

Prevalence of Obesity, 150 Minutes or More of Aerobic Physical Activity Per Week, and Consuming Fruits and Vegetables Five or More Times Per Day Among Adults by Demographic Characteristics, Risk Factors, Other Conditions, and Place of Residence, Texas, 2013

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Table 1. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Demographic Characteristics, Texas 2013

Demographic Characteristics	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	5,545,084	30.9	29.5	32.3	12,417,973	69.1	67.7	70.5
Sex								
Male	2,729,391	29.6	27.6	31.6	6,481,014	70.4	68.4	72.4
Female	2,815,693	32.2	30.2	34.2	5,936,959	67.8	65.8	69.8
Age Group (years)								
18 to 29	895,331	22.1	19.2	25.1	3,148,207	77.9	74.9	80.8
30 to 44	1,658,669	33.7	30.8	36.6	3,259,759	66.3	63.4	69.2
45 to 64	2,173,920	36.2	33.7	38.8	3,824,703	63.8	61.2	66.3
65 and older	787,759	27.6	25.0	30.1	2,070,874	72.4	69.9	75.0
Race/Ethnicity								
White only, non-Hispanic	2,310,111	27.1	25.4	28.9	6,210,328	72.9	71.1	74.6
Black only, non-Hispanic	779,092	38.8	33.8	43.9	1,226,648	61.2	56.1	66.2
Hispanic	2,199,260	36.5	33.7	39.2	3,831,803	63.5	60.8	66.3
Other only/Multiracial	161,377	16.0	11.4	20.7	844,772	84.0	79.3	88.6
Education								
Less than High School	1,292,959	38.7	34.6	42.7	2,051,733	61.3	57.3	65.4
High School Graduate	1,585,761	34.0	31.2	36.8	3,073,237	66.0	63.2	68.8
Some College	1,666,721	29.8	27.2	32.4	3,930,652	70.2	67.6	72.8
College Graduate	979,913	22.9	20.8	24.9	3,305,165	77.1	75.1	79.2
Annual Household Income								
Less than \$35,000	2,437,033	35.9	33.5	38.4	4,345,358	64.1	61.6	66.5
\$35,000 to < \$50,000	679,118	32.0	27.4	36.7	1,442,332	68.0	63.3	72.6
\$50,000 to < \$75,000	629,645	31.6	27.7	35.5	1,360,966	68.4	64.5	72.3
\$75,000 or more	1,094,709	24.7	22.1	27.2	3,341,915	75.3	72.8	77.9
Relationship Status								
Married or partner in an unmarried couple	3,306,837	31.8	29.9	33.6	7,100,795	68.2	66.4	70.1
Widowed	320,742	29.7	25.0	34.4	758,594	70.3	65.6	75.0
Divorced or separated	847,257	33.2	29.4	36.9	1,705,545	66.8	63.1	70.6
Never married	1,055,008	27.5	24.3	30.6	2,786,680	72.5	69.4	75.7

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Table 2. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Selected Risk Factors and Other Conditions, Texas 2013

Obesity Risk Factors and Other Conditions	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	5,545,084	30.9	29.5	32.3	12,417,973	69.1	67.7	70.5
Leisure Time Physical Activity								
Yes	3,137,876	26.9	25.3	28.6	8,514,840	73.1	71.4	74.7
No	1,940,451	40.6	37.6	43.6	2,841,724	59.4	56.4	62.4
Met Recommendations for Aerobic Physical Activity								
Yes	1,772,837	26.2	24.1	28.4	4,985,894	73.8	71.6	75.9
No	3,139,993	34.8	32.7	36.9	5,875,539	65.2	63.1	67.3
Access to a Safe Place to Exercise in Neighborhood*								
Yes	3,625,391	31.7	29.1	34.2	7,824,863	68.3	35.8	70.9
No	1,441,326	38.6	33.7	43.5	2,330,725	61.8	57.0	66.6
Consumption of Fruits and Vegetables 5 or More Times Per Day								
Yes	652,387	28.0	24.2	31.7	1,679,398	72.0	68.3	75.8
No	4,535,472	31.2	29.6	32.8	9,997,139	68.8	67.2	70.4
Diabetes								
Yes	1,114,968	55.7	51.2	60.1	887,558	44.3	39.9	48.8
No	4,404,492	27.7	26.2	29.1	11,510,958	72.3	70.9	73.8
Cardiovascular Disease								
Yes	521,001	39.4	34.6	44.1	802,909	60.6	55.9	65.4
No	4,954,046	30.1	28.6	31.6	11,507,059	69.9	68.4	71.4
Heart Disease								
Yes	395,773	37.8	32.5	43.1	651,256	62.2	56.9	67.5
No	5,077,351	30.3	28.9	31.8	11,657,699	69.7	68.2	71.1
Stroke								
Yes	202,210	44.1	35.9	52.2	256,553	55.9	47.8	64.1
No	5,333,337	30.5	29.1	32.0	12,131,401	69.5	68.0	70.9
Hypertension								
Yes	2,517,398	44.2	41.6	46.7	3,183,418	55.8	53.3	58.4
No	2,999,071	24.6	23.0	26.2	9,195,692	75.4	73.8	77.0

Table 2. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Selected Risk Factors and Other Conditions, Texas 2013 (continued)

Obesity Risk Factors and Other Conditions	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Cancer								
Yes	545,251	32.7	28.7	36.7	1,121,283	67.3	63.3	71.3
No	4,974,787	30.7	29.2	32.2	11,234,646	69.3	67.8	70.8
Arthritis								
Yes	1,620,028	42.5	39.4	45.5	2,194,749	57.5	54.5	60.6
No	3,886,946	27.7	26.1	29.3	10,149,509	72.3	70.7	73.9
Kidney Disease								
Yes	226,419	40.4	31.7	49.0	334,677	59.6	51.0	68.3
No	5,304,929	30.6	29.2	32.0	12,029,961	69.4	68.0	70.8
COPD								
Yes	377,909	37.9	32.1	43.8	618,450	62.1	56.2	67.9
No	5,117,022	30.3	28.9	31.8	11,748,702	69.7	68.2	71.1
Depression								
Yes	1,112,070	39.2	35.7	42.7	1,726,991	60.8	57.3	64.3
No	4,401,714	29.3	27.7	30.8	10,625,776	70.7	69.2	72.3
Disability								
Yes	1,222,727	43.5	40.1	46.8	1,589,669	56.5	53.2	59.9
No	4,237,171	28.5	26.9	30.1	10,623,919	71.5	69.9	73.1
Smoking Status								
Current	857,159	30.3	26.9	33.8	1,967,650	69.7	66.2	73.1
Former	1,311,367	34.1	31.1	37.0	2,538,388	65.9	63.0	68.9
Never	3,172,981	29.6	27.7	31.5	7,548,265	70.4	68.5	72.3
Binge Drinking								
Yes	838,591	29.0	25.5	32.5	2,050,894	71.0	67.5	74.5
No	4,340,598	31.1	29.5	32.7	9,628,829	68.9	67.3	70.5
Heavy Drinking								
Yes	295,513	28.2	22.5	34.0	750,745	71.8	66.0	77.5
No	4,881,195	30.9	29.4	32.4	10,932,847	69.1	67.6	70.6
Health Care Coverage								
Yes	3,826,629	29.3	27.7	30.9	9,220,451	70.7	69.1	72.3
No	1,674,440	35.1	32.1	38.0	3,100,461	64.9	62.0	67.9

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

*Module asked in survey version 1 only.

