

PREVALENCE OF OBESITY AMONG ADULTS, BY DEMOGRAPHIC CHARACTERISTICS, RISK FACTORS/COMORBID CONDITIONS, AND PLACE OF RESIDENCE, TEXAS, 2020



TEXAS
Health and Human
Services

Texas Department of State
Health Services

Table of Contents

[Table 1. Demographics](#)

[Table 2. Risk Factors and Comorbidities](#)

[Table 3. Place of Residence](#)

[Technical Notes](#)

Table 1. Obesity among adults, ages 18 years and older, by demographic characteristics, Texas, 2020

Demographic Characteristics	Obese (BMI $\geq$ 30 kg/m ²)							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	6,862,414	35.7	33.9	37.7	12,335,757	64.3	62.3	66.1
Sex								
Male	3,470,966	35.4	32.8	38.1	6,332,652	64.6	61.9	67.2
Female	3,391,448	36.1	33.5	38.8	6,003,106	63.9	61.2	66.5
Age Group (years)								
18 to 29	1,070,806	25.5	21.3	30.1	3,133,773	74.5	69.9	78.7
30 to 44	1,939,092	36.6	32.9	40.5	3,359,701	63.4	59.5	67.1
45 to 64	2,607,424	44.0	40.7	47.4	3,317,483	56.0	52.6	59.3
65 and older	1,164,024	32.8	29.4	36.4	2,384,901	67.2	63.6	70.6
Race/Ethnicity								
White	2,739,615	32.5	30.2	34.9	5,691,840	67.5	65.1	69.8
Black	931,080	41.2	35.3	47.3	1,329,844	58.8	52.7	64.7
Hispanic	2,788,288	40.3	36.7	44.0	4,125,354	59.7	56.0	63.3
Other/Multiracial	256,083	20.3	14.4	27.8	1,005,766	79.7	72.2	85.6
Education								
Less than high school graduate	1,308,832	44.5	38.6	50.6	1,629,549	55.5	49.4	61.4
High school graduate	1,886,399	36.9	33.3	40.7	3,218,885	63.1	59.3	66.7
Some college	2,278,788	38.0	34.6	41.6	3,713,578	62.0	58.4	65.4
College graduate	1,369,525	26.8	24.3	29.4	3,745,509	73.2	70.6	75.7
Annual Household Income								
Less than \$35,000	2,288,721	40.4	36.8	44.0	3,378,758	59.6	56.0	63.2
\$35,000-\$49,999	744,070	33.3	27.9	39.1	1,492,656	66.7	60.9	72.1
\$50,000-\$74,999	982,077	38.1	32.7	43.8	1,596,209	61.9	56.2	67.3
\$75,000 or more	1,923,879	33.4	30.1	36.8	3,839,852	66.6	63.2	69.9
Relationship Status								
Married or partner in an unmarried couple	4,003,105	37.0	34.5	39.5	6,823,685	63.0	60.5	65.5
Widowed	381,564	31.4	25.9	37.4	834,319	68.6	62.6	74.1
Divorced or separated	1,026,523	40.7	35.9	45.8	1,493,574	59.3	54.2	64.1
Never married	1,398,524	31.4	27.2	36.0	3,053,122	68.6	64.0	72.8
Employment Status								
Employed	3,975,660	36.8	34.4	39.4	6,814,632	63.2	60.6	65.6
Not employed	2,836,893	34.8	31.9	37.9	5,305,721	65.2	62.1	68.1
Sexual Orientation Gender Identity Minority								
Yes	277,000	37.7	29.1	47.1	457,864	62.3	52.9	70.9
No	5,182,659	38.2	35.9	40.4	8,402,128	61.8	59.6	64.1
Health Care Coverage								
Yes	5,058,931	34.4	32.4	36.6	9,632,087	65.6	63.4	67.6
No	1,776,254	40.4	36.1	45.0	2,615,581	59.6	55.0	63.9

Abbreviations: CI = confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2020, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.

