

# TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



## MATERNAL OBESITY AND DIABETES IN TARRANT COUNTY

- In 2014 the **majority of live births** in Tarrant County (51%) were to mothers who were **overweight or obese before pregnancy**
- Non-Hispanic black** residents had a **significantly higher** percentage of live births to mothers who were **overweight or obese before pregnancy** (59%) compared to Hispanic (57%), non-Hispanic white (45%), and Other/Multiracial residents (37%) in 2014
- In 2017 **5.83%** of Tarrant County live births were to mothers **with diabetes** (chronic or gestational), which was an **increase** from 4.59% in 2008
- Hispanic and Other/Multiracial** residents had **significantly higher** percentages of live births to **mothers with diabetes** than non-Hispanic black and non-Hispanic white residents in Tarrant County each year from 2008 to 2017

**Obese mothers had significantly higher rates of diabetes, preeclampsia, cesarean deliveries, preterm births, and infant mortality compared to healthy-weight mothers**

Figure 1. Pre-pregnancy maternal weight categories among Tarrant County live births, 2014

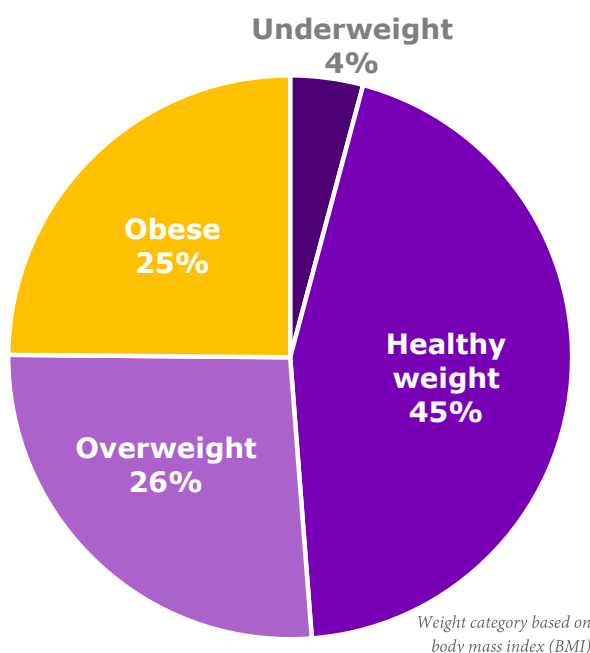


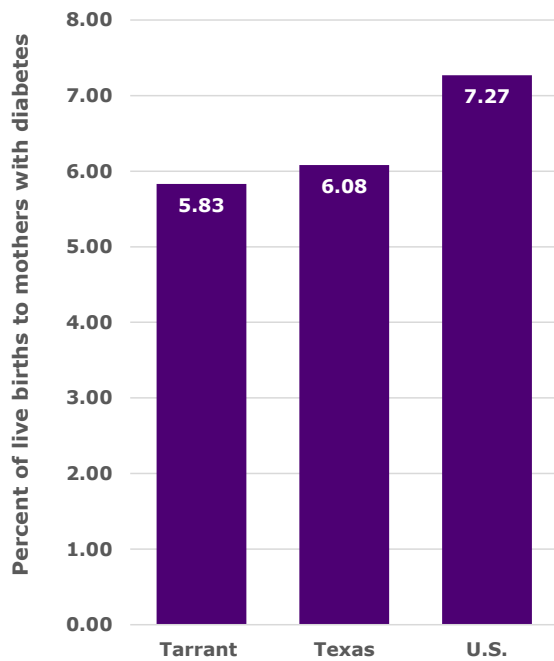
Figure 2. Pregnancy and birth outcomes by selected maternal BMI categories among Tarrant County residents, 2014

	Healthy-weight mothers	Obese mothers	Difference
Diabetes (gestational or chronic)	2.81%	9.93%	↑
Preeclampsia	3.30%	9.12%	↑
Cesarean delivery	26.95%	43.50%	↑
Maternal labor and delivery complication	1.05%	0.60%	↓
Preterm birth (<37 weeks gestation)	8.74%	11.10%	↑
Birth Defects	0.28%	0.27%	—
Infant mortality rate*	5.77	9.51	↑

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

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

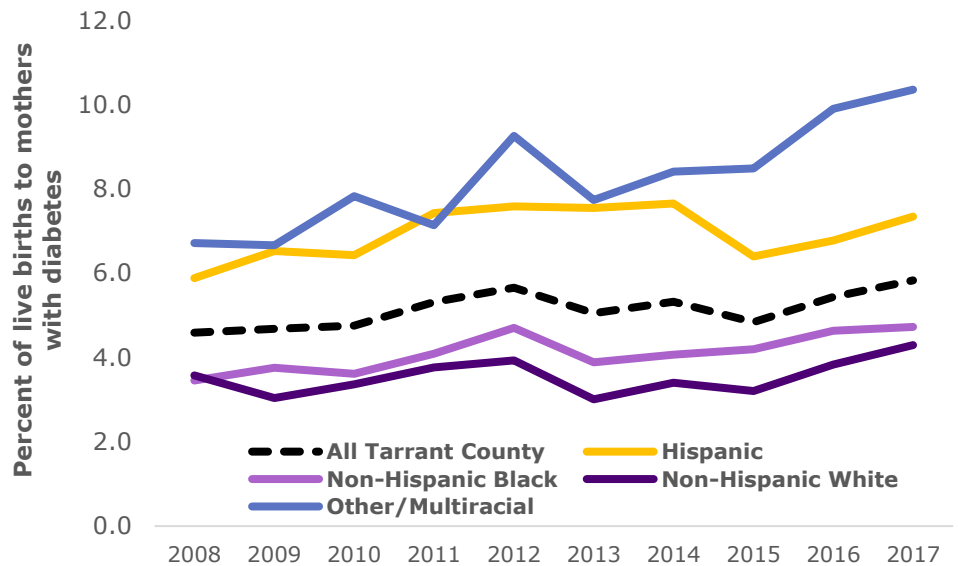
Figure 3. Percent of live births to mothers with diabetes in Tarrant County, Texas, and the United States, 2017



**In 2017 Tarrant County had a significantly lower percent of live births to mothers with diabetes than the United States**

Figure 4. Percent of live births to mothers with diabetes by race/ethnicity, Tarrant County, 2008-2017

**Hispanic and Other/Multiracial residents had significantly higher percentages of live births to mothers with diabetes each year from 2008-2017**



**Resources available at Tarrant County Public Health**  
 [health.tarrantcounty.com]

**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