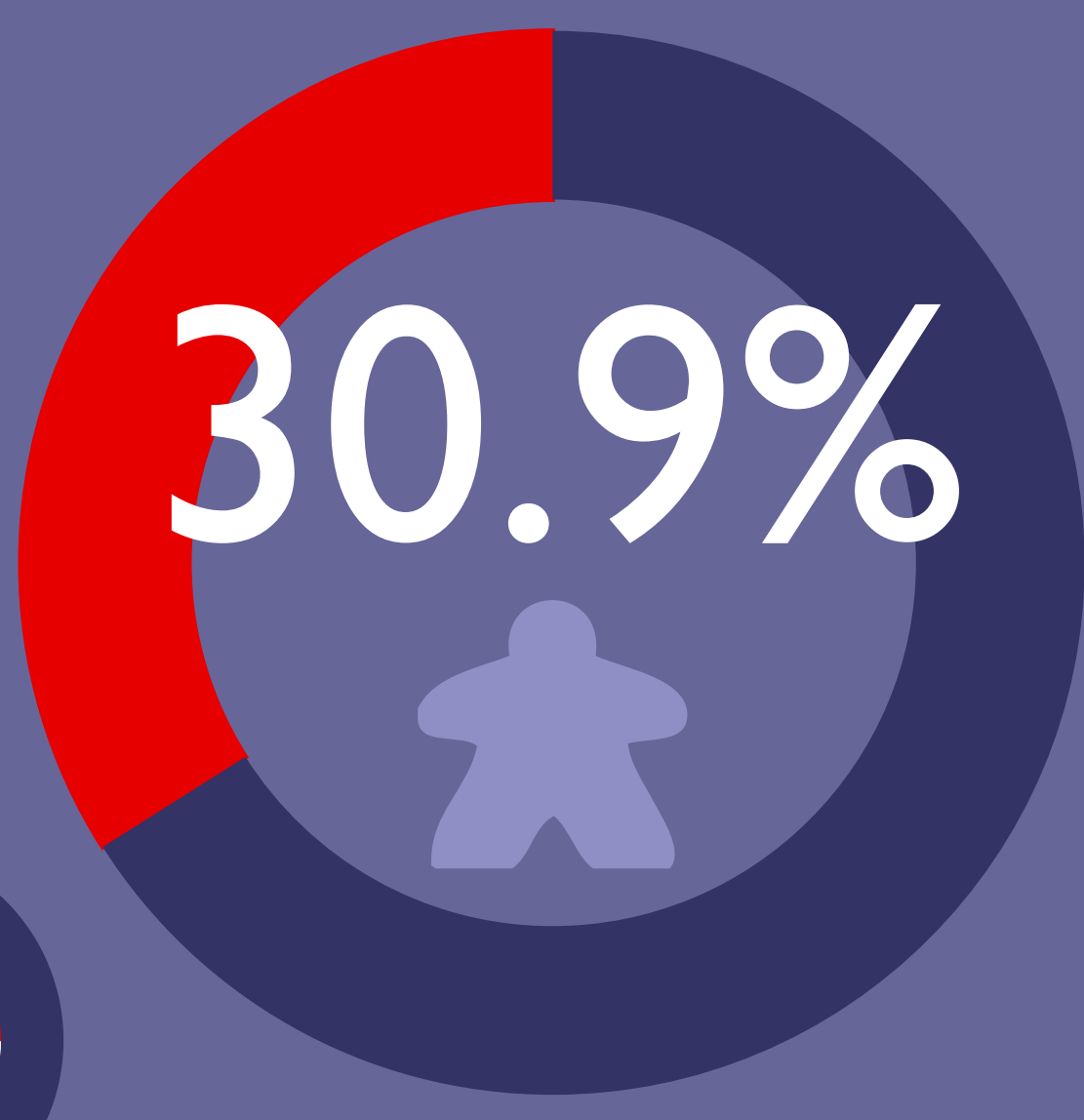


& TEXAS OBESITY

Percentage of Texas adults who were estimated to be obese in 2013:



