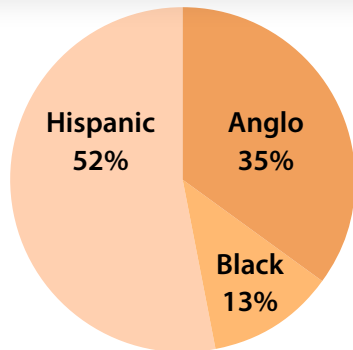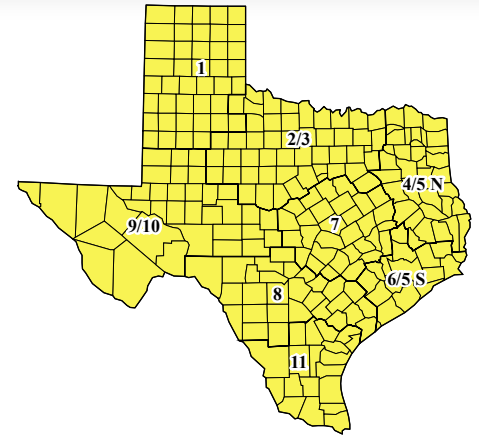# Child Obesity in Texas

Source: School Physical Activity and Nutrition (SPAN) Survey 2015-2016
funded by DSHS Title V Maternal and Child Health Block Grant

Texas Public School Student Demographics

Hispanic 52%
Anglo 35%
Black 13%

Texas Health Service Regions

SPAN Survey 2015-2016 Results

	2nd	4th	8th	11th
BMI Categories (as defined by CDC Growth Charts)				
Percent with normal weight	63.5%	55.9%	59.3%	60.3%
Percent with overweight (BMI between the 85th and 94th percentile)	14.2%	17.4%	16.5%	19.5%
Percent with obesity (BMI at or above 95th percentile)	22.3%	26.7%	24.2%	20.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	8.2%	8.8%	9.0%	6.7%
Physical Activity Behavior				
Days per week of at least 60 min physical activity	3.9	2.6	4.3	4.0
Days per week of at least 20 min vigorous physical activity	-	-	4.1	3.8
Days per week of at least 30 min outdoor play	3.9	2.3	-	-
Percent meeting physical activity guidelines	23%	9%	24%	21%
Sedentary Behavior				
Hours per day playing video games	0.7	1.5	1.4	1.1
Hours per day watching TV or movies	1.7	0.9	2.2	2.0
Dietary Behavior (number of times yesterday)				
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.2	3.2	2.8	2.7
Drank sodas or sweet beverages	0.9	1.0	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.9	1.8	1.9	1.8

*Severe obesity is a subset of the obesity category

Child Obesity in Texas

Source: School Physical Activity and Nutrition (SPAN) Survey 2015-2016
funded by DSHS Title V Maternal and Child Health Block Grant

Goals and Recommendations

10% by 2020

The goal of Healthy People 2020 is a 10 percent improvement with goals of 15.7 percent of children ages 6-11 years considered obese, and 16.1 percent of adolescents aged 12 to 19 years considered obese.

No more than 1-2 hours per day

The American Academy of Pediatrics recommends that parents limit children's total entertainment media time to no more than 1-2 hours per day.

2 cups of vegetables (2.5 cups for 11th grade) & 1.5 cups of fruit

According to the U.S. Department of Agriculture, children should consume 2 cups of vegetables (2.5 cups for 11th grade) and 1.5 cups of fruit per day.
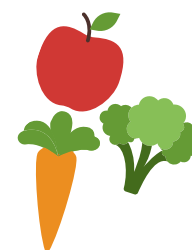
60 minutes, 7 days a week

The 2008 U.S. Physical Activity Guidelines recommend children engage in 60 minutes of moderate to vigorous physical activity per day.

About the SPAN Survey

The goal of the School Physical Activity and Nutrition (SPAN) Project is to monitor the trends in body mass index (BMI) of school-age children in the fourth, eighth, and eleventh grades within ethnic, gender, and geographic subpopulations using a statewide surveillance system. SPAN has been conducted in Texas at four time points using a cross-sectional survey (years 2000-2002, 2004-2005, 2009-2011, 2015-2016). For 2015-2016, a total of 17,553 student surveys were collected representing the total 2nd, 4th, 8th, and 11th grade student population (N=1,295,316). For additional information please visit **go.uth.edu/SPAN**.

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Texas Department of State Health Services

SPAN
School Physical Activity and Nutrition Survey

UTHealth
The University of Texas Health Science Center at Houston
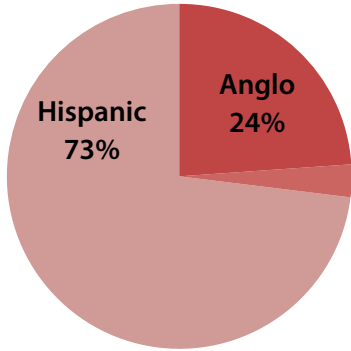**School of Public Health**

MICHAEL & SUSAN DELL CENTER for HEALTHY LIVING

Child Obesity in Texas:
Grade 2 (HSR 1 & 9/10)

Grade 2 Population Demographics
Source: SPAN Survey 2015-2016

HSR 1 & 9/10
- Hispanic 73%
- Anglo 24%
- Black 3%

Texas
- Hispanic 56%
- Anglo 32%
- Black 12%

Health Service Region (HSR) 1 & 9/10
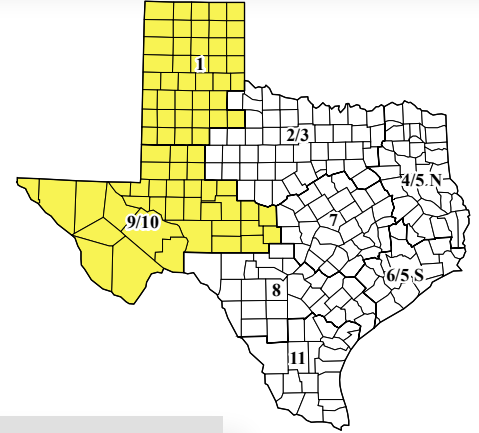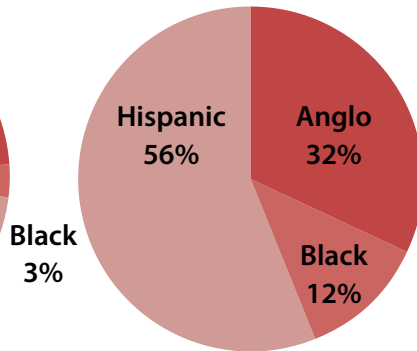
SPAN Survey 2015-2016 Results

