



# healthy futures OF TEXAS

Advancing informed sexual health decisions

A baby is born to a teen mom in Texas once every

» 25 minutes

# Texas Adolescent Health

## TEXAS TEEN BIRTHS, 2023

With support, families led by teen parents can thrive. However, early and unintended childbearing can make it harder for young people to achieve personal, educational and professional goals and attain financial stability.

Between 2007, the teen birth rate in both Texas and the US has declined by two-thirds, an astounding public health shift. However, **Texas still has the 8th highest rate of teen birth in the nation**, and the 3rd highest rate of repeat teen birth. Of the 140,977 teens births in the US in 2023, 15% occurred in Texas.

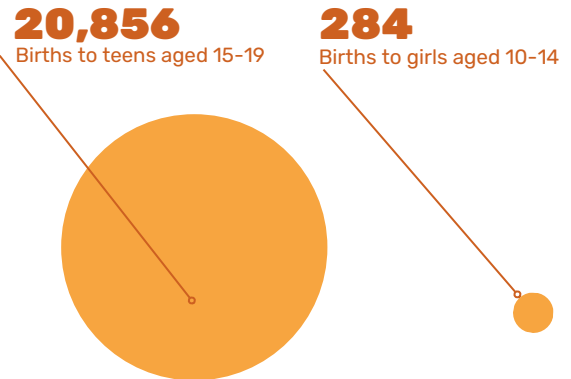
In 2022, the Texas teen birth rate increased for the first time in 15 years, but 2023 saw the rate decline by 5%. In 2023, the Texas teen birth rate was 19.4 per 1,000 girls age 15-19. In other words, 1.94% of Texas teens gave birth, **a rate 49% higher than the national average**.

In 2023 there were 20,856 teen births, including 5,721 births to teens aged 15-17 and 15,135 births to teens aged 18-19. Additionally, there were 284 births to girls under the age of 15. In Texas, 89% of 18-19 year old teen mothers are unmarried, compared to about 25% of mothers in their 30s.

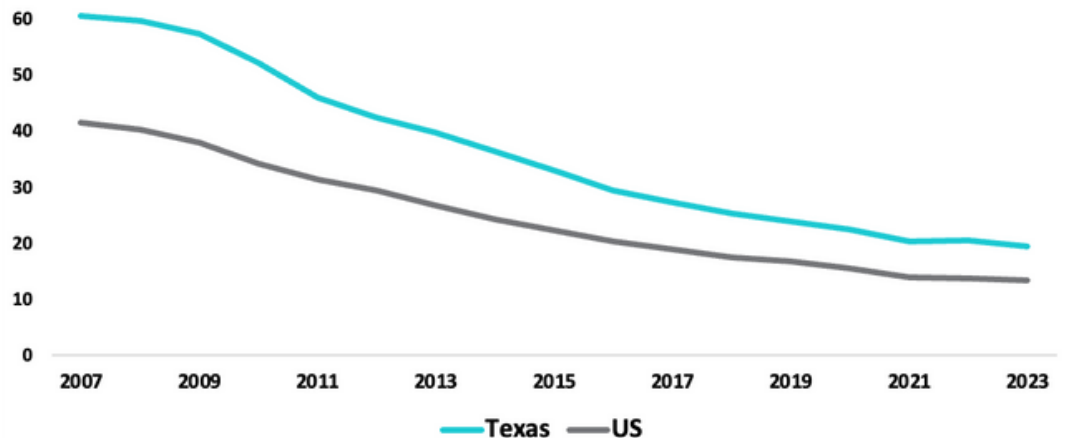
### Teen Birth Counts & Rates

Year	TX Teen Birth Count	TX Teen Birth Rate	US Teen Birth Rate	TX, % above US
2007	54,281	61.8	41.5	49%
2008	54,284	60.7	40.2	51%
2009	52,656	57.9	37.9	53%
2010	47,751	52.2	34.3	52%
2011	42,748	46.9	31.3	50%
2012	40,451	44.4	29.4	51%
2013	37,525	41.0	26.5	55%
2014	35,063	37.8	24.2	56%
2015	32,687	34.6	22.3	55%
2016	29,765	31.0	20.3	52%
2017	26,971	27.6	18.8	47%
2018	25,089	25.3	17.4	45%
2019	24,109	24.0	16.7	44%
2020	22,641	22.4	15.4	45%
2021	21,041	20.3	13.9	46%
2022	21,337	20.4	13.6	50%
2023	20,856	19.4	13.1	49%

