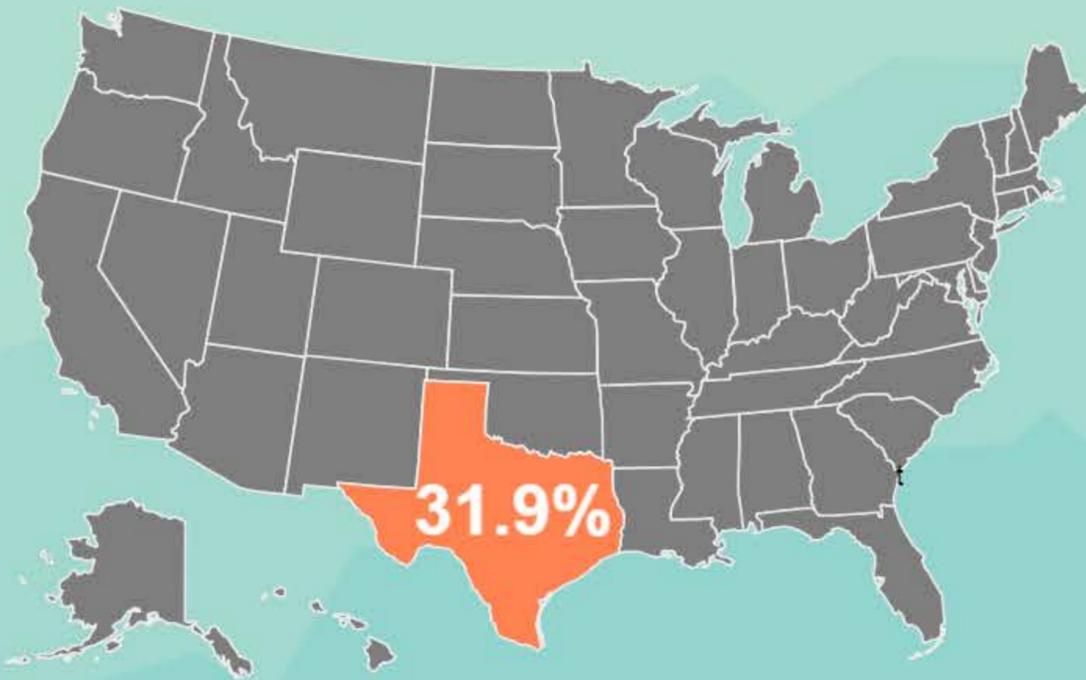


Obesity in Texas: Racial and Ethnic Disparities

Texas obesity rates continue to rise and great disparities remain for African-Americans and Hispanics when compared to whites. In order to reach the Healthy People 2020 obesity target we have to address racial and ethnic disparities.



Healthy People 2020

Target for Obesity among Adults (20+ years)



Percent of Adults (20+ years) in Texas that were obese in 2014. [1]

Obesity Rates (2014) ...Let's Break it Down :

When we look at 2014 Texas obesity rates by race and ethnicity [1] it is impossible to ignore the disparities... Whites are below the Healthy People 2020 target, but African-Americans and Hispanics are carrying the overwhelming burden of obesity in the state.



There's a Financial Cost too:

\$1,400+



People who are obese pay in excess of \$1,400 a year more in medical costs than people who are not.[2]

Sources:

1. Trust for America's Health and Robert Wood Johnson Foundation. The State of Obesity 2015. Washington, D.C.: 2015
2. U.S. Health and Human Services, Centers for Disease Control. Chronic Disease Overview: The Cost of Chronic Diseases and Health Risk Behaviors, 2015

Texas Health and Human Services Commission
Center for Elimination of Disproportionality and Disparities
Texas Office of Minority Health and Health Equity

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