

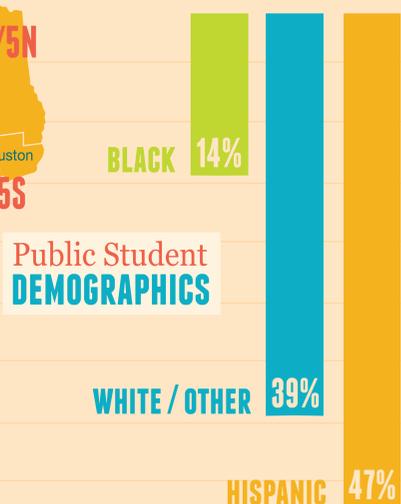
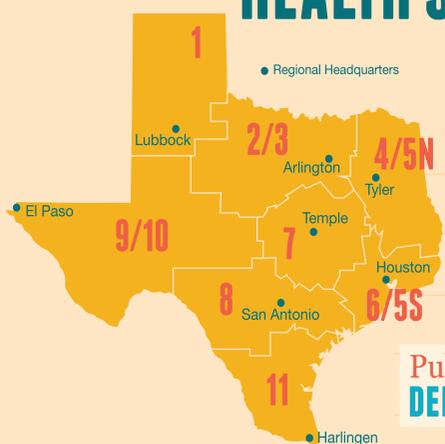
CHILD OBESITY

in Texas

Results from the 2009 - 2011 School Physical Activity and Nutrition (SPAN) Survey
funded by DSHS Title V Maternal and Child Health Block Grant



Texas HEALTH SERVICE Regions

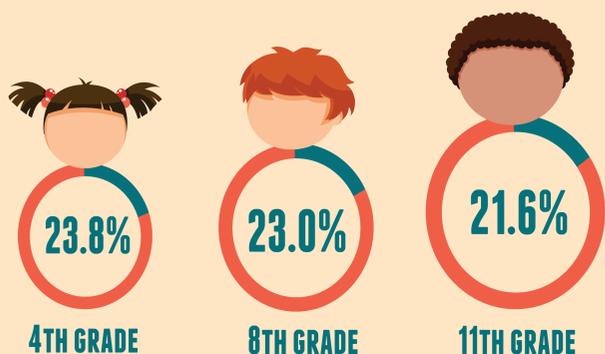


WEIGHT STATUS

as defined by CDC Growth Charts

PERCENT OBESE

BMI at or above 95th percentile



PERCENT OVERWEIGHT

BMI between 85th and 95th percentile



*Percent normal weight: 4th grade 57.2%, 8th grade 59.6%, 11th grade 64.7%

HOW ACTIVE ARE KIDS?

AVERAGE NUMBER OF DAYS PER WEEK OF PHYSICAL ACTIVITY



HOW MUCH TIME DO KIDS SPEND WATCHING SCREENS?

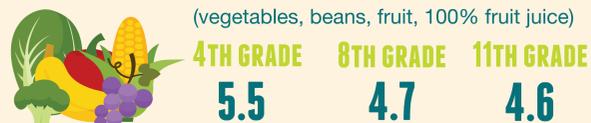


WHAT DO KIDS EAT?

number of times consumed yesterday *when surveyed

NUMBER OF TIMES ATE FRUIT OR VEGETABLES PER DAY

(vegetables, beans, fruit, 100% fruit juice)



NUMBER OF TIMES DRANK A SUGARY DRINK PER DAY

(non-diet sodas and sports drinks)



ATE SWEETS OR SAVORY SNACKS

(chips, frozen desserts, cookies, candy)



GOALS & RECOMMENDATIONS

The American Academy of Pediatrics recommends parents limit their children's time spent playing video games and watching TV or movies



According to the U.S. Department of Agriculture, per day children should consume



The 2008 U.S. Physical Activity Guidelines recommend children engage in moderate to vigorous physical activity



The goal of Live Smart Texas is to

REDUCE CHILDHOOD OBESITY prevalence to **10% BY 2020**