

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## DROWNINGS IN TARRANT COUNTY

**Drowning** is respiratory impairment due to submersion or immersion in liquid. Drownings can be fatal or non-fatal (with or without injury). Drowning injuries can include mild to severe damage to the brain and other organs, which may cause long-term disability.

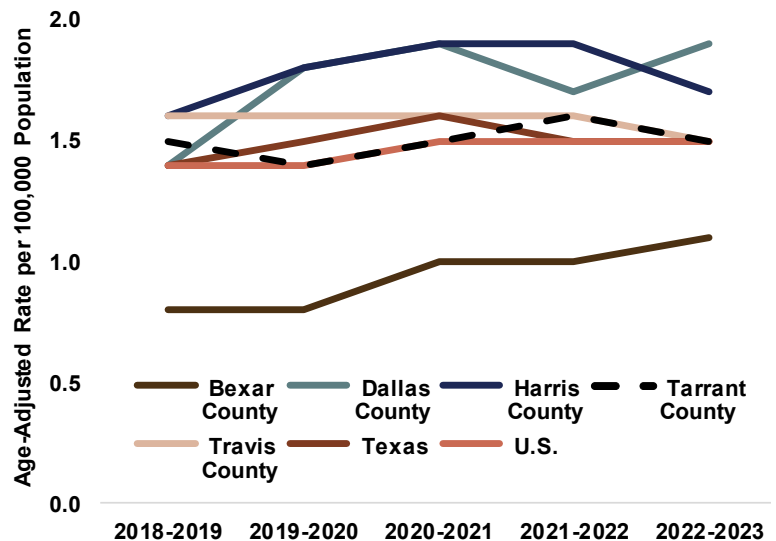
Common signs of drowning (difficulty breathing, excessive coughing, and foaming mouth) occur immediately and can last for hours, but do not go away and return later.

Previous drowning terms (wet, dry, silent, near, secondary, active, and passive drowning) are no longer used because they are medically incorrect and can be misleading or confusing.

### Factors that Increase Drowning Risk:

- Not being able to swim
- Not wearing life jackets
- Lack of close adult supervision
- Alcohol and drugs/medication
- Type of water source
- Ineffective or missing barriers around water

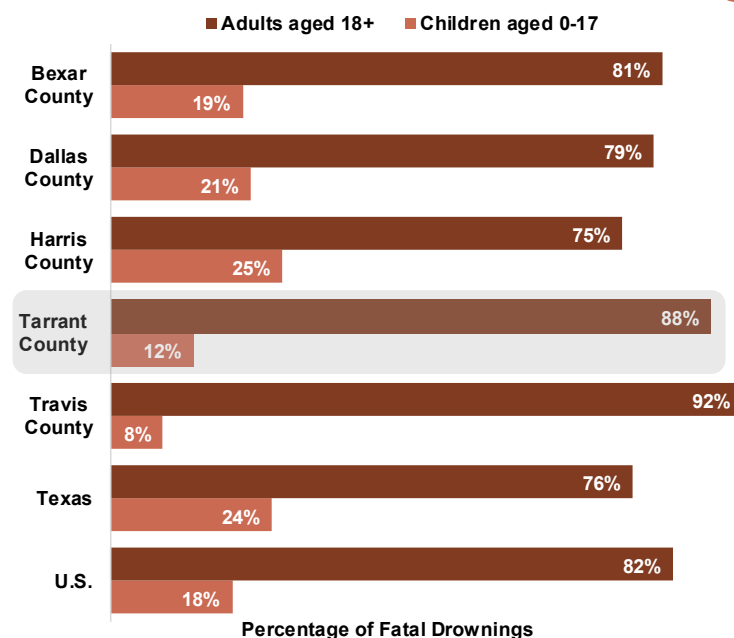
Figure 1. Drowning mortality rates\* by geographic location, 2018-2023



From 2018-2023, there were **195 fatal drownings** among Tarrant County residents

There were **no significant changes** in drowning mortality rates in any locations (Figure 1)

Figure 2. Proportion of adult and child fatal drownings by geographic location, 2021-2023

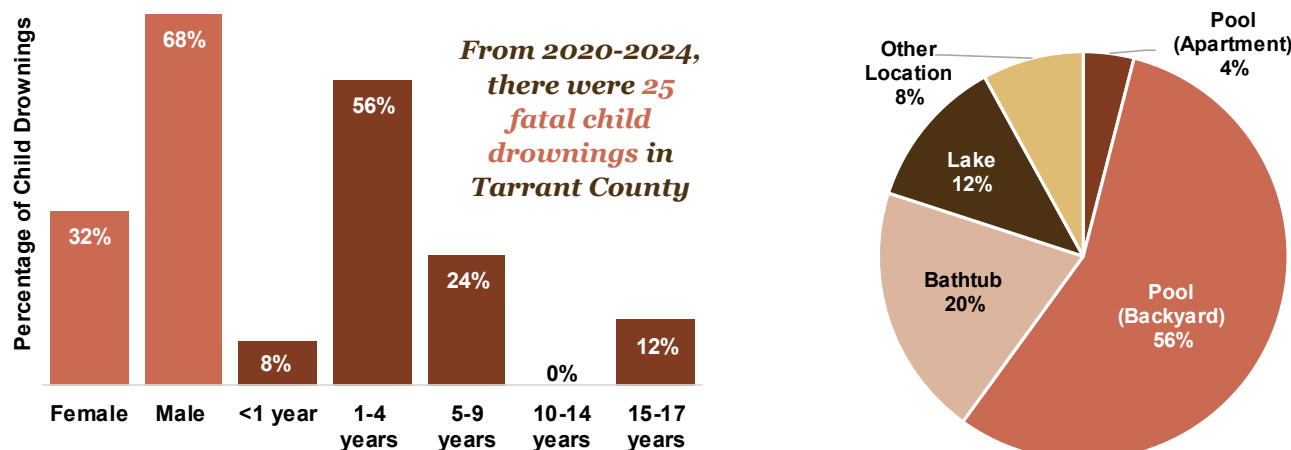


From 2021-2023, the **majority** of fatal drownings in all locations were among **adults** (Figure 2)

