

Obesity, Physical Activity, Fruit/vegetable Consumption, Hispanic Ethnicity and Border Location in Texas

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Presenter Disclosures

The views and opinions contained in this presentation are solely the authors' and not necessarily those of the Texas Department of State Health Services.

Outline

- Background
- Methods
- Definitions
- Results
- Conclusions

Background

- Obesity, sedentary lifestyle, and healthy eating are important determinants of morbidity, mortality, worker productivity and increased health costs
- Texas has had sub-optimal levels of obesity, sedentary lifestyle and fruit/vegetable consumption
- New and continuing efforts in the state are on-going to target these conditions

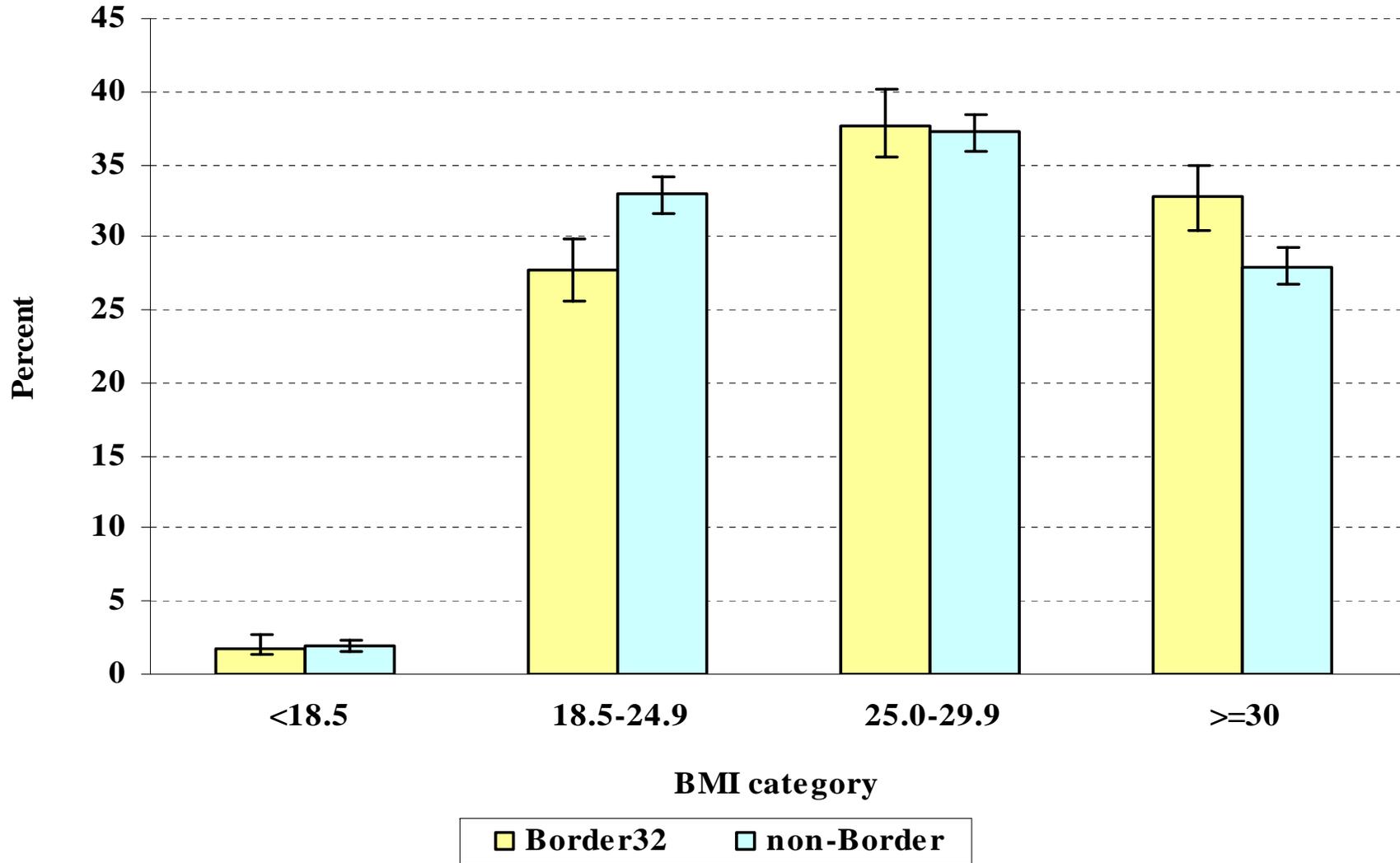
Methods

- 2007 Texas Behavioral Risk Factor Surveillance System (BRFSS) Border Oversample
- Core sections:
 - Demographics
 - Fruits and Vegetables
 - Physical Activity
- Sub-state estimates were not re-weighted