[Back to Table of Contents](#)

Table 2. Obesity among adults, ages 18 years and older, by select risk factors and comorbid conditions, Texas, 2020

Risk Factors and Comorbid Conditions	Obese (BMI $\geq$ 30 kg/m ²)							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	6,862,414	35.7	33.9	37.7	12,335,757	64.3	62.3	66.1
Leisure Time Physical Activity								
Yes	4,315,542	32.0	30.0	34.1	9,668,203	67.3	65.1	69.4
No	1,938,652	39.5	36.1	43.1	2,638,084	55.2	51.1	59.3
Disability								
Yes	2,065,714	42.1	38.4	45.9	2,841,202	57.9	54.1	61.6
No	4,700,135	33.8	31.5	36.1	9,221,139	66.2	63.9	68.5
Diabetes								
Yes	1,352,378	54.1	48.9	59.3	1,145,141	45.9	40.7	51.1
No	5,509,303	33.0	31.0	35.1	11,176,040	67.0	64.9	69.0
Cardiovascular Disease								
Yes	650,004	45.6	39.3	52.0	775,497	54.4	48.0	60.7
No	6,141,155	34.9	33.0	37.0	11,436,540	65.1	63.0	67.0
Heart Disease								
Yes	458,946	42.2	35.0	49.7	629,761	57.8	50.3	65.0
No	6,315,487	35.3	33.3	37.3	11,590,800	64.7	62.7	66.7
Stroke								
Yes	280,640	52.0	42.4	61.4	259,488	48.0	38.6	57.6
No	6,567,662	35.3	33.4	37.3	12,044,872	64.7	62.7	66.6
Cancer								
Yes	551,828	34.1	29.1	39.4	1,067,177	65.9	60.6	70.9
No	6,289,532	35.9	33.9	37.9	11,237,011	64.1	62.1	66.1
Current asthma								
Yes	612,725	44.1	37.4	51.0	778,132	55.9	49.0	62.6
No	6,140,693	34.9	32.9	36.9	11,463,292	65.1	63.1	67.1
Chronic Obstructive Pulmonary Disease (COPD)								
Yes	467,112	46.7	39.1	54.4	533,444	53.3	45.6	60.9
No	6,354,250	35.1	33.1	37.1	11,759,017	64.9	62.9	66.9
Kidney Disease								
Yes	252,293	46.9	36.6	57.5	285,809	53.1	42.5	63.4
No	6,566,415	35.4	33.5	37.3	11,993,161	64.6	62.7	66.5
Arthritis								
Yes	1,888,059	45.6	41.6	49.7	2,248,673	54.4	50.3	58.4
No	4,904,746	32.8	30.7	35.0	10,030,869	67.2	65.0	69.3

Table 2. Obesity among adults, ages 18 years and older, by select risk factors and comorbid conditions, Texas, 2020

Risk Factors and Comorbid Conditions	Obese (BMI $\geq$ 30 kg/m ²)							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	6,862,414	35.7	33.9	37.7	12,335,757	64.3	62.3	66.1
Depression								
Yes	1,428,071	40.1	36.0	44.4	2,133,191	59.9	55.6	64.0
No	5,410,176	34.7	32.6	36.9	10,176,615	65.3	63.1	67.4
Cigarette Smoking								
Current	985,299	38.4	33.5	43.7	1,577,535	61.6	56.3	66.5
Former	1,619,385	38.4	34.6	42.4	2,595,578	61.6	57.6	65.4
Never	4,110,513	34.2	31.8	36.7	7,900,841	65.8	63.3	68.2
Heavy Drinking								
Yes	514,394	40.9	33.6	48.7	743,171	59.1	51.3	66.4
No	5,957,608	35.3	33.3	37.4	10,907,092	64.7	62.6	66.7
Binge Drinking								
Yes	1,200,472	38.7	33.8	43.9	1,898,871	61.3	56.1	66.2
No	5,310,227	35.3	33.2	37.4	9,746,061	64.7	62.6	66.8

Abbreviations: CI = confidence interval

"--" data suppressed due to small sample size (N<50) or relative standard error $\geq$ 30%

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2020, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.

