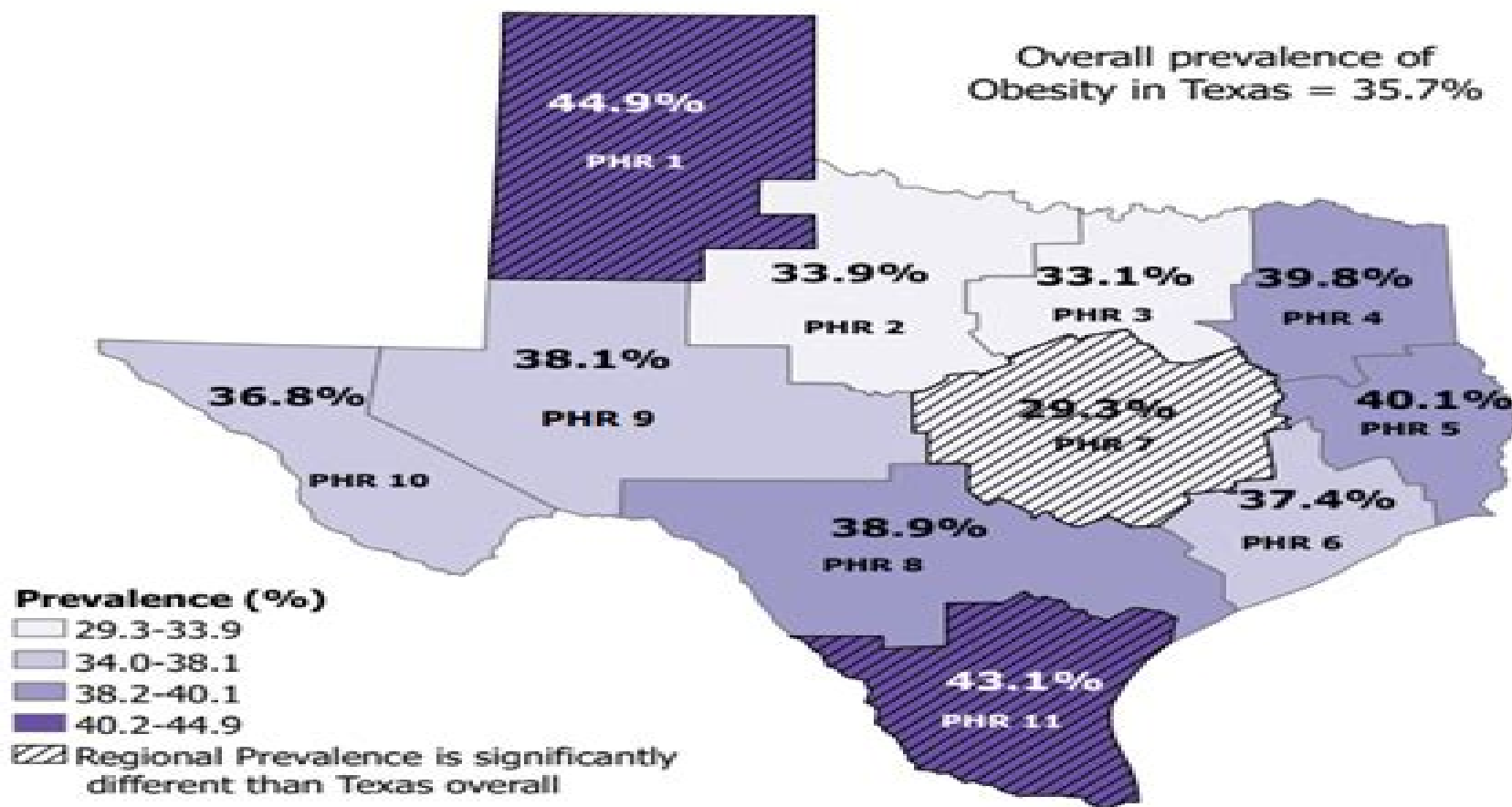


# Prevalence of Obesity among Adults, by Public Health Region (PHR), Texas, 2020



Data Classification: Quantiles

Data Source: 2020 Texas Behavioral Risk Factor Surveillance System (BRFSS), Center for Health Statistics, Texas Department of State Health Services. Obesity is defined as a body mass index (BMI) of 30 kg/m<sup>2</sup> or higher, calculated from self reported height and weight.



