

**Prevalence of Obesity among Adults by Demographic Characteristics,  
Risk Factors, Other Conditions, and Place of Residence, Texas, 2015**

**Prepared by Lakshmi Sahini, MPH  
Epidemiologist**

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

**Reviewed by Erin Wu, MPH  
Epidemiologist Team Lead**

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

**Reviewed by Nimisha Bhakta, MPH  
Manager**

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

**November 22, 2016**

Table 1. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Demographic Characteristics, in Texas, 2015

Demographic Characteristics	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	Estimated		95% CI		Estimated		95% CI	
	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit
Total Population	5,814,100	32.4	30.9	33.9	12,136,009	67.6	66.1	69.1
Gender								
Male	2,932,555	31.7	29.6	33.9	6,308,751	68.3	66.1	70.4
Female	2,881,546	33.1	31.0	35.2	5,827,257	66.9	64.8	69.0
Age Group								
18 to 29 years	985,879	24.9	21.2	28.6	2,974,075	75.1	71.4	78.8
30 to 44 years	1,595,332	32.5	29.6	35.4	3,313,747	67.5	64.6	70.4
45 to 64 years	2,296,939	38.8	36.1	41.4	3,623,689	61.2	58.6	63.9
65+ years	903,230	29.7	27.1	32.3	2,138,025	70.3	67.7	72.9
Race/Ethnicity								
White only, non-Hispanic	2,448,024	28.7	26.9	30.6	6,067,537	71.3	69.4	73.1
Black only, non-Hispanic	837,238	39.1	33.6	44.6	1,304,650	60.9	55.4	66.4
Hispanic	2,282,977	38.8	35.9	41.7	3,598,885	61.2	58.3	64.1
Other only/Multiracial	162,456	14.4	9.7	19.1	968,331	85.6	80.9	90.3
Education								
Less than High School	1,194,500	40.2	36.1	44.3	1,778,485	59.8	55.7	63.9
High School Graduate	1,596,736	34.0	31.0	37.0	3,102,156	66.0	63.0	69.0
Some College	1,885,662	32.5	29.6	35.4	3,909,689	67.5	64.6	70.4
College Graduate	1,129,178	25.4	23.2	27.7	3,312,468	74.6	72.3	76.8
Annual Household Income								
Less than \$35,000	2,370,453	37.3	34.7	40.0	3,981,775	62.7	60.0	65.3
\$35,000 to < \$50,000	691,033	32.2	27.7	36.8	1,451,856	67.8	63.2	72.3
\$50,000 to < \$75,000	681,968	29.9	25.8	34.0	1,599,946	70.1	66.0	74.2
\$75,000 or more	1,333,629	28.3	25.6	31.0	3,381,801	71.7	69.0	74.4
Relationship Status								
Married or partner in an unmarried couple	3,359,746	33.1	31.2	35.1	6,776,185	66.9	64.9	68.8
Widowed	358,801	30.7	26.2	35.2	809,888	69.3	64.8	73.8
Divorced or separated	915,109	36.5	32.4	40.6	1,593,390	63.5	59.4	67.6
Never married	1,157,990	28.6	25.0	32.3	2,884,058	71.4	67.7	75.0
Sexual Orientation								
Straight	3,886,918	34.3	32.5	36.1	7,454,657	65.7	63.9	67.5
Lesbian or Gay /Bisexual / other	159,369	35.9	26.9	44.8	285,089	64.1	55.2	73.1
Any Health Care Coverage								
Yes	4,460,844	32.0	30.4	33.6	9,482,426	68.0	66.4	69.6
No	1,333,848	34.3	30.6	38.0	2,555,613	65.7	62.0	69.4

Abbreviations: CI, confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2015. Texas Department of State Health Services, Austin, TX.

