

Maternal Health Action Kit

A Multifaceted Approach to Address Maternal Morbidity and Mortality



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Clinical Tools

- Blood Pressure Tracking Card
- How To Take Your Blood Pressure
- My Healthy Pregnancy Plate Planner
- My Self-management Goal for a Healthy Pregnancy
- Using Food Labels to Eat Less Sodium

Provider Resources

- Caring for Patients With Hypertension and Diabetes Before, During and After Pregnancy: A Treatment and Management Guide
- Eight Steps for Narrowing the Maternal Health Disparity Gap: Step-by-Step Plan To Reduce Racial and Ethnic Disparities in Care
- Listening to Each Other: Improving Communication Between Provider and Patient
- How to Order More Materials About Maternal Health

Patient Education Resources

- Cut the Salt Health Bulletin
- Guide to Healthy Eating and Active Living in NYC
- Have a Healthy Pregnancy: Be Aware and Take Action
- Know the Warning Signs After Pregnancy Poster
- Know the Warning Signs During and After Pregnancy Palm Card
- NYC Resource Guide to Health Before, During and After Pregnancy
- NYC Standards for Respectful Care at Birth (Brochure and Poster)
- Sugary Drinks Health Bulletin
- Your Health Before, During and After Pregnancy

