

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



PRECONCEPTION HEALTH AND FAMILY PLANNING IN TARRANT COUNTY

70% of Tarrant County women aged 18-44 years have never had a health professional talk with them about ways to prepare for a healthy pregnancy and baby during a routine health care visit, a significant increase from 57% in 2020

- Among women who have **never** had a health professional talk with them about how to plan for a healthy pregnancy, **22% did not have health insurance** at the time of survey
- **42%** of women aged 18-44 years reported they **did not want a child** now or in the future; however **39% of those** who did not want a child **did nothing to prevent pregnancy** the last time they had sex
- **The majority** of women aged 18-44 years are **overweight or obese** (65%) and **eat fruits and/or vegetables less than five times** a day (82%)

Figure 1. Percentage of women aged 18-44 years who have never had a health professional talk with them about ways to prepare for a healthy pregnancy and baby as part of a routine health care visit, Tarrant County, 2024

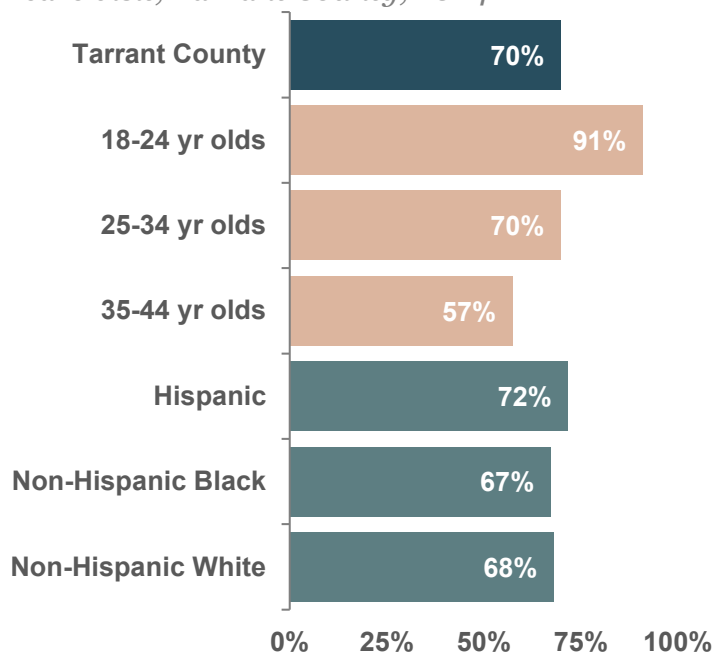


Figure 2. Family planning among women aged 18-44 years, Tarrant County, 2024

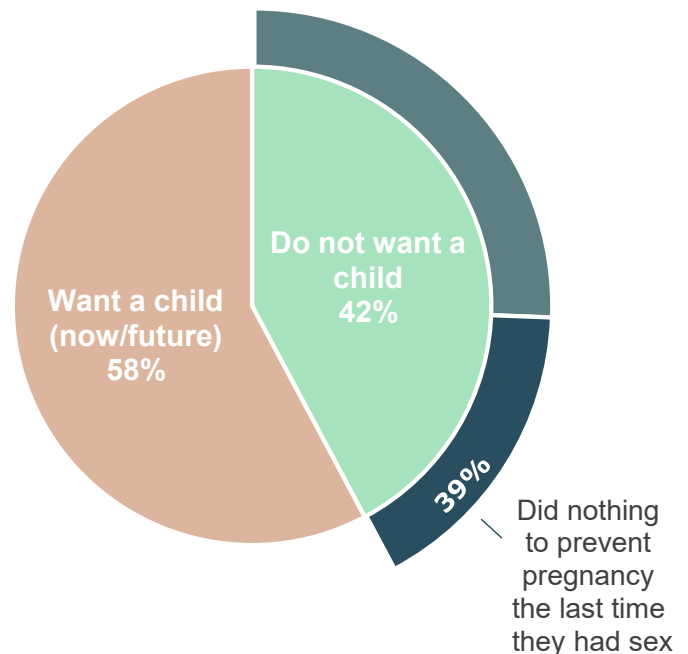
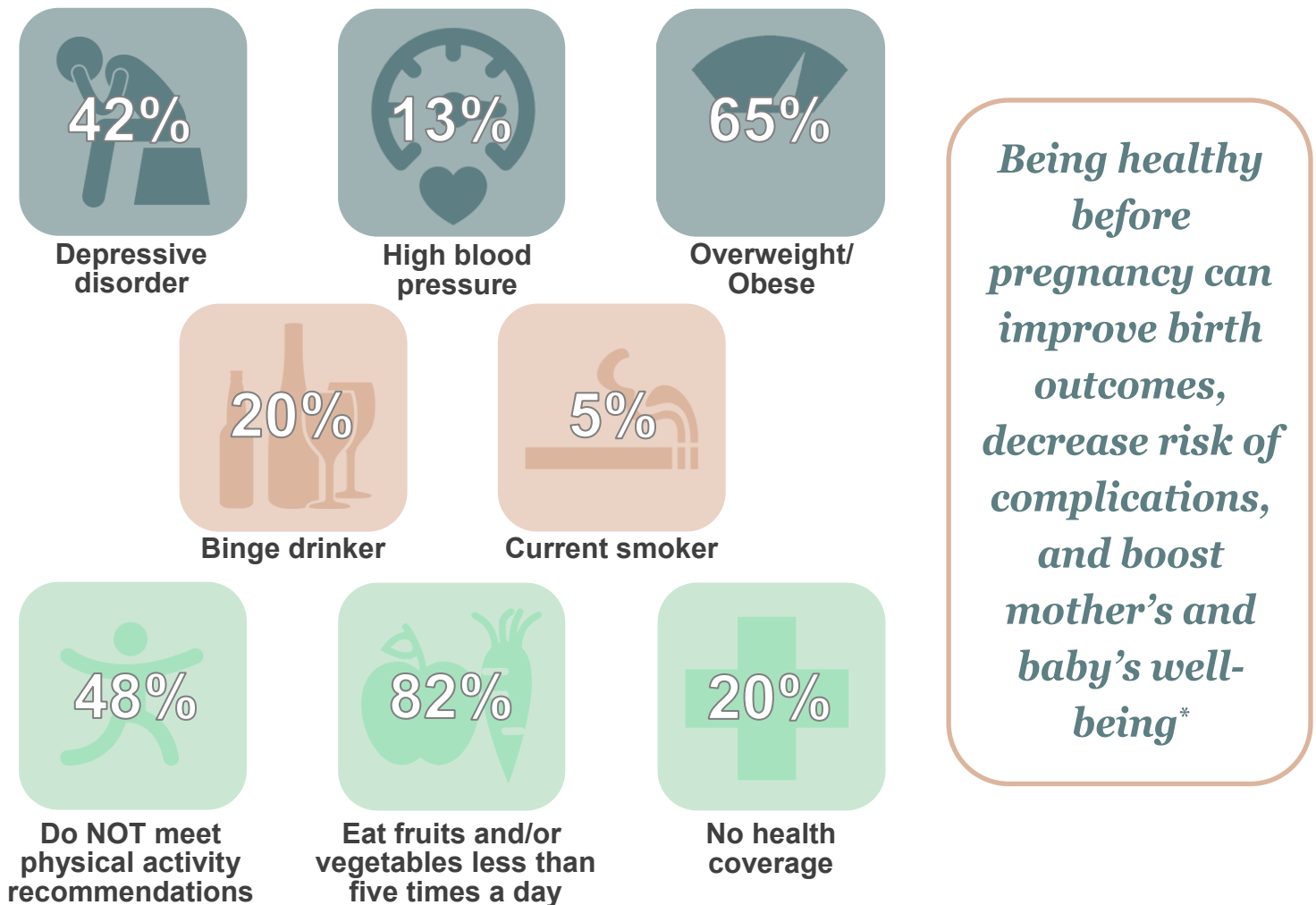


Figure 3. Health indicators among women of childbearing age[†], Tarrant County, 2024



Healthy lifestyle recommendations:

