

VOICES

from the

ROOM

ACTIVE LISTENING

Research and
Pregnancy

The UK Young Academy is an interdisciplinary organisation of UK-based early-career researchers, innovators, and professionals from across society who share a passion to improve our world.

Health OpenSpaces is a UK Young Academy member-led initiative aimed at creating events where participants from across society can actively shape the agenda. Backgrounds are anonymised, so artists, professionals, researchers, patients, policymakers, commissioners, and advocacy groups can connect in ways that let everyone's voices be heard and valued.

Our Health OpenSpaces workshop in London during September 2025 focused on this tricky question:

“What would it take to change the underrepresentation of pregnancy in medical research?”

This zine captures the spirit of that day-long conversation. The need for trust-building emerged as a key takeaway. We hope this document inspires future engagement and research that centres underrepresented voices.

AIM OF THE DAY IS TO LEARN
YOUR PERSPECTIVES ARE VERY IMPORTANT

WELCOME & WARM UP



GAYLENE GOULD



Who regulates?

STUDY DESIGN

RESEARCH IS SCARY NEEDS TO BE DEMYSTIFIED



Payment could affect people with benefits.

Appointments tight and rushed

BARRIERS

Racism

Not reaching out

Pregnancy is an exclusion criteria!

seeing faith + healthcare as separate

MORE KNOWLEDGE ON WHAT RESEARCH IS.....

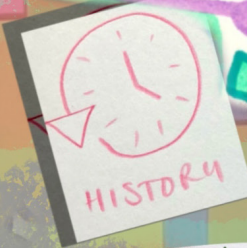


What research is happening?

INSTITUTIONAL CULTURE



Not a legal requirement



TABOOS

LONGWORDY CONSENT FORMS!

a lack of TRUST

TIME → Research processes take months

LANGUAGE



CAN WE THINK OF SOLUTIONS? CLEAR



COMMUNICATION
TRANSPARENT

LOGISTICS



INCLUSION & DIVERSITY



Community of practice

GIVE CARE INFORMATION



Disseminating results in an accessible way!

EDUCATION ALL LEVELS

TRANSPARENCY



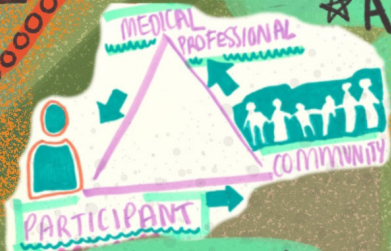
COMMUNITY EMPOWERMENT

- ♥ Inclusion & Representation
- ♥ Community Engagement
- ♥ Mandatory Education

Different routes into community. Religious leaders, schools etc. (not just sending out letter requests)

TRUST

- ★ Co-production
- ★ Relationship building
- ★ ACCOUNTABILITY



★ HUMILITY!

CONSULT

Reparations

Acknowledge + apologise

HOPE

INVEST IN TIME AND RESOURCES



More SOLUTIONS

Better SYSTEMS

tries connections to already existing HOSPITAL medical institutions.

RESEARCH



ETHICS

RIGOROUS

RIGID

“Community is strength and knowledge”

- ♥ Infrastructure
- ♥ Data links
- ♥ Child care
- ♥ Funding
- ♥ Evaluation guidelines
- ♥ Links between care + research
- ♥ Buddy systems
- ♥ Priorities
- ♥ Maternity care
- ♥ Continuity

National
Maternity research

Evidence based
healthcare during
pregnancy is a
human right

BLUE SKY THINKING

Being able to
talk to someone
24/7

Rename
everything

gifts for
new parents

So, what's next?

We are interested in driving change and next steps that address key issues of trust, representation, and communication. It will be very challenging to improve pregnancy research without addressing these fundamental issues. This needs to be done collaboratively. We want to partner with organisations already working on this topic and use the Health OpenSpaces event as a model for scalable, inclusive, transformative engagement.

If you'd like to be involved, please contact:
membership@ukyoungacademy.org

With support from



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Reflections from the day

'We are at the crest of a wave that's about to break'



'Every pregnant person deserves the right to evidence based healthcare....'



'We protect pregnant people through research, not from research'

