

# **Obesity Prevalence Trends Among Adults and Youth in Texas**

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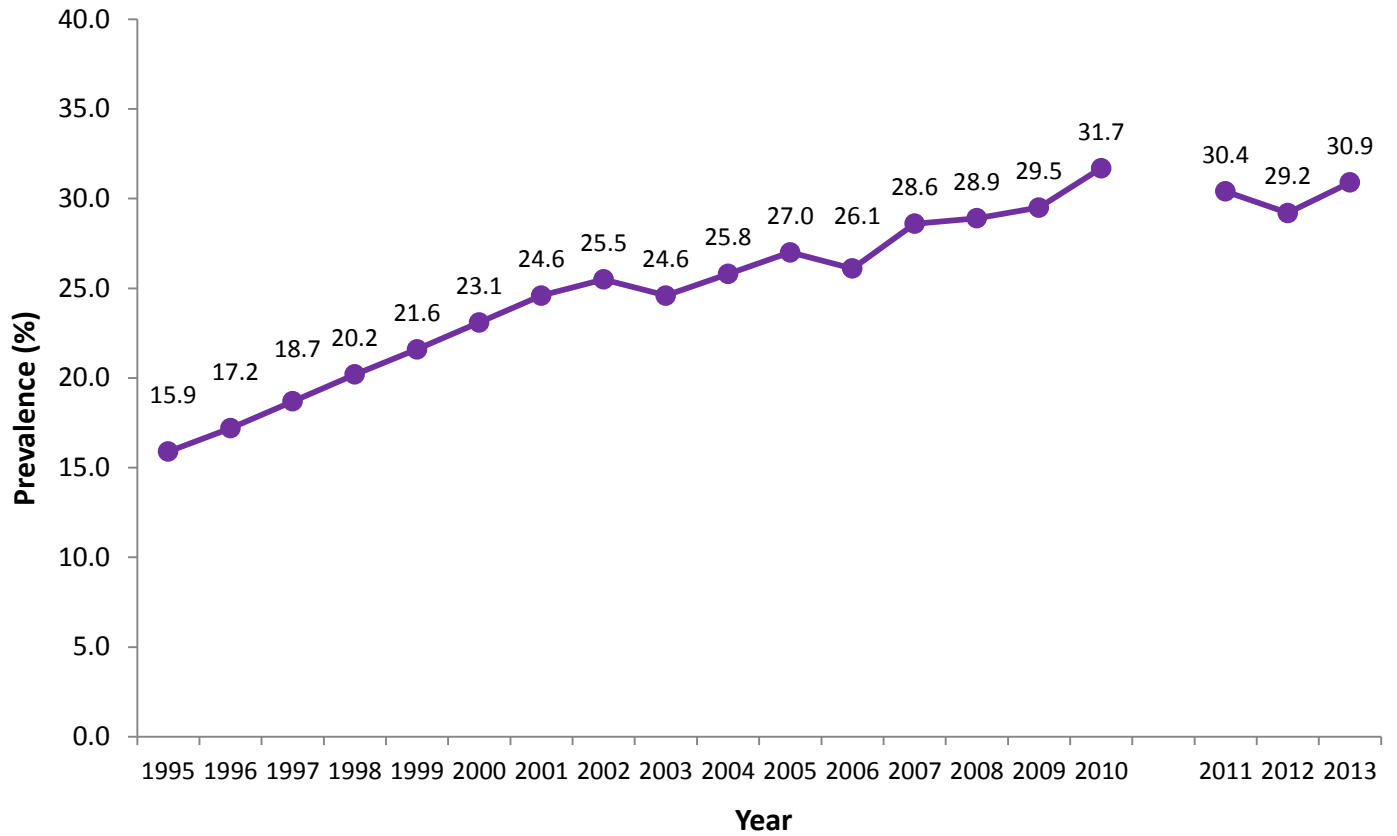
Office of Surveillance, Evaluation and Research  
Health Promotion and Chronic Disease Prevention Section  
Texas Department of State Health Services

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Figure 1.

### Obesity Prevalence Among Adults (18+ Years) Texas, 1995-2013



Data source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 1995-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than equal to 30, calculated from self-reported height and weight.

Note: Due to methodology changes in data collection and weighting in 2011, data from 2010 and prior are not directly comparable to data from 2011 and later.

