



HEART HEALTH FACT



**Heart disease is the
#1 killer of women,
including Black women.**

Sources:

**CDC - Heart Disease and Women:
American Heart Association (AHA) - Heart Disease in Women**



HEART HEALTH FACT



**Heart disease is the
leading **cause of death**
for women in the U.S.**

Sources:

***CDC - Heart Disease and Women:
American Heart Association (AHA) - Heart Disease in Women***



HEART HEALTH FACT



Black women have **higher rates of major risk factors like high blood pressure, obesity, diabetes, and stroke compared with many other groups.**

Sources:

**CDC - Heart Disease and Women:
American Heart Association (AHA) - Heart Disease in Women**



HEART HEALTH FACT



**Black women also experience
more severe outcomes and
higher mortality in many
cardiovascular categories.**

Sources:

CDC - African American Health/Heart Disease and Stroke Disparities:

AHA - Health Disparities and Heart Disease:



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High blood pressure is one of the **strongest predictors of heart attack, heart failure, kidney disease, and stroke.**

Sources:

***CDC - High Blood Pressure Facts & Disparities
AHA - High Blood Pressure & Heart Disease Risk***



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Black women are **more
likely to have a stroke
than white women.**

Sources:

CDC - Stroke Disparities:

National Institute of Neurological Disorders and Stroke (NIH/NINDS)



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High blood pressure is the **biggest driver**, and unfortunately it often goes **untreated or undertreated** due to access issues, stress load, and systemic barriers.

*Sources:
CDC - Stroke Disparities:
National Institute of Neurological Disorders and Stroke (NIH/NINDS)*



HEART HEALTH FACT



Black women experience much higher rates of pregnancy-related death, and cardiovascular conditions are a leading cause of maternal mortality in the U.S.

Sources:

***CDC - Pregnancy - Related Deaths & Racial Disparities:
ACOG (American College of Obstetricians and Gynecologists) -
Cardiovascular Conditions and Pregnancy Risk***



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Conditions like **pre-eclampsia and **postpartum hypertension** raise **long-term heart disease risk.****

Sources:

*CDC - Pregnancy - Related Deaths & Racial Disparities:
ACOG (American College of Obstetricians and Gynecologists) -
Cardiovascular Conditions and Pregnancy Risk*