

# 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 2019, a **7% increase** from 2010 and above the Healthy People 2020 goal of 81.9% of infants ever being breastfed
- From 2010 to 2019 **breastfeeding** at time of discharge **increased significantly** across **all race/ethnicity groups**:
  - Hispanic rate increased 5%
  - Non-Hispanic Black rate increased 17%
  - Non-Hispanic White rate increased 5%
  - Other/Multiracial rate increased 6%
- **Breastfeeding** at time of discharge was **highest** among:
  - Other/Multiracial mothers (93%)
  - Mothers with a college degree (96%)
  - Mothers age 30-39 years (92%)
  - Full term infants (91%)

Figure 1. Percentage of infants breastfeeding at time of discharge by maternal education, 2019

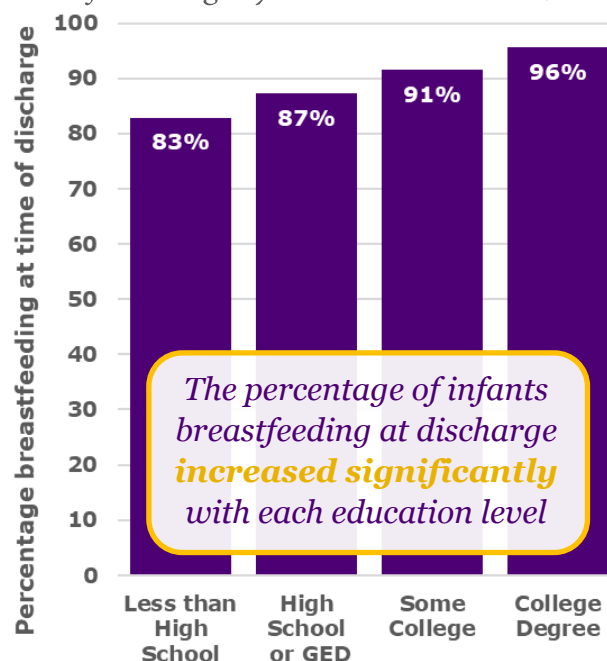
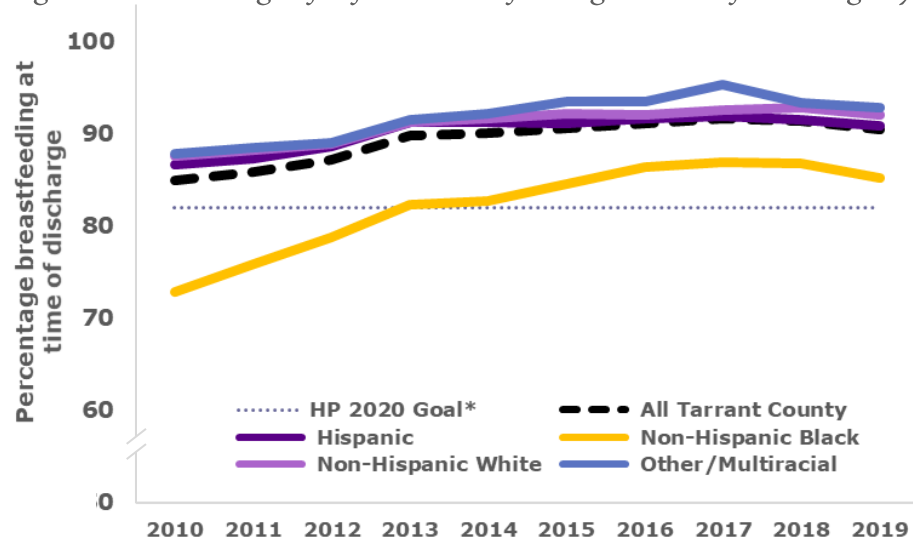


Figure 2. Percentage of infants breastfeeding at time of discharge by race/ethnicity, 2010-2019



**The greatest increase in breastfeeding at discharge was among Non-Hispanic Black infants, rising from 73% in 2010 to 85% in 2019**

