



Tarrant County Public Health
Division of Epidemiology and Health Information

Overweight and Obesity in Tarrant County

- 2 out of 3 adults (65.7%) in Tarrant County are overweight or obese
 - 37.5% are overweight
 - 28.2% are obese

(Data source: Tarrant County Behavioral Risk Factor Surveillance System, 2009/2010, Tarrant County Public Health)
- 1 out of 4 children (23.8%) in Tarrant County are overweight or obese by age 2
 - 6.7% are overweight
 - 17.1% are obese

(Data source: Community-wide Children's Health Assessment and Planning Survey, 2012, The Center for Children's Health led by Cook Children's)
- 1 out of 3 children (31.9%) in Tarrant County aged 2-14 years are overweight or obese
 - 11.5% are overweight
 - 20.4% are obese

(Data source: Community-wide Children's Health Assessment and Planning Survey, 2012, The Center for Children's Health led by Cook Children's)
- Almost half (48.9%) of all Tarrant County women who gave birth in 2010 were overweight or obese before their pregnancy
 - 25.9% were overweight
 - 23.0% were obese

(Data source: 2010 Live Birth data from Texas Department of State Health Services)
- Women in Tarrant County who were obese before getting pregnant had a higher rate of infant mortality (64.7% higher) than women who began their pregnancy at a healthy weight (8.4 infant deaths per 1,000 live births vs. 5.1 infant deaths per 1,000 live births).

(Data source: 2008-2010 Live Birth and Linked Birth-Infant Death data from Texas Department of State Health Services)
- Overweight and obesity in Tarrant County is more prevalent among
 - Men
 - Hispanics and Non-Hispanic Blacks
 - Those with less than a high school education
 - Those with an annual income less than \$15,000

(Data source: Tarrant County Behavioral Risk Factor Surveillance System, 2009/2010, Tarrant County Public Health)
- The leading causes of preventable death in Tarrant County are obesity-associated conditions including heart disease, stroke, certain types of cancer, diabetes, and high blood pressure.

(Data source: Texas Department of State Health Services)
- The estimated annual medical cost of obesity in the U.S. was \$147 billion in 2008; the medical costs for those people who are obese were \$1,429 higher than those of normal weight.

(Data source: Centers for Disease Control and Prevention)
- Less than half (47.4%) of Tarrant County adults met recommendations for physical activity put forth by the U.S. Department of Health and Human Services.

(Data source: Tarrant County Behavioral Risk Factor Surveillance System, 2009/2010, Tarrant County Public Health)
- 3 out of 4 adults (74.3%) did not consume fruits and vegetables five or more times per day.

(Data source: Tarrant County Behavioral Risk Factor Surveillance System, 2009/2010, Tarrant County Public Health)