2nd Grade	HSR 1 & 9/10	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	62.8%	63.5%
Percent with overweight (BMI between the 85th and 94th percentile)	13.9%	14.2%
Percent with obesity (BMI at or above 95th percentile)	23.3%	22.3%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	5.9%	8.2%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.1	3.9
Percent meeting physical activity guidelines	23%	23%
Sedentary Behavior		
Hours per day playing video games	1.8	0.7
Hours per day watching TV or movies	0.9	1.7
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.3	3.2
Drank sodas or sweet beverages	0.8	0.9
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.8	1.9

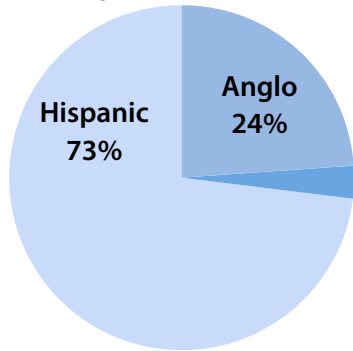*Severe obesity is a subset of the obesity category

Child Obesity in Texas:
Grade 4 (HSR 1 & 9/10)
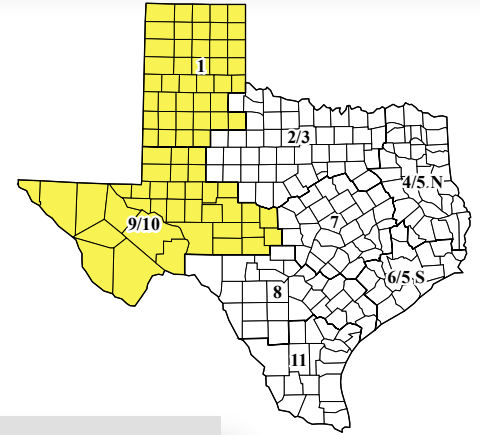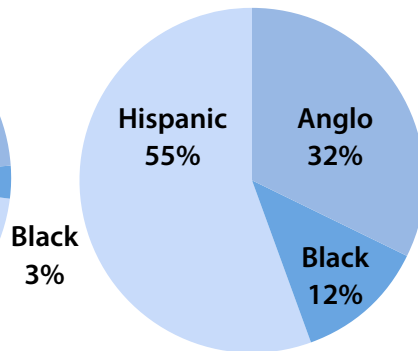
Grade 4 Population Demographics
Source: SPAN Survey 2015-2016

HSR 1 & 9/10

Hispanic 73%
Anglo 24%
Black 3%

Texas

Hispanic 55%
Anglo 32%
Black 12%

Health Service Region (HSR) 1 & 9/10

SPAN Survey 2015-2016 Results

4th Grade	HSR 1 & 9/10	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	61.9%	55.9%
Percent with overweight (BMI between the 85th and 94th percentile)	15.8%	17.4%
Percent with obesity (BMI at or above 95th percentile)	22.3%	26.7%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	8.4%	8.8%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	2.4	2.6
Percent meeting physical activity guidelines	10%	9%
Sedentary Behavior		
Hours per day playing video games	1.5	1.5
Hours per day watching TV or movies	1.9	0.9
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.0	3.2
Drank sodas or sweet beverages	1.1	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.7	1.8

*Severe obesity is a subset of the obesity category

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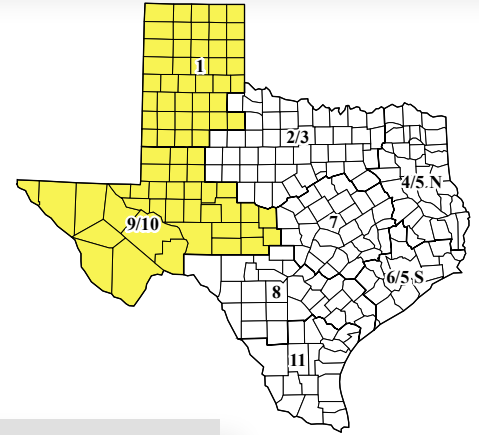**School of Public Health**

MICHAEL & SUSAN DELL
CENTER *for* HEALTHY LIVING

Child Obesity in Texas:
Grade 8 (HSR 1 & 9/10)

Grade 8 Population Demographics
Source: SPAN Survey 2015-2016

HSR 1 & 9/10

Hispanic 72%
Anglo 24%
Black 4%

Texas

Hispanic 52%
Anglo 36%
Black 12%

Health Service Region (HSR) 1 & 9/10
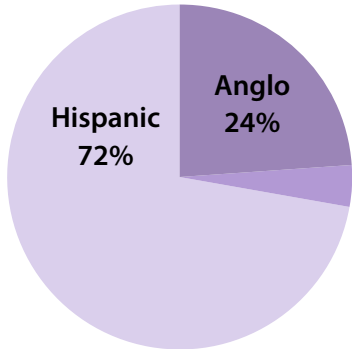
SPAN Survey 2015-2016 Results

8th Grade	HSR 1 & 9/10	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	61.4%	59.3%
Percent with overweight (BMI between the 85th and 94th percentile)	18.1%	16.5%
Percent with obesity (BMI at or above 95th percentile)	20.5%	24.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	6.7%	9.0%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.8	4.3
Percent meeting physical activity guidelines	30%	24%
Sedentary Behavior		
Hours per day playing video games	1.5	1.4
Hours per day watching TV or movies	2.1	2.2
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.0	2.8
Drank sodas or sweet beverages	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.8	1.9

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Child Obesity in Texas:
## Grade 11 (HSR 1 & 9/10)