Table 3. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Place of Residence, Texas 2013

Place of Residence	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	5,545,084	30.9	29.5	32.3	12,417,973	69.1	67.7	70.5
PHR								
1	212,122	32.5	27.0	38.0	440,176	67.5	62.0	73.0
2	99,107	28.2	19.7	36.7	252,022	71.8	63.3	80.3
3	1,141,953	28.9	25.7	32.0	2,814,609	71.1	68.0	74.3
4	265,765	35.1	30.1	40.1	491,105	64.9	59.9	69.9
5	183,399	34.0	26.4	41.5	356,167	66.0	58.5	73.6
6	1,024,548	28.5	24.5	32.6	2,568,546	71.5	67.4	75.5
7	558,141	29.3	25.5	33.1	1,346,686	70.7	66.9	74.5
8	644,903	38.3	34.1	42.5	1,038,467	61.7	57.5	65.9
9	119,222	33.2	27.0	39.4	240,384	66.8	60.6	73.0
10	158,113	33.0	28.1	38.0	320,338	67.0	62.0	71.9
11	485,721	41.1	36.3	45.8	696,490	58.9	54.2	63.7
U.S.-Mexico Border Counties (15)								
Border	526,730	37.2	33.3	41.1	890,008	62.8	58.9	66.7
Non-border	4,366,264	31.1	29.4	32.7	9,674,980	68.9	67.3	70.6
U.S.-Mexico Border Counties (32)								
Border	563,674	38.2	34.3	42.0	912,680	61.8	58.0	65.7
Non-border	4,329,320	31.0	29.3	32.6	9,652,309	69.0	67.4	70.7
Metropolitan Statistical Area (MSA)								
Abilene MSA	38,950	31.4	13.9	48.9	85,268	68.6	51.1	86.1
Amarillo MSA	73,284	34.6	22.3	46.9	138,565	65.4	53.1	77.7
Austin-Round Rock MSA	292,595	26.2	21.6	30.8	822,845	73.8	69.2	78.4
Beaumont-Port Arthur MSA	89,466	33.7	21.5	45.8	176,215	66.3	54.2	78.5
Brownsville-Harlingen MSA	107,850	43.9	31.6	56.2	137,776	56.1	43.8	68.4
College Station-Bryan MSA	48,239	30.1	17.1	43.1	111,907	69.9	56.9	82.9
Corpus Christi MSA	110,587	51.7	40.9	62.4	103,417	48.3	37.6	59.1
Dallas-Plano-Irving PMSA	670,932	27.2	23.1	31.3	1,793,141	72.8	68.7	76.9
Ft. Worth-Arlington PMSA	386,755	29.5	24.6	34.5	922,354	70.5	65.5	75.4
El Paso MSA	154,131	33.2	28.1	38.2	310,715	66.8	61.8	71.9
Houston-Baytown-Sugar Land MSA	1,010,095	28.3	24.2	32.4	2,554,318	71.7	67.6	75.8
Killeen-Temple-Ft. Hood MSA	84,583	32.2	19.2	45.1	178,379	67.8	54.9	80.8
Longview MSA	54,706	38.5	27.2	49.8	87,521	61.5	50.2	72.8
Lubbock MSA	66,534	34.3	27.7	40.9	127,392	65.7	59.1	72.3
McAllen-Edinburg-Pharr MSA	168,292	35.8	30.0	41.6	301,859	64.2	58.4	70.0
Midland MSA	34,355	37.3	28.4	46.2	57,775	62.7	53.8	71.6
Odessa MSA	26,968	31.4	22.5	40.3	58,897	68.6	59.7	77.5

Table 3. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Place of Residence, Texas 2013 (continued)

Place of Residence	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
MSA (continued)								
San Antonio MSA	487,523	36.1	31.6	40.7	861,729	63.9	59.3	68.4
Tyler MSA	42,382	31.2	22.9	39.5	93,505	68.8	60.5	77.1
Victoria MSA	--	--	--	--	--	--	--	--
Waco MSA	41,461	35.3	19.4	51.1	76,037	64.7	48.9	80.6
County								
Bell	62,298	32.3	16.2	48.4	130,783	67.7	51.6	83.8
Bexar	366,994	34.7	29.7	39.8	689,917	65.3	60.2	70.3
Brazos	--	--	--	--	--	--	--	--
Cameron	107,850	43.9	31.6	56.2	137,776	56.1	43.8	68.4
Collin	87,722	19.7	11.5	27.8	358,221	80.3	72.2	88.5
Dallas	432,460	32.3	26.3	38.3	906,532	67.7	61.7	73.7
Denton	61,181	16.0	8.1	23.9	320,354	84.0	76.1	91.9
Ector	26,968	31.4	22.5	40.3	58,897	68.6	59.7	77.5
El Paso	154,131	33.2	28.1	38.2	310,715	66.8	61.8	71.9
Fort Bend	81,355	19.8	15.2	24.5	328,560	80.2	75.5	84.8
Gregg	32,249	37.4	25.9	49.0	53,889	62.6	51.0	74.1
Harris	714,043	30.2	24.8	35.7	1,647,920	69.8	64.3	75.2
Hays	--	--	--	--	--	--	--	--
Hidalgo	168,292	35.8	30.0	41.6	301,859	64.2	58.4	70.0
Jefferson	70,652	35.3	20.3	50.4	129,242	64.7	49.6	79.7
Johnson	36,706	32.4	15.1	49.7	76,554	67.6	50.3	84.9
Lubbock	66,093	34.3	27.7	41.0	126,360	65.7	59.0	72.3
McLennan	41,461	35.3	19.4	51.1	76,037	64.7	48.9	80.6
Midland	34,355	37.3	28.4	46.2	57,775	62.7	53.8	71.6
Montgomery	81,207	34.1	18.8	49.3	157,233	65.9	50.7	81.2
Nueces	77,299	48.0	35.7	60.4	83,711	52.0	39.6	64.3
Potter	--	--	--	--	--	--	--	--
Randall	34,821	31.1	16.6	45.5	77,235	68.9	54.5	83.4
Smith	42,382	31.2	22.9	39.5	93,505	68.8	60.5	77.1
Tarrant	320,992	29.2	23.8	34.7	776,739	70.8	65.3	76.2
Travis	159,121	23.3	18.0	28.6	522,876	76.7	71.4	82.0
Williamson	78,007	33.8	23.0	44.5	153,115	66.2	55.5	77.0