- Maintain a healthy weight
- Do at least 2 1/2 hours of moderate-intensity or 75 minutes of vigorous-intensity aerobic physical activity per week and participate in activities that involve all major muscle groups at least two days a week
- Eat healthy foods including a variety of fruits and vegetables
- Do not smoke
- If drinking alcohol, consume in moderation (for women: an average of 1 serving per day and no more than 3 within a 2-3 hour time)
- Speak to your healthcare provider about how to prepare now for a healthy pregnancy in the future

Resources available at Tarrant County Public Health

[<http://health.tarrantcounty.com>]

- **WIC:** Helps families eat well, learn about nutrition, and stay healthy
- **Health For Me:** Self-management class for persons with diabetes, obesity, hypertension, and other chronic conditions
- **Live Tobacco Free:** Free tobacco cessation class for adults

For other community resources: Call 2-1-1

[†]18-44 years of age, *Centers for Disease Control and Prevention and U.S. Department of Health & Human Services

NOTE: Binge drinking for women is defined as 4 or more drinks within a 2-3 hour time period, One drink = 12 oz. beer OR 8 oz. malt liquor OR 5 oz. wine, OR 1.5 oz. 80-proof distilled spirits or liquor (gin, rum, vodka, whiskey, etc.)

Data sources: Tarrant County Behavioral Risk Factor Surveillance System, 2024

Data Brief provided by: Statistical Analysis Team