

**Prevalence of Neighborhood Access to Physical Activity,
Riding a Bicycle for Transportation, Walking for Transportation, and
Meeting Aerobic and/or Strengthening Physical Activity
Recommended Guidelines among Adults, 18 years and older, by
Demographic Characteristics, Risk Factors and Other Conditions,
and Place of Residence, Texas, 2015**

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November 9, 2016

Neighborhood Access to Physical Activity

Table 1. Number and percentage of adults, 18 years and older, that report having access to a sidewalks, shoulder of the road, trail, or park within their neighborhood where it is safe to walk, run, or bike, by demographic characteristics, Texas, 2015.

Demographic Characteristics	Access				No Access			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	12,174,971	77.1	75.3	79.0	3,607,133	22.9	21.0	24.7
Sex								
Male	5,859,299	78.1	75.3	81.0	1,639,758	21.9	19.0	24.7
Female	6,315,673	76.2	73.8	78.7	1,967,375	23.8	21.3	26.2
Age Group (years)								
18 to 29	2,665,216	80.0	74.8	85.2	667,271	20.0	14.8	25.2
30 to 44	3,366,426	80.0	76.4	83.6	841,969	20.0	16.4	23.6
45 to 64	4,036,947	75.6	72.5	78.6	1,305,323	24.4	21.4	27.5
65 and older	1,963,530	72.0	68.8	75.1	765,460	28.0	24.9	31.2
Race/Ethnicity								
White only, non-Hispanic	5,647,253	74.4	71.8	77.0	1,941,540	25.6	23.0	28.2
Black only, non-Hispanic	1,374,818	84.9	79.1	90.8	244,130	15.1	9.2	20.9
Hispanic	4,091,506	77.1	73.7	80.5	1,213,969	22.9	19.5	26.3
Other only/Multiracial	881,200	86.7	81.1	92.3	135,256	13.3	7.7	18.9
Education								
Less than High School	2,108,626	72.7	67.6	77.7	793,435	27.3	22.3	32.4
High School Graduate	2,722,596	71.8	67.8	75.8	1,070,584	28.2	24.2	32.2
Some College	3,885,508	77.5	74.0	81.0	1,128,033	22.5	19.0	26.0
College Graduate	3,406,684	85.2	82.5	87.8	593,725	14.8	12.2	17.5
Annual Household Income								
Less than \$35,000	4,339,463	74.3	71.1	77.6	1,497,655	25.7	22.4	28.9
\$35,000 to < \$50,000	1,279,422	73.6	68.1	79.2	458,592	26.4	20.8	31.9
\$50,000 to < \$75,000	1,502,539	78.6	73.5	83.7	408,499	21.4	16.3	26.5
\$75,000 or more	3,096,796	81.9	78.3	85.5	685,502	18.1	14.5	21.7
Any Health Care Coverage								
Yes	9,268,974	77.2	75.2	79.2	2,738,135	22.8	20.8	24.8
No	2,870,802	77.7	73.3	82.0	825,706	22.3	18.0	26.7
Sexual Orientation								
Straight	11,066,327	77.3	75.3	79.2	3,253,179	22.7	20.8	24.7
Lesbian/Gay/Bisexual/Other	476,864	79.5	68.5	90.5	122,782	20.5	9.5	31.5
Relationship Status								
Married or partner in an unmarried couple	7,129,116	77.6	75.2	80.0	2,062,075	22.4	20.0	24.8
Widowed	698,950	71.6	66.5	76.7	276,686	28.4	23.3	33.5
Divorced or separated	1,699,199	72.4	67.5	77.4	647,084	27.6	22.6	32.5
Never married	2,609,185	81.4	76.7	86.0	597,477	18.6	14.0	23.3

Abbreviations: CI, Confidence Interval

Data Source: Texas Behavioral Risk Factor Surveillance Public Use File, 2015. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Riding a Bicycle for Transportation

Table 1. Number and percentage of adults, 18 years and older, that report riding a bicycle for transportation in the past seven days, by demographic characteristics, Texas, 2015.

Demographic Characteristics	Rode a Bicycle for Transportation				Did Not Ride a Bicycle for Transportation			
	Estimated		95% CI		Estimated		95% CI	
	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit
Total Population	652,487	4.1	3.0	5.3	15,181,710	95.9	94.7	97
Sex								
Male	508,280	6.8	4.6	8.9	7,010,757	93.2	91.1	95.4
Female	--	--	--	--	--	--	--	--
Age Group (years)								
18 to 29	--	--	--	--	--	--	--	--
30 to 44	235,245	5.6	2.5	8.6	3,970,377	94.4	91.4	97.5
45 to 64	229,511	4.3	2.4	6.2	5,111,552	95.7	93.8	97.6
65 and older	52,160	1.9	1.0	2.8	2,703,634	98.1	97.2	99.0
Race/Ethnicity								
White only, non-Hispanic	235,936	3.1	1.9	4.2	7,399,172	96.9	95.8	98.1
Black only, non-Hispanic	--	--	--	--	--	--	--	--
Hispanic	265,629	5.0	2.8	7.3	5,039,644	95.0	92.7	97.2
Other only/Multiracial	--	--	--	--	--	--	--	--
Education								
Less than High School	--	--	--	--	--	--	--	--
High School Graduate	182,517	4.8	2.3	7.3	3,627,797	95.2	92.7	97.7
Some College	--	--	--	--	--	--	--	--
College Graduate	135,517	3.4	2.1	4.6	3,871,901	96.6	95.4	97.9
Annual Household Income								
Less than \$35,000	240,166	4.1	2.1	6.1	5,613,420	95.9	93.9	97.9
\$35,000 to < \$50,000	--	--	--	--	--	--	--	--
\$50,000 to < \$75,000	--	--	--	--	--	--	--	--
\$75,000 or more	110,188	2.9	1.7	4.1	3,704,479	97.1	95.9	98.3
Any Health Care Coverage								
Yes	481,394	4.0	2.8	5.2	11,572,519	96.0	94.8	97.2
No	169,051	4.6	1.6	7.6	3,532,747	95.4	92.4	98.4
Sexual Orientation								
Straight	597,185	4.2	3.0	5.4	13,778,609	95.8	94.6	97
Lesbian/Gay/Bisexual/Other	--	--	--	--	--	--	--	--
Relationship Status								
Married or partner in an unmarried couple	350,585	3.8	2.4	5.2	8,872,748	96.2	94.8	97.6
Widowed	--	--	--	--	--	--	--	--
Divorced or separated	--	--	--	--	--	--	--	--
Never married	183,784	5.7	3.0	8.4	3,050,216	94.3	91.6	97.0