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Technical Notes

Percentages for each measure were based on the number of respondents with a specific response(s) among the total number of respondents for the given survey question(s), excluding people with missing information or who refused or did not know the answer to the survey question(s). The following questions were used:

- (1) *Obese*: Body mass index of 30 or more calculated from the questions, "About how much do you weigh without shoes?" and "About how tall are you without shoes?";
- (2) *Leisure Time Physical Activity*: "Yes" responses to the question, "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?";
- (3) *Met Recommendations for 150 Minutes or More of Aerobic Physical Activity Per Week*: Variable calculated from responses to a series of seven questions on the two types of leisure time physical activity a person spent the most time doing in the past month; incorporates activity met value for each activity and includes estimated age-gender specific maximum oxygen consumption and estimated functional capacity for each respondent to estimate activity intensity;
- (4) *Access to a Safe Place to Exercise in Neighborhood*: "Yes" responses to the question, "In your neighborhood, do you have access to any sidewalks, shoulders of the road, trails or parks where you can safely walk, run, or bike?";
- (5) *Consumption of Fruits and Vegetables 5 or More Times Per Day*: Variable calculated from responses to a series of six questions on the number of times per day, week, or month a respondent consumed specific types of fruits and vegetables in the past month;
- (6) *Diabetes*: "Yes" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have diabetes?" [does not include female respondents who responded "Yes, but told only during pregnancy."];
- (7) *Cardiovascular Disease*: "Yes" responses to any of the following questions, "Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?", or "Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?", or "Has a doctor, nurse, or other health professional ever told you that you had a stroke?";
- (8) *Heart Disease*: "Yes" responses to either of the following questions, "Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?", or "Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?";
- (9) *Stroke*: "Yes" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you had a stroke?";
- (10) *Hypertension*: "Yes" responses to the question, "Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?" [does not include females who responded, "Yes, but told only during pregnancy."];
- (11) *Cancer*: "Yes" responses to either of the following questions, "Has a doctor, nurse, or other health professional ever told you that you had skin cancer?", or "Has a doctor, nurse, or other health professional ever told you that you had any other types of cancer?";
- (12) *Arthritis*: "Yes" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?";
- (13) *Kidney Disease*: "Yes" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have kidney disease? Do not include kidney stones, bladder infection or incontinence.";
- (14) *COPD*: "Yes" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have COPD chronic obstructive pulmonary disease, emphysema, or chronic bronchitis?";
- (15) *Depression*: "Yes" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?";
- (16) *Disability*: "Yes" responses to the question, "Are you limited in any way in any activities because of physical, mental, or emotional problems?";
- (17) *Smoking Status*: "Yes" responses for current and former smokers and "No" responses for never smokers to the question, "Have you smoked at least 100 cigarettes in your entire life?" and responses of "Everyday" or "Some days" for current smokers and responses of "Not at all" for former smokers to the question, "Do you now smoke cigarettes every day, some days, or not at all?";
- (18) *Binge Drinking*: Responses of "1 or more" times to the question, "Considering all types of alcoholic beverages, how many times during the past 30 days did you have (5 or more drinks for men, 4 or more drinks for women) on one occasion?";
- (19) *Heavy Drinking*: Responses of "2 or more" for men and "1 or more" for women to the question, "During the past 30 days, what is the largest number of drinks you had on any occasion?";
- (20) *Health Care Coverage*: "Yes" responses to the question, "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, or Indian Health Service?";

Estimates were excluded (--) if they were considered unreliable because the sample size was too small.

Estimates were generated from one-way and two-way cross tabulations that used weighted data and accounted for the stratified survey design; therefore, the estimates calculated from survey data represent prevalence in the population.

Estimates were produced by the Office of Surveillance, Evaluation, and Research, Health Promotion and Chronic Disease Prevention Section, Division for Disease Control and Prevention Services, Texas Department of State Health Services; December, 2014.

Table 1. Number and Percentage of Adults, 18 Years and Older, Meeting and Not Meeting Recommendations for 150 Minutes or More of Aerobic Physical Activity Per Week, by Demographic Characteristics, Texas 2013

Demographic Characteristics	Met Aerobic Recommendations				Did Not Meet Aerobic Recommendations			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	7,161,125	42.1	40.6	43.7	9,842,118	57.9	56.3	59.4
Sex								
Male	3,667,945	44.3	42.0	46.7	4,606,327	55.7	53.3	58.0
Female	3,493,180	40.0	38.0	42.1	5,235,791	60.0	57.9	62.0
Age Group (years)								
18 to 29	1,734,394	44.8	41.2	48.5	2,134,122	55.2	51.5	58.8
30 to 44	1,931,911	41.3	38.2	44.4	2,748,539	58.7	55.6	61.8
45 to 64	2,353,080	41.3	38.7	43.9	3,348,527	58.7	56.1	61.3
65 and older	1,141,740	42.2	39.3	45.1	1,563,058	57.8	54.9	60.7
Race/Ethnicity								
White only, non-Hispanic	3,684,879	46.0	44.0	48.0	4,324,882	54.0	52.0	56.0
Black only, non-Hispanic	701,325	39.6	34.2	45.1	1,068,350	60.4	54.9	65.8
Hispanic	2,204,437	37.3	34.5	40.1	3,709,975	62.7	59.9	65.5
Other only/Multiracial	427,339	45.0	37.7	52.2	522,997	55.0	47.8	62.3
Education								
Less than High School	1,052,283	31.3	27.5	35.2	2,305,345	68.7	64.8	72.5
High School Graduate	1,695,533	39.7	36.6	42.7	2,577,383	60.3	57.3	63.4
Some College	2,307,888	43.9	41.0	46.9	2,943,391	56.1	53.1	59.0
College Graduate	2,090,799	51.4	48.9	54.0	1,975,771	48.6	46.0	51.1
Annual Household Income								
Less than \$35,000	2,305,289	35.5	33.0	37.9	4,195,899	64.5	62.1	67.0
\$35,000 to < \$50,000	810,488	41.0	36.3	45.7	1,166,171	59.0	54.3	63.7
\$50,000 to < \$75,000	944,251	50.5	46.1	54.8	927,186	49.5	45.2	53.9
\$75,000 or more	2,057,320	50.2	47.1	53.4	2,037,384	49.8	46.6	52.9
Relationship Status								
Married or partner in an unmarried couple	4,301,534	43.2	41.1	45.2	5,666,320	56.8	54.8	58.9
Widowed	406,953	39.8	34.9	44.7	615,719	60.2	55.3	65.1
Divorced or separated	789,926	34.5	30.6	38.3	1,502,662	65.5	61.7	69.4
Never married	1,630,975	44.8	41.0	48.6	2,011,934	55.2	51.4	59.0

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Table 2. Number and Percentage of Adults, 18 Years and Older, Meeting and Not Meeting Recommendations for 150 Minutes of Aerobic Physical Activity Per Week, by Selected Risk Factors and Other Conditions, Texas 2013

