



# ASIAN AMERICAN & PACIFIC ISLANDER MATERNAL HEALTH



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

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

Asian American and Pacific Islanders (AAPI) are the fastest growing racial ethnic group in the U.S. yet AAPI women remain underrepresented in maternal health research and care.

### 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:

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



Go Red for Women is nationally sponsored by



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.**



**AAPI women may have an increased risk of poor maternal and infant health outcomes**

such as gestational diabetes and gestational hypertension.



**High blood pressure claims more AAPI women's lives than men** and can lead to serious health complications **during pregnancy** such as **preeclampsia** and **gestational diabetes**.

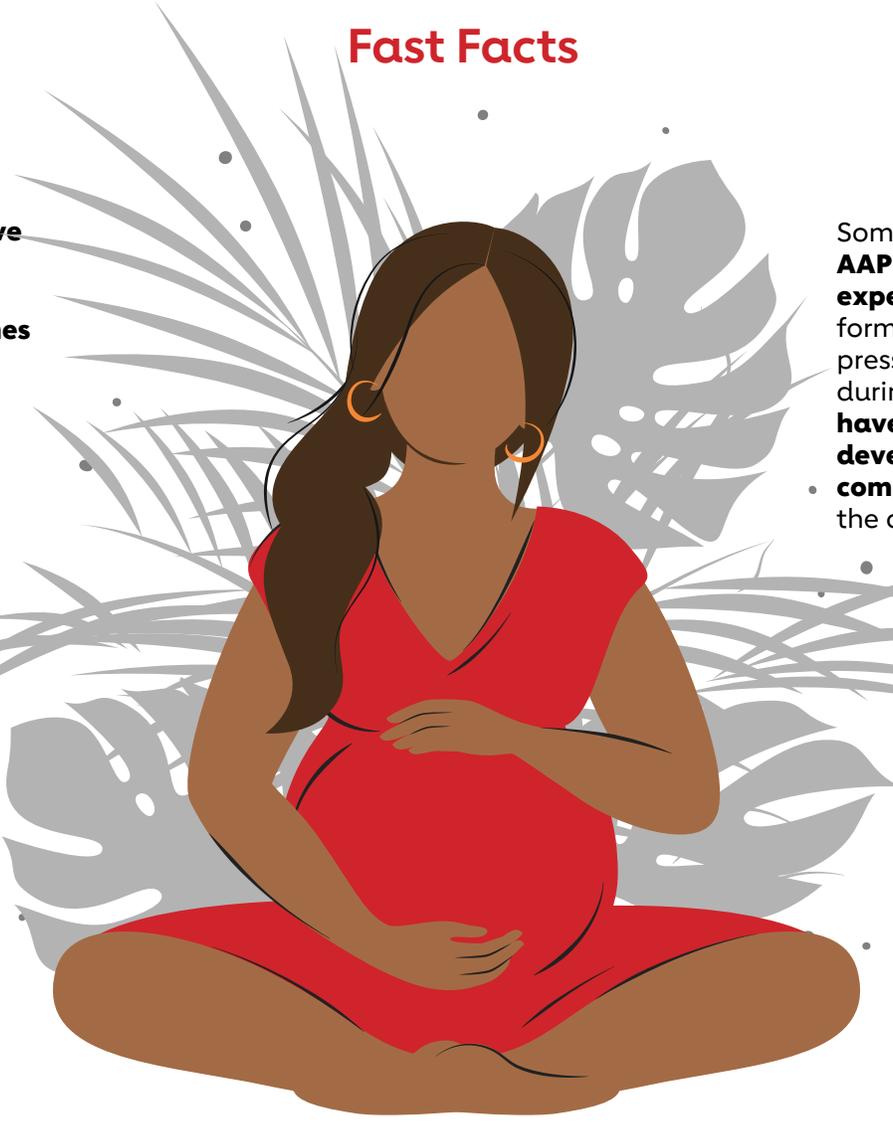
## Fast Facts



Some research found that **AAPI women who experience preeclampsia**, a form of severe high blood pressure that develops during pregnancy, **may have a higher risk for developing cardiovascular complications** from the condition.



**AAPI women are more likely to die from a stroke than men.** Pregnancy can increase the risk of having a stroke. women should talk to their doctors on how to reduce their risk.



### 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?