

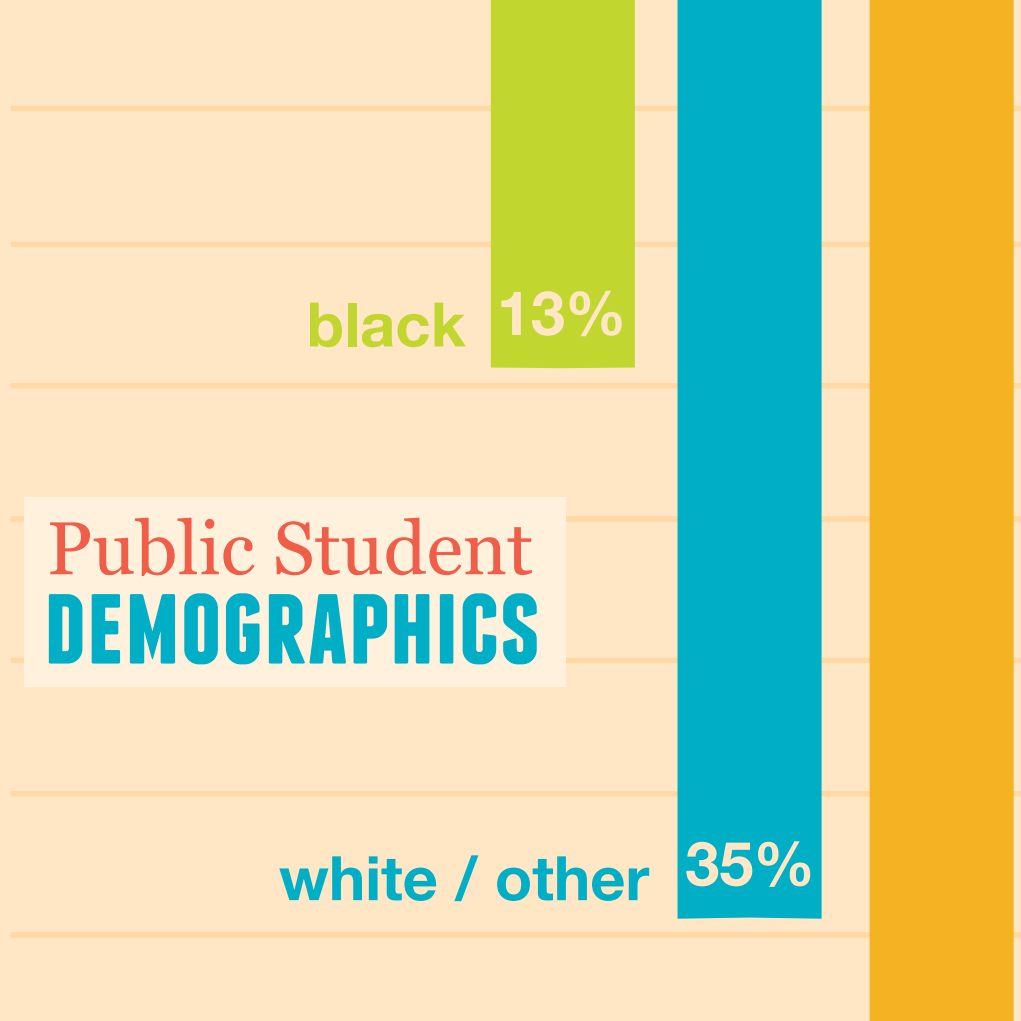
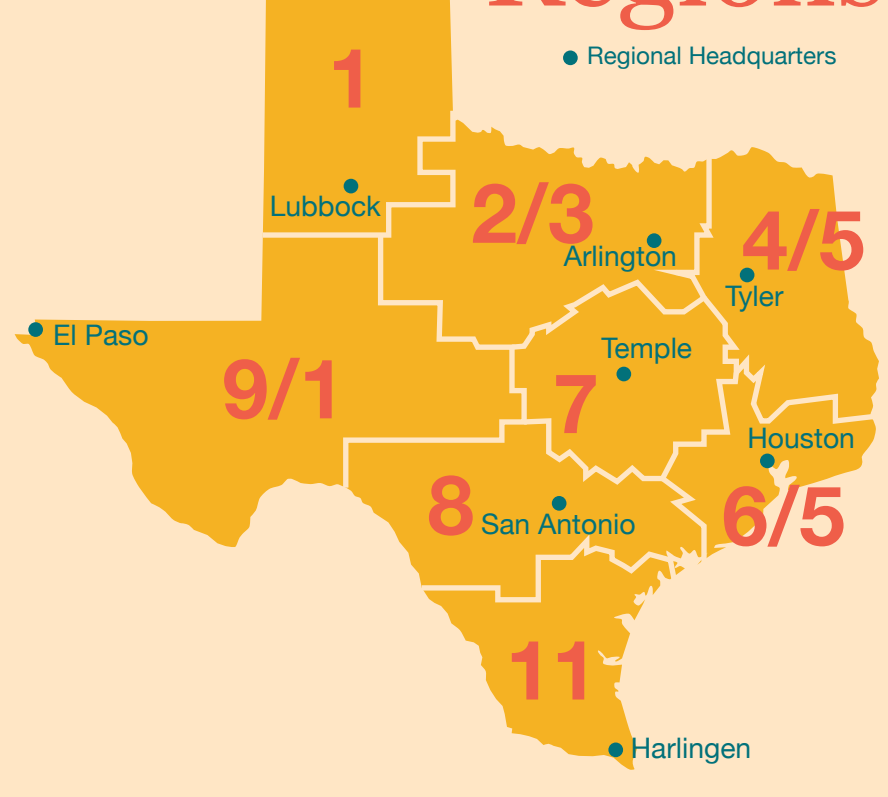
CHILD OBESITY