[Back to Table of Contents](#)

Table 3. Obesity among adults, ages 18 years and older, by place of residence, Texas, 2020

Place of Residence	Obese (BMI $\geq$ 30 kg/m ²)							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	6,862,414	35.7	33.9	37.7	12,335,757	64.3	62.3	66.1
Public Health Region (PHR)								
1	246,264	44.9	32.9	57.5	302,342	55.1	42.5	67.1
2	101,383	33.9	24.7	44.4	197,991	66.1	55.6	75.3
3	1,697,832	33.1	29.7	36.7	3,426,133	66.9	63.3	70.3
4	262,626	39.8	31.3	49.0	396,873	60.2	51.0	68.7
5	232,626	40.1	30.4	50.7	347,466	59.9	49.3	69.6
6	1,682,064	37.4	32.3	42.8	2,818,300	62.6	57.2	67.7
7	724,366	29.3	25.8	33.0	1,750,636	70.7	67.0	74.2
8	825,946	38.9	34.1	44.0	1,295,857	61.1	56.0	65.9
9	211,818	38.1	27.4	50.2	343,433	61.9	49.8	72.6
10	188,320	36.8	31.2	42.8	323,253	63.2	57.2	68.8
11	500,022	43.1	37.9	48.4	661,329	56.9	51.6	62.1
U.S.-Mexico Border County (15)								
Yes	608,323	41.3	37.4	45.3	864,759	58.7	54.7	62.6
No	6,064,943	35.5	33.5	37.7	10,998,854	64.5	62.3	66.5
U.S.-Mexico Border County (32)								
Yes	659,501	40.9	37.1	44.8	951,721	59.1	55.2	62.9
No	6,013,765	35.5	33.5	37.7	10,911,891	64.5	62.3	66.5
Metropolitan Statistical Area (MSA)								
Abilene MSA	31,052	34.9	23.9	47.9	57,869	65.1	52.1	76.1
Amarillo MSA	100,630	49.2	28.1	70.7	103,777	50.8	29.3	71.9
Austin-Round Rock	400,325	27.6	24.6	30.8	1,051,938	72.4	69.2	75.4
Balance of State	385,317	40.3	33.5	47.5	570,372	59.7	52.5	66.5
Beaumont-Port Arthur	123,267	40.4	26.2	56.4	182,054	59.6	43.6	73.8
Brownsville- Harlingen	102,188	42.8	37.0	48.9	136,361	57.2	51.1	63.0
College Station- Bryan	63,206	31.0	16.3	50.9	140,540	69.0	49.1	83.7
Corpus Christi	70,495	37.0	21.8	55.4	119,874	63.0	44.6	78.2
Dallas-Plano-Irving Metropolitan Division	1,097,909	32.9	28.3	37.8	2,243,290	67.1	62.2	71.7
El Paso	187,880	37.4	31.7	43.5	314,145	62.6	56.5	68.3
Fort Worth- Arlington Metropolitan	563,731	34.0	29.4	38.9	1,094,352	66.0	61.1	70.6
Houston-The Woodlands-Sugar Land	1,645,186	37.2	32.0	42.7	2,779,433	62.8	57.3	68.0
Killeen-Temple	147,819	32.9	22.5	45.3	301,697	67.1	54.7	77.5
Lubbock	33,480	23.1	10.2	44.2	111,559	76.9	55.8	89.8
McAllen-Edinburg- Mission	217,763	42.8	37.0	48.9	290,884	57.2	51.1	63.0
Micropolitan Statistical Areas Combined	383,533	40.3	34.1	46.9	567,311	59.7	53.1	65.9

Table 3. Obesity among adults, ages 18 years and older, by place of residence, Texas, 2020

