

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



WEIGHT AND NUTRITION IN TARRANT COUNTY

OVERWEIGHT AND OBESITY are defined as the increase in size and amount of fat cells in the body. Obesity is a chronic health condition that raises the risk of heart disease, cancer, stroke, diabetes, liver disease, and kidney disease, which are all leading causes of death in Tarrant County.

Body Mass Index (BMI) is a screening tool used to estimate the amount of body fat using weight in kilograms and height in meters (kg/m^2). For adults, BMI categories are underweight (less than 18.5), healthy weight (18.5 to 24.9), overweight (25.0 to 29.9), and obesity (30.0 or greater).

Figure 1. Prevalence of overweight and obese adults aged 18 years and older in Tarrant County, 2015 and 2024*

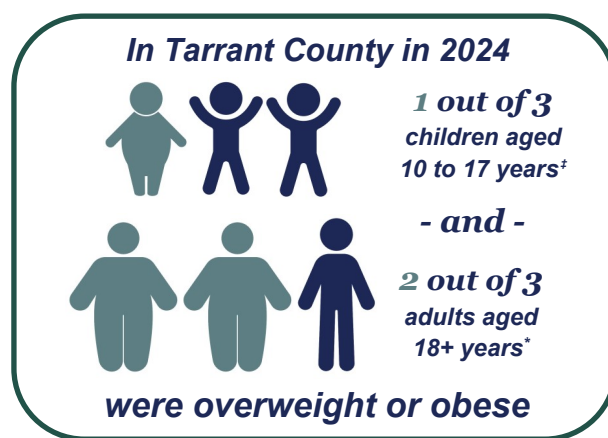
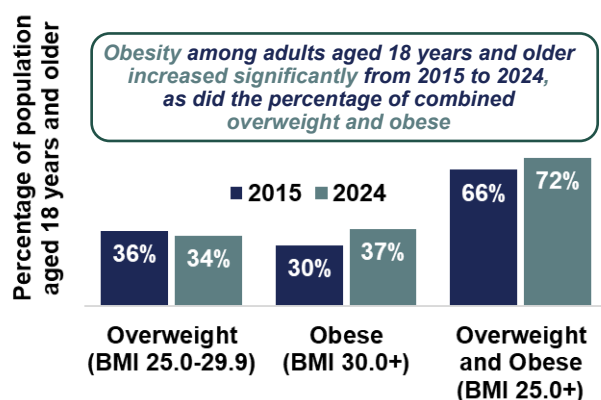


Figure 2. Prevalence of overweight and obese adults aged 18 years and older by demographic group, Tarrant County, 2024*

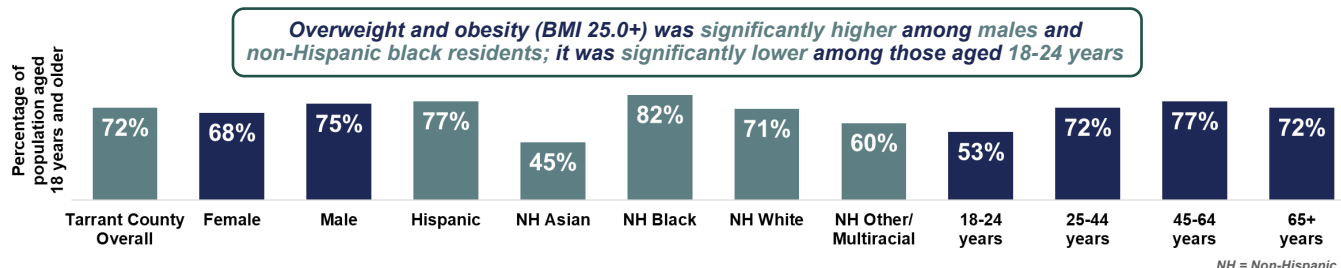


Figure 3. Obesity-related mortality rate among Tarrant County residents, 2015-2024[†]

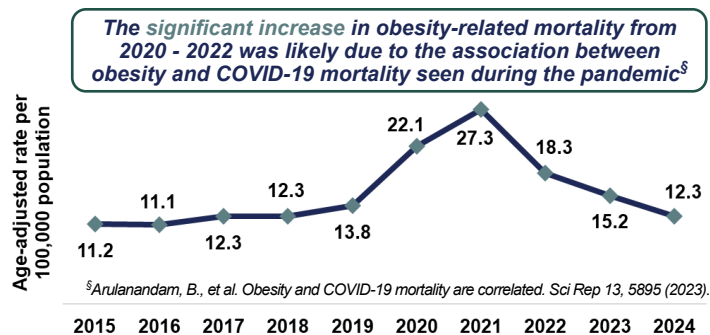
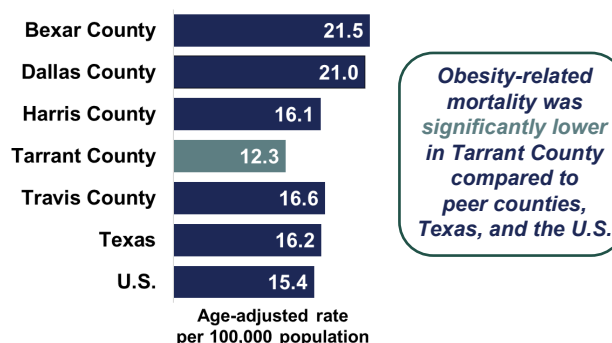


Figure 4. Obesity-related mortality rate among selected geographic areas, 2024[†]



In 2024, among Tarrant County children aged 6-17 years[‡]

Each day during the previous week...



Ate fresh fruits
and / or
vegetables

Ate a family meal
with household
members



In 2024, among Tarrant County adults aged 18 years and older*

Times per day ate fruits and vegetables...



There were no significant
differences by gender,
race/ethnicity, age group,
education, or income in the
average number of times
per day fruits or
vegetables were eaten

Times per week ate fast food by age group...

The average number of times per
week Tarrant County adults ate
fast food was **significantly higher**
among those aged 18-24 years
compared to 65+ years



Adverse health conditions due to overweight and obesity

- Coronary heart disease
- Depression and anxiety
- Gallbladder disease
- High blood pressure
- High LDL/Low HDL cholesterol
- High triglyceride levels
- Low quality of life
- Osteoarthritis
- Sleep apnea and breathing problems
- Stroke
- Type 2 diabetes
- Various cancers

Resources available at Tarrant County Public Health

[tarrantcountytx.gov/en/public-health/family-health-services/chronic-disease-prevention/health-classes.html]

- Health for Me:** Self-management class for persons with diabetes, obesity, hypertension, and other chronic conditions
- Live a More Colorful Life:** Information on the benefits of incorporating a wide and colorful array of fruits and vegetables including recipes updated monthly
- Nutrition through the Life Cycle:** Information on nutritional needs as we age and grow including during pregnancy, infancy, childhood, adolescence, adulthood, and older adulthood