### Teen Birth Rate



### Teen Birth Rate per 1,000 Teens Aged 15-19, 2007 - 2023

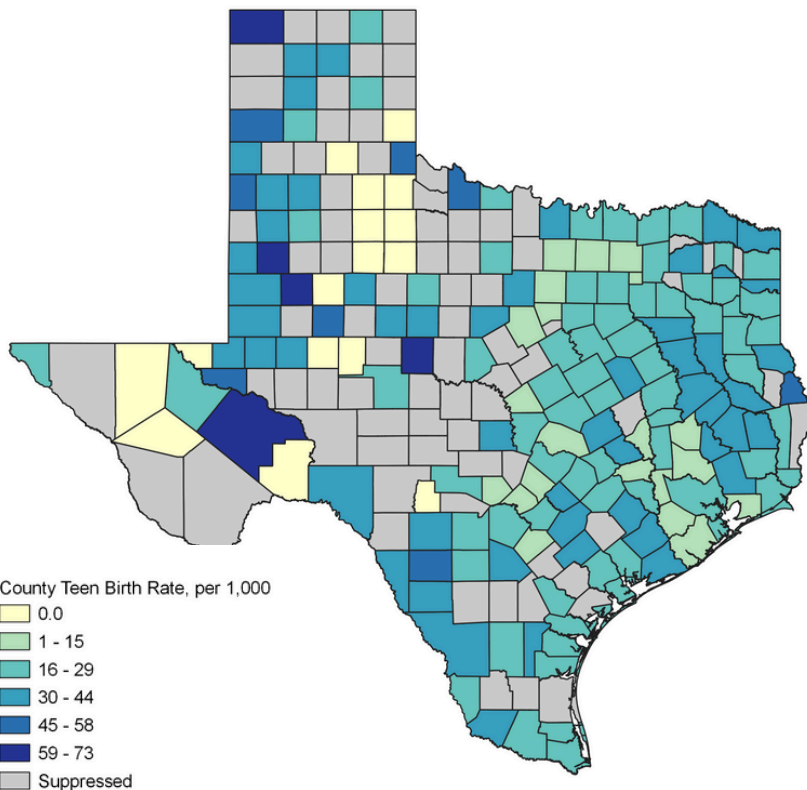


# COUNTY RATES

## 2023 Teen Birth Rates for Large Counties

Area	Total Teen Births, 15 - 19	Teen Birth Rate 2023	Change, 22 - 23
Bell County	255	18.9	-12%
Bexar County	1,342	18.4	-9%
Brazoria County	176	12.9	-24%
Brazos County	155	11.4	4%
Cameron County	493	28.6	-6%
Collin County	275	6.5	12%
Comal County	61	10.4	-15%
Dallas County	2,132	23.8	-3%
Denton County	289	8.5	-1%
Ector County	219	35.1	-19%
El Paso County	707	22.1	-8%
Ellis County	129	15.8	-3%
Fort Bend County	222	6.7	-9%
Galveston County	180	15.3	-8%
Grayson County	101	21.0	-2%
Gregg County	100	22.4	-22%
Guadalupe County	101	15.8	20%
Harris County	3,284	19.5	-4%
Hays County	109	10.1	-11%
Hidalgo County	1,105	28.6	-7%
Jefferson County	231	28.8	-3%
Johnson County	117	16.6	-19%
Kaufman County	131	18.9	-4%
Lubbock County	250	18.6	-25%
McLennan County	218	19.8	26%
Midland County	186	31.7	-5%
Montgomery County	297	12.0	-17%
Nueces County	295	24.6	-7%
Parker County	75	13.4	4%
Potter County	143	35.5	-15%
Randall County	89	16.5	5%
Smith County	166	19.6	-2%
Tarrant County	1,414	17.8	0%
Taylor County	168	29.5	40%
Tom Green County	89	21.3	-10%
Travis County	707	18.0	7%
Webb County	397	34.2	-4%
Wichita County	96	20.9	1%
Williamson County	175	8.1	5%
<b>Texas</b>	<b>20,856</b>	<b>19.4</b>	<b>-5%</b>

Due to their large populations, more than half of Texas births occur in just 7 counties: Harris, Dallas, Tarrant, Bexar, Hidalgo, El Paso, and Travis. However, the highest rates of teen birth tend to occur in more rural counties, especially counties in west Texas or the border regions. Counties with a population below 100,000 have a teen birth rate that is 29% higher than the state average.