Among Tarrant County residents, fatal drownings were **significantly higher among males** and the **majority** were **unintentional (accidents)**

\* Two-year rolling rates provided due to small numbers and unstable rates for individual years; All significant differences detected at the 95% confidence level; Data sources: American Academy of Pediatrics, Centers for Disease Control and Prevention, Water Safety USA, World Health Organization; Data Brief provided by: Statistical Analysis Team

Figure 3. Fatal drownings among Tarrant County children by gender, age group, and water source, 2020-2024

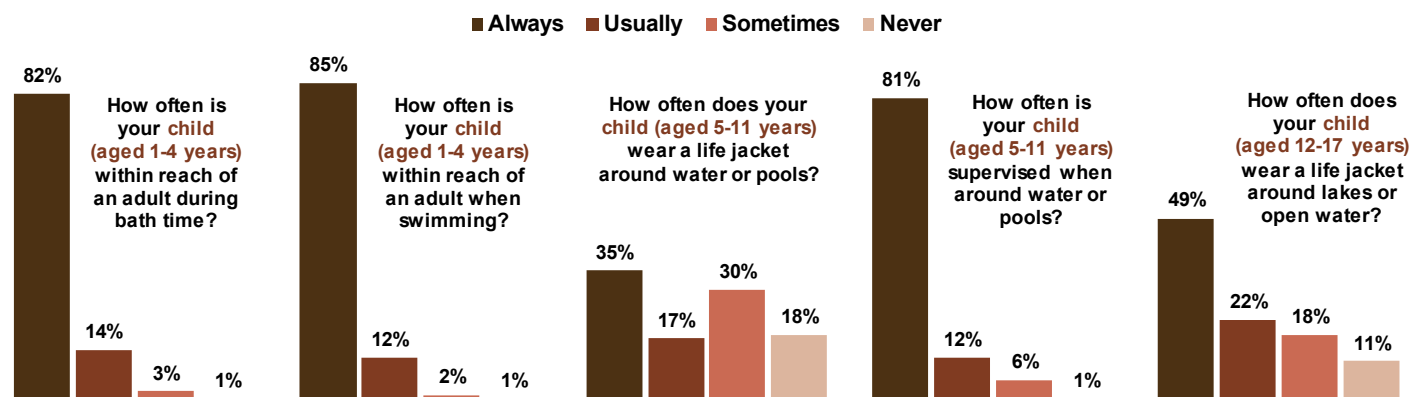


**Cook Children's Health Care System in Fort Worth saw 341 non-fatal and 35 fatal drownings from 2020 to 2024**

## Drowning Prevention: All Water Sources

- Undistracted adult supervision at all times
- Family CPR training
- Family swimming lessons

Figure 4. Water safety and drowning prevention questions from the Parent/Caregiver Survey by Cook Children's Health Care System, Tarrant County parents with children aged 1-17 years, 2024



## Drowning Prevention and Water Safety Resources

**Boating Safety** [[nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/boating](https://nsc.org/community-safety/safety-topics/seasonal-safety/summer-safety/boating)]

**Cook Children's Resources:**

- [[cookchildrenscommunity.org/injury-prevention/drowning/](https://cookchildrenscommunity.org/injury-prevention/drowning/)]
- [[cookchildrens.org/health-resources/safety-and-injury-prevention/water-safety/](https://cookchildrens.org/health-resources/safety-and-injury-prevention/water-safety/)]
- [[lifeguardyourchild.org](https://lifeguardyourchild.org)]

**Drowning Prevention** [[cdc.gov/drowning/index.html](https://cdc.gov/drowning/index.html)]

**Fort Worth Drowning Prevention Coalition** [[fwdpc.org](https://fwdpc.org)]

**Local Swim Lesson & Water Safety Providers:**

[[lifeguardyourchild.org/globalassets/2024-swim-lesson-providers.pdf](https://lifeguardyourchild.org/globalassets/2024-swim-lesson-providers.pdf)]



**National Drowning Prevention Alliance** [[ndpa.org](https://ndpa.org)]

**Red Cross Water Safety** [[redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html](https://redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html)] {CPR classes at local Red Cross & YMCAs}

**Tarrant County Public Health - Pool Program/Inspections** [[tarrantcountytx.gov/en/public-health/health-protection-and-response/environmental-health-promotion/pools.html?linklocation=Button%20List&linkname=Pool%20Safety%20Program](https://tarrantcountytx.gov/en/public-health/health-protection-and-response/environmental-health-promotion/pools.html?linklocation=Button%20List&linkname=Pool%20Safety%20Program)]

**Texas Water Safety Coalition**

For information, e-mail: [[barbara.cosart@ascension.org](mailto:barbara.cosart@ascension.org)]

**Water Safety for Kids**

[[getparentingtips.com/toddlers/safety/water-safety-for-kids/](https://getparentingtips.com/toddlers/safety/water-safety-for-kids/)]