

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:



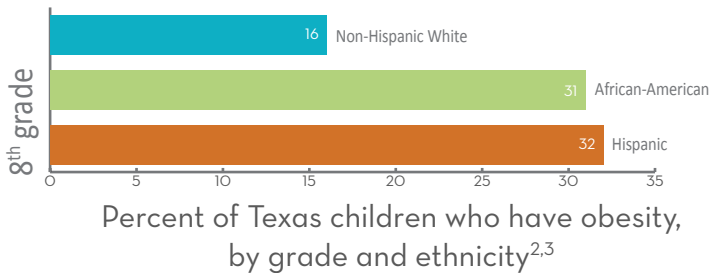
Texas has the 7th highest obesity rate for youth ages 10-17 and the 14th highest adult obesity rate in the U.S.¹



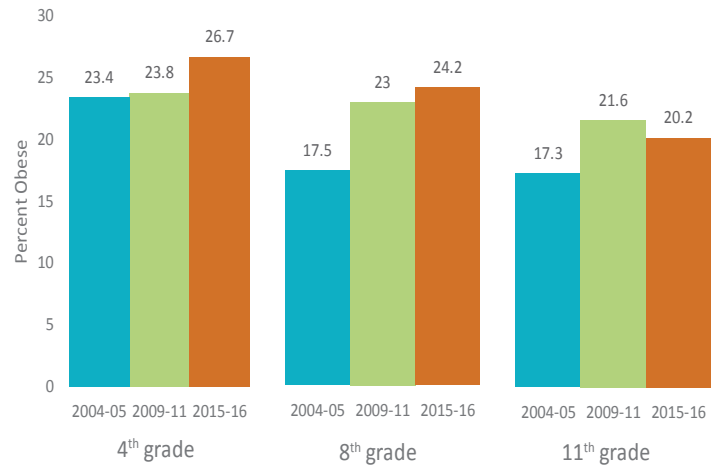
Over 600,000 Texas youth ages 10-17 have obesity.



In Texas, Hispanic and African American children have nearly twice the rate of obesity compared to non-Hispanic white children².



Childhood obesity is getting worse over time.



Trends in childhood obesity from 2004-05 to 2015-16^{2,3}

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 being obese 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

1. Obesity Rates & Trend Data. The State of Obesity. <https://stateofobesity.org/data/>.
2. The 2015-2016 School Physical Activity and Nutrition (SPAN) Survey: Report prepared for the Texas Department of Health Services (2018).
3. School Physical Activity and Nutrition (SPAN) Project. Michael & Susan Dell Center for Healthy Living. SPAN project details available online at go.uth.edu/SPAN.

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.

4. Daniels S R Complications of Obesity in Children and Adolescents. *International Journal of Obesity* 33, no. S1 (2009).
5. Singh A S C, et al. Tracking of Childhood Overweight into Adulthood: A Systematic Review of the Literature. *Obesity Reviews* 9, no. 5 (2008): 474-88.
6. Finkelstein E A, et al. Lifetime Direct Medical Costs of Childhood Obesity. *Pediatrics* 133, no. 5 (2014): 854-62.
7. Social Security Administration. Reports, Facts and Figures | Press Office | Social Security Administration. <https://www.ssa.gov/policy/docs/research-summaries/education-earnings.html>.
8. Carey F R, et al. Educational Outcomes Associated with Childhood Obesity in the United States: Cross-sectional Results from the 2011-2012 National Survey of Children's Health. *Philosophical Transactions of the Royal Society B: Biological Sciences*. July 27, 2015.
9. Shore S M, et al. Decreased Scholastic Achievement in Overweight Middle School Students. *Obesity* 16, no. 7 (2008).
10. Geier A B, et al. The Relationship Between Relative Weight and School Attendance Among Elementary Schoolchildren. *The Canadian Journal of Chemical Engineering*. September 06, 2012.

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