

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



BREASTFEEDING IN TARRANT COUNTY

- **90%** of Tarrant County infants were **breastfeeding** at the time of mother's discharge from place of birth in 2020, a **5% increase** from 2011 and above Texas (89%), the United States (84%) and the Healthy People 2020 goal (81.9% of infants ever being breastfed)
- From 2011 to 2020 **breastfeeding** at time of discharge **increased significantly** across **all race/ethnicity groups**:
 - Hispanic rate increased 4%
 - Non-Hispanic Black rate increased 12%
 - Non-Hispanic White rate increased 5%
 - Other/Multiracial rate increased 6%
- **Breastfeeding** at time of discharge was **highest** among:
 - Mothers with a college degree (95%)
 - Other/Multiracial mothers (93%)
 - Full term infants (91%)
 - Mothers age 30-39 years (91%)

Figure 1. Percentage of infants breastfeeding at time of discharge by maternal education, 2020

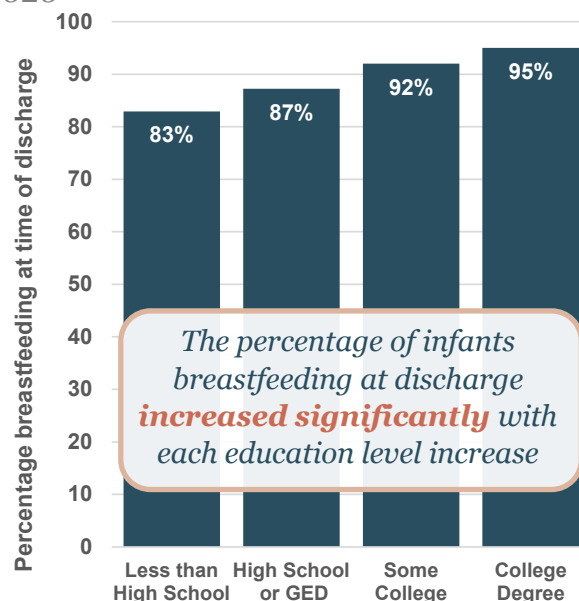
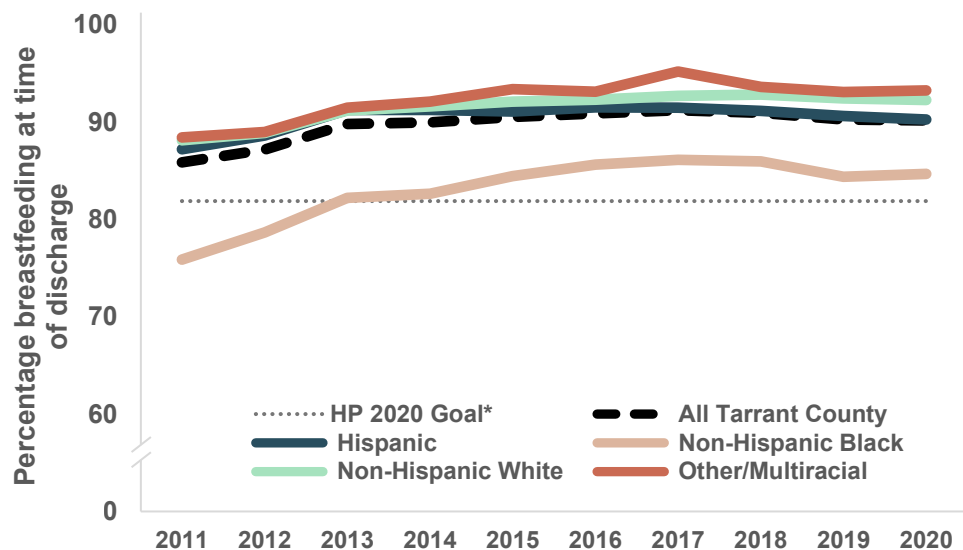


