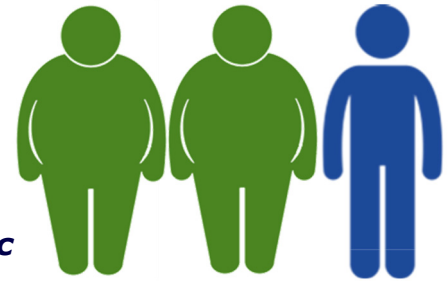


TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



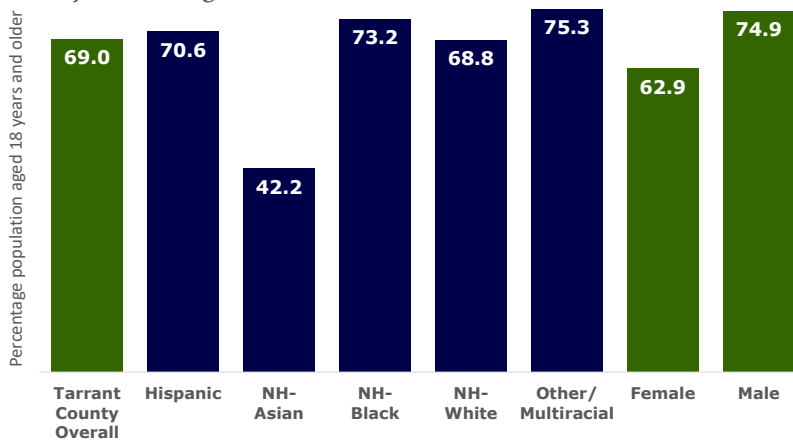
WEIGHT AND NUTRITION IN TARRANT COUNTY

- As of 2020, **34%** of Tarrant County adults were **overweight** (BMI 25.0-29.9) and **35%** were **obese** (BMI \geq 30.0)
- The proportion of adults in Tarrant County who were overweight/obese (69%) **was similar** to Texas (70%) and the United States (67%)(BMI \geq 25.0)
- Compared to non-Hispanic White adults (69%), **non-Hispanic Asian adults** (42%) were **significantly less likely** to be overweight/obese
- A **significantly lower** proportion of men (54%) consumed fruits at least one or more times per day compared to women (63%)
- Among Tarrant County adults
 - 59%** consumed **fruit one or more times per day**
 - 81%** consumed **vegetables one or more times per day**
 - 40%** **ate at fast food restaurants two or more times per week**



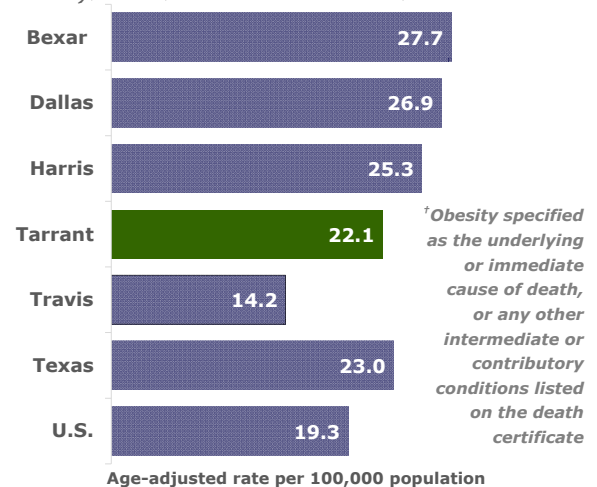
**2 out of 3
Tarrant
County
adults are
overweight
or obese**

Figure 1. Prevalence of overweight/obesity (BMI \geq 25.0) among Tarrant County residents aged 18 and over, 2020



BMI = Body Mass Index; NH=Non-Hispanic
Estimates weighted to population characteristics