Risk Factors and Other Conditions	Met Aerobic Recommendations				Did Not Meet Aerobic Recommendations			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	7,161,125	42.1	40.6	43.7	9,842,118	57.9	56.3	59.4
Access to a Safe Place to Exercise in Neighborhood*								
Yes	5,113,862	43.1	40.5	45.8	6,737,915	56.9	54.2	59.5
No	1,362,393	35.5	31.1	39.9	2,478,874	64.5	60.1	68.9
Consumption of Fruits and Vegetables 5 or More Times Per Day								
Yes	1,414,593	57.4	53.1	61.6	1,050,964	42.6	38.4	46.9
No	5,746,197	39.6	37.9	41.2	8,771,941	60.4	58.8	62.1
Obese								
Yes	1,772,837	36.1	33.3	38.9	3,139,993	63.9	61.1	66.7
No	4,985,894	45.9	43.9	47.9	5,875,539	54.1	52.1	56.1
Diabetes								
Yes	628,928	33.2	29.1	37.4	1,264,296	66.8	62.6	70.9
No	6,519,199	43.3	41.6	44.9	8,544,001	56.7	55.1	58.4
Cardiovascular Disease								
Yes	446,799	36.4	31.3	41.4	781,267	63.6	58.6	68.7
No	6,674,337	42.8	41.1	44.4	8,933,264	57.2	55.6	58.9
Heart Disease								
Yes	337,431	35.2	29.5	41.0	619,962	64.8	59.0	70.5
No	6,790,437	42.8	41.1	44.4	9,084,934	57.2	55.6	58.9
Stroke								
Yes	141,169	33.3	25.4	41.3	282,438	66.7	58.7	74.6
No	7,008,303	42.4	40.8	44.0	9,533,633	57.6	56.0	59.2
Hypertension								
Yes	1,915,910	36.1	33.6	38.7	3,387,863	63.9	61.3	66.4
No	5,224,655	44.9	43.0	46.9	6,405,798	55.1	53.1	57.0
Cancer								
Yes	625,871	40.6	36.6	44.6	915,821	59.4	55.4	63.4
No	6,511,483	42.3	40.6	43.9	8,898,780	57.7	56.1	59.4

Table 2. Number and Percentage of Adults, 18 Years and Older, Meeting and Not Meeting Recommendations for 150 Minutes of Aerobic Physical Activity Per Week, by Selected Risk Factors and Other Conditions, Texas 2013 (continued)

Risk Factors and Other Conditions	Met Aerobic Recommendations				Did Not Meet Aerobic Recommendations			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Arthritis								
Yes	1,340,515	37.2	34.3	40.2	2,261,053	62.8	59.8	65.7
No	5,789,505	43.5	41.7	45.4	7,506,841	56.5	54.6	58.3
Kidney Disease								
Yes	6,983,013	42.6	41.0	44.2	9,419,229	57.4	55.8	59.0
No	165,742	30.8	22.5	39.0	373,139	69.2	61.0	77.5
COPD								
Yes	283,410	30.9	25.2	36.5	634,478	69.1	63.5	74.8
No	6,861,223	42.9	41.2	44.5	9,146,201	57.1	55.5	58.8
Depression								
Yes	903,116	33.3	29.9	36.8	1,805,640	66.7	63.2	70.1
No	6,240,986	43.9	42.2	45.7	7,963,267	56.1	54.3	57.8
Disability								
Yes	833,856	31.1	28.0	34.3	1,844,832	68.9	65.7	72.0
No	6,301,390	44.4	42.6	46.1	7,906,314	55.6	53.9	57.4
Smoking Status								
Current	954,680	37.2	33.5	40.9	1,614,272	62.8	59.1	66.5
Former	1,589,956	42.3	39.2	45.5	2,167,288	57.7	54.5	60.8
Never	4,573,277	43.2	41.2	45.3	6,008,234	56.8	54.7	58.8
Binge Drinking								
Yes	1,096,971	40.8	36.9	44.7	1,590,325	59.2	55.3	63.1
No	5,882,432	42.5	40.8	44.3	7,943,148	57.5	55.7	59.2
Heavy Drinking								
Yes	383,260	40.3	34.1	46.6	567,455	59.7	53.4	65.9
No	6,595,678	42.5	40.9	44.1	8,927,813	57.5	55.9	59.1
Health Care Coverage								
Yes	5,451,623	44.4	42.6	46.2	6,836,718	55.6	53.8	57.4
No	1,643,796	36.0	32.9	39.1	2,924,720	64.0	60.9	67.1

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

*Module asked in survey version 1 only.

Table 3. Number and Percentage of Adults, 18 Years and Older, Meeting and Not Meeting Recommendations for 150 Minutes of Aerobic Physical Activity Per Week, by Place of Residence, Texas 2013

Place of Residence	Met Aerobic Recommendations				Did Not Meet Aerobic Recommendations			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	7,161,125	42.1	40.6	43.7	9,842,118	57.9	56.3	59.4
PHR								
1	240,435	37.4	31.9	43.0	401,699	62.6	57.0	68.1
2	134,199	39.3	30.5	48.2	207,077	60.7	51.8	69.5
3	1,502,906	39.7	36.1	43.2	2,287,025	60.3	56.8	63.9
4	313,464	43.1	37.5	48.8	413,483	56.9	51.2	62.5
5	162,873	37.6	28.8	46.5	269,847	62.4	53.5	71.2
6	1,429,460	42.4	38.0	46.8	1,942,734	57.6	53.2	62.0
7	817,244	45.1	41.0	49.2	994,543	54.9	50.8	59.0
8	651,434	41.5	37.1	45.8	919,293	58.5	54.2	62.9
9	122,943	36.1	29.8	42.3	218,018	63.9	57.7	70.2
10	207,957	45.0	39.6	50.5	254,044	55.0	49.5	60.4
11	448,113	39.3	34.6	44.1	690,740	60.7	55.9	65.4
U.S.-Mexico Border Counties (15)								
Border	565,576	41.8	37.8	45.8	788,163	58.2	54.2	62.2
Non-border	5,465,451	41.2	39.4	43.0	7,810,340	58.8	57.0	60.6
U.S.-Mexico Border Counties (32)								
Border	593,267	41.6	37.6	45.5	834,225	58.4	54.5	62.4
Non-border	5,437,759	41.2	39.4	43.0	7,764,277	58.8	57.0	60.6
Metropolitan Statistical Area (MSA)								
Abilene MSA	52,195	45.7	27.6	63.8	61,959	54.3	36.2	72.4
Amarillo MSA	70,125	33.6	21.7	45.4	138,792	66.4	54.6	78.3
Austin-Round Rock MSA	510,603	47.2	42.1	52.3	571,856	52.8	47.7	57.9
Beaumont-Port Arthur MSA	60,041	29.0	16.1	41.9	146,820	71.0	58.1	83.9
Brownsville-Harlingen MSA	127,435	56.3	43.7	68.8	99,096	43.7	31.2	56.3
College Station-Bryan MSA	69,951	50.4	34.6	66.2	68,742	49.6	33.8	65.4
Corpus Christi MSA	68,194	32.3	22.3	42.4	142,703	67.7	57.6	77.7
Dallas-Plano-Irving PMSA	990,525	40.9	36.1	45.7	1,431,067	59.1	54.3	63.9
Ft. Worth-Arlington PMSA	451,968	37.6	32.1	43.1	750,865	62.4	56.9	67.9
El Paso MSA	200,130	44.7	39.2	50.2	247,785	55.3	49.8	60.8
Houston-Baytown-Sugar Land MSA	1,411,598	42.3	37.9	46.7	1,925,709	57.7	53.3	62.1
Killeen-Temple-Ft. Hood MSA	86,083	36.0	22.1	49.9	153,048	64.0	50.1	77.9
Longview MSA	58,351	44.3	32.6	55.9	73,490	55.7	44.1	67.4
Lubbock MSA	85,562	45.6	38.5	52.7	101,960	54.4	47.3	61.5
McAllen-Edinburg-Pharr MSA	174,116	39.0	33.0	44.9	272,834	61.0	55.1	67.0
Midland MSA	31,233	37.2	29.0	45.3	52,812	62.8	54.7	71.0
Odessa MSA	27,789	32.9	23.7	42.1	56,757	67.1	57.9	76.3

