



## MATERNAL HYPERTENSION IN TARRANT COUNTY

Maternal hypertension includes chronic hypertension (high blood pressure before pregnancy), gestational hypertension (high blood pressure developed during pregnancy), and eclampsia (sudden development of high blood pressure along with seizures during pregnancy)

- In 2024, **13.3% of Tarrant County** live births occurred to mothers with **hypertension** (1.8% to mothers with chronic hypertension, 11.4% to mothers with gestational hypertension, and 0.1% to mothers with eclampsia)
- From 2015 to 2024 **maternal hypertension significantly increased** among Tarrant County live births (6.2% to 13.3%) and **across all race/ethnicity groups**
  - Hispanic (4.2% to 12.7%)
  - Non-Hispanic Black (7.1% to 16.7%)
  - Non-Hispanic White (6.3% to 13.3%)
  - Other/Multiracial (4.6% to 9.2%)

*In 2024 the percentage of Tarrant County live births to mothers with hypertension was significantly higher than Texas and significantly lower than the United States*

Figure 1. Maternal hypertension among live births in the United States, Texas, and large Texas counties, 2024

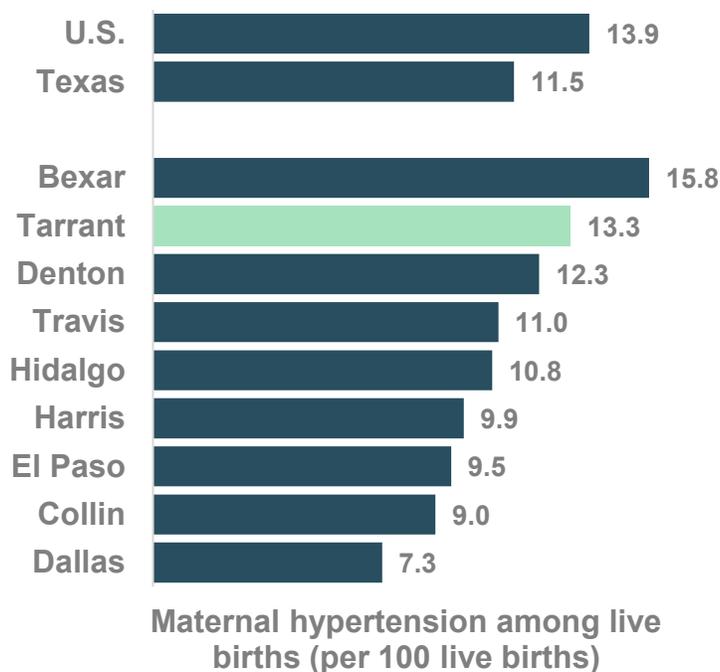


Figure 2. Type of hypertensive disorder among Tarrant County live births with maternal hypertension, 2024