Place of Residence	Obese (BMI $\geq$ 30 kg/m ²)							
	Yes				No			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
San Antonio-New Braunfels	642,846	37.1	31.9	42.6	1,089,971	62.9	57.4	68.1
Tyler MSA	34,493	39.2	31.7	47.2	53,552	60.8	52.8	68.3
County								
Angelina	19,477	32.6	23.9	42.6	40,278	67.4	57.4	76.1
Bastrop	17,649	31.1	18.6	47.3	39,011	68.9	52.7	81.4
Bell	145,044	37.6	25.9	50.9	240,648	62.4	49.1	74.1
Bexar	488,405	37.1	31.0	43.6	827,600	62.9	56.4	69.0
Brazoria	108,238	58.7	34.1	79.6	--	--	--	--
Brazos	62,925	31.7	16.6	52.0	135,713	68.3	48.0	83.4
Cameron	102,188	42.8	37.0	48.9	136,361	57.2	51.1	63.0
Cherokee	27,644	68.1	44.6	85.0	--	--	--	--
Collin	143,293	20.9	14.1	29.9	541,886	79.1	70.1	85.9
Comal	--	--	--	--	9,351	47.0	18.1	78.0
Dallas	623,669	36.7	30.3	43.8	1,073,439	63.3	56.2	69.7
Denton	177,153	32.2	21.4	45.3	373,087	67.8	54.7	78.6
Ector	57,544	64.4	33.7	86.5	--	--	--	--
El Paso	187,880	37.5	31.7	43.6	313,671	62.5	56.4	68.3
Ellis	--	--	--	--	28,372	77.5	28.4	96.8
Fort Bend	101,875	19.6	10.8	33.0	417,388	80.4	67.0	89.2
Galveston	--	--	--	--	57,978	81.4	44.2	96.0
Harris	1,142,929	39.1	32.7	45.8	1,781,913	60.9	54.2	67.3
Harrison	7,857	76.3	21.3	97.4	--	--	--	--
Hays	48,736	26.3	18.4	36.2	136,403	73.7	63.8	81.6
Hidalgo	217,763	42.8	37.0	48.9	290,884	57.2	51.1	63.0
Jefferson	--	--	--	--	24,880	70.6	29.8	93.1
Johnson	--	--	--	--	10,492	65.4	29.4	89.6
Liberty	15,766	99.7	97.2	100.0	--	--	--	--
Lubbock	--	--	--	--	47,919	72.8	35.9	92.8
Maverick	24,456	40.8	24.9	59.0	35,428	59.2	41.0	75.1
McLennan	--	--	--	--	81,529	86.5	63.4	96.0
Midland	28,003	31.4	10.1	65.1	61,182	68.6	34.9	89.9
Montgomery	130,823	32.5	17.9	51.6	271,424	67.5	48.4	82.1
Morris	4,838	78.9	24.9	97.7	--	--	--	--
Nueces	59,206	36.2	19.2	57.6	104,342	63.8	42.4	80.8
Parker	--	--	--	--	8,903	80.1	28.1	97.7
Pecos	--	--	--	--	8,394	68.5	25.5	93.3
Polk	13,892	46.0	32.2	60.4	16,305	54.0	39.6	67.8
San Patricio	7,853	45.9	34.4	57.9	9,258	54.1	42.1	65.6
Smith	--	--	--	--	53,552	60.8	52.8	68.3
Tarrant	468,581	34.4	29.3	40.0	892,106	65.6	60.0	70.7
Taylor	20,611	36.0	29.5	43.1	36,673	64.0	56.9	70.5
Travis	224,244	27.1	23.3	31.3	602,536	72.9	68.7	76.7
Williamson	102,615	28.5	22.4	35.5	257,664	71.5	64.5	77.6

Abbreviations: CI = confidence interval

"--" data suppressed due to small sample size (N<50) or relative standard error $\geq$ 30%

Only MSAs and counties with 50 or more respondents are listed here. Areas with fewer than 50 total respondents are excluded from all analyses.