Abbreviations: CI, Confidence Interval

Data Source: Texas Behavioral Risk Factor Surveillance Public Use File, 2015. Texas Department of State Health Services

Walking for Transportation

Table 1. Number and percentage of adults, 18 years and older, that report walking for transportation on one or two, three or four, five or more, or none of the past seven days, by demographic characteristics, Texas, 2015.

Demographic Characteristics	None				One or Two Days				Three or Four Days				Five or More Days			
	Estimated		95% CI		Estimated		95% CI		Estimated		95% CI		Estimated		95% CI	
	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit
Total Population	12,191,187	77.1	74.9	79.3	1,763,708	11.2	9.4	12.9	808,723	5.1	3.9	6.3	1,046,135	6.6	5.4	7.9
Sex																
Male	5,537,142	73.7	70.3	77.2	894,193	11.9	9.3	14.6	398,946	5.3	3.7	6.9	679,767	9.1	6.8	11.3
Female	6,654,045	80.2	77.3	83.0	869,515	10.5	8.2	12.8	409,778	4.9	3.2	6.7	366,369	4.4	3.2	5.6
Age Group (years)																
18 to 29	2,198,462	65.4	58.6	72.2	599,355	17.8	12.0	23.7	229,615	6.8	3.4	10.3	333,831	9.9	6.0	13.9
30 to 44	3,198,947	76.2	72.1	80.4	471,734	11.2	8.1	14.3	203,402	4.8	2.9	6.8	321,955	7.7	5.0	10.3
45 to 64	4,355,966	81.6	78.3	84.9	471,043	8.8	6.6	11.1	256,118	4.8	2.6	7.0	253,852	4.8	3.1	6.4
65 and older	2,306,600	84.0	81.6	86.5	196,403	7.2	5.3	9.0	106,144	3.9	2.5	5.2	135,871	4.9	3.7	6.2
Race/Ethnicity																
White only, non-Hispanic	6,147,381	80.7	78.1	83.2	638,451	8.4	6.6	10.2	330,268	4.3	3.0	5.6	502,153	6.6	4.9	8.2
Black only, non-Hispanic	1,117,018	69.0	59.3	78.7	268,926	16.6	8.1	25.1	--	--	--	--	--	--	--	--
Hispanic	3,943,657	74.4	70.4	78.4	780,182	14.7	11.3	18.2	273,194	5.2	2.8	7.5	304,485	5.7	4.1	7.4
Other only/Multiracial	829,249	81.3	72.5	90.1	--	--	--	--	--	--	--	--	--	--	--	--
Education																
Less than High School	2,167,810	74.7	68.4	80.9	382,925	13.2	8.2	18.2	--	--	--	--	171,241	5.9	2.9	8.9
High School Graduate	2,831,654	74.3	69.8	78.8	429,729	11.3	7.6	14.9	245,872	6.5	3.9	9.0	302,798	7.9	5.4	10.5
Some College	3,978,134	78.9	74.8	83.0	534,367	10.6	7.4	13.8	193,247	3.8	2.3	5.4	336,786	6.7	4.0	9.4
College Graduate	3,184,795	79.6	76.5	82.7	395,125	9.9	7.6	12.1	186,391	4.7	2.8	6.5	235,138	5.9	4.2	7.5
Annual Household Income																
Less than \$35,000	4,246,098	72.6	68.4	76.8	701,080	12.0	8.8	15.2	363,395	6.2	3.8	8.6	539,117	9.2	6.5	11.9
\$35,000 to < \$50,000	1,329,910	76.2	69.8	82.7	249,228	14.3	8.7	19.9	--	--	--	--	--	--	--	--
\$50,000 to < \$75,000	1,564,970	82.0	75.7	88.2	--	--	--	--	--	--	--	--	--	--	--	--
\$75,000 or more	3,191,878	83.8	80.9	86.8	310,766	8.2	5.9	10.4	151,686	4.0	2.4	5.6	153,421	4.0	2.7	5.4
Any Health Care Coverage																
Yes	9,512,341	79.0	76.8	81.3	1,177,085	9.8	8.2	11.4	577,368	4.8	3.6	6.0	767,003	6.4	5.0	7.8
No	2,630,199	71.1	65.2	77.1	570,282	15.4	10.1	20.7	225,266	6.1	3.1	9.1	271,724	7.3	4.4	10.3
Sexual Orientation																
Straight	11,141,771	77.6	75.3	79.9	1,624,350	11.3	9.5	13.2	663,733	4.6	3.5	5.8	924,672	6.4	5.1	7.7
Lesbian/Gay/Bisexual/Other	359,296	60.1	45.7	74.6	--	--	--	--	--	--	--	--	--	--	--	--
Relationship Status																
Married or partner in an unmarried couple	7,387,428	80.3	77.6	82.9	905,302	9.8	7.9	11.8	436,414	4.7	3.2	6.2	475,132	5.2	3.7	6.6
Widowed	827,065	84.2	79.6	88.8	73,105	7.4	3.7	11.2	27,569	2.8	1.4	4.2	54,157	5.5	2.7	8.3
Divorced or separated	1,887,376	81.2	76.8	85.6	210,545	9.1	5.9	12.2	108,864	4.7	2.0	7.4	117,460	5.1	3.1	7.0
Never married	2,038,378	62.9	56.4	69.5	574,372	17.7	12.0	23.5	233,241	7.2	3.8	10.6	392,976	12.1	8.0	16.2

