



WOMEN'S HEART HEALTH

International

A 2022 Presidential Advisory, *Call to Action for Cardiovascular Disease in Women: Epidemiology, Awareness, Access and Delivery of Equitable Health Care*, speaks to the staggering needs that still exist when it comes to the care, treatment and prevention of heart disease in women.¹

Women's Health: The Reality



Over **44%** of **women ages 20+** are living with some form of **cardiovascular disease** which remains the **leading cause of death in women**.

Only **39%** of women got **CPR from bystanders in public** compared to 45% of men.



Cardiovascular disease (CVD) is the **leading cause of death worldwide**.

35% of all deaths in women worldwide are caused by cardiovascular disease.^{2,3}



Comparing health data from women to data from men may lead to conclusions that men's health is the "gold standard" and women's health is "atypical." This **overlooks the unique biology and life stages of women** that impact their health.

Women experience unique life stages, such as pregnancy and menopause, **that can put them at increased risk for CVD** – yet continue to be underrepresented in cardiovascular research.



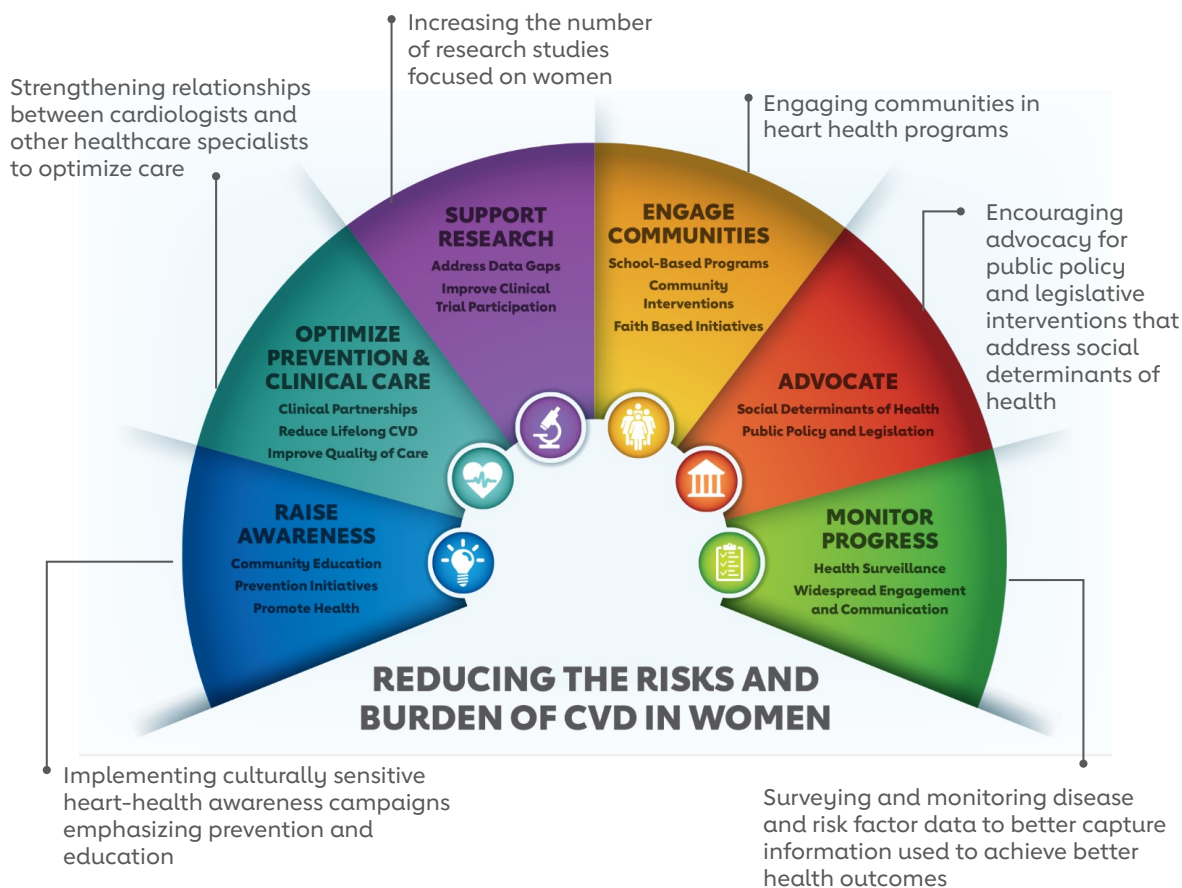
In low-resources countries, more than **800 women die daily from complications of pregnancy and childbirth**.⁴



