

## **Rural Health for Pregnant and Birthing People: Access and Advocacy**

Sunday W. Smith and Erica Corbett<sup>1</sup>

Midwifery care is a safe and cost-effective care model; producing excellent outcomes especially for vulnerable and isolated people due to its one-on-one continuity of care and family-centered model. Recent research studies have shown out of hospital birth to have numerous benefits; shorter labors and lower rates of interventions, without an increase in adverse outcomes. These outcomes are more reliable when midwifery care is fully supported and integrated into existing maternity care systems. There are significant barriers to the provision of equitable reproductive health care to pregnant and birthing people in rural and remote areas. This, in the context of the United States being the only country where maternal mortality rates are on the rise. Midwifery care has been proposed as a potential solution but the need for working models of such care exists. The article showcases a working and replicable midwifery care practice model; showing how it can function to address inequity by building collaborative partnerships with other providers to advocate on clients' behalf and reduce vulnerability to health disparities. This has practice implications for maternity providers and policy makers, introducing how advocacy can help remove the systemic barriers affecting reproductive justice and care. *[Article copies available for a fee from The Transformative Studies Institute. E-mail address: [journal@transformativestudies.org](mailto:journal@transformativestudies.org) Website: <http://www.transformativestudies.org> ©2021 by The Transformative Studies Institute. All rights reserved.]*

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