

Texas Overweight and Obesity Statistics

GENERAL STATISTICS

- In 2006, an estimated 10.1 million or 62 percent of Texas adults were overweight or obese.¹
- If the current trends continue, 20 million or 75 percent 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 2040.²
- 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 2004.³ The 2006 report dropped Texas to the 10th ranking state with an average of 25.8% obese between 2003 and 2005,⁴ and the 2007 report dropped Texas to the 12th ranking state with an average of 26.3% obese between 2004 and 2006.⁵ Unfortunately, Texas dropped in ranking because the prevalence increased in other states; not because the state of obesity had improved in Texas.
- 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 2004, 28% 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.⁶
- The Center's for Disease Control and Prevention's Breastfeeding Report Card 2007 reported breastfeeding data from mothers who gave birth in 2004. The Texas data indicated that 75% of mothers initiated breastfeeding, 37% breastfed at 6 months, and 19% breastfed at 12 months. 25% of moms were exclusively breastfeeding through 3 months postpartum, and 7% exclusively breastfed through 6 months.⁷

CHILD AND ADOLESCENT STATISTICS

- The prevalence of childhood overweight was greater in Texas in 2004-2005 than the U.S. rates reported for the 2003-2004 National Health and Nutrition Examination Survey (NHANES).^{8,9} The overall prevalence of overweight and at-risk for overweight** in Texas schoolchildren was 42 percent for fourth-graders, 39 percent for eighth-graders and 36 percent for eleventh-graders in 2004-2005.⁸
- In 2004-2005, the percentage of overweight students in Texas was much higher among minorities, with the highest prevalence of overweight in Hispanic boys in 4th grade and 11th grade.⁸
- In 2005, 29 percent of Texas high-school students were overweight or at risk of becoming** overweight.¹⁰
- From 2000-2002 to 2004-2005, the prevalence of overweight** increased among both eighth- and eleventh-graders, but slightly dropped among fourth-graders in Texas from 25.6% to 23%.⁸
- According to the Youth Risk Behavior Surveillance System (YRBSS) in 2005, 41% 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.⁸

**In children, *overweight* refers to BMI \geq 95th percentile by age and gender and *at-risk-for-overweight* is defined as BMI \geq 85th percentile but $<$ 95th percentile for age and gender. However, these terms are often used interchangeably with the terms *overweight* and *obesity* which are defined for adults.

¹ Department of State Health Services Center for Health Statistics. Prevalence of Overweight and Obesity among Texas Adults. Texas Behavioral Risk Factor Surveillance System, 2006. Available online at <http://www.dshs.state.tx.us/chs/> Accessed 08-21-2007.

² Texas Department of State Health Services. The Burden of Overweight and Obesity in Texas, 2000-2040. 2004.

³ 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.

⁴ 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.

⁵ 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.

⁶ Department of State Health Services Center for Health Statistics. Screen Time Use among Texas Adults. Texas Behavioral Risk Factor Surveillance System, 2004.

⁷ CDC's Breastfeeding Report Card, United States 2007, National Immunization Survey, 2004 Births.

⁸ 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.

⁹ Ogden CI, Carroll MD, Curtin LR, et al. Prevalence of overweight and obesity in the United States, 1999-2004. *JAMA*. 2006;295:1549-1555.

¹⁰ CDC's Youth Risk Behavior Surveillance System, 2005.

¹¹ 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, 2005 & 2006

Question	Ethnicity	Prevalence Rate (%) 2006
Overweight (BMI 25.0 – 29.9)	All	36.2
White		37.5
Black		32.3
Hispanic		36.1
Obese (BMI ≥ 30)	All	26.1
White		22.8
Black		40.6
Hispanic		29.3
Overweight or Obese (BMI ≥ 25.0)	All	62.3
White		60.3
Black		72.9
Hispanic		65.4
No Leisure Time Physical Activity	All	28.4
White		23.7
Black		33.9
Hispanic		38.1
Question	Ethnicity	Prevalence Rate (%) 2005
Fruit and Vegetable Servings Index 5 or more times per day	All	22.6
White		23.9
Black		21.7
Hispanic		20.5
Meets recommendations for Moderate or Vigorous Physical Activity	All	46.7
White		49.4
Black		42.2
Hispanic		42.2

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

Please note: In children, *overweight* refers to BMI \geq 95th percentile by age and gender and *at-risk-for-overweight* is defined as BMI \geq 85th percentile but $<$ 95th percentile for age and gender. However, these terms are often used interchangeably with the terms *overweight* and *obesity* which are defined for adults.

Table 1. Prevalence of “**overweight**” and “**at-risk-of overweight**” 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)

	Overweight	At-Risk-Of Overweight	Overweight and At-Risk-Of Overweight
4 th grade	23%	19%	42%
8 th grade	20%	19%	39%
11 th grade	19%	17%	36%

Table 2. Prevalence of “**overweight**” 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 “**overweight**” 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 “**at risk of overweight**” 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 (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 (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%

Low Income Preschool Children in WIC (Source: Texas WIC Program)

In February 2007, 21.3% of the low-income children, 2-5 years old,* in WIC were either “overweight” ($\geq 95^{\text{th}}$ percentile BMI for age and gender) or “at risk for overweight” ($\geq 85^{\text{th}}$ but $< 95^{\text{th}}$ percentile BMI for age and gender). Rates were highest among Hispanics and American Indian/Pacific Islanders.

R/E Background	At Risk for Overweight	Overweight	At Risk for Overweight & Overweight 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 “at risk for 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.