

# Crib Notes: An Overview of Texas Fertility Trends

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Advancing informed sexual health decisions

# Who We Are

Healthy Futures of Texas is a statewide, nonpartisan, nonprofit organization whose mission is to improve the well-being of young people in Texas through equitable access to sexual health education, resources and services.



Our research department provides usable, easy to access data to the community on topics such as teen births rates, STIs, health education, and policy analysis.



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sexual health decisions

## Texas Adolescent Health

A baby is born to a teen mom in Texas every 25 minutes

### Disparities

Factors such as access to health care, information, and economic opportunity can lead to disparities in teen birth rates.

#### Teen Birth Rate

Hispanic	28.7
Black	22.4
White	11.1
Asian	1.6

In 2021, the birth rate for Hispanic teens was 2.4 times higher than white teens. This gap grew to 2.6 times higher in 2022.

### TEXAS TEEN BIRTHS, 2022

#### Teen Birth Rate per 1,000

Texas:	20.4
US:	13.6

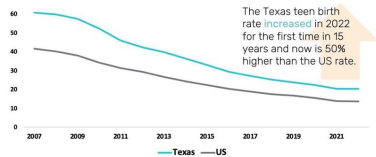
#### Teen Birth Count

Births to 10-14 year olds:	267
Births to 15-17 year olds:	5,808
Births to 18-19 year olds:	15,529

16% of teen births in Texas are repeat births.

Total Teen Births (10-19) in Texas, 2022: 21,604

#### Teen Birth Rate per 1,000 Teens Aged 15-19



### Non-Health Social Factors

Structural issues such as poverty and lack of access to health care can contribute to teen pregnancy rates.

### Sexually Transmitted Infections

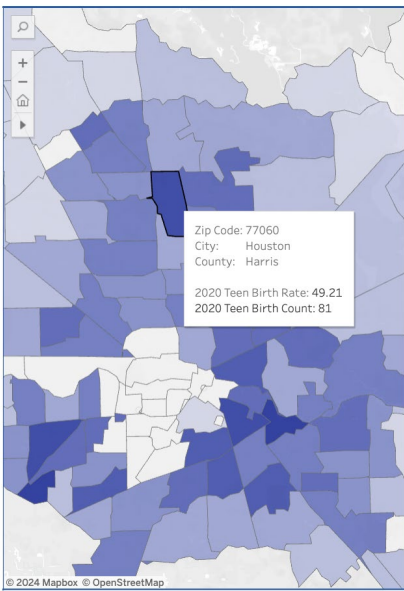
Though teen birth rates have declined in recent years, STIs are increasing among Texas youth. Some increase may be due to better screening, but data suggests actual rates are on the rise. A majority of new STI cases in Texas occur in youth aged 15-24.

#### 2021 Reported STI Cases & Rates, Youth 15-24, Texas

	Count of new cases, 2021	Change from 2020	% of Texas cases occurring in youth
Chlamydia	90,870	+9%	60%
Gonorrhea	29,585	+7%	45%
Syphilis	4,441	+37%	21%
HIV	942	-13%	22%

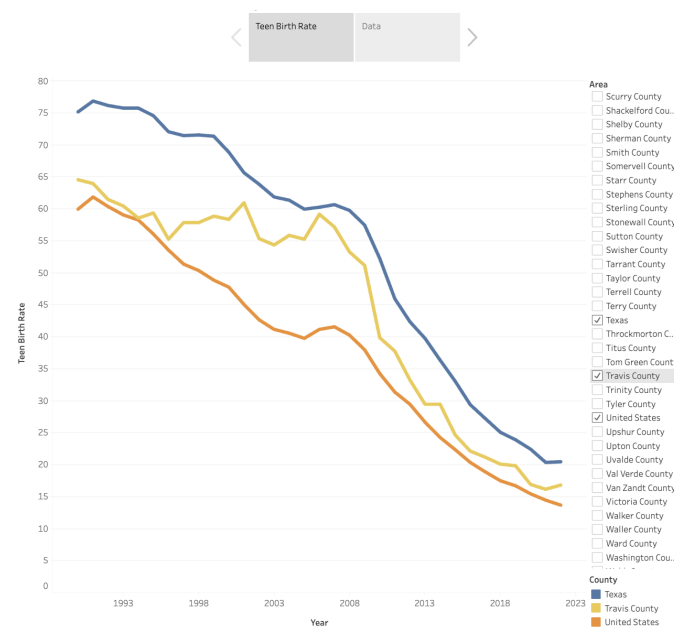


### 2020 Teen Birth Rates by Zip Code



2020 Teen Birth Rate  
0.10 60.55

- County
- ☐ Galveston
  - ☐ Garza
  - ☐ Gillespie
  - ☐ Glasscock
  - ☐ Goliad
  - ☐ Gonzales
  - ☐ Gray
  - ☐ Grayson
  - ☐ Gregg
  - ☐ Grimes
  - ☐ Guadalupe
  - ☐ Hale
  - ☐ Hall
  - ☐ Hamilton
  - ☐ Hansford
  - ☐ Hardeman
  - ☐ Hardin
  - ☒ Harris
  - ☐ Harrison
  - ☐ Hartley
  - ☐ Haskell
  - ☐ Hays
  - ☐ Hemphill
  - ☐ Henderson
  - ☐ Hidalgo
  - ☐ Hill
  - ☐ Hockley
  - ☐ Hood
  - ☐ Hopkins
  - ☐ Houston
  - ☐ Howard
  - ☐ Huddleston



# Ahead of us today

- Why does it matter?
- What do the data come from?
- Fertility and birth rate trends
- Teen birth rates
- What's driving these changes?

A blurred background image showing a woman holding a sleeping baby. The woman is looking down at the baby, and the baby is resting its head on her shoulder. The image is soft and out of focus, emphasizing the theme of family and care.

**Why do  
fertility rates  
matter in  
your field?**

# Impacts of declining birth rates

## Short term impacts

- Reduced cost of healthcare expenditures
- Reduced school enrollment & expenditures
- Higher educational attainment of young women

## Long term impacts

- Reduced tax base
- Too few young people to care for aging population
- Reduced population (if migration does not make up the difference)
- Aging population
- Women potentially having fewer children than desired



# Data Sources

# Where do birth rate data come from?

## Natality datasets, [wonder.cdc.gov](https://wonder.cdc.gov)



### WONDER Online Databases

- ▶ [AIDS Public Use Data](#)
- ▶ [Births](#)
- ▶ [Cancer Statistics](#)

#### **Deaths:**

- Very rich dataset pulled from birth certificates, including birth counts and rates.
- **Almost every birth in the US is registered.**
- Birth certificate data include:
  - Several dozen data points related to medical aspects of pregnancy and birth
  - Demographic and educational info about mother and father (if paternity was acknowledged)
  - Prior pregnancies/births
- Data can be disaggregated to county level (for counties with populations above 100,000). Birth data for counties with a population below 100,000 must be requested from state health department



# Definitions

- Crude Birth rate:** The number of births divided by total population in the given year(s). Can be calculated for race or hispanic origin.
- Total Fertility Rate:** The total number of children that would be born to each woman if she were to live to the end of her child-bearing years and give birth to children in alignment with the prevailing age-specific fertility rates.
- Fertility rate:** The number of births divided by the number of females age 15 - 44 years old in the given year(s). Can be calculated for subsets of age, race, or Hispanic origin. This is commonly referred to as birth rate.
- Teen birth rate:** The number of births divided by the number of females age 15 - 19 years old in the given year(s).

	Total births, 2022	Total Population	Crude Birth Rate (per 1,000)	Female population aged 15-44	Fertility Rate (per 1,000)	Births to teens 15- 19	Female population aged 15- 19	Teen birth rate (per 1,000)
Texa	389,741	30,029,572	12.98	6,294,194	61.92	21,337	1,045,799	20.40

Source: Healthy Futures analysis of CDC natality data, pulled from <https://wonder.cdc.gov/>

# Teen birth rates

**Numerator:** Count of births to teens aged 15-19 in that year.

**Sources:** Birth certificate data from CDC or DSHS

**Denominator:** Population count of females aged 15-19 in that year. County is the lowest level for accurate data.

**Sources:** Census Bureau estimates or Texas Demographic Center estimates

**Maverick County, 2019**

$$\frac{109}{2,196} \times 1,000 = 49.64$$

**Teen Birth Rate:** Births to teens aged 15-19, per 1,000.

49.64 per 1,000 equates to 4.96% of female teens giving birth that year.