Table 1. Obesity Prevalence Among Adults (18+ Years), Texas, 1995-2013

| <b>Year</b> | <b>Prevalence (%)</b> |
|-------------|-----------------------|
| 1995        | 15.9                  |
| 1996        | 17.2                  |
| 1997        | 18.7                  |
| 1998        | 20.2                  |
| 1999        | 21.6                  |
| 2000        | 23.1                  |
| 2001        | 24.6                  |
| 2002        | 25.5                  |
| 2003        | 24.6                  |
| 2004        | 25.8                  |
| 2005        | 27.0                  |
| 2006        | 26.1                  |
| 2007        | 28.6                  |
| 2008        | 28.9                  |
| 2009        | 29.5                  |
| 2010        | 31.7                  |
| 2011        | 30.4                  |
| 2012        | 29.2                  |
| 2013        | 30.9                  |

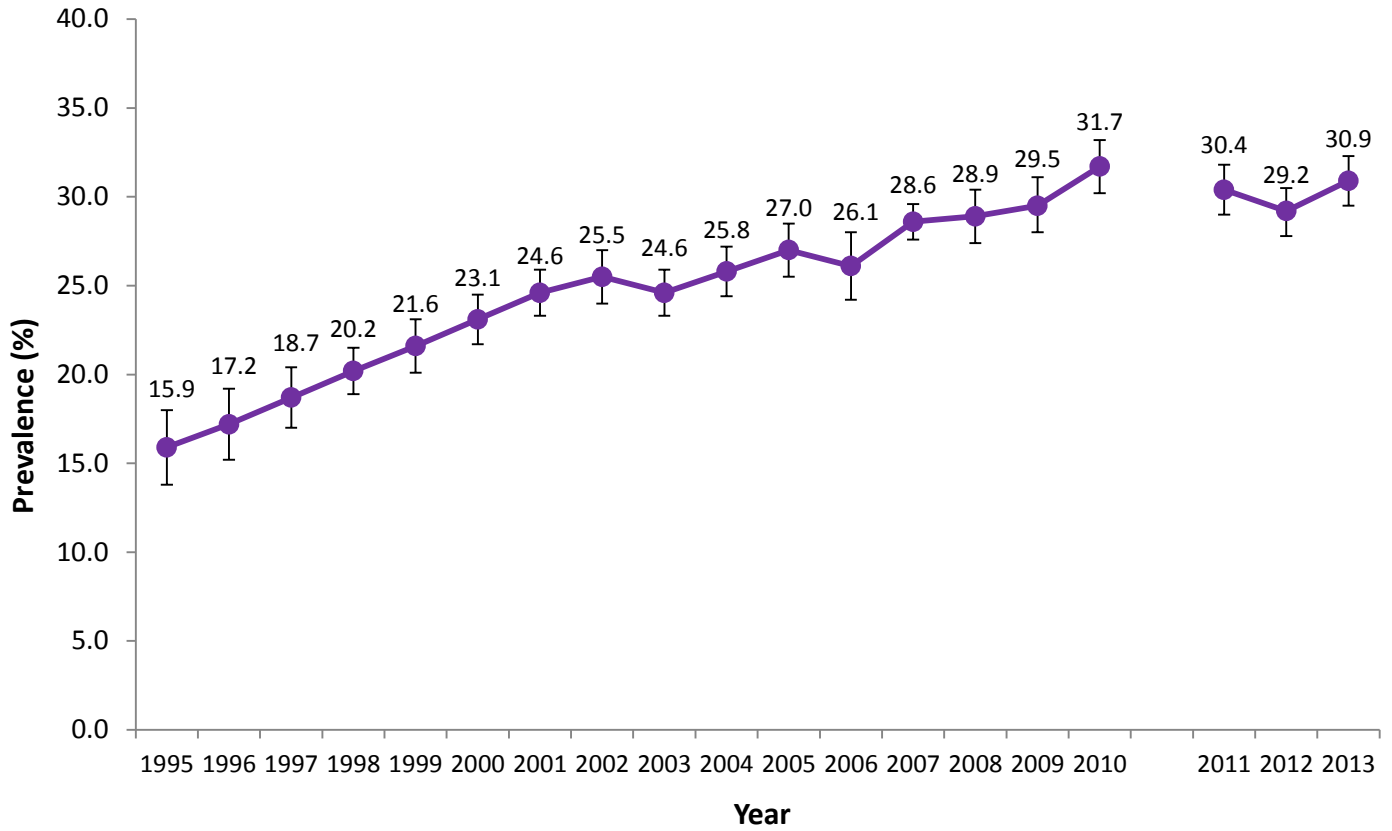
Data source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 1995-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than equal to 30, calculated from self-reported height and weight.

