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Foundational Books

**Me and White Supremacy**
By Layla F. Saad
Based on the viral Instagram challenge that captivated participants worldwide, Me and White Supremacy takes readers on a 28-day journey of how to dismantle the privilege within themselves so that they can stop (often unconsciously) inflicting damage on people of color, and in turn, help other white people do better, too.

**How to be an Antiracist**
By Ibram X. Kendi
Antiracism is a transformative concept that reorients and reenergizes the conversation about racism--and, even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. At its core, racism is a powerful system that creates false hierarchies of human value; its warped logic extends beyond race, from the way we regard people of different ethnicities or skin colors to the way we treat people of different sexes, gender identities, and body types. Racism intersects with class and culture and geography and even changes the way we see and value ourselves. In *How to Be an Antiracist*, Kendi takes readers through a widening circle of antiracist ideas--from the most basic concepts to visionary possibilities--that will help readers see all forms of racism clearly, understand their poisonous consequences, and work to oppose them in our systems and in ourselves.

**So You Want to Talk About Race**
By Ijeoma Oluo
In this breakout book, Ijeoma Oluo explores the complex reality of today's racial landscape--from white privilege and police brutality to systemic discrimination and the Black Lives Matter movement--offering straightforward clarity that readers need to contribute to the dismantling of the racial divide In *So You Want to Talk About Race*, Editor at Large of The Establishment Ijeoma Oluo offers a contemporary, accessible take on the racial landscape in America, addressing head-on such issues as privilege, police brutality, intersectionality, micro-aggressions, the Black Lives Matter movement, and the "N" word. Perfectly positioned to bridge the gap between people of color and white Americans struggling with race complexities, Oluo answers the questions readers don't dare ask, and explains the concepts that continue to elude everyday Americans.

**Stamped From the Beginning**
By Ibram X. Kendi
The National Book Award winning history of how racist ideas were created, spread, and deeply rooted in American society. Some Americans insist that we're living in a post-racial society. But racist thought is not just alive and well in America -- it is more sophisticated and more insidious than ever. And as award-winning historian Ibram X. Kendi argues, racist ideas have a long and lingering history, one in which nearly every great American thinker is complicit.
**Healthcare Related Books**

**Medical Apartheid**  
By Harriet A. Washington  
"Medical Apartheid" is the first and only comprehensive history of medical experimentation on African Americans, from the era of slavery to today. Washington details the ways both slaves and freedmen have been used in hospitals for experiments conducted without their knowledge.

**Medical Bondage**  
By Deirdre Copper Owens  
The accomplishments of pioneering doctors such as John Peter Mettauer, James Marion Sims, and Nathan Bozeman are well documented. It is also no secret that these nineteenth-century gynecologists performed experimental caesarean sections, ovariotomies, and obstetric fistula repairs primarily on poor and powerless women. *Medical Bondage* breaks new ground by exploring how and why physicians denied these women their full humanity yet valued them as "medical superbodies" highly suited for medical experimentation.

**Reproduction on the Reservation**  
By Brianna Theobald  
This pathbreaking book documents the transformation of reproductive practices and politics on Indian reservations from the late nineteenth century to the present, integrating a localized history of childbearing, motherhood, and activism on the Crow Reservation in Montana with an analysis of trends affecting Indigenous women more broadly.

**Reproductive Justice**  
By Loretta Ross and Rickie Solinger  
Reproductive Justice is a first-of-its-kind primer that provides a comprehensive yet succinct description of the field. Written by two legendary scholar-activists, Reproductive Justice introduces students to an intersectional analysis of race, class, and gender politics. Loretta J. Ross and Rickie Solinger put the lives and lived experience of women of color at the center of the book and use a human rights analysis to show how the discussion around reproductive justice differs significantly from the pro-choice/anti-abortion debates that have long dominated the headlines and mainstream political conflict. Arguing that reproductive justice is a political movement of reproductive rights and social justice, the authors illuminate, for example, the complex web of structural obstacles a low-income, physically disabled woman living in West Texas faces as she contemplates her sexual and reproductive intentions. In a period in which women's reproductive lives are imperiled, Reproductive Justice provides an essential guide to understanding and mobilizing around women's human rights in the twenty-first century.
Killing the Black Body
By Dorothy Roberts

In 1997, this groundbreaking book made a powerful entrance into the national conversation on race. In a media landscape dominated by racially biased images of welfare queens and crack babies, Killing the Black Body exposed America's systemic abuse of Black women's bodies. From slave masters' economic stake in bonded women's fertility to government programs that coerced thousands of poor Black women into being sterilized as late as the 1970s, these abuses pointed to the degradation of Black motherhood—and the exclusion of Black women's reproductive needs in mainstream feminist and civil rights agendas.
**Negative Patient Descriptors: Documenting Racial Bias in the Electronic Health Record**

**ABSTRACT**

Little is known about how racism and bias may be communicated in the medical record. This study used machine learning to analyze electronic health records (EHRs) from an urban academic medical center and to investigate whether providers’ use of negative patient descriptors varied by patient race or ethnicity. We analyzed a sample of 40,113 history and physical notes (January 2019–October 2020) from 18,459 patients for sentences containing a negative descriptor (for example, resistant or noncompliant) of the patient or the patient’s behavior. We used mixed effects logistic regression to determine the odds of finding at least one negative descriptor as a function of the patient’s race or ethnicity, controlling for sociodemographic and health characteristics. Compared with White patients, Black patients had 2.54 times the odds of having at least one negative descriptor in the history and physical notes. Our findings raise concerns about stigmatizing language in the EHR and its potential to exacerbate racial and ethnic health care disparities.