Note: If there are fewer than 10 teen births in a county, the data is suppressed to protect privacy. However, rates in these counties may still be high.

### WHAT IS A TEEN BIRTH RATE?

A teen birth rate is a mathematical formula that shows how many girls between the ages of 15-19 out of a 1,000 had a baby in a given year. Teen birth rates can be calculated at the national, state, county, or even zip code level. Teen birth rates are shown per 1,000 girls aged 15-19. A teen birth rate of 30 per 1,000 means that 3% of teens in a given area had a baby that year.

Count of teen births in Travis County in 2023 → 707

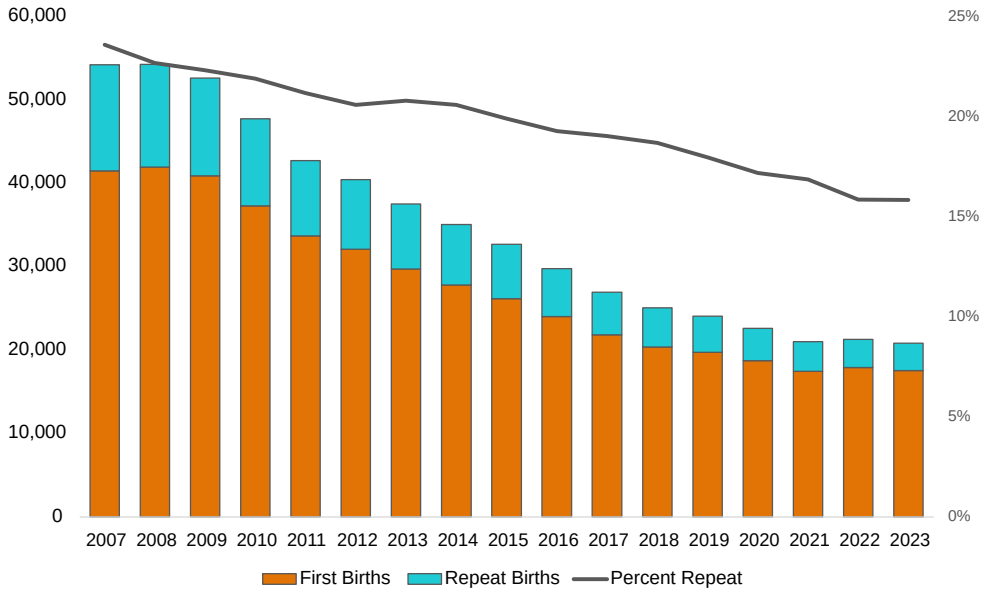
Estimated number of girls aged 15-19 living in Travis County in 2023 → 39,398

$$\frac{707}{39,398} \times 1,000 = 18.0$$

Travis County 2023 teen birth rate of 18.0 per 1,000

To see rates for all Texas counties, visit <https://hftx.org/resources/teen-birth-in-texas/>