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2020, Texas Department of State Health Services, Center for Health Statistics, Austin, TX.

[Back to Table of Contents](#)

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:

- *Sexual Orientation Gender Identity Minority*: A calculated variable; "Yes" if respondent replies "Lesbian or gay" or "Bisexual" to the question "Do you consider yourself to be straight, lesbian or gay, or bisexual?" OR replies "Yes" to the question "Do you consider yourself to be transgender?"; "No" if respondent replies "Straight" to the question "Do you consider yourself to be straight, lesbian or gay, or bisexual?" OR replies "No" to the question "Do you consider yourself to be transgender?".
- *Obesity*: 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?";
- *Health Care Coverage*: "Yes" and "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?";
- *Leisure Time Physical Activity*: "Yes" and "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?";
- *Disability*: "Yes" and "No" responses to the question, "Are you limited in any way in any activities because of physical, mental, or emotional problems?";
- *Diabetes*: "Yes" and "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."];
- *Cardiovascular Disease*: "Yes" responses to any 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?", 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?";
- *Heart Disease*: "Yes" responses to either 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?";
- *Received all three Hepatitis B shots*: This variable was calculated from "Yes" or "No" responses to the question, "Have you ever received the hepatitis B vaccination?" and "How many hepatitis B shots did you receive?"
- *Received all three HPV shots*: This variable was calculated from "Yes" or "No" responses to the question, "Have you ever received an HPV vaccination?" and "How many HPV shots did you receive?"
- *Stroke*: "Yes" and "No" responses to the question, "Has a doctor, nurse, or other health professional ever told you that you had a stroke?";
- *Cancer*: "Yes" responses to either and "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?";

- *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?";

- *COPD*: "Yes" and "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?";

- *Kidney Disease*: "Yes" and "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.";

- *Arthritis*: "Yes" and "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?";

- *Depression*: "Yes" and "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?";

- *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?";

- *Heavy Drinking*: A calculated variable from responses of "1 or more" to the question "During the past 30 days, how many days per week...did you have at least one drink of any alcoholic beverage, such as beer, wine, a malt beverage, or liquor?"; "Yes" and "No" responses to the question "Do you have more than 14 drinks per week" for men or "Do you have more than 7 drinks per week" for women;

- *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?";

Estimates were excluded (--) if they were considered unreliable because the sample size was too small, or if the relative standard error (RSE) was ≥ 30.0 .

The estimated number of adults for the total population was derived by multiplying the 2020 BRFSS prevalence rate by the estimated Texas adult population as provided by the Texas Demographics Center. All other estimated numbers of adults were derived from 2020 BRFSS weighted calculations. Therefore, these totals may not sum to the total population estimate provided.

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 Chronic Disease Epidemiology Branch, Health Promotion and Chronic Disease Prevention Section, Community Health Improvement Division, Texas Department of State Health Services; October 2021.

[Back to Table of Contents](#)

General Information Page

Prepared by

Madhuri Uppuluri, MPH
Epidemiologist II
Chronic Disease Epidemiology Branch
Health Promotion and Chronic Disease Prevention Section

Reviewed by

Sabeena Sears, MPH
Epidemiologist III/Team Lead
Chronic Disease Epidemiology Branch
Health Promotion and Chronic Disease Prevention Section

Reviewed by

Justin Buendia, PhD
Manager
Chronic Disease Epidemiology Branch
Health Promotion and Chronic Disease Prevention Section

Suggested Citation

Prevalence of Obesity Among Adults, by Demographic Characteristics, Risk Factors / Comorbid Conditions, and Place of Residence, Texas, 2020. Prepared by Chronic Disease Epidemiology Branch, Health Promotion and Chronic Disease Prevention Section, Texas Department of State Health Services.



TEXAS

Health and Human Services

**Texas Department of State
Health Services**