in Texas

Results from the 2019 - 2020 School Physical Activity and Nutrition (SPAN) Survey

funded by DSHS Title V Maternal and Child Health Block Grant

Texas HEALTH SERVICE Regions



2019-2020 SPAN

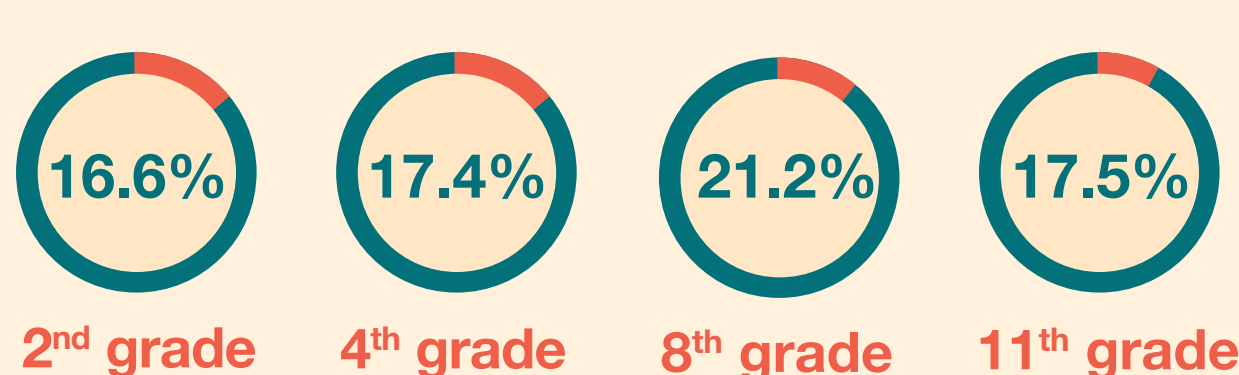
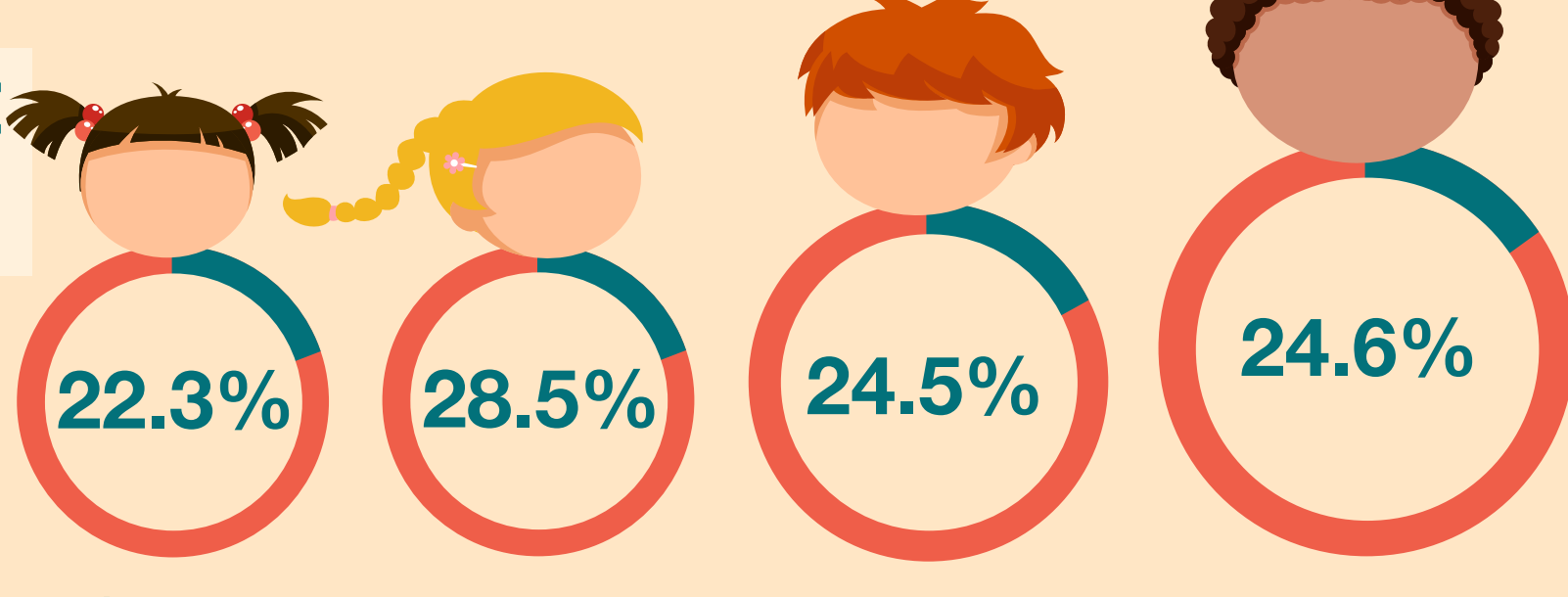