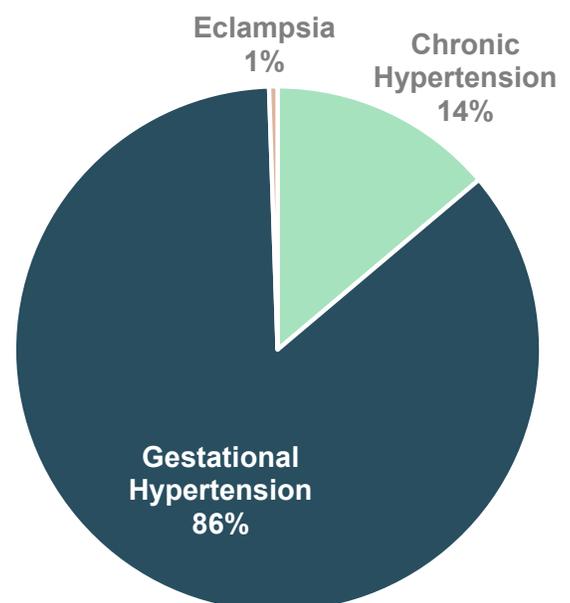
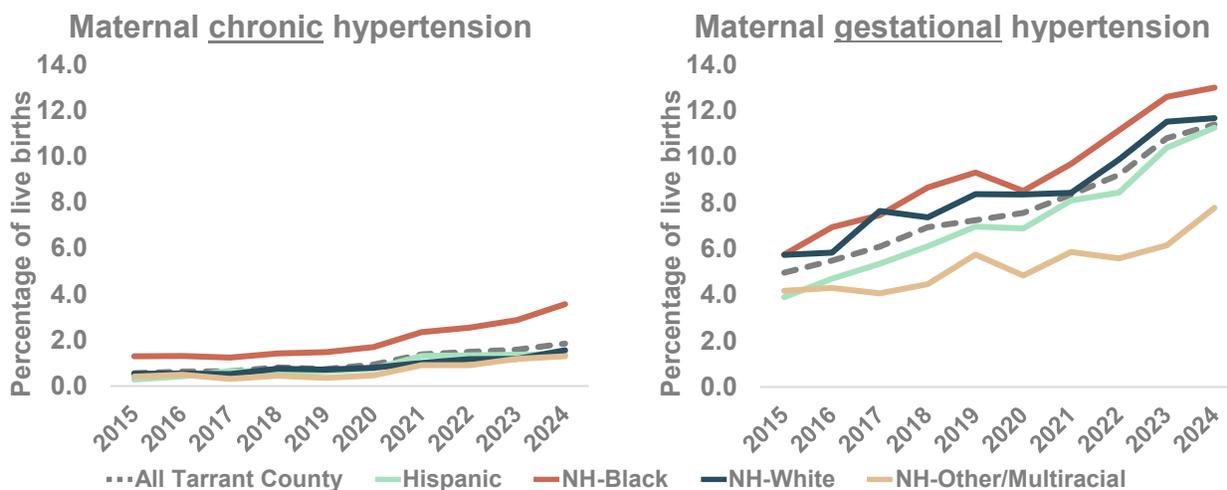


Figure 3. Percentage of live births to mothers with chronic and gestational hypertension by race/ethnicity, Tarrant County, 2015-2024



**Maternal chronic and gestational hypertension increased significantly across all race/ethnicity groups in Tarrant County from 2015 to 2024**

Figure 4. Pregnancy and birth outcomes among Tarrant County live births by maternal hypertension, 2024

**Mothers with hypertension had significantly higher rates of diabetes, cesarean deliveries, and preterm births compared to other mothers**

2024	Mothers with <u>no</u> Hypertension	Mothers with Hypertension	Difference
Birth defects	0.2%	0.4%	—
Cesarean delivery	33.3%	43.2%	↑
Diabetes (gestational or chronic)	7.0%	17.1%	↑
Maternal labor and delivery complication	0.6%	0.8%	—
Preterm birth (<37 weeks gestation)	9.2%	20.3%	↑
<b>2023-2024<sup>†</sup></b>			
Infant mortality rate*	5.71	5.77	—

Note: Any up or down arrows denote statistically significant difference between mothers without hypertension and mothers with hypertension (p<0.05)  
 \* Infant mortality rate = number of deaths among infants under one year of age per 1,000 live births  
 † 2023 and 2024 infant mortality data are provisional and subject to change

<p><b>Risks of high blood pressure during pregnancy</b></p> <p><b>For mothers:</b></p> <ul style="list-style-type: none"> <li>• Preeclampsia and eclampsia</li> <li>• Stroke</li> <li>• Needed labor induction</li> <li>• Placental abruption</li> </ul> <p><b>For babies:</b></p> <ul style="list-style-type: none"> <li>• Preterm birth</li> <li>• Low birth weight</li> </ul>	<p><b>Resources and support</b></p> <p><b>Health For Me</b>  <a href="http://health.tarrantcountytx.gov">[health.tarrantcountytx.gov]</a> Chronic Disease Self-Management Program at Tarrant County Public Health</p> <p><b>Centers for Disease Control and Prevention</b>  <a href="http://www.cdc.gov">[www.cdc.gov]</a> Education resources on hypertension and steps to take before, during, and after pregnancy</p> <p><b>American Heart Association</b>  <a href="http://www.heart.org">[www.heart.org]</a> Education resources on hypertension and other heart health topics</p> <p>Additional Maternal and Child Health Data Briefs <a href="http://health.tarrantcountytx.gov">[health.tarrantcountytx.gov]</a></p>
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