

We Are The Faces of

Black Maternal Health™

IN MEDIA PARTNERSHIP WITH



#FacesOfBlackMaternalHealth

#ABCardio4Moms



WHAT CAN YOU DO?

- Ensure you receive prenatal care
- Know your (heart, brain and maternal) family history
- Know your numbers (blood pressure, body weight, cholesterol, and sugar level)
- Discuss your heart, brain and maternal health risk with your clinician
- Consider engaging with a doula and other professional support persons to optimize your care
- **Seek out and Speak up—to a clinician who listens**

Maternal Health

ENCOMPASSES people **with** and **without** BIOLOGICAL children

In the US...

RISK FACTORS such as **OBESITY**, **PREECLAMPSIA**, AND **HIGH BLOOD PRESSURE** are on the **RISE** in **women of color** of reproductive age

High blood pressure is more common in **Black people** than in other racial AND ethnic groups

1 in 2 persons **OLDER** than **AGE 20** have **high blood pressure**

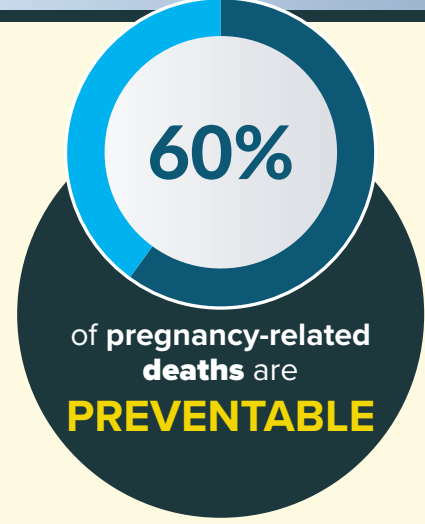


BLACK WOMEN ARE **2-3X** MORE LIKELY TO **DIE** during pregnancy and childbirth than **WHITE WOMEN**

2 out of 3 people who experience **preeclampsia** and other **adverse pregnancy outcomes** will die from **HEART DISEASE**

Black women with pregnancy complications are **2X** as likely to develop **STROKE** and **HEART ATTACK** and **4X** as likely to experience **HIGH BLOOD PRESSURE**

Close to **1/3** of young adults with **high blood pressure** were born to **MOTHERS** with **high blood pressure** during pregnancy



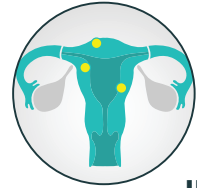
Despite greater awareness, blood pressure control has **WORSENERD** in recent years

CHILDREN BORN TO preeclamptic women have a greater likelihood of **high blood pressure** and **obesity** putting them at **higher risk** for **heart and brain disease** as they age



1 in 8 COUPLES are impacted by **INFERTILITY**

BLACK PEOPLE are **2X** as likely to be **INFERTILE**, **but** half as likely to receive **infertility services**



FIBROIDS are a cause of **INFERTILITY**.

BLACK WOMEN are **3X** more likely to be diagnosed with fibroids than **WHITE WOMEN**

BIRTHING PEOPLE

who do not become pregnant after fertility treatment may be at **GREATER RISK** of

heart and brain events later in life,

suggesting an opportunity to stay mindful and **CONSIDER** how **earlier identification and treatment** for

cardiovascular disease may impact one's

FUTURE



THE **HIGHER RISK** faced by **Black women** spans **income and educational level**. It is greatly driven by

PSYCHOSOCIAL STRESS INCLUDING **RACISM**

For more info, visit abcardio.org wearethefaces.abcardio.org