# REPEAT TEEN BIRTHS



**16%** of teen births in Texas are repeat teen births.

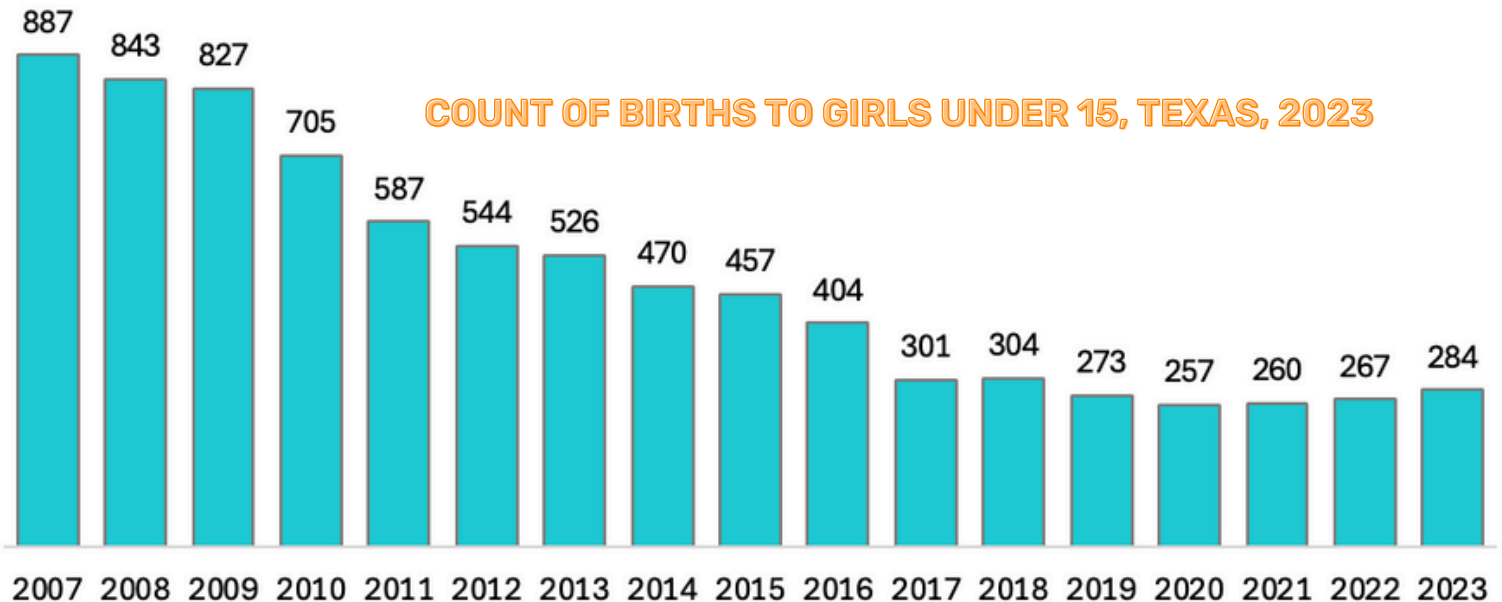
Texas has the third highest rate of repeat teen birth in the nation. In 2023, there were 3,311 repeat teen births in Texas, down from 12,727 repeat births in 2007, when 24% of teen birth were repeat.

In Texas, a teen mother can consent to any medical care for her baby, but under state law, she cannot consent to her own health care, including birth control to prevent additional unintended pregnancies.

# BIRTHS UNDER 15

Births to girls between the ages of 10-14 have declined by two-thirds since 2007. However, preteen births increased by 11% in Texas between 2020 and 2023, rising each year. Of the 1,766 births to preteens in the US, 16% occurred in Texas. These pregnancies are frequently the result of abuse or neglect, and may also create a serious health risks, as preteens are more than 50% more likely than mothers in their 20s to experience maternal morbidity or have a child who is transferred to the NICU.

Preteen Births by County, 2023	
Harris	50
Dallas	35
Bexar	25
Hidalgo	13
Tarrant	10
Other Counties	151
<b>Total</b>	<b>284</b>



# DISPARITIES IN TEEN BIRTH RATES

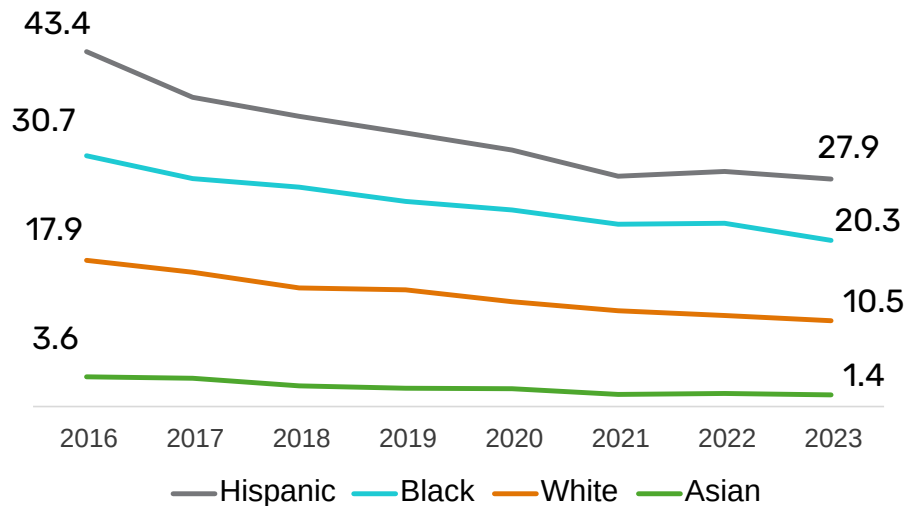
Factors such as access to health care, information, and economic opportunity can lead to disparities in teen birth rates. Though rates for all ethnicities have declined in the last decade, the rate of decline has been slower for black and Hispanic teens.