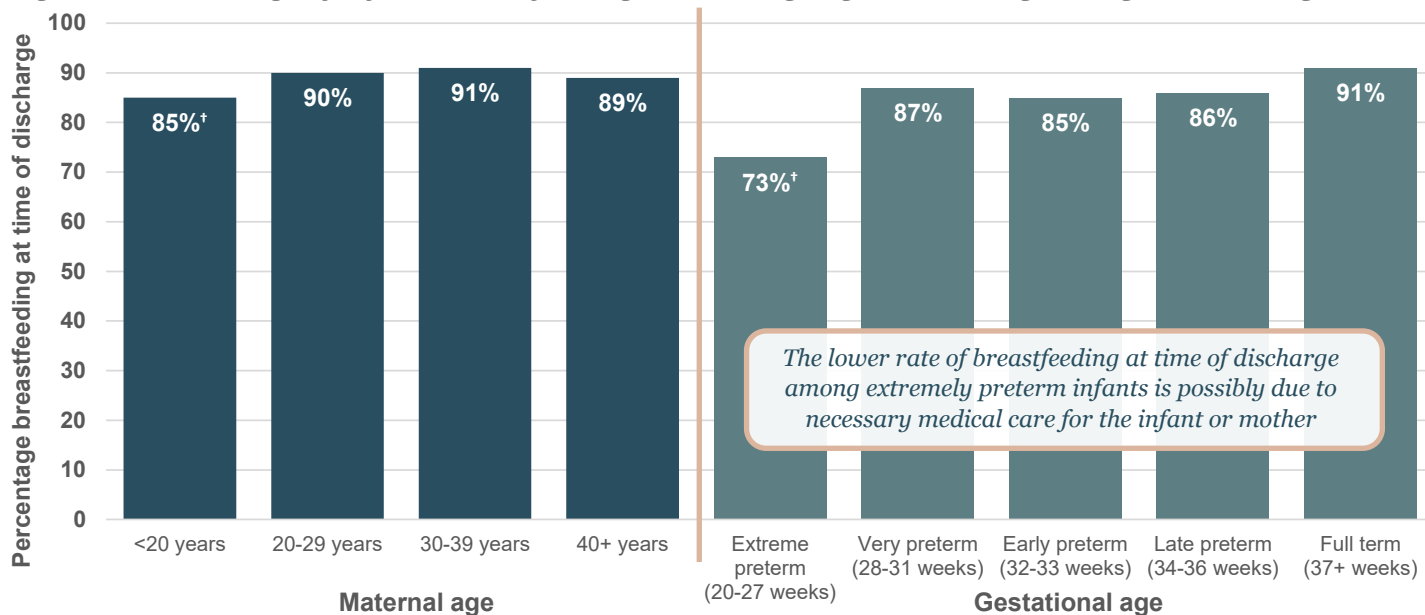
Figure 2. Percentage of infants breastfeeding at time of discharge by race/ethnicity, 2011-2020



The greatest increase in breastfeeding at discharge was among Non-Hispanic Black infants, rising from 76% in 2011 to 85% in 2020

*Healthy People 2020 Goal: Increase the proportion of infants who are ever breastfed to 81.9%

Figure 3. Percentage of infants breastfeeding at discharge by maternal age and gestational age, 2020



Some mothers were significantly less likely than others to be breastfeeding at the time of discharge:



Underweight and Obese mothers



Non-married mothers



Mothers with Medicaid



Mothers on WIC



Mothers who have given birth before



Mothers of a preterm or low birth weight infant



Mothers of a multiples birth



Mothers of an infant admitted to the NICU

Breastfeeding has benefits for mothers and infants

Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 1 diabetes
- Ear and respiratory infections
- Sudden infant death syndrome (SIDS)

Breastfeeding can help lower a mother's risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer



Breastfeeding Resources

- **Tarrant Breastfeeding Support Line**
817-321-5416
- **Texas Lactation Support Hotline**
1-855-550-6667
- **Worksite Lactation Support Program**
[www.tarrantcountytx.gov]
- **TCPH Breastfeeding Resources**
[www.tarrantcountytx.gov]
- **Breastmilk Counts Resources**
[www.breastmilkcounts.com]

[†]Significant difference, all significant differences detected with a p-value <0.05

Analysis was restricted to infants with gestational ages ≥20 weeks who were not transferred to another facility within 24 hours of delivery and who were living at the time of birth certificate completion; births were included regardless of place of birth (e.g. hospital, birthing center, home birth)

Data sources: Texas Department of State Health Services, Centers for Disease Control and Prevention
Data Brief provided by: Division of Epidemiology and Health Information