

Obesity Prevalence Trends Among Adults and Youth in Texas

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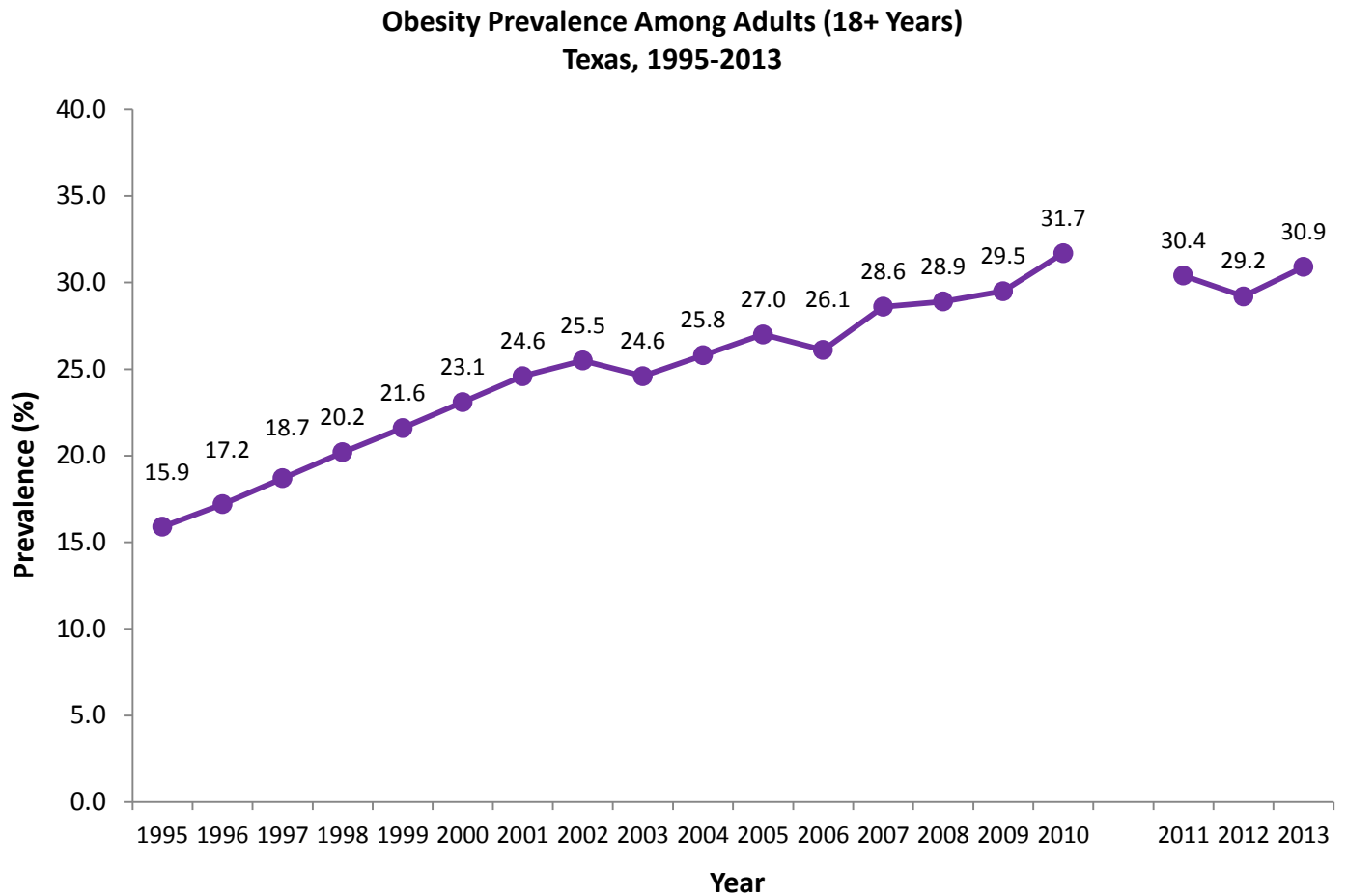
Health Promotion and Chronic Disease Prevention Section

Texas Department of State Health Services

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Figure 1.