Grade 11 Population Demographics
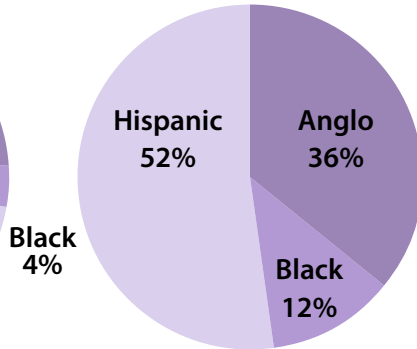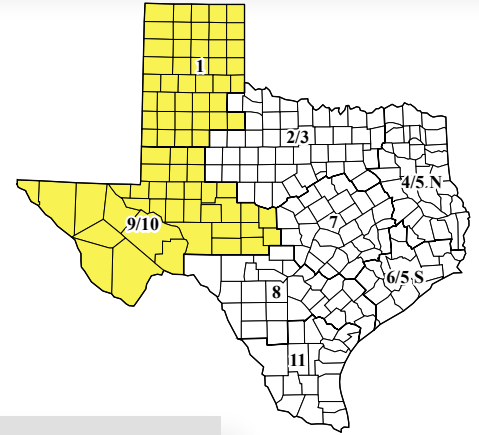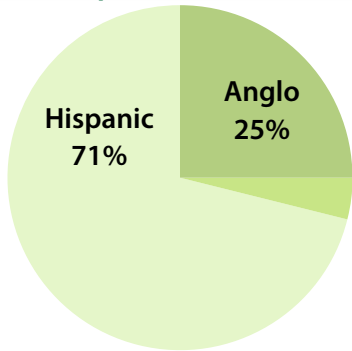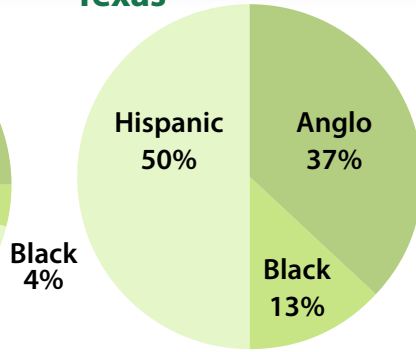Source: SPAN Survey 2015-2016

HSR 1 & 9/10

Hispanic 71%
Anglo 25%
Black 4%

Texas

Hispanic 50%
Anglo 37%
Black 13%

Health Service Region (HSR) 1 & 9/10

SPAN Survey 2015-2016 Results

11th Grade	HSR 1 & 9/10	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	56.3%	60.3%
Percent with overweight (BMI between the 85th and 94th percentile)	20.6%	19.5%
Percent with obesity (BMI at or above 95th percentile)	23.1%	20.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	11.3%	6.7%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	3.9	4.0
Percent meeting physical activity guidelines	19%	21%
Sedentary Behavior		
Hours per day playing video games	1.3	1.1
Hours per day watching TV or movies	2.2	2.0
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.5	2.7
Drank sodas or sweet beverages	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.7	1.8

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Child Obesity in Texas:
Grade 2 (HSR 2/3)

Grade 2 Population Demographics
Source: SPAN Survey 2015-2016

HSR 2/3
- Anglo 15%
- Black 19%
- Hispanic 66%

Texas
- Anglo 32%
- Black 12%
- Hispanic 56%
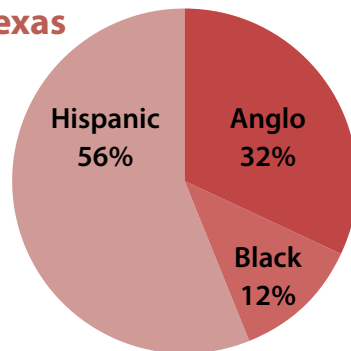
Health Service Region (HSR) 2/3
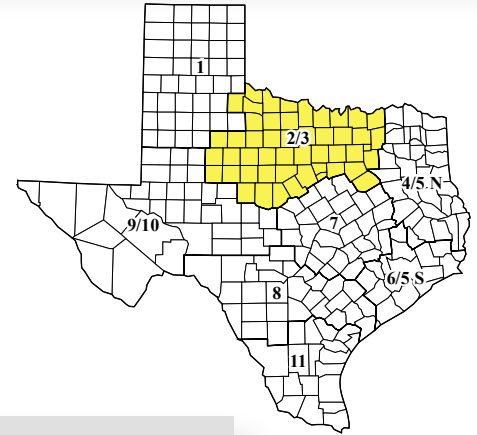
SPAN Survey 2015-2016 Results

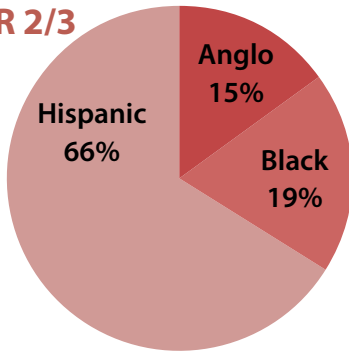| 2nd Grade	HSR 2/3	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	60.7%	63.5%
Percent with overweight (BMI between the 85th and 94th percentile)	12.1%	14.2%
Percent with obesity (BMI at or above 95th percentile)	27.2%	22.3%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	12.1%	8.2%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	3.6	3.9
Percent meeting physical activity guidelines	20%	23%
Sedentary Behavior		
Hours per day playing video games	0.7	0.7
Hours per day watching TV or movies	1.7	1.7
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.3	3.2
Drank sodas or sweet beverages	1.0	0.9
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	2.1	1.9

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Child Obesity in Texas:
Grade 4 (HSR 2/3)

Grade 4 Population Demographics
Source: SPAN Survey 2015-2016

HSR 2/3
- Hispanic 64%
- Anglo 20%
- Black 16%

Texas
- Hispanic 55%
- Anglo 32%
- Black 12%
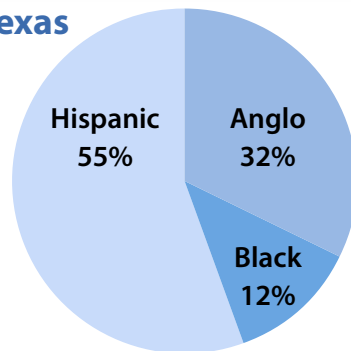
Health Service Region (HSR) 2/3
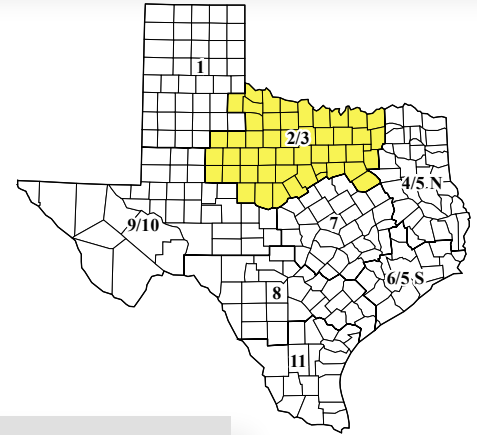
SPAN Survey 2015-2016 Results