## Changes in fertility trends

# Think the Baby Bust Was Bad Before? Just Look at It Now.

## The Long-Term Decline in Fertility—and What It Means for State Budgets

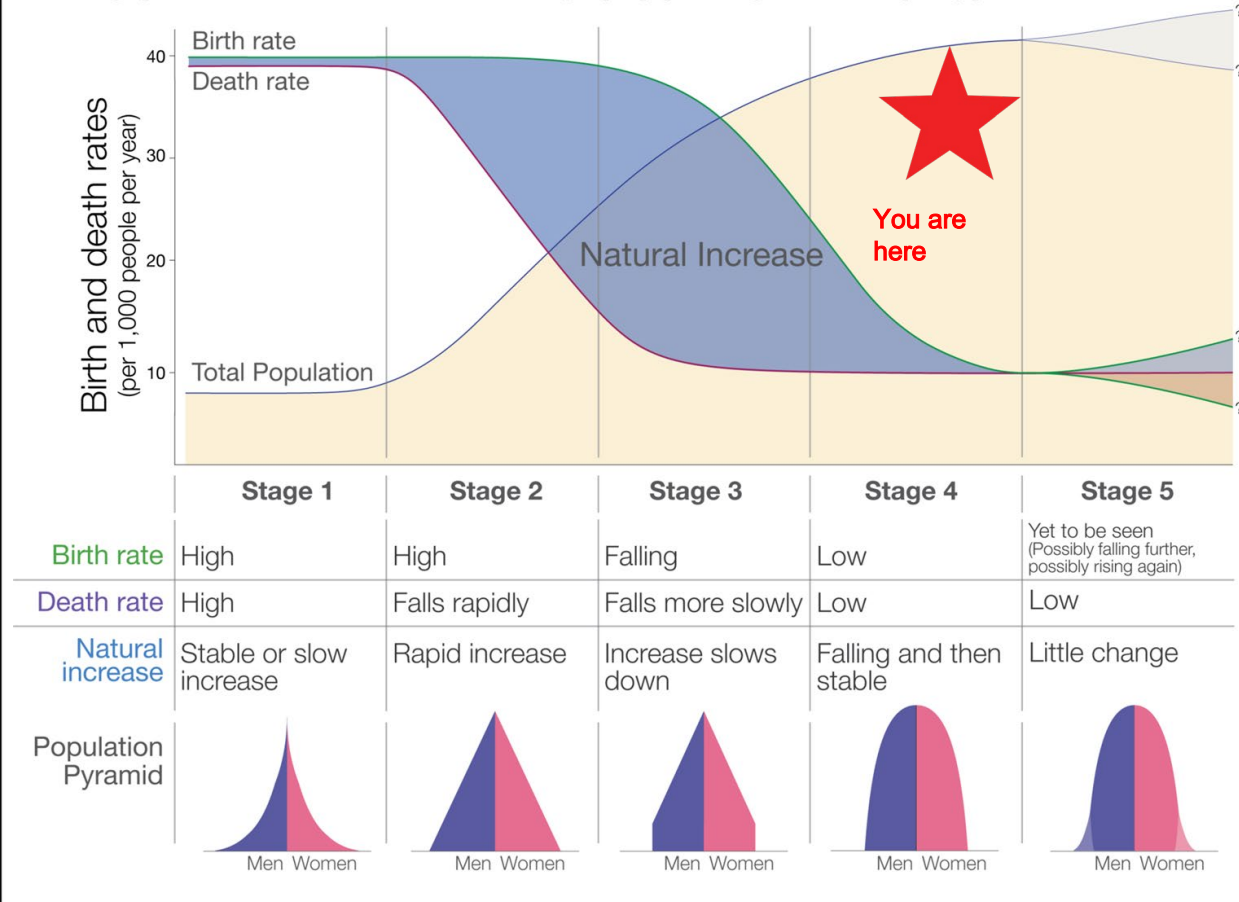
States with low birth rates and shrinking populations face fiscal risks

**Opinion** | The real reason women are having fewer kids

The Lancet: Dramatic declines in global fertility rates set to transform global population patterns by 2100

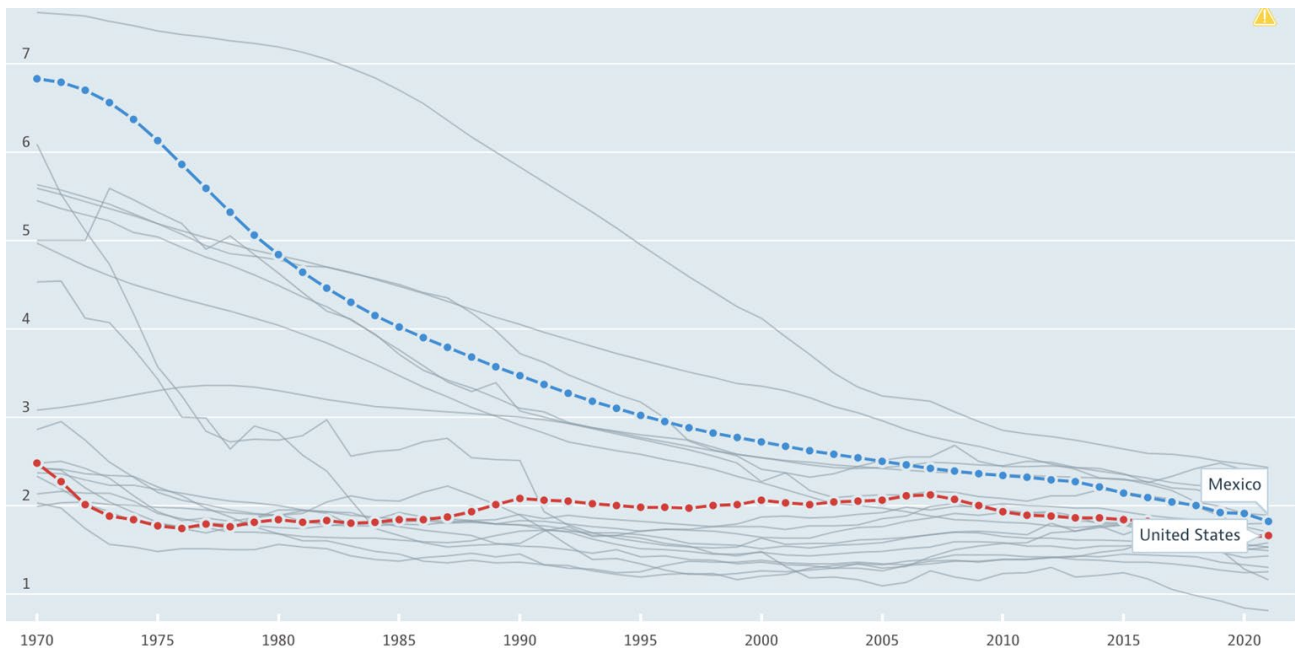
# The five stages of the demographic transition

The demographic transition is a model that describes why rapid population growth is a temporary phenomenon.



# Total fertility rate

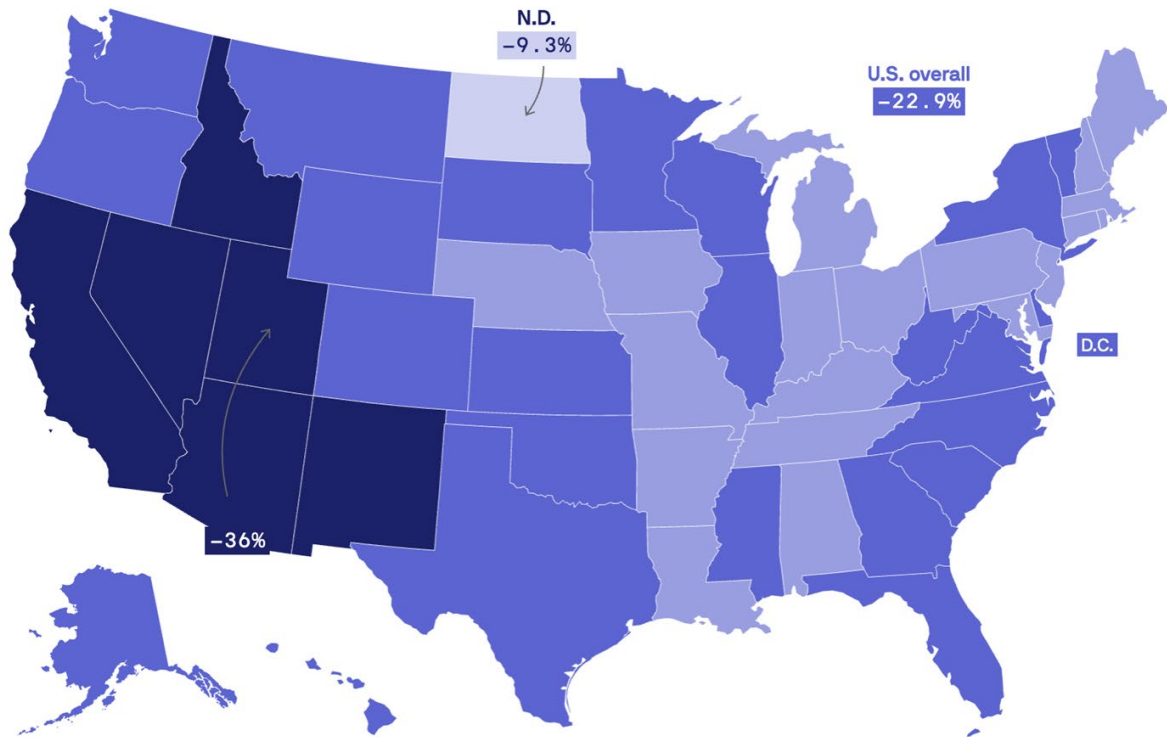
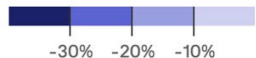
**Total fertility rate:** The total number of children that would be born to each woman if she were to live to the end of her child-bearing years and give birth to children in alignment with the prevailing age-specific fertility rates. Replacement level fertility is roughly 2.1 children per woman.



