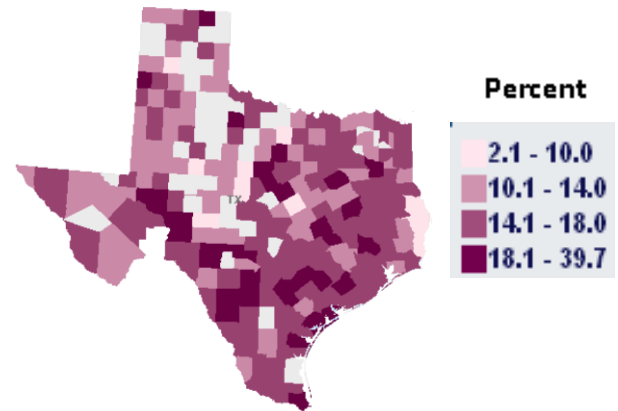


Texas State Factsheet ⁱ

Prevalence of obesity among low income children ages 2-4, 2006-2008, percent by county ⁱⁱ

Key Points

- Texas ranked 37th for protective factors against childhood obesity and 36th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children reached 16 percent in 2008.
- Among adults, the prevalence of obesity increased to 30.1 in 8 of 254 counties by 2007.
- 37 percent of adults in Texas are overweight and 30 percent are obese.
- Texas will spend over \$23 billion dollars annually by 2018 on health care costs attributable to obesity.



Sources: Pediatric Nutrition Surveillance System data mapped in the Food Environment Atlas

There are many interacting determinants of childhood obesity. Physical activity and media time are important contributors which may have greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		TX (%)	Nation (%)	Best state(%)
% of children ages 6-17 who are physically active at least 4 days a week				
overall		59.8	64.3	72.8 VT
by race/ ethnicity	White non-Hispanic	72.5	69	74.7 NC
	Black non-Hispanic	63.7	61.6	73.1 NV
	Hispanic	49.2	51.8	72.2 MT
by household income	0-99% FPL	45.5	53.8	78.6 MN
	400% +	71.5	70.9	77.6 AL
by insurance status	None	50	54.5	81.1 HI
	Public	53.5	60	74.3 AK
	Private	66.3	67.6	75.2 VT
% of children ages 6-17 with 2 hours or less or no daily screen time				
overall		75.1	78.1	87.7 VT
by race/ ethnicity	White non-Hispanic	80.3	82.9	96.9 DC
	Black non-Hispanic	68.5	61.6	70.3 NC
	Hispanic	71.3	75.2	93.3 UT
by household income	0-99% FPL	75	68.8	82.4 UT
	400% +	86.6	86	92.5 WA
by insurance status	None	68.2	72.4	89.3 UT
	Public	78.3	70.1	86.1 WY
	Private	75.9	82.4	90.3 VT

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Texas.pdf>. It contains other data, including the obesity prevalence for all children

ii. Obesity defined as Body Mass Index (BMI) at or above the 95th percentile.

iii. For rankings, 1st is best and 50th is worst. Rankings are based on cumulative percents from 2007 National Survey of Children's Health. Protective factors = % reporting positive social skills + % always engaging in school + % in families which eat meals together every day. Neighborhood environment = % living in supportive neighborhoods + % in neighborhoods with no detracting elements (litter, graffiti, etc.) + % living in neighborhoods with parks, recreation centers and sidewalks

Parent physical activity is a strong predictor of the activity of their children

% OF PARENTS PHYSICALLY ACTIVE, 4 or more days/ week	TX (%)	Nation (%)	Best state(%)	
Mother	31.7	32.9	42.9	VT
Father	43.8	44.9	57.6	HI

The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		TX (%)	Nation (%)	Best state(%)	
% of children living in supportive neighborhoods					
overall		82.1	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	88.2	88.8	94.7	UT
	Black non-Hispanic	79.8	71	85.9	AK
	Hispanic	78.2	76.1	90.6	VT
by household income	0-99% FPL	71	70.7	89.2	UT
	400% +	91.5	91.1	98	UT

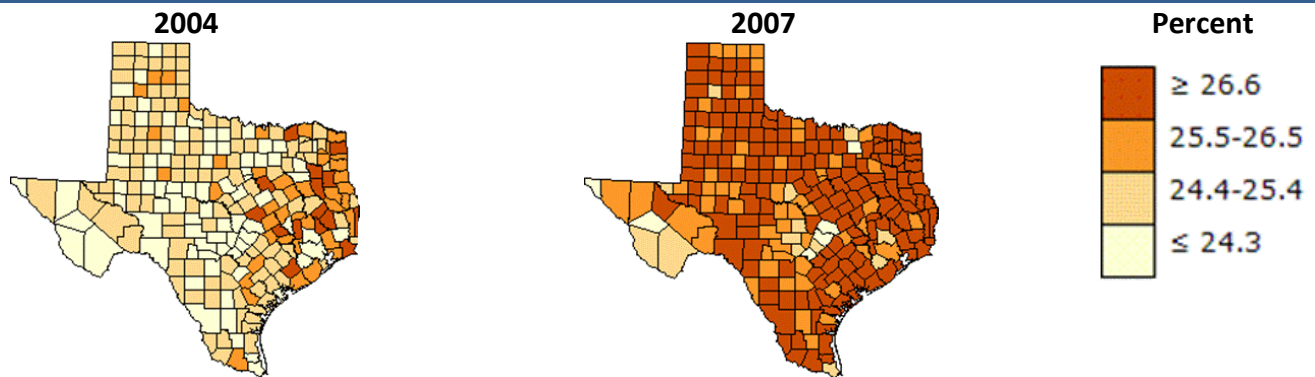
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter		TX (%)	Nation (%)	Best state(%)	
overall		68.3	71.4	78	MA
by race/ ethnicity	White non-Hispanic	73.7	75.6	81.9	CT
	Black non-Hispanic	63.4	63	78.3	MA
	Hispanic	63.9	66.5	86.8	AL
by household income	0-99% FPL	54.1	57.4	72.9	CO
	400% +	86.1	83.2	90.5	FL

% of children living in neighborhoods with parks, recreation centers, and sidewalks		TX (%)	Nation (%)	Best state(%)	
overall		59.8	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	57.4	62.6	95.2	DC
	Black non-Hispanic	77.7	72.4	95.8	RI
	Hispanic	53.8	62.7	82.1	SD
by household income	0-99% FPL	43.4	57.6	88.2	MA
	400% +	74.6	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	TX (%)	Nation (%)	Best state(%)	
Positive social skills	93.7	93.6	97.1	MN
Usually or always engages in school	82.7	80.5	86	MA
Involved in at-least one after-school activity	74.9	80.7	90.5	MN
Family eats meals together every day	47.2	45.8	54.2	ID

AGE-ADJUSTED ESTIMATES OF THE PERCENT OF ADULTS WHO ARE OBESE IN TEXAS



Data from Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://www.cdc.gov/diabetes/statistics/index.htm>.

COST OF ADULT OBESITY IN TEXAS, MILLIONS OF DOLLARS			
2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
5,340	5,768	9,912	23,217

Source: 2000 data are from Finkelstein, et al: "State-level estimates of annual medical expenditures attributable to obesity". 2008 - 2018 projected estimates are from Thorpe: "The Future Costs of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses"