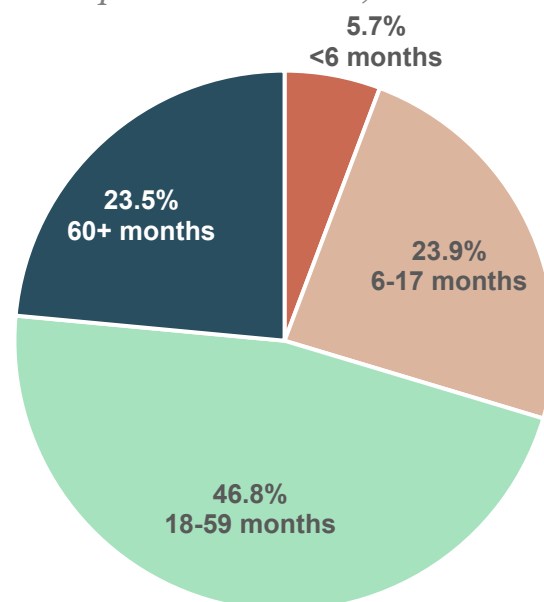




PREGNANCY SPACING IN TARRANT COUNTY

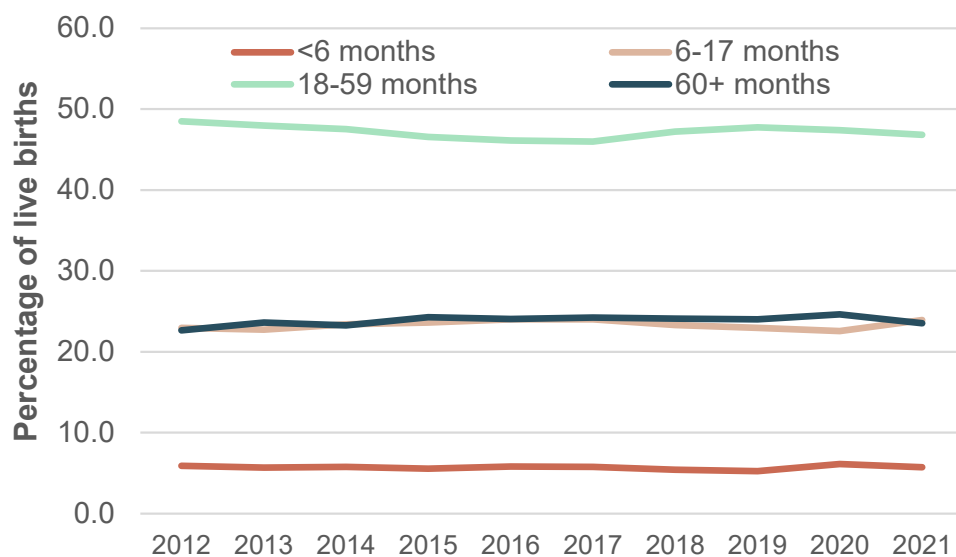
Pregnancy spacing (also called interpregnancy interval) is the amount of time between a prior live birth and the start of a new pregnancy. The American College of Obstetricians and Gynecologists states there is a modest increase in the risk of adverse outcomes associated with pregnancy intervals of less 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, 2021



- Around 30 percent of Tarrant County live births to mothers with a previous live birth were conceived within 18 months of the prior live birth
- Pregnancy spacing of less than 18 months was significantly higher among Tarrant County mothers <20 years of age and 20-29 years of age, and mothers that are non-Hispanic black and non-Hispanic white
- Tarrant County infants with less than 6 month pregnancy spacing and 6-17 month pregnancy spacing had significantly higher infant mortality rates than those born after an 18-59 month pregnancy spacing

Figure 2. Pregnancy spacing among Tarrant County live births to mothers with a previous live birth, 2012-2021



There have been no significant changes to pregnancy spacing from 2012 to 2021 among Tarrant County live births

Figure 3. Pregnancy spacing by maternal characteristics among live births to mothers with a previous live birth, Tarrant County, 2021

