

# Day 6 of 7

## 7 Day Allies Advocacy Challenge

eliminating racism  
empowering women  
**ywca**  
Hartford Region

### HEALTH



- Advocate for equitable care by your medical community.
- Allow Doulas to be paid through Medicaid/Insurance so services are available for all. Doulas help reduce maternal morbidity especially among women of color.
- Call on leaders to declare racism as a public health crisis.
- Support mental health response services.

### HERE IS HOW YOU CAN TAKE ACTION

#### Health: Speak Out

**Action 1:** Call on leaders to declare racism as a public health crisis by supporting local campaigns. For more information visit: <https://www.ywcahartford.org/advocacy/create-a-community-without-racism.html>

**Action 2:** Support the push for Doulas to be paid through Medicaid/Insurance so services are available for all. Doulas help reduce maternal morbidity especially among women of color. Call/email local government in support of S.B. 1, specifically **section 10** to establish the definition of a doula within state statutes and conduct a study to determine the establishment of a state certification process for doulas. Visit these links to learn about Doula Care and what is being done in CT: <https://ctmirror.org/2019/09/06/connecticut-looks-to-expand-doula-services-to-improve-childbirth-outcomes/>, <https://www.facebook.com/doulas4ct/>.

#### Allies Guide to Advocacy

For more information on how to be an ally view the Allies Guide to Advocacy Webinar: <https://www.ywcahartford.org/advocacy/ally-guide-for-advocacy.html>