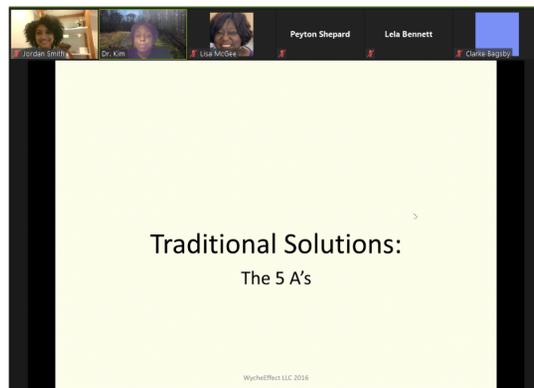


ABSTRACT

Infant mortality is a health disparity that describes the death of an infant that is younger than one year old. Historically, African Americans have had the highest rate of Infant Mortality compared to any other race in the United States. This study will be used to provide pertinent information that attendees can apply that can help lower their chances of experiencing Infant Mortality. Participants were recruited through social media, digital flyers, and word-of-mouth. Next, they were asked to attend a virtual informational session where they were given a pre- and post-test. The results from both tests will help demonstrate how much each person learned during the session.

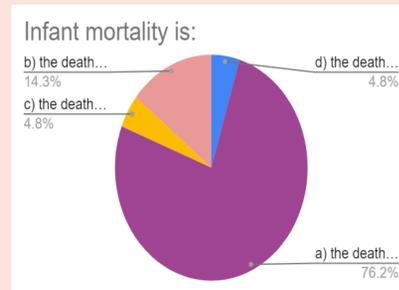
PURPOSE AND BACKGROUND

The purpose of this study is to provide pertinent health information to African American women between 18-25 who attend a Historically Black College/University regarding infant mortality to hopefully prevent this disparity from occurring as this demographic is disproportionately affected by this disparity. As of 2017, 11 per 1,000 African American child births result in infant mortality. Specific dietary disparities of mothers, such as diabetes and obesity, have been proven to influence pregnancy and infant health. These disparities often occur within the African American community, similar to infant mortality itself. Low birth rate is the leading cause of infant mortality among black mothers, causing 1,354 deaths per 100,000 births. In the United States, non-Hispanic black infants have the highest infant mortality rate. Obesity, diabetes, as well as hypertension also have the highest rates among African American men and women. From 2013 to 2016, 4 out of 5 black women over the age of 20 were obese. These rates are also linked to economic disadvantages and cultural differences. Furthermore, the infant mortality rate for obese mothers, from low birth weight, is twice as high as mothers with lower pre-pregnancy BMI's. Additionally, at least five nutrition-related areas need to be addressed when considering infant mortality reduction, they are: dietary quality, healthy weight entering pregnancy, appropriate weight gain during pregnancy, medical nutrition therapy for chronic conditions, and breastfeeding. Clinical and public health nutrition efforts are both vital in reducing birth defects and low birth weight, increasing breastfeeding and minimizing maternal complications.



OUTCOME

Image 1: Pre-Test



100% of participants answered Question 1 correctly on the post-test.