Country	1970	2022
USA	2.48	1.66
Mexico	6.79	1.82
Canada	2.33	1.43
Israel	3.39	3.0
Korea	4.54	0.81
Niger	7.57	6.73

## Change in birth rates, 2007 to 2022

Births per 1,000 residents

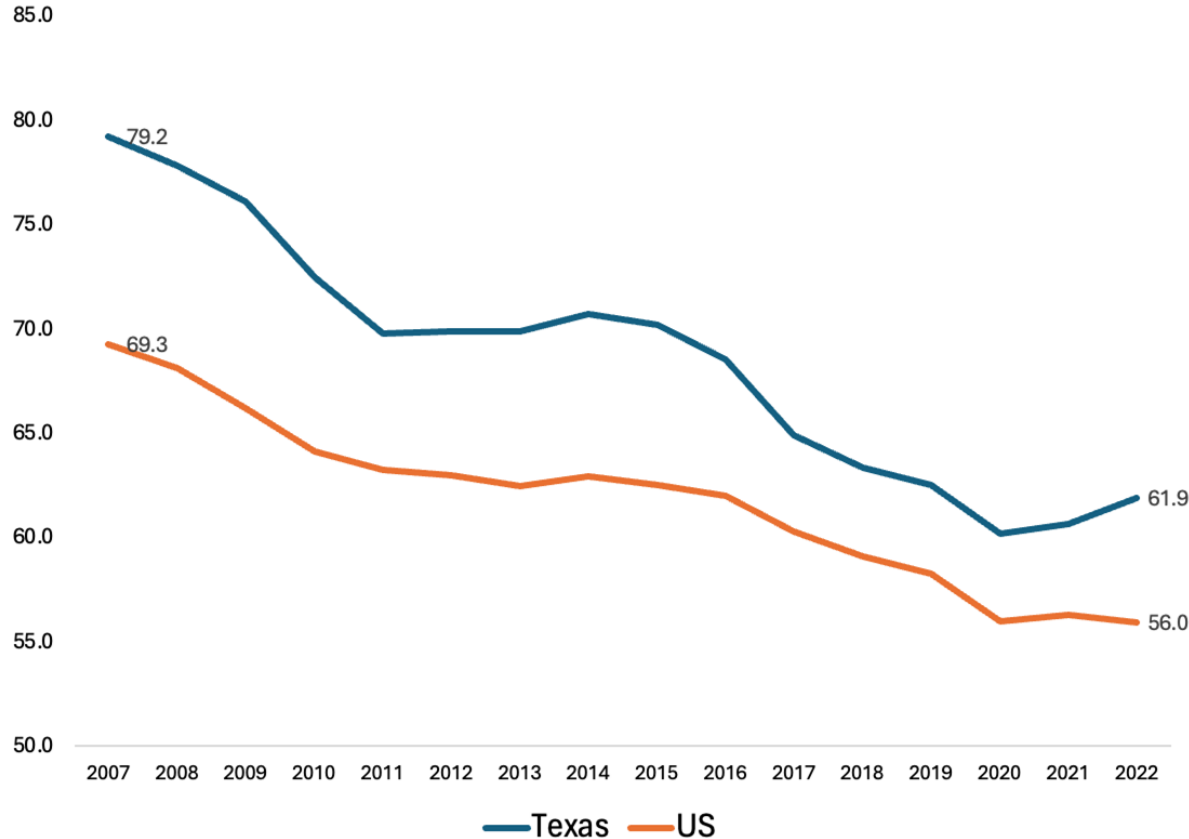


Data: [CDC](#); Map: Axios Visuals

Birth rates have declined in all US states since 2007, with the decline particularly large in the American west.

Many states saw a small increase in birth rates in 2022, with a return to declines in 2023.

# Texas and US Fertility Rates, 2007 - 2022

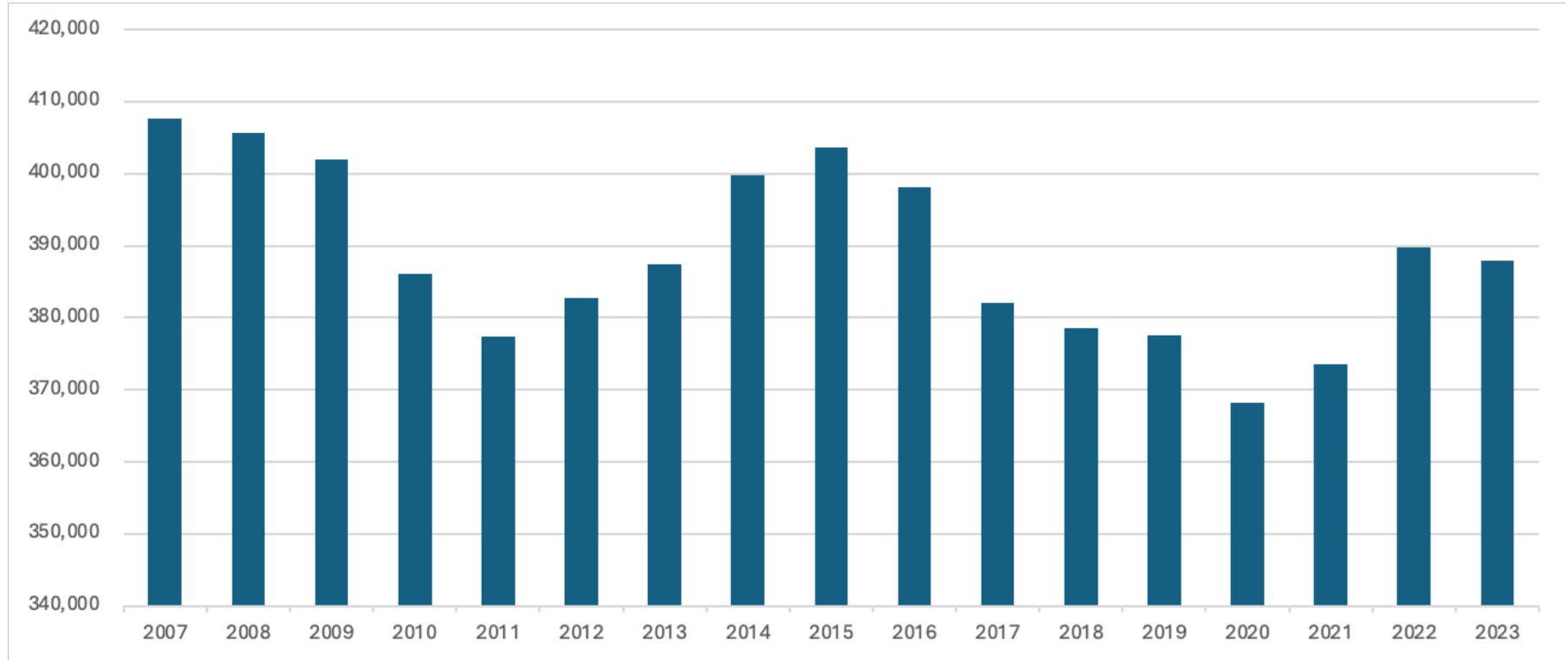


The birth rate for both Texas and the US has declined significantly since 2007.

However, the US saw a small increase in 2021, and Texas saw increases in both 2021 and 2022.