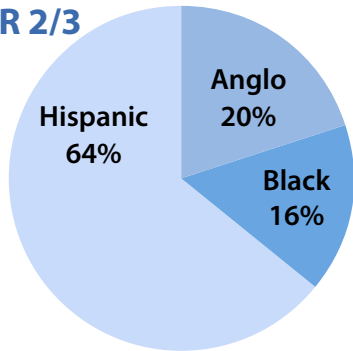| 4th Grade	HSR 2/3	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	59.1%	55.9%
Percent with overweight (BMI between the 85th and 94th percentile)	16.2%	17.4%
Percent with obesity (BMI at or above 95th percentile)	24.7%	26.7%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	9.3%	8.8%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	2.7	2.6
Percent meeting physical activity guidelines	10%	9%
Sedentary Behavior		
Hours per day playing video games	1.4	1.5
Hours per day watching TV or movies	1.9	0.9
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.4	3.2
Drank sodas or sweet beverages	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.9	1.8

*Severe obesity is a subset of the obesity category

Child Obesity in Texas:
Grade 8 (HSR 2/3)

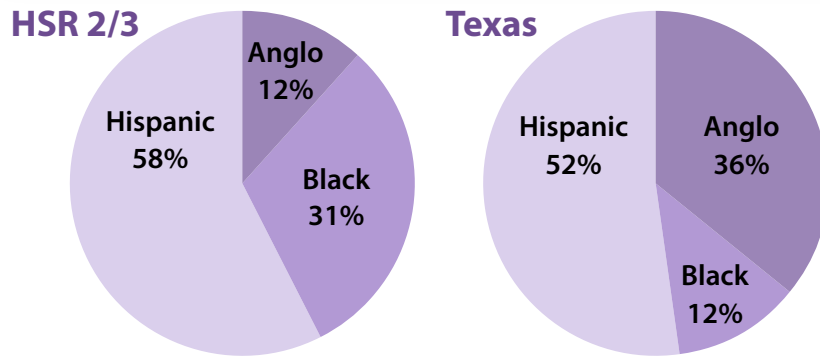## Grade 8 Population Demographics
Source: SPAN Survey 2015-2016

HSR 2/3
- Anglo 12%
- Black 31%
- Hispanic 58%

Texas
- Anglo 36%
- Black 12%
- Hispanic 52%

Health Service Region (HSR) 2/3

SPAN Survey 2015-2016 Results

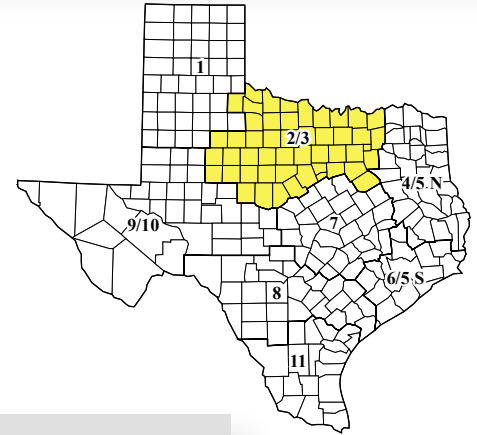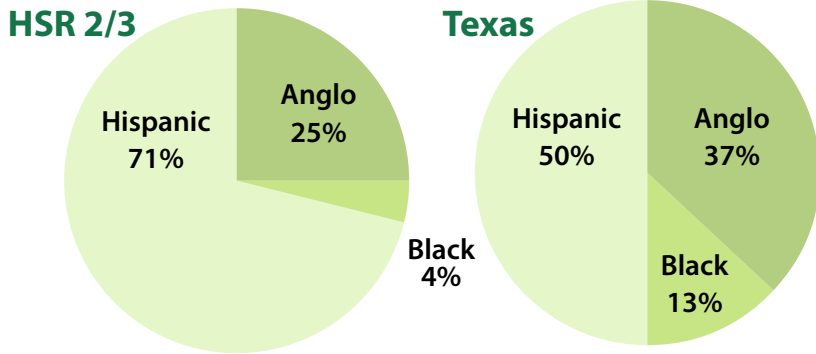| 8th Grade	HSR 2/3	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	51.8%	59.3%
Percent with overweight (BMI between the 85th and 94th percentile)	17.8%	16.5%
Percent with obesity (BMI at or above 95th percentile)	30.4%	24.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	9.9%	9.0%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.0	4.3
Percent meeting physical activity guidelines	17%	24%
Sedentary Behavior		
Hours per day playing video games	1.2	1.4
Hours per day watching TV or movies	2.2	2.2
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.9	2.8
Drank sodas or sweet beverages	1.1	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	2.1	1.9

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Child Obesity in Texas:
Grade 11 (HSR 2/3)

Grade 11 Population Demographics
Source: SPAN Survey 2015-2016

HSR 2/3

- Hispanic 71%
- Anglo 25%
- Black 4%

Texas

- Hispanic 50%
- Anglo 37%
- Black 13%

Health Service Region (HSR) 2/3
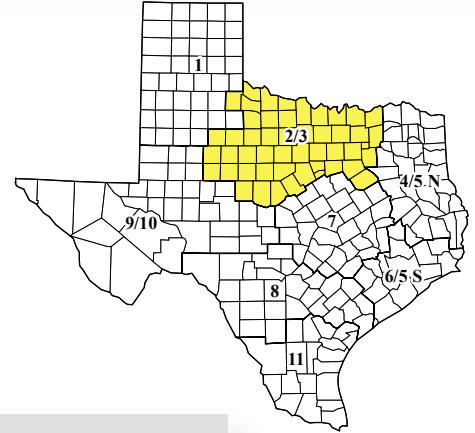
SPAN Survey 2015-2016 Results

11th Grade	HSR 2/3	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	61.7%	60.3%
Percent with overweight (BMI between the 85th and 94th percentile)	22.1%	19.5%
Percent with obesity (BMI at or above 95th percentile)	16.2%	20.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	4.4%	6.7%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.0	4.0
Percent meeting physical activity guidelines	22%	21%
Sedentary Behavior		
Hours per day playing video games	1.2	1.1
Hours per day watching TV or movies	2.0	2.0
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.7	2.7
Drank sodas or sweet beverages	1.1	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.8	1.8

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Child Obesity in Texas:
Grade 2 (HSR 4/5N)