Table 3. Number and Percentage of Adults, 18 Years and Older, Meeting and Not Meeting Recommendations for 150 Minutes of Aerobic Physical Activity Per Week, by Place of Residence, Texas 2013 (continued)

Place of Residence	Met Aerobic Recommendations				Did Not Meet Aerobic Recommendations			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
MSA (continued)								
San Antonio MSA	533,649	42.6	37.8	47.4	719,237	57.4	52.6	62.2
Tyler MSA	64,516	50.0	40.4	59.6	64,518	50.0	40.4	59.6
Victoria MSA	--	--	--	--	--	--	--	--
Waco MSA	63,121	52.4	34.7	70.2	57,266	47.6	29.8	65.3
County								
Bell	81,325	45.2	28.5	61.8	98,753	54.8	38.2	71.5
Bexar	435,628	44.1	38.7	49.5	552,479	55.9	50.5	61.3
Brazos	--	--	--	--	--	--	--	--
Cameron	127,435	56.3	43.7	68.8	99,096	43.7	31.2	56.3
Collin	186,900	44.1	32.7	55.5	236,868	55.9	44.5	67.3
Dallas	544,529	41.3	34.7	47.9	774,902	58.7	52.1	65.3
Denton	164,878	42.3	30.6	54.0	224,915	57.7	46.0	69.4
Ector	27,789	32.9	23.7	42.1	56,757	67.1	57.9	76.3
El Paso	200,130	44.7	39.2	50.2	247,785	55.3	49.8	60.8
Fort Bend	215,827	55.5	48.5	62.4	173,380	44.5	37.6	51.5
Gregg	35,108	44.0	31.6	56.4	44,736	56.0	43.6	68.4
Harris	905,561	40.7	34.9	46.4	1,320,729	59.3	53.6	65.1
Hays	--	--	--	--	--	--	--	--
Hidalgo	174,116	39.0	33.0	44.9	272,834	61.0	55.1	67.0
Jefferson	34,511	22.8	9.9	35.7	117,080	77.2	64.3	90.1
Johnson	47,013	46.9	28.1	65.7	53,240	53.1	34.3	71.9
Lubbock	84,954	45.6	38.4	52.7	101,520	54.4	47.3	61.6
McLennan	63,121	52.4	34.7	70.2	57,266	47.6	29.8	65.3
Midland	31,233	37.2	29.0	45.3	52,812	62.8	54.7	71.0
Montgomery	94,167	41.2	26.0	56.3	134,498	58.8	43.7	74.0
Nueces	52,460	33.4	21.9	45.0	104,463	66.6	55.0	78.1
Potter	--	--	--	--	--	--	--	--
Randall	34,409	30.5	17.0	44.0	78,501	69.5	56.0	83.0
Smith	64,516	50.0	40.4	59.6	64,518	50.0	40.4	59.6
Tarrant	367,276	36.0	30.0	42.0	653,003	64.0	58.0	70.0
Travis	322,142	48.7	42.6	54.8	339,281	51.3	45.2	57.4
Williamson	91,502	41.6	30.6	52.7	128,252	58.4	47.3	69.4

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Technical Notes

Percentages for each measure were based on the number of respondents with a specific response(s) among the total number of respondents for the given survey question(s), excluding people with missing information or who refused or did not know the answer to the survey question(s). The following questions were used:

- (1) *Met Recommendations for 150 Minutes or More of Aerobic Physical Activity Per Week*: Variable calculated from responses to a series of seven questions on the two types of leisure time physical activity a person spent the most time doing in the past month; incorporates activity met value for each activity and includes estimated age-gender specific maximum oxygen consumption and estimated functional capacity for each respondent to estimate activity intensity;
- (2) *Access to a Safe Place to Exercise in Neighborhood*: “Yes” responses to the question, “In your neighborhood, do you have access to any sidewalks, shoulders of the road, trails or parks where you can safely walk, run, or bike?”;
- (3) *Consumption of Fruits and Vegetables 5 or More Times Per Day*: Variable calculated from responses to a series of six questions on the number of times per day, week, or month a respondent consumed specific types of fruits and vegetables in the past month;
- (4) *Obese*: Body mass index of 30 or more calculated from the questions, “About how much do you weigh without shoes?” and “About how tall are you without shoes?”;
- (5) *Diabetes*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have diabetes?” [does not include female respondents who responded “Yes, but told only during pregnancy.”];
- (6) *Cardiovascular Disease*: “Yes” responses to any of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”, or “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”, or “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- (7) *Heart Disease*: “Yes” responses to either of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”, or “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”;
- (8) *Stroke*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- (9) *Hypertension*: “Yes” responses to the question, “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?” [does not include females who responded, “Yes, but told only during pregnancy.”];
- (10) *Cancer*: “Yes” responses to either of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had skin cancer?”, or “Has a doctor, nurse, or other health professional ever told you that you had any other types of cancer?”;
- (11) *Arthritis*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”;
- (12) *Kidney Disease*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have kidney disease? Do not include kidney stones, bladder infection or incontinence.”;
- (13) *COPD*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have COPD chronic obstructive pulmonary disease, emphysema, or chronic bronchitis?”;
- (14) *Depression*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?”;
- (15) *Disability*: “Yes” responses to the question, “Are you limited in any way in any activities because of physical, mental, or emotional problems?”;
- (16) *Smoking Status*: “Yes” responses for current and former smokers and “No” responses for never smokers to the question, “Have you smoked at least 100 cigarettes in your entire life?” and responses of “Everyday” or “Some days” for current smokers and responses of “Not at all” for former smokers to the question, “Do you now smoke cigarettes every day, some days, or not at all?”;
- (17) *Binge Drinking*: Responses of “1 or more” times to the question, “Considering all types of alcoholic beverages, how many times during the past 30 days did you have (5 or more drinks for men, 4 or more drinks for women) on one occasion?”;
- (18) *Heavy Drinking*: Responses of “2 or more” for men and “1 or more” for women to the question, “During the past 30 days, what is the largest number of drinks you had on any occasion?”;

(19) *Health Care Coverage*: “Yes” responses to the question, “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, or Indian Health Service?”.

