



HISPANIC AND LATINA MATERNAL HEALTH



goredforwomen.org/pregnancy

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

Over one-third of Hispanic and Latina women are living with cardiovascular disease, and in recent years, the maternal mortality rate for this group has jumped sharply.

The American Heart Association and Go Red for Women are doing something about this crisis.



Social Impact Fund – Maternal Health:

Grant funding awarded in communities often hit hardest by the maternal health crisis that supports community-based solutions to improve perinatal health and reverse adverse pregnancy outcomes.



Postpartum Medicaid Extension:

Advocating in communities across the country to pass more coverage to help all mothers have better access to care.



Research Goes Red: Allocating research grants to help better understand the unique intersection between cardiovascular and maternal health.



Go Red for Women Class of Survivors:

Raising awareness through the real stories of women who faced cardiovascular disease during pregnancy.

We know that many women not only want to be great moms but want to be moms for a very long time and feel heard too. **Go Red for Women is here to help every step of the way.**

Fast Facts



The Hispanic and Latina maternal mortality has been on the rise since 2018.



A little more than 40% of Hispanic and Latina women have prediabetes which can increase the risk of gestational diabetes when pregnant.



Around 40% of Latina and Hispanic women giving birth will experience a maternal mental health disorder such as maternal depression.



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?