

Maternal Health: Blood Pressure

Resource List



Resources to assist you with informing individuals about Maternal Health Blood Pressures

Easy to PRINT materials available at these websites:

Ideas: Place on education boards, handout at events, share with Nursery area and more

Hear Her Campaign: <https://www.cdc.gov/hearher/index.html>

Urgent warning signs and how to talk to your healthcare provider:

<https://www.cdc.gov/hearher/campaign-resources/conversation-guide-pregnancy.html>

Signs and Symptoms: <https://www.preeclampsia.org/signs-and-symptoms>

Taking Your Blood Pressure: <https://www.preeclampsia.org/blood-pressure>

The Cuff Kit BP instructions and log:

[https://preeclampsia.org/public/frontend/assets/img/gallery/pdf/Cuff%20Kit%20Blood%20Pressure%20Log%20\(English\)%202024.pdf](https://preeclampsia.org/public/frontend/assets/img/gallery/pdf/Cuff%20Kit%20Blood%20Pressure%20Log%20(English)%202024.pdf)

My Health Beyond Pregnancy:

https://preeclampsia.org/public/frontend/assets/img/gallery/pdf/My_Health_Beyond_Pregnancy_FINAL_2024.pdf

The Heart Truth-HBP-Women Pregnancy Fact sheet: <https://www.nhlbi.nih.gov/health/high-blood-pressure/pregnancy>

American Heart Association - Blood Pressure and Maternal Health: <https://www.heart.org/en/health-topics/high-blood-pressure>