Obesity Facts

Childhood Obesity

Why are we concerned? Children with high Body Mass Index (BMI) are at risk of having elevated lipid concentrations and blood pressure during childhood. They are also more likely to become obese as adults. This puts them at risk for chronic conditions such as cardiovascular disease, diabetes and some cancers. Childhood obesity is not only a national issue, but also a concern in Texas.

Current Obesity Rates (BMI > 30)

**OBESITY IN THE UNITED STATES: ADULTS**

National obesity rates show 34.9% of all adults 20 years and older are classified as obese. The following percentages of demographic groups are classified as obese:

- 33.5% Men
- 36.1% Women
- 32.6% Non-Hispanic Whites
- 47.8% Non-Hispanic Blacks
- 42.5% All Hispanics

**OBESITY IN THE UNITED STATES: CHILDREN**

Rates of child obesity in the U.S. have tripled since 1980, from 6.5% to 16.9% among 2-19 year olds. The following percentages among age groups are classified as obese:

- 8.4% of 2-5 year olds
- 17.7% of 6-11 year olds
- 20.5% of 12-19 year olds

**OBESITY IN TEXAS: ADULTS**

Texas has the 19th highest adult obesity rate in the nation at 29.2%.

**OBESITY IN TEXAS: CHILDREN**

Texas has the 10th highest adolescent (ages 10-17) obesity rate in the nation at 19.1%. Research from the Center’s School Physical Activity and Nutrition (SPAN) surveillance study found the following percentage of obese children:

- 23.8% of 4th grade children
- 23.0% of 8th grade students
- 21.6% of 11th grade children

Obesity is striking poor and minority children at high rates.

- 30.3% of Hispanic 4th grade boys are obese
- 25.0% of African American 4th grade boys are obese
- 17.5% of White 4th grade boys are obese

**REFERENCES**

1. Ogden CL et al., JAMA 2014.
5. Hoelscher DM et al., Obesity 2010. 18 suppl 1, S36-44.

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