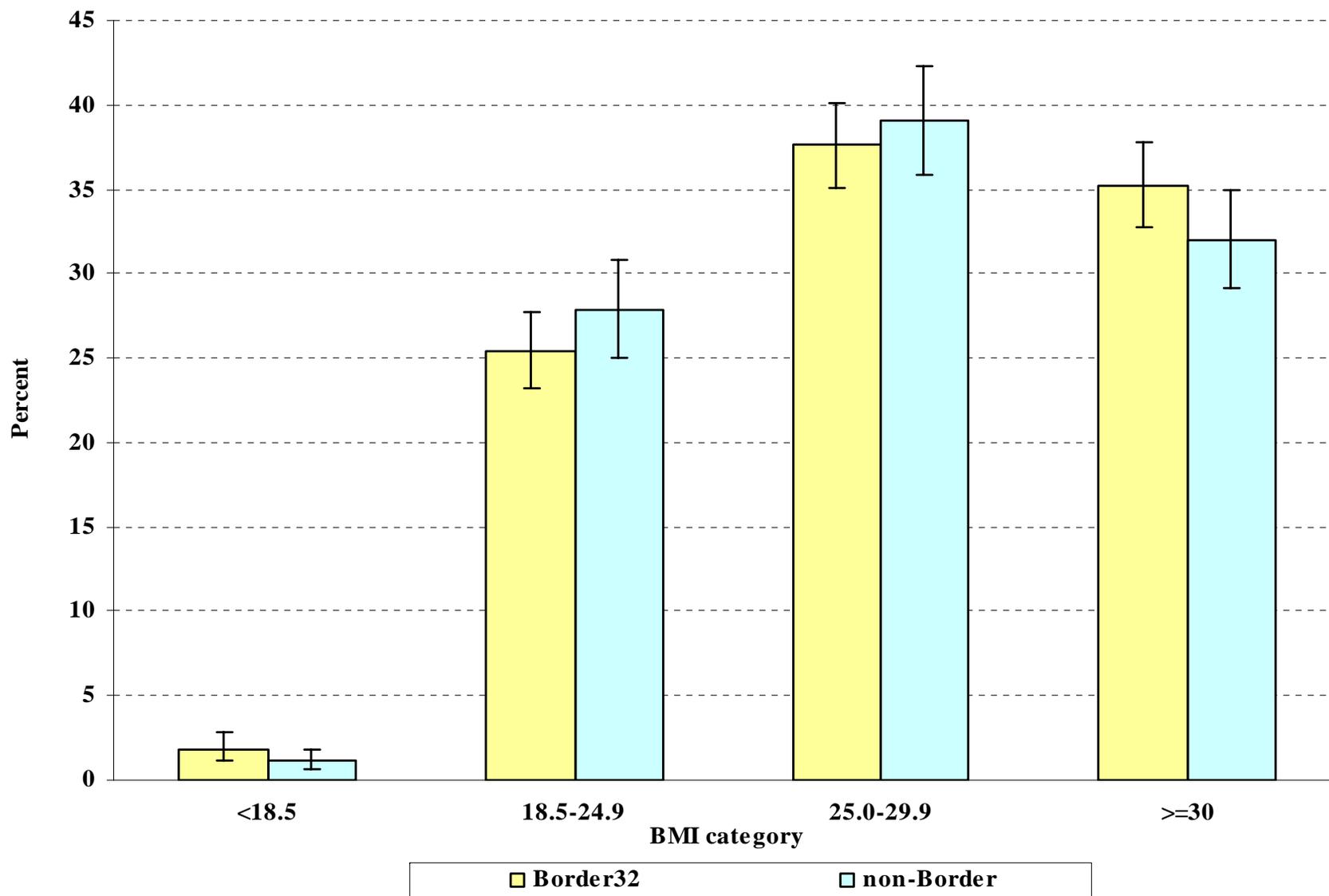
Definitions

- Border – 32 La Paz Agreement counties
- Race/ethnicity
 - “Hispanic”: Hispanic of any race
 - Non-Hispanic White
- Body Mass Index (BMI) calculated from self-reported height and weight into categories
- No physical activity: a “do not do any” response to both moderate and vigorous physical activity in an usual week for at least 10 minutes at a time items
- Inadequate fruit/vegetable consumption:
 - Sums total servings from the 6 fruit and vegetable items
 - Inadequate= <5 per day total

