



Texas *State Nutrition, Physical Activity, and Obesity Profile*

Obesity has important consequences on our nation's health and economy. It is linked to a number of chronic diseases including coronary heart disease, stroke, diabetes, and some cancers.¹ Among adults, the medical costs associated with obesity are estimated at \$147 billion.² Many American communities are lacking healthy options when it comes to diet and physical activity. Public health approaches can make healthy options available, accessible, and affordable for all Americans.

Texas - State Nutrition, Physical Activity, and Obesity Profile

The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity and Obesity supports the nation's capacity to establish successful and sustainable interventions to support healthy eating and active living. CDC provides support to states, communities, and national partners to implement policy, system, and environmental strategies. This is done through implementation and evaluation guidance, technical assistance, training, surveillance and applied research, and partnership development. The goal is to improve dietary quality, increase physical activity, and reduce obesity across multiple settings; such as, child care facilities, workplaces, hospitals, medical care facilities, schools, and communities.

Select information on obesity, physical activity, and dietary behaviors as well as specific environmental indicators for Texas is provided below.

Population Statistics

State Population of Texas³

- Estimated total population 2013 = 26,448,193.
- Adults aged 18 years and older = 73.4% of the total population in 2013.
- People younger than 18 years of age = 26.6% of the total population in 2013.

Adult Statistics

Overweight and Obesity⁴

- 35.3% of adults were overweight, with a body mass index (BMI) of 25-29.9.
- 30.9% of adults were obese, with a BMI of 30 or greater.

Dietary Behaviors⁴

- 42.7% of adults reported consuming fruit less than one time daily.
- 21.5% of adults reported consuming vegetables less than one time daily.

Physical Activity⁴

- 42.1% of adults participated in 150 minutes or more of aerobic physical activity per week.
- 30.1% of adults reported that during the past month, they had not participated in any physical activity.

Adolescent Statistics

Overweight and Obesity⁵

- 15.6% of adolescents were overweight ($\geq 85^{\text{th}}$ and $< 95^{\text{th}}$ percentiles for BMI by age and sex, based on reference data).
- 15.7% of adolescents were obese ($\geq 95^{\text{th}}$ percentile BMI by age and sex, based on reference data).

Dietary Behaviors

- 42.1% of students in grades 9-12 ate fruit or drank 100% fruit juices less than one time daily.⁶
- 47.4% of students in grades 9-12 consumed vegetables less than one time daily.⁷
- 77.3% of adolescents drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop, during the 7 days before the survey).⁵

Physical Activity⁵

- 61.7% of adolescents did not attend daily physical education classes on all 5 days during an average week when they go to school.
- 70.0% of adolescents were not physically active at least 60 minutes per day on all 7 days.
- 16.6% of adolescents did not participate in at least 60 minutes of physical activity on at least 1 day during the 7 days before the survey.
- 32.9% of adolescents watched television 3 or more hours per day on an average school day.

Texas - State Nutrition, Physical Activity, and Obesity Profile

Child Statistics

Breastfeeding⁸

- 78.4% of infants were ever breastfed.
- 42.9% of infants were breastfed for at least 6 months.



References

1. NIH. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. 1998. http://www.nhlbi.nih.gov/files/docs/guidelines/ob_gdlns.pdf. Accessed January 26, 2015.
2. Finkelstein, EA, Trogdon, JG, Cohen, JW, and Dietz, W. Annual medical spending attributable to obesity: Payer- and service-specific estimates. *Health Affairs*. 2009;28(5):w822-w831.
3. US Census Bureau. State and County QuickFacts 2013 website. <http://quickfacts.census.gov/qfd/index.html>. Accessed December 22, 2014.
4. Centers for Disease Control and Prevention. Behavioral Risk Factor Surveillance System Survey Data website. <http://apps.nccd.cdc.gov/brfss/index.asp>. Accessed December 23, 2014.
5. Centers for Disease Control and Prevention. 1991-2013 High School Youth Risk Behavior Survey Data website. <http://nccd.cdc.gov/youthonline/> Accessed December 23, 2014.
6. Kann L, Kinchen S, Shanklin SL, et al. Youth Risk Behavior Surveillance—United States, 2013. *MMWR*. 2014;63(No. SS-4):1-172. (Data can be found in Table 78 and are calculated as 1—the proportion of high school students who ate fruit or drank 100% fruit juices one or more times per day).
7. Kann L, Kinchen S, Shanklin SL, et al. Youth Risk Behavior Surveillance—United States, 2013. *MMWR*. 2014;63(No. SS-4) 1-172. (Data can be found in Table 82 and are calculated as 1—the proportion of high school students who ate vegetables one or more times per day).
8. Centers for Disease Control and Prevention. Breastfeeding Report Card 2014 website. <http://www.cdc.gov/breastfeeding/data/reportcard.htm>. Accessed December 23, 2014.