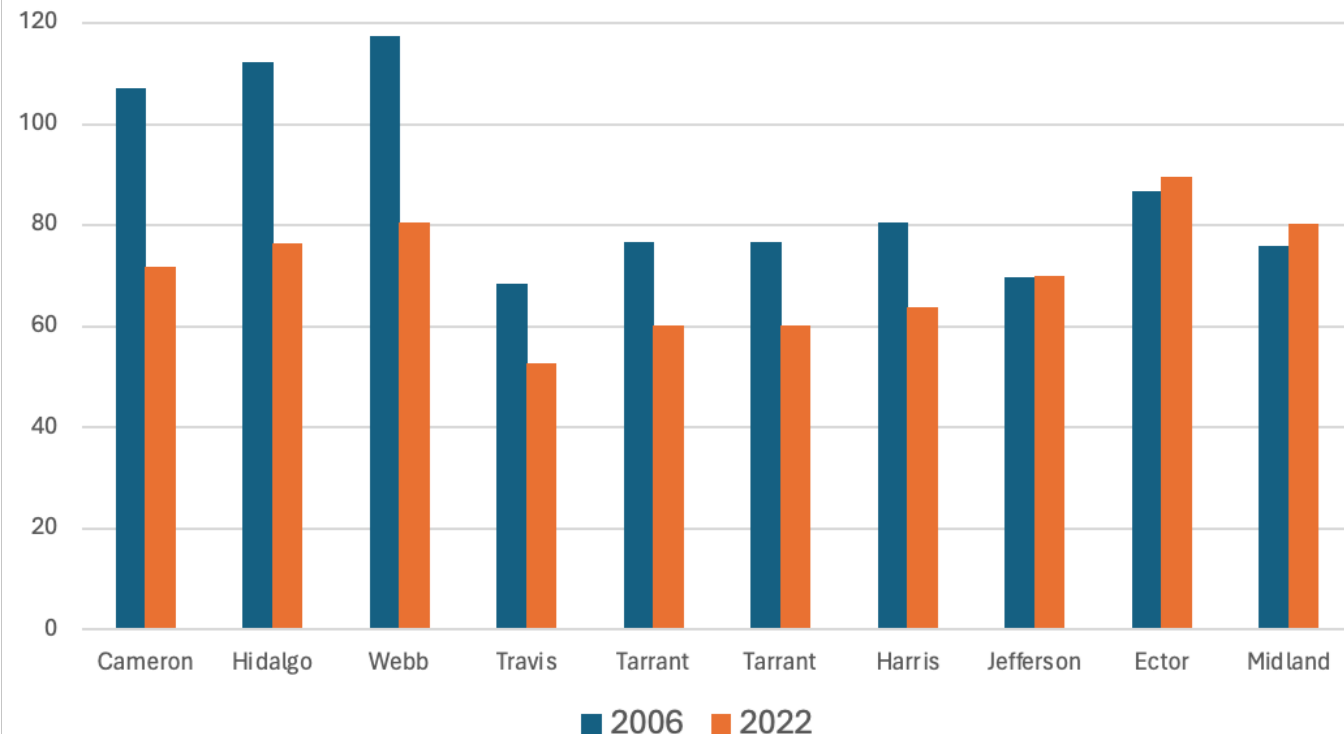


There were 21,551 more births to Texas mothers in 2022 than there were in 2020 – the most since 2016. Birth counts declined slightly in 2023



Source: Healthy Futures analysis of CDC natality data, pulled from <https://wonder.cdc.gov/>

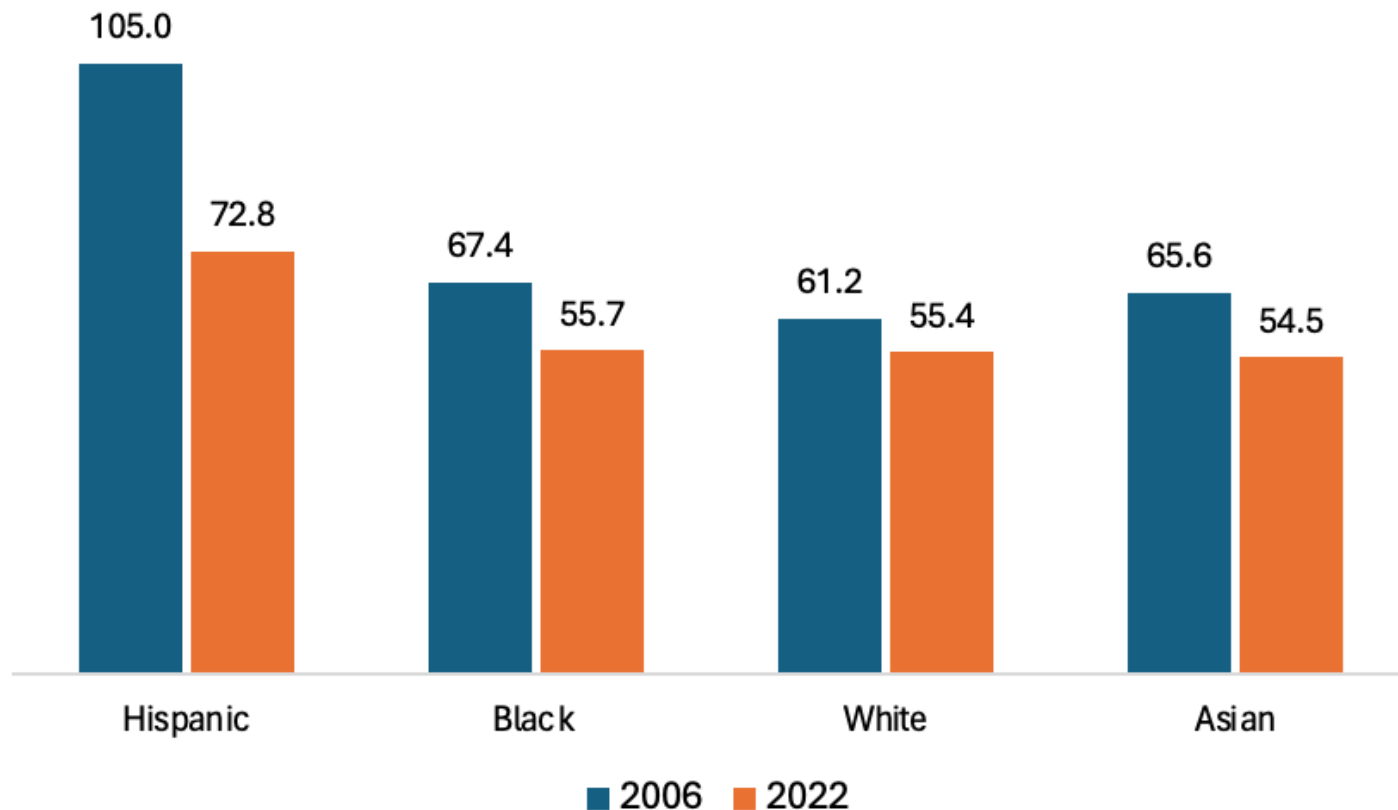
## Birth Rates, 2006 and 2022



Of the 34 Texas counties with a population above 100,000 in 2006, only 3 saw an increase in the birth rate between 2006 - 2022.

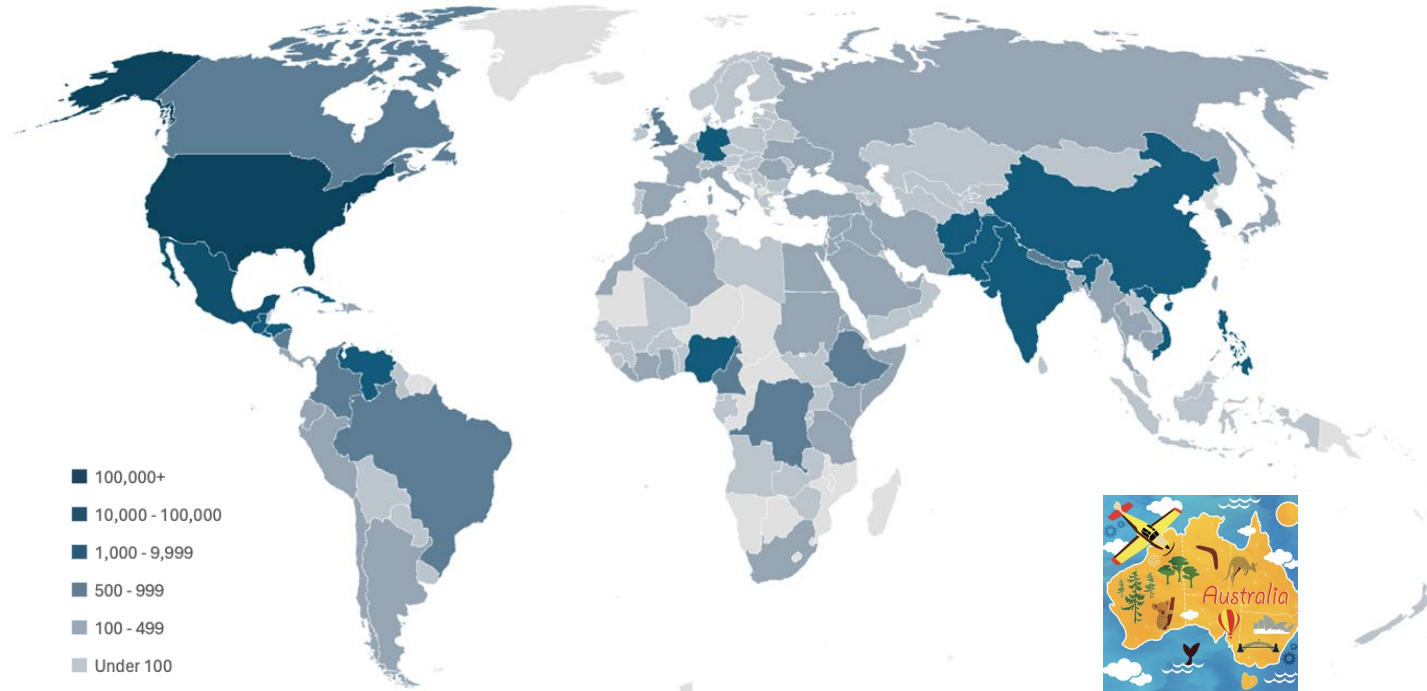
The largest declines were in the Rio Grande Valley.

