

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



MATERNAL OBESITY AND DIABETES

- In 2024, **the majority of live births** in Tarrant County (**63%**) were to mothers who were **overweight or obese before pregnancy**
- Hispanic and Non-Hispanic Black** residents had **significantly higher** percentages of live births to mothers who were **overweight or obese before pregnancy** (both **68%**) compared to Non-Hispanic White (56%), and Non-Hispanic Other/Multiracial residents (51%) in 2024
- In 2024, **8%** of Tarrant County live births were to mothers **with diabetes** (1% chronic, 7% gestational), which was a **significant increase** from 5% in 2015
- Maternal diabetes **increased significantly** among Tarrant County live births **overall** and among **each race/ethnicity group** from 2015 to 2024

Obese mothers had significantly higher rates of diabetes, hypertension, cesarean deliveries, and preterm births compared to healthy-weight mothers

Figure 1. Pre-pregnancy maternal weight categories among Tarrant County live births, 2024

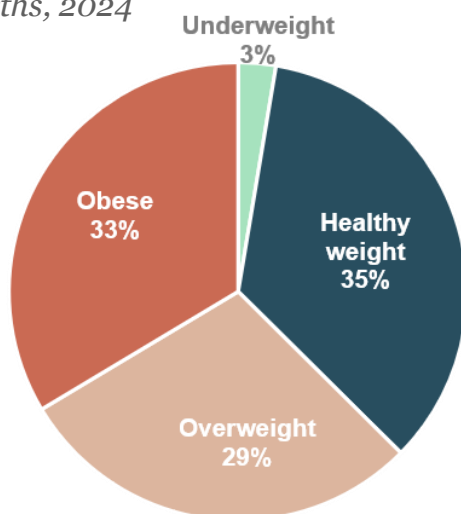


Figure 2. Pregnancy and birth outcomes by selected maternal BMI categories among Tarrant County residents, 2024

	Healthy-weight mothers	Obese mothers	Difference
Diabetes (chronic and gestational combined)	4.4%	13.5%	↑
Hypertension (chronic and gestational combined)	8.4%	20.7%	↑
Cesarean delivery	27.3%	44.1%	↑
Maternal labor and delivery complication	0.7%	0.5%	↓
Preterm birth (<37 weeks gestation)	9.7%	12.7%	↑
Fetal mortality rate [†]	3.68	5.54	—
Infant mortality rate [‡]	4.74	5.90	—

Note: Any up or down arrows denote statistically significant difference between healthy-weight and obese mothers ($p < 0.05$)

[†]Fetal mortality rate = number of fetal deaths at 20 weeks of gestation or more per 1000 live births and fetal deaths

[‡]Infant mortality rate = number of deaths among infants under one year of age per 1000 live births

2024 data are provisional and subject to change; Underweight = BMI <18.5, Healthy Weight = BMI 18.5–24.9, Overweight = BMI 25.0–29.9,

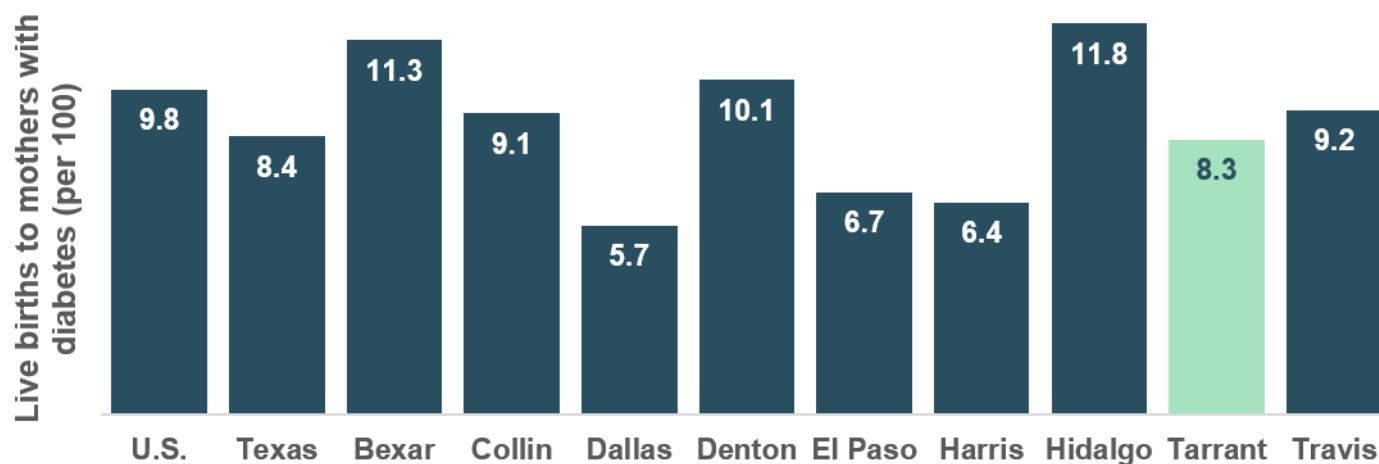
Obese = BMI 30.0+; All diabetes data are chronic and gestational combined; All significant differences detected with a p -value <0.05