In 2022, the birth rate for Hispanic teens was 2.6 times higher than white teens. This gap increased to 2.7 times higher in 2023.

In 2023, 68% of teen births were to Hispanic teens, including 13,633 white Hispanic teens and 472 teens who identify as both Hispanic and black, Asian, American Indian or Hawaiian Pacific islander. In Texas, 96% of non-Hispanic teen mothers and 76% of Hispanic teen mothers were born within the US.

## Teen Birth Count by Ethnicity, 2023

Hispanic:	13,633
Black:	2,767
White:	3,456
Asian :	68
American Indian:	21
Hawaiian/ Pacific Islander:	25
More than one race:	784



# WHAT'S AHEAD FOR TEEN BIRTH RATES?

In 2022, the Texas teen birth rate increased for the first time in 15 years. While the increase was small -- just half a percent -- it was a concerning trend after a decade and a half of decline. In 2023, the Texas teen birth rate resumed its decrease. However, the 5% decrease was smaller than prior years, which averaged an 8% drop.

Preliminary data for the first 9 months of 2024 show that the count of Texas births for the months of January to September has decreased by 2% compared to 2023. Based on this early data, it is likely that the 2024 will show a modest decrease compared to 2023.

## Count of Texas Teen Births, January - September

2023 - 15,404

2024 - 15,044

-2%

# NON-MEDICAL DRIVERS OF HEALTH

Non-Medical Drivers of Health are conditions in the places where people live, learn, work and play that affect a wide range of health risks and outcomes. These issues can contribute to adolescent health, including teen pregnancy and rates of sexually transmitted infections.

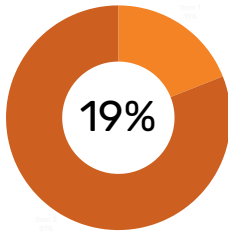
Young people in Texas are more likely than their peers nationwide to live in poverty, not have health insurance, or experience one or more Adverse Childhood Experiences, or ACES.

## » Health Care Access

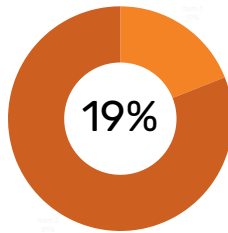
Texas is the largest state in the nation to not expand Medicaid. As a result, many young people in Texas are uninsured.

Programs such as Healthy Texas Women and the state's Family Planning Program provide access to care such as birth control, cancer screenings, STI screening and treatment, and other services.

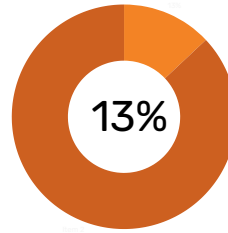
When teens do become pregnant, most are eligible for Pregnant Women's Medicaid, which covers more than 4 out of 5 teen births in Texas.



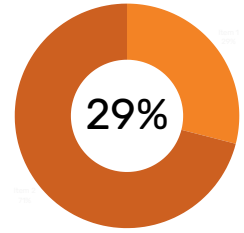
of Texas children live in poverty



of Texas children experience at least 2 ACES



of Texas children under the age of 18 don't have health insurance.

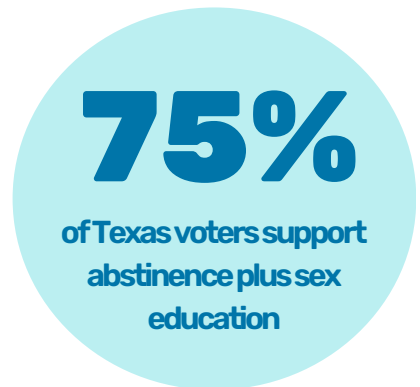


of young adults (age 19-26) in Texas don't have health insurance.

# SEXUAL HEALTH EDUCATION

Sexual health education can help young people stay safe and healthy by providing factual information on topics like healthy relationships, abstinence, birth control, and prevention of sexually transmitted infections. This type of school-based instruction is widely supported by Texas parents.