Percentage of U.S. Adults:

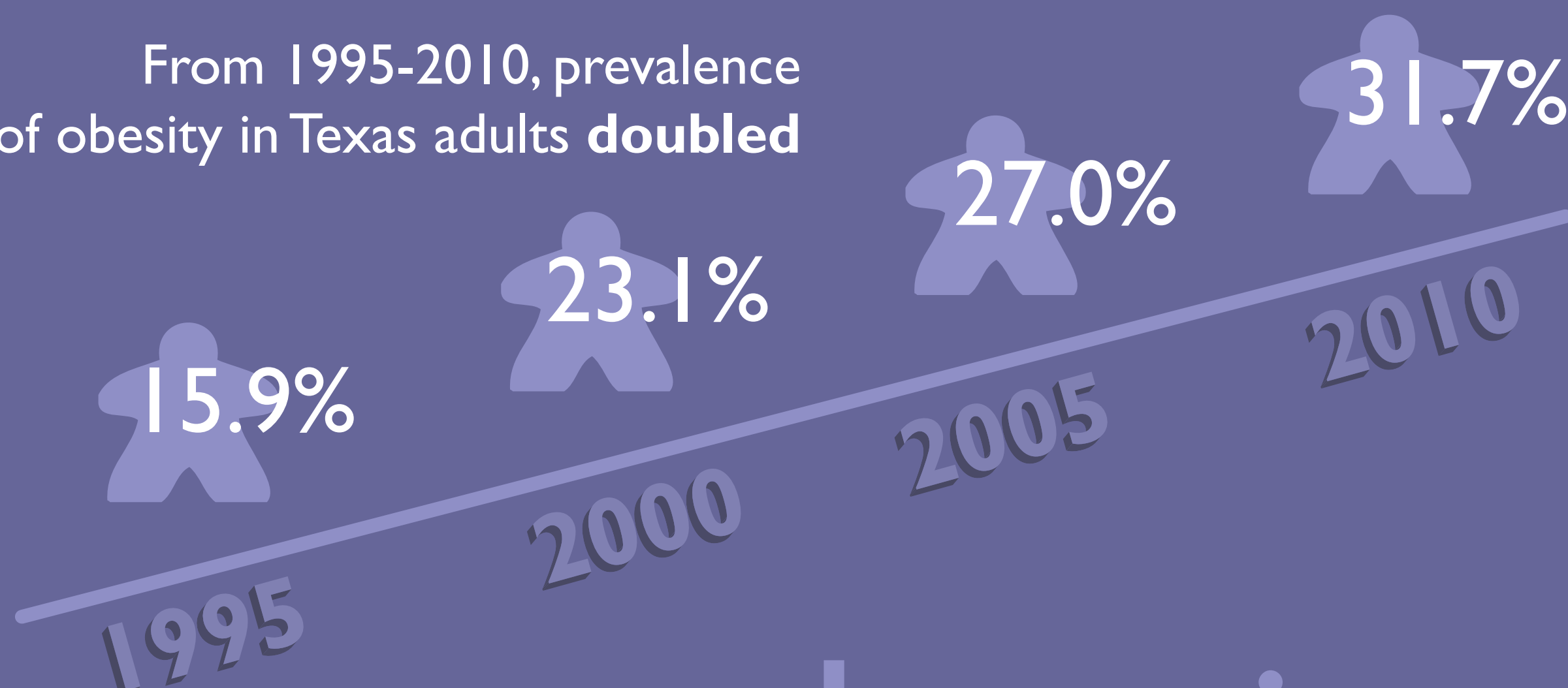
28.9%



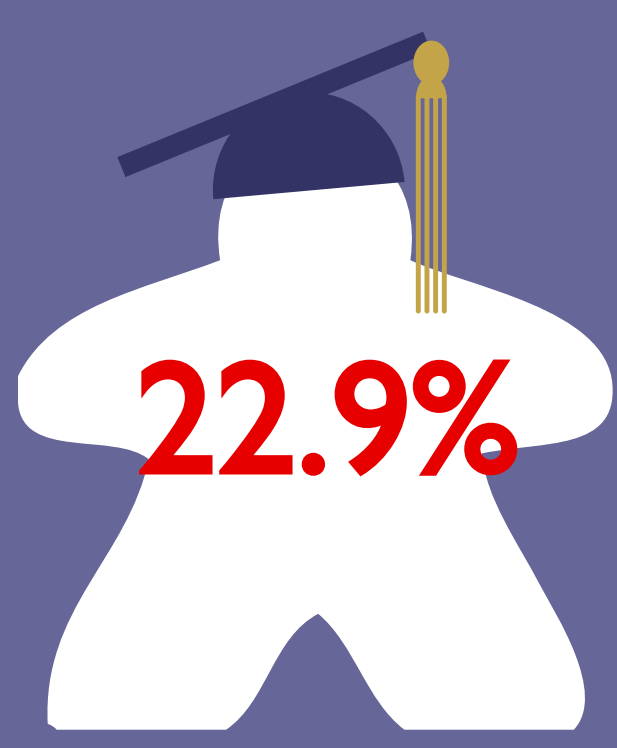
Obesity: having a body mass