Data source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 1995-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than equal to 30, calculated from self-reported height and weight.

Note: Due to methodology changes in data collection and weighting in 2011, data from 2010 and prior are not directly comparable to data from 2011 and later.

Table 1. Obesity Prevalence Among Adults (18+ Years),
Texas, 1995-2013

Year	Prevalence (%)
1995	15.9
1996	17.2
1997	18.7
1998	20.2
1999	21.6
2000	23.1
2001	24.6
2002	25.5
2003	24.6
2004	25.8
2005	27.0
2006	26.1
2007	28.6
2008	28.9
2009	29.5
2010	31.7
2011	30.4
2012	29.2
2013	30.9

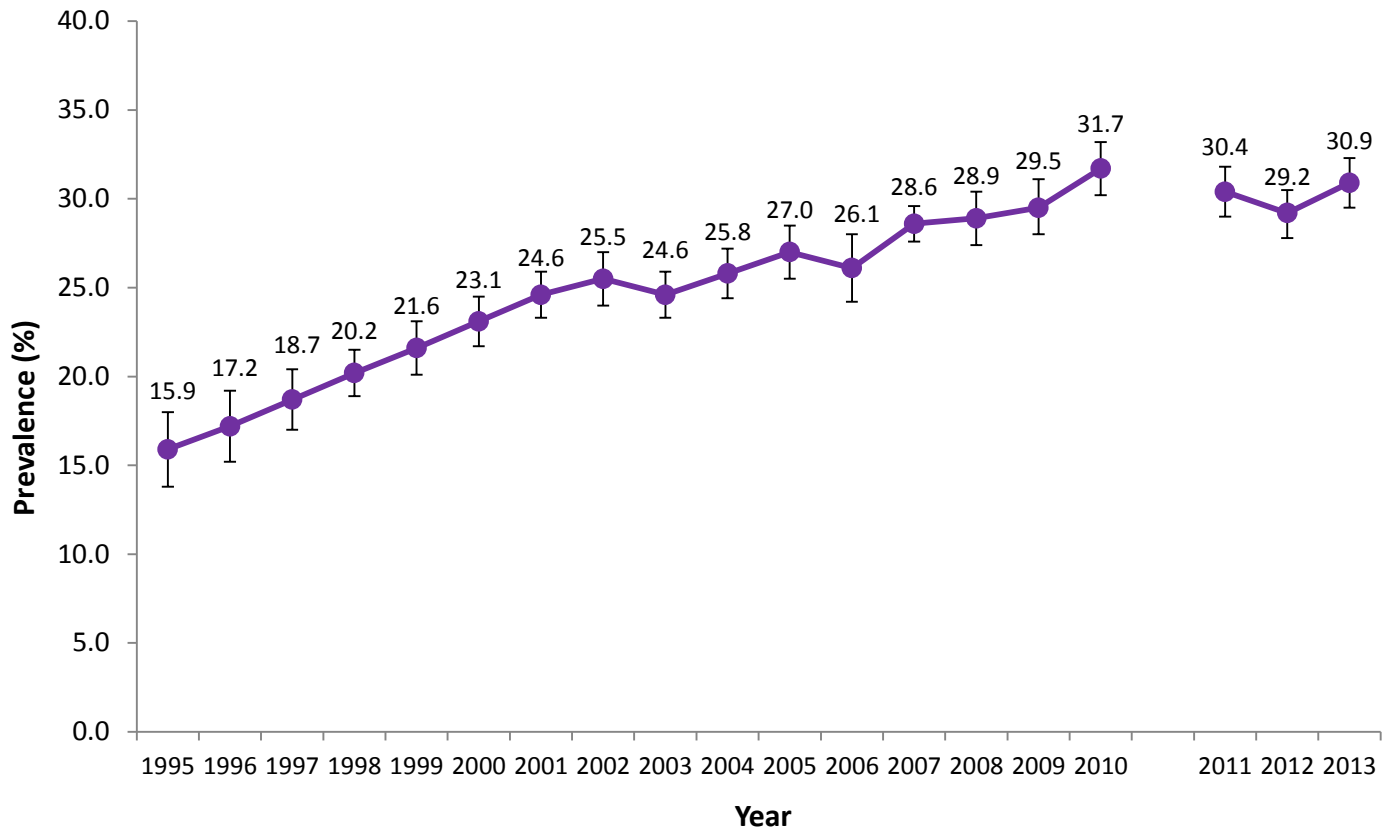
Data source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 1995-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than equal to 30, calculated from self-reported height and weight.

