

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## MATERNAL OBESITY AND DIABETES IN TARRANT COUNTY

- In 2022, the **majority of live births** in Tarrant County (61%) were to mothers who were **overweight or obese before pregnancy**<sup>†</sup>
- **Hispanic and non-Hispanic black** residents had **significantly higher** percentages of live births to mothers who were **overweight or obese before pregnancy** (67% and 66% respectively) compared to non-Hispanic white (54%), and other/multiracial residents (47%) in 2022<sup>†</sup>
- In 2022, **7%** of Tarrant County live births were to mothers **with diabetes** (chronic or gestational), which was a **significant increase** from 5% in 2013<sup>†</sup>
- **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 2013 to 2022<sup>†</sup>

**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, 2022<sup>\*†</sup>

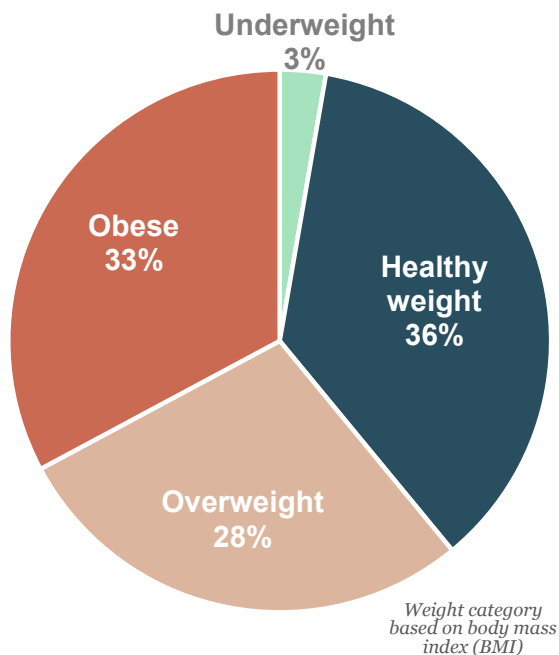


Figure 2. Pregnancy and birth outcomes by selected maternal BMI categories among Tarrant County residents, 2022<sup>\*†</sup>

	Healthy-weight mothers	Obese mothers	Difference
<b>2022</b>			
Diabetes (gestational or chronic)	3.6%	11.0%	↑
Hypertension (gestational or chronic)	6.2%	17.1%	↑
Cesarean delivery	27.4%	43.8%	↑
Maternal labor and delivery complication	0.5%	0.5%	—
Preterm birth (<37 weeks gestation)	10.9%	12.7%	↑
Birth Defects	0.2%	0.2%	—
<b>2019</b>			
Infant mortality rate <sup>‡</sup>	3.78	5.69	—

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

<sup>‡</sup> Infant mortality rate = number of deaths among infants under one year of age per 1,000 live births

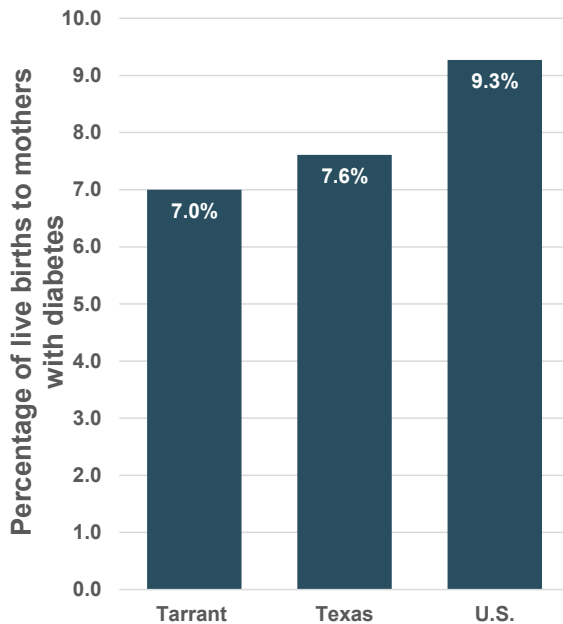
<sup>†</sup> 2022 data are provisional and subject to change, \*Underweight = BMI <18.5; Healthy Weight = BMI 18.5 – 24.9; Overweight = BMI 25.0-29.9; Obese = BMI 30.0+

All diabetes data are chronic and gestational combined; All significant differences detected with a p-value <0.05

Data sources: Centers for Disease Control and Prevention, Texas Department of State Health Services

Data Brief provided by: Office of Data and Informatics

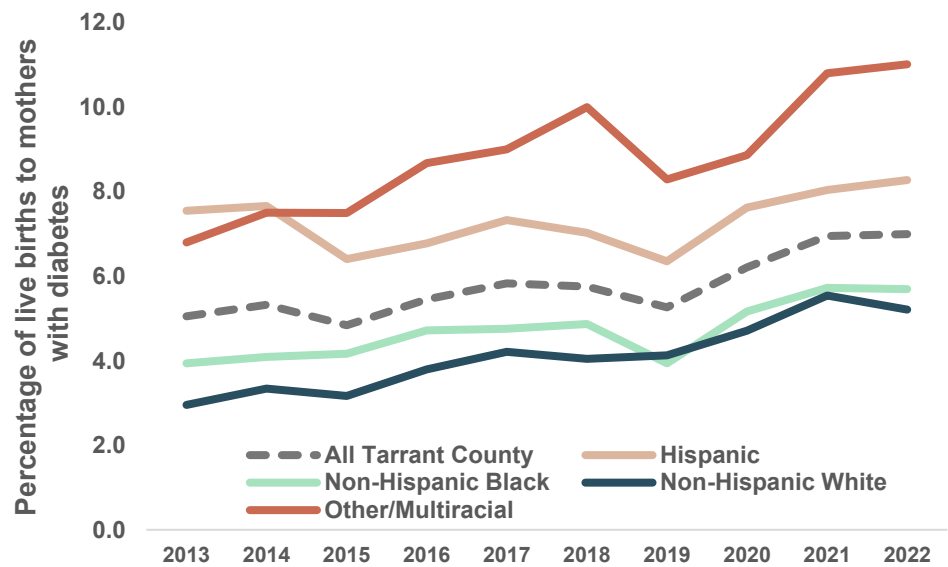
Figure 3. Percentage of live births to mothers with diabetes in Tarrant County, Texas, and the United States, 2022<sup>†</sup>



*In 2022, Tarrant County had a significantly lower percentage of live births to mothers with diabetes than Texas and the United States<sup>†</sup>*

Figure 4. Percentage of live births to mothers with diabetes by race/ethnicity, Tarrant County, 2013-2022<sup>†</sup>

*Each year from 2013 to 2022, Hispanic and Other/Multiracial residents had significantly higher percentages of live births to mothers with diabetes<sup>†</sup>*



**Resources available at Tarrant County Public Health**  
[tarrantcountytexas.gov/en/public-health.html](http://tarrantcountytexas.gov/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

<sup>†</sup>2022 data are provisional and subject to change. All significant differences detected with a p-value <0.05  
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