

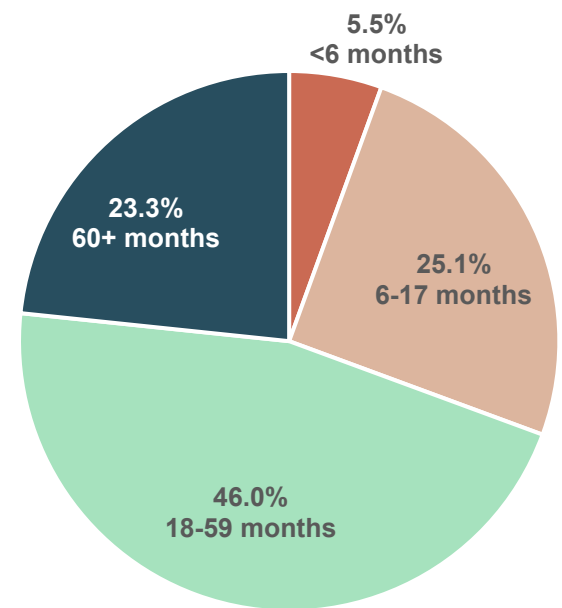
TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



PREGNANCY SPACING IN TARRANT COUNTY

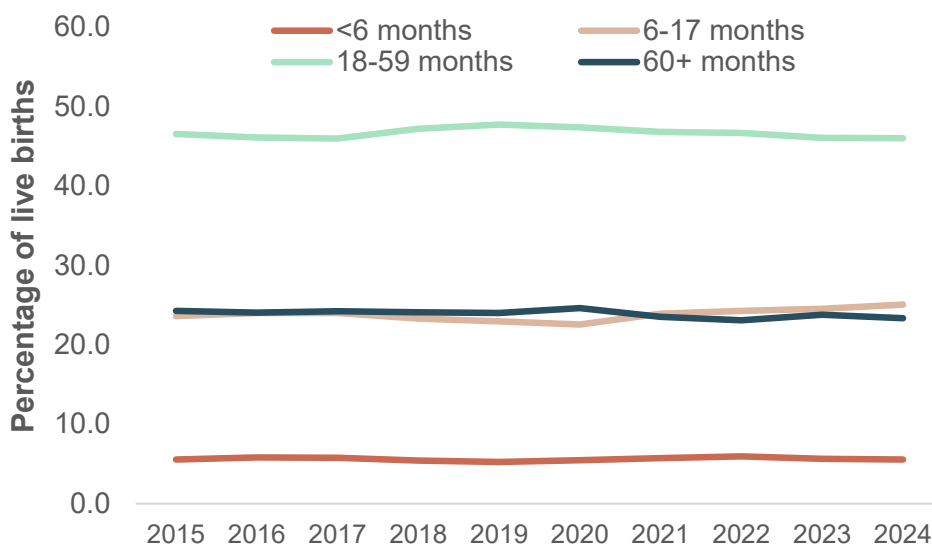
Pregnancy spacing (also called interpregnancy interval) is the amount of time between a prior live birth and the start of a new pregnancy. The American College of Obstetricians and Gynecologists states there is a modest increase in the risk of adverse outcomes associated with pregnancy intervals of less than 18 months and a more significant risk of adverse outcomes with intervals of less than 6 months. Intervals of greater than 5-10 years may also be associated with increased risk of adverse outcomes.

Figure 1. Pregnancy spacing among Tarrant County live births to mothers with a previous live birth, 2024



- Around **30 percent** of 2024 Tarrant County live births to mothers with a previous live birth were **conceived within 18 months of the prior live birth** (Figure 1)
- In 2024, pregnancy spacing of **less than 6 months** was **significantly higher** among Tarrant County **mothers <20 years of age, mothers that are non-Hispanic Black, and mothers with a high school degree and less** (Figure 3)
- Tarrant County infants with **less than 6 month** pregnancy spacing had **significantly higher infant mortality rates** than those born after an 18-59 month pregnancy spacing from 2020-2024 (Figure 4)

Figure 2. Pregnancy spacing among Tarrant County live births to mothers with a previous live birth, 2015-2024



*From 2015 to 2024 there was a **significant increase** in pregnancy spacing **6-17 months** among Tarrant County live births*

All significant differences detected with a p-value <0.05

Data sources: Texas Department of State Health Services, American College of Obstetricians and Gynecologists
Data Brief provided by: Statistical Analysis Team

Figure 3. Pregnancy spacing by maternal characteristics among live births to mothers with a previous live birth, Tarrant County, 2024