Abbreviations: CI, Confidence Interval

Data Source: Texas Behavioral Risk Factor Surveillance Public Use File, 2015. 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) *Neighborhood Access to Physical Activity*: Responses to the survey 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?" of "Yes" are included as "Access", and "No" are included as "No Access".
- (2) *Bicycle for Transportation*: Responses to the survey question, "On how many days, during the past seven days, did you ride a bicycle for transportation, like to go to or from work, to run errands, or to go somewhere else that you wanted or needed to go?" of "None" and "Can't ride bicycle – is disabled" are included in "Did Not Ride a Bicycle for Transportation", and "One day", "Two days", "Three days", "Four days", "Five days", "Six days" and "Seven days" are included in "Rode a Bicycle for Transportation".
- (3) *Walking for Transportation*: Responses to the survey question, "On how many days, during the past seven days, did you walk for transportation, like to go to or from work, to run errands, or to go somewhere else that you wanted or needed to go?" of "None" and "Can't walk – is disabled" are included in "None"; "One day" and "Two days" as "One or Two days"; "Three days" and "Four days" as "Three or Four days"; and "Five days", "Six days" and "Seven days" as "Five or More days."
- (4) *Any Health Care Coverage*: "Yes" and "No" responses to the survey 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 due to small sample size.

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; September, 2016.

**Meeting Aerobic and/or Strengthening
Physical Activity Recommended Guidelines**

Table 1. Number and percentage of adults, 18 years and older, that met the aerobic and/or strengthening physical activity recommendations, by demographic characteristics, Texas, 2015.

Demographic Characteristics	Met Both Guidelines				Met Aerobic Guideline Only				Met Strengthening Guideline Only				Did Not Meet Either Guideline			
	Estimated		95% CI		Estimated		95% CI		Estimated		95% CI		Estimated		95% CI	
	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit
Total Population	3,106,813	18.8	17.5	20.1	4,184,996	25.3	23.9	26.8	1,694,394	10.3	9.2	11.3	7,530,927	45.6	43.9	47.3
Sex																
Male	1,790,803	22.3	20.2	24.3	1,805,563	22.4	20.4	24.5	1,042,465	13.0	11.2	14.7	3,407,388	42.3	39.9	44.8
Female	1,316,009	15.5	13.9	17.2	2,379,434	28.1	26.1	30.1	651,930	7.7	6.5	8.9	4,123,539	48.7	46.4	51.0
Age Group (years)																
18 to 29	845,923	24.1	20.5	27.6	667,221	19.0	15.7	22.3	639,015	18.2	14.8	21.6	1,363,880	38.8	34.4	43.2
30 to 44	941,054	20.2	17.5	22.8	990,595	21.2	18.6	23.8	498,260	10.7	8.8	12.5	2,237,519	47.9	44.7	51.2
45 to 64	851,494	15.5	13.5	17.4	1,643,923	29.9	27.2	32.6	390,777	7.1	5.7	8.5	2,618,490	47.6	44.7	50.4
65 and older	468,342	16.8	14.6	19.0	883,257	31.7	29.1	34.3	164,640	5.9	4.5	7.3	1,268,720	45.6	42.7	48.4
Race/Ethnicity																
White only, non-Hispanic	1,594,975	20.4	18.7	22.1	2,226,559	28.4	26.6	30.3	824,951	10.5	9.1	12.0	3,188,086	40.7	38.6	42.8
Black only, non-Hispanic	345,732	19.3	14.6	24.1	339,903	19.0	14.0	24.0	207,813	11.6	7.6	15.6	894,481	50.0	43.9	56.2
Hispanic	899,147	16.0	13.7	18.2	1,327,387	23.6	20.9	26.2	523,136	9.3	7.5	11.0	2,878,030	51.1	48.1	54.2
Other only/Multiracial	211,613	21.2	14.9	27.5	233,760	23.4	16.5	30.4	87,704	8.8	5.1	12.5	464,262	46.6	38.1	55.0
Education																
Less than High School	263,638	8.8	6.2	11.5	690,953	23.1	19.3	26.9	204,032	6.8	4.6	9.1	1,831,047	61.2	56.9	65.6
High School Graduate	741,695	18.0	15.4	20.7	953,659	23.2	20.4	26.0	348,026	8.5	6.7	10.2	2,067,126	50.3	46.9	53.6
Some College	1,054,593	20.1	17.6	22.7	1,456,155	27.8	25.0	30.6	612,667	11.7	9.4	13.9	2,120,156	40.4	37.3	43.6
College Graduate	1,041,916	25.2	22.9	27.5	1,079,437	26.1	23.8	28.4	525,830	12.7	10.9	14.5	1,488,041	36.0	33.4	38.6
Annual Household Income																
Less than \$35,000	781,918	13.4	11.5	15.4	1,418,013	24.3	21.8	26.8	549,759	9.4	7.7	11.2	3,079,267	52.8	49.9	55.7
\$35,000 to < \$50,000	462,983	23.9	19.5	28.2	505,532	26.1	21.7	30.4	168,928	8.7	6.1	11.4	803,151	41.4	36.4	46.3
\$50,000 to < \$75,000	426,459	20.4	16.3	24.4	556,633	26.6	22.5	30.6	194,716	9.3	6.4	12.2	917,438	43.8	38.9	48.6
\$75,000 or more	1,092,864	25.3	22.6	28.0	1,183,305	27.4	24.6	30.2	525,780	12.2	10.1	14.3	1,516,996	35.1	32.0	38.2
Any Health Care Coverage																
Yes	2,607,376	20.4	18.9	21.9	3,254,639	25.5	24.0	27.0	1,359,701	10.6	9.5	11.8	5,556,102	43.5	41.7	45.3
No	477,100	13.1	10.4	15.7	905,906	24.8	21.0	28.5	313,342	8.6	6.3	10.9	1,959,590	53.6	49.5	57.7
Sexual Orientation																
Straight	2,189,081	18.4	16.9	19.8	3,060,652	25.7	24.1	27.3	1,110,509	9.3	8.2	10.4	5,565,509	46.7	44.8	48.5
Lesbian/Gay/Bisexual/Other	62,395	13.8	8.1	19.5	112,372	24.8	17.3	32.3	58,286	12.9	7.2	18.6	219,846	48.5	39.2	57.9
Relationship Status																
Married or partner in an unmarried couple	1,653,460	17.2	15.7	18.8	2,670,598	27.8	25.9	29.7	870,758	9.1	7.8	10.3	4,412,634	45.9	43.8	48.1
Widowed	123,324	12.0	9.1	14.9	317,573	30.9	26.0	35.7	62,213	6.0	3.9	8.2	525,768	51.1	45.9	56.3
Divorced or separated	452,739	19.7	16.1	23.3	512,898	22.3	18.9	25.7	174,138	7.6	5.2	9.9	1,158,251	50.4	46.0	54.8
Never married	865,752	24.6	21.1	28.2	669,128	19.0	15.8	22.3	575,992	16.4	13.3	19.5	1,402,774	39.9	35.7	44.1

