

Texas Overweight and Obesity Statistics

GENERAL STATISTICS

- In 2009 nearly 66.8% of Texas adults were either overweight or obese.¹
- If Texas were to invest \$10 per person per year in proven community-based programs to increase physical activity, improve nutrition, and prevent smoking and tobacco use, our state could save \$1 billion annually within five years through reductions in health care spending. This is a return of \$4.70 for every \$1.²
- If the current trends continue, 20 million or 75% of Texas adults might be overweight or obese by the year 2040, and the cost to Texas could quadruple from \$10.5 billion today to as much as \$39 billion by 2040.³
- A report released in 2005 found that Texas reported it had the 6th highest prevalence in adult obesity in the U.S., with an average of 25.3% of the adult population obese between 2002 and 2004.⁴ The 2006 report dropped Texas to the 10th ranking state with an average of 25.8% obese between 2003 and 2005,⁵ and the 2007 report dropped Texas to the 12th ranking state with an average of 26.3% obese between 2004 and 2006.⁶ The 2009 report dropped Texas to the 14th ranking with an average of 27.9% obese between 2006 to 2008.
- According to the Texas Department of State Health Services Behavioral Risk Factor Surveillance System (BRFSS), overweight and obesity are more pronounced among men, minorities and middle-aged adults.¹
- According to the Texas Department of State Health Services Behavioral Risk Factor Surveillance System (BRFSS) in 2007, 31% of Texas adults reported spending 4 or more hours on a typical day sitting and watching television, videos, or using a computer outside of work.⁸
- The Center's for Disease Control and Prevention's Breastfeeding Report Card 2008 reported breastfeeding data from mothers who gave birth in 2005. The Texas data indicated that 78% of mothers initiated breastfeeding, 44% breastfed at 6 months, and 24% breastfed at 12 months. Thirty-one percent of moms were exclusively breastfeeding through 3 months postpartum, and 10% exclusively breastfed through 6 months.⁹

CHILD AND ADOLESCENT STATISTICS*

- In 2009, 15.6% of Texas high-school students were reported to be overweight and 13.6% were obese.¹⁰
- In 2007, 21.3% of the low-income children, 2-5 years old,** enrolled in Texas Women Infants and Children (WIC) Supplemental Nutrition Program were overweight or obese, and rates were highest among Hispanics and American Indian/Pacific Islanders.¹¹
- The prevalence of childhood obesity was greater in Texas in 2004-2005 than the U.S. rates reported for the 2003-2004 National Health and Nutrition Examination Survey (NHANES).^{12,13} The overall prevalence of overweight and obesity in Texas schoolchildren was 42% for fourth-graders, 39% for eighth-graders and 36% for eleventh-graders in 2004-2005.¹²

- In 2004-2005, the percentage of obese students in Texas was much higher among minorities, with the highest prevalence of obesity in Hispanic boys in 4th grade and 11th grade.¹²
- From 2000-2002 to 2004-2005, the prevalence of obesity increased among both eighth- and eleventh-graders, but slightly dropped among fourth-graders in Texas from 25.6% to 23%.^{12,14}
- According to the Youth Risk Behavior Surveillance System (YRBSS) in 2009, 36.3% of Texas adolescents in grades 9-12 watch television for 3 or more hours per day on an average school day.¹⁰
- The SPAN III survey reported similar findings, with 44% of 11th graders in Texas reporting watching TV 3 or more hours per day.¹²

* In children, overweight is defined as BMI > 85th percentile but < 95th percentile for age and gender and obese refers to BMI > 95th percentile by age and gender. These terms replace the terms overweight and at-risk-for-overweight, which were previously used to classify childhood weight status.

** Please note that overweight for this data may include some children between ages 1 and 2 years.

References:

¹ 2009 Texas Behavioral Risk Factors Surveillance System, Center for Health Statistics, Department of State Health Services. Available online at: http://www.dshs.state.tx.us/chs/brfss/query/brfss_form.shtm.

² Levi J, Segal LM, Juliano C. Prevention for a Healthier America: Investments in Disease Prevention Yield Significant Savings, Stronger Communities (2008). Available online at: <http://healthyamericans.org/reports/prevention08/> Accessed on 7-29-08.

³ Texas Department of State Health Services. The Burden of Overweight and Obesity in Texas, 2000-2040. 2004.