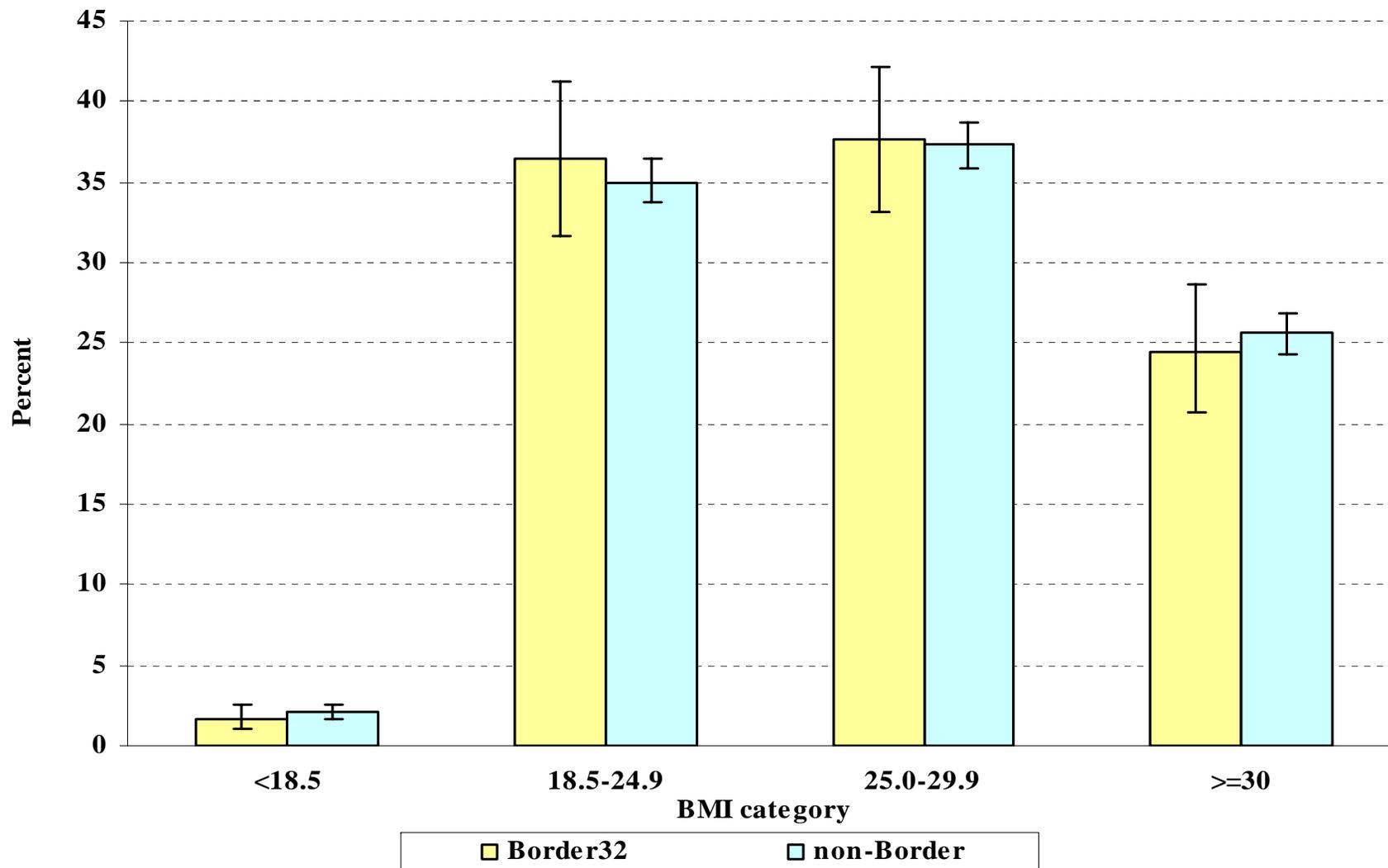
Body Mass Index by Border Location



