



## PRENATAL CARE IN TARRANT COUNTY

- In 2020, **61.0%** of Tarrant County live births received prenatal care (PNC) **in the first trimester**, which was below the Healthy People 2020 goal of 84.8%
- The percentage of **Tarrant County** live births that received prenatal care in the first trimester was **significantly lower** than **Texas** and the **United States**, all of which were below the Healthy People 2020 goal
- Compared to non-Hispanic Whites, the percentage of Tarrant County live births that received prenatal care in the first trimester was **significantly lower** among those who were **Hispanic, non-Hispanic Black, and Other/Multiracial**
- In 2020, **58.4%** of Tarrant County live births had **adequate or more** prenatal care utilization
- Live births with **inadequate prenatal care utilization**, compared to adequate prenatal care utilization, had **significantly higher** rates of:
  - Prematurity
  - NICU admission
  - Low birth weight
  - Infant mortality

Figure 1. Prenatal care in first trimester among live births, Tarrant County, Texas, and the United States, 2020

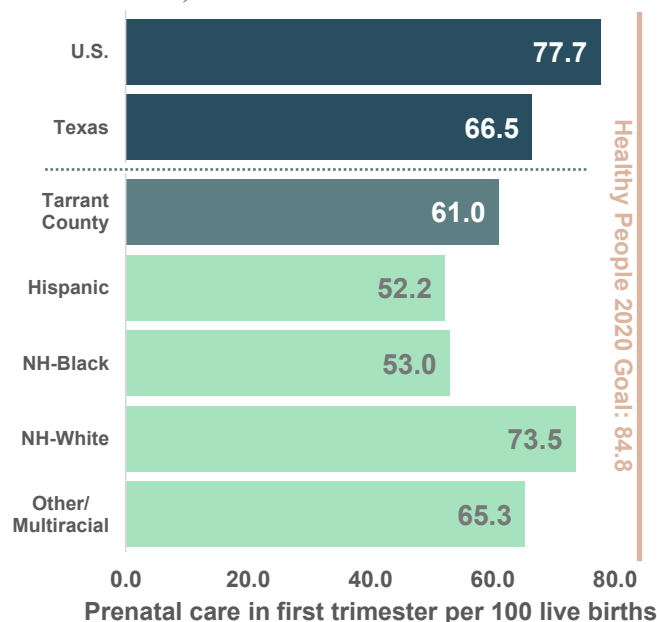
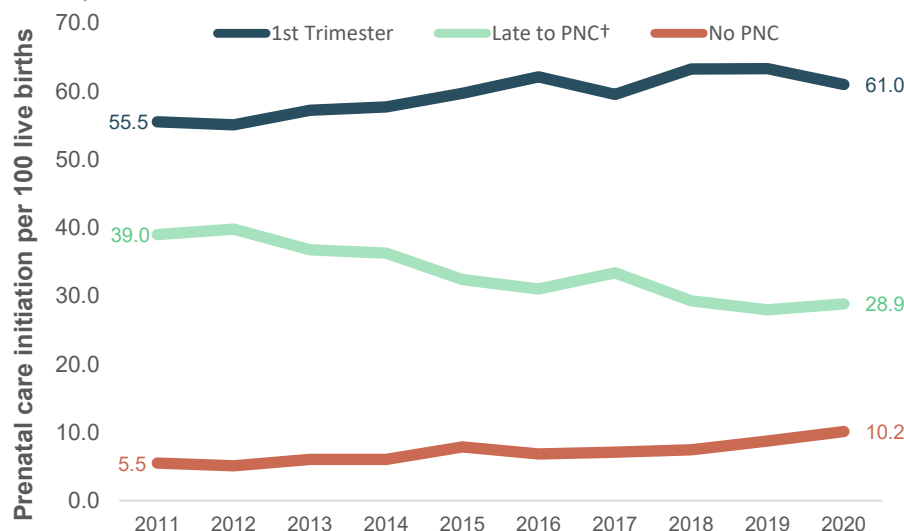


Figure 2. Prenatal care initiation among Tarrant County live births, 2011-2020



**The proportion of live births that received prenatal care in the first trimester increased significantly from 2011-2020; However, so did the proportion of live births that received no prenatal care during pregnancy**

†Late to PNC = starting prenatal care in the 2nd or 3rd trimester, NH = Non-Hispanic, All significant differences detected with a p-value <0.05

The Adequacy of Prenatal Care Utilization Index was calculated to examine the use of prenatal care among Tarrant County live births. This index classifies the overall **utilization** of prenatal care during pregnancy into **1 of 4 categories** based on the timing of prenatal care, the number of visits, and the infant's gestational age then determines the proportion of expected number of visits received: **Inadequate** - less than 50%; **Intermediate** - 50% to 79%; **Adequate** - 80% to 109%; **Adequate Plus\*** - 110% or more. The index **does not measure the quality** of prenatal care.