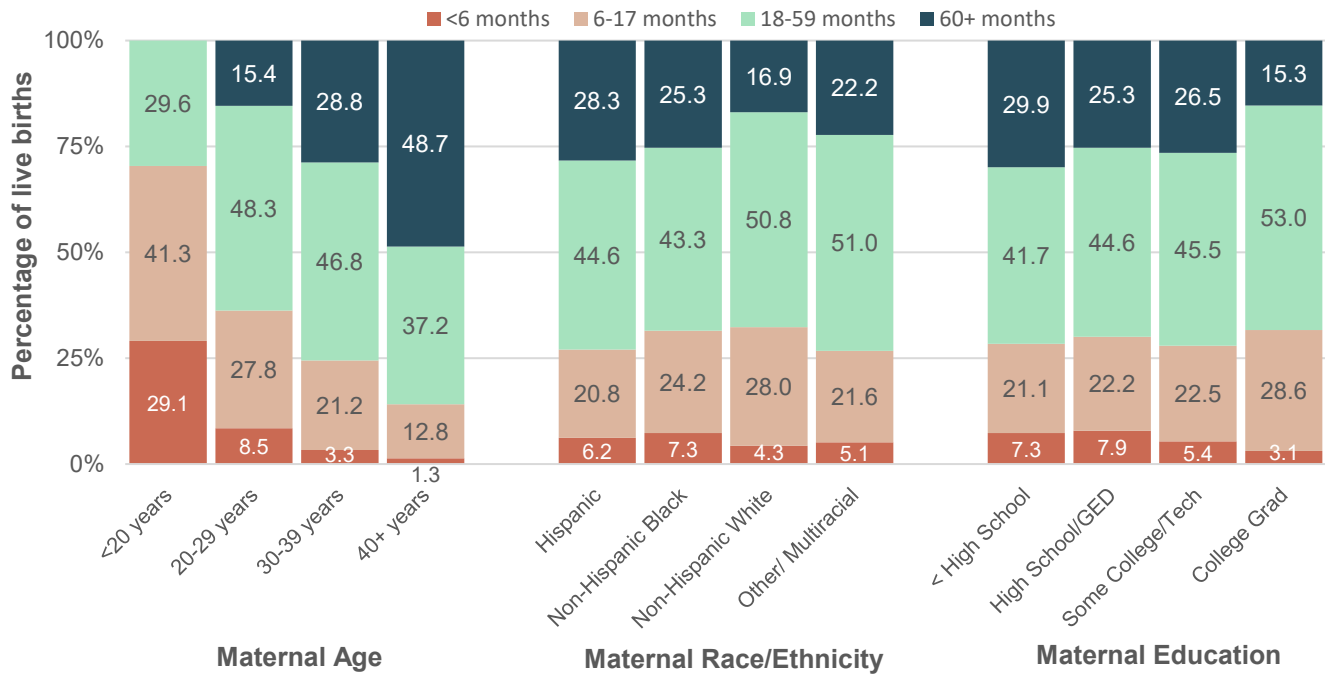


Figure 4. Infant and maternal characteristics by pregnancy spacing among Tarrant County live births to mothers with a previous live birth, 2021

Infant characteristics	Pregnancy Spacing			
	<6 months	6-17 months	18-59 months [†]	60+ months
Preterm birth (<37 weeks)	14.7% [↑]	9.9%	10.4%	11.6%
Low birth weight (<2,500 grams)	9.6% [↑]	6.5%	7.0%	9.7% [↑]
NICU admission	9.1%	10.3%	10.2%	13.2% [↑]
Infant mortality rate (2015-2019)	8.14 [↑]	5.44 [↑]	4.04	4.85
Maternal characteristics				
Poor previous birth outcome	8.0% [↑]	4.7%	4.8%	5.9% [↑]
Started prenatal care on time	47.9% [↓]	60.9% [↓]	63.5%	60.2% [↓]
Medicaid	63.9% [↑]	41.5%	42.5%	46.8% [↑]
Maternal infection [‡]	3.9% [↑]	2.2%	2.1%	2.1%
Cesarean delivery	29.2% [↓]	29.5% [↓]	34.3%	39.5% [↑]
Breastfeeding at discharge	81.4% [↓]	88.3% [↓]	89.7%	87.8% [↓]



[†]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