Estimates were excluded (--) if they were considered unreliable because the sample size was too small.

Estimates were generated from one-way and two-way cross tabulations that used weighted data and accounted for the stratified survey design; therefore, the estimates calculated from survey data represent prevalence in the population.

Estimates were produced by the Office of Surveillance, Evaluation, and Research, Health Promotion and Chronic Disease Prevention Section, Division for Disease Control and Prevention Services, Texas Department of State Health Services; December, 2014.

Table 1. Number and Percentage of Adults, 18 Years and Older, Consuming Fruits and Vegetables Five or More Times per Day or Less than 5 Times Per Day, by Demographic Characteristics, Texas 2013

Demographic Characteristics	Consume Fruits and Vegetables Five or More Times Per Day				Consume Fruits and Vegetables Less Than Five Times Per Day			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	2,605,222	14.3	13.2	15.4	15,634,410	85.7	84.6	86.8
Sex								
Male	1,067,088	12.0	10.5	13.5	7,820,855	88.0	86.5	89.5
Female	1,538,134	16.4	14.9	18.0	7,813,556	83.6	82.0	85.1
Age Group (years)								
18 to 29	569,680	13.8	11.5	16.2	3,549,250	86.2	83.8	88.5
30 to 44	791,032	15.7	13.3	18.2	4,236,602	84.3	81.8	86.7
45 to 64	843,050	14.0	12.2	15.7	5,187,018	86.0	84.3	87.8
65 and older	369,234	12.8	11.0	14.6	2,522,286	87.2	85.4	89.0
Race/Ethnicity								
White only, non-Hispanic	1,180,587	13.9	12.5	15.3	7,300,224	86.1	84.7	87.5
Black only, non-Hispanic	255,761	12.9	9.5	16.3	1,730,096	87.1	83.7	90.5
Hispanic	936,650	14.8	12.7	16.9	5,382,933	85.2	83.1	87.3
Other only/Multiracial	169,364	16.5	11.7	21.2	858,617	83.5	78.8	88.3
Education								
Less than High School	478,644	13.1	10.2	16.1	3,163,201	86.9	83.9	89.8
High School Graduate	580,359	12.5	10.6	14.5	4,048,113	87.5	85.5	89.4
Some College	752,210	13.4	11.5	15.3	4,859,919	86.6	84.7	88.5
College Graduate	783,409	18.3	16.3	20.3	3,495,544	81.7	79.7	83.7
Annual Household Income								
Less than \$35,000	880,569	12.6	10.9	14.3	6,101,725	87.4	85.7	89.1
\$35,000 to < \$50,000	279,887	13.5	10.3	16.7	1,795,311	86.5	83.3	89.7
\$50,000 to < \$75,000	300,417	15.5	12.3	18.7	1,637,638	84.5	81.3	87.7
\$75,000 or more	762,944	17.5	15.1	19.8	3,607,730	82.5	80.2	84.9
Relationship Status								
Married or partner in an unmarried couple	1,638,907	15.4	13.9	16.9	9,015,669	84.6	83.1	86.1
Widowed	140,404	12.6	9.4	15.7	978,188	87.4	84.3	90.6
Divorced or separated	266,527	10.7	8.5	13.0	2,214,470	89.3	87.0	91.5
Never married	546,852	14.1	11.6	16.5	3,342,583	85.9	83.5	88.4

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Table 2. Number and Percentage of Adults, 18 Years and Older, Consuming Fruits and Vegetables Five or More Times per Day or Less than 5 Times Per Day, Texas 2013

Risk Factors and Other Conditions	Consume Fruits and Vegetables Five or More Times Per Day				Consume Fruits and Vegetables Less Than Five Times Per Day			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	2,605,222	14.3	13.2	15.4	15,634,410	85.7	84.6	86.8
Easy to Get to a Store that Carries Fresh Fruits and Vegetables*								
Yes	2,166,837	14.4	12.8	16.0	12,912,204	85.6	84.0	87.2
No	136,795	10.9	6.2	15.6	1,116,465	89.1	84.4	93.8
Availability of Fresh Fruits and Vegetables*								
Very available	1,882,884	14.3	12.5	16.0	11,316,878	85.7	84.0	87.5
Somewhat available	418,057	14.3	10.6	18.0	2,505,088	85.7	82.0	89.4
Not available	--	--	--	--	--	--	--	--
Cost of Fresh Fruits and Vegetables*								
Very expensive	373,130	13.1	9.8	16.3	2,484,052	86.9	83.7	90.2
Somewhat expensive	1,370,650	14.0	12.0	16.0	8,426,098	86.0	84.0	88.0
Not expensive	521,716	15.5	11.7	19.2	2,852,145	84.5	80.8	88.3
Ate at a Fast Food Restaurant 2 or More Times Per Week*								
Yes	464,166	8.9	6.6	11.2	4,754,155	91.1	88.8	93.4
No	1,851,215	16.5	14.6	18.5	9,346,119	83.5	81.5	85.4
Leisure Time Physical Activity								
Yes	2,083,946	16.8	15.4	18.1	10,327,053	83.2	81.9	84.6
No	499,153	9.4	7.5	11.3	4,822,017	90.6	88.7	92.5
Obese								
Yes	652,387	12.6	10.7	14.4	4,535,472	87.4	85.6	89.3
No	1,679,398	14.4	13.1	15.7	9,997,139	85.6	84.3	86.9
Diabetes								
Yes	213,872	10.7	8.4	13.0	1,790,416	89.3	87.0	91.6
No	2,387,737	14.8	13.6	15.9	13,789,650	85.2	84.1	86.4
Cardiovascular Disease								
Yes	184,915	14.2	10.5	17.8	1,121,371	85.8	82.2	89.5
No	2,397,344	14.3	13.2	15.5	14,350,455	85.7	84.5	86.8
Heart Disease								
Yes	145,277	14.2	10.1	18.3	880,179	85.8	81.7	89.9
No	2,443,624	14.4	13.2	15.5	14,583,767	85.6	84.5	86.8

Table 2. Number and Percentage of Adults, 18 Years and Older, Consuming Fruits and Vegetables Five or More Times per Day or Less than 5 Times Per Day, by Selected Risk Factors and Other Conditions, Texas 2013 (continued)

