

Health E-Stat 117: A Decade of Decline in Twin Childbearing in the United States, 2014–2024

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The twin birth rate (twin births per 1,000 total births) rose 79% from 1980 (18.9) to 2014 (33.9), then began to decline (1–4). Trends in twin childbearing are of public health interest because of the increased maternal and neonatal risk compared with singleton pregnancies (5–7). This report describes trends in the number and rate of twins born in the United States from the most recent high in 2014 through 2024. It also describes changes in the twin birth rate by maternal age and race and Hispanic origin from 2014 to 2024.

The twin birth rate declined an average 1% per year from 2014 (33.9 twins per 1,000 births) to 2024 (30.1) for a total decline of 11% (Table, Figure 1). The number of births in twin deliveries declined an average 2% per year from 2014 (135,336) to 2024 (109,195) for a total decline of 19%. In comparison, the number of births in singleton deliveries declined 9% (from 3,848,214 to 3,517,151) over the same decade (Table). The largest single-year decline in both the number (7%) and rate (3%) of twin births during 2014–2024 occurred in 2020.

By maternal age, the largest declines in twinning rates from 2014 to 2024 were for mothers age 30 and older. Those rates were down 18% for mothers ages 30–34 (40.3 to 33.2 per 1,000 births), 27% for mothers 35–39 (48.6 to 35.4), and 46% for mothers 40 and older (66.0 to 35.6) (Figure 2). The rate for mothers ages 25–29 declined 5% (30.5 to 28.9), while changes in rates for mothers 20–24 (23.0 to 22.7) and younger than 20 (16.0 to 16.1) were not significant.

Among the three largest race and Hispanic-origin groups, twin birth rates declined 15% for White non-Hispanic (36.7 to 31.3) and 3% for Hispanic (24.1 to 23.4) mothers, and rose 5% for Black non-Hispanic mothers (40.0 to 42.0) (Figure 3).

Data source and methods

This report is based on birth certificate data from the National Vital Statistics System (NVSS) data files (8).

Twin birth is defined as two fetuses delivered alive or dead at any time in the pregnancy regardless of gestational age, or delivered at different times during the pregnancy. Data for



American Indian and Alaska Native non-Hispanic, Asian non-Hispanic, and Native Hawaiian and Other Pacific Islander non-Hispanic are not shown because of revisions to the 1997 Office of Management and Budget standards on classification of race and ethnicity, which resulted in noncomparable data for these groups over the study period (9). References to differences in birth rates indicate that the change is statistically significant at the 0.05 level based on a two-tailed *z* test. Trends in the number and rate of twin births for [Figure 1](#) were evaluated using the Joinpoint Regression Program (10).

