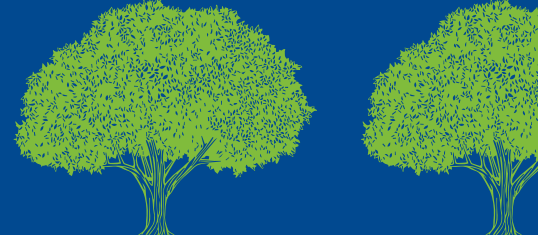




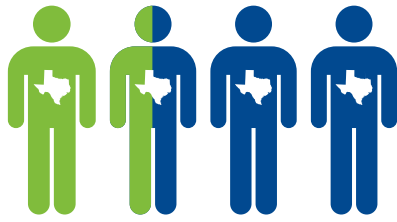
# TEXAS

## Obesity Fact Sheet

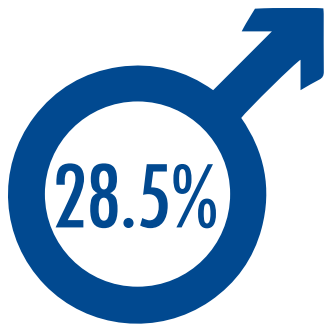
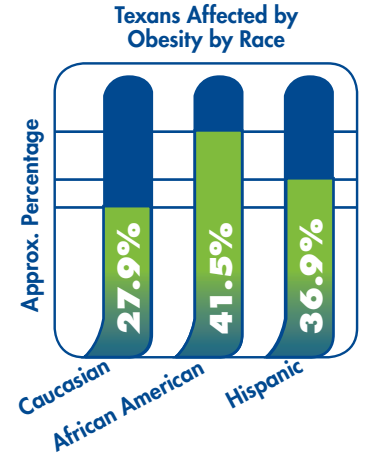


### ADULT OBESITY FACTS:

Obesity affects more than **32.4%** of Texans.



Texas is ranked **10/51** in states impacted by obesity.



More than **28.5%** of male Texans are affected by obesity.

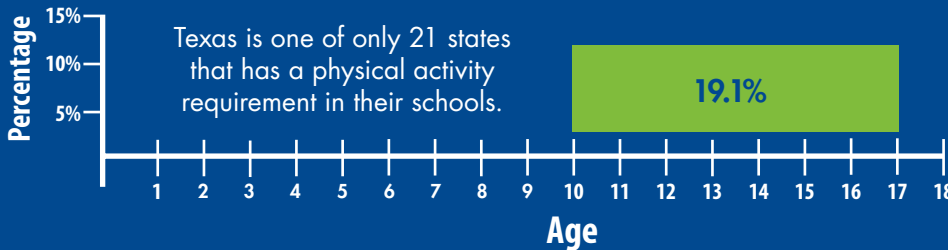


More than **30.3%** of female Texans are affected by obesity.

**13<sup>th</sup>** Texas ranks 13<sup>th</sup> in adults with Type 2 Diabetes (11.4%).

### CHILDHOOD OBESITY FACTS:

#### Children Affected by Obesity



Texas is one of only 21 states that has a physical activity requirement in their schools.



Texas **IS NOT** one of the 19 states that have BMI screening requirements

### NATIONAL COST OF OBESITY

**\$315.8 BILLION**

Estimated cost of annual obesity-related healthcare

**42%**

How much more healthcare costs for individuals affected by obesity

**\$14.1 BILLION**

The direct costs caused by childhood obesity

**\$4.3 BILLION**

Nationwide annual costs due to obesity-related absenteeism

Obesity is a serious chronic condition that continues to have a growing impact on our society, and carries with it a large number of related conditions such as diabetes, hypertension, heart disease, and more. Action must be taken to address this epidemic at all levels — individual, family, community, government, healthcare and insurance. To learn more about the disease of obesity, treatment options, weight bias, and more, please visit the Obesity Action Coalition (OAC) Web site at [www.ObesityAction.org](http://www.ObesityAction.org).

#### References:

- Centers for Disease Control
- Trust for America's Health
- Obesity Action Coalition

#### Questions?

If you have any questions regarding the above information or if you would like to receive free educational materials on obesity, please contact the OAC National Office at (800) 717-3117 or [info@obesityaction.org](mailto:info@obesityaction.org).