## Change in Fertility Rates, Texas, 2006 - 2022

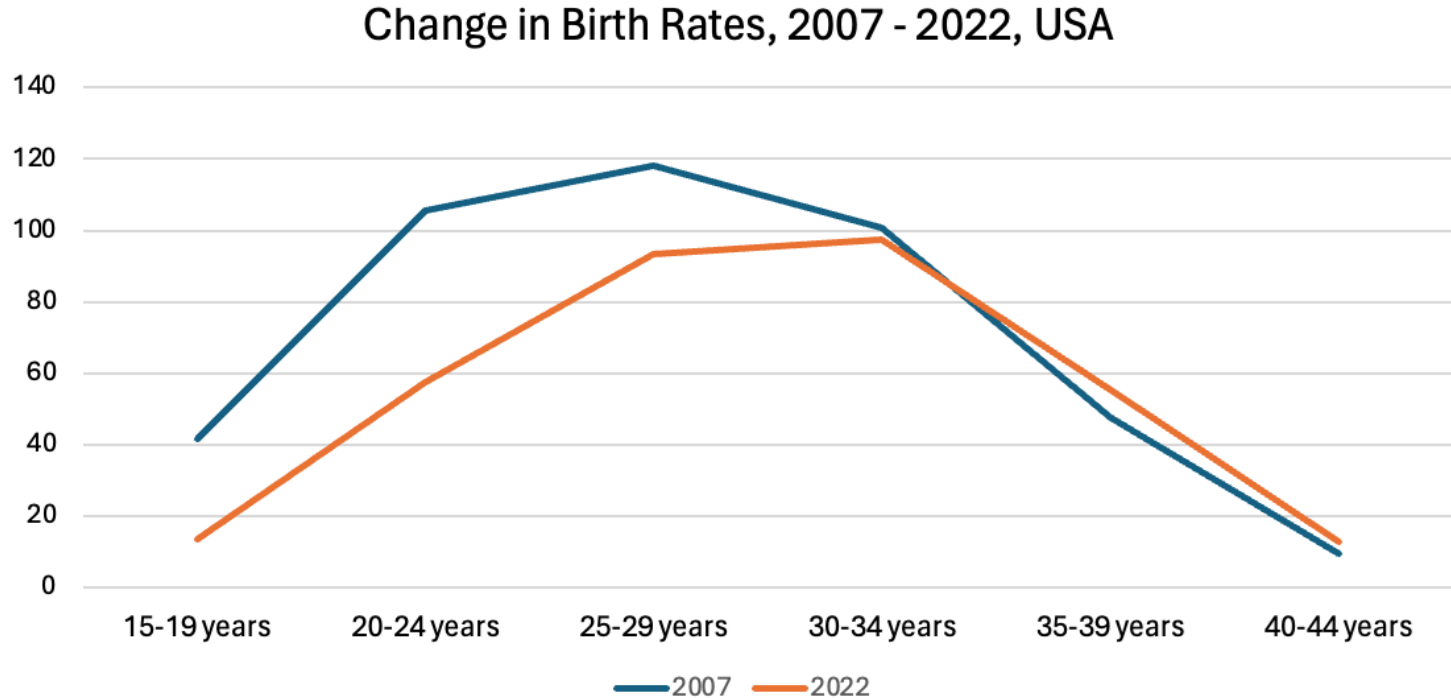


Texas Births, 2022		
Mother's birth country	Count of Births	Percent of Total Births
United States	286,657	74%
Mexico	43,994	11%
Honduras	8,667	2%
India	6,255	2%
El Salvador	5,601	1.4%
Guatemala	3,440	0.9%
Nigeria	2,119	0.5%
Vietnam	2,078	0.5%
Venezuela	1,950	0.5%
Cuba	1,742	0.4%
China	1,615	0.4%
Pakistan	1,593	0.4%
Philippines	1,497	0.4%
Afghanistan	1,252	0.3%
Germany	1,060	0.3%

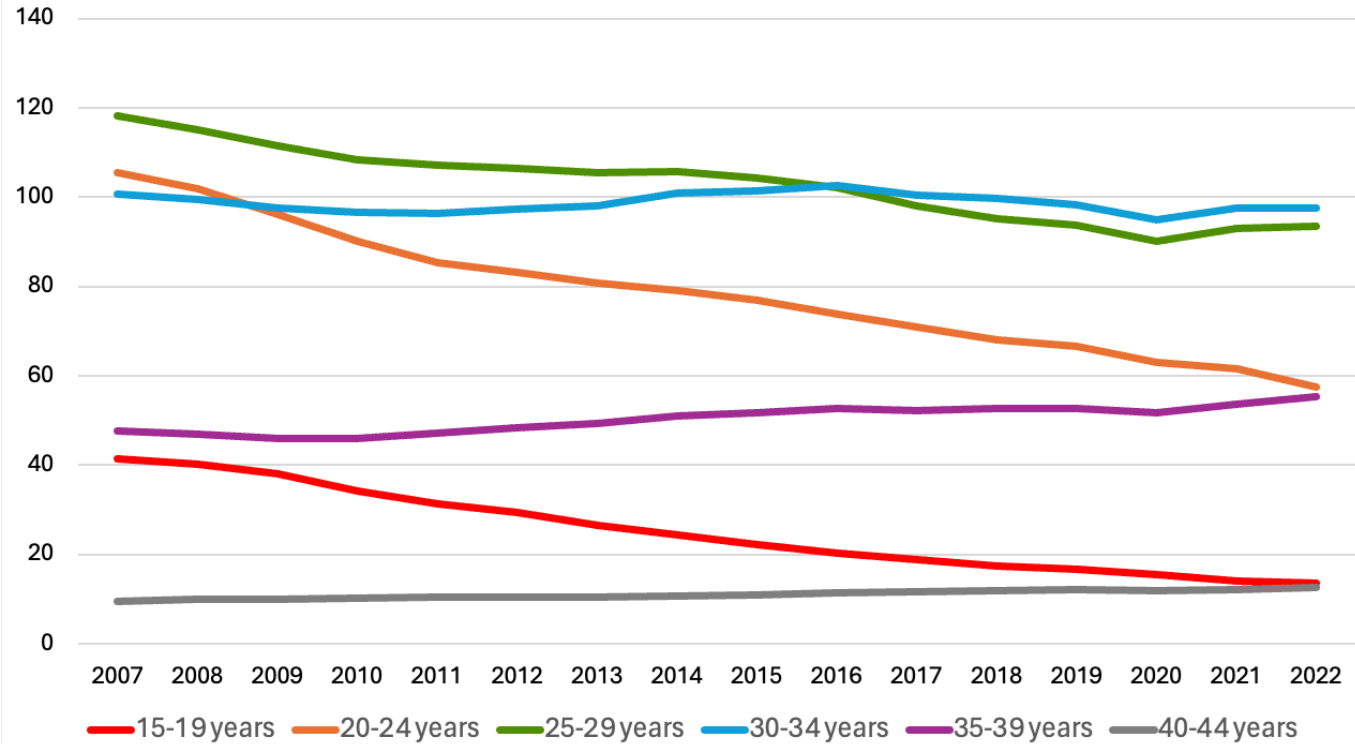
In 2022, 26% of Texas births were to mothers who were born outside of the US.



Among women born in 1960, the median age for first birth was 23 years.  
In 2022, the median age for first birth was 27.4.



**Changes in Birth Rates by Age, USA, 2007 - 2022**



Age	Percent Change, 2007-2022
15-19	-67%
20-24	-45%
25-29	-21%
30-34	-3%
35-39	16%
40-44	32%

# Teen Birth in Texas

Texas has the 8th highest rate of teen birth in the nation, and is 50% higher than the national average.

With more than 21,000 teen births in 2022, a baby was born to a teen mom in Texas once every 25 minutes.

