHW26? From community events to healing spaces, share what you're excited about and tag #RootedInJusticeAndJoy. #BlackMamasMatter
#BlackMaternalHealthWeek

ALL SHAREABLES CAN BE FOUND [HERE!](#)



VISIT BLKMATERNALHEALTHWEEK.COM FOR MORE INFO

STAY ENGAGED!

- Sign up for our e-newsletter at blackmamasmatter.org/connect to receive the latest updates straight to your inbox.
- Visit our Black Maternal Health Week webpage each week for new resources, event details, and ways to engage at blkmateralhealthweek.com
- Follow us social media for real-time updates and advocacy actions.
 - Instagram: [@blackmamasmatter](https://www.instagram.com/blackmamasmatter)
 - Blue Sky: [@blackmamasmatter.bsky.social](https://bsky.app/profile/blackmamasmatter.bsky.social)
 - Facebook: [Black Mamas Matter Alliance](https://www.facebook.com/BlackMamasMatterAlliance)
 - LinkedIn: [Black Mamas Matter Alliance](https://www.linkedin.com/company/BlackMamasMatterAlliance)
 - Twitter/X: [@BlkMamasMatter](https://twitter.com/BlkMamasMatter)