Note: Due to methodology changes in data collection and weighting in 2011, data from 2010 and prior are not directly comparable to data from 2011 and later.

Figure 2.

### Obesity Prevalence Among Adults (18+ Years) with 95% Confidence Intervals Texas, 1995-2013



Data source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 1995-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than equal to 30, calculated from self-reported height and weight.

Vertical bars indicate 95% Confidence Intervals for each obesity estimate.

Note: Due to methodology changes in data collection and weighting in 2011, data from 2010 and prior are not directly comparable to data from 2011 and later.

Table 2. Obesity Prevalence Among Adults (18+ Years) with 95% Confidence Intervals, Texas, 1995-2013

| Year | Prevalence (%) | 95% Confidence Interval (CI) |       |
|------|----------------|------------------------------|-------|
|      |                | Lower                        | Upper |
| 1995 | 15.9           | 13.8                         | 18.0  |
| 1996 | 17.2           | 15.2                         | 19.2  |
| 1997 | 18.7           | 17.0                         | 20.4  |
| 1998 | 20.2           | 18.9                         | 21.5  |
| 1999 | 21.6           | 20.1                         | 23.1  |
| 2000 | 23.1           | 21.7                         | 24.5  |
| 2001 | 24.6           | 23.3                         | 25.9  |
| 2002 | 25.5           | 24.0                         | 27.0  |
| 2003 | 24.6           | 23.3                         | 25.9  |
| 2004 | 25.8           | 24.4                         | 27.2  |
| 2005 | 27.0           | 25.5                         | 28.5  |
| 2006 | 26.1           | 24.2                         | 28.0  |
| 2007 | 28.6           | 27.6                         | 29.6  |
| 2008 | 28.9           | 27.4                         | 30.4  |
| 2009 | 29.5           | 28.0                         | 31.1  |
| 2010 | 31.7           | 30.2                         | 33.2  |
| 2011 | 30.4           | 29.0                         | 31.8  |
| 2012 | 29.2           | 27.8                         | 30.5  |
| 2013 | 30.9           | 29.5                         | 32.3  |

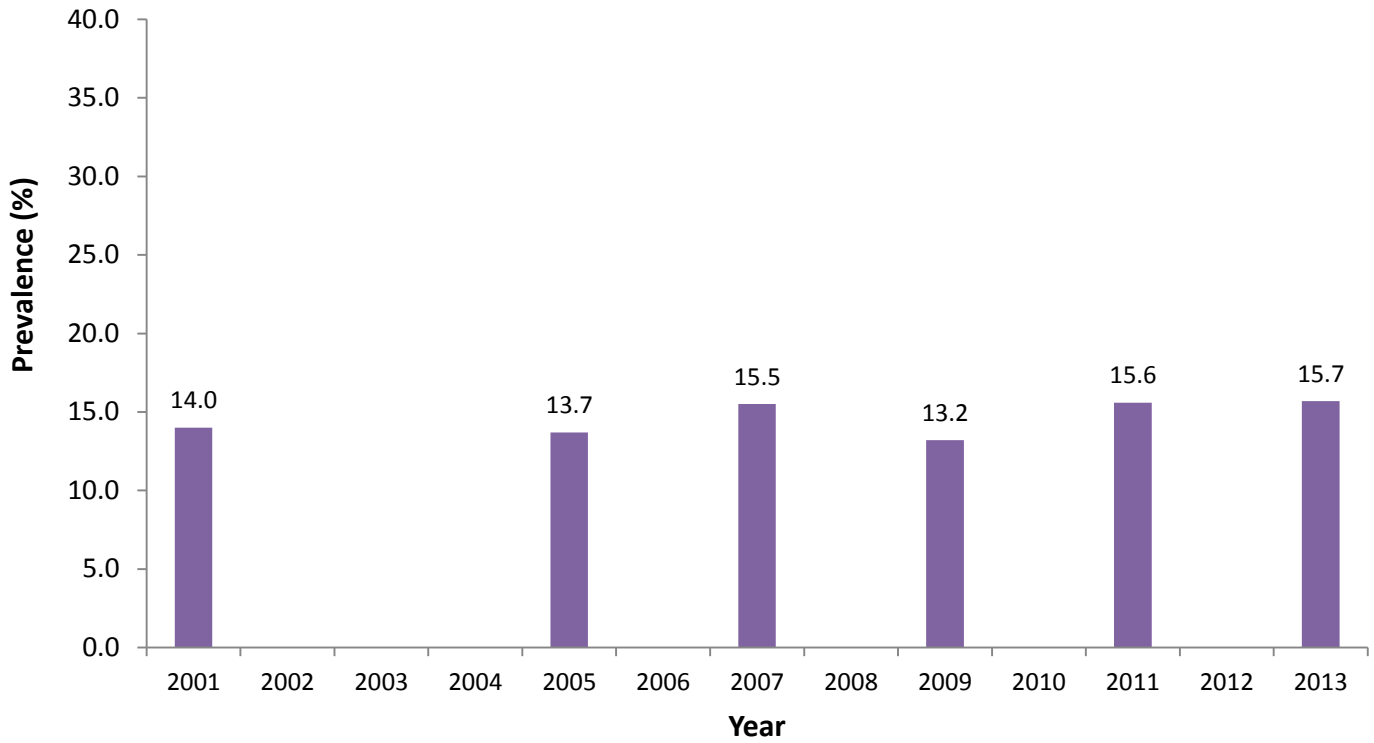
Data source: Texas Behavioral Risk Factor Surveillance System (BRFSS), 1995-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than equal to 30, calculated from self-reported height and weight.