# Newsweek

MARCH 21, 1966

## *The Teen- Agers*

A Newsweek  
Survey of  
What They're  
Really Like

### PRICES

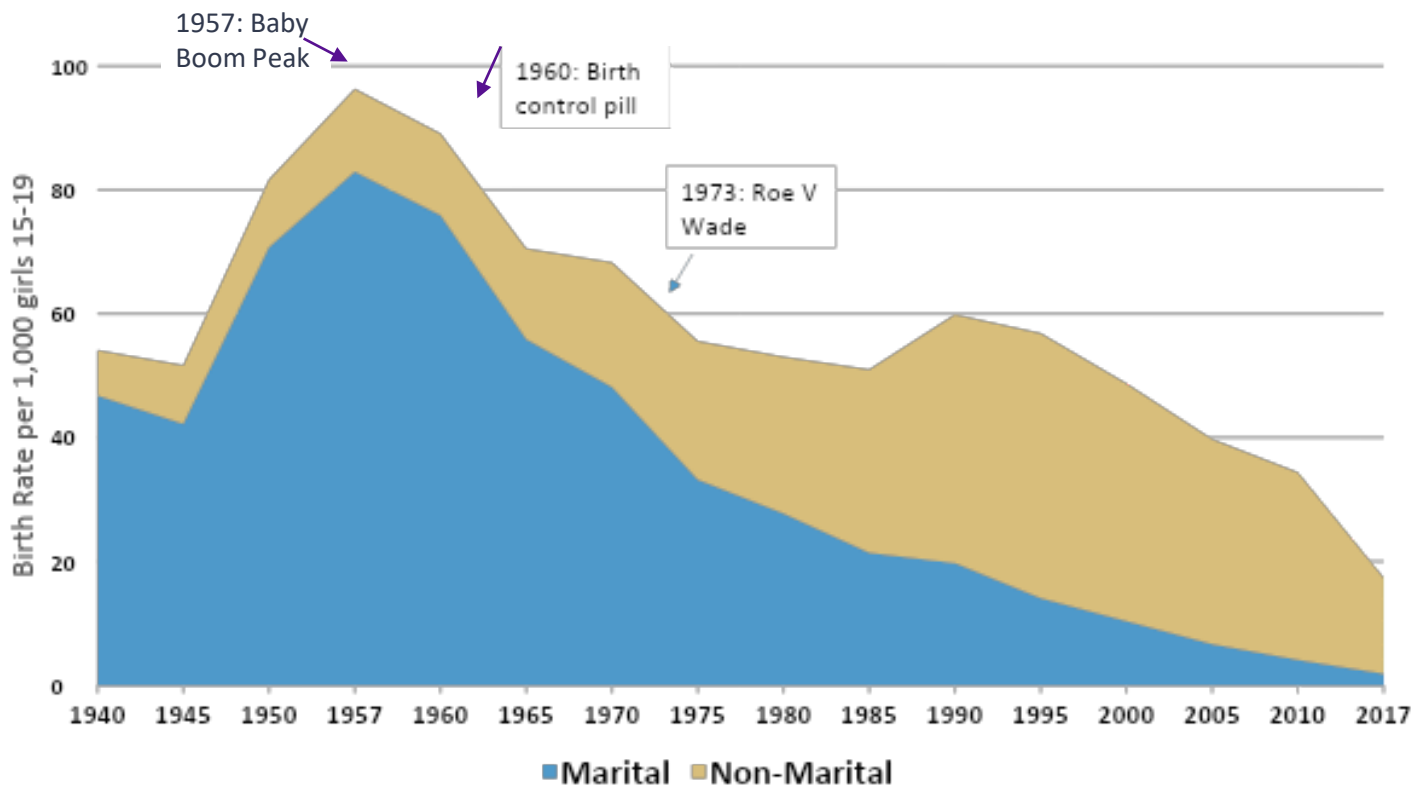
Algeria 1.80 D/A  
Australia 9.00  
Belgium 10 F  
Brazil 100  
Canada 60 C/P  
Czechoslovakia 125 Kcs  
Denmark 2.50 Kr  
East Africa 2.50  
Egypt 5.50 Lbs  
France 1.10 F  
Germany 1.10 Mks  
Greece 1.10 Dr  
Hong Kong 1.10 HK\$  
India 1.10 Rupees  
Italy 1.10 Lira  
Japan 1.10 Yen  
Korea 1.10 Won  
Latin America 1.10  
Libya 1.10  
Middle East 1.10  
Morocco 1.10  
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Norway 1.10  
Oman 1.10  
Pakistan 1.10  
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Poland 1.10  
Portugal 1.10  
Russia 1.10  
Saudi Arabia 1.10  
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USSR 1.10  
Yemen 1.10

Footer text

When did we  
start talking  
about teen  
pregnancy?

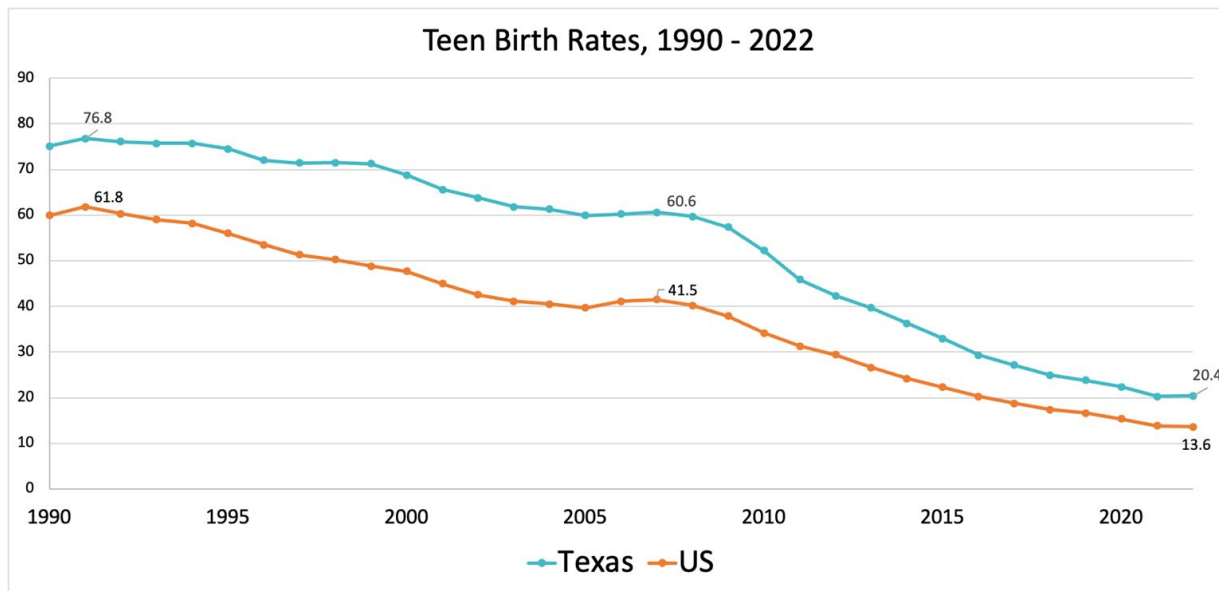


# When did we start talking about teen pregnancy?



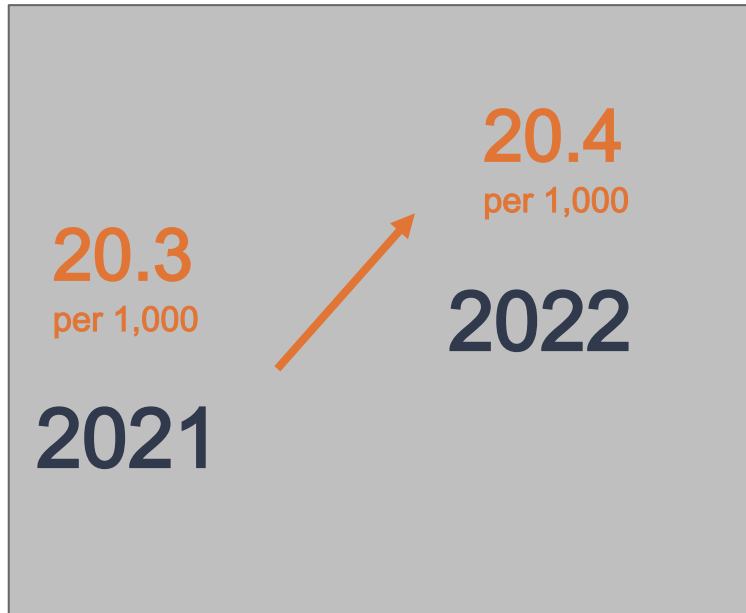
- **1956:** Median age of first marriage for females dropped to a historic low of 20.1 and the following year, the teen birth rate peaked at 96.3/1,000.
- **1965:** Moynihan report raised alarm about rise in unmarried childbearing among women of color.
- **1976:** Guttmacher report "11 Million Teenagers: What Can Be Done about the Epidemic of Adolescent Pregnancies in the United States."

