



Native Women & Heart Disease



In Indigenous communities, our matriarchs often carry our families and Nations. This comes with unique challenges - especially for heart health, since our hearts are crucial organs that help our lifeforce flow.

Diabetes and being overweight are significant risk factors for all genders, but are higher among Indigenous women.

For Native women, heart disease and cancer are the top causes of death.

Our Native Nations depend on our matriarchs. AICAF invites you to ask ourselves: as relatives, how can we be more supportive to our matriarchs and their (heart) health?



American Indian
Cancer Foundation.