Note: Due to methodology changes in data collection and weighting in 2011, data from 2010 and prior are not directly comparable to data from 2011 and later.

Figure 2.

**Obesity Prevalence Among Adults (18+ Years) with 95% Confidence Intervals
Texas, 1995-2013**



Data source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 1995-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than equal to 30, calculated from self-reported height and weight.

Vertical bars indicate 95% Confidence Intervals for each obesity estimate.

Note: Due to methodology changes in data collection and weighting in 2011, data from 2010 and prior are not directly comparable to data from 2011 and later.

Table 2. Obesity Prevalence Among Adults (18+ Years) with 95% Confidence Intervals, Texas, 1995-2013

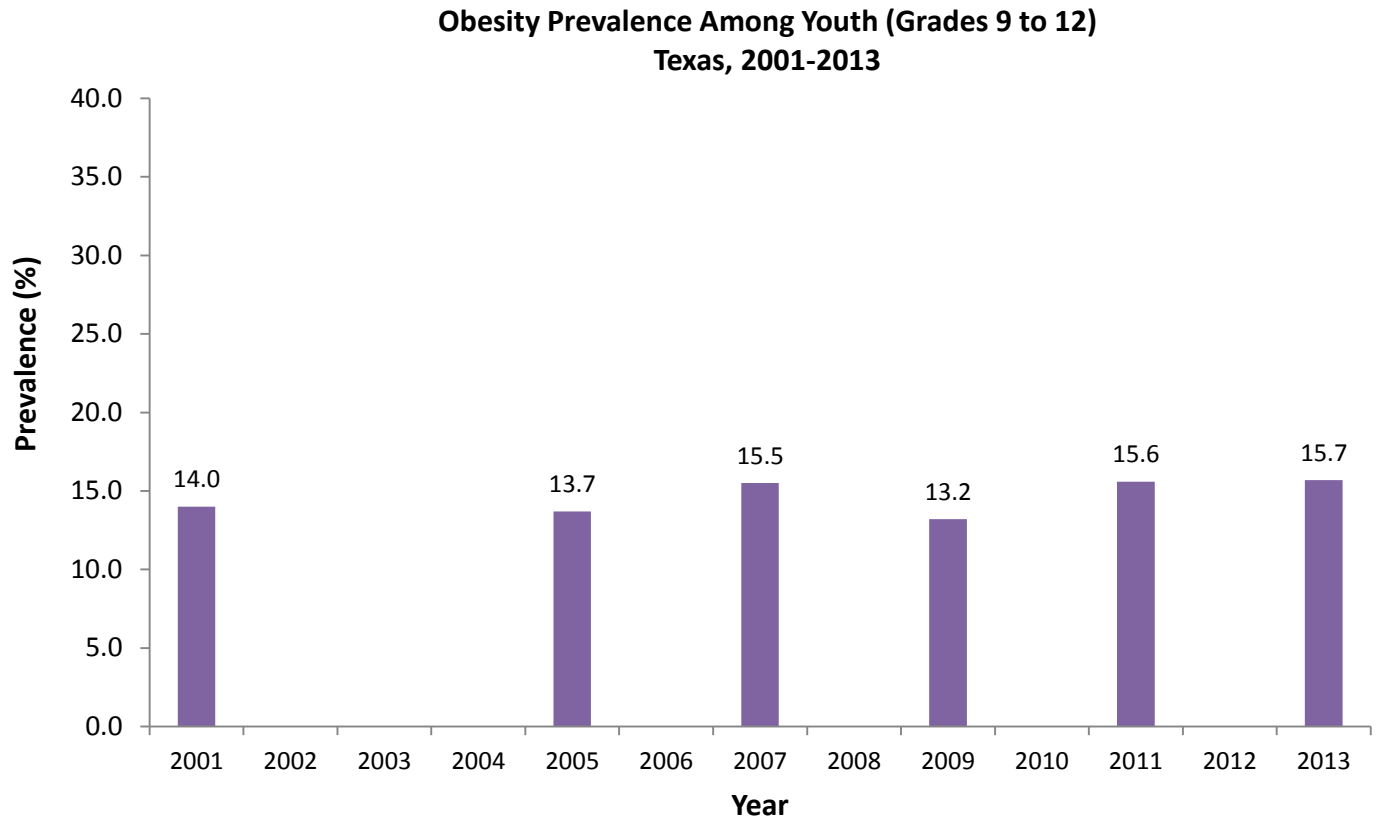
Year	Prevalence (%)	95% Confidence Interval (CI)	
		Lower	Upper
1995	15.9	13.8	18.0
1996	17.2	15.2	19.2
1997	18.7	17.0	20.4
1998	20.2	18.9	21.5
1999	21.6	20.1	23.1
2000	23.1	21.7	24.5
2001	24.6	23.3	25.9
2002	25.5	24.0	27.0
2003	24.6	23.3	25.9
2004	25.8	24.4	27.2
2005	27.0	25.5	28.5
2006	26.1	24.2	28.0
2007	28.6	27.6	29.6
2008	28.9	27.4	30.4
2009	29.5	28.0	31.1
2010	31.7	30.2	33.2
2011	30.4	29.0	31.8
2012	29.2	27.8	30.5
2013	30.9	29.5	32.3

