

**Prevalence of Obesity by Demographic Characteristics,
Risk Factors, Comorbid Conditions, and Place of Residence,
Texas, 2014**

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Table 1. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Demographic Characteristics, in Texas, 2014

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	5,721,158	31.9	30.6	33.3	12,189,503	68.1	66.7	69.4
Age (years)								
18-29	885,622	22.0	19.3	25.0	3,142,512	78.0	75.0	80.7
30-44	1,589,526	32.5	29.9	35.3	3,300,668	67.5	64.7	70.1
45-64	2,320,421	39.0	36.7	41.4	3,622,054	61.0	58.6	63.3
65 and older	893,273	30.7	28.3	33.3	2,012,263	69.3	66.7	71.7
Sex								
Men	3,052,672	33.2	31.2	35.2	6,152,716	66.8	64.8	68.8
Women	2,668,486	30.7	28.9	32.5	6,036,787	69.3	67.5	71.1
Race/Ethnicity								
White	2,319,120	27.8	26.2	29.5	6,010,787	72.2	70.5	73.8
Black	979,959	46.5	41.4	51.6	1,128,024	53.5	48.4	58.6
Hispanic	2,123,291	35.6	33.2	38.0	3,842,208	64.4	62.0	66.8
Other or Multiracial	154,465	14.0	10.4	18.6	946,194	86.0	81.4	89.6
Education								
Less than a high school graduate	1,245,824	38.9	35.4	42.6	1,954,619	61.1	57.4	64.6
High school graduate	1,657,488	35.3	32.7	38.0	3,038,300	64.7	62.0	67.3
Some college	1,842,161	32.6	30.1	35.2	3,808,515	67.4	64.8	69.9
College graduate	952,348	22.1	20.3	24.0	3,360,854	77.9	76.0	79.7
Annual Household Income								
Less than \$35,000	2,514,521	37.1	34.8	39.4	4,269,370	62.9	60.6	65.2
\$35,000-\$49,999	629,519	32.9	29.0	37.2	1,282,126	67.1	62.8	71.0
\$50,000-\$74,999	681,684	33.1	29.3	37.0	1,380,075	66.9	63.0	70.7
\$75,000 or more	1,228,462	26.6	24.2	29.1	3,394,386	73.4	70.9	75.8
Any Health Care Coverage								
Yes	4,265,031	31.5	30.0	33.0	9,287,084	68.5	67.0	70.0
No	1,431,104	33.9	31.0	37.0	2,784,880	66.1	63.0	69.0
Relationship Status								
Married or partner in an unmarried couple	3,281,570	32.3	30.7	34.1	6,864,451	67.7	65.9	69.3
Widowed	391,350	33.6	28.9	38.6	773,421	66.4	61.4	71.1
Divorced or separated	910,266	36.8	33.4	40.5	1,560,395	63.2	59.5	66.6
Never married	1,102,875	27.3	24.3	30.5	2,935,997	72.7	69.5	75.7

Abbreviations: CI, confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2014. Texas Department of State Health Services, Austin, TX.

Table 2. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Selected Disease Risk Factors and Comorbid Conditions, in Texas, 2014