Abbreviations: CI, Confidence Interval

Data Source: Texas Behavioral Risk Factor Surveillance Public Use File, 2015. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Table 2. Number and percentage of adults, 18 years and older, that met the aerobic and/or strengthening physical activity recommendations, by risk factors and other health conditions, Texas, 2015.

Risk Factors and Other Health Conditions	Met Both Guidelines				Met Aerobic Guideline Only				Met Strengthening Guideline Only				Did Not Meet Either Guideline			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	3,106,813	18.8	17.5	20.1	4,184,996	25.3	23.9	26.8	1,694,394	10.3	9.2	11.3	7,530,927	45.6	43.9	47.3
Neighborhood Access to Physical Activity																
Access	2,169,701	18.5	16.2	20.7	3,243,647	27.6	25.1	30.2	1,166,175	9.9	8.1	11.8	5,166,865	44.0	41.0	47.0
No Access	492,437	14.3	11.0	17.6	791,093	23.0	19.3	26.7	240,382	7.0	4.5	9.5	1,913,215	55.7	51.1	60.2
Leisure Time Physical Activity																
Yes	3,106,813	27.0	25.3	28.8	4,184,996	36.4	34.5	38.4	1,338,726	11.7	10.3	13.0	2,855,798	24.9	23.0	26.7
No	--	--	--	--	--	--	--	--	355,668	7.1	5.7	8.5	4,675,129	92.9	91.5	94.3
Rode a Bicycle for Transportation																
Yes	159,299	24.8	13.6	36.0	243,037	37.9	23.6	52.1	--	--	--	--	206,304	32.1	17.1	47.1
No	2,499,309	17.1	15.2	19.1	3,802,136	26.1	23.9	28.2	1,373,675	9.4	7.8	11.0	6,904,147	47.4	44.8	49.9
Walking for Transportation																
None	1,879,468	16.0	13.9	18.0	2,981,594	25.3	23.0	27.6	971,343	8.3	6.8	9.7	5,936,961	50.4	47.7	53.2
One or two days	328,855	19.7	12.9	26.4	473,491	28.3	21.3	35.3	261,129	15.6	8.6	22.6	609,773	36.4	27.9	45.0
Three or four days	158,202	20.5	10.5	30.6	225,721	29.3	17.5	41.1	--	--	--	--	297,183	38.6	26.8	50.4
5 or more days	291,508	29.4	20.6	38.2	361,253	36.4	26.8	46.1	--	--	--	--	256,844	25.9	16.7	35.1
Consumption of fruits and vegetables 5 or more times per day																
Yes	801,683	28.4	24.7	32.1	749,403	26.5	23.0	30.1	324,731	11.5	8.9	14.1	946,870	33.5	29.6	37.5
No	2,179,408	17.0	15.6	18.4	3,243,896	25.3	23.6	26.9	1,308,838	10.2	9.0	11.4	6,098,954	47.5	45.6	49.5
Obesity																
Yes	696,059	13.9	11.7	16.1	1,169,690	23.3	20.9	25.8	477,924	9.5	7.6	11.5	2,666,489	53.2	50.2	56.2
No	2,237,229	22.2	20.4	23.9	2,669,891	26.5	24.6	28.3	1,117,946	11.1	9.8	12.4	4,057,237	40.2	38.1	42.4
Diabetes																
Yes	228,228	11.6	8.5	14.8	510,779	26.1	22.1	30.0	116,181	5.9	3.4	8.4	1,104,972	56.4	51.7	61.0
No	2,874,289	19.8	18.4	21.2	3,663,770	25.2	23.7	26.8	1,574,608	10.9	9.7	12.0	6,398,248	44.1	42.3	45.9
Cardiovascular Disease																
Yes	171,670	13.0	9.3	16.7	341,685	25.9	21.0	30.8	86,988	6.6	4.4	8.8	720,086	54.5	49.2	59.9
No	2,912,521	19.3	17.9	20.7	3,805,798	25.3	23.8	26.8	1,603,177	10.6	9.5	11.8	6,745,692	44.8	43.0	46.5
Heart Disease																
Yes	150,714	14.6	10.1	19.1	276,324	26.8	21.4	32.3	72,575	7.0	4.4	9.7	531,295	51.5	45.4	57.6
No	2,934,159	19.1	17.8	20.5	3,868,112	25.2	23.7	26.7	1,617,374	10.5	9.4	11.6	6,933,765	45.2	43.4	46.9
Stroke																
Yes	48,290	10.4	6.1	14.7	109,335	23.6	15.6	31.5	21,372	4.6	2.3	6.9	285,157	61.4	53.1	69.8
No	3,054,271	19.1	17.8	20.4	4,072,818	25.5	24.0	26.9	1,672,810	10.5	9.4	11.5	7,196,947	45.0	43.3	46.7
High Blood Pressure																
Yes	741,849	15.1	13.2	17.0	1,296,022	26.4	24.0	28.7	383,686	7.8	6.1	9.5	2,496,092	50.8	48.0	53.5
No	2,360,121	20.4	18.8	22.1	2,879,995	24.9	23.1	26.7	1,307,295	11.3	10.0	12.6	5,008,335	43.3	41.2	45.4

