Cardiovascular disease is the leading cause of maternal death in the U.S., or more simply put, heart disease is the No. 1 killer of new moms. It 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.

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. Despite these troubling trends, there is a lack of awareness in the community with Hispanic and Latina women being less likely to know cardiovascular disease is their greatest health risk.

Understanding and supporting your cardiovascular health is vital to a good pregnancy. 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.

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

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

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

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