

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## PRECONCEPTION HEALTH AND FAMILY PLANNING IN TARRANT COUNTY

- Women aged **18 to 24 years** were **significantly less likely** to have a health professional talk with them about **how to plan now for a healthy pregnancy and baby** in the future compared to women aged 25 to 34 and women aged 35 to 44 (22% vs 55% and 46%)
- **47%** of women aged 18-44 years reported they **did not want a child** now or in the future; however **41% of those** who did not want a child **did nothing to prevent pregnancy** the last time they had sex
- **More than half** of women aged 18-44 years are **overweight or obese** (62%), **do not meet physical activity** recommendations (55%), and **eat fruits or vegetables less than five times** a day (88%)

**57% of Tarrant County women aged 18-44 years have never had a health professional talk with them about ways to prepare for a healthy pregnancy and baby during a routine health care visit**

Figure 1. Percentage of women aged 18-44 years who have had a health professional talk with them about ways to prepare for a healthy pregnancy and baby as part of a routine health care visit, Tarrant County, 2020

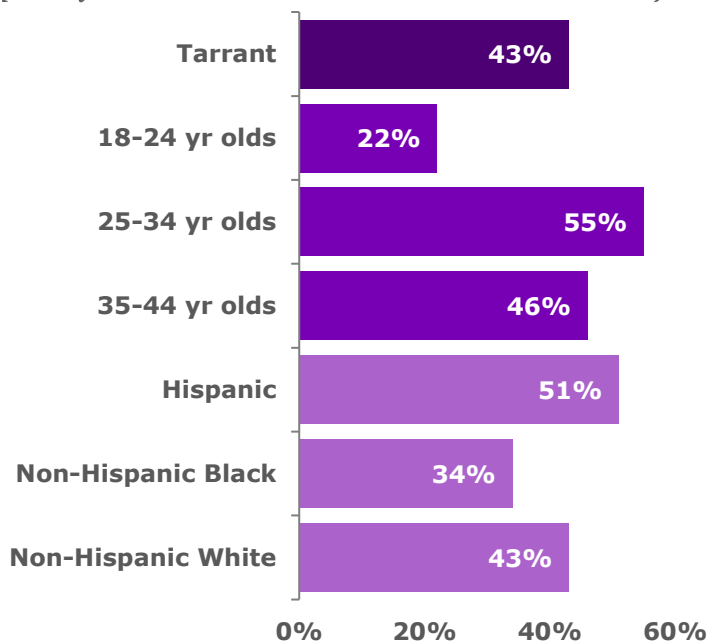


Figure 2. Family planning among women aged 18-44 years, Tarrant County, 2020

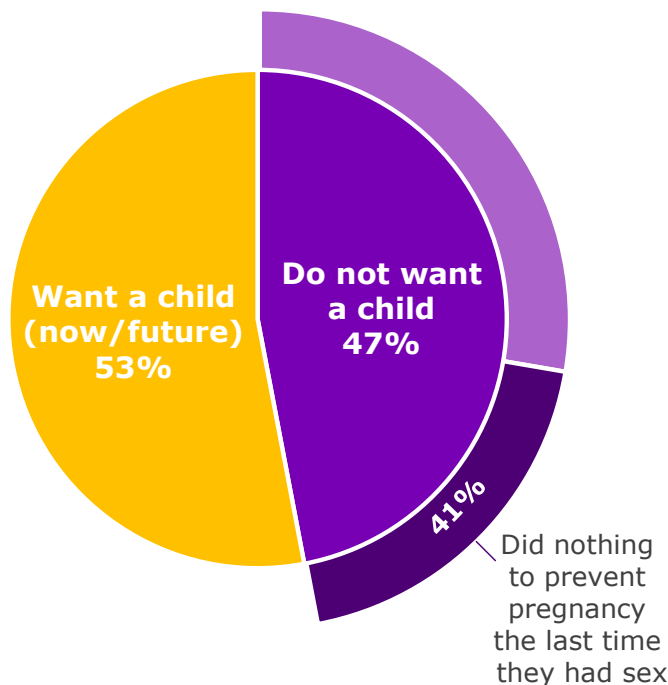
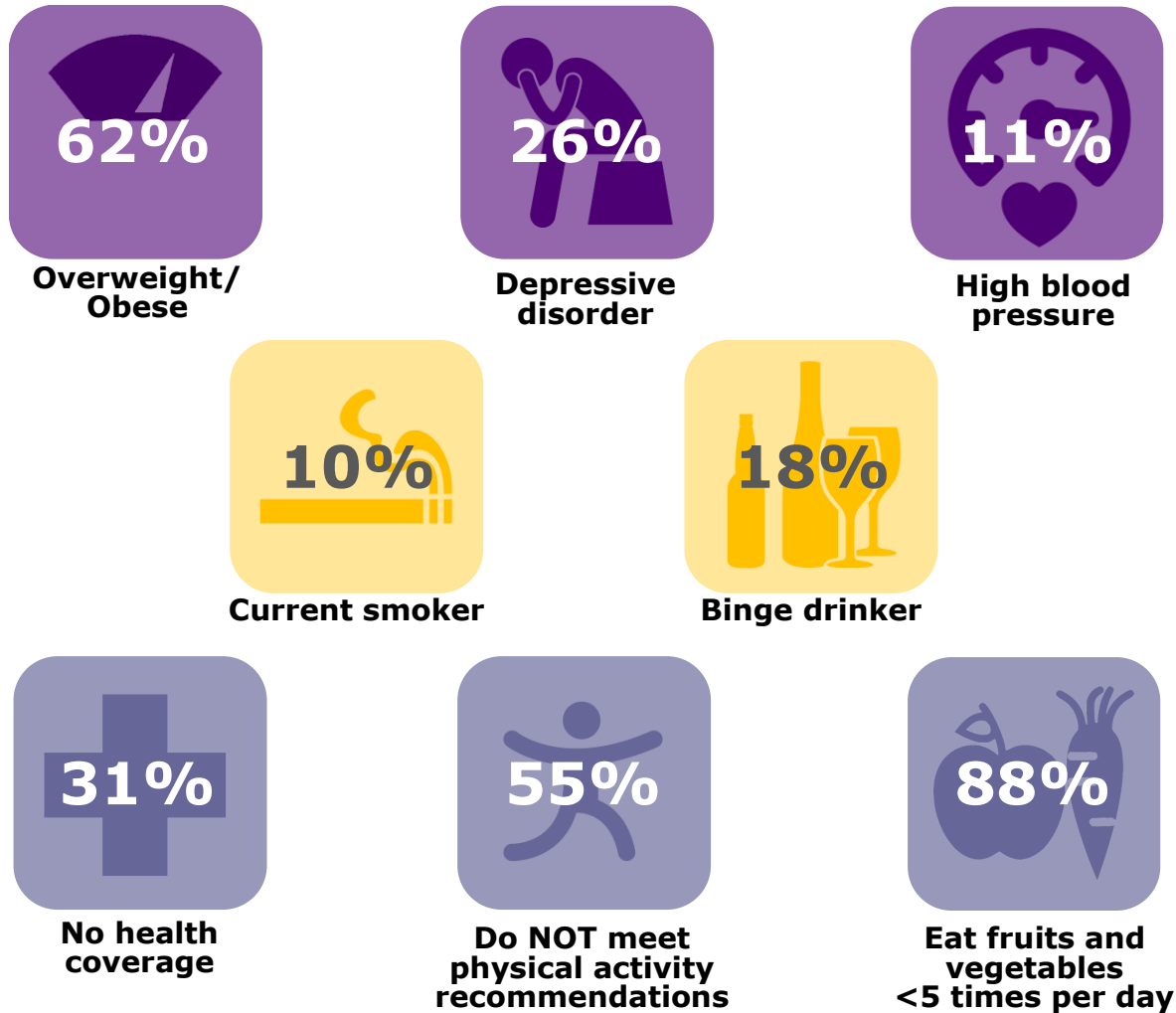