Risk Factors and Comorbid 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	5,721,158	31.9	30.6	33.3	12,189,503	68.1	66.7	69.4
Leisure Time Physical Activity								
Yes	3,747,456	28.4	26.9	29.9	9,469,504	71.6	70.1	73.1
No	1,959,800	42.1	39.4	44.9	2,693,161	57.9	55.1	60.6
Daily Sugar Sweetened Beverage Consumption								
None	1,581,856	29.8	26.6	33.1	3,718,475	70.2	66.9	73.4
1 time or less	1,959,178	34.3	30.5	38.1	3,749,676	65.7	61.9	69.5
2 times or more	1,715,748	35.6	31.5	39.8	3,097,527	64.4	60.2	68.5
Availability of Calorie Information at Fast Food and Chain Restaurants								
Yes	3,214,870	34.9	31.9	37.8	6,002,512	65.1	62.2	68.1
No	950,117	37.0	31.9	42.1	1,618,425	63.0	57.9	68.1
Do not eat at fast food restaurants	576,817	27.9	22.5	33.3	1,490,175	72.1	66.7	77.5
Never noticed/never looked	388,494	28.7	22.0	35.5	963,181	71.3	64.5	78.0
Walking for Transportation (days)								
None	3,919,091	33.8	31.3	36.4	7,659,880	66.2	63.6	68.7
1 or more	1,197,209	27.9	23.8	32.1	3,089,402	72.1	67.9	76.2
Walking for Transportation (minutes)								
None	3,887,979	33.8	31.3	36.3	7,619,446	66.2	63.7	68.7
1 to 29	731,087	29.8	23.9	35.6	1,725,654	70.2	64.4	76.1
30 or more	441,420	25.8	19.9	31.8	1,267,885	74.2	68.2	80.1
Screen Time Outside of Work (hours)								
Do not watch or use outside of work	176,321	38.5	25.9	51.0	281,790	61.5	49.0	74.1
Less than 1	351,756	24.6	18.1	31.2	1,076,036	75.4	68.8	81.9
1 or 2	1,901,078	29.8	26.5	33.1	4,475,257	70.2	66.9	73.5
3 or 4	1,444,304	33.4	29.6	37.1	2,886,263	66.6	62.9	70.4
5 or more	1,409,313	43.8	38.4	49.1	1,810,358	56.2	50.9	61.6
Cigarette Smoking								
Current	800,224	31.4	28.0	35.1	1,747,048	68.6	64.9	72.0
Former	1,382,459	37.1	34.3	40.0	2,342,673	62.9	60.0	65.7
Never	3,350,098	30.8	29.1	32.5	7,535,099	69.2	67.5	70.9
Diabetes								
Yes	1,136,679	56.4	52.6	60.2	876,956	43.6	39.8	47.4
No	4,550,254	28.8	27.4	30.2	11,273,140	71.2	69.8	72.6
Heavy Alcohol Use								
Yes	5,027,636	32.5	31.0	33.9	10,456,383	67.5	66.1	69.0
No	310,315	30.1	24.8	36.1	719,751	69.9	63.9	75.2
COPD								
Yes	368,411	38.6	33.6	44.0	584,926	61.4	56.0	66.4
No	5,314,177	31.6	30.2	33.0	11,528,042	68.4	67.0	69.8
Current Asthma								
Yes	500,438	41.7	36.9	46.5	701,056	58.3	53.5	63.1
No	5,147,052	31.1	29.7	32.5	11,419,167	68.9	67.5	70.3
CVD								
Yes	622,853	43.4	38.9	48.0	812,299	56.6	52.0	61.1
No	5,044,631	31.0	29.6	32.4	11,227,443	69.0	67.6	70.4

Table 2. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Selected Disease Risk Factors and Comorbid Conditions, in Texas, 2014

Risk Factors and Comorbid 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
Stroke								
Yes	223,319	40.4	32.9	48.5	329,315	59.6	51.5	67.1
No	5,474,327	31.7	30.3	33.0	11,812,022	68.3	67.0	69.7
Heart Disease								
Yes	486,524	45.1	40.1	50.1	593,040	54.9	49.9	59.9
No	5,189,713	31.2	29.8	32.6	11,465,775	68.8	67.4	70.2
Cancer								
Yes	503,646	30.3	26.7	34.2	1,158,788	69.7	65.8	73.3
No	5,202,800	32.1	30.7	33.6	10,997,019	67.9	66.4	69.3
Arthritis								
Yes	1,492,454	42.5	39.8	45.2	2,020,807	57.5	54.8	60.2
No	4,203,522	29.4	27.9	31.0	10,076,583	70.6	69.0	72.1
Kidney Disease								
Yes	220,006	42.7	35.7	49.9	295,763	57.3	50.1	64.3
No	5,447,366	31.5	30.1	32.9	11,850,181	68.5	67.1	69.9
Depression								
Yes	1,044,182	39.5	36.3	42.9	1,596,350	60.5	57.1	63.7
No	4,610,060	30.5	29.1	32.0	10,510,357	69.5	68.0	70.9
Disability Status								
Yes	1,744,742	44.5	41.8	47.3	2,176,740	55.5	52.7	58.2
No	3,768,218	28.4	26.9	30.0	9,491,763	71.6	70.0	73.1
Personal Doctor								
Yes	4,011,906	33.2	31.6	34.8	8,086,438	66.8	65.2	68.4
No	1,669,150	29.3	26.9	31.9	4,025,059	70.7	68.1	73.1