Risk Factors and Other Conditions	Consume Fruits and Vegetables Five or More Times Per Day				Consume Fruits and Vegetables Less Than Five Times Per Day			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Stroke								
Yes	58,660	13.1	7.6	18.5	390,204	86.9	81.5	92.4
No	2,527,199	14.2	13.1	15.3	15,217,965	85.8	84.7	86.9
Hypertension								
Yes	710,259	12.5	10.8	14.1	4,992,099	87.5	85.9	89.2
No	1,890,672	15.2	13.8	16.6	10,558,713	84.8	83.4	86.2
Cancer								
Yes	2,407,641	14.6	13.4	15.8	14,077,666	85.4	84.2	86.6
No	186,934	11.2	9.0	13.4	1,485,946	88.8	86.6	91.0
Arthritis								
Yes	2,090,339	14.6	13.4	15.9	12,187,260	85.4	84.1	86.6
No	500,968	13.0	11.1	15.0	3,339,949	87.0	85.0	88.9
Kidney Disease								
Yes	83,604	14.7	9.3	20.1	484,833	85.3	79.9	90.7
No	2,516,995	14.3	13.2	15.4	15,079,409	85.7	84.6	86.8
COPD								
Yes	2,496,100	14.6	13.4	15.7	14,646,829	85.4	84.3	86.6
No	103,278	10.5	7.2	13.7	881,655	89.5	86.3	92.8
Depression								
Yes	405,875	14.1	11.5	16.6	2,480,276	85.9	83.4	88.5
No	2,194,127	14.4	13.2	15.6	13,064,878	85.6	84.4	86.8
Disability								
Yes	374,202	13.1	10.8	15.4	2,487,304	86.9	84.6	89.2
No	2,226,053	14.6	13.4	15.8	13,004,096	85.4	84.2	86.6
Smoking Status								
Current	368,264	13.0	10.2	15.7	2,472,914	87.0	84.3	89.8
Former	609,162	15.2	12.7	17.8	3,392,124	84.8	82.2	87.3
Never	1,612,644	14.3	13.0	15.6	9,663,182	85.7	84.4	87.0
Binge Drinking								
Yes	341,525	11.8	9.1	14.4	2,559,342	88.2	85.6	90.9
No	2,194,133	14.9	13.6	16.1	12,575,628	85.1	83.9	86.4

Table 2. Number and Percentage of Adults, 18 Years and Older, Consuming Fruits and Vegetables Five or More Times per Day or Less than 5 Times Per Day, by Selected Risk Factors and Other Conditions, Texas 2013 (continued)

Risk Factors and Other Conditions	Consume Fruits and Vegetables Five or More Times Per Day				Consume Fruits and Vegetables Less Than Five Times Per Day			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Heavy Drinking								
Yes	160,522	15.5	10.3	20.6	877,712	84.5	79.4	89.7
No	2,373,163	14.3	13.2	15.4	14,219,095	85.7	84.6	86.8
Health Care Coverage								
Yes	1,910,320	14.5	13.3	15.8	11,225,691	85.5	84.2	86.7
No	679,563	13.8	11.7	15.8	4,260,387	86.2	84.2	88.3

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

*Module asked in survey version 1 only.

Table 3. Number and Percentage of Adults, 18 Years and Older, Consuming Fruits and Vegetables Five or More Times per Day or Less than 5 Times Per Day, by Place of Residence, Texas 2013

Place of Residence	Consume Fruits and Vegetables Five or More Times Per Day				Consume Fruits and Vegetables Less Than Five Times Per Day			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	2,605,222	14.3	13.2	15.4	15,634,410	85.7	84.6	86.8
PHR								
1	78,938	11.7	8.1	15.4	593,211	88.3	84.6	91.9
2	46,786	12.9	7.3	18.5	316,565	87.1	81.5	92.7
3	538,805	13.4	10.9	15.8	3,496,490	86.6	84.2	89.1
4	93,990	12.1	8.8	15.3	684,291	87.9	84.7	91.2
5	62,195	12.4	6.7	18.2	438,092	87.6	81.8	93.3
6	531,106	14.6	11.5	17.6	3,118,894	85.4	82.4	88.5
7	335,578	17.1	14.2	20.0	1,627,641	82.9	80.0	85.8
8	234,151	14.0	11.1	17.0	1,435,162	86.0	83.0	88.9
9	35,912	9.8	6.5	13.2	329,572	90.2	86.8	93.5
10	61,204	12.6	9.1	16.1	423,626	87.4	83.9	90.9
11	147,987	12.4	9.4	15.5	1,041,089	87.6	84.5	90.6
U.S.-Mexico Border Counties (15)								
Border	185,693	13.1	10.4	15.7	1,237,139	86.9	84.3	89.6
Non-border	1,980,957	13.9	12.7	15.1	12,267,494	86.1	84.9	87.3
U.S.-Mexico Border Counties (32)								
Border	194,885	13.0	10.5	15.6	1,299,845	87.0	84.4	89.5
Non-border	1,971,765	13.9	12.7	15.1	12,204,788	86.1	84.9	87.3
Metropolitan Statistical Area (MSA)								
Abilene MSA	--	--	--	--	--	--	--	--
Amarillo MSA	--	--	--	--	--	--	--	--
Austin-Round Rock MSA	211,557	18.2	14.4	21.9	953,895	81.8	78.1	85.6
Beaumont-Port Arthur MSA	--	--	--	--	--	--	--	--
Brownsville-Harlingen MSA	37,949	16.5	8.1	25.0	191,549	83.5	75.0	91.9
College Station-Bryan MSA	35,283	23.2	9.9	36.6	116,497	76.8	63.4	90.1
Corpus Christi MSA	--	--	--	--	--	--	--	--
Dallas-Plano-Irving PMSA	314,565	12.2	9.0	15.4	2,262,029	87.8	84.6	91.0
Ft. Worth-Arlington PMSA	189,207	14.7	11.1	18.3	1,097,380	85.3	81.7	88.9
El Paso MSA	53,869	11.4	8.2	14.7	416,875	88.6	85.3	91.8
Houston-Baytown-Sugar Land MSA	523,169	14.5	11.4	17.5	3,092,039	85.5	82.5	88.6
Killeen-Temple-Ft. Hood MSA	51,251	19.5	10.8	28.3	211,110	80.5	71.7	89.2
Longview MSA	14,613	10.1	5.4	14.8	129,935	89.9	85.2	94.6
Lubbock MSA	30,182	15.4	10.6	20.1	166,054	84.6	79.9	89.4
McAllen-Edinburg-Pharr MSA	64,083	13.4	9.6	17.2	414,171	86.6	82.8	90.4
Midland MSA	12,826	14.1	7.8	20.3	78,396	85.9	79.7	92.2
Odessa MSA	9,468	10.7	4.8	16.6	79,387	89.3	83.4	95.2

