

# Texas and Obesity\*

- Percentage of Texas adults who were estimated to be obese in 2013: 30.9%
- 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

- 1995: 15.9%
- 2000: 23.1%
- 2005: 27.0%
- 2010: 31.7%

## **Education**

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

- 22.9% with high school degree
- 38.7% without 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.

- Less than \$15,000 per year: 41.1%
- \$50,000 per year or more: 26.8%

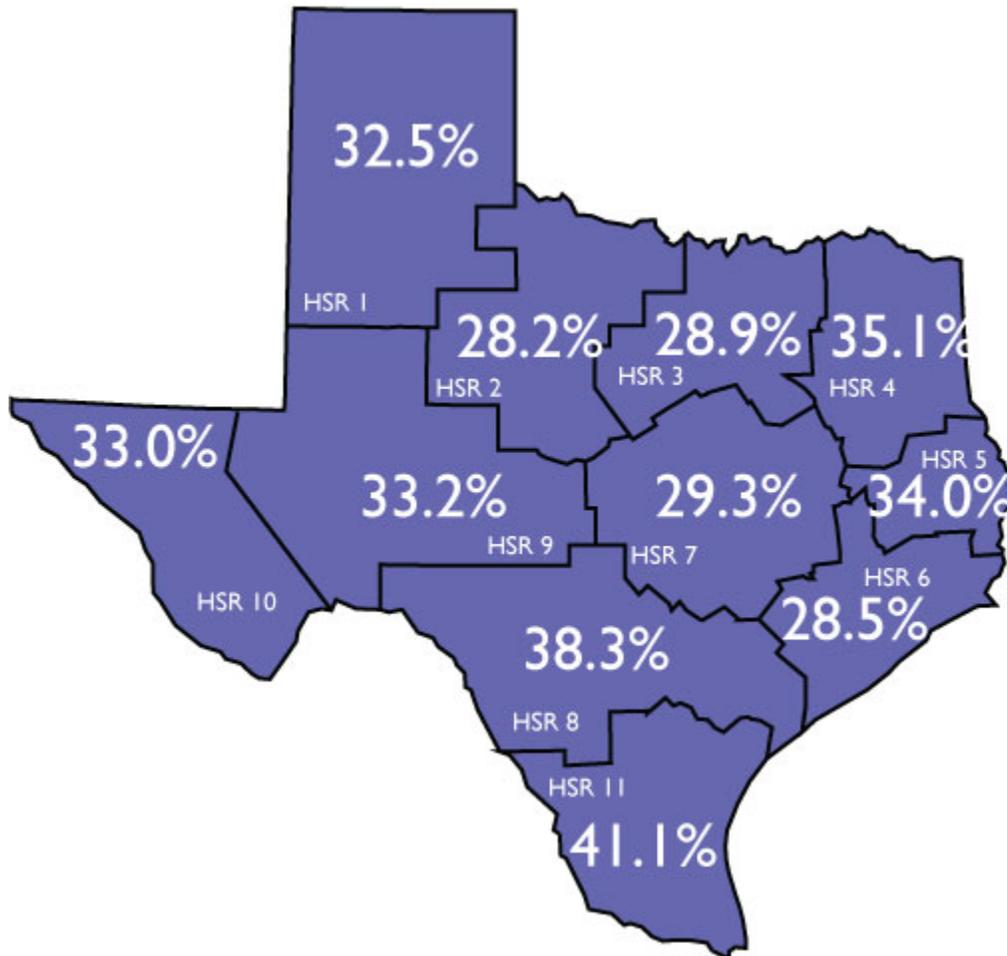
## **Race/Ethnicity**

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

- Black: 38.8%
- Hispanic: 36.5%
- White: 27.1%
- Other 12.2%

## 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.



### Health Services Region 1

**Obesity Prevalence:** 32.5%

**Counties:** Armstrong, Bailey, Briscoe, Carson, Castro, Childress, Cochran, Collingsworth, Crosby, Dallam, Deaf Smith, Dickens, Donley, Floyd, Garza, Gray, Hale, Hall, Hansford, Hartley, Hemphill, Hockley, Hutchinson, King, Lamb, Lipscomb, Lubbock, Lynn, Moore, Motley, Ochiltrie, Oldham, Parmer, Potter, Randall, Roberts, Sherman, Swisher, Terry, Wheeler, Yoakum