Data source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 1995-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than equal to 30, calculated from self-reported height and weight.

Note: Due to methodology changes in data collection and weighting in 2011, data from 2010 and prior are not directly comparable to data from 2011 and later.

Figure 3.



Data source: Texas Youth Risk Behavior Surveillance System (YRBSS), 2001-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Note: Data were collected in odd numbered years except for in 2003.

Table 3. Obesity Prevalence Among Youth
(Grades 9 to 12), Texas, 2001-2013

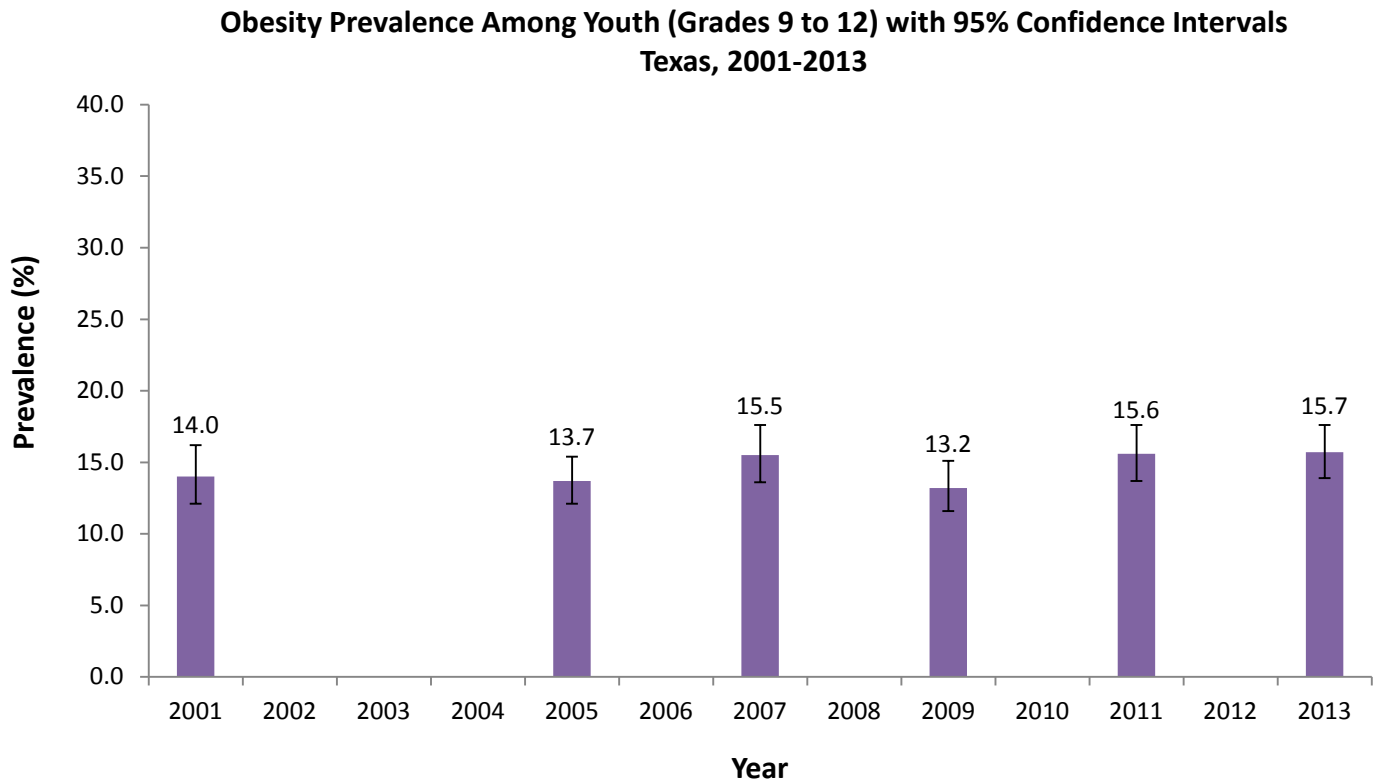
Year	Prevalence (%)
2001	14.0
2002	
2003	
2004	
2005	13.7
2006	
2007	15.5
2008	
2009	13.2
2010	
2011	15.6
2012	
2013	15.7

Data source: Texas Youth Risk Behavior Surveillance System (YRBSS), 2001-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Note: Data were collected in odd numbered years except for in 2003.

Figure 4.



Data source: Texas Youth Risk Behavior Surveillance System (YRBSS), 2001-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Thin black bars indicate 95% Confidence Intervals for each obesity estimate.

Note: Data were collected in odd numbered years except for in 2003.

Table 4. Obesity Prevalence Among Youth (Grades 9 to 12) with 95% Confidence Intervals, Texas, 2001-2013