High blood pressure, preeclampsia and gestational diabetes during pregnancy can all greatly increase women's risk for developing CVD later in life.^{5,6}

Achieving Health Equity for All Women: **Solutions**

Reducing sex-based disparities is an integral part of the American Heart Association's commitment to advancing cardiovascular health for all by 2024. Understanding the genetic, cellular and physiologic factors affecting women's heart health, as well as addressing the gaps in knowledge and care, are both fundamental in achieving health equity for women. Proposed solutions include:



You Can Make an Impact **Today**

International Go Red for Women works with more than 50 organizations in 50 countries, educating women on the risk factors and symptoms of heart attack and stroke, encouraging healthy behaviors to prevent CVD.

Contact shane.bono@heart.org and we can connect you with a Go Red partner in your country or region.

¹Call to Action for Cardiovascular Disease in Women: Epidemiology, Awareness, Access, and Delivery of Equitable Health Care: A Presidential Advisory From the American Heart Association, Nanette K. Wenger, MD, FAHA, Chair; Donald M. Lloyd-Jones, MD, ScM, FAHA, Vice Chair; Mitchell S.V. Elkind, MD, MS, FAHA; Gregg C. Fonarow, MD, FAHA; John J. Warner, MD, FAHA; Heather M. Alger, PhD, MPH; Susan Cheng, MD, FAHA; Claire Kinzy; Jennifer L. Hall, PhD, FAHA; Véronique L. Roger, MD, MPH, FAHA; on behalf of the American Heart Association

²Vogel B, Acevedo M, Appelman Y, Bairey Merz C, Chieffo A, Figtree G, et al. The Lancet women and cardiovascular disease Commission: reducing the global burden by 2030 The Lancet. May 16, 2021 DOI:

[https://doi.org/10.1016/S0140-6736\(21\)00684-X](https://doi.org/10.1016/S0140-6736(21)00684-X)

³Tsao CW, Aday AW, Almarazooq ZI, Alonso A, Beaton AZ, Bittencourt MS, Boehme AK, Buxton AE, Carson AP, Commodore-Mensah Y, Elkind MSV, Evenson KR, Eze-Nliam C, Ferguson JF, Generoso G, Ho JE, Kalani R, Khan SS, Kissela BM, Knutson KL, Levine DA, Lewis TT, Liu J, Loop MS, Ma J, Mussolino ME, Navaneethan SD, Perak AM, Poudel R, Rezk-Hanna M, Roth GA, Schroeder EB, Shah SH, Thacker EL, VanWagner LB, Virani SS, Voecks JH, Wang N-Y, Yaffe K, Martin SS; on behalf of the American Heart Association Council on Epidemiology and Prevention Statistics Committee and Stroke Statistics Subcommittee. Heart disease and stroke statistics—2022 update: a report from the American Heart Association [published online ahead of print Wednesday, January 26, 2022]. *Circulation*. doi: 10.1161/CIR.0000000000001052

⁴World Health Organization. (2019). Trends in maternal mortality 2000 to 2017: estimates by WHO, UNICEF, UNFPA, World Bank Group and the United Nations Population Division. World Health Organization. <https://apps.who.int/iris/handle/10665/327595>. License: CC BY-NC-SA 3.0 IGO

⁵Benschop L, Duvetkot JJ, Roeters van Lennep JE. Future risk of cardiovascular disease risk factors and events in women after a hypertensive disorder of pregnancy. *Heart*. 2019 Aug;105(16):1273-1278. doi: 10.1136/heartjnl-2018-313453. Epub 2019 Jun 7. PMID: 31175138; PMCID: PMC6678044.

⁶Staff AC, Redman CW, Williams D, Leeson P, Moe K, Thilaganathan B, Magnus P, Steegers EA, Tsigas EZ, Ness RB, Myatt L, Poston L, Roberts JM; Global Pregnancy Collaboration (CoLab). Pregnancy and Long-Term Maternal Cardiovascular Health: Progress Through Harmonization of Research Cohorts and Biobanks. *Hypertension*. 2016 Feb;67(2):251-60. doi: 10.1161/HYPERTENSIONAHA.115.06357. Epub 2015 Dec 14. PMID: 26667417.