Figure 3. Prenatal care utilization among Tarrant County live births, 2020

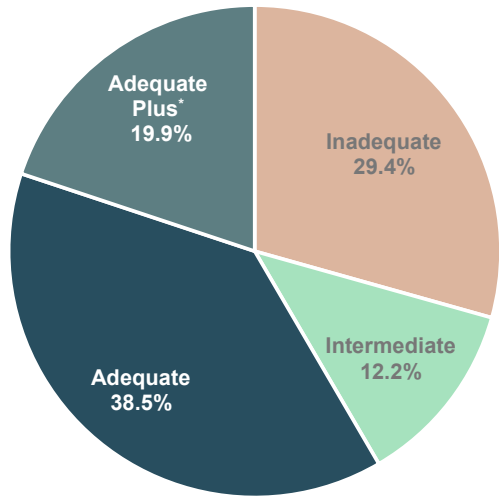
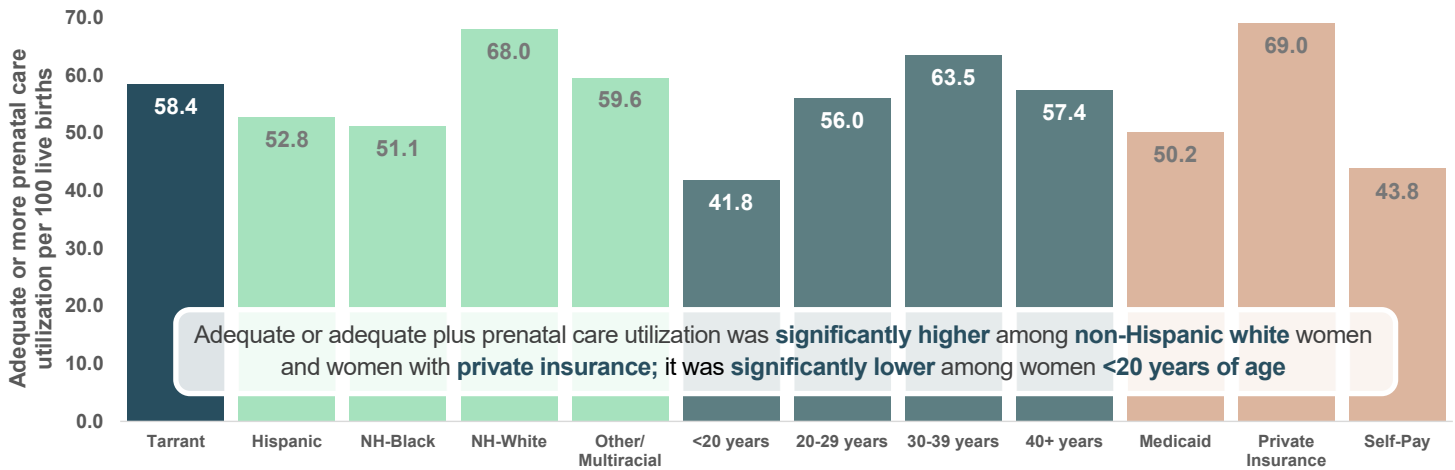


Figure 4. Birth characteristics and outcomes among Tarrant County live births with adequate and inadequate prenatal care utilization, 2020

	Prenatal Care Utilization		Difference
	Adequate	Inadequate	
1st born child	38.9%	40.2%	↓
Preterm (<37 weeks gestation)	4.6%	11.6%	↑
Low birth weight (<2,500 grams)	4.7%	9.4%	↑
Cesarean section	32.5%	31.3%	↓
Maternal labor and delivery complications	0.5%	0.5%	↓
Infant NICU admission	6.2%	11.2%	↑
Infant mortality rate, 2019 (infant deaths per 1,000 live births)	2.38	6.63	↑

Note: Any up or down arrows denote statistically significant difference between infants with adequate prenatal care utilization vs inadequate prenatal care utilization (p<0.05)

Figure 5. Adequate and Adequate Plus\* prenatal care utilization among Tarrant County live births by select characteristics, 2020



**Why is prenatal care important?** With regular prenatal care women can:

- **Reduce the risk of pregnancy complications** by discussing and managing healthy lifestyle choices, potential exposures, and existing conditions
- **Reduce the fetus's and infant's risk for complications** by discussing strategies to promote healthy fetal development
- **Help ensure the medications they take are safe,** including dietary and herbal supplements