In 2020, the Texas State Board of Education updated the minimum curriculum standards for Health Education, including appropriate sexual health information in the middle school level, when all students are required to be offered this instruction. In Texas, parents maintain the right to opt their children out of any instruction on sexual health or abuse prevention without penalty.



Young people in Texas report that they want to receive information on sexual health from trusted sources such as schools, parents and doctors, rather than relying on the internet or peers. However, despite recent improvements to state standards, many Texas students still do not receive adequate school-based instruction.

# SEXUALLY TRANSMITTED INFECTIONS, 2023

Though teen birth rates have declined in recent years, STIs are increasing among Texas youth. Some of this increase may be due to declining condom usage, changes in access to health care, or other factors. Minors in Texas can consent to screening and treatment for most STIs.

A word of caution about STI data: the reported data only show the cases that have been diagnosed. However, in a country where many young people lack access to health care, a “low” rate may simply reflect the fact that many cases are undiagnosed. Conversely, a high rate or increasing rates could indicate improved access to screening and treatment.

Health Education in Texas public schools now includes information on the types of STIs and the importance of prevention, screening, and treatment.

## In Texas in 2023

57% of chlamydia cases,  
43% of gonorrhea cases,  
19% of syphilis cases, and  
21% of HIV cases

occurred in youth  
under the age of 25

To find low-cost HIV and STI testing locations, visit [dshs.texas.gov/hivstd/testing](https://dshs.texas.gov/hivstd/testing)

Sexually Transmitted Infections and HIV in Texas, 2023			
	Count, 2023, Ages 15-24*	Count, 2023, All Ages	Change from 2019, Youth
Chlamydia	85,974	150,056	6%
Gonorrhea	23,070	53,793	8%
Syphilis	5,080	26,155	76%
HIV new diagnoses	1,071	5,076	3%

\*New HIV diagnoses in youth show data for ages 13-24

# CONGENITAL SYPHILIS

Congenital syphilis, once nearly eradicated, has shown an alarming increase in recent years, both in Texas and the US. Congenital syphilis occurs when a pregnant woman who has syphilis passes the infection on to her baby, often resulting in death or lifelong disability. While early treatment can often prevent infection, many pregnant women with syphilis do not receive timely or adequate care. When a woman is diagnosed with syphilis during pregnancy, the infant is nearly three times as likely to be admitted to the NICU.

**Teen mothers have the highest incidence of syphilis during pregnancy of any age group in Texas.**

Year	Rate, TX	Rate, US	Cases, TX	Cases, US	TX % of total
2019	140.4	50.3	530	1,884	28%
2020	153.5	59.9	565	2,163	26%
2021	183.1	78.6	684	2,881	24%
2022	236.6	102.8	922	3,769	24%
2023	238.6	105.8	930	3,882	24%