Note: Due to methodology changes in data collection and weighting in 2011, data from 2010 and prior are not directly comparable to data from 2011 and later.

Figure 3.

### Obesity Prevalence Among Youth (Grades 9 to 12) Texas, 2001-2013



Data source: Texas Youth Risk Behavior Surveillance System (YRBSS), 2001-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Note: Data were collected in odd numbered years except for in 2003.

Table 3. Obesity Prevalence Among Youth  
(Grades 9 to 12), Texas, 2001-2013

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| <b>Year</b> | <b>Prevalence (%)</b> |
|-------------|-----------------------|
| 2001        | 14.0                  |
| 2002        |                       |
| 2003        |                       |
| 2004        |                       |
| 2005        | 13.7                  |
| 2006        |                       |
| 2007        | 15.5                  |
| 2008        |                       |
| 2009        | 13.2                  |
| 2010        |                       |
| 2011        | 15.6                  |
| 2012        |                       |
| 2013        | 15.7                  |

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Data source: Texas Youth Risk Behavior Surveillance System (YRBSS), 2001-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

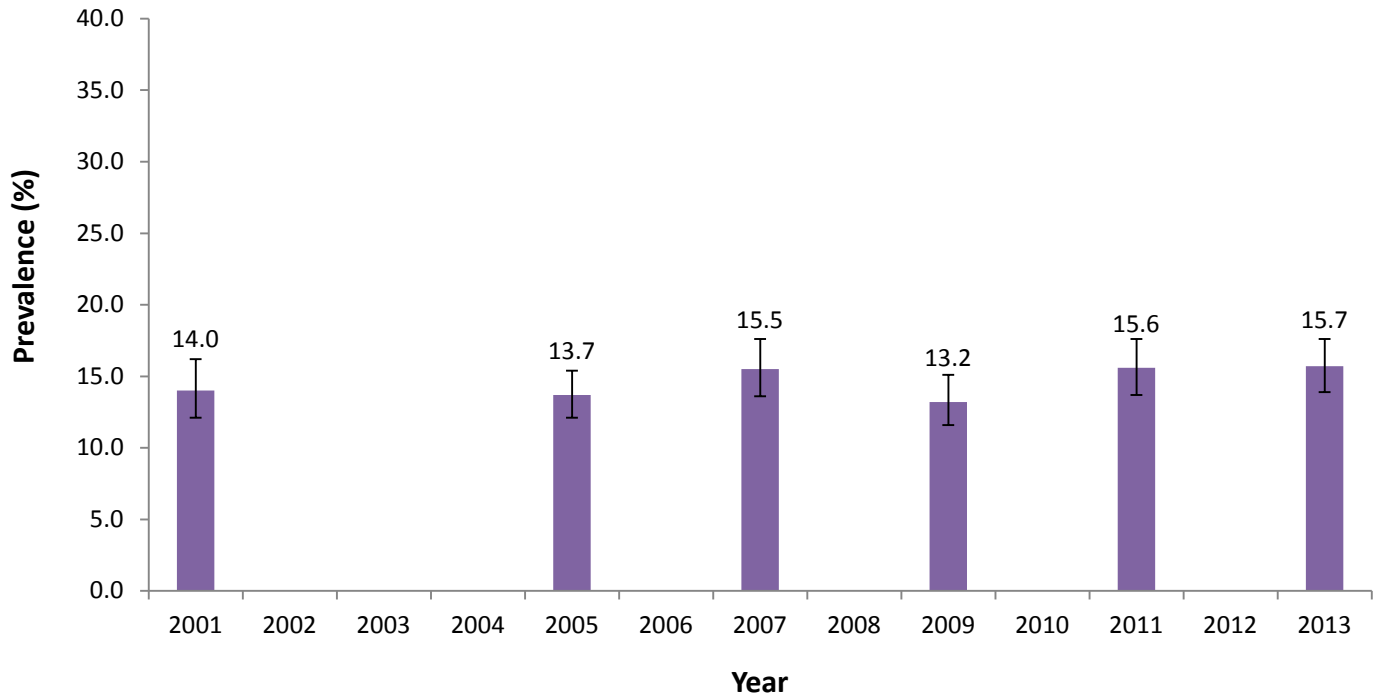
Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Note: Data were collected in odd numbered years except for in 2003.