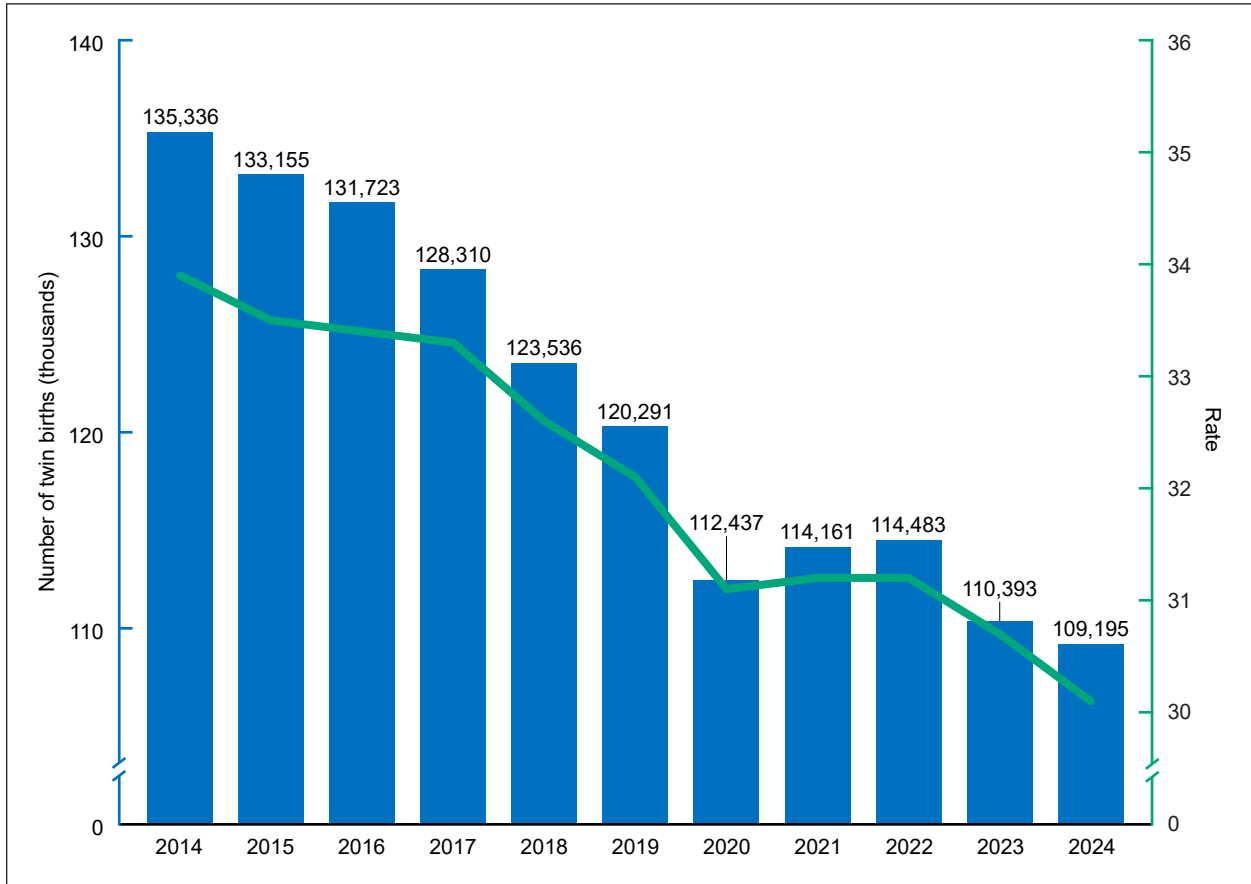
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Suggested citation