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

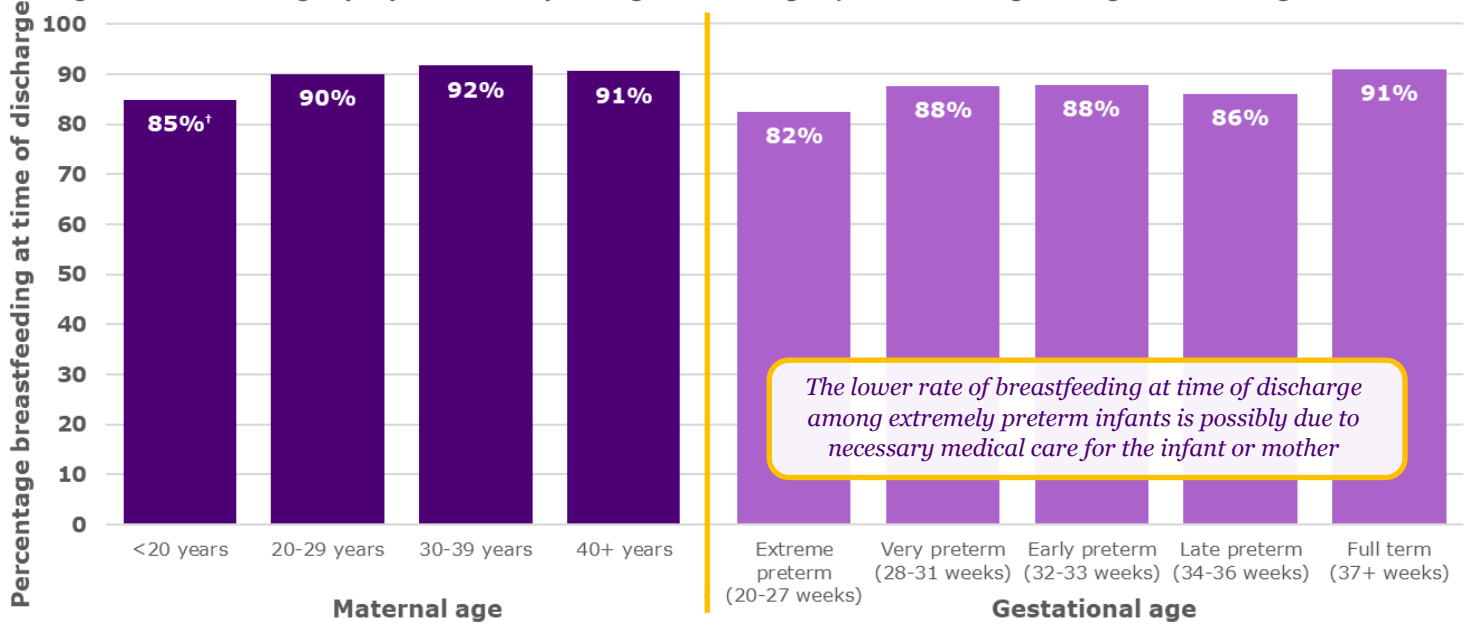
All significant differences detected with a p-value <0.05

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

Data Brief provided by: Division of Epidemiology and Health Information

Figure 3. Percentage of infants breastfeeding at discharge by maternal age and gestational age, 2019



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

 <b>Underweight and Obese mothers</b>	 <b>Non-married mothers</b>	 <b>Mothers with Medicaid</b>	 <b>Mothers on WIC</b>
 <b>Mothers who have given birth before</b>	 <b>Mothers of a preterm or low birth weight infant</b>	 <b>Mothers of a multiples birth</b>	 <b>Mothers of an infant admitted to the NICU</b>

**Breastfeeding has benefits for mothers and infants**

Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 2 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
- **Tarrant County Breastfeeding Coalition**  
[www.tarrantbcoalition.org]
- **Worksite Lactation Support Program**  
[http://health.tarrantcounty.com]
- **TCPH Breastfeeding Resources**  
[http://health.tarrantcounty.com]

<sup>†</sup>Significant difference, all significant differences detected with a p-value <0.05

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