**Health Equity Morbidity and Mortality Conferences in Obstetrics and Gynecology**

**ABSTRACT**

Maternal mortality and morbidity continue to occur at unacceptably high levels in the United States, with communities of color experiencing significantly higher rates than their White counterparts, even after adjustment for confounding factors such as socioeconomic status. Many obstetrics and gynecology departments across the country have begun to incorporate routine discussion and analysis of health equity into peer review and educational processes, including grand rounds and morbidity and mortality conferences. Despite the desire and drive, there is little published guidance on best practices for incorporation of an equity component into these conferences. This document outlines the current processes at four academic institutions to highlight the variety of ways in which health equity and social justice can be incorporated when analyzing patient experiences and health outcomes. This commentary also provides a list of specific recommendations based on the combined experiences at these institutions so that others across the country can incorporate principles of health equity into their peer-review processes.

Physicians’ Implicit and Explicit Attitudes About Race by MD Race, Ethnicity, and Gender

ABSTRACT

Recent reports suggest that providers’ implicit attitudes about race contribute to racial and ethnic health care disparities. However, little is known about physicians’ implicit racial attitudes. This study measured implicit and explicit attitudes about race using the Race Attitude Implicit Association Test (IAT) for a large sample of test takers (N=404,277), including a sub-sample of medical doctors (MDs) (n=2,535). Medical doctors, like the entire sample, showed an implicit preference for White Americans relative to Black Americans. We examined these effects among White, African American, Hispanic, and Asian MDs and by physician gender. Strength of implicit bias exceeded self-report among all test takers except African American MDs. African American MDs, on average, did not show an implicit preference for either Blacks or Whites, and women showed less implicit bias than men. Future research should explore whether, and under what conditions, MDs’ implicit attitudes about race affect the quality of medical care.


Racial Disparities Persist in Cancer Screening: New USPSTF Colorectal Cancer Screening Guidelines Illuminate Inadequate Breast Cancer Screening Guidelines for Black Women

ABSTRACT

The United States Preventative Services Task Force (USPSTF) recently released updated colorectal cancer screening guidelines. In addition to maintaining the prior grade A recommendation to screen those ages 50–75, they added a grade B recommendation to offer screening to those ages 45–49. This addresses the rising incidence of colorectal cancer in younger patients, who tend to present with more advanced disease compared to older patients. However, the guidelines fail to make specific recommendations for Black patients, emphasizing the enduring racial inequities inherent in USPSTF cancer screening guidelines, including the current breast cancer screening guidelines.

How to Close the LGBT Health Disparities Gap: Disparities by Race and Ethnicity

ABSTRACT

The Center for American Progress therefore calls on the U.S. Department of Health and Human Services, or HHS, to establish an Office of LGBT Health and to collect data on sexual orientation and gender identity in any federally funded health research. HHS already collects data based on race and ethnicity—adding sexual orientation and gender identity to the demographic data collected would improve our nation’s ability to serve LGBT people of all races and ethnicities. This memo will outline LGB health disparities by race and ethnicity before discussing why these disparities occur, why we need better data on these populations, and why creating an Office of LGBT Health in the Department of Health and Human Services would be an effective way to address this problem.


Race and Ethnicity: Views from Inside the Unconscious Mind

ABSTRACT

As part of the Kirwin Institute’s commitment to illuminating the multifaceted ways in which unconscious associations can create unintended consequences, this publication highlights key selections from the academic literature published in 2016 as it pertains to the domains of criminal justice, health and health care, employment, education, and housing. In addition to these focus areas, this publication uplifts implicit bias mitigation strategies and other major contributions to the field.

Podcasts

**Code Switch Race in Your Face**

An NPR Podcast that is comprised of a multiracial, multigenerational group of journalists who explore how race affects every part of society – from politics and pop culture to history, food and everything in between.

**Dear White Women**

A podcast that believes “change doesn't come from complacency”. *Talking about race doesn't have to be scary. While our society's history with race is complex, it is absolutely possible for more (White) people tomeaningfully engage with stories, history, and actions, and to be involved in building a more equitable society. Together, we are calling more white people, and white women in particular, into the action.”*

**Antiracism and America**

A collaboration between The Guardian and American University's Antiracist Research and Policy Center, this is an ongoing series that sheds light on the structures at the root of racial inequities.

**The 1619 Project Podcast***

“1619” is a New York Times audio series, hosted by Nikole Hannah-Jones, that examines the long shadow of American slavery. The 1619 Project Docuseries on Hulu, Episode 102 “Race” examines the construct of race as a political invention created to justify the economic exploitation of African people during slavery and promote white supremacy, while tracing the impact that has had on Black women's bodies and reproductive lives. This podcast series features AIM for Safer Birth Season 1 co-host, Dr. Veronica Gillispie-Bell.

*Resource behind paywall*
Videos

The Urgency of Intersectionality
How Racism Makes Us Sick
Combating Racism & Place-ism in Medicine
How Structural Racism is Magnifying the Public Health Crisis
The Cliff of Good Health
If you would like to learn more about The Alliance for Innovation on Maternal Health, please visit our website at saferbirth.org