

## African American women and couples Myths vs. Facts

**Myth #1:** Black women are hyper-fertile and do not experience infertility.

**Fact:** African American women do experience issues of infertility; however, infertility is a subject that is often hidden or rarely discussed in the African American community.

**Myth #2:** Black women cannot afford infertility treatments, as they are too expensive.

**Fact:** Not all fertility treatments are expensive; there are a variety of infertility treatments that range in price. In addition to shared risk programs and scholarships/grants from a variety of organizations, there are 15 states that have laws that require insurance companies to cover infertility treatment.

**Myth #3:** There are a lot of African American women who get pregnant over age of 40; therefore age is not a significant factor for females.

**Fact:** A woman is born with all of the eggs she will ever have. However, as women age, not only does the number of available eggs decrease, but the quality of eggs diminishes. Thus, this often leads to a decrease in fertility in women older than age 35.

**Myth #4:** Men, particularly African American men, do not experience infertility.

**Fact:** Almost half of the couples seeking to conceive will have some type of male factor contributing to their diagnosis. It is very important that men also have a full evaluation (i.e., semen analysis, etc.) by a medical expert.

**Myth #5:** There is only one way for women/couples to build the families of their dreams.

**Fact:** No two family journeys are alike. There are a number of paths that one can take to build the family of their dreams. In addition to fertility medications, there are other options, such as IUI, IVF/ART, Donor options, Surrogacy and Adoption.

Fertility  
for Colored  
Girls

Fighting Infertility, Giving Hope!



ffcoj

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There are approximately 7.3 million couples/women in the United States who experience infertility. Particularly, in the African American community, infertility is a silent and hidden issue. Out of the approximately 7.3 million women experiencing infertility, 11.5% of them are African American women. Although, these are alarming rates, many women hide behind fear and shame due to culture, lack of information/education, lack of support, lack of access and more regarding infertility and reproductive health. Additionally, many people in the African American community are unaware of this growing problem. Education, awareness, support, advocacy, and encouragement is essential in breaking the silence around infertility in the African American community and empowering African American women experiencing infertility and seeking to build the families of their dreams.

### **Mission**

The mission of Fertility for Colored Girls is to provide education, awareness, and support, and to identify resources for African American women experiencing infertility and seeking to build the families of their dreams

### **Goal of FFCG**

The Goal of Fertility for Colored Girls is to empower African American women/couples to address and resolve their issues with infertility and to inform the community of such issues by providing quality education, support, advocacy, and encouragement regarding infertility and reproductive health. The organization will offer resources that meet/satisfy individual needs to assist impacted women and their families, to enhance their fertility, gain hope, and build the families of their dreams.

### **Objectives of FFCG**

1. To provide non-medical services, such as support groups, sister circles, and counseling, in order to provide holistic fertility and reproductive health education that informs about causes of infertility, encourages healing, and meets the needs of the mind, body, and spirit of African American women and other women of color.
2. To identify resources for financially and economically challenged African American women/couples experiencing infertility and seeking to build the families of their dreams. Thus, this will help to empower African American women/couples experiencing infertility to be able to access infertility services and/or domestic adoption.
3. To provide public programs that increase public awareness of the challenges of infertility and reproductive healthcare disparities specific to African American women through awareness, partnership, and education.
4. To be a present, safe space and help those experiencing infertility gain a sense of hope, peace, and strength via prayer, ritual, and support.



**Join the fight against infertility and give hope to African American women/couples experiencing infertility and seeking to build the families of their dreams by:**

- Hosting A Sister Circle
- Leading a Prayer Circle
- Starting a Fertility Ministry at your church, etc.
- Attending Fertility for Colored Girls Programs/ Events
- Donating to FFCG to provide monies to women/couples who cannot afford infertility assistance or domestic adoption

