
LISTEN

HEAR

ADVOCATE

EMPOWER

**Working
together to
prevent
pregnancy-
related
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



Cardiac

Heart-related

Pre-Eclampsia

Sudden rise in blood pressure



Hemorrhage

Severe bleeding

Pneumonia

Lung infection



Pulmonary Embolism

A blood clot that travels to the lungs



Drug Overdose

Infection

Homicide

From domestic violence

APPROXIMATELY

700

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
delivery or in the week after



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

EVERYONE
can help prevent
pregnancy-related
DEATH

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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 gets 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](https://www.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 Iowa 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](https://www.cdc.gov/hearher/resources/download-share/warning-signs-poster.html)**

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