

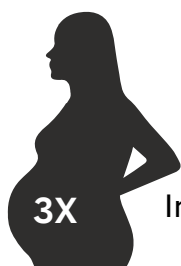


# Maternal Health Matters

Heart disease and stroke are the leading causes of death in new mothers in the U.S. To ensure equitable health for all, we must address maternal health at all life stages.

## The Need to Address Maternal Health Equity

Over the last 20 years, severe pregnancy health problems have increased nearly **200%** leading to more health issues in the near future and down the road for women.



Pregnancy-related deaths are up to 3X more common for Black and American Indian/Alaskan Native women.

Heart disease and stroke account for  
**1 in 3** deaths during pregnancy and birth.



Many pregnancy health issues, like preeclampsia, are risk factors for heart disease or stroke later in life.

## How to address the gaps in equity:

### Addressing Disparities and Inequities

- Increase access to public and private health insurance, especially in low-income and rural communities
- Improve women's health education and important steps for health before pregnancy

### Updating Technology and Systems

- Improve how data for women's health during pregnancy is collected and reported
- Promote and enhance patient centered value-based care payment models
- Increase funding for the public health workforce, community health centers, and digital care services

### Modernizing Maternal Health Care Delivery

- Enhance training and quality improvement in health care systems to achieve cultural competency and bias reduction
- Extend women's health coverage to a full year after giving birth
- Improve national guidelines for care related to women's physical, social, and mental health and well-being

Learn more and take action at: [GoRedforWomen.org/Pregnancy](https://www.GoRedforWomen.org/Pregnancy)