⁴ Glendening PN, Hearne SA, Segal LM, Juliano C, and Earls MJ. F as in Fat: How Obesity Policies are Failing in America 2005. Available online at <http://healthyamericans.org/reports/obesity2005/> Accessed on 12-10-2005.

⁵ Weicker GL, Harris C, Bauman P, Plough A, Everets J, Spencer T, and Hamburg M. F as in Fat: How Obesity Policies are Failing in America 2006. Available online at <http://healthyamericans.org/reports/obesity2006/Obesity2006Report.pdf> Accessed on 8-30-06.

⁶ Levi J, Segal LM, Gadola E. F as in Fat: How Obesity Policies are Failing in America 2007. Available online at <http://healthyamericans.org/reports/obesity2007/Obesity2007Report.pdf> Accessed on 8-28-07.

⁷ Levi J, Vinter S, St. Laurent R, Segal LM. F as in Fat: How Obesity Policies are Failing in America 2008. Available online at <http://healthyamericans.org/reports/obesity2008/Obesity2008Report.pdf> Accessed on 8-19-08.

⁸ Department of State Health Services Center for Health Statistics. Screen Time Use among Texas Adults. Texas Behavioral Risk Factor Surveillance System, 2004.

⁹ CDC's Breastfeeding Report Card, United States 2008, National Immunization Survey, 2005 Births.

¹⁰ Texas Youth Risk Behavioral Surveillance System, Center for Health Statistics, Department of State Health Services. Available online at: http://www.dshs.state.tx.us/chs/yrbs/query/yrbs_form.shtm.

¹¹ Texas WIC Program, February 2007.

¹² Hoelscher DM, Perez A, Lee ES, Sanders J, Kelder SH, Day RS, Ward J. School Physical Activity and Nutrition (SPAN) III Survey, 2004-2005. UT School of Public Health, Houston.

¹³ Ogden CI, Carroll MD, Curtin LR, et al. Prevalence of overweight and obesity in the United States, 1999-2004. *JAMA*. 2006;295:1549-1555.

¹⁴ Poster by Deanna Hoelscher, PhD, RD, LD at NAASO Annual Meeting, 11-17-04, Poster #866-P.

Overweight and Obesity Data for Texas Adults

Selected Topics by Race/Ethnicity Adults Ages 18 and Over Texas Behavioral Risk Factor Surveillance System, 2009

Question	Ethnicity	Prevalence (%)	95% CI	
			Lower	Upper
Overweight (BMI 25.0 – 29.9)	All	37.3	35.7	39.0
	White	38.0	36.1	39.9
	African American	35.4	30.2	41.1
	Hispanic	37.6	34.2	41.1
Obese (BMI ≥ 30)	All	29.5	28.0	31.1
	White	25.9	24.3	27.6
	African American	35.6	30.6	40.8
	Hispanic	36.4	33.0	40.0
Overweight or Obese (BMI ≥ 25.0)	All	66.8	65.1	68.5
	White	63.9	62.0	65.8
	African American	71.0	65.2	76.2
	Hispanic	74.0	70.7	77.2
No Leisure Time Physical Activity	All	27.3	25.8	28.8
	White	23.2	21.67	24.76
	African American	29.2	24.5	34.4
	Hispanic	35.1	32.0	38.4
Fruit and Vegetable Servings 5 or more times per day	All	23.8	22.4	25.3
	White	24.8	23.3	26.5
	African American	23.0	18.5	28.1
	Hispanic	21.4	18.9	24.2
Meets recommendations for Moderate or Vigorous Physical Activity	All	48.1	46.4	49.9
	White	52.1	50.1	54.0
	African American	45.5	39.7	51.5
	Hispanic	44.3	40.8	47.8

Note: All reported rates (%) are weighted for Texas demographics and the probability of selection and thus are not derived from the simple division of numerator and denominator cases.

Overweight Data for Texas Children

In children, *overweight* is defined as BMI \geq 85th percentile but $<$ 95th percentile for age and gender and *obese* refers to BMI \geq 95th percentile by age and gender. These terms replace the terms *overweight* and *at-risk-for-overweight*, which were previously used to classify childhood weight status.