Table 2. Number and percentage of adults, 18 years and older, that met the aerobic and/or strengthening physical activity recommendations, by risk factors and other health conditions, Texas, 2015.

Risk Factors and Other Health Conditions	Met Both Guidelines				Met Aerobic Guideline Only				Met Strengthening Guideline Only				Did Not Meet Either Guideline			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	3,106,813	18.8	17.5	20.1	4,184,996	25.3	23.9	26.8	1,694,394	10.3	9.2	11.3	7,530,927	45.6	43.9	47.3
Cancer																
Yes	265,621	17.3	14.3	20.4	425,727	27.8	24.2	31.4	110,555	7.2	4.9	9.6	730,775	47.7	43.3	52.1
No	2,831,676	19.0	17.6	20.4	3,732,202	25.0	23.5	26.6	1,577,946	10.6	9.4	11.7	6,780,505	45.4	43.6	47.2
Asthma																
Yes	244,715	19.9	14.8	25.1	237,576	19.3	15.4	23.3	119,923	9.8	6.1	13.4	626,373	51.0	45.0	57.0
No	2,854,931	18.8	17.5	20.2	3,895,765	25.7	24.2	27.2	1,553,756	10.2	9.2	11.3	6,860,874	45.2	43.5	47.0
Chronic Obstructive Pulmonary Disease (COPD)																
Yes	98,305	11.4	7.5	15.3	211,320	24.5	19.3	29.7	40,644	4.7	3.0	6.4	511,040	59.3	53.5	65.1
No	3,006,405	19.3	17.9	20.7	3,955,730	25.4	23.9	26.9	1,651,149	10.6	9.5	11.7	6,957,733	44.7	42.9	46.4
Kidney Disease																
Yes	--	--	--	--	97,243	20.0	13.5	26.5	--	--	--	--	303,255	62.5	54.0	70.9
No	3,048,658	19.1	17.8	20.4	4,079,459	25.6	24.1	27.0	1,652,687	10.4	9.3	11.4	7,179,822	45.0	43.3	46.7
Arthritis																
Yes	460,863	13.2	11.2	15.3	927,896	26.7	24.1	29.2	267,610	7.7	6.1	9.3	1,822,574	52.4	49.4	55.4
No	2,640,776	20.4	18.8	22.0	3,246,017	25.1	23.4	26.8	1,418,980	11.0	9.7	12.2	5,638,481	43.6	41.6	45.5
Depression																
Yes	347,552	12.8	10.2	15.4	641,551	23.7	20.0	27.3	197,370	7.3	5.2	9.4	1,525,433	56.2	52.1	60.4
No	2,747,987	20.0	18.5	21.5	3,521,780	25.6	24.1	27.2	1,493,200	10.9	9.7	12.1	5,970,832	43.5	41.6	45.3
Disability																
Yes	167,992	10.7	8.2	13.2	374,826	23.9	20.5	27.3	111,076	7.1	5.4	8.7	915,204	58.3	54.4	62.2
No	743,506	18.4	16.4	20.3	1,334,628	33.0	30.3	35.6	306,239	7.6	6.1	9.0	1,663,399	41.1	38.5	43.7
Smoking Status																
Current	351,290	14.5	11.5	17.6	513,408	21.2	18.0	24.5	221,209	9.2	6.7	11.6	1,331,411	55.1	50.8	59.3
Former	673,785	18.8	16.2	21.3	940,501	26.2	23.4	29.1	309,602	8.6	6.9	10.4	1,662,524	46.4	43.0	49.7
Never	2,061,734	19.8	18.1	21.5	2,707,575	26.0	24.0	27.9	1,159,636	11.1	9.7	12.5	4,500,923	43.2	41.0	45.3
Binge Drinking																
Yes	618,868	24.0	20.3	27.8	543,122	21.1	17.6	24.6	357,926	13.9	10.7	17.1	1,055,201	41.0	36.5	45.4
No	2,421,018	17.8	16.4	19.2	3,551,258	26.1	24.5	27.7	1,313,677	9.7	8.6	10.8	6,300,996	46.4	44.5	48.2
Heavy Drinking																
Yes	186,401	20.0	14.6	25.4	236,210	25.3	20.1	30.6	106,845	11.5	7.3	15.6	402,970	43.2	36.7	49.7
No	2,844,597	18.7	17.4	20.1	3,839,325	25.3	23.8	26.8	1,569,573	10.3	9.2	11.4	6,923,103	45.6	43.9	47.4

Abbreviations: CI, Confidence Interval

Data Source: Texas Behavioral Risk Factor Surveillance Public Use File, 2015. Texas Department of State Health Services, Center for Health Statistics, Austin, Texas.

Table 3. Number and percentage of adults, 18 years and older, that met the aerobic and/or strengthening physical activity recommendations, by place of residence, Texas, 2015.