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Health and Human  
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Texas Department of State  
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Created by Chronic Disease Epidemiology Branch, 11/17/2021

# Obesity Report Cards Texas

**Natalie Boero**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

## **Obesity Report Cards Texas:**

Childhood Obesity Prevention in Texas Institute of Medicine, Food and Nutrition Board, 2010-01-01 Childhood Obesity Prevention in Texas summarizes the information gathered at a workshop held February 5-6, 2009 in Austin, Texas. At this workshop, committee members met with Texas lawmakers, public officials, and community leaders to exchange ideas and to view first-hand strategies that are being implemented effectively at the state and local levels to prevent and reverse childhood obesity. Texas leaders at the workshop expressed the strong belief that the state's economic vitality and security depend on the health of its population. Accordingly, the state is no longer simply describing the personal, community, and financial costs of its obesity crisis; it is taking proactive steps to address the problem through strategic initiatives. An overarching strategy is to address obesity by targeting the state's youth in whom it may be possible to instill healthy behaviors and lifestyles to last a lifetime. A guiding principle of these efforts is that they should be evidence-based, community-specific, sustainable, cost-effective, and supported by effective partnerships. Moreover, the goal is for the responsibility to be broadly shared by individuals, families, communities, and the public and private sectors. Eating Disorders Justine J. Reel, 2018-05-10 This encyclopedia offers a variety of resources for readers interested in learning more about eating disorders, including hundreds of reference entries, interviews, scholarly debates, and case studies. While many people may reflexively imagine an anorexic or bulimic teenage girl, upon being asked to think about eating disorders, eating disorders are a form of mental illness that can take many forms and affect individuals of all genders, ages, and ethnic backgrounds. In fact, an estimated eight million people in the United States struggle with an eating disorder, making eating disorders one of the most prevalent forms of mental illness in America. This two-volume encyclopedia comprehensively examines eating disorders as the forms they can take, their causes, and potential complications, and how they can best be treated and prevented. It also examines the influence had by cultural factors such as the fashion industry, television, and movies, and social media. More than just a simple A to Z reference, Eating Disorders: Understanding Causes, Controversies, and Treatment also includes valuable features such as Q&A interviews with those affected by and working to combat eating disorders, case studies, scholarly essays that voice opinions in key debates, and a directory of resources for individuals seeking help. Progress in Preventing Childhood Obesity Institute of Medicine, Food and Nutrition Board, Committee on Progress in Preventing Childhood Obesity, 2007-03-22 The remarkable increase in the prevalence of obesity among children and youth in the United States over a relatively short timespan represents one of the defining public health challenges of the 21st century. The country is beginning to recognize childhood obesity as a major public health epidemic that will incur substantial costs to the nation. However, the current level of investment by the public and private sectors still does not match the extent of the problem. There is a substantial underinvestment of resources to adequately address the scope of this obesity crisis. At this early phase in addressing the epidemic, actions have begun on a number of levels to improve the dietary patterns and to increase the

physical activity levels of young people Schools corporations youth related organizations families communities foundations and government agencies are working to implement a variety of policy changes new programs and other interventions These efforts however generally remain fragmented and small in scale Moreover the lack of systematic monitoring and evaluation of interventions have hindered the development of an evidence base to identify apply and disseminate lessons learned and to support promising efforts to prevent childhood obesity Progress in Preventing Childhood Obesity How Do We Measure Up examines the progress made by obesity prevention initiatives in the United States from 2004 to 2006 This book emphasizes a call to action for key stakeholders and sectors to commit to and demonstrate leadership in childhood obesity prevention evaluates all policies and programs monitors their progress and encourages stakeholders to widely disseminate promising practices This book will be of interest to federal state and local government agencies educators and schools public health and health care professionals private sector companies and industry trade groups media parents and those involved in implementing community based programs and consumer advocacy

**Expanding Waistlines** David Campos, 2007-01-01 Many health experts agree that childhood obesity is an epidemic in the modern world In the United States alone government data suggest that the number of overweight or obese children is nearly triple the number of 1980 and there are no signs that this incidence is decreasing Information like this cannot be ignored or trivialized because excess weight can prove damaging to general wellness Indeed overweight or obese children and youth risk a wide range of medical complications Extra pounds can also negatively impact their well being which can cause long term mental health problems In short if the childhood obesity crisis is left forsaken an unprecedented generation of youth will have a diminished quality of life Expanding Waistlines is ideal for child advocates and youth serving professionals who seek to learn more about childhood obesity A prominent feature of Expanding Waistlines is that each chapter poses a series of questions relevant to school personnel such as What can I do at my school and in my classroom How should I approach my students who are overweight or obese What are some key elements I should look for when evaluating a potential program Specifically the book explores the factors that contribute to obesity in society and the associated risks of excess weight on children and youth Subsequent chapters discuss how to promote healthy eating practices and regular physical activity at school and home The final chapters report on specific resources Expanding Waistlines also features the latest demographic data BMI calculations and classifications recommended guidelines for health Wellness Policy requirements and food label information *The Texas Outlook*, 1916

