



ASIAN AMERICAN & PACIFIC ISLANDER MATERNAL HEALTH



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.¹ 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.

Asian American and Pacific Islanders (AAPI) are the fastest growing racial ethnic group in the U.S.² yet AAPI women remain underrepresented in maternal health research and care. What’s healthy for mom is healthy for baby. AAPI women who become pregnant are more likely to receive late prenatal care or no prenatal care at all³ and AAPI infants are at an increased risk of dying from maternal complications.⁴

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 AAPI population is the fastest-growing racial group in the United States, yet **AAPI women experience higher rates of maternal morbidity and mortality.**⁵



High blood pressure claims more AAPI women's lives than men⁶ and can lead to serious health complications during pregnancy such as preeclampsia and gestational diabetes.⁷



Recent research found that **AAPI women who experience preeclampsia**, a form of severe high blood pressure that develops during pregnancy, **may have the highest risk for developing cardiovascular complications** from the condition.⁸



AAPI women are more likely to suffer a stroke than AAPI men.⁹ **Women who survive a stroke can have an increased the risk of pregnancy complications.**¹⁰

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?

¹Petersen 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>

²Asian Americans are the fastest-growing racial or ethnic group in the U.S.

³U.S. Department of Health and Human Services Office of Minority Health (<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=53>)

⁴U.S. Department of Health and Human Services Office of Minority Health (<https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=53>)

⁵Increased Perinatal Morbidity and Mortality Among Asian American and Pacific Islander Women in the United States <https://pubmed.ncbi.nlm.nih.gov/28099290/>

⁶2023 Heart Disease & Stroke Statistical Update Fact Sheet Asian/Pacific Islander Race

⁷American 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.>

⁸Racial Disparities in Cardiovascular Complications With Pregnancy-Induced Hypertension in the United States (<https://www.ahajournals.org/doi/full/10.1161/HYPERTENSIONAHA.121.17104>)

⁹2023 Heart Disease & Stroke Statistical Update Fact Sheet Asian/Pacific Islander Race

¹⁰Increased Risk of Pregnancy Complications After Stroke <https://www.ahajournals.org/doi/full/10.1161/STROKEAHA.117.019904#:~:text=When%20compared%20with%20the%20general,frequently%20experienced%20serious%20pregnancy%20complications.>