Grade 2 Population Demographics
Source: SPAN Survey 2015-2016

HSR 4/5N

Hispanic 31%
Anglo 49%
Black 20%

Texas

Hispanic 56%
Anglo 32%
Black 12%

Health Service Region (HSR) 4/5N
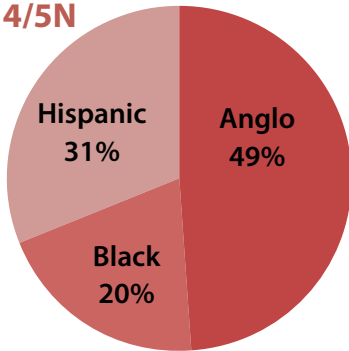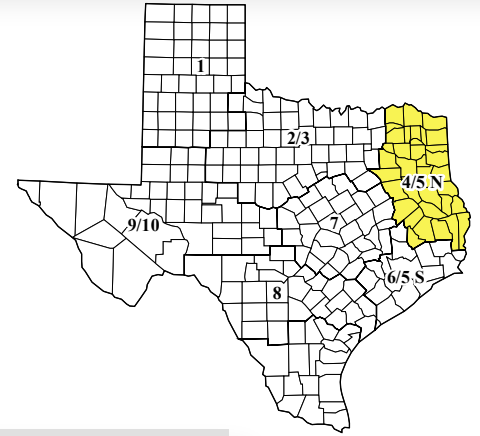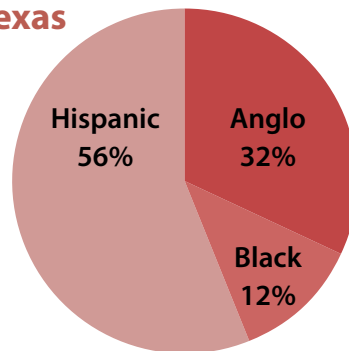
SPAN Survey 2015-2016 Results

2nd Grade	HSR 4/5N	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	66.6%	63.5%
Percent with overweight (BMI between the 85th and 94th percentile)	12.1%	14.2%
Percent with obesity (BMI at or above 95th percentile)	21.3%	22.3%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	11.1%	8.2%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.2	3.9
Percent meeting physical activity guidelines	31%	23%
Sedentary Behavior		
Hours per day playing video games	0.9	0.7
Hours per day watching TV or movies	1.8	1.7
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.1	3.2
Drank sodas or sweet beverages	1.0	0.9
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	2.0	1.9

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Child Obesity in Texas:
Grade 4 (HSR 4/5N)

Grade 4 Population Demographics
Source: SPAN Survey 2015-2016

HSR 4/5N

Hispanic 31%
Anglo 50%
Black 19%

Texas

Hispanic 55%
Anglo 32%
Black 12%

Health Service Region (HSR) 4/5N
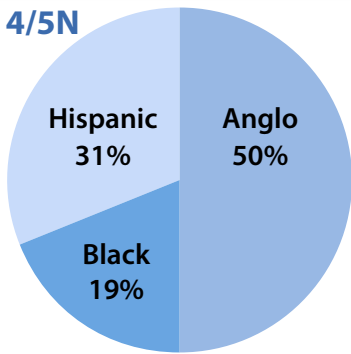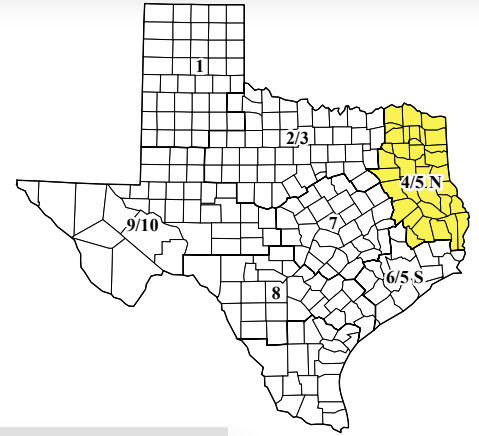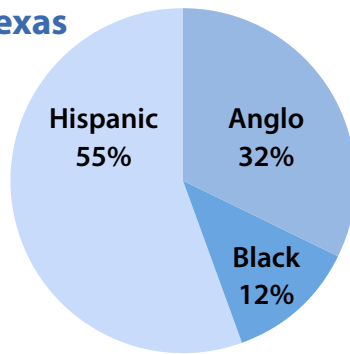
SPAN Survey 2015-2016 Results

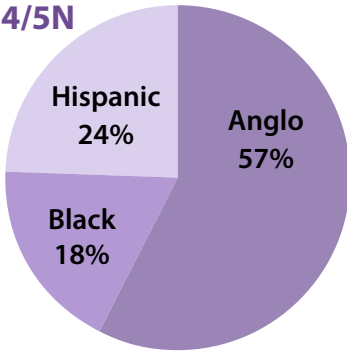| 4th Grade	HSR 4/5N	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	61.1%	55.9%
Percent with overweight (BMI between the 85th and 94th percentile)	17.5%	17.4%
Percent with obesity (BMI at or above 95th percentile)	21.5%	26.7%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	8.3%	8.8%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	2.5	2.6
Percent meeting physical activity guidelines	11%	9%
Sedentary Behavior		
Hours per day playing video games	1.9	1.5
Hours per day watching TV or movies	2.1	0.9
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.9	3.2
Drank sodas or sweet beverages	1.3	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.9	1.8

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Child Obesity in Texas:
Grade 8 (HSR 4/5N)

Grade 8 Population Demographics
Source: SPAN Survey 2015-2016

HSR 4/5N

- Anglo 57%
- Hispanic 24%
- Black 18%

Texas

- Anglo 36%
- Hispanic 52%
- Black 12%

Health Service Region (HSR) 4/5N
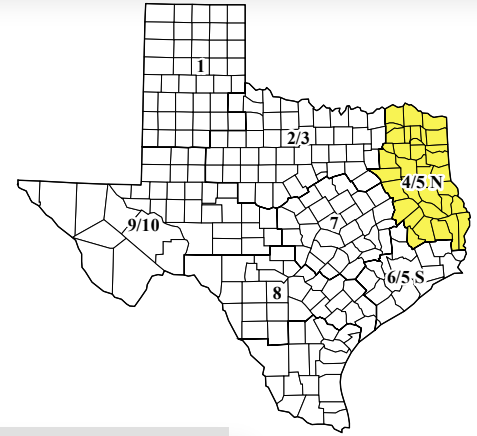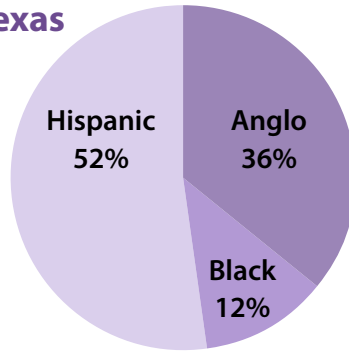
SPAN Survey 2015-2016 Results