index (BMI) of 30 or more.

Prevalence: the percentage of a population that is affected with a particular disease at a given time

From 1995-2010, prevalence of obesity in Texas adults **doubled**



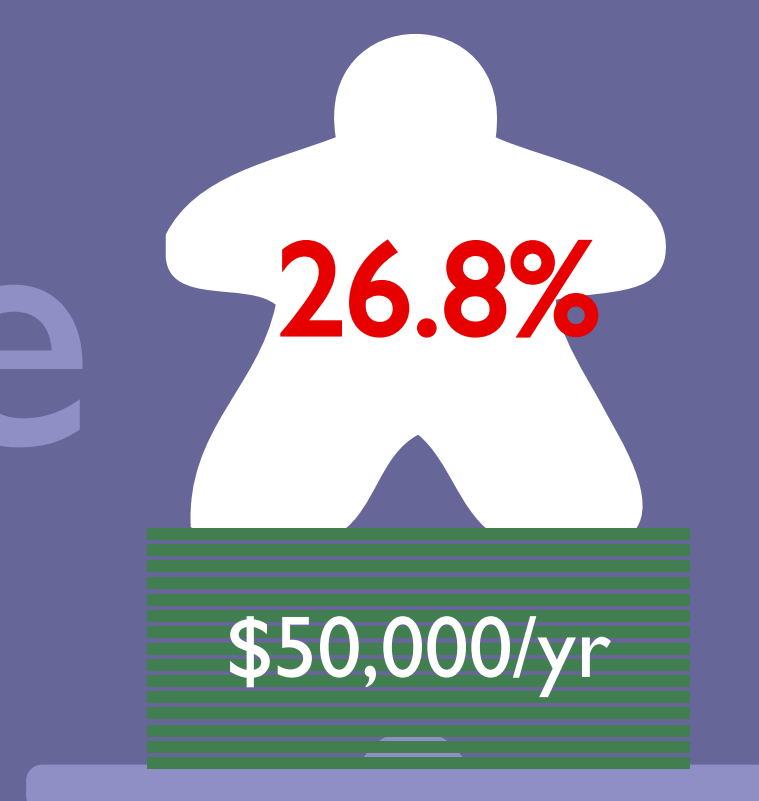
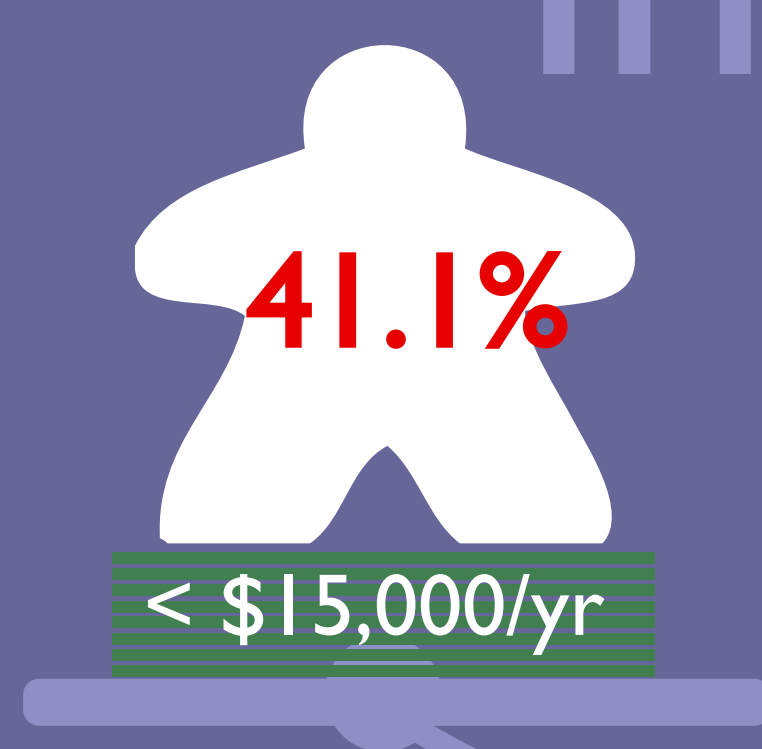
education



