

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



BREASTFEEDING IN TARRANT COUNTY

- **91%** of Tarrant County infants were **breastfeeding** at the time of mother's discharge from place of birth in 2023*, a **1% increase** from 2014 and above Texas (89%) and the United States (85%)
- From 2014 to 2023* **breastfeeding** at time of discharge **increased significantly** among **non-Hispanic black infants**:
 - Hispanic rate remained the same
 - Non-Hispanic black rate increased 4%
 - Non-Hispanic white rate increased 1%
 - Other/Multiracial rate remained the same
- **Breastfeeding** at time of discharge was **highest** among:
 - Mothers with a college degree (94%)
 - Other/Multiracial mothers (93%)
 - Married mothers (93%)
 - Mothers aged 30-39 years (92%)
 - Full term infants (91%)

Figure 1. Percentage of infants breastfeeding at time of discharge by maternal education, 2023*

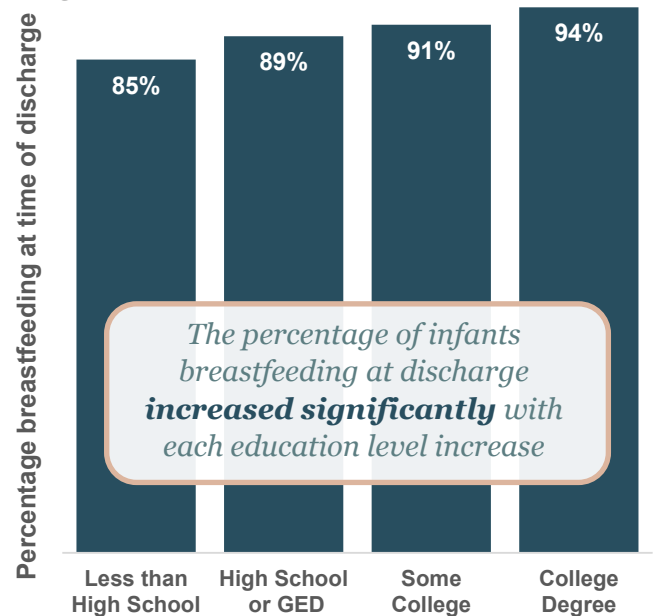
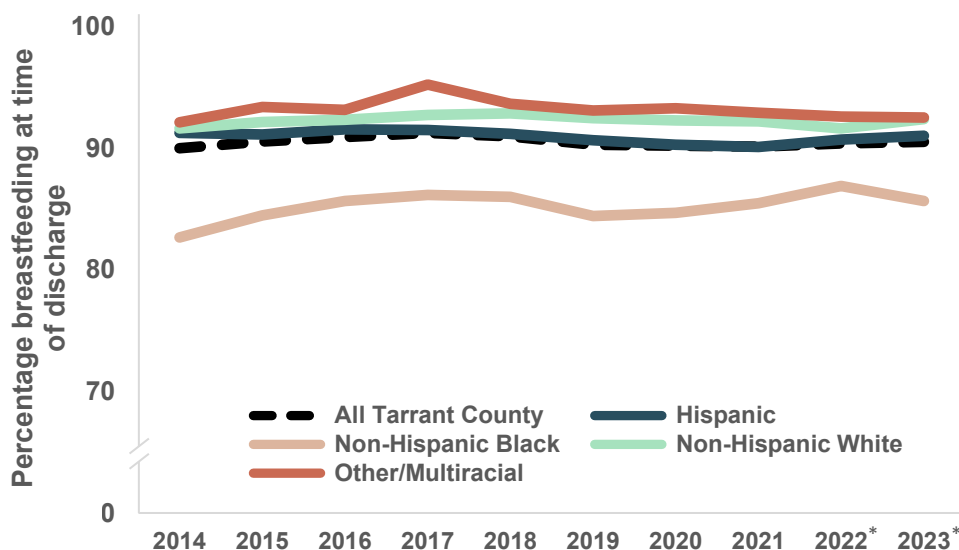


Figure 2. Percentage of infants breastfeeding at time of discharge by race/ethnicity, 2014-2023*