8th Grade	HSR 4/5N	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	61.6%	59.3%
Percent with overweight (BMI between the 85th and 94th percentile)	18.2%	16.5%
Percent with obesity (BMI at or above 95th percentile)	20.2%	24.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	7.2%	9.0%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.4	4.3
Percent meeting physical activity guidelines	27%	24%
Sedentary Behavior		
Hours per day playing video games	1.7	1.4
Hours per day watching TV or movies	2.5	2.2
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.3	2.8
Drank sodas or sweet beverages	1.1	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	2.0	1.9

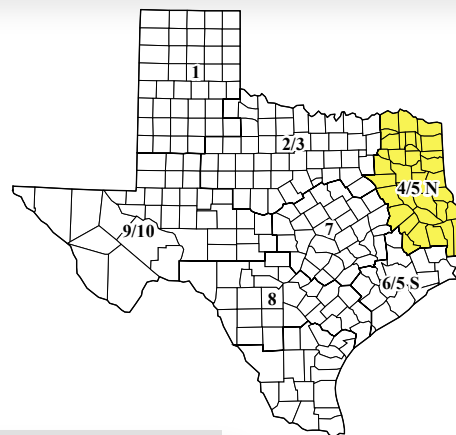*Severe obesity is a subset of the obesity category

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Health and Human
Services
**Texas Department of State
Health Services**

SPAN
School Physical Activity
and Nutrition Survey

UTHealth
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MICHAEL & SUSAN DELL
CENTER for HEALTHY LIVING

Child Obesity in Texas:
Grade 11 (HSR 4/5N)

Grade 11 Population Demographics
Source: SPAN Survey 2015-2016

HSR 4/5N
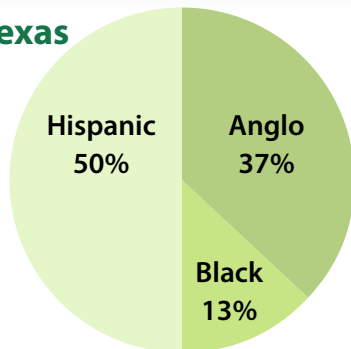
Hispanic 23%
Anglo 62%
Black 15%

Texas

Hispanic 50%
Anglo 37%
Black 13%

Health Service Region (HSR) 4/5N

SPAN Survey 2015-2016 Results

11th Grade	HSR 4/5N	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	60.3%	60.3%
Percent with overweight (BMI between the 85th and 94th percentile)	16.7%	19.5%
Percent with obesity (BMI at or above 95th percentile)	23.0%	20.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	9.1%	6.7%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.4	4.0
Percent meeting physical activity guidelines	28%	21%
Sedentary Behavior		
Hours per day playing video games	1.1	1.1
Hours per day watching TV or movies	2.1	2.0
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.6	2.7
Drank sodas or sweet beverages	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.9	1.8

*Severe obesity is a subset of the obesity category

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Texas Department of State Health Services

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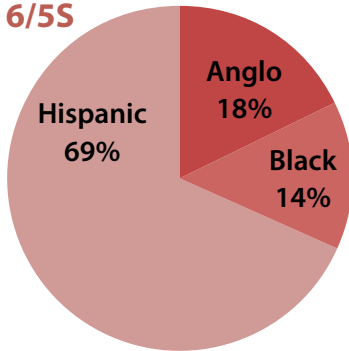MICHAEL & SUSAN DELL
CENTER for HEALTHY LIVING

Child Obesity in Texas:
Grade 2 (HSR 6/5S)

Grade 2 Population Demographics
Source: SPAN Survey 2015-2016

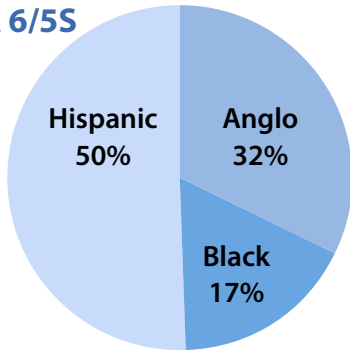## Health Service Region (HSR) 6/5S

HSR 6/5S

Hispanic 69%
Anglo 18%
Black 14%

Texas

Hispanic 56%
Anglo 32%
Black 12%
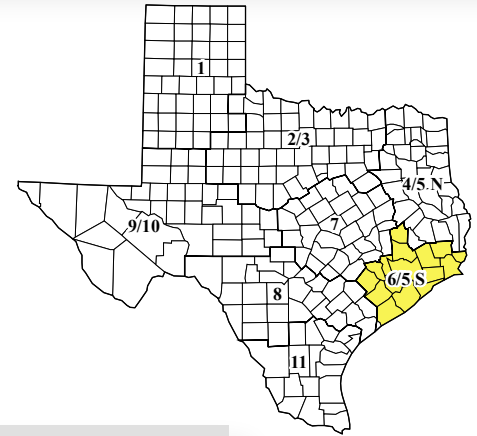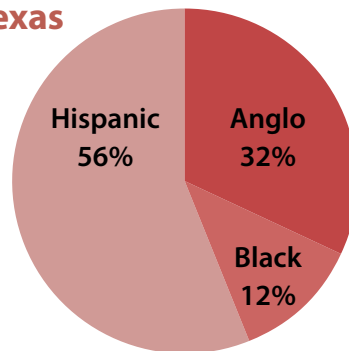
SPAN Survey 2015-2016 Results

2nd Grade	HSR 6/5S	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	56.7%	63.5%
Percent with overweight (BMI between the 85th and 94th percentile)	18.8%	14.2%
Percent with obesity (BMI at or above 95th percentile)	24.5%	22.3%
Percentwith severe obesity (BMI ≥ 120th percent of 95th percentile)*	9.7%	8.2%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	3.2	3.9
Percent meeting physical activity guidelines	15%	23%
Sedentary Behavior		
Hours per day playing video games	0.8	0.7
Hours per day watching TV or movies	1.8	1.7
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.2	3.2
Drank sodas or sweet beverages	0.9	0.9
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.9	1.9

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Child Obesity in Texas:
Grade 4 (HSR 6/5S)

