

Are you pregnant and Black, Asian or from a minority ethnic group?

Congratulations on your pregnancy

You may have seen or read information that women with your ethnic heritage have greater risks than white women?

We have produced some information to tell you a bit more about this.

MBRRACE-UK 2020¹ report says:

In 2016-2018, over 2 million (2,235,159) women gave birth in the UK.

217 women died during pregnancy and up to 6 weeks after the birth of their baby.

1. MBRRACE Lay Summary www.npeu.ox.ac.uk/assets/downloads/mbrpace-uk/reports/maternal-report-2020/MBRRACE-UK_Maternal_Report_2020_-_Lay_Summary_v10.pdf



7

steps - things you can do to be as safe as possible

1 Speak up - no such thing as a silly question

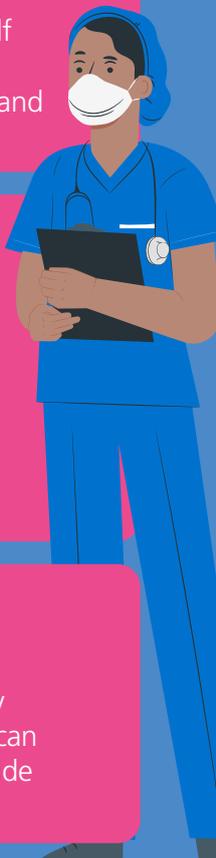
If you feel that something isn't right, don't stay silent. Make sure you speak to a health care professional. It's really important to share the whole picture of yourself and any challenges that you face in your health and social situation.

2 Trust your gut feeling

Speak up. Nobody knows your body better than you. If you think that something is not right, don't dismiss it, trust your instincts.

3 Find an advocate

Find an advocate, family member or friend who can come and speak alongside you if needed^{*}



Black and Asian women have a higher risk of dying in pregnancy

White women
8/100,000



x2 Asian women
15/100,000



x3 Mixed ethnicity women
25/100,000



x4 Black women
34/100,000



^{*} It is LGT policy that every woman should have an opportunity to be seen alone for part of the time at her maternity appointments.

...continued, 7 steps-things you can do to be as safe as possible

4 Do your research

Do your research on pregnancy and labour, via trusted sources like **NHS.uk**, **nice.org.uk**, **patient.info** and the specialist organisations listed below. Or ask someone to help you find out more.



5 Document everything

Make sure that any treatment or medication that you are given is written down in your maternity notes by your doctor or midwife. The information from all conversations you have should also be in your notes, including any about reducing your risks. Keep your own notes for your own personal records, so you can cross reference.

6 Seek a second opinion

It is fine to ask for a second opinion if you feel you need to.

7 If you're not happy and can't talk to your midwife or doctor contact:

Consultant Midwives
lg.consultantmidwife@nhs.net

PALS
pals.lewisham@nhs.net

Maternity Voices Partnership (MVP)
mvp.lewisham@gmail.com

Adapted with kind permission from FiveXMore: fivexmore.com



Other factors to consider?

Too high or too low body weight can cause complications in pregnancy.

Women with a higher Body Mass Index (BMI) have an increased chance of pre-term birth. **Healthy weight and physical activity help with healthier pregnancies** as well as general good health when baby is born.

If you'd like to know more about what is available to help you and your family, please go to:

www.lewisham.gov.uk/myservices/socialcare/health/diet-and-exercise

Smoking leads to a range of complications in pregnancy including pre-term birth and low birth-weight babies.

Evidence shows you're more likely to quit and stay quit with support so if you're a smoker, please contact

www.smokefreelewisham.co.uk/

Email: quit@smokefreelewisham.co.uk

Phone: 0800 0820388



Strength is saying when you're not ok

For help with mental health issues, ask your midwife, health visitor, GP or blgmind.org.uk/mindful-mums/

