

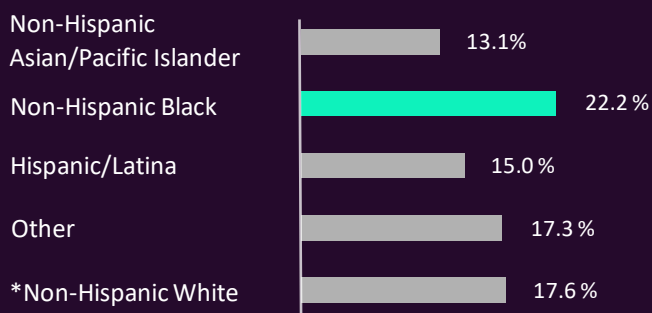
HIGH BLOOD PRESSURE IN PREGNANCY

Uncontrolled high blood pressure during pregnancy could present a severe risk to both mom and baby. The Maternal Infant Health Program (MIHP) recommends that you **make an appointment with a health care provider** before and after delivery to assess and decrease the risk of uncontrolled high blood pressure during pregnancy. Talk to your MIHP home visitor for help making and keeping appointments.

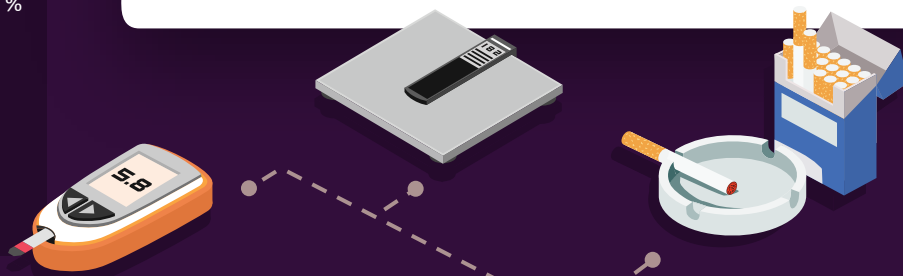
Nearly **one in five** people reported having high blood pressure during pregnancy.




High blood pressure is more common among persons who were pregnant of certain races and ethnicities than others:



You might be at higher risk for high blood pressure in pregnancy if you meet these risk factors: tobacco use, age (35 years and older), obesity, diabetes, and first-time births.



 If left unchecked, high blood pressure can lead to preeclampsia, eclampsia, and other complications before, during, or after delivery.

Preeclampsia and eclampsia have risks for you and your baby, which may include:

- Organ failure
- Stroke
- Coma
- Seizures
- Brain damage
- Death

What can your MIHP home visitor help you with?

- 1 Scheduling appointments.
- 2 Answering questions.
- 3 Connecting you with community resources.
- 4 Obtaining transportation when needed.



Data Source: Michigan Pregnancy Risk Assessment Monitoring System (2016-2020)

The Michigan Department of Health and Human Services will not exclude from participation in, deny benefits of, or discriminate against any individual or group because of race, sex, religion, age, national origin, color, height, weight, marital status, partisan considerations, or a disability or genetic information that is unrelated to the person's eligibility.

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