

TARRANT COUNTY PUBLIC HEALTH DATA BRIEF



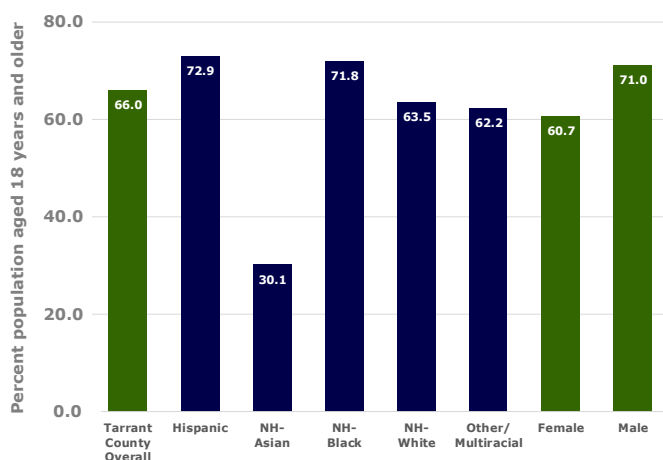
WEIGHT AND NUTRITION IN TARRANT COUNTY

- As of 2015, **36%** of Tarrant County adults were **overweight** (BMI 25.0-29.9) and **30%** were **obese** (BMI \geq 30.0)
- The proportion of adults in Tarrant County who were overweight/obese (66%) **was similar** to Texas (69%) and the United States (65%) (BMI \geq 25.0)
- Compared to non-Hispanic white adults (64%), **Hispanic adults were significantly more likely** to be overweight/obese (73%) while **non-Hispanic Asian adults were significantly less likely** to be overweight/obese (30%)
- In 2015, approximately **4 out of 5** Tarrant County adults consumed fruits and vegetables **less than five times a day**
- A **significantly lower** proportion of men (14%) consumed fruits and vegetables at least five times per day compared to women (21%)
- An estimated **1 in 4** Tarrant County adults eats fast food **two or more times a week**



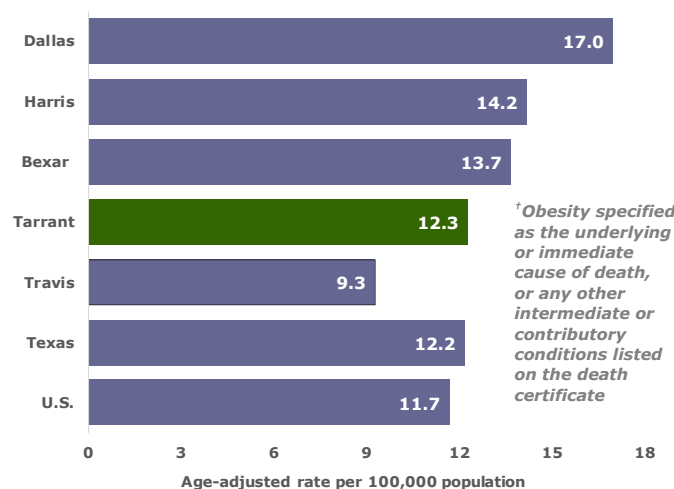
**2 out of 3
Tarrant
County
adults are
overweight
or obese**

Figure 1. Prevalence of overweight/obesity (BMI \geq 25.0) among Tarrant County residents aged 18 and over, 2015



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, 2017[†]

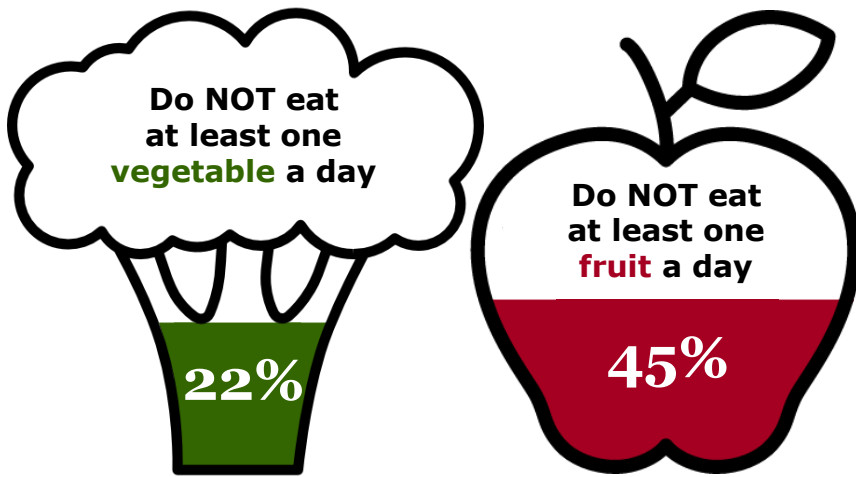


[†]Obesity specified as the underlying or immediate cause of death, or any other intermediate or contributory conditions listed on the death certificate

Find out your Body Mass Index (BMI) at:

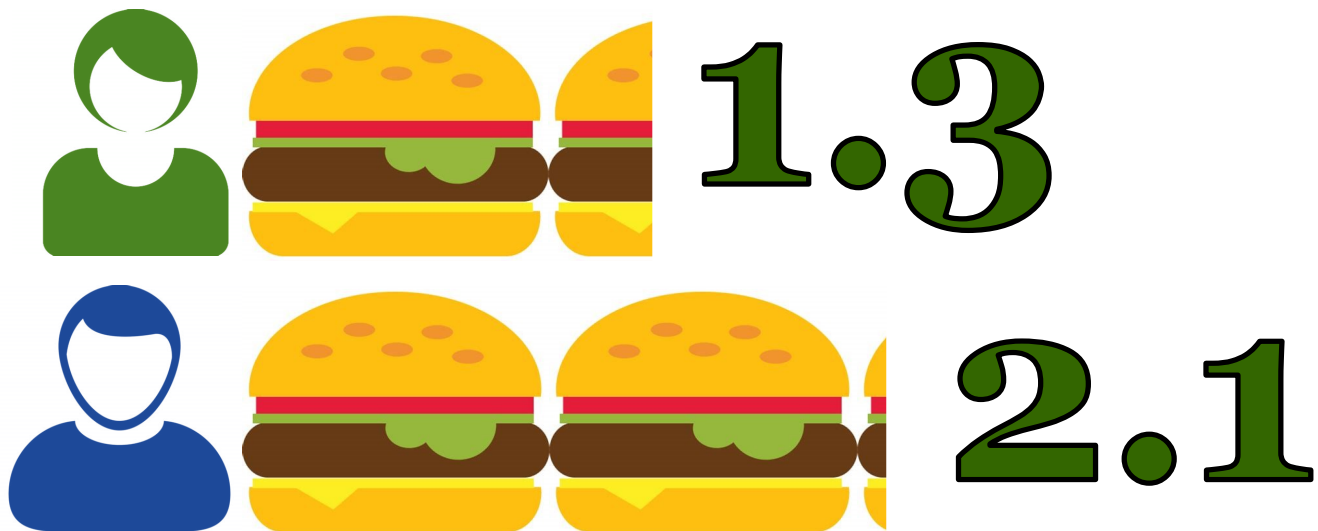
https://www.cdc.gov/healthyweight/assessing/bmi/adult_bmi/english_bmi_calculator/bmi_calculator.html

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



Men were significantly **less** likely to eat fruits and vegetables and significantly **more** likely to eat fast food compared to women

Figure 4. Average times per week Tarrant County adults ate fast food by gender, 2015



- 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