Table 1. **Prevalence of Overweight and Obese among Children in Texas between 2004 and 2005.** (Source: Hoelscher DM, Perez A., Lee ES, Sanders J, Kelder SH, Day RS, Ward J. School Physical Activity and Nutrition (SPAN) III Survey, 2004-2005. UT School of Public Health, Houston)

	Obese	Overweight
4 th grade	23%	19%
8 th grade	18%	18%
11 th grade	17%	16%

Table 2. **Prevalence of Obesity among Children in Texas between 2000 and 2002.** (Source: Poster by Deanna Hoelscher, PhD, RD, LD at NAASO Annual Meeting, 11-17-04, Poster #866-P)

	All	Boys	Girls	African American	Hispanic	White/Other*
4 th grade	25.6%	29.4%	21.5%	24.9%	32.2%	18.9%
8 th grade	18.8%	21.0%	16.1%	18.2%	25.0%	13.6%
11 th grade	14.5%	17.0%	11.4%	16.6%	23.0%	10.6%

Table 3. **Prevalence of Obesity among Children in Texas in 2001.** (Source: Hoelscher et al, AJPH. 2004, vol. 94, no. 6)

	African American	Hispanic	White/Other*	All
Girls				
4 th grade	30.8%	26.4%	13.7%	21.3%
8 th grade	23.1%	16.2%	15.3%	16.7%
11 th grade	17.2%	19.4%	5.5%	11.7%
Boys				
4 th grade	21.6%	31.1%	17.7%	23.6%
8 th grade	13.8%	32.6%	15.0%	21.4%
11 th grade	19.0%	29.5%	12.7%	19.2%

Table 4. **Prevalence of Overweight and Obese combined for Children in Texas in 2001.** (Source: TDH Innovation Grant, UTHSC/School of PH-Houston)

	African American	Hispanic	White/Other*	All
Girls				
4 th grade	51.7%	39.6%	32.9%	38.3%
8 th grade	39.2%	40.7%	34.5%	37.5%
11 th grade	44.3%	41.8%	14.0%	27.5%
Boys				
4 th grade	45.7%	50.0%	27.6%	39.1%
8 th grade	23.9%	49.2%	30.9%	36.8%
11 th grade	45.6%	41.9%	21.4%	31.4%

*White/other category includes non-Hispanic white, Asian, Pacific Islander, Native American, and "other."

Table 5. **Number of Hours of TV/Video Yesterday for Children in Texas** (Source: SPAN 2002 Results, State of Texas, Public Health Regions 2, 4, 6, 8, 9, 10, UTHSC/School of PH-Houston, Human Nutrition Center)

	None	1	2	3 or more	
4 th grade	15%	37%	22%	26%	
	None	<1	1-2	3-4	>4
8 th grade	1%	13%	35%	26%	25%
11 th grade	4%	20%	36%	26%	14%

Table 6. **Number of Hours of Video Games/Computer Yesterday for Children in Texas** (Source: SPAN 2002 Results, State of Texas, Public Health Regions 2, 4, 6, 8, 9, 10, UTHSC/School of PH-Houston, Human Nutrition Center)

	None	<1	1-2	3-4	>4
4 th grade	28%	39%	19%	6%	8%
8 th grade	14%	35%	29%	14%	9%
11 th grade	23%	43%	23%	6%	5%

Table 7. **Prevalence of Overweight and Obese for Low Income Texas Preschool Children in WIC** (Source: 2007 Data, Texas WIC Program)

R/E Background	Overweight	Obese	Overweight & Obese Combined
All	10.9%	10.4%	21.3%
Black	9.3%	6.6%	15.9%
Hispanic (all races)	11.3%	11.4%	22.7%
White	9.7%	6.6%	16.3%
Asian	7.1%	6.3%	13.4%
American Indian/Pacific Islander	11.7%	11%	22.7%
Mixed	9.9%	7%	16.9%

*Please note that overweight for this data may include some children between ages 1 and 2 years.

Other Sources of Data in Texas

- The Center for Health Statistics (CHS) at the Texas Department of State Health Services has created an interactive website to query data collected in the Behavioral Risk Factor Surveillance System in Texas. Go to <http://www.dshs.state.tx.us/chs/default.shtm>. The CHS has other sources of data that may be specific to your area. If you have questions, contact CHS toll-free at 1-866-239-7279.
- You can also contact your DSHS Health Service Region and find out if they have data for you to use.