Obesity prevalence among adults in Texas was significantly higher among those with less than a high school degree.

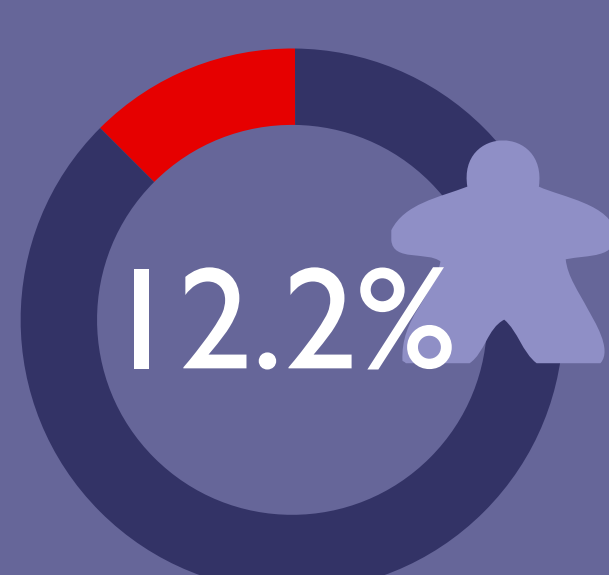
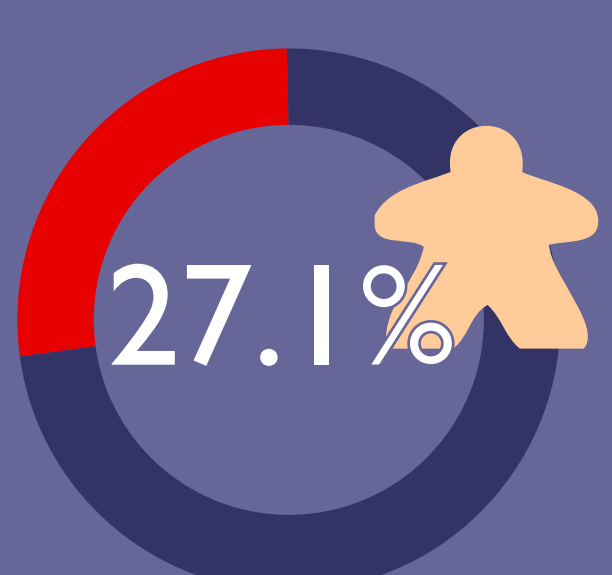
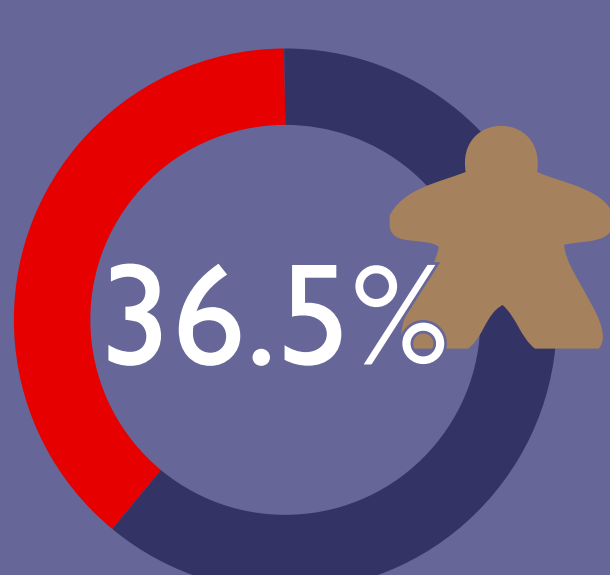
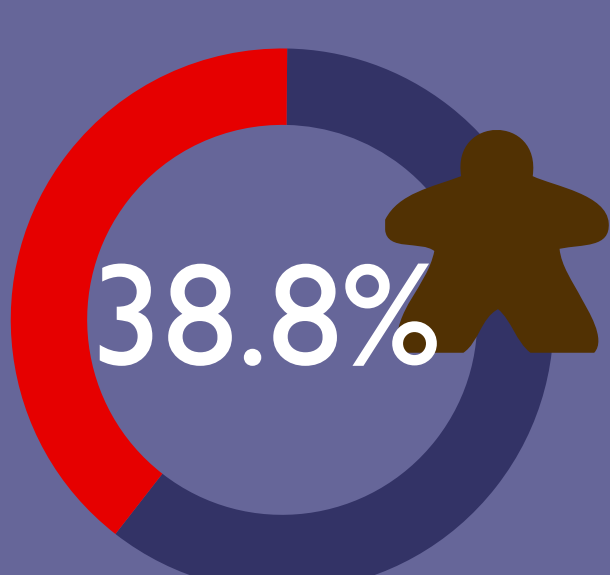


