

# WOMEN'S HEALTH & WELLNESS SUMMIT

## Advancing Maternal Health Equity



Written By :

Hight Health Fall 2024 Interns

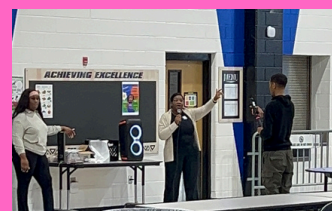
## Advancing Maternal Health Equity

In late 2024, Ready Set Push and Hight Health successfully collaborated to host the Women's Wellness Summit at Sequoyah Middle School in Riverdale, Georgia. This no-cost, community-focused event brought out over 150 attendees and highlighted the pressing maternal health disparities affecting underserved populations. The U.S. grapples with one of the highest maternal mortality rates among developed nations, with Black women facing mortality rates three times higher than their white counterparts. The summit aimed to address these critical issues by focusing on key social determinants of health (SDOH), including economic barriers, educational gaps, and systemic inequities. There were free bassinets, boppy pillows and Huggies provided hundreds of free diapers for event attendees.

## Summit Highlights

The summit offered data-driven, specialized workshops and health resources for women at various stages of their maternal journey. The 6th, 7th, and 8th grade hallways of Sequoyah Middle School were themed based on the stage of the maternal health journey:

- Before Pregnancy Hall (Preconception): Workshops on family planning, preconception health, and access to care.
- During Pregnancy Hall (Pregnancy): Sessions on prenatal care, safe practices, nutrition, and risk management.
- After Pregnancy Hall (Postpartum): Resources on breastfeeding, mental health, and physical recovery.
- A special screening of the 'Chocolate Milk' documentary was shown at the end of the event.



## Stakeholder Engagement



### Ready Set Push

Ready Set Push is an organization focused on childbirth education to help ease childbirth health disparities surrounding black women. They aim to provide families with the opportunity to learn throughout the entire pregnancy instead of one lump sum of information at the end of the pregnancy if any is offered at all. Their program is built on evidence-based information designed to enhance patients' confidence, reduce pregnancy-related complications, and ensure they are well-prepared for a healthy pregnancy and safe delivery.

### Hight Health

Hight Health bridges public health gaps by bringing free health events and programs to communities facing health disparities. These services address the critical issue of access to health care. Since their founding in 2021, Hight Health has successfully organized over 100 free in-person and virtual events and a half-dozen health and wellness programs focused on bridging social determinants of health (SDOH) – related gaps across Georgia. These initiatives have targeted a population of over 2 million Georgia residents, specifically those located in Health Professional Shortage Areas (HPSA).

## Collaborating Organizations

To learn more about Hight Health, visit [www.hight.health](http://www.hight.health)

To learn more about Ready Set Push, visit [www.readysetchpush.org](http://www.readysetchpush.org)

To learn more about Sequoyah Middle School, visit [www.clayton.k12.ga.us](http://www.clayton.k12.ga.us)

