

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## PREMATURITY IN TARRANT COUNTY

- **Preterm births** include any live birth occurring before **37 weeks** gestation
- In 2020, the **Tarrant County prematurity rate** (10.1 per 100 live births) was **lower than Texas** (10.8), **the same as the United States** (10.1), and higher than the Healthy People 2020 goal (9.4)
- From 2011-2020, **Non-Hispanic black** residents had **significantly higher prematurity** rates than Hispanic, non-Hispanic white, and other racial/ethnicity groups in Tarrant County
- The **infant mortality rate** among Tarrant County **preterm births** (30.5 per 1,000 live births) was **significantly higher** than term births (1.9 per 1,000 live births) in 2019
- **Prematurity and low birth weight** was the **second leading cause of death** among Tarrant County infants, responsible for 15.5% of infant deaths from 2015-2019

Figure 1. Prematurity rate for Tarrant County, Texas, and the United States, 2020

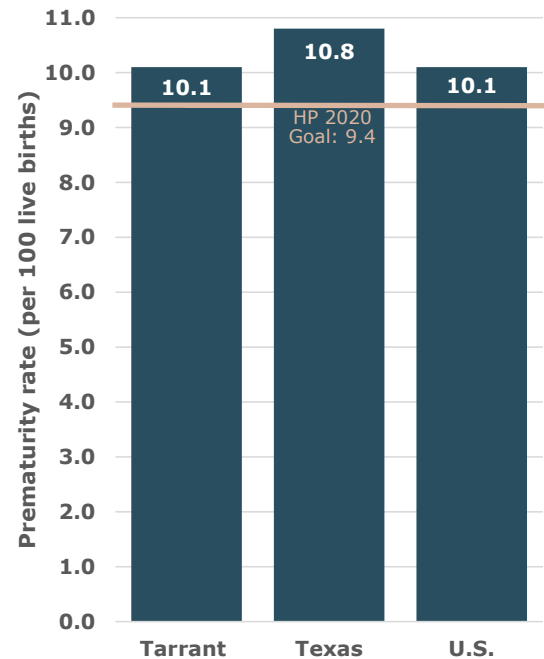
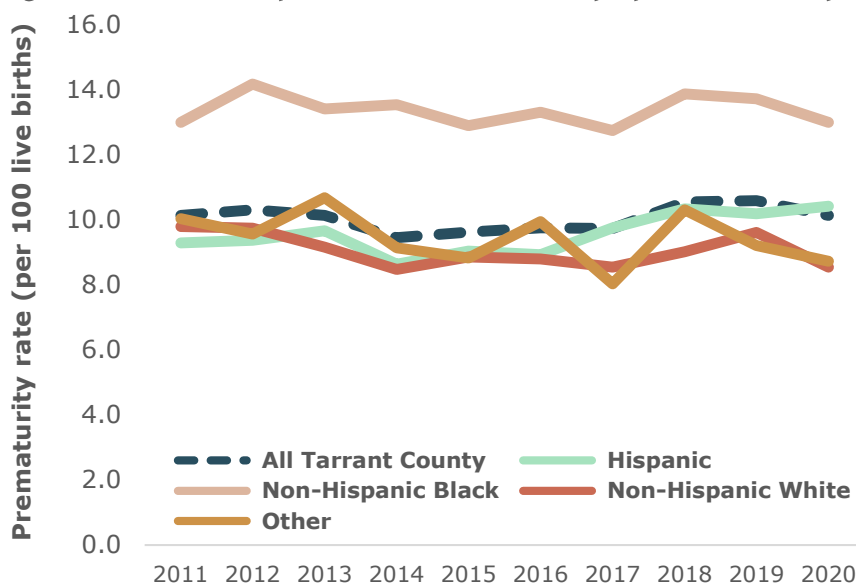


Figure 2. Prematurity rate in Tarrant County by race/ethnicity, 2011-2020



**Non-Hispanic black residents consistently had the highest prematurity rates compared to all other racial/ethnic groups**

