

We Are The Faces of Black Maternal Health™



OWN
IN MEDIA PARTNERSHIP WITH

Your story can help improve health outcomes in our communities

A working agenda for Black Mothers – ABC's current advocacy efforts and areas where you can impact systemic change for maternal and heart health

What YOU Can Do?

- ♥ **Contact** and meet with federal, state and local policymakers about specific policy issues and the importance of maternal health.
- ♥ **Share** your lived experiences with policymakers.
- ♥ **Ask** your members of Congress to join the **Black Maternal Health Caucus**. <https://blackmaternalhealthcaucus-und erwood.house.gov>
- ♥ **Work** with decision-makers at all levels of the government to pass legislation and shape policy to support women and children.

ABC and CONGRESSIONAL LEADERS are fighting for **POLICIES** to address the **Black Maternal Health Crisis** in America ...and they are *making progress*



Nicotine EXPOSURE of any kind is **harmful** and a major cause of **miscarriages, premature births, stillbirths,** and many other **complications.**

This is why ABC is fighting to:

- **BAN** the sale of menthol cigarettes, which are highly addictive and historically have been heavily marketed toward Black Americans;
- **ELIMINATE** the sale of flavored e-cigarettes that hook kids into a lifetime of nicotine addiction;
- **LOWER** nicotine levels in cigarettes; and
- Increase federal funding to **SUPPORT** tobacco prevention and cessation programs.

The **BLACK MATERNAL HEALTH Momnibus Act** builds on existing policies to **COMPREHENSIVELY ADDRESS** every dimension of the **maternal health crisis** in America



The **ABC** joins **250+** organizations with its endorsement of the **Momnibus**

BLACK WOMEN are **3x - 4x** more likely to die and **2x** more likely to suffer a near miss
(Commonwealth Fund)

ABC was the **FIRST CARDIOVASCULAR SOCIETY** to join the **BLACK MATERNAL HEALTH CAUCUS**

OVER **1/2** of pregnancy-related deaths occur between **one week** and **one year** POSTPARTUM

HEART DISEASE in pregnancy is the **leading causes of maternal deaths** and is why the ABC promotes **blood pressure self-monitoring** and is a **Self-Measured Blood Pressure Program Partner.**

Learn More @ <https://www.womenhealth.gov/smbppp>



12 months ABC asks **FEDERAL POLICYMAKERS** to address **gaps in coverage** and improve maternal health nationwide by making a **mandatory, permanent benefit** across state Medicaid programs

Extended Postpartum Coverage
Congress has created a permanent **option** for states to provide **12 months of postpartum MEDICAID AND CHILDREN'S HEALTH INSURANCE PROGRAM (CHIP) coverage.**

27 states, including the District of Columbia, have implemented a **12-month postpartum coverage extension beyond the 60 days**



The **WHITE HOUSE BLUEPRINT FOR ADDRESSING THE MATERNAL HEALTH CRISIS** contains **50 actions** that **over a dozen agencies** will undertake to help **improve maternal care.**

“My hope is that the steps outlined in this Blueprint will move us closer to a future where **every woman and every mother** has the care she needs to **thrive.**”
Vice President Kamala Harris



MATERNAL OBESITY INCREASES THE RISK OF A NUMBER OF PREGNANCY COMPLICATIONS
ABC has teamed up with the **Preventive Cardiovascular Nurses Association** and **Medical Alley** in a series of recordings that examine race and cardiovascular disease.

TAKE A LISTEN to a discussion on obesity, cardiovascular disease, and maternal health.

PREGNANCY should **never be a barrier for women** who want to stay in the **workplace.**
— U.S. Senator Bob Casey

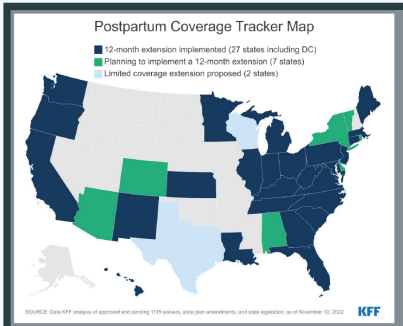
Pregnant Workers FAIRNESS ACT
HISTORIC ACTION SIGNED INTO LAW
Employers with **15+ employees** MUST provide “**reasonable accommodations**” for pregnant workers so they can maintain a healthy pregnancy, including protections such as:

- » more frequent breaks
- » schedule changes, and
- » reassignment of hazardous tasks

1 in 5 women on average **SUFFER** from **maternal mental health disorders**

After Having A Baby
SELF-ADVOCACY – Simple Health Tips

- » Know your numbers: **blood pressure, cholesterol, blood sugar, weight;**
- » Work toward getting to your **pre-pregnancy or target weight;**
- » Talk to a clinician about the **signs and symptoms of postpartum cardiomyopathy and depression;** and
- » If you had **gestational diabetes** or **pregnancy induced hypertension,** make sure your numbers return to normal and continue with monitoring to proactively manage future risk



POSTPARTUM COVERAGE offers opportunities to **prevent, diagnose and address** health issues such as **hypertensive disorders, diabetes, and other chronic conditions**

Learn More | Take Action
<https://abc cardio.org/black-maternal-health>

*For more info and access to the resources referenced in this guide, please scan the QR Code or visit the website.