Table 2. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Selected Disease Risk Factors and Comorbid Conditions, in Texas, 2015

Risk Factors and Comorbid Conditions	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	5,814,100	32.4	30.9	33.9	12,136,009	67.6	66.1	69.1
Leisure Time Physical Activity								
Yes	3,372,167	29.9	28.0	31.8	7,915,576	70.1	68.2	72.0
No	1,833,103	40.5	37.5	43.6	2,690,656	59.5	56.4	62.5
Consumption of Fruits and Vegetables Five or More Times Per Day								
Yes	857,209	31.1	27.1	35.1	1,897,126	68.9	64.9	72.9
No	4,157,846	33.7	31.9	35.5	8,191,116	66.3	64.5	68.1
Ate at a Fast Food Restaurant 2 or More Times Per Week								
Yes	1,203,614	36.0	30.7	41.3	2,138,250	64.0	58.7	69.3
No	2,948,444	34.2	31.3	37.2	5,663,154	65.8	62.8	68.7
Aerobic and Strengthening Physical Activity Recommendations								
Met Aerobic Guidelines Only	1,169,690	30.5	27.4	33.5	2,669,891	69.5	66.5	72.6
Met Strengthening Guidelines Only	477,924	29.9	24.6	35.3	1,117,946	70.1	64.7	75.4
Met Both Guidelines	696,059	23.7	20.3	27.2	2,237,229	76.3	72.8	79.7
Did Not Meet Either Guideline	2,666,489	39.7	37.1	42.2	4,057,237	60.3	57.8	62.9
Neighborhood Access to Physical Activity								
Access	3,727,400	33.6	30.8	36.5	7,352,073	66.4	63.5	69.2
No Access	1,259,545	38.2	33.7	42.6	2,040,275	61.8	57.4	66.3
Bicycle for Transportation								
One or More Days	141,133	23.8	11.6	36.0	451,833	76.2	64.0	88.4
None	4,860,529	35.1	32.7	37.6	8,974,986	64.9	62.4	67.3
Walking for Transportation								
One or More Days	1,060,998	32.5	26.9	38.1	2,201,036	67.5	61.9	73.1
None	3,933,577	35.3	32.6	38.0	7,214,701	64.7	62.0	67.4
Disability								
Yes	682,939	40.8	37.0	44.5	992,040	59.2	55.5	63.0
No	1,299,253	31.2	28.8	33.7	2,862,421	68.8	66.3	71.2
Diabetes								
Yes	1,111,420	53.4	48.9	57.8	971,107	46.6	42.2	51.1
No	4,689,196	29.6	28.0	31.2	11,142,595	70.4	68.8	72.0
Cardiovascular Disease								
Yes	596,750	39.2	34.2	44.2	925,061	60.8	55.8	65.8
No	5,169,341	31.7	30.1	33.3	11,140,782	68.3	66.7	69.9
Heart Disease								
Yes	475,289	40.1	34.3	45.9	709,902	59.9	54.1	65.7
No	5,276,582	31.7	30.2	33.3	11,360,954	68.3	66.7	69.8
Stroke								
Yes	185,208	33.6	26.7	40.5	365,362	66.4	59.5	73.3
No	5,614,226	32.3	30.8	33.9	11,748,634	67.7	66.1	69.2

Table 2. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Selected Disease Risk Factors and Comorbid Conditions, in Texas, 2015

