

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



PRENATAL CARE IN TARRANT COUNTY

- In 2023^{*}, **59.8%** of Tarrant County live births received prenatal care (PNC) **in the first trimester**
- The percentage of **Tarrant County** live births that received prenatal care in the first trimester was **significantly lower** than **Texas** and the **United States**
- Compared to non-Hispanic Whites, the percentage of Tarrant County live births that received prenatal care in the first trimester was **significantly lower** among those who were **Hispanic, non-Hispanic Black, and non-Hispanic Other/Multiracial**
- In 2023^{*}, **60.4%** of Tarrant County live births had **adequate or more** prenatal care utilization[†], which was below the Healthy People 2030 goal of 80.5%
- Live births with **inadequate prenatal care utilization**[‡], compared to adequate prenatal care utilization, had **significantly higher** rates of:
 - Prematurity
 - NICU admission
 - Low birth weight
 - Infant mortality

Figure 1. Prenatal care in first trimester among live births, Tarrant County, Texas, and the United States, 2023^{*}

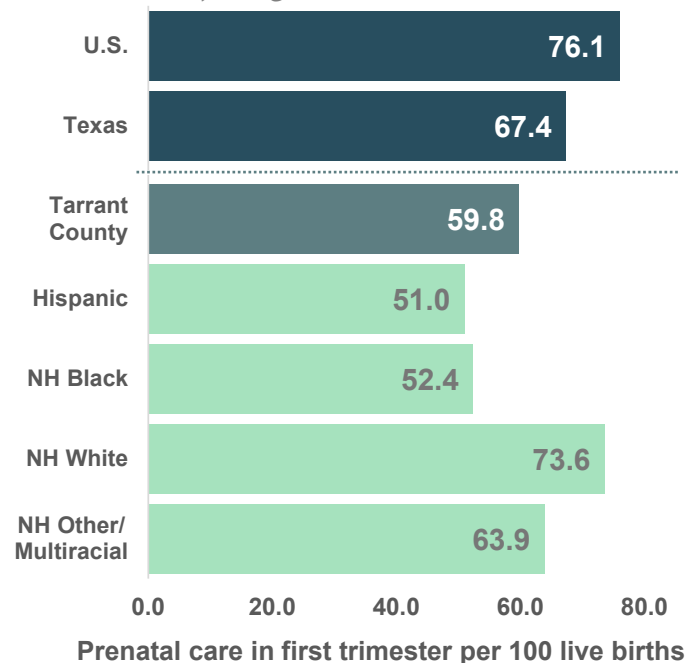
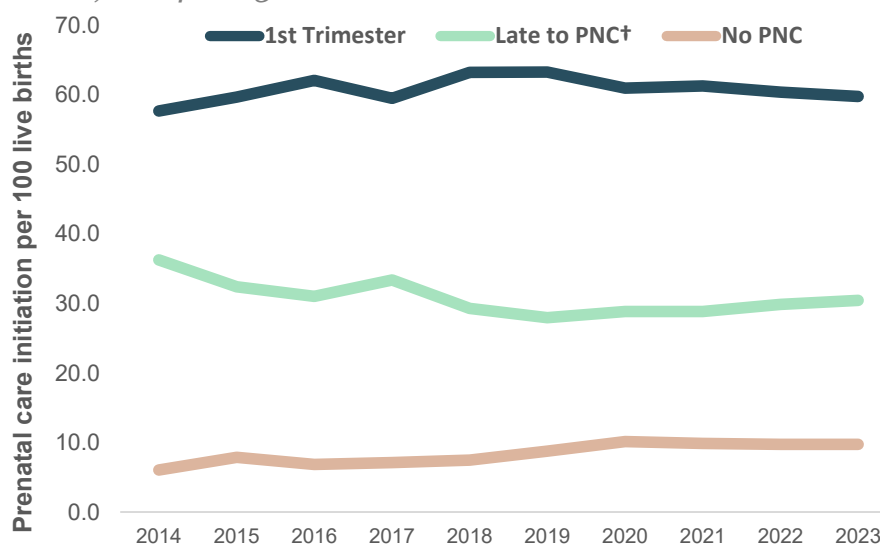


Figure 2. Prenatal care initiation among Tarrant County live births, 2014-2023^{*}



The proportion of live births that received prenatal care in the first trimester increased significantly from 2014-2023^{}; However, so did the proportion of live births that received no prenatal care during pregnancy*

^{*}2022 and 2023 data are provisional and subject to change, [†]Prenatal care utilization categories are defined at the top of page 2, [‡]Late to PNC = starting prenatal care in the 2nd or 3rd trimester, NH = Non-Hispanic; All significant differences detected with a p-value <0.05

The Adequacy of Prenatal Care Utilization Index was calculated to examine the use of prenatal care among Tarrant County live births. This index classifies the overall **utilization** of prenatal care during pregnancy into **1 of 4 categories** based on the timing of prenatal care, the number of visits, and the infant's gestational age. The index **does not measure the quality** of prenatal care.