# Teen birth rates are on the decline

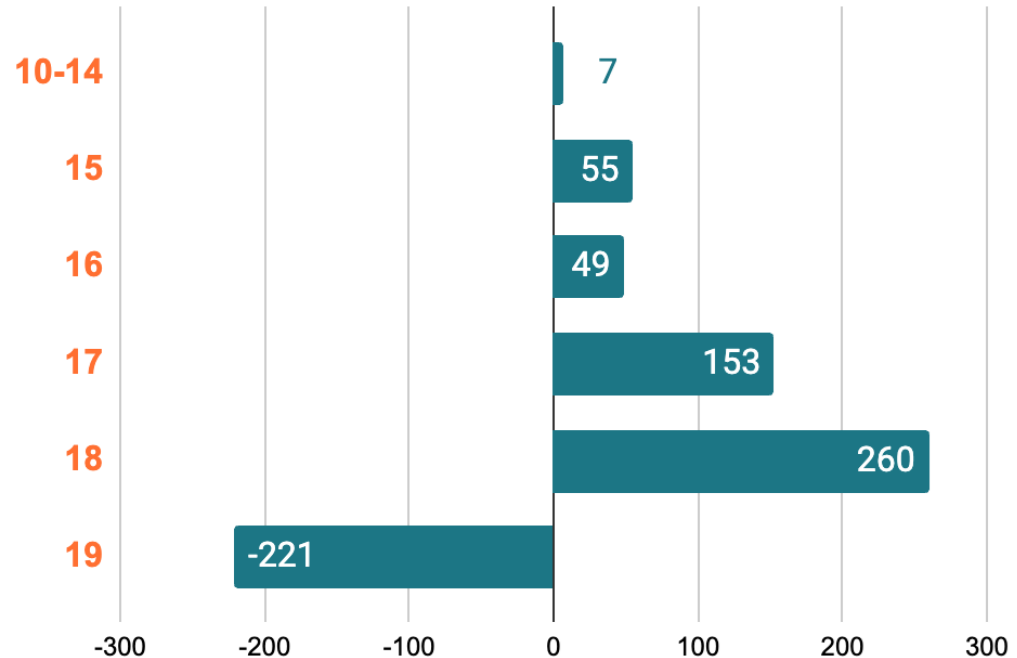


Percent Decline		
	1991 - 2021	2007 - 2021
US	76%	65%
Texas	73%	67%

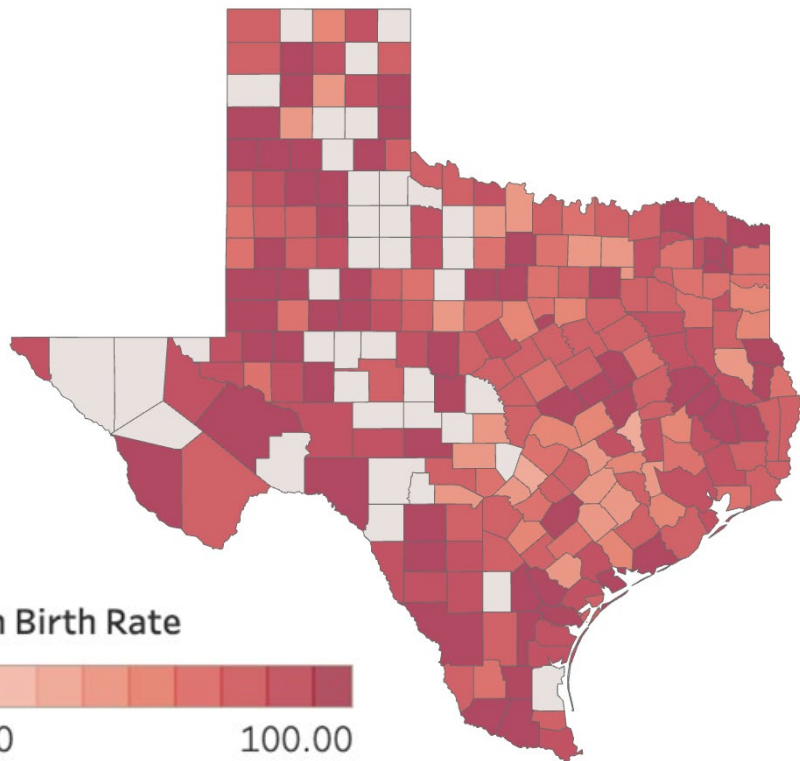
# But they rose in 2022 for the first time in 15 years



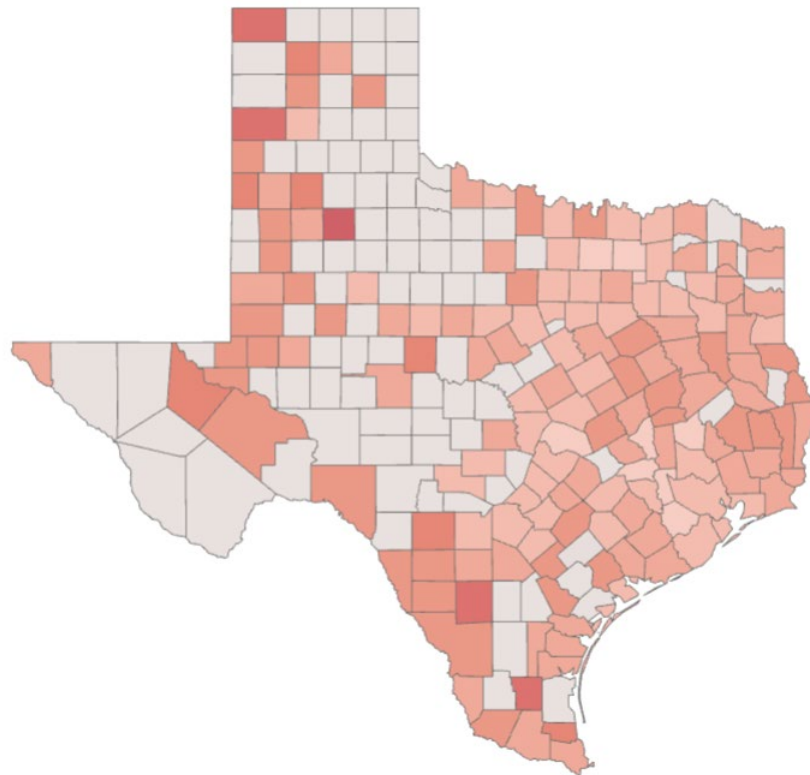
Change in Births by Age of Mother, 2021 to 2022



# 1991



# 2022



Teen Birth Rate



0.00

100.00

Source: Healthy Futures analysis of CDC and DSHS data

# Disparities worsened in 2022

The birth rate among white teens continued to decrease, but rose for black and hispanic teens.

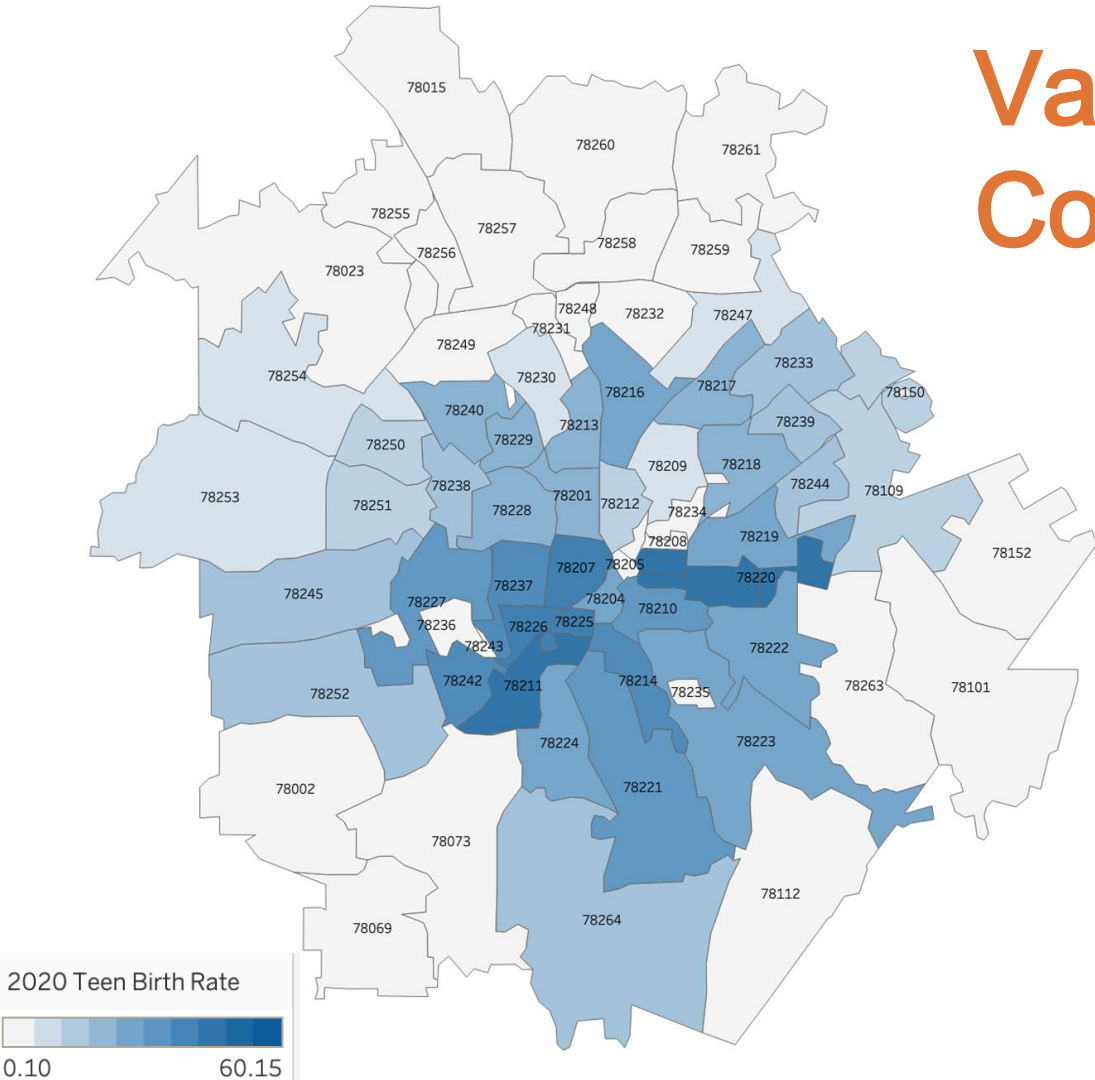
In 2021, the birth rate for Hispanic teens was 2.4 times higher than white teens. This gap grew to 2.6 times higher in 2022.

