

Healthy Children, Healthy State: CHILD OBESITY CRISIS IN TEXAS

Michael & Susan Dell Center for Healthy Living

Obesity is a major public health crisis in Texas¹:



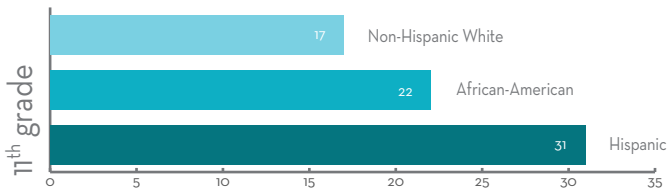
Texas has the 10th highest obesity rate for youth ages 10-17 and is tied for the 13th highest adult obesity rate in the U.S.¹



20.7% of Texas youth ages 10-17 have obesity.



In Texas, Hispanic and African American children have higher rates of obesity compared to non-Hispanic white children².

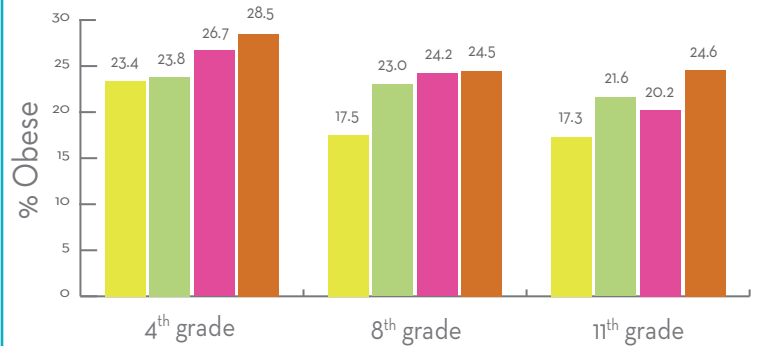


Percent of Texas children who have obesity, by grade and ethnicity^{2,3}

Childhood obesity in Texas is getting worse.

Trends in childhood obesity from 2004-05 to 2019-20^{2,3}

2004-05 2009-11 2015-16 2019-20



Childhood Obesity is Risky

Obesity is associated with increased lifetime risks for adverse health outcomes^{4,5}, including:

- diabetes
- heart disease
- asthma
- high blood pressure
- depression
- sleeping difficulties
- higher risk of having obesity as an adult

Childhood Obesity is Costly

Childhood obesity results in extra health care costs. A child with obesity has \$12,900 more in medical costs than a child with normal weight⁶.

Educational attainment is associated with lifetime earnings⁷. Obesity in childhood is associated with poorer educational outcomes^{8,9,10}, including:

- lower GPA
- lower reading scores
- lower math scores
- more school absences

We must do more to combat obesity in Texas.

References

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The School Physical Activity and Nutrition (SPAN) Project is a surveillance system monitoring the prevalence of overweight/obesity in school-aged children in Texas conducted by researchers at the Michael & Susan Dell Center for Healthy Living. SPAN has been funded by the Texas Department of State Health Services since 2000 to conduct height and weight measurements across different grade levels.

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About

The Michael & Susan Dell Center for Healthy Living's Texas Child Health Status Report project utilizes state-level data from the School Physical Activity and Nutrition (SPAN) Project and national-level comparisons to provide an accurate representation of Texas child health. This project is funded by the Michael & Susan Dell Foundation.

Learn more at go.uth.edu/TexasChildHealth

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