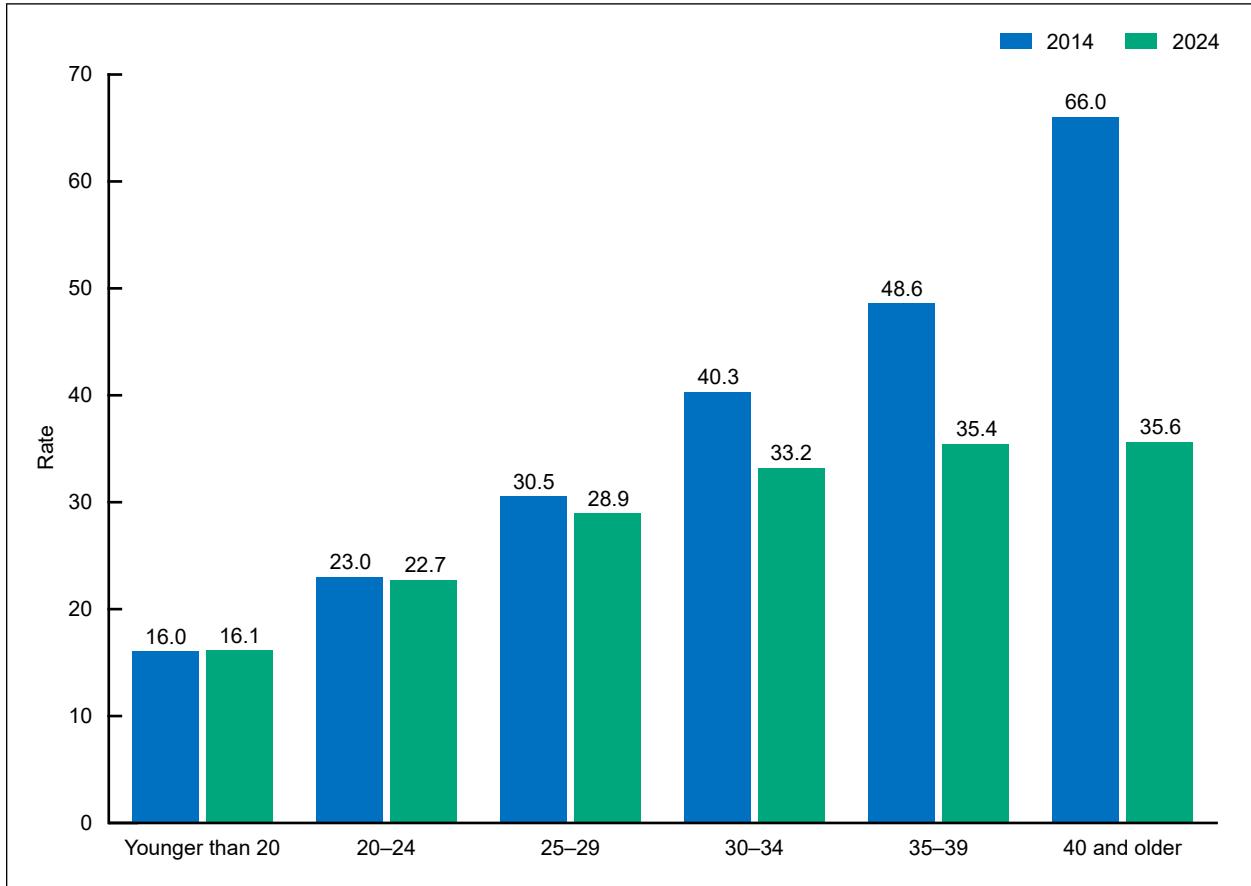
Martin JA, Osterman MJK. A decade of decline in twin childbearing in the United States, 2014–2024. *NCHS Health E-Stats*. 2026 Jun;(117):1–6. DOI: <https://dx.doi.org/10.15620/cdc/252449>.