Risk Factors and Comorbid Conditions	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	5,814,100	32.4	30.9	33.9	12,136,009	67.6	66.1	69.1
High Blood Pressure								
Yes	2,430,866	44.9	42.3	47.5	2,984,489	55.1	52.5	57.7
No	3,361,748	26.9	25.1	28.7	9,120,424	73.1	71.3	74.9
Cancer								
Yes	485,213	28.7	24.9	32.4	1,207,456	71.3	67.6	75.1
No	5,304,754	32.7	31.1	34.4	10,896,637	67.3	65.6	68.9
Current Asthma								
Yes	617,586	45.0	39.1	50.9	755,707	55.0	49.1	60.9
No	5,159,355	31.4	29.8	32.9	11,297,214	68.6	67.1	70.2
COPD								
Yes	413,308	42.4	36.6	48.3	560,967	57.6	51.7	63.4
No	5,371,184	31.8	30.2	33.3	11,531,279	68.2	66.7	69.8
Kidney Disease								
Yes	208,992	40.3	32.0	48.7	309,190	59.7	51.3	68.0
No	5,573,183	32.1	30.6	33.6	11,788,929	67.9	66.4	69.4
Arthritis								
Yes	1,530,386	41.1	38.2	44.0	2,191,535	58.9	56.0	61.8
No	4,265,614	30.2	28.5	32.0	9,847,159	69.8	68.0	71.5
Depression								
Yes	1,161,670	39.2	35.3	43.0	1,803,476	60.8	57.0	64.7
No	4,621,507	31.0	29.4	32.6	10,284,687	69.0	67.4	70.6
Cigarette Smoking								
Current	787,660	28.8	25.0	32.5	1,948,760	71.2	67.5	75.0
Former	1,359,582	35.6	32.5	38.6	2,462,246	64.4	61.4	67.5
Never	3,473,034	32.4	30.4	34.4	7,243,536	67.6	65.6	69.6
Heavy Drinking								
Yes	287,880	28.0	22.1	33.8	742,070	72.0	66.2	77.9
No	5,170,049	32.9	31.3	34.6	10,520,821	67.1	65.4	68.7
Personal Doctor								
Yes	4,075,922	33.6	31.8	35.3	8,060,102	66.4	64.7	68.2
No	1,714,963	30.0	27.1	32.9	4,001,554	70.0	67.1	72.9

Abbreviations: CI, confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2015. Texas Department of State Health Services, Austin, TX.

Table 3. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Place of Residence, in Texas, 2015

Place of Residence	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	Estimated		95% CI		Estimated		95% CI	
	No. of Adults	%	Lower Limit	Upper Limit	No. of Adults	%	Lower Limit	Upper Limit
Total Population	5,814,100	32.4	30.9	33.9	12,136,009	67.6	66.1	69.1
PHR								
1	221,680	33.8	28.7	39.0	434,091	66.2	61.0	71.3
2	138,430	34.8	29.3	40.4	259,103	65.2	59.6	70.7
3	1,427,664	30.2	26.6	33.7	3,306,664	69.8	66.3	73.4
4	237,249	34.6	29.1	40.0	449,408	65.4	60.0	70.9
5	193,935	37.6	32.3	42.9	322,093	62.4	57.1	67.7
6	1,296,106	31.0	27.1	34.8	2,891,506	69.0	65.2	72.9
7	645,094	30.2	27.4	33.1	1,487,994	69.8	66.9	72.6