Figure 3. Health indicators among women aged 18-44 years, Tarrant County, 2020



**Healthy lifestyle recommendations:**

- Maintain a healthy weight
- Do at least 2 1/2 hours of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity per week and participate in activities that involve all major muscle groups at least two days a week
- Eat healthy foods including a variety of fruits and vegetables
- Do not smoke
- If drinking alcohol, consume in moderation (for women: an average of 1 serving per day and no more than 3 within a 2-3 hour time)
- Speak to your healthcare provider about how to prepare now for a healthy pregnancy in the future

**Resources available at Tarrant County Public Health**

[<http://health.tarrantcounty.com>]

- **For Her Health Women’s Clinic:** Pap tests, family planning, referrals
- **WIC:** Helps families eat well, learn about nutrition, and stay healthy
- **Health For Me:** Self-management class for persons with diabetes, obesity, hypertension, and other chronic conditions
- **Live Tobacco Free:** Free tobacco cessation class for adults

NOTE: Binge drinking for women is defined as 4 or more drinks within a 2-3 hour time period  
 One drink = 12 oz. beer OR 8 oz. malt liquor OR 5 oz. wine, OR 1.5 oz. 80-proof distilled spirits or liquor  
 (gin, rum, vodka, whiskey, etc.)  
 Data sources: Tarrant County Behavioral Risk Factor Surveillance System. 2020  
 Data Brief provided by: Division of Epidemiology and Health Information