household income



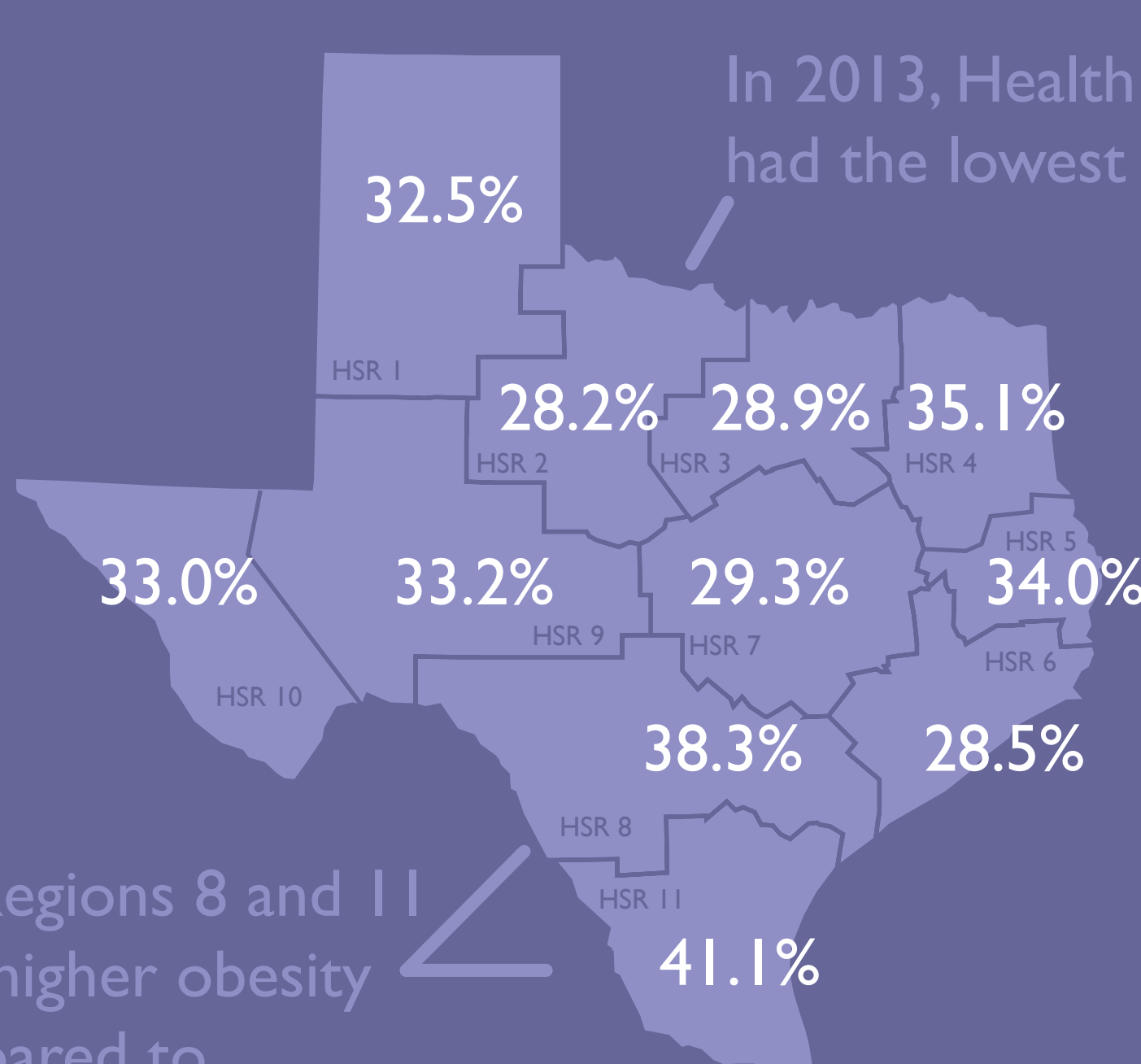
Obesity prevalence among adults in Texas was significantly higher among those with an annual household income less than \$15,000 compared to those with a household income of \$50,000 or more.

race/ethnicity



The prevalence of obesity in Texas was significantly higher among black and Hispanic adults compared to whites and other races.