Place of Residence	Met Both Guidelines				Met Aerobic Guideline Only				Met Strengthening Guideline Only				Did Not Meet Either Guideline			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	3,106,813	18.8	17.5	20.1	4,184,996	25.3	23.9	26.8	1,694,394	10.3	9.2	11.3	7,530,927	45.6	43.9	47.3
Public Health Region (PHR)																
1	85,750	14.5	10.3	18.7	161,648	27.3	22.3	32.3	56,514	9.5	5.7	13.4	287,870	48.6	42.9	54.4
2	65,184	18.3	13.8	22.8	92,038	25.8	20.7	30.9	30,564	8.6	5.2	11.9	168,483	47.3	41.2	53.3
3	961,200	21.6	18.4	24.8	1,008,187	22.6	19.6	25.6	494,699	11.1	8.5	13.7	1,993,711	44.7	40.8	48.6
4	85,379	13.6	8.6	18.5	171,758	27.3	22.2	32.5	54,054	8.6	5.3	11.9	317,187	50.5	44.4	56.6
5	86,960	18.1	13.5	22.7	120,269	25.1	20.1	30.1	47,698	9.9	6.3	13.6	225,047	46.9	41.1	52.7
6	636,948	17.1	14.2	20.1	1,032,784	27.8	23.7	31.9	315,022	8.5	6.4	10.6	1,731,559	46.6	42.2	51.0
7	422,753	21.8	19.0	24.6	506,197	26.1	23.2	28.9	209,049	10.8	8.6	13.0	803,307	41.4	38.2	44.6
8	305,024	18.1	14.4	21.7	433,428	25.7	21.8	29.5	204,833	12.1	8.6	15.7	745,654	44.1	39.6	48.7
9	74,468	17.2	11.7	22.8	111,589	25.8	20.3	31.3	37,958	8.8	5.3	12.2	208,870	48.3	41.7	54.8
10	106,037	21.9	17.3	26.6	110,931	22.9	18.7	27.2	56,088	11.6	7.8	15.4	210,584	43.5	38.3	48.8
11	198,480	16.6	13.0	20.2	299,336	25.1	21.4	28.7	116,908	9.8	6.9	12.7	579,675	48.5	44.1	53.0
U.S. - Mexico Border Counties (15)																
Border	259,954	18.8	15.5	22.0	324,440	23.4	20.4	26.5	126,266	9.1	6.9	11.4	673,044	48.6	44.8	52.5
Non-border	2,768,229	19.0	17.6	20.4	3,723,725	25.5	24.0	27.1	1,497,121	10.3	9.1	11.4	6,598,904	45.2	43.4	47.1
U.S. - Mexico Border Counties (32)																
Border	270,125	18.4	15.3	21.6	341,130	23.3	20.3	26.3	132,782	9.1	6.8	11.3	720,267	49.2	45.4	53.0
Non-border	2,758,057	19.0	17.6	20.4	3,707,035	25.6	24.0	27.1	1,490,605	10.3	9.1	11.4	6,551,680	45.2	43.3	47.0
Metropolitan Statistical Area (MSA)																
Abilene MSA	26,424	22.7	13.5	32.0	27,180	23.4	14.2	32.6	--	--	--	--	52,129	44.9	33.1	56.6
Amarillo MSA	23,740	15.5	8.1	22.9	55,001	35.9	24.9	47.0	--	--	--	--	61,544	40.2	30.0	50.4
Austin-Round Rock MSA	270,076	22.7	19.2	26.2	331,007	27.8	24.4	31.2	136,861	11.5	8.9	14.1	452,061	38.0	34.3	41.7
Beaumont-Port Arthur MSA	39,468	16.6	10.6	22.7	59,705	25.1	18.1	32.2	20,619	8.7	4.4	13.0	117,727	49.6	41.6	57.5
Brownsville-Harlingen MSA	34,638	15.7	6.9	24.6	54,862	24.9	18.8	31.1	25,597	11.6	5.6	17.6	105,031	47.7	39.6	55.8
College Station-Bryan MSA	30,110	19.4	10.1	28.8	42,599	27.5	16.4	38.6	--	--	--	--	67,352	43.5	32.4	54.6
Corpus Christi MSA	34,983	12.3	7.5	17.2	78,795	27.8	20.2	35.4	35,076	12.4	5.6	19.2	134,444	47.5	39.2	55.7
Dallas-Plano-Irving Metropolitan Division	644,177	22.3	18.1	26.5	646,386	22.4	18.4	26.3	290,563	10.0	7.1	13.0	1,310,528	45.3	40.3	50.4
El Paso MSA	101,627	22.0	17.2	26.7	103,122	22.3	18.1	26.5	55,712	12.0	8.0	16.0	202,329	43.7	38.4	49.1
Fort Worth-Arlington Metropolitan Division	287,259	20.1	15.0	25.2	333,361	23.3	18.5	28.2	192,233	13.5	8.0	18.9	615,950	43.1	36.7	49.6
Houston-The Woodlands-Sugar Land MSA	629,288	17.2	14.2	20.2	1,003,479	27.5	23.3	31.6	312,353	8.5	6.4	10.7	1,709,478	46.8	42.3	51.2
Killeen-Temple MSA	80,942	28.2	19.8	36.6	75,037	26.2	17.6	34.7	24,557	8.6	3.7	13.4	106,389	37.1	28.0	46.1
Laredo MSA	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Longview MSA	--	--	--	--	21,424	20.1	12.0	28.1	--	--	--	--	59,390	55.6	43.7	67.4
Lubbock MSA	30,394	16.4	9.1	23.7	44,458	24.0	15.7	32.3	19,770	10.7	4.7	16.6	90,654	48.9	39.0	58.9
McAllen-Edinburg-Mission MSA	69,655	15.1	9.5	20.8	127,123	27.6	21.1	34.2	41,460	9.0	4.6	13.4	221,635	48.2	40.7	55.7
Midland MSA	16,671	16.6	7.2	26.1	26,023	26.0	14.3	37.7	--	--	--	--	45,764	45.7	33.6	57.8
Odessa MSA	22,249	20.9	10.5	31.4	29,097	27.4	15.5	39.3	--	--	--	--	43,313	40.7	27.1	54.4
San Angelo MSA	--	--	--	--	25,828	27.9	15.0	40.8	--	--	--	--	47,586	51.4	35.8	67.1
San Antonio-New Braunfels MSA	271,007	19.1	15.0	23.3	361,655	25.5	21.2	29.9	195,141	13.8	9.7	17.9	588,776	41.6	36.5	46.7
Tyler MSA	--	--	--	--	25,580	18.2	9.7	26.8	--	--	--	--	79,534	56.6	43.8	69.4
Waco MSA	--	--	--	--	25,819	21.0	9.4	32.5	--	--	--	--	70,084	56.9	41.6	72.2
Wichita Falls MSA	14,003	15.5	9.6	21.4	24,516	27.2	20.6	33.8	7,949	8.8	4.6	13.0	43,764	48.5	40.4	56.6
County																
Angelina	8,952	14.9	8.0	21.8	14,376	24.0	14.3	33.6	--	--	--	--	31,638	52.7	42.5	63.0
Bell	71,310	34.2	23.8	44.6	49,920	23.9	14.3	33.5	--	--	--	--	68,191	32.7	22.3	43.0
Bexar	218,516	19.6	14.8	24.4	274,814	24.6	19.7	29.6	146,358	13.1	8.3	17.9	475,963	42.7	36.8	48.5
Brazoria	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Table 3. Number and percentage of adults, 18 years and older, that met the aerobic and/or strengthening physical activity recommendations, by place of residence, Texas, 2015.