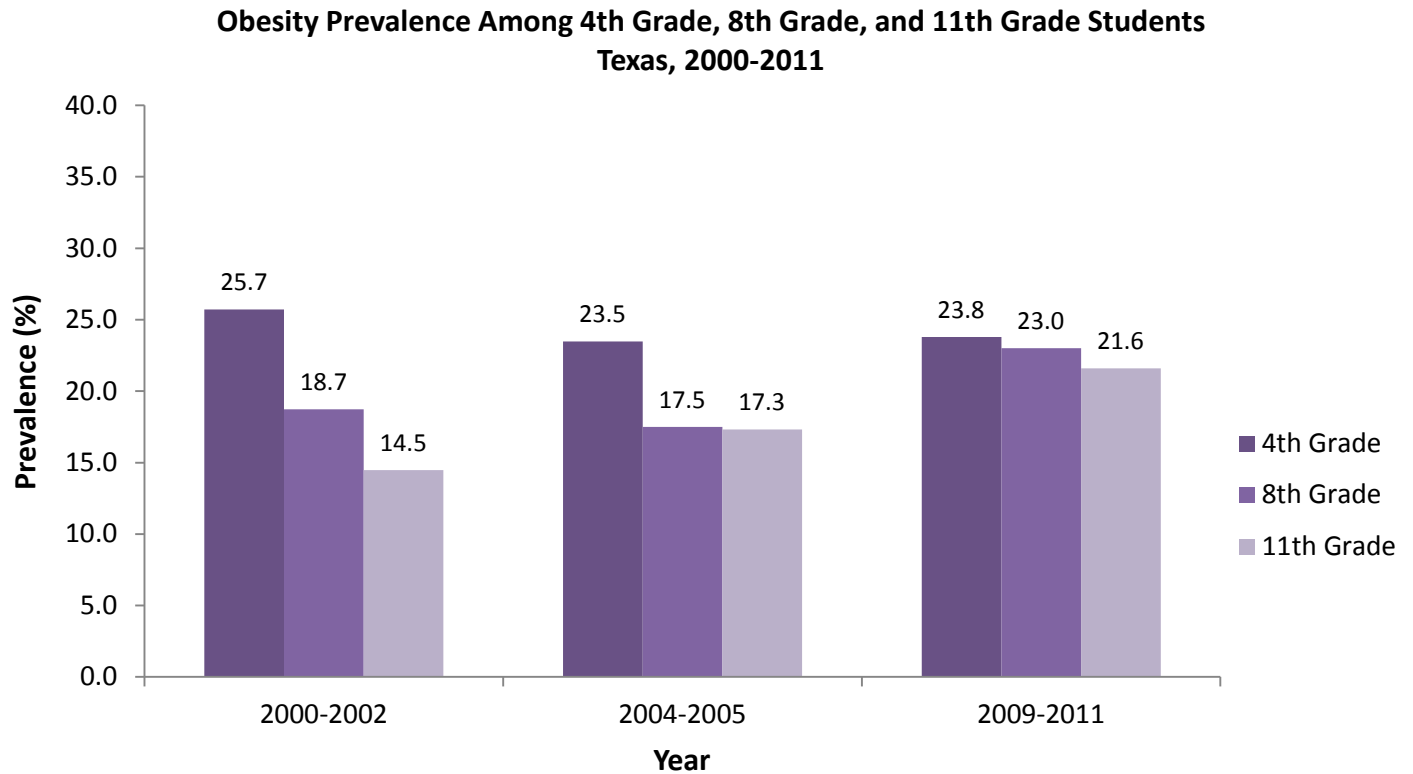
Year	Prevalence (%)	95% Confidence Interval (CI)	
		Lower	Upper
2001	14.0	12.1	16.2
2002			
2003			
2004			
2005	13.7	12.1	15.4
2006			
2007	15.5	13.6	17.6
2008			
2009	13.2	11.6	15.1
2010			
2011	15.6	13.7	17.6
2012			
2013	15.7	13.9	17.6

Data source: Texas Youth Risk Behavior Surveillance System (YRBSS), 2001-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Note: Data were collected in odd numbered years except for in 2003.

Figure 5.