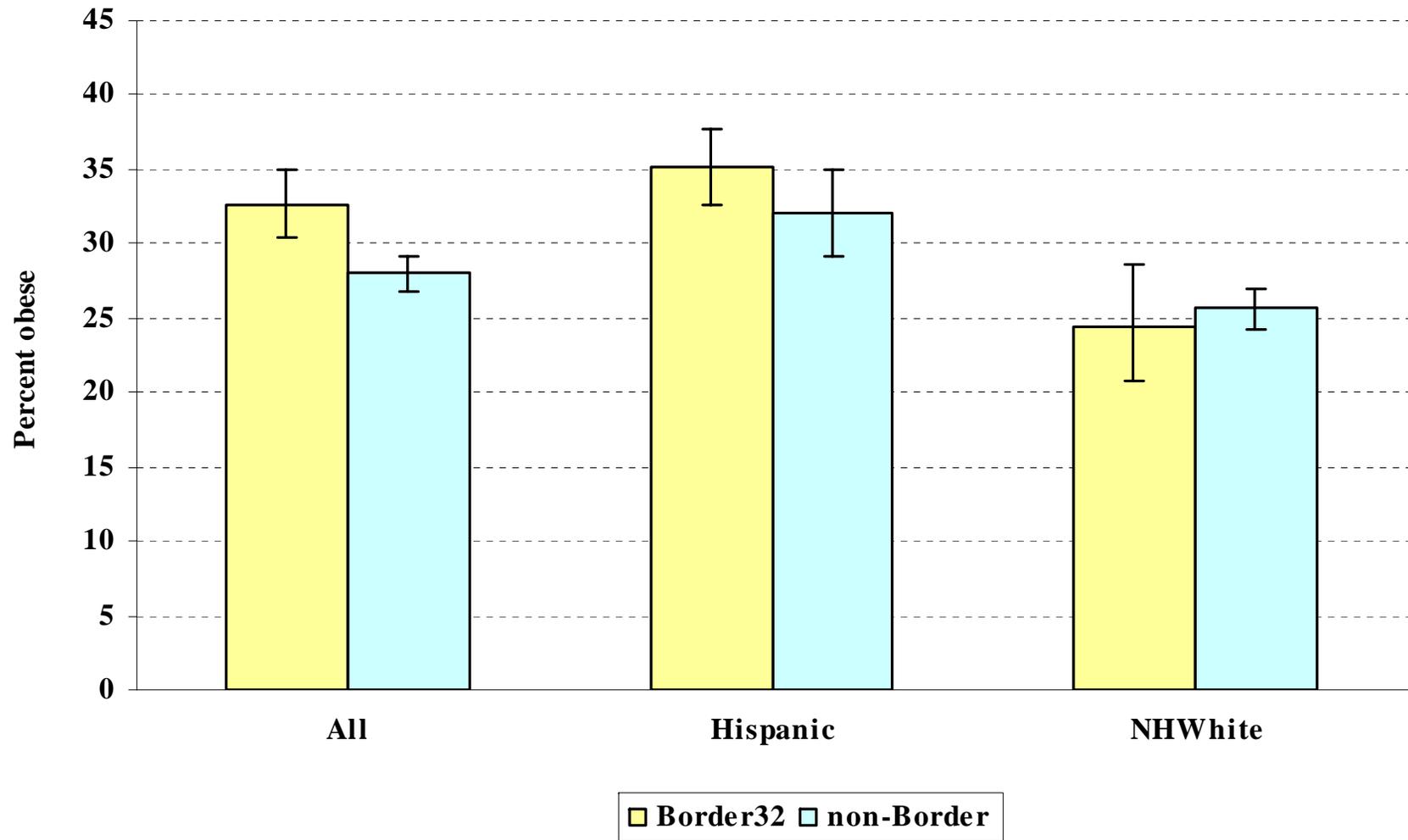
Hispanic Body Mass Index by Border Location