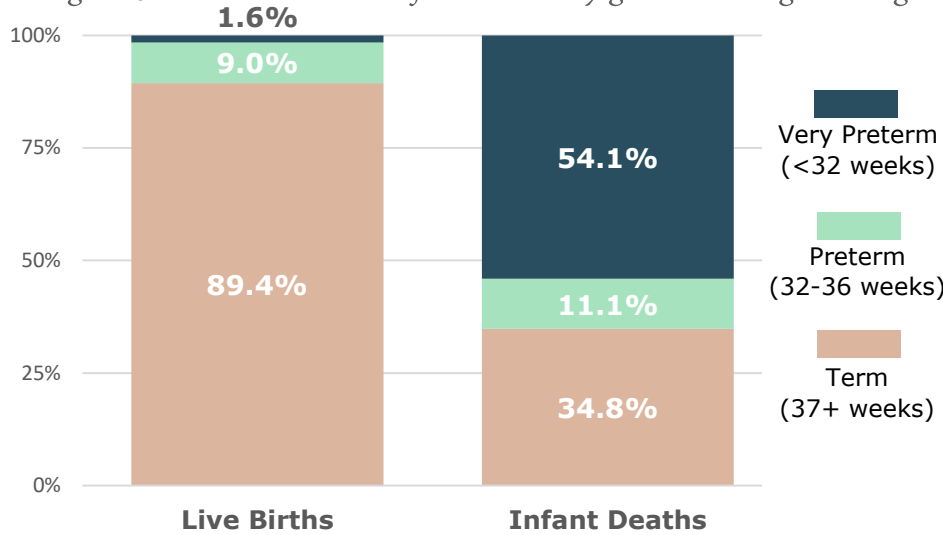
All significant differences detected with a p-value <0.05

HP 2020 Goal= Healthy People 2020 Objective: lower the percent of live births born preterm to 9.4%

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

Data Brief provided by: Division of Epidemiology and Health Information

Figure 3. Live births and infant deaths by gestational age among Tarrant County infants, 2019†



**Infants born preterm (<37 weeks) account for around 10% of live births and 65% of infant deaths**

Figure 4. Characteristics among Tarrant County infants born term and preterm, 2020

Birth characteristics	Term (37+ weeks)	Preterm (<37 weeks)	Difference
1st born child	40.1%	41.7%	↓
Multiples birth (twin, triplet...)	1.2%	18.0%	↑
Cesarean delivery	31.5%	53.9%	↑
<b>Maternal characteristics</b>			
Started prenatal care on time	61.3%	58.0%	↓
Less than high school education	12.8%	14.6%	↑
Age 40 years and older	2.9%	5.4%	↑
Smoked during pregnancy	2.0%	2.8%	↑
Hypertension (chronic or pregnancy related)	7.4%	18.8%	↑
Diabetes (chronic or pregnancy related)	5.9%	8.9%	↑

Note: Any up or down arrows denote statistically significant difference between infants born term and preterm (p<0.05)

**Steps to reduce the risk of preterm birth:**

- Quit smoking
- Avoid alcohol and drugs
- Get prenatal care as soon as you think you may be pregnant and throughout pregnancy
- Seek medical attention for any warning signs or symptoms of preterm labor
- Wait at least 18 months between pregnancies
- If you had a previous preterm birth, talk to your healthcare provider about the use of progesterone

**A woman can still have a premature birth even if she has no known risk factors**

**Resources available at Tarrant County Public Health** [[health.tarrantcounty.com](http://health.tarrantcounty.com)]

- **17P Initiative:** Case management for pregnant women at risk for a repeat preterm birth
- **Live Tobacco Free:** Free tobacco cessation classes
- **Nurse Family Partnership:** Home nurse visits for eligible first time moms throughout their pregnancy and until their baby turns 2 years old
- **WIC:** Helps families eat well, learn about nutrition, and stay healthy
- **For Her Health:** Pap tests, family planning, referrals
- **Health For Me:** Self-management class for persons with diabetes, obesity, hypertension, and other chronic conditions

**For other community resources: Call 2-1-1**

†2020 infant deaths by gestational age data not available at the time of publication

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: Division of Epidemiology and Health Information