Figure 3. Prenatal care utilization among Tarrant County live births, 2023*

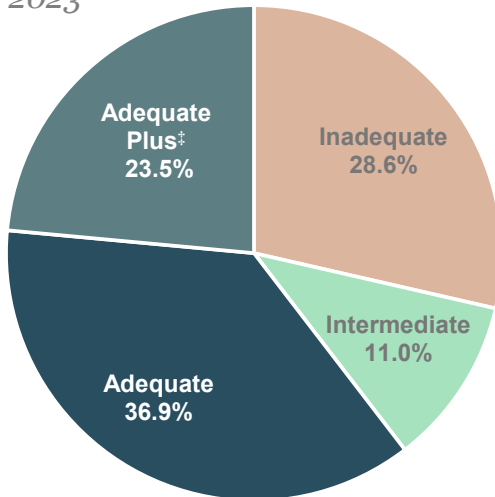


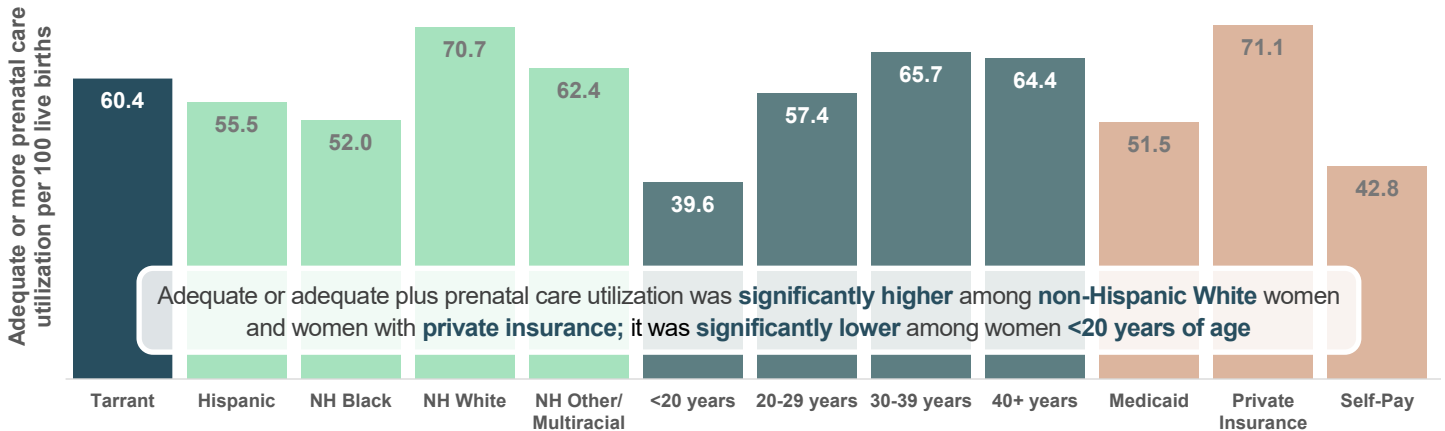
Figure 4. Birth characteristics and outcomes among Tarrant County live births with adequate and inadequate prenatal care utilization, 2023*

	Prenatal Care Utilization		Difference
	Adequate	Inadequate	
1st born child	40.1%	39.8%	→
Preterm (<37 weeks gestation)	4.9%	11.7%	↑
Low birth weight (<2,500 grams)	4.5%	10.1%	↑
Cesarean section	31.9%	31.8%	→
Maternal labor and delivery complications	0.5%	0.5%	→
Infant NICU admission	5.3%	11.1%	↑
Infant mortality rate, 2019 (infant deaths per 1,000 live births)	2.38	6.63	↑

Note: Any up or down arrows denote statistically significant difference between infants with adequate prenatal care utilization vs inadequate prenatal care utilization ($p < 0.05$)

Figure 5. Adequate and adequate plus† prenatal care utilization among Tarrant County live births by select characteristics, 2023*

Healthy People 2030 Goal: 80.5



With regular prenatal care women can:

- **Reduce the risk of pregnancy complications** by discussing and managing healthy lifestyle choices, potential exposures, and existing conditions
- **Reduce the fetus's and infant's risk for complications** by discussing strategies to promote healthy fetal development
- **Help ensure the medications they take are safe**, including dietary and herbal supplements

Resources:

- **Help Me Grow North Texas - Perinatal Connections:** [helpmegrownorthtexas.org] support and connections to community resources during pregnancy and through one year after delivery
- **North Texas Area Community Health Centers - Joyful Beginnings:** [ntachc.org] support and resources for expectant mothers and their families up to a year postpartum
- **2-1-1 Hotline:** [call 2-1-1] connects people in need to the services that can help

*2022 and 2023 data are provisional and subject to change, †Adequate Plus could be a result of high risk pregnancy requiring additional care

NH = Non-Hispanic; All significant differences detected with a p-value < 0.05

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

National Institute of Child Health and Human Development

Data Brief provided by: Statistical Analysis Team