## **Health Services Region 2**

**Obesity Prevalence:** 28.2%

**Counties:** Archer, Baylor, Brown, Callahan, Clay, Coleman, Comanche, Cottle, Eastland, Fisher, Foard, Hardeman, Haskell, Jack, Jones, Kent, Knox, Mitchell, Montague, Nolan, Runnels, Scurry, Shackelford, Stonewall, Stephens, Taylor, Throckmorton, Wichita, Wilbarger, Young

## **Health Services Region 3**

**Obesity Prevalence:** 28.9%

**Counties:** Collin, Cooke, Dallas, Denton, Ellis, Erath, Fannin, Grayson, Hood, Hunt, Johnson, Kaufman, Navarro, Palo Pinto, Parker, Rockwall, Somervell, Tarrant, Wise

## **Health Services Region 4**

**Obesity Prevalence:** 35.1%

**Counties:** Anderson, Bowie, Camp, Cass, Cherokee, Delta, Franklin, Gregg, Harrison, Henderson, Hopkins, Lamar, Marion, Morris, Panola, Rains, Red River, Rusk, Smith, Titus, Upshur, Van Zandt, Wood

## **Health Services Region 5**

**Obesity Prevalence:** 34.0%

**Counties:** Angelina, Hardin, Houston, Jasper, Jefferson, Nacogdoches, Newton, Orange, Polk, Sabine, San Augustine, San Jacinto, Shelby, Trinity, Tyler

## **Health Services Region 6**

**Obesity Prevalence:** 28.5%

**Counties:** Austin, Brazoria, Chambers, Colorado, Fort Bend, Galveston, Harris, Liberty, Matagorda, Montgomery, Walker, Waller, Wharton

## **Health Services Region 7**

**Obesity Prevalence:** 29.3%

**Counties:** Bastrop, Bell, Blanco, Bosque, Brazos, Burleson, Burnet, Caldwell, Coryell, Falls, Fayette, Freestone, Grimes, Hamilton, Hays, Hill, Lampasas, Lee, Leon, Limestone, Llano, Madison, McLennan, Milam, Mills, Robertson, San Saba, Travis, Washington, Williamson

## **Health Services Region 8**

**Obesity Prevalence:** 38.3%

**Counties:** Atascosa, Bandera, Bexar, Calhoun, Comal, DeWitt, Dimmit, Edwards, Frio, Gillespie, Goliad, Gonzales, Guadalupe, Jackson, Karnes, Kendall, Kerr, Kinney, La Salle, Lavaca, Maverick, Medina, Real, Uvalde, Val Verde, Victoria, Wilson, Zavala

## **Health Services Region 9**

**Obesity Prevalence:** 33.2%

**Counties:** Andrews, Borden, Coke, Concho, Crane, Crockett, Dawson, Ector, Gaines, Glasscock, Howard, Irion, Kimble, Loving, Martin, Mason, McCulloch, Menard, Midland, Pecos, Reagan, Reeves, Schleicher, Sterling, Sutton, Terrell, Tom Green, Upton, Ward, Winkler

## **Health Services Region 10**

**Obesity Prevalence:** 33.0%

**Counties:** Brewster, Culberson, El Paso, Hudspeth, Jeff Davis, Presidio

## **Health Services Region 11**

**Obesity Prevalence:** 41.1%

**Counties:** Aransas, Bee, Brooks, Cameron, Duval, Hidalgo, Jim Hogg, Jim Wells, Kenedy, Kleberg, Live Oak, McMullen, Nueces, Refugio, San Patricio, Starr, Webb, Willacy, Zapata

## **Youth**

Obesity prevalence among Texas youth grades 9-12

- 2005: 13.7%
- 2007: 15.5%
- 2009: 13.2%
- 2011: 15.6%
- 2013: 15.7%

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)] or weight (lb) / [height (in)] x 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.longlivetexans.com](http://www.longlivetexans.com) to learn more about living healthy in Texas.