Figure 4.

### Obesity Prevalence Among Youth (Grades 9 to 12) with 95% Confidence Intervals Texas, 2001-2013



Data source: Texas Youth Risk Behavior Surveillance System (YRBSS), 2001-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Thin black bars indicate 95% Confidence Intervals for each obesity estimate.

Note: Data were collected in odd numbered years except for in 2003.

Table 4. Obesity Prevalence Among Youth (Grades 9 to 12) with 95% Confidence Intervals, Texas, 2001-2013

| Year | Prevalence (%) | 95% Confidence Interval (CI) |       |
|------|----------------|------------------------------|-------|
|      |                | Lower                        | Upper |
| 2001 | 14.0           | 12.1                         | 16.2  |
| 2002 |                |                              |       |
| 2003 |                |                              |       |
| 2004 |                |                              |       |
| 2005 | 13.7           | 12.1                         | 15.4  |
| 2006 |                |                              |       |
| 2007 | 15.5           | 13.6                         | 17.6  |
| 2008 |                |                              |       |
| 2009 | 13.2           | 11.6                         | 15.1  |
| 2010 |                |                              |       |
| 2011 | 15.6           | 13.7                         | 17.6  |
| 2012 |                |                              |       |
| 2013 | 15.7           | 13.9                         | 17.6  |