health service regions

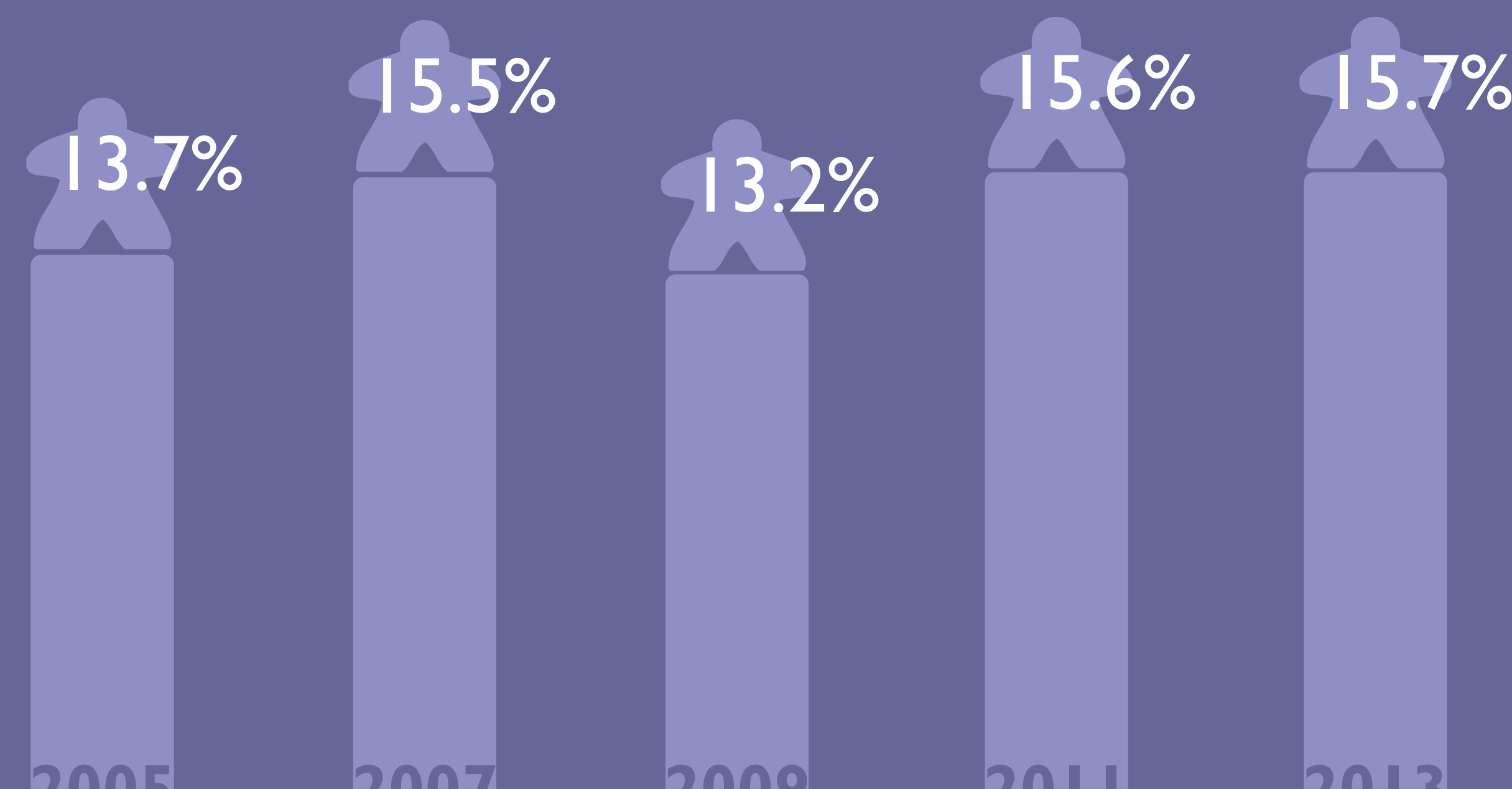


In 2013, Health Service Region 2 had the lowest obesity prevalence.

Health Service Regions 8 and 11 had significantly higher obesity prevalence compared to Texas overall.

youth

Obesity prevalence among Texas youth grades 9-12



Childhood obesity is defined as a BMI at or above the 95th percentile for children of the same age and sex
<http://www.cdc.gov/obesity/childhood/basics.html>

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

Texas Youth Risk Behavior Surveillance System (YRBSS), 2005, 2007, 2009, 2011, 2013; Center for Health Statistics, Texas Department of State Health Services.

CDC BRFSS Prevalence and Trends Data available at: <http://apps.nccd.cdc.gov/brfss/index.asp>.

BMI was calculated as weight (kg) / [height (m)]² or weight (lb) / [height (in)]² × 703. Height and weight are obtained from the following two questions, "About how much do you weigh without shoes?" and "About how tall are you without shoes?". Note: U.S. Data are from all 50 states, the District of Columbia, Guam, and Puerto Rico.

Please visit www.longlivetexas.com to learn more about living healthy in Texas.

