

# Healthy Children, Healthy State: CHILD OBESITY CRISIS IN TEXAS

Michael & Susan Dell Center for Healthy Living

## Obesity is a major public health crisis in Texas<sup>1</sup>:



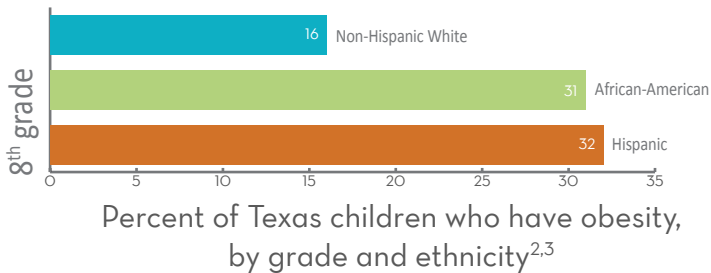
Texas has the 19<sup>th</sup> highest obesity rate for youth ages 10-17 and the 10<sup>th</sup> highest adult obesity rate in the U.S.<sup>1</sup>



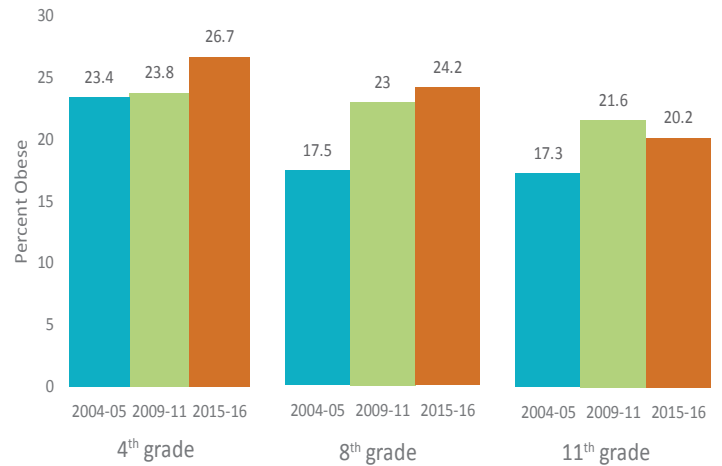
Over 600,000 Texas youth ages 10-17 have obesity.



In Texas, Hispanic and African American children have nearly twice the rate of obesity compared to non-Hispanic white children<sup>2</sup>.



## Childhood obesity is getting worse over time.



Trends in childhood obesity from 2004-05 to 2015-16<sup>2,3</sup>

## Childhood Obesity is Risky

Obesity is associated with increased lifetime risks for adverse health outcomes<sup>4,5</sup>, 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 weight<sup>6</sup>.

Educational attainment is associated with lifetime earnings<sup>7</sup>. Obesity in childhood is associated with poorer educational outcomes<sup>8,9,10</sup>, 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](http://go.uth.edu/TexasChildHealth)

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