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

Data Brief provided by: Statistical Analysis Team

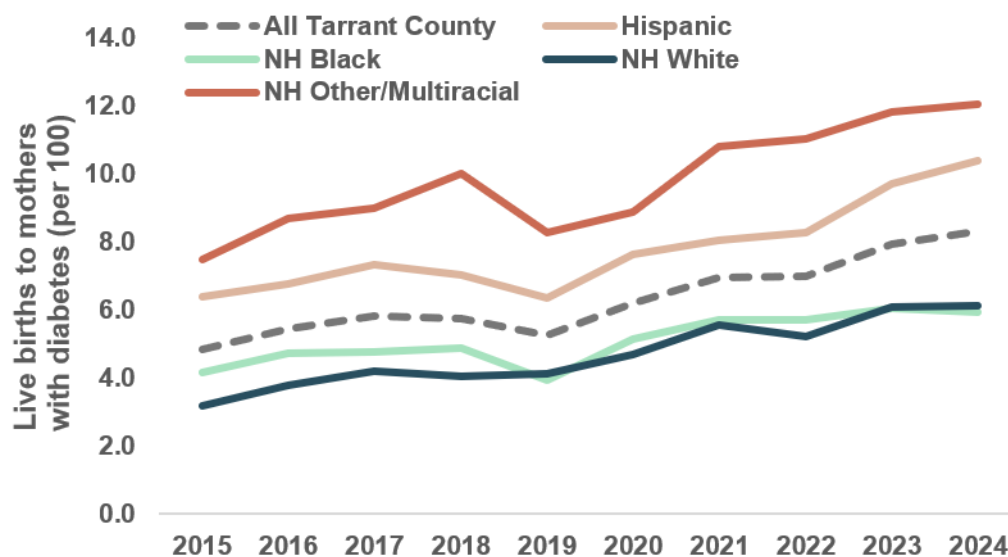
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Figure 3. Percentage of live births to mothers with diabetes in select Texas counties, Texas, and the United States, 2024[†]



In 2024, **Tarrant County** had a **significantly lower** percentage of live births to mother with **diabetes** than **the United States, Texas, and several peer Texas counties** (Bexar, Collin, Denton, Hidalgo, and Travis)

Figure 4. Percentage of live births to mothers with diabetes by race/ethnicity, Tarrant County, 2015-2024



Each year from 2015 to 2024, **Hispanic and Non-Hispanic Other/Multiracial** residents had **significantly higher** percentages of live births to mothers with **diabetes**

Resources available at Tarrant County Public Health

tarrantcountytx.gov/en/public-health.html

Health For Me: Self-management class for persons with diabetes, obesity, hypertension, and other chronic conditions

WIC: Helps families eat well, learn about nutrition, and stay healthy

[†]Texas counties include those with 10,000 or more live births; 2024 data are provisional and subject to change;

NH = Non-Hispanic; All diabetes data are chronic and gestational combined; All significant differences detected with a p-value <0.05; Data sources: Texas Department of State Health Services, Centers for Disease Control and Prevention; Data Brief provided by: Statistical Analysis Team