The greatest increase in breastfeeding at discharge was among non-Hispanic black infants, rising from 83% in 2014 to 86% in 2023*

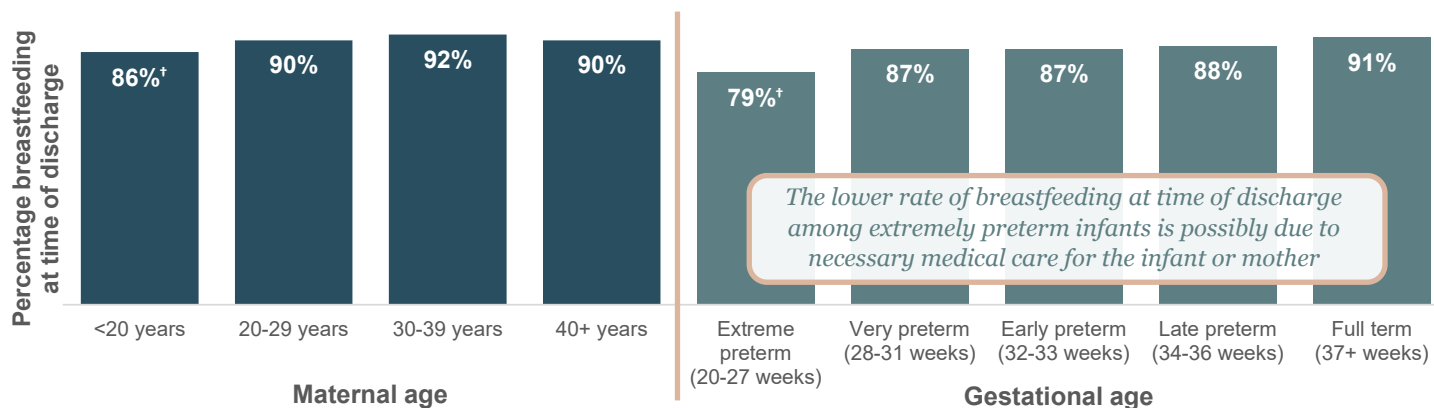
*2022 and 2023 data are provisional and subject to change, Significant differences detected with a p-value <0.05

Analysis was restricted to infants with gestational ages ≥ 20 weeks who were not transferred to another facility within 24 hours of delivery and who were living at the time of birth certificate completion; births were included regardless of place of birth (e.g. hospital, birthing center, home birth)

Data sources: Texas Department of State Health Services, Centers for Disease Control and Prevention
Data Brief provided by: Statistical Analysis Team

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Figure 3. Percentage of infants breastfeeding at discharge by maternal age and gestational age, 2023*



Some mothers were significantly less likely than others to be breastfeeding at the time of discharge:



Non-married mothers



Mothers with labor and delivery complications



Mothers with Medicaid



Mothers on WIC



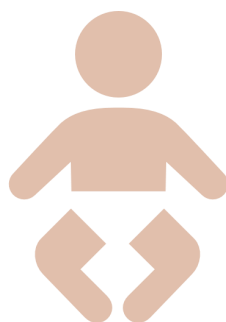
Mothers of a preterm or low birth weight infant



Mothers who have given birth before

Breastfeeding has many benefits:

Infants



Lower risk of:

- Childhood leukemia
- Diabetes
- Ear and respiratory infections
- Hypertension
- Obesity
- Stomach problems
- Sudden infant death syndrome (SIDS)

Mothers



Lower risk of:

- Breast cancer
- High blood pressure
- Ovarian cancer
- Type 2 diabetes

Produces hormones that:

- Aid with relaxation and bonding with baby
- Reduce post-partum bleeding

Breastfeeding Resources

- **Breastmilk Counts Resources**
[www.breastmilkcounts.com]
- **Tarrant Breastfeeding Support Line**
817-321-5416

- **TCPH Breastfeeding Resources**
[www.tarrantcountytx.gov]
- **Texas Lactation Support Hotline**
1-855-550-6667

- **Worksite Lactation Support Program**
[www.tarrantcountytx.gov]

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