8	646,941	35.5	31.2	39.8	1,176,145	64.5	60.2	68.8
9	177,225	35.1	29.4	40.8	327,716	64.9	59.2	70.6
10	152,251	28.5	24.2	32.9	381,407	71.5	67.1	75.8
11	480,747	37.9	33.9	42.0	786,387	62.1	58.0	66.1
Border Counties (15)								
Border	505,318	34.1	30.7	37.4	978,260	65.9	62.6	69.3
Non-border	5,112,003	32.0	30.4	33.7	10,844,253	68.0	66.3	69.6
Border Counties (32)								
Border	564,372	35.1	31.7	38.5	1,043,093	64.9	61.5	68.3
Non-border	5,052,949	31.9	30.3	33.6	10,779,420	68.1	66.4	69.7
Metropolitan Statistical Area (MSA)								
Abilene MSA	37,629	29.3	20.0	38.6	90,786	70.7	61.4	80.0
Amarillo MSA	61,694	33.6	24.4	42.8	121,984	66.4	57.2	75.6
Austin-Round Rock MSA	332,329	25.8	22.5	29.0	957,499	74.2	71.0	77.5
Beaumont-Port Arthur MSA	88,494	33.5	26.2	40.9	175,534	66.5	59.1	73.8
Brownsville-Harlingen MSA	90,068	37.7	30.4	45.0	148,600	62.3	55.0	69.6
College Station-Bryan MSA	54,706	32.1	22.3	41.9	115,846	67.9	58.1	77.7
Corpus Christi MSA	129,175	41.9	34.0	49.8	179,295	58.1	50.2	66.0
Dallas-Plano-Irving PMSA	933,498	30.9	26.3	35.5	2,085,292	69.1	64.5	73.7
El Paso MSA	145,253	28.5	24.1	32.9	364,777	71.5	67.1	75.9
Ft. Worth-Arlington PMSA	463,309	29.2	23.5	35.0	1,120,724	70.8	65.0	76.5
Houston-Baytown-Sugar Land MSA	1,269,605	30.8	26.9	34.7	2,852,598	69.2	65.3	73.1
Killeen-Temple-Ft. Hood MSA	128,659	39.8	31.0	48.6	194,610	60.2	51.4	69.0
Laredo MSA	47,374	37.7	23.6	51.8	78,263	62.3	48.2	76.4
Longview MSA	32,326	27.2	18.4	36.1	86,308	72.8	63.9	81.6
Lubbock MSA	73,321	37.5	28.0	47.0	122,391	62.5	53.0	72.0
McAllen-Edinburg-Mission MSA	164,092	34.6	27.9	41.3	310,483	65.4	58.7	72.1
Midland MSA	44,876	38.3	27.2	49.3	72,383	61.7	50.7	72.8
Odessa MSA	48,661	39.1	26.4	51.8	75,786	60.9	48.2	73.6
San Angelo MSA	14,766	15.1	7.7	22.6	82,842	84.9	77.4	92.3
San Antonio-New Braunfels MSA	515,713	34.3	29.5	39.1	986,021	65.7	60.9	70.5
Tyler MSA	41,234	28.3	17.6	39.0	104,385	71.7	61.0	82.4
Waco MSA	50,820	38.1	23.7	52.4	82,735	61.9	47.6	76.3
Wichita Falls MSA	34,617	33.9	26.5	41.2	67,642	66.1	58.8	73.5
County								
Angelina	27,831	42.9	33.7	52.2	36,972	57.1	47.8	66.3
Bell	84,335	35.9	25.7	46.1	150,639	64.1	53.9	74.3
Bexar	419,754	35.6	30.0	41.2	759,321	64.4	58.8	70.0
Brazoria	--	--	--	--	--	--	--	--
Brazos	50,104	32.9	22.9	42.9	102,159	67.1	57.1	77.1
Cameron	90,068	37.7	30.4	45.0	148,600	62.3	55.0	69.6
Collin	164,416	33.2	22.4	44.1	330,238	66.8	55.9	77.6