Abbreviations: CI, confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2014. Texas Department of State Health Services, Austin, TX.

Table 3. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Place of Residence, in Texas, 2014

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	5,721,158	31.9	30.6	33.3	12,189,503	68.1	66.7	69.4
Health Service Region								
1	195,151	32.5	27.0	38.6	404,594	67.5	61.4	73.0
2	108,062	31.6	24.4	39.7	234,320	68.4	60.3	75.6
3	1,192,592	30.9	27.6	34.5	2,664,417	69.1	65.5	72.4
4	212,679	32.5	27.6	37.9	441,515	67.5	62.1	72.4
5	172,058	34.3	27.9	41.4	329,525	65.7	58.6	72.1
6	1,179,006	34.0	30.3	37.9	2,286,439	66.0	62.1	69.7
7	570,328	28.5	26.1	31.0	1,431,800	71.5	69.0	73.9
8	583,317	33.0	30.2	35.9	1,183,191	67.0	64.1	69.8
9	159,469	45.8	37.4	54.4	189,065	54.2	45.6	62.6
10	164,285	35.5	30.1	41.3	298,377	64.5	58.7	69.9
11	534,677	41.7	37.7	45.8	746,830	58.3	54.2	62.3
U.S.-Mexico Border County (15)								
Border County	559,240	39.1	35.4	42.9	871,775	60.9	57.1	64.6
Non-Border County	4,512,384	32.6	31.1	34.1	9,338,296	67.4	65.9	68.9
U.S.-Mexico Border County (32)								
Border County	606,573	39.4	35.8	43.1	932,985	60.6	56.9	64.2
Non-Border County	4,465,050	32.5	31.0	34.1	9,277,086	67.5	65.9	69.0
Metropolitan Statistical Area (MSA)								
Amarillo MSA	58,079	29.4	19.9	41.0	139,779	70.6	59.0	80.1
Austin-Round Rock MSA	318,872	26.0	23.4	28.8	907,632	74.0	71.2	76.6
Beaumont-Port Arthur MSA	81,470	36.9	25.9	49.5	139,031	63.1	50.5	74.1
Brownsville-Harlingen MSA	107,859	42.4	32.4	53.0	146,632	57.6	47.0	67.6
College Station-Bryan MSA	63,648	36.7	28.6	45.5	109,882	63.3	54.5	71.4
Corpus Christi MSA	127,112	43.5	36.2	51.2	164,943	56.5	48.8	63.8
Dallas-Plano-Irving Metropolitan Division	743,821	29.8	25.6	34.5	1,748,746	70.2	65.5	74.4
Fort Worth-Arlington Metropolitan Division	419,845	33.8	28.5	39.5	823,318	66.2	60.5	71.5
El Paso MSA	161,277	35.8	30.3	41.7	289,107	64.2	58.3	69.7
Houston-The Woodlands-Sugar Land MSA	1,159,705	34.1	30.3	38.0	2,243,385	65.9	62.0	69.7
Killeen-Temple MSA	73,338	28.4	21.1	37.0	184,986	71.6	63.0	78.9
Laredo MSA	39,833	29.0	17.4	44.1	97,717	71.0	55.9	82.6
Longview MSA	25,897	26.9	17.5	39.1	70,281	73.1	60.9	82.5
Lubbock MSA	50,950	32.5	23.0	43.7	105,864	67.5	56.3	77.0
McAllen-Edinburg-Mission MSA	190,435	42.5	36.3	49.0	257,339	57.5	51.0	63.7
San Antonio-New Braunfels MSA	459,097	32.0	29.3	34.9	974,279	68.0	65.1	70.7
Tyler MSA	42,137	30.4	20.6	42.5	96,394	69.6	57.5	79.4
Waco MSA	43,789	31.5	21.4	43.6	95,441	68.5	56.4	78.6
Wichita Falls MSA	31,582	28.9	22.4	36.5	77,582	71.1	63.5	77.6
County								
Angelina	23,478	41.4	33.3	50.0	33,253	58.6	50.0	66.7
Atascosa	8,539	26.4	15.4	41.3	23,857	73.6	58.7	84.6
Bastrop	22,262	32.8	22.4	45.2	45,603	67.2	54.8	77.6
Bell	53,841	28.6	20.4	38.3	134,724	71.4	61.7	79.6
Bexar	360,257	32.1	28.9	35.4	763,585	67.9	64.6	71.1
Brazoria	75,220	39.8	24.0	58.1	113,641	60.2	41.9	76.0
Brazos	45,556	32.4	25.8	39.8	94,995	67.6	60.2	74.2
Cameron	107,859	42.4	32.4	53.0	146,632	57.6	47.0	67.6
Collin	102,139	20.0	12.6	30.2	409,044	80.0	69.8	87.4
Comal	23,820	26.6	17.6	38.0	65,808	73.4	62.0	82.4
Dallas	551,136	38.0	31.8	44.5	900,550	62.0	55.5	68.2
Denton	53,134	15.5	9.1	25.1	290,515	84.5	74.9	90.9
El Paso	161,277	35.9	30.4	41.8	287,784	64.1	58.2	69.6
Ellis	32,062	31.8	23.8	41.0	68,879	68.2	59.0	76.2

