

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.

Women's Health: The Reality

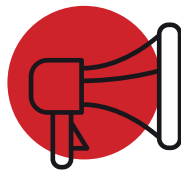


Over **44%** of women ages 20+ are living with some form of cardiovascular disease which remains the **leading cause of death in women.**



Less than half of women entering pregnancy in the US **have optimal cardiovascular health.**

Only **44%** of women are aware that **cardiovascular disease is their leading cause of death.**



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.



Nearly **70%** of post-graduate medical trainees **report minimal to no training regarding gender-based medical concepts**

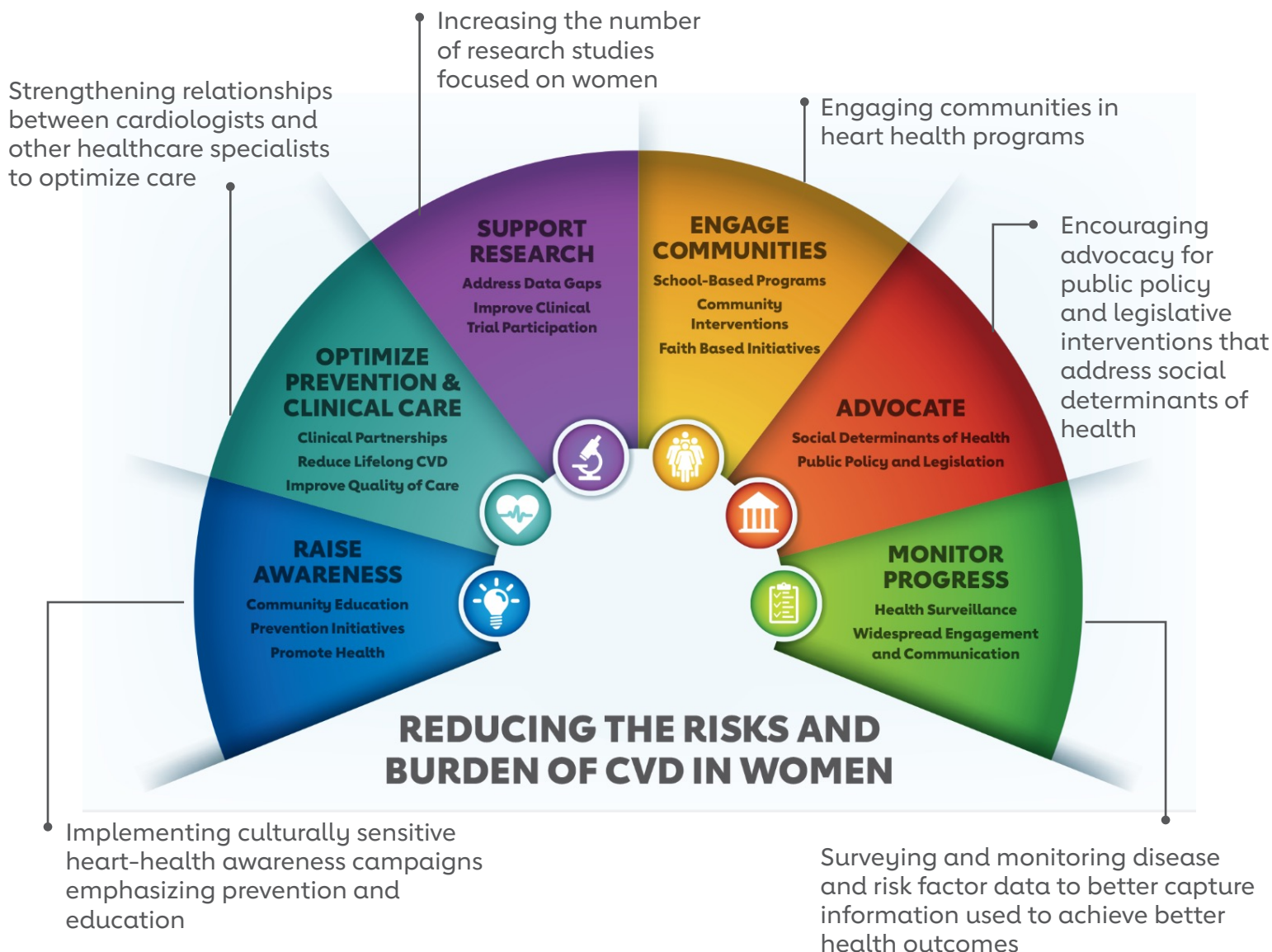
Women experience unique life stages, such as pregnancy and menopause, **that can put them at increased risk for CVD** – yet continue to be underrepresented in cardiovascular research.



and only **42%** of cardiologists report feeling prepared to adequately discuss heart disease specific to women.

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**

- **Raise your voice** by joining You're the Cure and helping us advocate for public health policies for women's cardiovascular health, including improved access to care: www.yourethecure.org
- **Accelerate scientific discovery** with us by closing the participation gap for women in research by joining Research Goes Red: www.projectbaseline.com/studies/gored