

# Hispanic Maternal Health: How to have a healthy pregnancy



## The factors that can impact your health

You know that doing everything you can to have a healthy pregnancy is important, but as a Hispanic or Latine person, you may face additional barriers to maternal healthcare. During the pandemic, many Hispanic and Latine women had jobs that didn't provide health insurance, were frontline workers, or were employed in industries with high job closures.

Without consistent access to health insurance, Hispanic and Latine women have been less likely to get prenatal care (care during pregnancy). These factors and lack of support have serious consequences—sadly, the maternal mortality rate for Hispanic women increased 44% from 2020 to 2021.

While it may seem like an uphill battle, there are things you can do on your own to have the healthiest pregnancy possible for you and your baby.

## Find providers who speak your language and understand your culture

Sometimes there can be a language barrier between Hispanic and Latine women and their providers, which prevents them from seeking healthcare or information. When you sign up for Maven today, you can meet with providers who speak your language and share your background and lived experience.

Join today at [mavenclinic.com/join/takecare](https://mavenclinic.com/join/takecare).

## How to stay healthy during your pregnancy

Pregnant people can't change the societal factors that are stacked against them—but there are steps you can take to make your pregnancy as healthy as possible. To have a heart-healthy pregnancy, it's important to prioritize the following:



**Diet:** Following a healthy diet is a great way to protect your heart. A heart-healthy diet can include beans, whole fruits and veggies, lean meats, and whole grains. Try to stay away from saturated fats, sodium, and red meat.



**Prenatal care:** Getting early prenatal care can help you understand and improve your heart health with lifestyle changes and blood pressure monitoring.



**Exercise:** Try to stay active as much as you can during pregnancy, even if it's a short walk. Find a physical activity you like doing, and keep up with it through your pregnancy.

## Get whole-person support with Maven

It's important during pregnancy care to look at the whole person, not just one thing at a time. It's not just talking about one aspect of your life—but every aspect of your life. Maven provides whole-person care that gives you access to:

- Unlimited virtual appointments with doulas to support your pregnancy and postpartum
- On-demand classes on topics like self-advocacy during labor and delivery
- A library of articles and guides on childbirth education and newborn care

Join Maven for free (yes, free!) today.



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## HOW TO STAY HEALTHY DURING YOUR PREGNANCY

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Qef Johnson



**Qef Johnson**

Doula and Childbirth Educator  
15 years of experience

**TODAY'S AVAILABILITY**

1:00 PM

1:20 PM

1:40 PM

**SUB-SPECIALTIES**



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