Place of Residence	Met Both Guidelines				Met Aerobic Guideline Only				Met Strengthening Guideline Only				Did Not Meet Either Guideline			
	Estimated		95% CI		Estimated		95% CI		Estimated		95% CI		Estimated		95% CI	
	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit
Total Population	3,106,813	18.8	17.5	20.1	4,184,996	25.3	23.9	26.8	1,694,394	10.3	9.2	11.3	7,530,927	45.6	43.9	47.3
Brazos	30,026	21.6	11.4	31.7	38,568	27.7	16.3	39.1	--	--	--	--	56,149	40.3	29.4	51.2
Cameron	34,638	15.7	6.9	24.6	54,862	24.9	18.8	31.1	25,597	11.6	5.6	17.6	105,031	47.7	39.6	55.8
Collin	111,115	23.8	14.3	33.3	142,109	30.5	20.1	40.8	--	--	--	--	152,080	32.6	22.2	42.9
Comal	--	--	--	--	24,556	32.3	13.4	51.2	--	--	--	--	22,970	30.2	13.2	47.3
Dallas	265,629	17.3	11.8	22.8	320,562	20.9	15.3	26.5	136,390	8.9	4.9	12.9	812,833	52.9	45.7	60.2
Denton	205,585	38.6	27.3	50.0	113,951	21.4	12.2	30.6	--	--	--	--	151,996	28.5	18.1	39.0
Ector	22,249	20.9	10.5	31.4	29,097	27.4	15.5	39.3	--	--	--	--	43,313	40.7	27.1	54.4
El Paso	101,627	22.1	17.3	26.8	102,747	22.3	18.1	26.5	55,240	12.0	8.0	16.0	200,514	43.6	38.2	49.0
Ellis	26,320	24.4	15.4	33.3	26,059	24.1	17.3	30.9	--	--	--	--	47,327	43.8	34.9	52.7
Fort Bend	85,030	24.0	11.9	36.2	84,635	23.9	10.2	37.7	--	--	--	--	163,981	46.3	31.7	61.0
Galveston	35,703	18.1	12.6	23.7	51,515	26.2	19.3	33.1	--	--	--	--	93,544	47.5	39.7	55.4
Gregg	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Guadalupe	--	--	--	--	30,826	25.1	10.9	39.2	--	--	--	--	42,144	34.3	18.4	50.1
Harris	386,288	15.7	12.1	19.4	675,013	27.5	22.3	32.7	233,011	9.5	6.6	12.4	1,161,108	47.3	41.7	52.9
Hays	38,683	30.6	17.1	44.1	32,857	26.0	13.8	38.2	--	--	--	--	34,595	27.3	15.3	39.4
Hidalgo	69,655	15.1	9.5	20.8	127,123	27.6	21.1	34.2	41,460	9.0	4.6	13.4	221,635	48.2	40.7	55.7
Jefferson	24,592	18.3	9.5	27.0	31,545	23.4	15.0	31.9	--	--	--	--	68,534	50.9	40.8	60.9
Lamar	5,806	17.5	7.4	27.6	10,809	32.6	22.5	42.6	2,291	6.9	3.2	10.6	14,264	43.0	32.3	53.8
Lubbock	30,394	17.3	9.6	24.9	43,859	24.9	16.2	33.6	18,592	10.6	4.3	16.8	83,134	47.2	36.9	57.5
McLennan	--	--	--	--	--	--	--	--	--	--	--	--	59,862	54.1	37.6	70.5
Midland	16,671	18.3	8.1	28.6	23,418	25.8	13.3	38.2	--	--	--	--	39,120	43.0	30.5	55.6
Montgomery	61,008	17.3	8.1	26.5	118,114	33.5	19.5	47.5	--	--	--	--	147,964	42.0	27.3	56.6
Nacogdoches	--	--	--	--	9,610	26.4	16.5	36.4	--	--	--	--	14,784	40.7	27.2	54.2
Nueces	30,311	13.5	8.1	19.0	66,289	29.6	20.9	38.3	32,654	14.6	6.4	22.8	94,686	42.3	33.4	51.2
Orange	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Potter	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Randall	16,611	18.9	8.5	29.2	30,034	34.1	19.1	49.1	--	--	--	--	33,977	38.6	25.1	52.0
Red River	--	--	--	--	--	--	--	--	--	--	--	--	5,787	51.1	30.2	72.1
Rusk	--	--	--	--	6,765	24.7	14.9	34.5	--	--	--	--	15,069	55.0	41.4	68.5
Smith	--	--	--	--	25,580	18.2	9.7	26.8	--	--	--	--	79,534	56.6	43.8	69.4
Tarrant	266,288	22.6	16.6	28.6	278,121	23.6	18.3	28.9	153,841	13.0	7.1	19.0	481,011	40.8	33.7	47.8
Taylor	19,350	25.1	13.9	36.3	15,869	20.6	10.4	30.8	--	--	--	--	34,807	45.1	30.6	59.6
Tom Green	--	--	--	--	23,427	26.1	14.6	37.5	--	--	--	--	47,340	52.7	40.1	65.3
Travis	159,797	22.0	17.9	26.2	200,479	27.6	23.7	31.6	79,023	10.9	8.2	13.5	286,051	39.4	35.0	43.9
Waller	4,564	14.9	7.9	21.8	7,247	23.6	15.6	31.6	--	--	--	--	13,664	44.5	32.8	56.3
Webb	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--
Wichita	14,003	18.2	11.5	24.9	21,542	28.0	21.1	34.9	7,116	9.2	4.6	13.9	34,276	44.6	36.2	52.9
Williamson	57,477	21.8	13.5	30.2	86,200	32.8	24.1	41.4	29,315	11.1	5.3	17.0	90,131	34.3	26.2	42.3