Table 3. Number and Percentage of Adults, 18 Years and Older, by Obesity Status and Place of Residence, in Texas, 2015

Place of Residence	Obese (BMI 30 or more)				Not Obese (BMI less than 30)			
	Estimated No. of Adults	%	95% CI		Estimated No. of Adults	%	95% CI	
			Lower Limit	Upper Limit			Lower Limit	Upper Limit
Total Population	5,814,100	32.4	30.9	33.9	12,136,009	67.6	66.1	69.1
Comal	--	--	--	--	--	--	--	--
Dallas	584,106	35.8	29.0	42.5	1,048,312	64.2	57.5	71.0
Denton	91,960	16.5	8.4	24.5	466,566	83.5	75.5	91.6
Ector	48,661	39.1	26.4	51.8	75,786	60.9	48.2	73.6
El Paso	143,195	28.2	23.8	32.6	364,173	71.8	67.4	76.2
Ellis	42,856	39.6	31.3	47.9	65,320	60.4	52.1	68.7
Fort Bend	103,629	25.5	14.4	36.7	301,991	74.5	63.3	85.6
Galveston	81,984	36.0	28.7	43.2	146,038	64.0	56.8	71.3
Gregg	--	--	--	--	--	--	--	--
Guadalupe	46,667	33.8	19.5	48.0	91,520	66.2	52.0	80.5
Harris	859,643	31.4	26.5	36.3	1,879,350	68.6	63.7	73.5
Hays	38,922	28.8	16.6	40.9	96,261	71.2	59.1	83.4
Hidalgo	164,092	34.6	27.9	41.3	310,483	65.4	58.7	72.1
Jefferson	49,677	33.2	23.6	42.8	99,831	66.8	57.2	76.4
Lamar	16,664	44.8	34.3	55.3	20,531	55.2	44.7	65.7
Lubbock	70,074	37.5	27.7	47.2	116,990	62.5	52.8	72.3
McLennan	43,367	36.1	21.1	51.1	76,672	63.9	48.9	78.9
Midland	42,637	40.1	28.3	51.9	63,775	59.9	48.1	71.7
Montgomery	112,081	26.5	13.3	39.8	310,281	73.5	60.2	86.7
Nacogdoches	13,907	38.9	26.3	51.6	21,830	61.1	48.4	73.7
Nueces	103,873	41.7	33.0	50.4	145,127	58.3	49.6	67.0
Orange	25,448	36.6	21.4	51.9	43,991	63.4	48.1	78.6
Potter	25,830	37.1	22.4	51.7	43,847	62.9	48.3	77.6
Randall	25,464	26.9	14.4	39.4	69,205	73.1	60.6	85.6
Red River	6,251	43.4	22.1	64.7	8,145	56.6	35.3	77.9
Rusk	11,664	41.5	28.2	54.7	16,473	58.5	45.3	71.8
Smith	41,234	28.3	17.6	39.0	104,385	71.7	61.0	82.4
Tarrant	347,339	26.5	20.3	32.8	960,967	73.5	67.2	79.7
Taylor	26,367	31.1	19.7	42.5	58,355	68.9	57.5	80.3
Tom Green	14,766	15.2	8.2	22.1	82,597	84.8	77.9	91.8
Travis	184,918	24.0	20.4	27.7	584,166	76.0	72.3	79.6
Waller	11,670	35.9	25.8	46.0	20,844	64.1	54.0	74.2
Webb	47,374	37.7	23.7	51.8	78,263	62.3	48.2	76.3
Wichita	30,806	35.0	27.5	42.6	57,161	65.0	57.4	72.5
Williamson	84,914	27.6	20.1	35.0	222,894	72.4	65.0	79.9

Abbreviations: CI, confidence interval

Data Source: Texas Behavioral Risk Factor Surveillance System Public Use Data File, 2015. Texas Department of State Health Services, Austin, TX.

## Technical Notes

Percentages for each measure were based on the number of respondents with a specific response(s) among the total number of respondents for the given survey question(s), excluding people with missing information or who refused or did not know the answer to the survey question(s). The following questions were used:

- 1) *Obesity*: Body mass index of 30 or more calculated from the questions, "About how much do you weigh without shoes?" and "About how tall are you without shoes?";
- 2) *Any Health Care Coverage*: "Yes" and "No" responses to the question, "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, or Indian Health Service?";
- 3) *Leisure Time Physical Activity*: "Yes" and "No" responses to the question, "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?";
- 4) *Consumption of Fruits and Vegetables 5 or More Times Per Day*: Variable calculated from responses to a series of six questions on the number of times per day, week, or month a respondent consumed specific types of fruits and vegetables in the past month. (Excludes missing and out of range values);
- 5) *Ate at a Fast Food Restaurant 2 or More Times Per Week*: Variable calculated from responses to the question, "During the past month, how many times per day, week, or month did you eat a meal from a fast food place?" Responses of one or more times per day, two or more times per week, or eight or more times per month were categorized as "Yes", otherwise responses were categorized as "No".
- 6) *Aerobic and Strengthening Physical Activity Recommendations*: Respondents are classified as "Met Aerobic Guideline Only" if at least 150 minutes per week of moderate-intensity aerobic activity, or at least 75 minutes per week of vigorous-intensity aerobic activity, or equivalent combination of moderate- and vigorous-intensity aerobic activity totaling at least 150 minutes per week is reported. Respondents are classified as "Met Strengthening Guideline Only" if participation in muscle-strengthening activities at least 2 times per week is reported. Respondents are classified as "Met Both Guidelines" if both the previous aerobic and muscle-strengthening guidelines are met. Respondents are classified as "Did Not Meet Either Guideline" if neither of the previous aerobic and strengthening guidelines are met.
- 7) *Neighborhood Access to Physical Activity*: "Yes" or "No" responses to the question, "On your neighborhood, do you have access to any sidewalks, shoulders of the road, trails, or parks where you can safely walk, run, or bike?"
- 8) *Bicycle for Transportation*: Responses to the question, "On how many days, during the past seven days, did you ride a bicycle for transportation, like to go to or from work, to run errands, or to go somewhere else that you wanted or needed to go?" of "None" and "Can't ride bicycle – is disabled" are included in "Did Not Ride a Bicycle for Transportation", and "One day", "Two days", "Three days", "Four days", "Five days", "Six days" and "Seven days" are included in "Rode a Bicycle for Transportation".
- 9) *Walking for Transportation*: Responses to the question, "On how many days, during the past seven days, did you walk for transportation, like to go to or from work, to run errands, or to go somewhere else that you wanted or needed to go?" of "None" and "Can't walk – is disabled" are included in

