



INDIGENOUS AMERICAN & ALASKA NATIVE MATERNAL HEALTH



goredforwomen.org/pregnancy

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

Indigenous American and Alaska Native women have higher rates of Type 2 diabetes, obesity and smoking, as well as increased exposure to trauma and violence which can increase the risk for heart disease and stroke.

Addressing cardiovascular disease in Indigenous American and Alaska Native women requires attention to traditional risk factors, risk-enhancing factors and social determinants of health.

The American Heart Association and Go Red for Women are doing something about this crisis.

Health Equity Research Network on Disparities in Maternal-Infant Health

Outcomes:

Focusing on identifying causes and finding solutions to improve outcomes among people who are more likely to experience pregnancy complications due to poor heart health.



Medicaid Postpartum Extension:

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



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



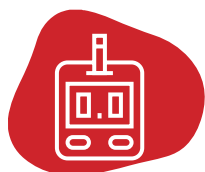
Go Red for Women Class of Survivors:

Raising awareness through the real stories of women who faced cardiovascular disease during pregnancy.



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.

Fast Facts



Type 2 diabetes is the predominant, traditional cardiovascular disease risk factor in Indigenous American and Alaska Native women, with a prevalence of up to **72%** among women in some communities. This can increase the risk of gestational diabetes.



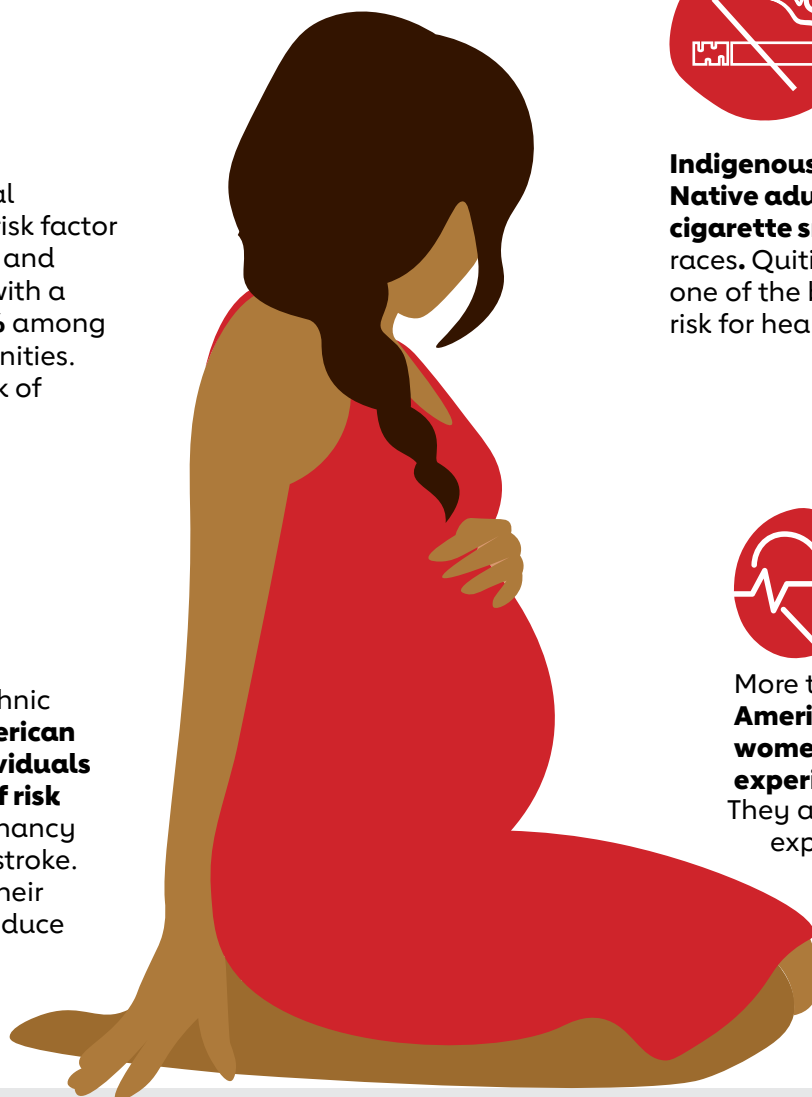
Among all racial and ethnic groups, **Indigenous American and Alaska Native individuals have the highest rate of risk factors for stroke.** Pregnancy can increase the risk of stroke. Women should talk to their doctors about how to reduce their risk.



Indigenous American and Alaska Native adults report greater rates of cigarette smoking compared to other races. Quitting smoking and vaping is one of the best ways to reduce your risk for heart disease and stroke.



More than **4 in 5 Indigenous American and Alaska Native women reported they have experienced violence.** They are also more likely to have experienced a high number of adverse childhood experiences, which contribute to higher heart disease 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?
- ✓ How can my blood pressure or blood glucose levels impact my pregnancy and how can I best manage them?