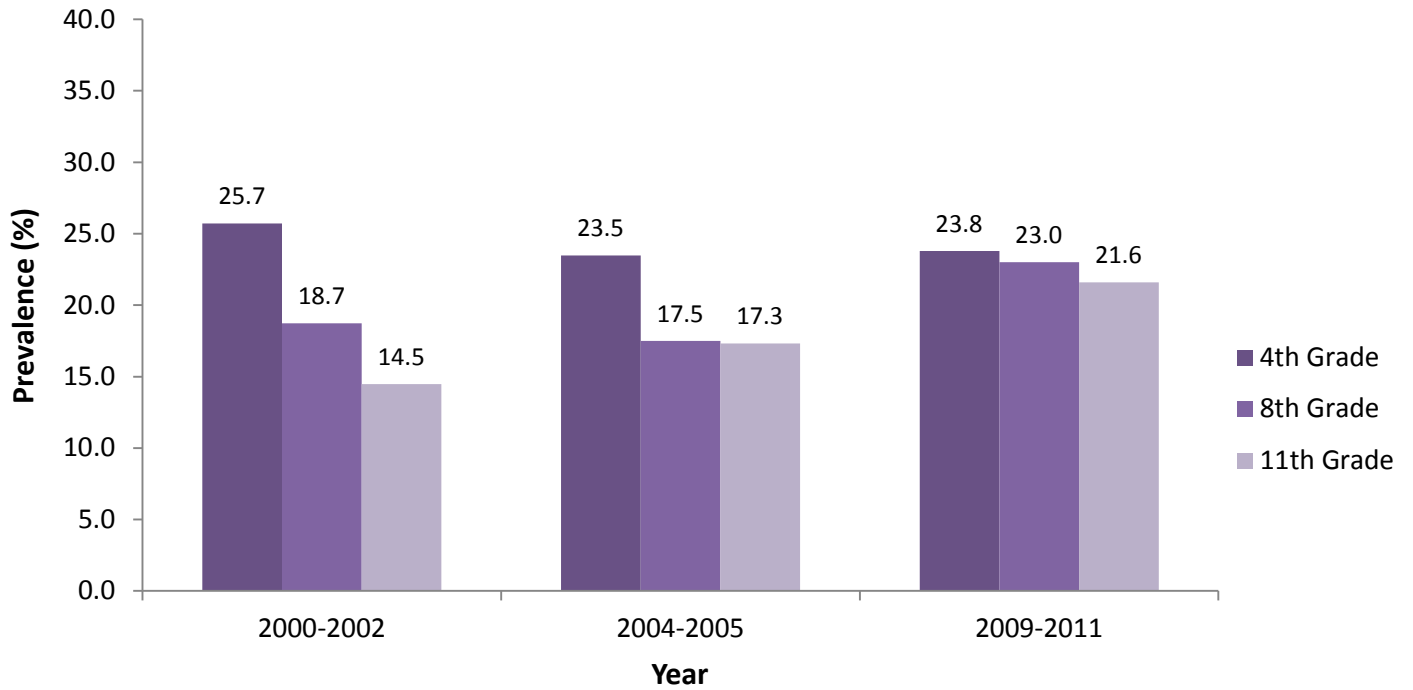
Data source: Texas Youth Risk Behavior Surveillance System (YRBSS), 2001-2013, Center for Health Statistics, Texas Department of State Health Services State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Note: Data were collected in odd numbered years except for in 2003.

Figure 5.

### Obesity Prevalence Among 4th Grade, 8th Grade, and 11th Grade Students Texas, 2000-2011



Data source: School Physical Activity and Nutrition Survey, 2000-2002, 2004-2005, and 2009-2011, University of Texas School of Public Health and Texas Department of State Health Services.  
Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

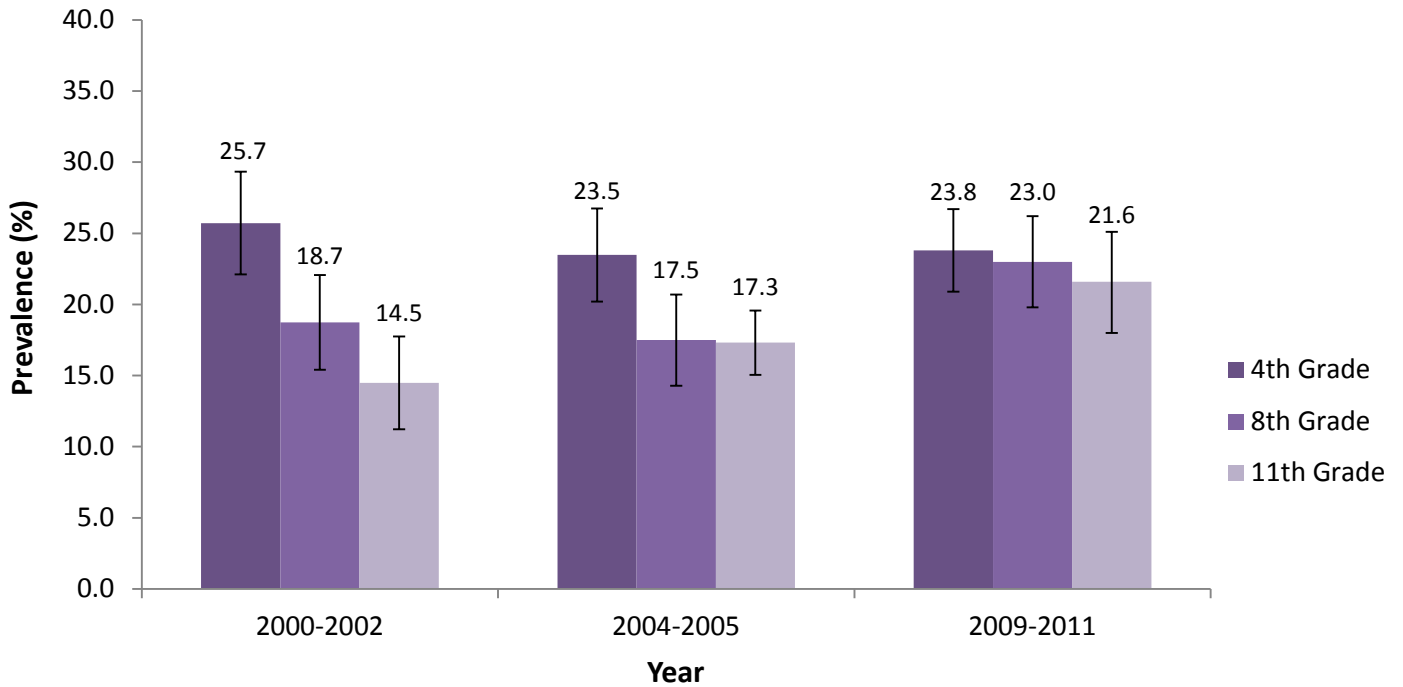
Table 5. Obesity Prevalence Among 4<sup>th</sup> Grade, 8<sup>th</sup> Grade, and 11<sup>th</sup> Grade Students, Texas, 2000-2011