Weight Status

as defined by CDC Growth Charts

PERCENT OBESE

BMI at or above 95th percentile

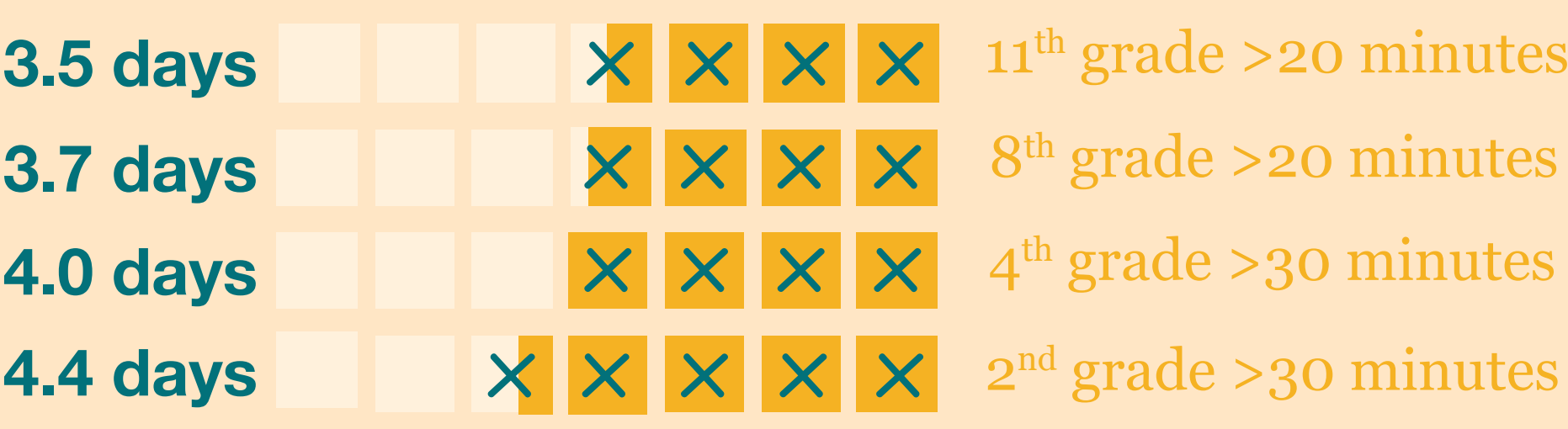


percent overweight

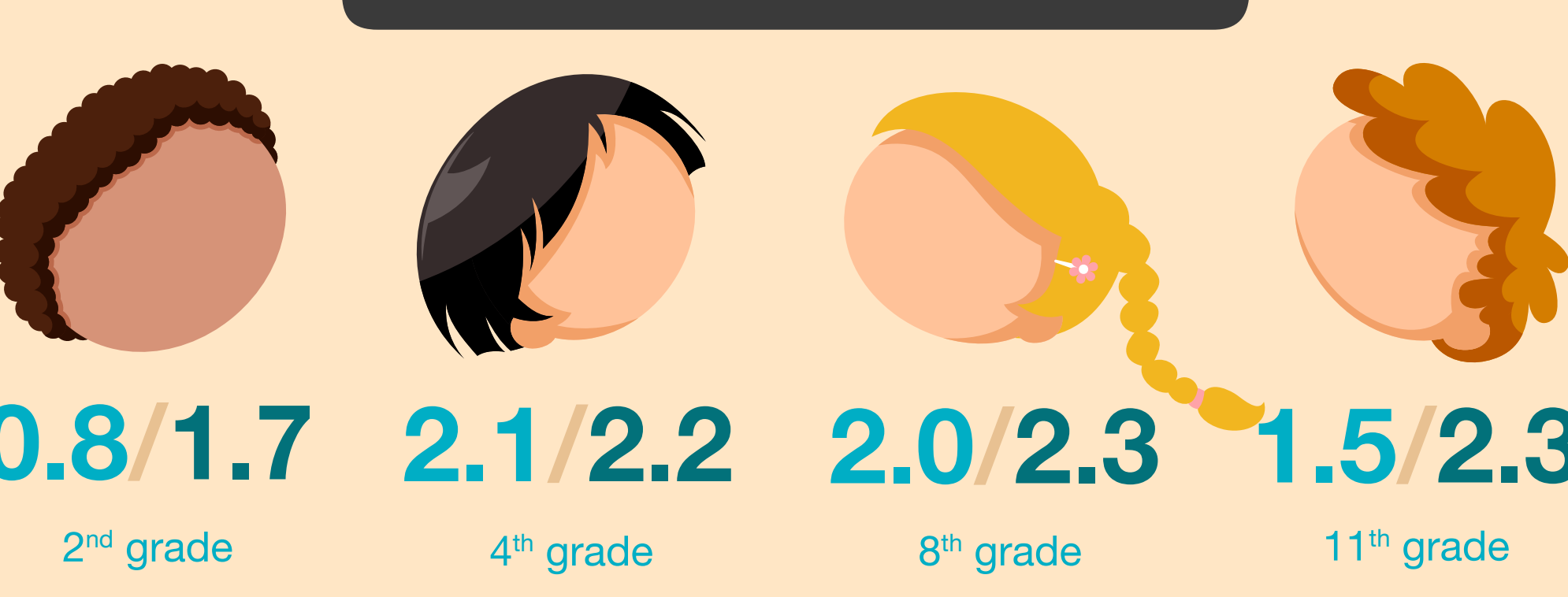
BMI between the 85th and 94th percentile

How Active are Kids?

average number of days per week of physical activity



How Much Time do Kids Spend Watching Screens?



● playing video games ● watching TV or movies

What Do Kids Eat?

number of times consumed yesterday

*when surveyed

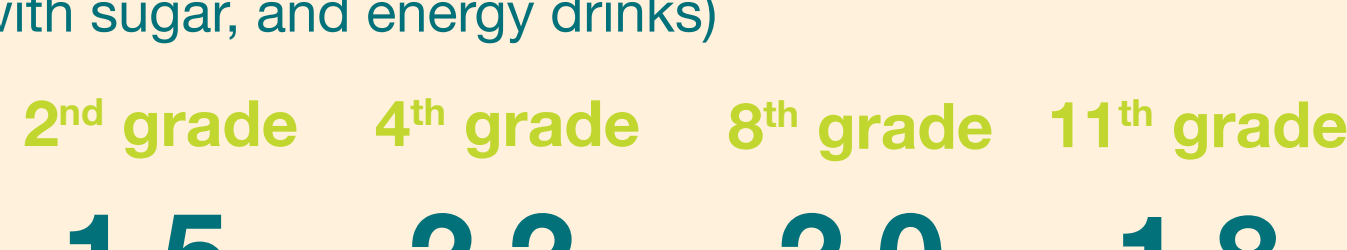
number of times ate fruit or vegetables per day

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



number of times drank a sugary drink per day

(flavored milk, regular soda, punch/fruit drinks, coffee/tea with sugar, and energy drinks)



number of times ate sweet or savory snacks

(chips, frozen desserts, cookies, candy)

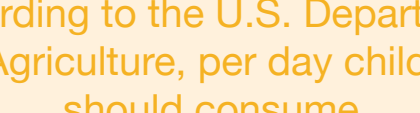


GOALS & Recommendations

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



2 CUPS OF VEGETABLES

2.5c for 11th grade



1.5 CUPS OF FRUIT

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



60 MINUTES PER DAY — 7 DAYS PER WEEK



Brought to you by