Texas and US Teen Birth Rates, 2007 and 2022, by race and Hispanic origin				
	2007		2022	
	Texas	US	Texas	US
Hispanic	72.8	67.7	28.7	21.8
American Indian/Alaska Native	34.2	49.8	9.9	22.2
Asian	54.5	48.0	1.6	1.7
Black	55.7	55.6	22.4	20.2
Native Hawaiian/Pacific Islander	83.0	72.2	20.4	19.9
White	55.4	52.5	11.1	9.0

# Variations by Zip Code

Teen birth rates typically align with lower income zip codes.

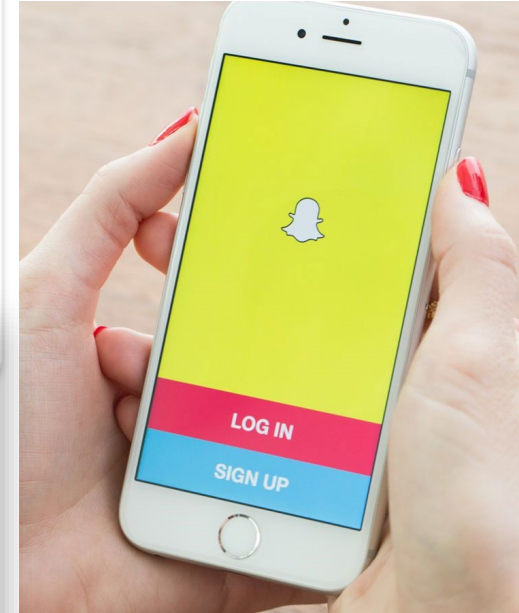
In census years, we have population data to calculate teen birth rates at the zip code level.



# Why have teen birth rates been falling?



- Q how can I get birth control
- Q how can i get birth control
- Q how can i get birth control **pills without my parents knowing**
- Q how can i get birth control **without a doctor**
- Q how can i get birth control **shot**
- Q how can i get birth control **out of my system**
- Q how can i get birth control **free**
- Q how can i get birth control **pills without an exam**
- Q how can i get birth control **pills in canada**
- Q how can i get birth control **pills in australia**



# The Causes and Consequences of Declining US Fertility

by Melissa S. Kearney and Phillip B. Levine

We are unable to identify any period-specific social, economic, or policy changes that can statistically explain much of the decline. We conjecture instead that the sustained decline in the US fertility rate more likely **reflects shifted priorities** across recent cohorts of young adults.



# Contraceptive Access in Texas

why?

Birth control is a crucial tool to help women take charge of their lives, achieve economic independence, and have healthy pregnancies when they are ready.

90% of American women have used contraception.



Many people in Texas want to be using effective contraception but perceive cost as a barrier – and don't know about programs that would provide access.

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RESEARCH BRIEF • APRIL, 2018

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## Community College Students Want to Use More Effective Birth Control Methods But Can't Always Get What They Want

Kristine Hopkins, Celia Hubert, Kate Coleman-Minahan, Amanda Jean Stevenson, Kari White, Daniel Grossman, and Joseph E. Potter

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INTRODUCTION

KEY FINDINGS

# Reproductive Health Programs in Texas:

- Title X
- Healthy Texas Women
- Family Planning

These programs provide free reproductive health care to **all Texas residents with incomes below 250%** of the federal poverty line.

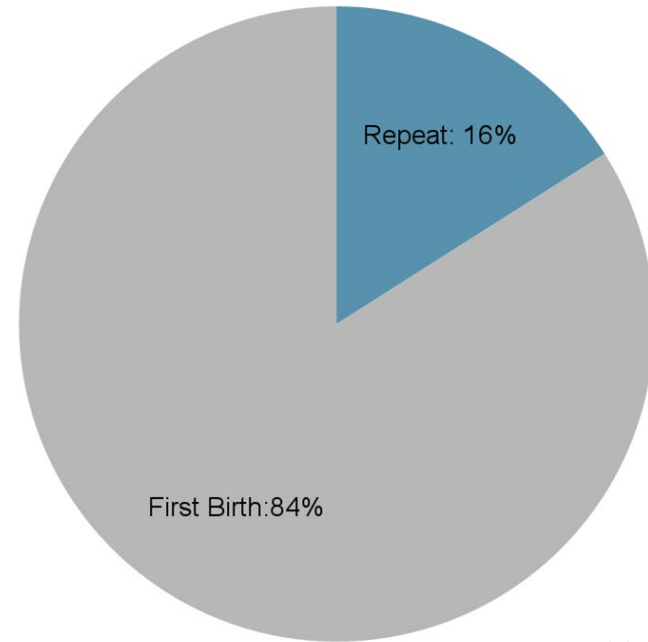


# Texas has strict laws around birth control access for teens

Teens in Texas typically need a parent's consent to get birth control

- Teens can buy condoms, spermicide, and emergency contraception over the counter. The first over the counter birth control, Opill, is now available online and in stores.
- Teens used to be able to consent to birth control at Title X clinics, but a recent lawsuit stopped this access.
- Teen parents are the medical consenters for their children, but typically cannot consent to their own birth control. Texas consistently has one of the highest rates of repeat teen pregnancy nationwide.

Texas teen births, 2022



# Sex Education in Texas

## Why?

Medically accurate health education can help prevent teen pregnancies and STIs, support healthy relationships, and give us a population with a better understanding of how their bodies work.

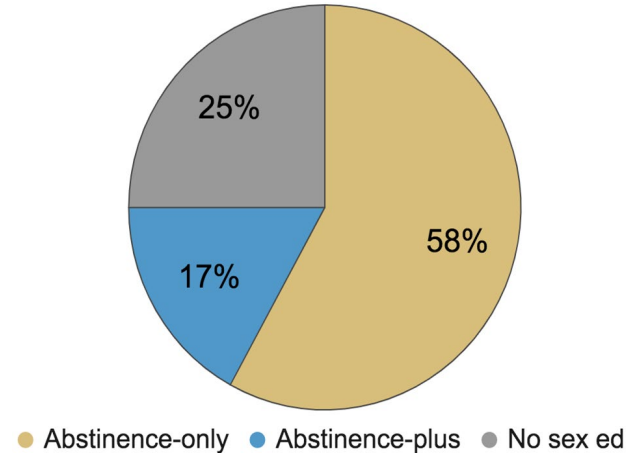
A large majority of Texas parents support school based sex education to help keep their kids safe and healthy.



# Background: Health Education in Texas

- Sex ed in Texas is required to focus to abstinence, but can also teach about topics like contraception and healthy relationships.
- Health Education is required in elementary and middle school but elective at high school. As a result, many high school students don't take health class and many districts don't offer it.
- Polling consistently shows strong parent support for school - based sex education that teaches about topics like birth control and healthy relationships in addition to abstinence.

Sex Education in Texas, 2017



Source: Conspiracy of Silence: Sexuality Education in Texas Public Schools (2017)



# Health Education Standards

In November 2020, for the **first time in more than two decades**, the State Board of Education (SBOE) **updated** the Texas Essential Knowledge and Skills (TEKS) for Health Education.

New TEKS bring basic sex education into the 7th/8th grade level, where it is required to be offered to all students.

School districts were required to implement new standards in the 2022-23 school year.



## Opt in Policy

After legislative changes in 2021, Texas is now one of just 5 states requiring opt in for sex education, and the only state requiring opt in for abuse prevention.

Sex ed opt in “sunsets” in 2024.





# Questions?

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