“None”; “One day” and “Two days” as “One or Two Days”; “Three days” and “Four days” as “Three or Four Days”; and “Five days”, “Six days” and “Seven days” as “Five or More Days.”

- 10) *Disability*: “Yes” and “No” responses to the question, “Are you limited in any way in any activities because of physical, mental, or emotional problems?”;
- 11) *Diabetes*: “Yes” and “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have diabetes?” [Does not include female respondents who responded “Yes, but told only during pregnancy.”];
- 12) *Cardiovascular Disease*: “Yes” responses to any or “No” responses to all of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”, or “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”, or “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- 13) *Heart Disease*: “Yes” responses to either or “No” responses to both of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”, or “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”;
- 14) *Stroke*: “Yes” and “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”;
- 15) *High Blood Pressure*: “Yes” and “No” responses to the question, “Have you ever been told on two or more different visits by a doctor, nurse, or other health professional that you have high blood pressure?” [“No” includes respondents who responded “told borderline high or pre-hypertensive” and female respondents who responded, “Yes, but told only during pregnancy”];
- 16) *Cancer*: “Yes” responses to either and “No” responses to both of the following questions, “Has a doctor, nurse, or other health professional ever told you that you had skin cancer?”, or “Has a doctor, nurse, or other health professional ever told you that you had any other types of cancer?”;
- 17) *Current Asthma*: “Yes” responses to both of the following questions, or “Yes” responses to the first and “No” responses to the second question (indicating no current asthma), or “No” responses to the first question (indicating no current asthma), “Has a doctor, nurse, or other health professional ever told you that you had asthma?” and “Do you still have asthma?”;
- 18) *COPD*: “Yes” and “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have COPD (chronic obstructive pulmonary disease), emphysema, or chronic bronchitis?”;
- 19) *Kidney Disease*: “Yes” and “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have kidney disease? Do not include kidney stones, bladder infection or incontinence.”;
- 20) *Arthritis*: “Yes” and “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”;



- 21) *Depression*: “Yes” and “No” responses to the question, “Has a doctor, nurse, or other health professional ever told you that you have a depressive disorder including depression, major depression, dysthymia, or minor depression?”.
- 22) *Cigarette Smoking*: “Yes” responses for current and former smokers and “No” responses for never smokers to the question, “Have you smoked at least 100 cigarettes in your entire life?” and responses of “Everyday” or “Some days” for current smokers and responses of “Not at all” for former smokers to the question, “Do you now smoke cigarettes every day, some days, or not at all?”;
- 23) *Heavy Drinking*: Responses of “2 or more” for men and “1 or more” for women to the question, “During the past 30 days, what is the largest number of drinks you had on any occasion?”;
- 24) *Personal Doctor*: *The variable calculated from “Yes” or “No” responses to the question “: Do you have one person you think of as your personal doctor or health care provider?”*

Estimates were excluded (--) if they were considered unreliable because the sample size was too small.

Estimates were generated from one-way and two-way cross tabulations that used weighted data and accounted for the stratified survey design; therefore, the estimates calculated from survey data represent prevalence in the population.

Estimates were produced by the Office of Surveillance, Evaluation, and Research, Health Promotion and Chronic Disease Prevention Section, Division for Disease Control and Prevention Services, Texas Department of State Health Services; November, 2016.