Abbreviations: CI, Confidence Interval

Data Source: Texas Behavioral Risk Factor Surveillance Public Use File, 2015. 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) *Aerobic and Strengthening Physical Activity Recommendations*: Respondents are classified as “Met Aerobic Guideline Only” if at least 150 minutes per week of moderate-intensity aerobic activity, or at least 75 minutes per week of vigorous-intensity aerobic activity, or equivalent combination of moderate- and vigorous-intensity aerobic activity totaling at least 150 minutes per week is reported. Respondents are classified as “Met Strengthening Guideline Only” if participation in muscle-strengthening activities at least 2 times per week is reported. Respondents are classified as “Met Both Guidelines” if both the previous aerobic and muscle-strengthening guidelines are met. Respondents are classified as “Did Not Meet Either Guideline” if neither of the previous aerobic and strengthening guidelines are met.
- (2) *Any Health Care Coverage*: “Yes” and “No” responses to the survey 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) *Neighborhood Access to Physical Activity*: Responses to the survey 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?” of “Yes” are included as “Access”, and “No” are included as “No Access”;
- (4) *Leisure Time Physical Activity*: “Yes” and “No” responses to the survey 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 exercises?”;
- (5) *Bicycle for Transportation*: Responses to the survey question, “On how many days, during the past seven days, did you ride a bicycle for transportation, like to go to or from work, to run errands, or to go somewhere else that you wanted or needed to go?” of “None” and “Can’t ride bicycle – is disabled” are included in “Did Not Ride a Bicycle for Transportation”, and “One day”, “Two days”, “Three days”, “Four days”, “Five days”, “Six days” and “Seven days” are included in “Rode a Bicycle for Transportation”.
- (6) *Walking for Transportation*: Responses to the survey question, “On how many days, during the past seven days, did you walk for transportation, like to go to or from work, to run errands, or to go somewhere else that you wanted or needed to go?” of “None” and “Can’t walk – is disabled” are included in “None”; “One day” and “Two days” as “One or Two Days”; “Three days” and “Four days” as “Three or Four Days”; and “Five days”, “Six days” and “Seven days” as “Five or More Days.”
- (7) *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;
- (8) *Obesity*: A Body mass index (BMI) of 30 or more calculated from the survey questions, “About how much do you weigh without shoes on?” and “About how tall are you without shoes on?”;

- (9) *Diabetes*: “Yes” and “No” responses to the survey question, “Has a doctor, nurse, or other health professional ever told you that you have diabetes?” [Excluding female responses of, “Yes, but told only during pregnancy.”];
- (10) *Cardiovascular Disease*: “Yes” responses to any of the following survey 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?”, “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- (11) *Heart Disease*: “Yes” and “No” responses to either of the following survey 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?”;
- (12) *Stroke*: “Yes” and “No” responses to the survey question, “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- (13) *High Blood Pressure*: “Yes” and “No” responses to the survey question, “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?” [“No” includes respondents who responded “told borderline high or pre-hypertensive” and female respondents who responded, “Yes, but told only during pregnancy”];
- (14) *Cancer*: “Yes” responses to either of the following survey questions, “Has a doctor, nurse, or other health professional ever told you that you had skin cancer?”, “Has a doctor, nurse, or other health professional ever told you that you had any other types of cancer?”.
- (15) *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?”;
- (16) *Chronic Obstructive Pulmonary Disease (COPD)*: “Yes” and “No” responses to the survey 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) *Kidney Disease*: “Yes” and “No” responses to the survey question, “Has a doctor, nurse, or other health professional ever told you that you have kidney disease?”;
- (18) *Arthritis*: “Yes” and “No” responses to the survey 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) *Depression*: “Yes” and “No” responses to the survey 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?”;
- (20) *Disability*: “Yes” responses to any of the following five questions or “No” responses to all of the following five 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?”;

(21)*Smoking Status*: “Yes” responses for “Current” and “Former” smokers and “No” responses for “Never” smokers to the survey question, “Have you smoked at least 100 cigarettes in your entire life?” and responses of “Everyday” or “Some days” for “Current” smoker 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?”;

(22)*Binge Drinking*: Responses of “1 or more” to the survey 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 an occasion?”;

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

Estimates were excluded (--) if they were considered unreliable due to small sample size.

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; September, 2016.