



# HISPANIC AND LATINA MATERNAL HEALTH



[goredforwomen.org/pregnancy](http://goredforwomen.org/pregnancy)

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.**<sup>1</sup> 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<sup>2</sup>, and in recent years, the maternal mortality rate for this group has jumped sharply.<sup>3</sup> 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.<sup>4</sup> 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.



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

## Fast Facts



**The Hispanic and Latina maternal mortality rate rose in 2020 – up 44%** from the year before. For every 100,000 births, there were 18.2 deaths among Hispanic women, up from 12.6 in 2019.<sup>5</sup>



**Hispanic and Latina women are more likely to have high blood pressure than their male counterparts<sup>9</sup>** which can put pregnant women more at risk for preeclampsia, a pregnancy complication that can result in high blood pressure or kidney damage.



**Hispanic and Latina women have an increased risk of being an unhealthy weight.<sup>6</sup>** Being overweight can increase the risk for serious health complications during pregnancy, such as preeclampsia and gestational diabetes.<sup>7</sup>



**A little more than 40% of Hispanic and Latina women have prediabetes<sup>8</sup>** which can increase the risk of gestational diabetes when pregnant.



## 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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<sup>5</sup>Petersen EE, Davis NL, Goodman D, et al. Vital Signs: Pregnancy-Related Deaths, United States, 2011–2015, and Strategies for Prevention, 13 States, 2013–2017. *MMWR Morb Mortal Wkly Rep* 2019;68:423–429. DOI: <http://dx.doi.org/10.15585/mmwr.mm6818e1>

<sup>6</sup>Isao CW, Aday AW, Almarzoq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Beaton AZ, Boehme AK, Buxton AE, Commodore Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Fugar S, Generoso G, Heard DG, Hiremath S, Ho JE, Kalani R, Kazi DS, Ko D, Levine DA, Liu J, Ma J, Magnani JW, Michos ED, Mussolino ME, Navaneethan SD, Parikh NI, Poudel R, Rezk-Hanna M, Roth GA, Shah NS, St-Onge M-P, Thacker EL, Virani SS, Voeks JH, Wang N-Y, Wong ND, Wong SS, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2023 update: a report from the American Heart Association [published ahead of print January 25, 2023]. *Circulation*. doi: 10.1161/CIR.0000000000001123

<sup>7</sup>Centers for Disease Control Maternal Mortality Rates in the United States, 2020 <https://www.cdc.gov/nchs/data/hestat/maternal-mortality/2020/maternal-mortality-rates-2020.htm>

<sup>8</sup>Cardiovascular Disease in Hispanics/Latinos in the United States <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4943843/>

<sup>9</sup>Isao CW, Aday AW, Almarzoq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Beaton AZ, Boehme AK, Buxton AE, Commodore Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Fugar S, Generoso G, Heard DG, Hiremath S, Ho JE, Kalani R, Kazi DS, Ko D, Levine DA, Liu J, Ma J, Magnani JW, Michos ED, Mussolino ME, Navaneethan SD, Parikh NI, Poudel R, Rezk-Hanna M, Roth GA, Shah NS, St-Onge M-P, Thacker EL, Virani SS, Voeks JH, Wang N-Y, Wong ND, Wong SS, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2023 update: a report from the American Heart Association [published ahead of print January 25, 2023]. *Circulation*. doi: 10.1161/CIR.0000000000001123

<sup>10</sup>American College for Obstetricians and Gynecologists—Obesity and Pregnancy <https://www.acog.org/womens-health/faqs/obesity-and-pregnancy#:~:text=Birth%20defects%E2%80%9494Babies%20born%20to,anatomy%20on%20an%20ultrasound%20exam.>

<sup>11</sup>Isao CW, Aday AW, Almarzoq ZI, Anderson CAM, Arora P, Avery CL, Baker-Smith CM, Beaton AZ, Boehme AK, Buxton AE, Commodore Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Fugar S, Generoso G, Heard DG, Hiremath S, Ho JE, Kalani R, Kazi DS, Ko D, Levine DA, Liu J, Ma J, Magnani JW, Michos ED, Mussolino ME, Navaneethan SD, Parikh NI, Poudel R, Rezk-Hanna M, Roth GA, Shah NS, St-Onge M-P, Thacker EL, Virani SS, Voeks JH, Wang N-Y, Wong ND, Wong SS, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2023 update: a report from the American Heart Association [published ahead of print January 25, 2023]. *Circulation*. doi: 10.1161/CIR.0000000000001123