



✓ **READY FOR LIFE**



We celebrate Women's History Month

History. *HerStory*. Her Voice, Our Future

The month of March is when we celebrate women of all walks of life. We proudly recognize, affirm, and empower the achievements and diversity of women. Their stories, their passion, and look back at the road of how far we've come and exciting journey ahead, in this newsletter we would like to highlight the work, strength, and passion of women.

The National Women's History Alliance designates a yearly theme for Women's History Month. The 2021 theme is a continuation of 2020's: "Valiant Women of the Vote: Refusing to Be Silenced" captures the spirit of these challenging times. This theme recognizes the battle for women's suffrage, which was secured with the passage of the 19th amendment in 1920. The right of voting has never been more pivotal to exercise your right and help join the fight for moms and babies visit our [March of Dimes Advocacy Action Center](#).



"We have a lot of work to do as a country and I think the more people who speak these hard truths, the more powerful and impactful our voice will be."

Stacey D. Stewart, CEO,
March of Dimes

Power to Decide Interview, 2020

From the first women vice president and the first of African American and Asian Descent, Kamala Harris, to the first African American CEO of March of Dimes, Stacey D. Stewart, women continue to make history and refuse to be silenced.

North Carolina's very own Dr. Mandy Cohen is a woman of distinction. Dr. Cohen largely considered one of the top candidates to be the next Health and Human Services Secretary. Dr. Cohen, a mom, wife, and the face of North Carolina's effort against COVID-19 has [champions her mother](#) as her role model in what it means to be a strong woman in leading and completing the tough jobs.



Figure 1: Her Story: Hear Her – CDC Campaign

Video Clip: [Hear Her Campaign - YouTube](#)

The importance of women’s voice being uplifted, acknowledged, and heard is at the core of our initiatives and that is why we support and are encouraging others to learn more about the CDC’s Hear Her campaign.

The CDC estimates over 700 women die each year in this country from problems related to pregnancy or delivery complications. Every death is a tragedy, especially when we know that two thirds of pregnancy-related deaths could be prevented. As many as 50,000 women experience severe, unexpected health problems related to pregnancy that may have long-term health consequences.

CDC’s Division of Reproductive Health is committed to healthy pregnancies and deliveries for every woman.

The **Hear Her** campaign supports CDC’s efforts to prevent pregnancy-related deaths by sharing potentially life-saving messages about urgent warning signs.

Women know their own bodies better than anyone and can often tell when something does not feel right. The campaign seeks to encourage partners, friends, family, coworkers, and providers—anyone who supports pregnant and postpartum women—to really listen when she tells you something doesn't feel right. Acting quickly could help save her life.

“A woman knows her body. Listening and acting upon her concerns during or after pregnancy could save her life.”

— **Dr. Wanda Barfield**, Director of CDC's Division of Reproductive Health

Preconception Health News

Celebrating & Empowering Doulas | March 22-28 - [Get Involved \(worlddoulaweek.com\)](https://worlddoulaweek.com)

5 Common Myths about Men and Preconception Health - [5 Common Myths About Men And Preconception Health | HuffPost Life](#)

Are pregnant women and their babies at risk of severe COVID-19? [Are pregnant women and their babies at risk of severe COVID-19? \(medicalnewstoday.com\)](#)

[How Medicaid Managed Care Orgs Can Confront Care Disparities \(healthpayerintelligence.com\)](#)

Upcoming Events - Stay Tuned!

March of Dimes News

Latest press releases

MARCH OF DIMES URGES CONGRESS TO INCREASE FY 2022 FUNDING FOR CRITICAL PROGRAMS TO SUPPORT MOM & BABY HEALTH — MARCH 23, 2021

MARCH OF DIMES WELCOMES FINAL PASSAGE OF COVID-19 AID PACKAGE EXTENDING POSTPARTUM MEDICAID COVERAGE FROM 60 DAYS TO ONE YEAR — MARCH 10, 2021

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Ready for Life NC | Facebook

Ready for Life NC (@ReadyForLifeNC) • Instagram photos and videos

TikTok: Ready for Life NC

Visit <https://www.ncpreconceptionhealth.org/> for more information.