Grade 4 Population Demographics
Source: SPAN Survey 2015-2016

HSR 6/5S
Hispanic 50%
Anglo 32%
Black 17%

Texas
Hispanic 55%
Anglo 32%
Black 12%

Health Service Region (HSR) 6/5S

SPAN Survey 2015-2016 Results

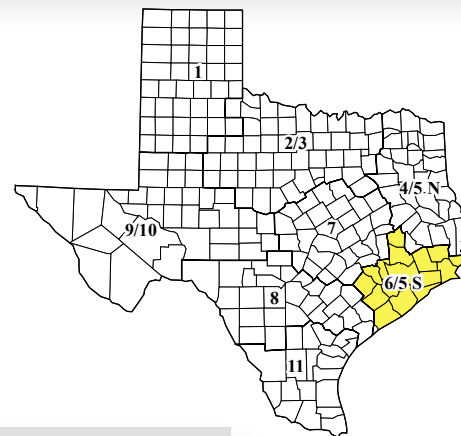| 4th Grade	HSR 6/5S	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	49.1%	55.9%
Percent with overweight (BMI between the 85th and 94th percentile)	20.2%	17.4%
Percent with obesity (BMI at or above 95th percentile)	30.7%	26.7%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	8.2%	8.8%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	2.8	2.6
Percent meeting physical activity guidelines	7%	9%
Sedentary Behavior		
Hours per day playing video games	1.6	1.5
Hours per day watching TV or movies	2.2	0.9
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.0	3.2
Drank sodas or sweet beverages	1.1	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.6	1.8

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Child Obesity in Texas:
Grade 8 (HSR 6/5S)

Grade 8 Population Demographics
Source: SPAN Survey 2015-2016

HSR 6/5S

Hispanic 45%
Anglo 36%
Black 18%

Texas

Hispanic 52%
Anglo 36%
Black 12%

Health Service Region (HSR) 6/5S

SPAN Survey 2015-2016 Results

8th Grade	HSR 6/5S	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	60.7%	59.3%
Percent with overweight (BMI between the 85th and 94th percentile)	15.0%	16.5%
Percent with obesity (BMI at or above 95th percentile)	24.3%	24.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	12.1%	9.0%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.2	4.3
Percent meeting physical activity guidelines	24%	24%
Sedentary Behavior		
Hours per day playing video games	1.4	1.4
Hours per day watching TV or movies	2.3	2.2
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.8	2.8
Drank sodas or sweet beverages	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	2.0	1.9

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Child Obesity in Texas:
Grade 11 (HSR 6/5S)

Grade 11 Population Demographics
Source: SPAN Survey 2015-2016

HSR 6/5S

Hispanic 43%
Anglo 39%
Black 18%

Texas

Hispanic 50%
Anglo 37%
Black 13%

Health Service Region (HSR) 6/5S
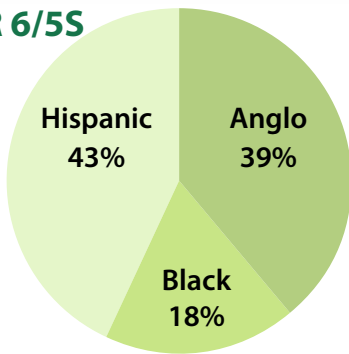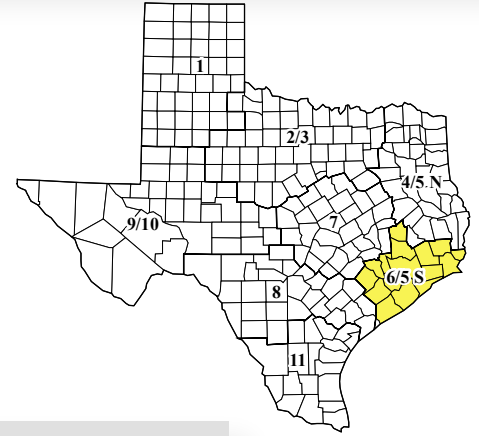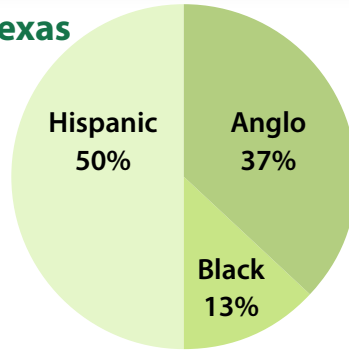
SPAN Survey 2015-2016 Results

11th Grade	HSR 6/5S	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	60.7%	60.3%
Percent with overweight (BMI between the 85th and 94th percentile)	19.2%	19.5%
Percent with obesity (BMI at or above 95th percentile)	20.1%	20.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	5.6%	6.7%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.1	4.0
Percent meeting physical activity guidelines	19%	21%
Sedentary Behavior		
Hours per day playing video games	1.1	1.1
Hours per day watching TV or movies	1.9	2.0
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.9	2.7
Drank sodas or sweet beverages	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.8	1.8

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Child Obesity in Texas:
Grade 2 (HSR 7)

Grade 2 Population Demographics
Source: SPAN Survey 2015-2016

HSR 7

Hispanic 44%
Anglo 45%
Black 11%

Texas

Hispanic 56%
Anglo 32%
Black 12%
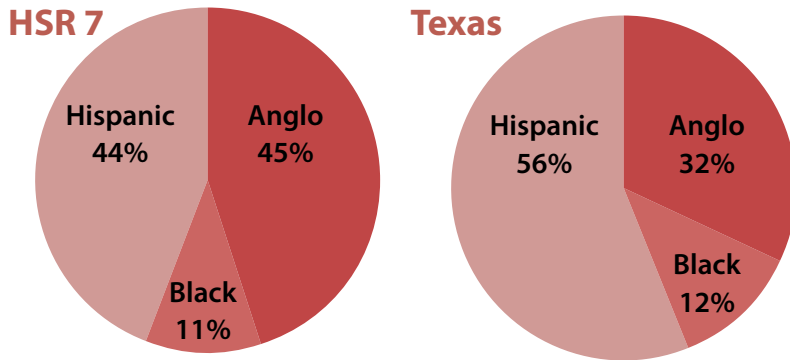
Health Service Region (HSR) 7
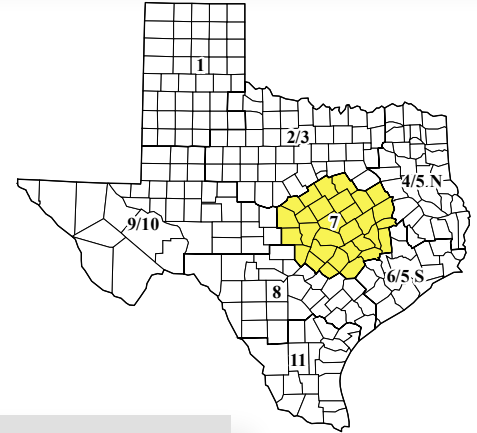
SPAN Survey 2015-2016 Results