Image 2: Pre-Test

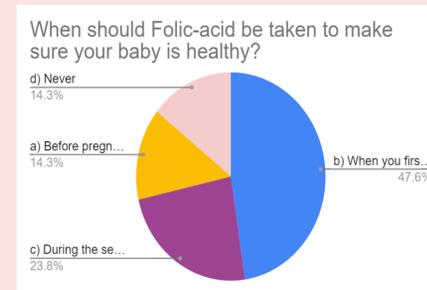


Image 3: Post-Test

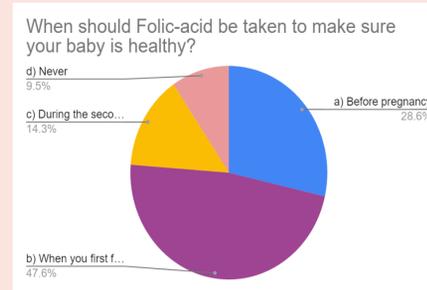
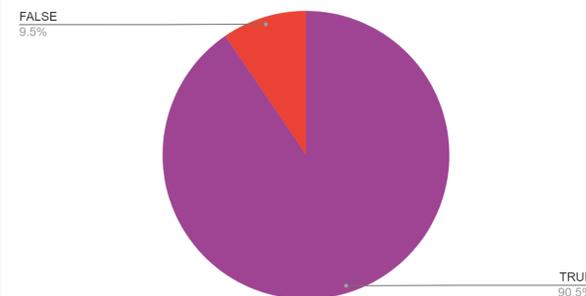


Image 4: Pre-Test

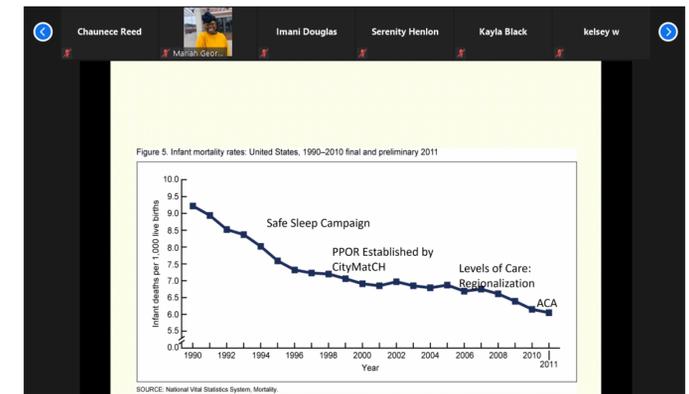
Nutrition related areas should be addressed when considering Infant Mortality reduction.



100% of participants answered "TRUE" during the post-test.

SIGNIFICANCE OF STUDY

Learning information from this event will hopefully motivate the target audience to utilize the behaviors presented in an effort to lower Infant Mortality rates among African Americans. Also, optimistically, attitudes towards many things associated with Infant Mortality will change for the better.

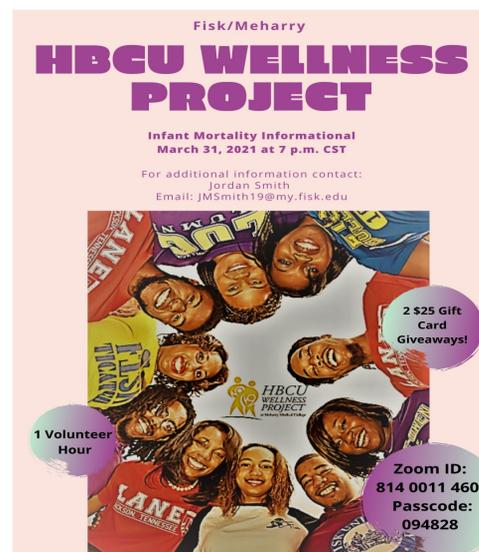


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METHODS AND PROCEDURE

The research population was recruited through social media via GroupMe and word-of-mouth. To begin, each participant was given a pre-test via a link placed in the "chat box" that was used to explore their knowledge on infant mortality. The host was the Student Health Ambassador; so, she led participants through the events. Then, a presentation was given by pediatrician, Dr. Kimberlee Wyche-Etheridge. After the presentation, a post-test was administered in the same manner as the pretest to find how much each participant learned from this session. To ensure that participants pre and post instruments were properly matched, yet refrained from collecting identifying information, individuals were asked to type the street portion of his/her address and their initials (first, middle, and last) on both. Finally, since the event took place virtually via Zoom platform, the survey instruments were administered via Google Forms. Everyone who completed the pre and post-test were eligible for a chance to win one of two monetary gift cards via raffle.



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