LISTEN

HEAR

ADVOCATE

EMPOWER

Working together to prevent pregnancyrelated death.



Maternal MORTALITY

Death during pregnancy or during the first year after birth.



DID YOU KNOW?

Maternal mortality is higher in the U.S. compared to any other developed nation.

A death is considered preventable if:

There is either a
GOOD CHANCE or
SOME CHANCE the death
can be avoided with

1 OR MORE reasonable changes

to patient, family, provider, facility, system and or community factors.

LEADING CAUSES OF PREGNANCY-RELATED DEATHS



Pre-EclampsiaSudden rise in blood pressure



Pneumonia *Lung infection*



Pulmonary EmbolismA blood clot that travels to the lungs



Infection

HomicideFrom domestic violence

APPROXIMATELY MATERNAL DEATHS in the U.S. every year

Nearly 460 of those deaths are preventable

Nationally:

Black individuals die at 3-4 times the rate of white individuals



In Iowa:

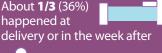
Black individuals die at 6 times the rate of white individuals.





About **1/3** (31%) happened during pregnancy

About **1/3** (36%) happened at





About **1/3** (33%) happened 1 week to 1 year after delivery

EVERYONE can help prevent pregnancy-related

LISTEN **HEAR ADVOCATE EMPOWER**

Urgent Warning Signs

CALL 911 if you have:

- Chest pain
- Trouble breathing
- Seizures
- Thoughts of harming yourself or your baby

This above list was developed by the Council on Patient Safety in Women's Health Care.

If you have any of the symptoms below during or after pregnancy, **CALL YOUR HEALTHCARE** PROVIDER.

If you can't reach your provider, GO TO THE ER.

Extreme swelling of your hands or face

Headache that won't go away or aets worse over time

Fever of 100.4°F or higher

Dizziness or fainting

Changes in your vision

Severe swelling, redness or pain of your leg or arm

Severe nausea and throwing up

Severe belly pain that doesn't go away

Baby's movement stopping or slowing during pregnancy

Overwhelming tiredness

Vaginal bleeding or fluid leaking during pregnancy

Heavy vaginal bleeding or discharge after pregnancy

To learn more, visit: PolkCountyCAN.org

Sources:

Centers for Disease Control (CDC) Iowa's Maternal Mortality Review Committee Report March 2020 -Iowa Dept. of Public Health

The information in this document is intended to serve all pregnant individuals and touch upon inequities that occur. If you identify as a gender other than female, you may have unique concerns. We encourage all pregnant individuals to talk openly with your healthcare provider and ask questions. We also encourage all providers to listen and act.

Brought to you by



The Community Action Network (CAN) is a collaboration of organizations, agencies, programs, and individuals in central lowa with a focus on improving the lives of people in our community. Through the development of educational tools and resources, we help providers, caregivers, parents, and other community members understand best practices in caring for children and families.

> For more resources, visit PolkCountyCAN.org or e-mail CANinfo@everystep.org

Learn more about the **Hear Her** campaign and what CDC is doing to raise awareness about maternal mortality. CDC.org/HearHer

Urgent Warning Signs in Multiple Languages

To download urgent warning signs in other languages, visit www.cdc.gov/hearher/resources/ download-share/warning-signs-poster.html

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