Killer Fat Natalie Boero, 2012-09-12 In the past decade obesity has emerged as a major public health concern in the United States and abroad At the federal state and local level policy makers have begun drafting a range of policies to fight a war against fat including body mass index BMI report cards snack taxes and laws to control how fast food companies market to children As an epidemic obesity threatens to weaken the health economy and might of the most powerful nation in the world In Killer Fat Natalie Boero examines how and why obesity emerged as a major public health concern and national

obsession in recent years Using primary sources and in depth interviews Boero enters the world of bariatric surgeries Weight Watchers and Overeaters Anonymous to show how common expectations of what bodies are supposed to look like help to determine what sorts of interventions and policies are considered urgent in containing this new kind of disease Boero argues that obesity like the traditional epidemics of biological contagion and mass death now incites panic a doomsday scenario that must be confronted in a struggle for social stability The war on obesity she concludes is a form of social control Killer Fat ultimately offers an alternate framing of the nation s obesity problem based on the insights of the Health at Every Size movement Obesity and Food Policing Marcia Amidon Lusted,2008 Examines current critical debates about obesity including the legislation that has shaped the issue as well as the numerous sides of each argument

**America's Environmental Report Card, second edition** Harvey Blatt,2011-02-25 An accessible overview of the most important environmental issues facing the United States with new and updated material Americans are concerned about the state of the environment and yet polls show that many have lost faith in both scientists and politicians ability to solve environmental problems In America s Environmental Report Card Harvey Blatt sorts through the deluge of conflicting information about the environment and offers an accessible overview of the environmental issues that are most important to Americans today Blatt has thoroughly updated this second edition revising and adding new material He looks at water supplies and new concerns about water purity the dangers of floods increased by widespread logging and abetted by glacial melting infrastructure problems in a new chapter devoted entirely to this subject the leaching of garbage buried in landfills soil contaminated crops and organic food fossil fuels alternative energy sources in another new chapter controversies over nuclear energy the increasing pace of climate change and air pollution Along the way he outlines ways to deal with these problems workable and reasonable solutions that map the course to a sustainable future America can lead the way to a better environment Blatt argues We are the richest nation in the world and we can afford it in fact we can t afford not to **Overweight America**

Meryl Loonin,2006-09-22 More than 36.5 percent of adults in the U S are considered obese according to the Centers for Disease Control and Prevention In 2008 the annual medical cost for people who are obese was 1,429 dollars higher than those in the normal range of weight This essential edition examines the social problem of obesity in the United States Readers will learn about weight and health in America why Americans are overweight and what role the food industry plays in obesity **Handbook of Obesity Prevention** Shiriki Kumanyika,Ross Brownson,2007-09-23 Comprehensive in scope and meticulously researched Handbook of Obesity Prevention analyzes the intricate causes of this public health crisis and sets out concrete multilevel strategies for meeting it head on This innovative handbook starts by clearly defining obesity in clinical epidemiologic and financial terms From there expert contributors provide insights on current issues methods and controversies in the field focusing on new opportunities for prevention successful interventions and initiatives and guidelines for planning and implementing programs and evaluating results This systematic approach to large scale social and policy

change gives all parties involved from individual practitioners to multinational corporations the tools to set and attain realistic goals based on solid evidence and best practice in public health

The book delves into Obesity Report Cards Texas. Obesity Report Cards Texas is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Obesity Report Cards Texas, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Obesity Report Cards Texas
- Chapter 2: Essential Elements of Obesity Report Cards Texas
- Chapter 3: Obesity Report Cards Texas in Everyday Life
- Chapter 4: Obesity Report Cards Texas in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, the author will provide an overview of Obesity Report Cards Texas. The first chapter will explore what Obesity Report Cards Texas is, why Obesity Report Cards Texas is vital, and how to effectively learn about Obesity Report Cards Texas.

3. In chapter 2, this book will delve into the foundational concepts of Obesity Report Cards Texas. The second chapter will elucidate the essential principles that need to be understood to grasp Obesity Report Cards Texas in its entirety.

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6. In chapter 5, the author will draw a conclusion about Obesity Report Cards Texas. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Obesity Report Cards Texas.

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