



## Cardiovascular disease continues to be a woman's greatest health threat, claiming the lives of 1 in 3. But did you know, **cardiovascular disease is also the leading cause of maternal mortality?**

Last spring, the American Heart Association launched a new research survey through Research Goes Red focused on reproductive health and understanding the complicated intersection between cardiovascular health and pregnancy. Thanks to the generous support of **bi3** and the help from community partners **Cradle Cincinnati/Queen's Village, Center for Closing the Health Gap, HealthCare Access Now, Cincinnati Young Black Professionals**, we were able to engage hundreds of Cincinnati-area women in sharing their experiences and insights on their pregnancy and health.

### Some Key Insights:

- One key finding, the survey highlighted the **need to raise awareness of the connection between cardiovascular health and pregnancy**. Cardiovascular disease is the No. 1 cause of death for new moms. Yet when asked about the leading cause of maternal mortality, most respondents believed it was due to lack of access to quality care.
- While carrying and delivering a healthy baby was the top focus of respondents, many reported worrying about the impact on their own physical and mental health, demonstrating an opportunity for greater community **education on the impact of pregnancy on a woman's body**.
- Less than half of respondents reported receiving **preconception counseling from their healthcare provider**. Conversations between women and their doctors about healthy lifestyle and risk factors before getting pregnant are critical to helping moms be healthy before, during and after pregnancy.

The survey gave us many insights into how we can help women in Hamilton County have healthier pregnancies and reduce their risks for cardiovascular disease. The AHA and our community partners will continue to work to improve the maternal health of women in Hamilton County.

To learn more about pregnancy and heart health, visit [goredforwomen.org/pregnancy](https://goredforwomen.org/pregnancy) or to engage in future research, visit [projectbaseline.com/GoRed/Cincy](https://projectbaseline.com/GoRed/Cincy).

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