

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



MATERNAL OBESITY AND DIABETES IN TARRANT COUNTY

- In 2020 the **majority of live births** in Tarrant County (59%) were to mothers who were **overweight or obese before pregnancy**
- Hispanic and non-Hispanic black** residents had **significantly higher** percentages of live births to mothers who were **overweight or obese before pregnancy** (65% for each group) compared to non-Hispanic white (53%), and other/multiracial residents (44%) in 2020
- In 2020 **6.21%** of Tarrant County live births were to mothers **with diabetes** (chronic or gestational), which was a **significant increase** from 5.31% in 2011
- Hispanic and other/multiracial** residents had **significantly higher** percentages of live births to **mothers with diabetes** than non-Hispanic black and non-Hispanic white residents in Tarrant County each year from 2011 to 2020

Obese mothers had significantly higher rates of diabetes, hypertension, cesarean deliveries, and preterm births compared to healthy-weight mothers

Figure 1. Pre-pregnancy maternal weight categories among Tarrant County live births, 2020

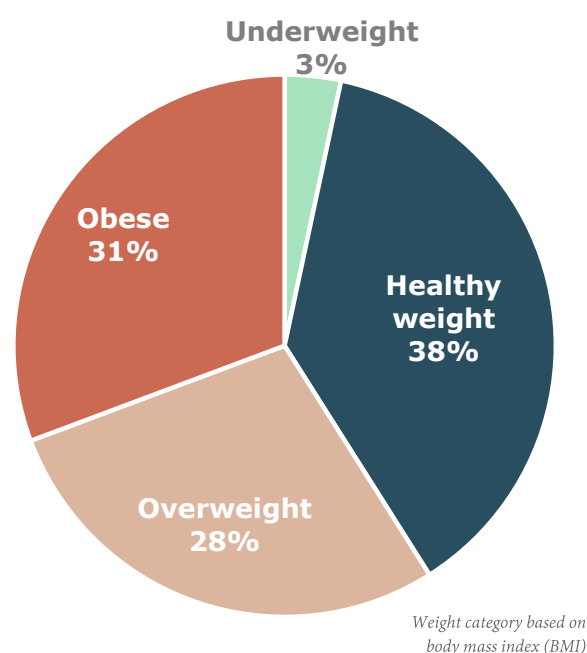


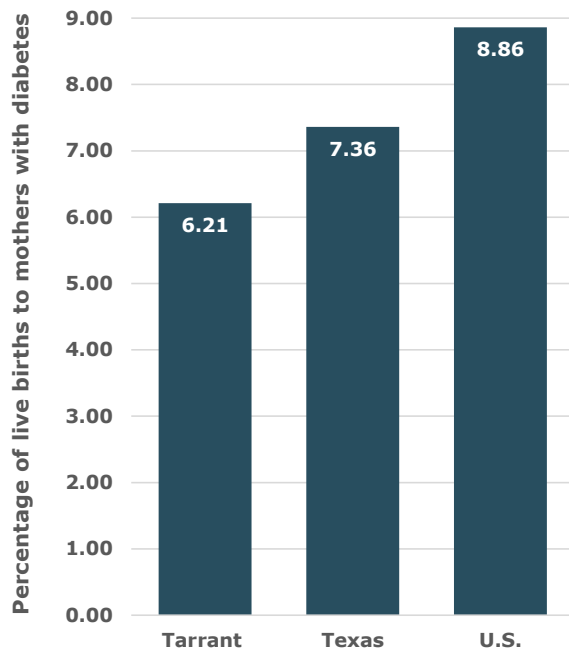
Figure 2. Pregnancy and birth outcomes by selected maternal BMI categories among Tarrant County residents, 2020

	Healthy-weight mothers	Obese mothers	Difference
2020			
Diabetes (gestational or chronic)	3.34%	10.01%	↑
Hypertension (gestational or chronic)	5.16%	13.89%	↑
Cesarean delivery	26.90%	43.45%	↑
Maternal labor and delivery complication	0.56%	0.49%	—
Preterm birth (<37 weeks gestation)	9.16%	11.77%	↑
Birth Defects	0.18%	0.15%	—
2019			
Infant mortality rate*	3.78	5.69	—

Note: Any up or down arrows denote statistically significant difference between healthy-weight mothers and obese mothers ($p < 0.05$)

* Infant mortality rate = number of deaths among infants under one year of age per 1,000 live births

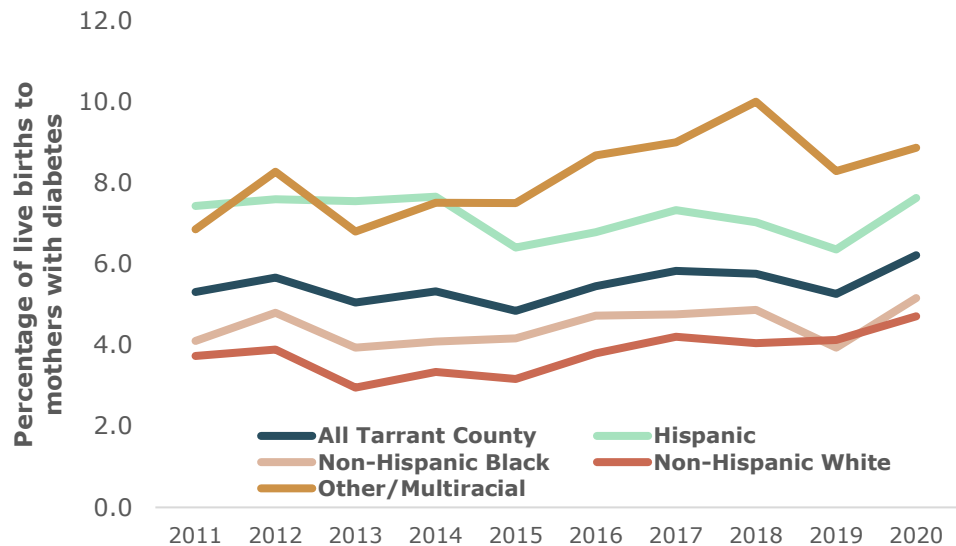
Figure 3. Percentage of live births to mothers with diabetes in Tarrant County, Texas, and the United States, 2020



In 2020 Tarrant County had a significantly lower percentage of live births to mothers with diabetes than Texas and the United States

Figure 4. Percentage of live births to mothers with diabetes by race/ethnicity, Tarrant County, 2011-2020

Each year from 2011-2020, Hispanic and Other/Multiracial residents had significantly higher percentages of live births to mothers with diabetes



Resources available at Tarrant County Public Health
 [access.tarrantcounty.com/en/public-health.html]
Health For Me: Self-management class for persons with diabetes, obesity, hypertension, and other chronic conditions
WIC: Helps families eat well, learn about nutrition, and stay healthy