Table 3. Number and Percentage of Adults, 18 Years and Older, Consuming Fruits and Vegetables Five or More Times per Day or Less than 5 Times Per Day, by Place of Residence, Texas 2013 (continued)

Place of Residence	Consume Fruits and Vegetables Five or More Times Per Day				Consume Fruits and Vegetables Less Than Five Times Per Day			
	No. of Adults	%	95% CI		No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
MSA (continued)								
San Antonio MSA	194,763	14.6	11.2	18.0	1,141,345	85.4	82.0	88.8
Tyler MSA	16,605	12.4	6.8	17.9	117,701	87.6	82.1	93.2
Victoria MSA	--	--	--	--	--	--	--	--
Waco MSA	--	--	--	--	--	--	--	--
County								
Bell	43,786	23.3	12.3	34.4	143,741	76.7	65.6	87.7
Bexar	161,755	15.4	11.4	19.4	888,358	84.6	80.6	88.6
Brazos	--	--	--	--	--	--	--	--
Cameron	37,949	16.5	8.1	25.0	191,549	83.5	75.0	91.9
Collin	43,670	9.8	4.6	15.0	401,645	90.2	85.0	95.4
Dallas	216,068	15.2	10.1	20.4	1,204,483	84.8	79.6	89.9
Denton	--	--	--	--	--	--	--	--
Ector	9,468	10.7	4.8	16.6	79,387	89.3	83.4	95.2
El Paso	53,869	11.4	8.2	14.7	416,875	88.6	85.3	91.8
Fort Bend	65,370	16.0	11.3	20.7	342,891	84.0	79.3	88.7
Gregg	11,427	13.1	6.7	19.5	75,796	86.9	80.5	93.3
Harris	298,273	12.2	8.5	15.9	2,139,993	87.8	84.1	91.5
Hays	--	--	--	--	--	--	--	--
Hidalgo	64,083	13.4	9.6	17.2	414,171	86.6	82.8	90.4
Jefferson	--	--	--	--	--	--	--	--
Johnson	--	--	--	--	--	--	--	--
Lubbock	30,182	15.5	10.7	20.2	165,005	84.5	79.8	89.3
McLennan	--	--	--	--	--	--	--	--
Midland	12,826	14.1	7.8	20.3	78,396	85.9	79.7	92.2
Montgomery	--	--	--	--	--	--	--	--
Nueces	14,477	9.1	2.1	16.2	143,742	90.9	83.8	97.9
Potter	--	--	--	--	--	--	--	--
Randall	--	--	--	--	--	--	--	--
Smith	16,605	12.4	6.8	17.9	117,701	87.6	82.1	93.2
Tarrant	146,169	13.5	9.7	17.4	933,400	86.5	82.6	90.3
Travis	130,507	18.4	13.7	23.1	578,683	81.6	76.9	86.3
Williamson	45,364	18.7	10.3	27.2	196,994	81.3	72.8	89.7

Abbreviations: BMI, body mass index; CI, confidence interval.

Data Source: Texas Behavioral Risk Factor Surveillance Public Use Data File, 2013. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Technical Notes

Percentages for each measure were based on the number of respondents with a specific response(s) among the total number of respondents for the given survey question(s), excluding people with missing information or who refused or did not know the answer to the survey question(s). The following questions were used:

- (1) *Consumption of Fruits and Vegetables 5 or More Times Per Day*: Variable calculated from responses to a series of six questions on the number of times per day, week, or month a respondent consumed specific types of fruits and vegetables in the past month;
- (2) *Easy to Get to a Store that Carries Fresh Fruits and Vegetables*: “Yes” responses to the question, “Is it easy for you to get to a store that carries fresh fruits and vegetables or a farmers market from your home?”;
- (3) *Availability of Fresh Fruits and Vegetables*: Responses of “very available”, “somewhat available” and “not available” to the question, “How would you rate the availability of fresh fruits and vegetables in the stores in your community?”;
- (4) *Cost of Fresh Fruits and Vegetables*: “Responses of “very expensive”, “somewhat expensive”, and “not expensive” to the question, “How would you rate the cost of fresh fruits and vegetables in the stores in your community?”;
- (5) *Ate at a Fast Food Restaurant 2 or More Times Per Week*: Responses of “1 or more times per day”, “2 or more times per week”, or “8 or more times per month” to the question, “During the past month, how many times per day, week, or month did you eat a meal from a fast food place?”;
- (6) *Leisure Time Physical Activity*: “Yes” responses to the question, “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”;
- (7) *Obese*: Body mass index of 30 or more calculated from the questions, “About how much do you weigh without shoes?” and “About how tall are you without shoes?”;
- (8) *Diabetes*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have diabetes?” [does not include female respondents who responded “Yes, but told only during pregnancy.”];
- (9) *Cardiovascular Disease*: “Yes” responses to any of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”, or “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”, or “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- (10) *Heart Disease*: “Yes” responses to either of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”, or “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”;
- (11) *Stroke*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- (12) *Hypertension*: “Yes” responses to the question, “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?” [does not include females who responded, “Yes, but told only during pregnancy.”];
- (13) *Cancer*: “Yes” responses to either of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had skin cancer?”, or “Has a doctor, nurse, or other health professional ever told you that you had any other types of cancer?”;
- (14) *Arthritis*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”;
- (15) *Kidney Disease*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have kidney disease? Do not include kidney stones, bladder infection or incontinence.”;
- (16) *COPD*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have COPD chronic obstructive pulmonary disease, emphysema, or chronic bronchitis?”;
- (17) *Depression*: “Yes” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?”;
- (18) *Disability*: “Yes” responses to the question, “Are you limited in any way in any activities because of physical, mental, or emotional problems?”;
- (19) *Smoking Status*: “Yes” responses for current and former smokers and “No” responses for never smokers to the question, “Have you smoked at least 100 cigarettes in your entire life?” and responses of “Everyday” or “Some days” for current smokers and responses of “Not at all” for former smokers to the question, “Do you now smoke cigarettes every day, some days, or not at all?”;

(20) *Binge Drinking*: Responses of “1 or more” times to the question, “Considering all types of alcoholic beverages, how many times during the past 30 days did you have (5 or more drinks for men, 4 or more drinks for women) on one occasion?”;

(21) *Heavy Drinking*: Responses of “2 or more” for men and “1 or more” for women to the question, “During the past 30 days, what is the largest number of drinks you had on any occasion?”;

(22) *Health Care Coverage*: “Yes” responses to the question, “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, or Indian Health Service?”.

Estimates were excluded (--) if they were considered unreliable because the sample size was too small.

Estimates were generated from one-way and two-way cross tabulations that used weighted data and accounted for the stratified survey design; therefore, the estimates calculated from survey data represent prevalence in the population.

Estimates were produced by the Office of Surveillance, Evaluation, and Research, Health Promotion and Chronic Disease Prevention Section, Division for Disease Control and Prevention Services, Texas Department of State Health Services; December, 2014.