

## Important Information on Birth Rate Trends

It's important to know the trends in birth rates in Texas and the United States. According to the CDC, Cesarean Sections account for nearly 1 in 3 pregnancies.

The following includes information on birth rate trends which we hope will help in treating our Medicaid members.

### America's Health Rankings<sup>1</sup>

- Low Birth Rate 8.6% & 8.5% (2021, TX & U.S)
- Neonatal Mortality 3.6 per 1,000 live births (2019-2020 U.S.)
- Maternal Mortality 22.4 per 100,000 live births (2017-2021 U.S.)
- Severe Maternal Morbidity 79.5 & 88.3 complications per 10,000 delivery hospitalizations (2020 TX & U.S.)
- Low-risk Cesarean Delivery 28.3% & 26.3% (2021, TX & U.S.)

### March of Dimes<sup>2</sup>

- Low-risk Cesarean Birth 28.3% (2022, TX), 26.3% (2022, U.S.)
- Inadequate Prenatal Care 21.4% (2022, TX), 15.5% (2022, U.S.)
- Infant Mortality (rate per 1,000 live births) 5.3% (2020, TX), 5.4% (2020, U.S.)
- 1 in 9 babies (11.3% of live births) were born preterm (2022, TX)
- Low Birth Weight 1 in 12 babies, 8.7% (2022, TX)
- 9.8 per 100 births were Vaginal Births after Cesarean Sections (VBAC) (2022, TX)
- 24.2 per 100 live births, in Texas were first time C-Sections (2022)

ACOG<sup>3</sup> has indicated recent data shows labor progression is slower than what has been taught in past. The use of continuous labor support (i.e., Doulas) data shows they have reduced cesarean birth rates.

BCBSTX would like to work with providers to reduce the use of C-Section and VBACs for the health our members.

### <sup>1</sup>American Health Rankings

<https://www.americashealthrankings.org/learn/reports/2023-health-of-women-and-children-report/findings-health-outcomes>; (America's Health Rankings analysis of CDC WONDER, Natality Public Use Files, United Health Foundation, AmericasHealthRankings.org, accessed 2024.)

[https://www.americashealthrankings.org/explore/measures/low\\_risk\\_cesarean](https://www.americashealthrankings.org/explore/measures/low_risk_cesarean) (America's Health Rankings analysis of CDC WONDER, Natality Public Use Files, United Health Foundation, AmericasHealthRankings.org, accessed 2024.)

<sup>2</sup> March of Dimes

<https://www.marchofdimes.org/peristats/data?top=8&lev=1&stop=645&reg=99&sreg=48&obj=1&slev=4> (National Center for Health Statistics, final natality data. Retrieved February 7, 2024, from [www.marchofdimes.org/peristats](https://www.marchofdimes.org/peristats).) (National Center for Health Statistics, final natality data. Kotelchuck M. An evaluation of the Kessner Adequacy of Prenatal Care Index and a proposed Adequacy of Prenatal Care Utilization Index. Am J Public Health 1994; 84: 1414-1420. Retrieved February 7, 2024, from [www.marchofdimes.org/peristats](https://www.marchofdimes.org/peristats).) (National Center for Health Statistics, final mortality data, 1990-1994 and period linked birth/infant death data, 1995-present. Retrieved February 7, 2024, from [www.marchofdimes.org/peristats](https://www.marchofdimes.org/peristats).)

<sup>3</sup> ACOG

<https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2019/02/approaches-to-limit-intervention-during-labor-and-birth>

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