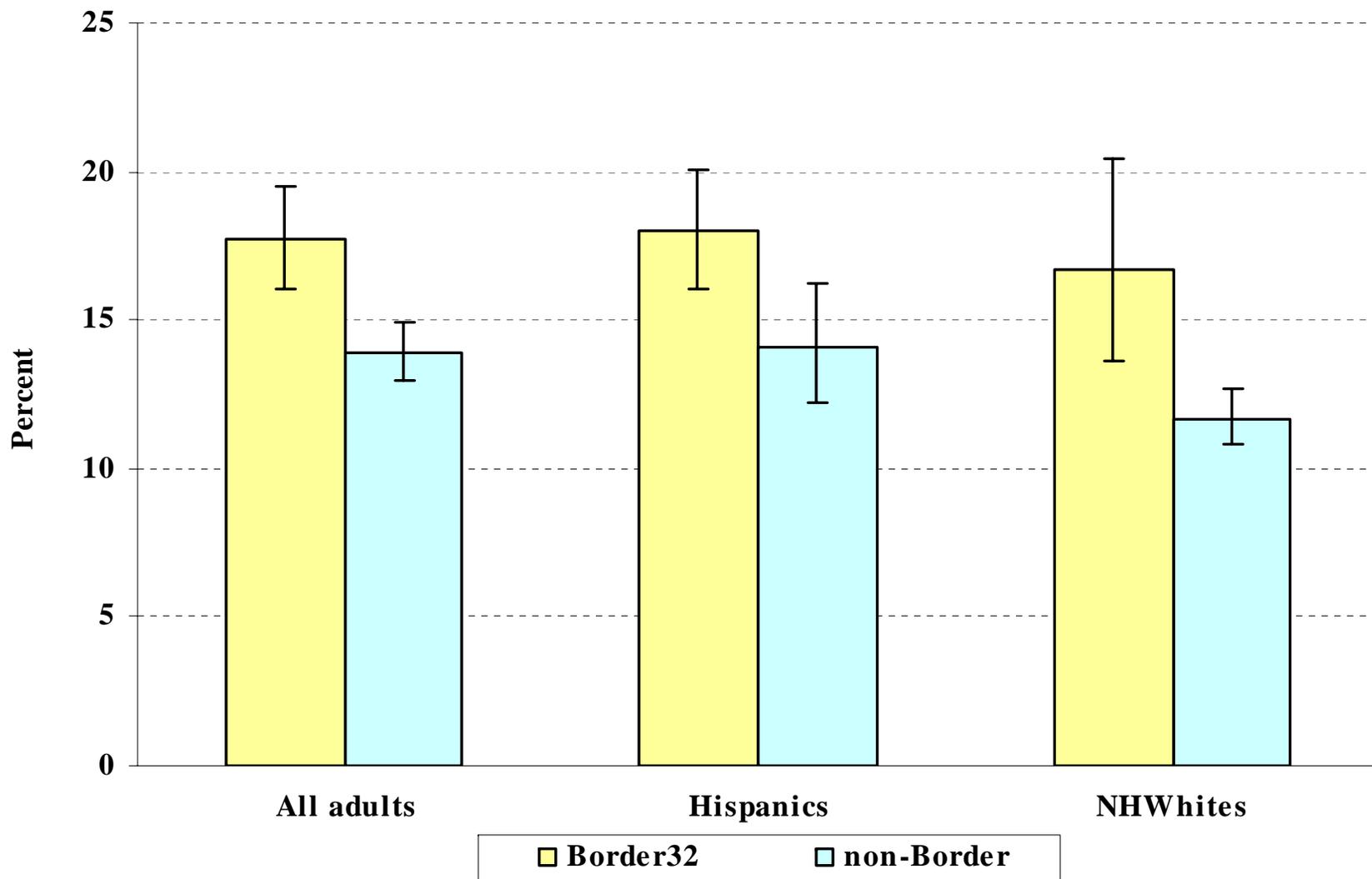
Non-Hispanic White Body Mass Index by Border Location