## 24%

of reported congenital syphilis cases in 2023 occurred in Texas

Between 2019 and 2023 Texas congenital syphilis cases increased by

## 70%

# Youth STI Data by Texas County, 2023

Area	Chlamydia		Gonorrhea		Syphilis		HIV	
	Count, 2023, Ages 15-24	Change from 2019	Count, 2023, Ages 15-24	Change from 2019	Count, 2023, Ages 15-24	Change from 2019	Count of New Diagnoses, 2023, Ages 13-24	Change from 2019
Bell County	1,606	10%	459	42%	42	-9%	13	-57%
Bexar County	4,562	-12%	1,270	50%	464	53%	85	25%
Brazoria County	1,009	10%	220	96%	44	132%	9	-31%
Brazos County	1,030	25%	331	165%	30	30%	7	--
Cameron County	1,830	24%	200	120%	111	178%	23	130%
Collin County	1,723	7%	399	86%	90	80%	30	58%
Comal County	208	-19%	42	5%	18	80%	**	--
Dallas County	10,230	-11%	3,398	56%	580	16%	162	15%
Denton County	1,772	25%	496	74%	96	92%	19	-14%
Ector County	561	5%	102	9%	30	0%	6	--
El Paso County	2,928	33%	520	112%	172	100%	32	7%
Ellis County	541	47%	156	95%	16	100%	5	--
Fort Bend County	1,817	24%	461	126%	92	254%	21	-13%
Galveston County	871	-7%	208	79%	38	111%	12	-14%
Grayson County	286	-2%	49	7%	12	200%	**	--
Gregg County	511	34%	100	56%	17	183%	6	--
Guadalupe County	291	-2%	80	78%	18	38%	**	--
Harris County	16,964	20%	5,220	104%	1,190	103%	273	-12%
Hays County	882	22%	226	109%	36	0%	14	27%
Hidalgo County	2,147	4%	372	85%	155	52%	25	47%
Jefferson County	968	10%	315	76%	79	103%	23	28%
Johnson County	334	-1%	67	16%	14	100%	**	--
Kaufman County	499	35%	144	172%	19	111%	6	0%
Lubbock County	1,539	-4%	406	26%	106	266%	18	100%
McLennan County	1,068	5%	279	51%	30	20%	5	0%
Midland County	677	12%	115	35%	25	92%	5	0%
Montgomery County	1,116	23%	216	88%	54	59%	18	0%
Nueces County	1,477	-24%	432	107%	72	29%	6	-25%
Parker County	191	12%	27	13%	5	-38%	**	--
Potter County	572	-22%	187	-18%	32	167%	9	-18%
Randall County	404	77%	104	167%	24	380%	0	--
Smith County	853	37%	210	71%	35	133%	11	-8%
Tarrant County	6,483	15%	2,123	106%	297	79%	67	-14%
Taylor County	348	2%	63	3%	23	667%	5	--
Tom Green County	445	-16%	88	31%	33	450%	**	--
Travis County	4,019	-3%	1,310	96%	236	55%	38	15%
Webb County	789	6%	156	333%	70	250%	**	--
Wichita County	298	-13%	94	92%	15	36%	**	--
Williamson County	1,240	37%	305	193%	30	30%	**	--
<b>Texas</b>	<b>85,974</b>	<b>6%</b>	<b>23,070</b>	<b>8%</b>	<b>5,080</b>	<b>76%</b>	<b>1071</b>	<b>3%</b>

## ABOUT US

Healthy Futures of Texas is a statewide nonpartisan, non-profit organization committed to improving the wellbeing of young Texans through equitable access to sexual health education, contraception, and resources.

We address the increasing barriers that young people in Texas face to obtain quality sex education and access to contraception and preventative sexual healthcare, promoting a healthier future for all Texans.

 [Learn more at hftx.org.](https://hftx.org)

## OUR PILLARS



### ADVOCACY



### AWARENESS



### HEALTH EDUCATION



### RESEARCH



### TRAINING AND TECHNICAL ASSISTANCE

## DATA SOURCES

**Page 1:** All data are Healthy Futures of Texas analysis of Natality Data from CDC Wonder, accessed at <https://wonder.cdc.gov/natality.html>. Data shown are final 2023 rates.

**Page 2:** Large County data are from Natality Data from CDC Wonder, accessed at <https://wonder.cdc.gov/natality.html>. Teen birth counts of small counties shown in map were provided via email by Texas DSHS. Teen birth rates were calculated using Vintage 2023 postcensal single-race estimates of the resident population, accessed at <https://www2.census.gov/programs-surveys/popest/datasets/2020-2023/counties/asrh/>

**Page 3:** Healthy Futures of Texas analysis of Natality Data from CDC Wonder, accessed at <https://wonder.cdc.gov/natality.html>. Maternal morbidity includes Maternal Transfusion, Third or Fourth Degree Perineal Laceration, Ruptured Uterus, Unplanned Hysterectomy, or Admission to Intensive Care Unit.

**Page 4:** Healthy Futures of Texas analysis of Natality Data from CDC Wonder, accessed at <https://wonder.cdc.gov/natality.html>; Healthy Futures analysis of CDC Wonder Provisional Natality, 2023 through Last Month, accessed at <https://wonder.cdc.gov/natality-expanded-provisional.html>

**Page 5:** Non Medical drivers of Health definition from Texas HHS. Percent of children with ACES from <https://sph.uth.edu/research/centers/dell/legislative-initiatives/docs/2022/ACES-Report-102622.pdf>. Percent of children in poverty from US Census Bureau Small Area Income and Poverty Estimates (SAIPE) Program. Percent of children and youth uninsured from American Community Survey, S2701 Selected Characteristics of Health Insurance Coverage in the United States, 5 year estimates. Sex Education public opinion polling from <https://hftx.org/wp-content/uploads/2023/05/Updated-Branding-Public-Opinion-Poll-Results.pdf>

**Page 6 - 7:** All STI data from NCHHSTP AtlasPlus, <https://www.cdc.gov/nchhstp/about/atlasplus.html>