Table 3. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Place of Residence, in Texas, 2014

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
Fort Bend	114,500	31.6	20.4	45.4	248,201	68.4	54.6	79.6
Galveston	68,386	31.5	21.3	43.9	148,667	68.5	56.1	78.7
Gregg	--	--	--	--	--	--	--	--
Guadalupe	36,443	40.1	30.2	50.9	54,491	59.9	49.1	69.8
Harris	810,892	36.1	31.5	41.1	1,433,653	63.9	58.9	68.5
Harrison	--	--	--	--	--	--	--	--
Hays	34,548	29.1	21.3	38.3	84,353	70.9	61.7	78.7
Hidalgo	190,435	42.5	36.3	49.0	257,339	57.5	51.0	63.7
Jefferson	--	--	--	--	--	--	--	--
Kendall	8,400	25.2	13.3	42.4	24,924	74.8	57.6	86.7
Lubbock	47,064	32.1	22.5	43.4	99,629	67.9	56.6	77.5
McLennan	35,467	28.5	18.4	41.3	88,914	71.5	58.7	81.6
Montgomery	53,142	19.7	11.5	31.9	215,941	80.3	68.1	88.5
Nacogdoches	13,626	32.5	23.5	42.9	28,307	67.5	57.1	76.5
Nueces	95,345	41.1	34.1	48.5	136,583	58.9	51.5	65.9
Potter	34,381	40.6	26.2	56.8	50,234	59.4	43.2	73.8
Randall	--	--	--	--	--	--	--	--
Smith	42,137	30.4	20.6	42.5	96,394	69.6	57.5	79.4
Tarrant	349,523	33.8	28.0	40.2	683,586	66.2	59.8	72.0
Travis	147,568	20.5	17.6	23.8	571,137	79.5	76.2	82.4
Waller	--	--	--	--	--	--	--	--
Webb	39,833	29.0	17.4	44.1	97,717	71.0	55.9	82.6
Wichita	28,531	30.6	24.4	37.7	64,567	69.4	62.3	75.6
Williamson	106,223	35.7	29.6	42.4	191,024	64.3	57.6	70.4
Wilson	10,807	34.8	19.3	54.2	20,274	65.2	45.8	80.7

