



MATERNAL HYPERTENSION IN TARRANT COUNTY

Maternal hypertension includes chronic hypertension (high blood pressure before pregnancy), gestational hypertension (high blood pressure developed during pregnancy), and eclampsia (sudden development of high blood pressure along with seizures during pregnancy)

- In 2021, 9.8% of Tarrant County live births occurred to mothers with hypertension (1.4% to mothers with chronic hypertension, 8.3% to mothers with gestational hypertension, and 0.1% to mothers with eclampsia)
- From 2012 to 2021 maternal hypertension significantly increased among Tarrant County live births (6.5% to 9.8%) and across all race/ethnicity groups
 - Hispanic (5.0% to 9.5%)
 - Non-Hispanic Black (8.6% to 12.1%)
 - Non-Hispanic White (7.3% to 9.5%)
 - Other/Multiracial (4.6% to 6.8%)

In 2021 the percentage of Tarrant County live births to mothers with hypertension was similar to Texas and significantly lower than the United States

Figure 1. Maternal hypertension among live births in Tarrant County, Texas, and the United States, 2021

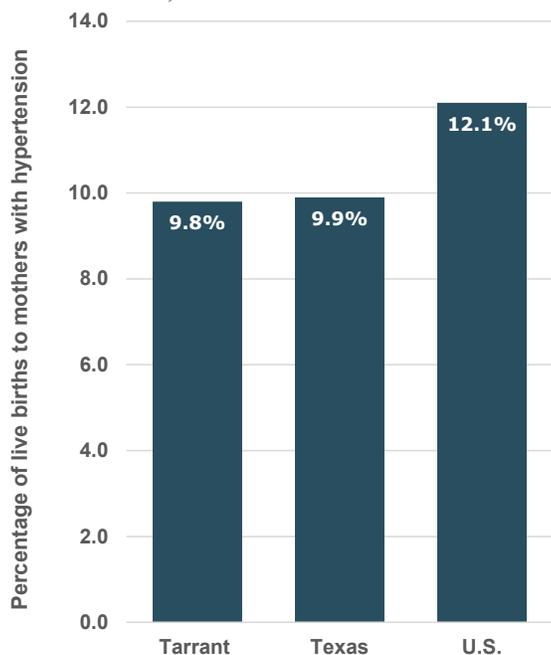


Figure 2. Type of hypertensive disorder among Tarrant County live births with maternal hypertension, 2021

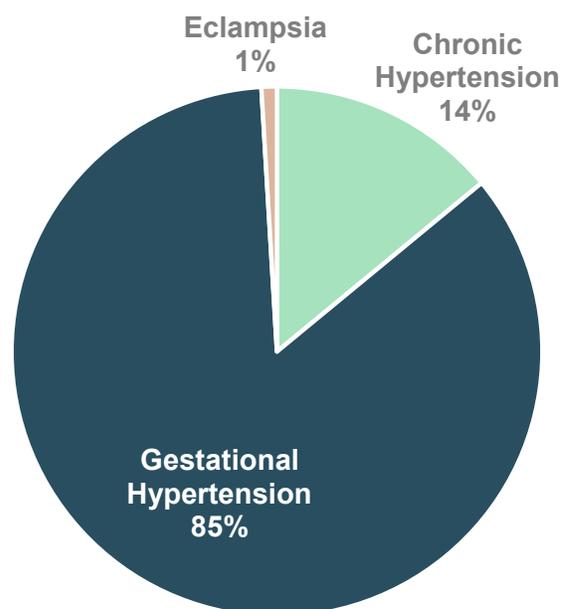
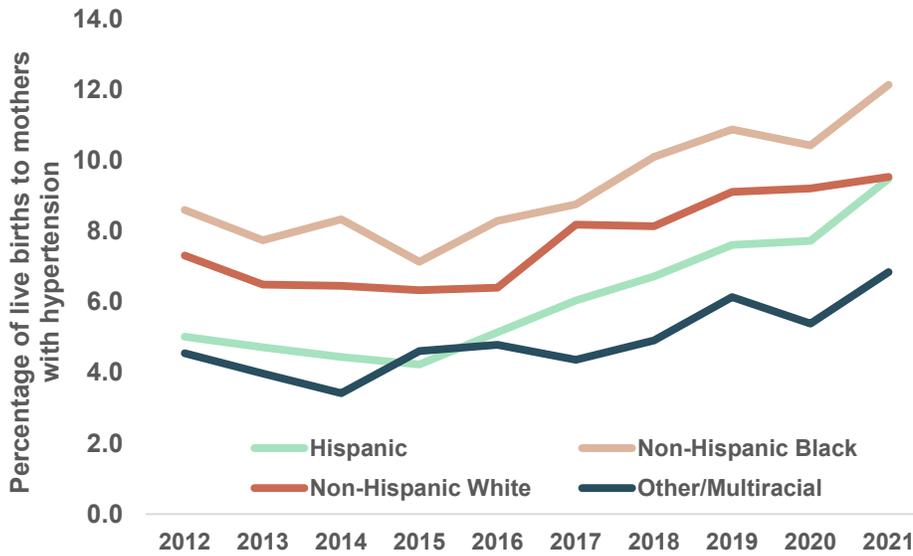


Figure 3. Percentage of live births to mothers with hypertension by race/ethnicity, Tarrant County, 2012-2021



Maternal hypertension increased significantly across all race/ethnicity groups in Tarrant County from 2012 to 2021

Figure 4. Pregnancy and birth outcomes among Tarrant County live births by maternal hypertension, 2021

Mothers with hypertension had significantly higher rates of diabetes, cesarean deliveries, and preterm births compared to other mothers

2021	Mothers with <u>no</u> Hypertension	Mothers with Hypertension	Difference
Diabetes (gestational or chronic)	6.0%	15.8%	↑
Cesarean delivery	32.5%	46.2%	↑
Maternal labor and delivery complication	0.5%	0.7%	—
Preterm birth (<37 weeks gestation)	9.8%	24.2%	↑
Birth defects	0.2%	0.2%	—
2018-2019			
Infant mortality rate*	4.93	5.39	—

Note: Any up or down arrows denote statistically significant difference between mothers without hypertension and mothers with hypertension (p<0.05)

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

<p>Risks of high blood pressure during pregnancy</p> <p>For mothers:</p> <ul style="list-style-type: none"> • Preeclampsia and eclampsia • Stroke • Needed labor induction • Placental abruption <p>For babies:</p> <ul style="list-style-type: none"> • Preterm birth • Low birth weight 	<p>Resources and support</p> <p>Health For Me [health.tarrantcountytx.gov] Chronic Disease Self-Management Program at Tarrant County Public Health</p> <p>Centers for Disease Control and Prevention [www.cdc.gov] Education resources on hypertension and steps to take before, during, and after pregnancy</p> <p>American Heart Association [www.heart.org] Education resources on hypertension and other heart health topics</p>
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