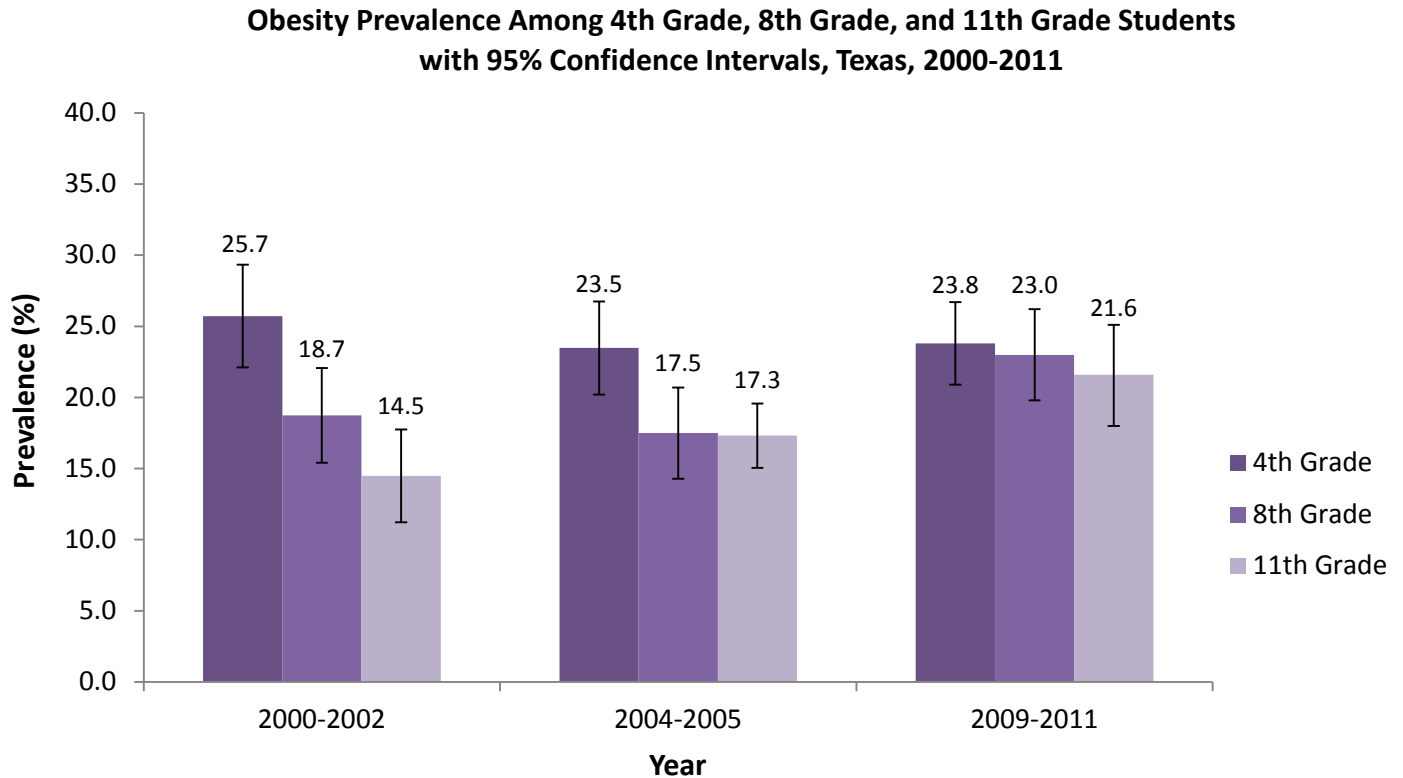
Data source: School Physical Activity and Nutrition Survey, 2000-2002, 2004-2005, and 2009-2011, University of Texas School of Public Health and Texas Department of State Health Services.
Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Table 5. Obesity Prevalence Among 4th Grade, 8th Grade, and 11th Grade Students, Texas, 2000-2011

Year and Grade	Prevalence (%)
2000-2002	
4 th Grade	25.7
8 th Grade	18.7
11 th Grade	14.5
2004-2005	
4 th Grade	23.5
8 th Grade	17.5
11 th Grade	17.3
2009-2011	
4 th Grade	23.8
8 th Grade	23.0
11 th Grade	21.6

Data source: School Physical Activity and Nutrition Survey, 2000-2002, 2004-2005, and 2009-2011, University of Texas School of Public Health and Texas Department of State Health Services. Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Figure 6.



Data source: School Physical Activity and Nutrition Survey, 2000-2002, 2004-2005, and 2009-2011, University of Texas School of Public Health and Texas Department of State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Thin black bars indicate 95% Confidence Intervals for each obesity estimate.

Table 6. Obesity Prevalence Among 4th Grade, 8th Grade, and 11th Grade Students with 95% Confidence Intervals, Texas, 2000-2011

Year and Grade	Prevalence (%)	95% Confidence Interval (CI)	
		Lower	Upper
2000-2002			
4 th Grade	25.7	22.1	29.3
8 th Grade	18.7	15.4	22.1
11 th Grade	14.5	11.2	17.7
2004-2005			
4 th Grade	23.5	20.2	26.8
8 th Grade	17.5	14.3	20.7
11 th Grade	17.3	15.1	19.6
2009-2011			
4 th Grade	23.8	20.9	26.7
8 th Grade	23.0	19.8	26.2
11 th Grade	21.6	18.0	25.1

Data source: School Physical Activity and Nutrition Survey, 2000-2002, 2004-2005, and 2009-2011, University of Texas School of Public Health and Texas Department of State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.