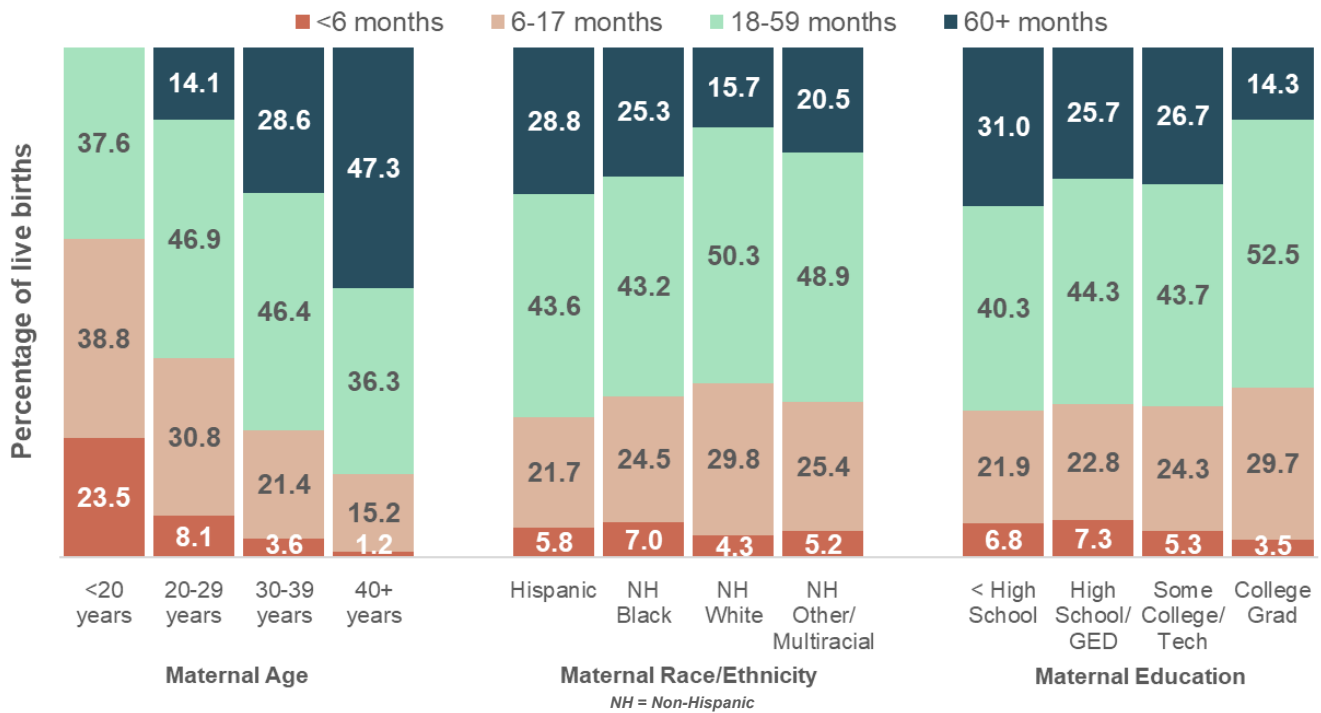


Figure 4. Infant and maternal characteristics by pregnancy spacing among Tarrant County live births to mothers with a previous live birth, 2024


Pregnancy Outcomes	Pregnancy Spacing			
	<6 months	6-17 months	18-59 months [†]	60+ months
Gestational hypertension or eclampsia	12.1%	8.9% [↓]	10.1%	12.2% [↑]
Infant mortality rate (2020-2024)	7.50 [↑]	4.82	4.59	5.82
Low birth weight (<2,500 grams)	8.1%	6.2%	7.0%	9.3% [↑]
NICU admission	8.4%	7.8%	8.2%	10.1% [↑]
Preterm birth (<37 weeks)	13.5% [↑]	9.4%	10.1%	13.0% [↑]
Maternal Characteristics				
Breastfeeding at discharge	77.3% [↓]	89.2%	90.3%	88.5% [↓]
Cesarean delivery	27.6% [↓]	30.9% [↓]	35.2%	41.6% [↑]
Maternal infection [‡]	5.5% [↑]	3.3%	3.8%	4.4%
Medicaid healthcare coverage	53.6% [↑]	41.7% [↑]	39.4%	48.8% [↑]
Poor previous birth outcome	9.4%	8.4%	8.4%	7.7%
Started prenatal care on time	49.4% [↓]	61.3%	62.4%	56.8% [↓]

[†] Reference Group; [↑] or [↓] = significantly higher or lower compared to the Reference Group (p<0.05)

Infant mortality rate = number of deaths among infants under one year of age per 1,000 live births

[‡] Maternal infections of Gonorrhea, Syphilis, Chlamydia, Hepatitis B, or Hepatitis C present and/or treated during pregnancy

Recommendations by the American College of Obstetricians and Gynecologists



- Women should avoid interpregnancy intervals shorter than 6 months
- Women should speak with their healthcare provider regarding the risks and benefits of repeat pregnancy sooner than 18 months
- Women should discuss interest in future childbearing and family planning with their healthcare providers during prenatal care and postpartum care