Figure 1. Number and rate of twin births: United States, 2014–2024



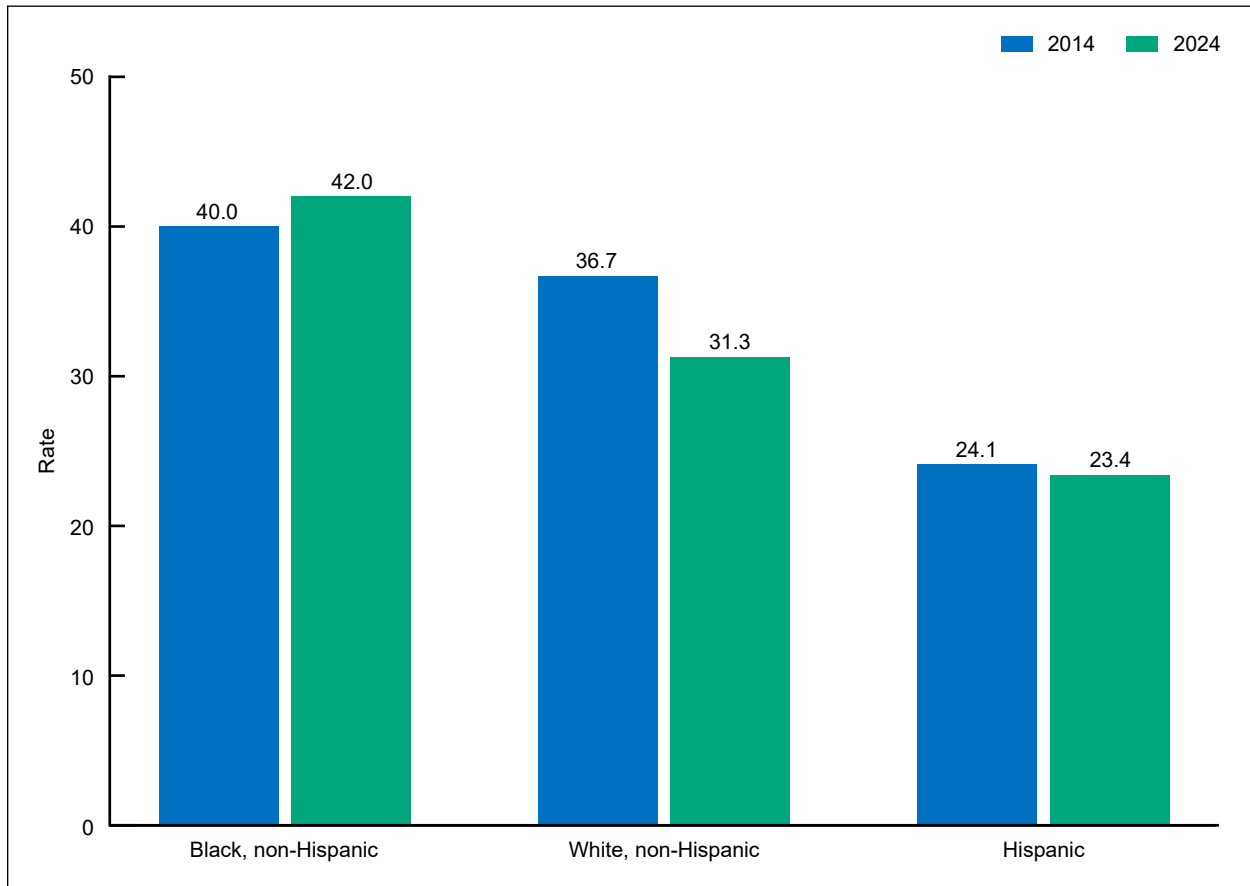
NOTES: A significant decreasing trend is shown for 2014 to 2024 for both number (bars) and rate (line), $p < 0.05$. Rate is the number of twin births per 1,000 total births.
 SOURCE: National Center for Health Statistics, National Vital Statistics System, natality data file.

Figure 2. Twin birth rate, by maternal age: United States, 2014 and 2024



NOTES: A significant decline was seen from 2014 to 2024 for each maternal age group except for mothers younger than 20 and ages 20-24, $p < 0.05$. Rate is the number of twin births per 1,000 total births.
 SOURCE: National Center for Health Statistics, National Vital Statistics System, natality data file.

Figure 3. Twin birth rate, by maternal race and Hispanic origin: United States, 2014 and 2024



NOTES: A significant change was seen from 2014 to 2024 for each race and Hispanic-origin group, $p < 0.05$. Rate is the number of twin births per 1,000 total births.
 SOURCE: National Center for Health Statistics, National Vital Statistics System, natality data file.

Table. Number of singleton births and number and rate of twin births: United States, 2014–2024

Year	Number of singleton births ¹	Number of twin births ²	Twin birth rate ^{2,3}
2014.....	3,848,214	135,336	33.9
2015.....	3,841,219	133,155	33.5
2016.....	3,810,149	131,723	33.4
2017.....	3,723,273	128,310	33.3
2018.....	3,664,651	123,536	32.6
2019.....	3,623,963	120,291	32.1
2020.....	3,498,335	112,437	31.1
2021.....	3,547,198	114,161	31.2
2022.....	3,550,380	114,483	31.2
2023.....	3,482,971	110,393	30.7
2024.....	3,517,151	109,195	30.1

¹Significant decreasing trend for 2014 to 2020, $p < 0.05$.

²Significant decreasing trend for 2014 to 2024, $p < 0.05$.

³Twin births per 1,000 total births.

SOURCE: National Center for Health Statistics, National Vital Statistics System, natality data file.