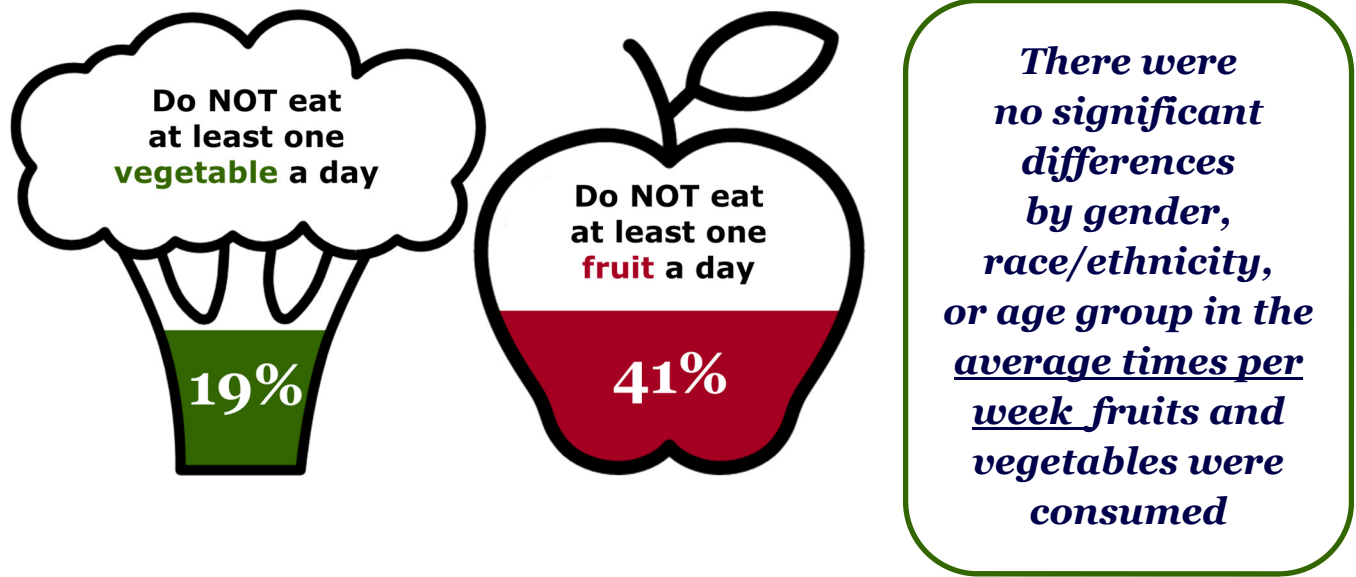
Figure 2. Obesity-related mortality rates by selected county, Texas, and the United States, 2020[†]



Find out your Body Mass Index (BMI) at:

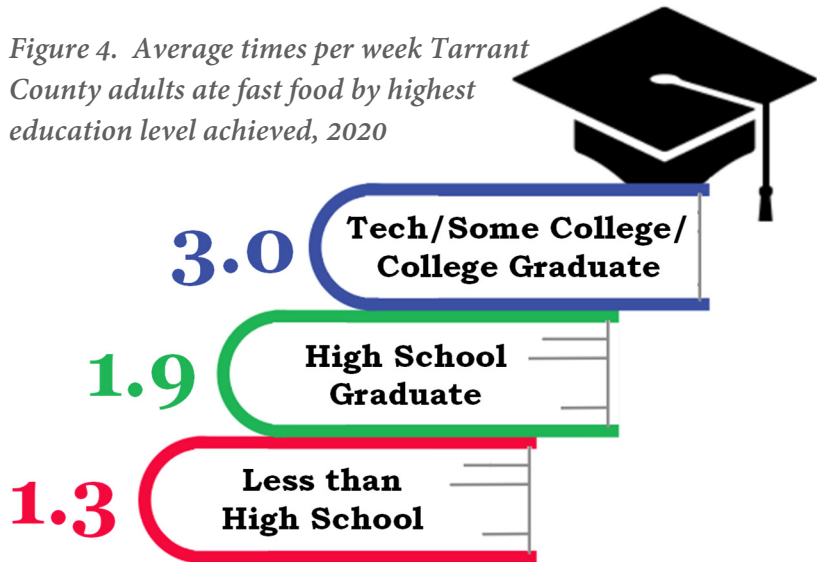
https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

Figure 3. Proportion of Tarrant County adults who...



The higher the level of education, the more times per week adults ate fast food

Figure 4. Average times per week Tarrant County adults ate fast food by highest education level achieved, 2020



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

- Resources available at Tarrant County Public Health <http://health.tarrantcounty.com>**
- **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