Abbreviations: CI, confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2014. Texas Department of State Health Services, Austin, TX.

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) *Obesity*: Body mass index of 30 or more or a body mass index of less than 30 calculated from self-reported height and weight;
- (2) *Health care coverage*: “Yes” or “No” 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?”;
- (3) *Leisure Time Physical Activity*: “Yes” or “No” 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?”;
- (4) *Daily Sugar Sweetened Beverage Consumption*: Responses of “None”, “1 time per day or less”, “2 times per day”, “3 times per day”, “4 times per day”, “5 times per day or more” to the question, “How many times per day do you drink a can, bottle or glass of sugar-sweetened beverage?”;
- (5) *Availability of Calorie Information at Fast Food and Chain Restaurants*: Responses of “Yes”, “No”, “Do not eat at fast food restaurants”, or “Never noticed/never looked” to the question, “Sometimes restaurants have calorie information available. Is this type of information available at the fast food restaurants and chain restaurants you usually go to?”;
- (6) *Walking for Transportation (days)*: Responses of “None”, “Can’t walk/Disabled”, or “1 day”, “2 days”, “3 days”, “4 days”, “5 days”, “6 days”, or “7 days” to the question, “On how many days during the past seven days did you walk to get some place such as work, school, a store or a restaurant?”;
- (7) *Walking for Transportation (minutes)*: Responses of “None”, “1 to 29”, or “30 or more” to the question, “On average, how many minutes did that/those walk(s) take per day?”;
- (8) *Screen Time Outside of Work (hours)*: Responses of “Do not watch TV or videos or use computer outside of work” or “1 hour”, “2 hours”, “3 hours”, “4 hours”, or “5 or more hours” to the question, “Over the past 30 days, on a typical day, how much time did you spend sitting and watching TV or videos or using a computer outside of work?”;
- (9) *Cigarette Smoking*: “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?”;
- (10) *Diabetes*: “Yes” or “No” 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.”];
- (11) *Heavy Alcohol Use*: Responses of “More than 2” or “2 or less” for men and “More than 1” or “1” for women to the question, “During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?”;
- (12) *COPD*: “Yes” or “No” 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?”;

- (13) *Current Asthma*: “Yes” responses to both of the following questions, or “Yes” responses to the first and “No” responses to the second question (indicating no current asthma), or “No” responses to the first question (indicating no current asthma), “Has a doctor, nurse, or other health professional ever told you that you had asthma?” and “Do you still have asthma?”;
- (14) *Cardiovascular Disease*: “Yes” responses to any of the following questions or “No” responses to all 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?”, “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?” ;
- (15) *Stroke*: “Yes” or “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- (16) *Heart Disease*: “Yes” responses to either of the following questions or “No” responses to both 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?”;
- (17) *Cancer*: “Yes” responses to either of the following questions or “No” responses to both 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?”;
- (18) *Arthritis*: “Yes” or “No” 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?”;
- (19) *Kidney Disease*: “Yes” or “No” 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”;
- (20) *Depression*: “Yes” or “No” 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?”;
- (21) *Disability*: “Yes” responses to any of the following questions or “No” responses to all of the following questions, “Are you blind or do you have serious difficulty seeing, even when wearing glasses?”, “Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?”, “Do you have serious difficulty walking or climbing stairs?”, “Do you have difficulty dressing or bathing?”, or “Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor’s office or shopping?”;

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; October, 2015.