



BLACK MATERNAL HEALTH



goredforwomen.org/pregnancy

Cardiovascular disease is the leading cause of maternal death in the U.S.



Cardiovascular disease can pose a threat to women's heart health during pregnancy and later in life, making it important that women understand how to care for themselves and their baby.



Black women can face a greater risk of having uncontrolled high blood pressure, having a stroke or developing certain complications during or immediately after pregnancy.



Black women can be 5X more likely to die from pregnancy-related cardiomyopathy and blood pressure disorders than white women.

How the American Heart Association and Go Red for Women are fighting back.

Health Equity Research Network on Disparities in Maternal-Infant Health

Outcomes: Seeking to understand the factors disproportionately affecting pregnancy complications and deaths among Black women.

Empowered to Serve Maternal Health Module: Driving change through local community solutions to meet the unique needs of Black mothers.



Postpartum Medicaid Extension: Advocating to pass more coverage to help low-income mothers have better access to care.



Go Red for Women Class of Survivors: Raising awareness through the real stories of women who faced cardiovascular disease during pregnancy.



Research Goes Red: Allocating grants to help close the gender and race gaps in cardiovascular disease research.

Fast Facts from Previous Research

Pregnancy-related mortality rates among American Indian and Alaska Native (AIAN) and Black women are **over three times higher** than the rate for White women (63.4 and 55.9 vs. 18.1 per 100,000).

Black women also have higher rates of low birthweights and infant mortality and are more likely to receive late or no prenatal care compared to white women.



Black women are more likely to develop certain pregnancy-related heart problems than other women.

- Black women have the **highest risk of pregnancy-related heart problems** in the US.
- **Preeclampsia**, a serious complication of pregnancy characterized by **high blood pressure and kidney dysfunction**, is **60% more common in Black women** and is a **risk factor for cardiovascular disease**.
- **Even after adjusting for socioeconomic status**, access to health care and other medical conditions, researchers found that compared to white women, **pregnant Black women were:**

45%
more likely to die
in the hospital

23%
more likely to
have a heart attack

57%
more likely to
have a stroke

42%
more likely to
develop a blood
clot in the lungs

71%
more likely to
develop heart
muscle weakness

Questions to ask your doctor if you are pregnant or plan to become pregnant

- ✓ Am I at risk for cardiovascular health issues during my pregnancy? If so, how can I reduce my risk?
- ✓ How can my blood pressure levels impact my pregnancy and how can I best manage them?
- ✓ How can I keep myself and my baby healthy during my pregnancy and in the critical weeks after giving birth?
- ✓ I have a family history of heart disease or stroke. How can this impact my prenatal and postpartum health as well as the long-term health of my child?
- ✓ How can I support my emotional well-being and reduce my stress during my pregnancy?