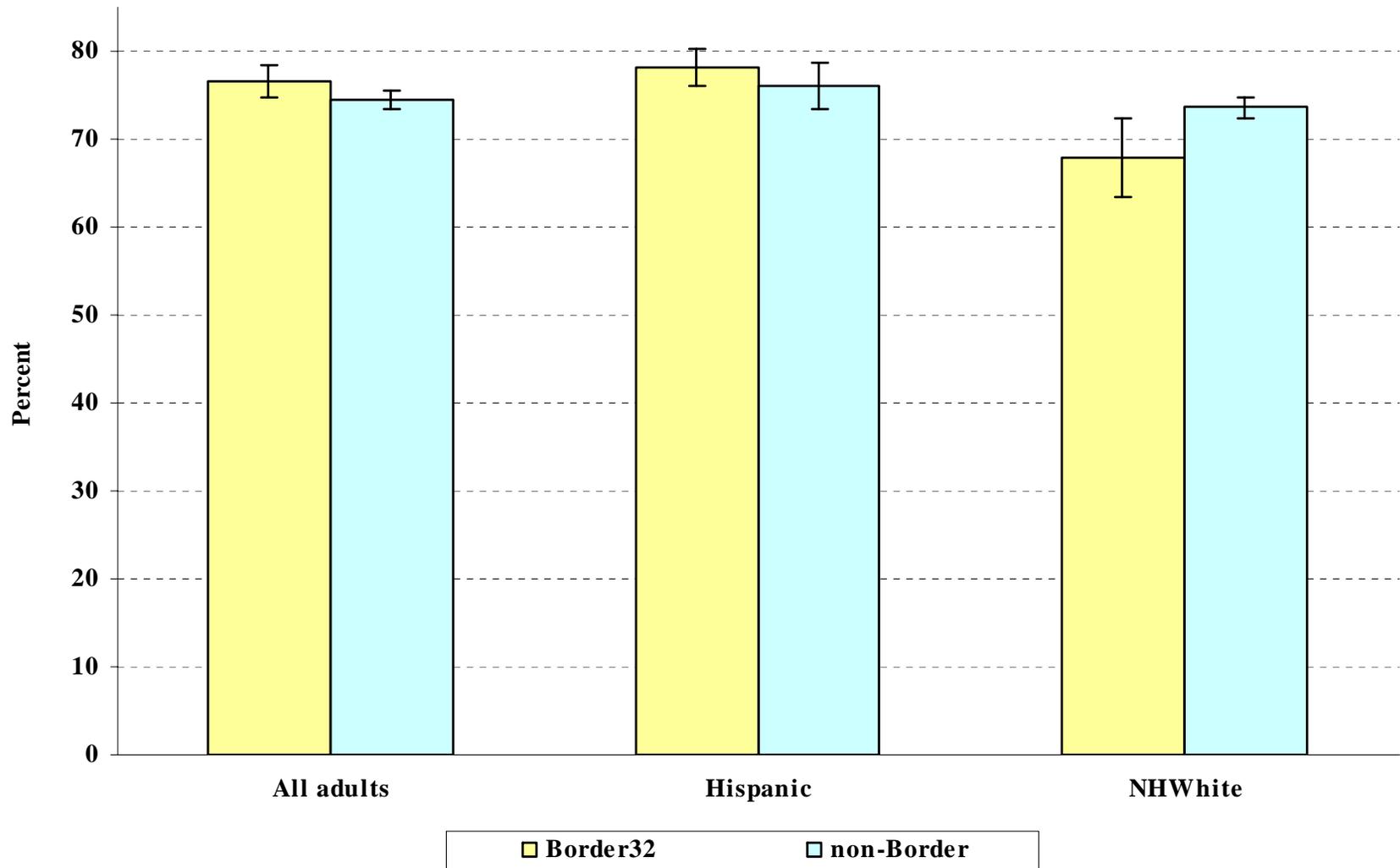
Obesity (BMI ≥ 30) by Border Location and Race/ethnicity



Lack of physical activity by Border Location and Race/ethnicity



Inadequate Fruit & vegetable consumption by Border Location and Race/ethnicity



Conclusions

- Obesity, a leading cause of adverse health outcomes, is significantly higher in the border region overall.
- Lack of physical activity is significantly higher in the border region for both Hispanics and non-Hispanic whites.
- Inadequate fruit/vegetable consumption is high throughout the state
- Interventions to prevent and manage obesity by increasing healthy eating and physical activity should be implemented across the state with a special emphasis on the border region.