| <b>Year and Grade</b>  | <b>Prevalence (%)</b> |
|------------------------|-----------------------|
| 2000-2002              |                       |
| 4 <sup>th</sup> Grade  | 25.7                  |
| 8 <sup>th</sup> Grade  | 18.7                  |
| 11 <sup>th</sup> Grade | 14.5                  |
| 2004-2005              |                       |
| 4 <sup>th</sup> Grade  | 23.5                  |
| 8 <sup>th</sup> Grade  | 17.5                  |
| 11 <sup>th</sup> Grade | 17.3                  |
| 2009-2011              |                       |
| 4 <sup>th</sup> Grade  | 23.8                  |
| 8 <sup>th</sup> Grade  | 23.0                  |
| 11 <sup>th</sup> Grade | 21.6                  |

Data source: School Physical Activity and Nutrition Survey, 2000-2002, 2004-2005, and 2009-2011, University of Texas School of Public Health and Texas Department of State Health Services. Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Figure 6.

### Obesity Prevalence Among 4th Grade, 8th Grade, and 11th Grade Students with 95% Confidence Intervals, Texas, 2000-2011



Data source: School Physical Activity and Nutrition Survey, 2000-2002, 2004-2005, and 2009-2011, University of Texas School of Public Health and Texas Department of State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.

Thin black bars indicate 95% Confidence Intervals for each obesity estimate.

Table 6. Obesity Prevalence Among 4<sup>th</sup> Grade, 8<sup>th</sup> Grade, and 11<sup>th</sup> Grade Students with 95% Confidence Intervals, Texas, 2000-2011

| Year and Grade         | Prevalence (%) | 95% Confidence Interval (CI) |       |
|------------------------|----------------|------------------------------|-------|
|                        |                | Lower                        | Upper |
| 2000-2002              |                |                              |       |
| 4 <sup>th</sup> Grade  | 25.7           | 22.1                         | 29.3  |
| 8 <sup>th</sup> Grade  | 18.7           | 15.4                         | 22.1  |
| 11 <sup>th</sup> Grade | 14.5           | 11.2                         | 17.7  |
| 2004-2005              |                |                              |       |
| 4 <sup>th</sup> Grade  | 23.5           | 20.2                         | 26.8  |
| 8 <sup>th</sup> Grade  | 17.5           | 14.3                         | 20.7  |
| 11 <sup>th</sup> Grade | 17.3           | 15.1                         | 19.6  |
| 2009-2011              |                |                              |       |
| 4 <sup>th</sup> Grade  | 23.8           | 20.9                         | 26.7  |
| 8 <sup>th</sup> Grade  | 23.0           | 19.8                         | 26.2  |
| 11 <sup>th</sup> Grade | 21.6           | 18.0                         | 25.1  |

Data source: School Physical Activity and Nutrition Survey, 2000-2002, 2004-2005, and 2009-2011, University of Texas School of Public Health and Texas Department of State Health Services.

Obesity is defined as a body mass index greater than or equal to the 95th percentile based on sex- and age-specific reference data from the 2000 CDC growth charts.