

Mama Certified Hospital Quick Guide

UC Health Medical Center

Cincinnati, OH – UC Health System

uchealth.com



2025 Mama Certified Recognition





What is Mama Certified?

Mama Certified is a hospital certification program that partners with Black mamas and families to help them choose a birthing hospital. The program helps mamas know what to expect before, during, and after giving birth.

When a hospital becomes Mama Certified, they promise to work with community partners to share clear information about:

- How they support your care
- How they listen to your voice
- How they keep you and your baby safe

What is in this Quick Guide?

- What this hospital does well.
- How they're improving care for Black mamas.
- Questions to ask when you visit.

How to use this Quick Guide.

Use this guide to see how this hospital listens, supports you, and keeps you and your baby safe. Explore what they offer, what they're working on, and whether it matches the care you want.

Scan for the Complete Guide



Learn more about what this hospital is doing to support you in The Complete Guide.

Your Voice Matters

Have you given birth here? Tell your story at mamacertified.org/feedback. Your feedback helps improve care for other Black moms.

About this Data

Based on 2024 data shared by hospitals • Collected & Scored by The Health Collaborative • Organized & Published by Cradle Cincinnati • Updated annually.

What UC Health Medical Center Does Well

- Supports you in feeding your baby from the very beginning, with breastfeeding help available every day of the week—and recognition as a Baby Friendly and 5-Star Ohio First Steps for Healthy Babies hospital
- Listens to Black mamas through yearly participation in the Mama Certified birthing experience study and improves care where needed
- Fewer newborn complications than the regional average
- Gold-level Cribs for Kids program offering safe sleep support and crib assistance
- Level IV Maternity Center with Advanced Certification in Perinatal Care

How UC Health Medical Center is Improving Care for Black Mamas

- Working to lower the number of women who have C-sections
- Creating more opportunities for doulas to be included in your care journey
- Making birth safer with clear plans for handling complications like heavy bleeding and high blood pressure

Hospital Care Snapshot

What the data says about care for Black mamas and babies.



What We Looked At	What We Learned
Early Pregnancy Care	Offers first trimester care and works with local partners to help families get care sooner
Maternal and Infant Health Tracking	Tracks maternal and infant health by race so they can take action to close gaps in care
How Hospital Handles Complications	Teams are trained to catch early signs of trouble and keep Black mamas safe
C-section Information	Working to lower the number of women who have C-sections
Infant Health	Full-term babies here have fewer serious health problems than the regional average
Feeding Your Baby	Recognized for daily breastfeeding support with a 5-Star Ohio First Steps rating, and provides donor milk, Baby Cafés, and around the clock support and guidance on the safe use of bottles



Learn more about what UC Health Medical Center is doing to support you in the Complete Guide at www.mamacertified.org/uc-health

Your Experience at UC Health Medical Center

These highlights show how this hospital supports your journey from prenatal care to recovery at home.



Before Delivery

How this hospital helps you get ready for birth

- Offers early prenatal care and reaches out to mamas who may face barriers—using follow-up and community partnerships to help more families get connected to care in the first trimester
- Provides referrals for help with food, housing, transportation, finances, or safety concerns
- Gives you birthing plan tools made with doulas, doctors, and the Queens Village Advisory Board, including plans for C-sections
- Connects you to local support like Baby Café, Help Me Grow, WIC, Cincinnati Health Department

During Your Birth

How this hospital supports you while giving birth

- Has emergency plans in place to catch problems early
- Care team is trained to work respectfully with doulas
- Has interpreters available if you need language support during your stay
- Is working to lower the number of women who have C-sections at this hospital

Caring for Your Baby

How this hospital supports your baby's health

- Offers skin-to-skin care to help you bond right after birth
- Breastfeeding support is available every day, with Baby Café, donor milk and trained staff ready to help you feed and bond with your baby
- Has fewer newborn complications than the regional average
- Can care for very early or very sick babies with Level III Neonatal Intensive Care Unit (NICU)

Going Home & Beyond

How this hospital supports you after giving birth

- Asks about depression more than once and provides referrals for mental health support when needed
- Connects families to local programs that offer parenting support, newborn supplies, mental health resources, and help at home
- Provides safe sleep education and crib support to all families who need it

Every birth is different. Your experience may include additional support based on your needs. More information is available in The Complete Guide.

UC Health Medical Center Programs & Resources

Food & Basic Needs

Helps with food, transportation, and safety needs

Parent & Baby Support

Daily breastfeeding support and on-site family planning and counseling

Mental & Emotional Health

Mental health check-ins and referrals

Local Partners

Queens Village, Cincinnati Health Department, WIC, Help Me Grow, Every Child Succeeds

UC Health Medical Center Shows Up for You

Mama Certified Leaders

Julie Bell
Nurse Leader & Lactation Consultant

Dr. William Moravec
OB/GYN Medical Director

Trained and Supported Staff

Staff complete Mama Certified training and participate in wellness programs so they are supported and can give you the very best care

Listening to Black Mamas

Through the UC QV Hospital Advisory Board, Black mamas come together with hospital leadership to share their stories and guide meaningful changes that improve care for every mama and every baby

Continuous Improvement

The hospital is reducing unnecessary C-sections by offering birthing plans and participating in the Mama Certified birthing experience research survey to continue improving care for Black mamas and babies



Need more information?



The Complete Mama Certified Guide is free and easy to use.

Scan the QR code to see:

- full hospital data
- questions to ask your care team
- tips for choosing the hospital that's best for you



Community Care Options

To learn more about how you can advocate for yourself and your baby, check out our Mama Certified resources at www.mamacertified.org/resources-for-mama

Cradle Cincinnati

Get connected to community support, safe sleep resources, and help navigating your pregnancy and parenting journey at www.cradlecincinnati.org

Queens Village

Join other Black mothers in the community and help shape the care all Black families receive at www.blackwomenforthewin.com

Connect With Us Online

Find more resources and information at www.mamacertified.org

Follow us on social for additional information



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