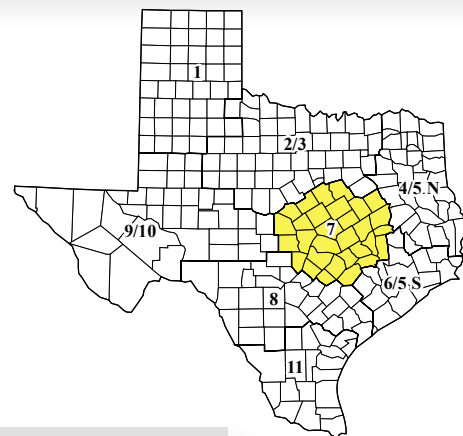| 2nd Grade	HSR 7	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	74.0%	63.5%
Percent with overweight (BMI between the 85th and 94th percentile)	9.7%	14.2%
Percent with obesity (BMI at or above 95th percentile)	16.3%	22.3%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	6.7%	8.2%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.2	3.9
Percent meeting physical activity guidelines	27%	23%
Sedentary Behavior		
Hours per day playing video games	0.7	0.7
Hours per day watching TV or movies	1.4	1.7
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.5	3.2
Drank sodas or sweet beverages	0.6	0.9
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.6	1.9

*Severe obesity is a subset of the obesity category

Child Obesity in Texas:
Grade 4 (HSR 7)

Grade 4 Population Demographics
Source: SPAN Survey 2015-2016

HSR 7
- Hispanic 44%
- Anglo 45%
- Black 11%

Texas
- Hispanic 55%
- Anglo 32%
- Black 12%
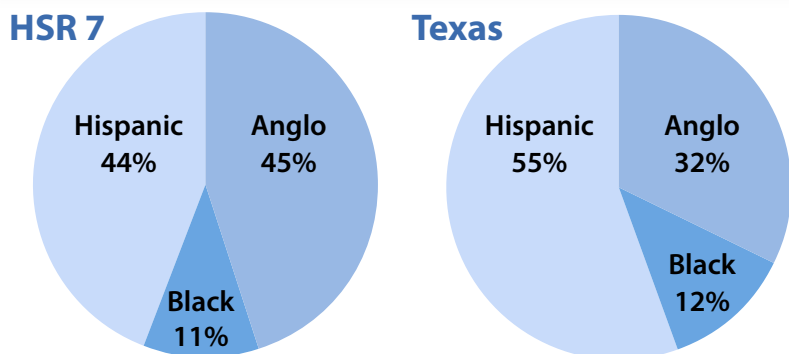
Health Service Region (HSR) 7

SPAN Survey 2015-2016 Results

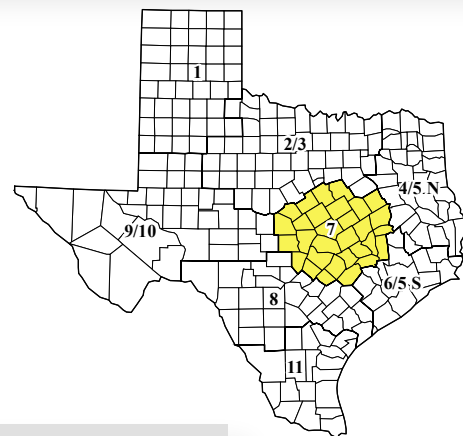| 4th Grade	HSR 7	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	62.9%	55.9%
Percent with overweight (BMI between the 85th and 94th percentile)	15.3%	17.4%
Percent with obesity (BMI at or above 95th percentile)	21.8%	26.7%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	7.5%	8.8%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	2.7	2.6
Percent meeting physical activity guidelines	14%	9%
Sedentary Behavior		
Hours per day playing video games	1.1	1.5
Hours per day watching TV or movies	1.7	0.9
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.4	3.2
Drank sodas or sweet beverages	0.8	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.6	1.8

*Severe obesity is a subset of the obesity category

Child Obesity in Texas:
Grade 8 (HSR 7)

Grade 8 Population Demographics
Source: SPAN Survey 2015-2016

HSR 7
- Hispanic 41%
- Anglo 47%
- Black 12%

Texas
- Hispanic 52%
- Anglo 36%
- Black 12%
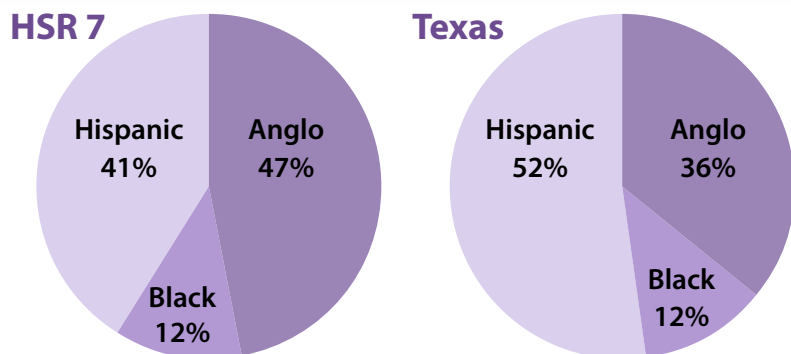
Health Service Region (HSR) 7

SPAN Survey 2015-2016 Results

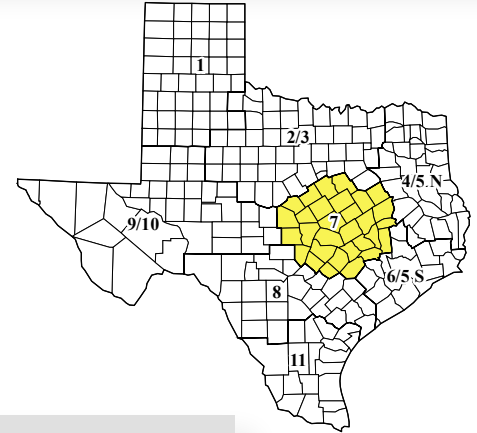| 8th Grade	HSR 7	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	67.1%	59.3%
Percent with overweight (BMI between the 85th and 94th percentile)	13.5%	16.5%
Percent with obesity (BMI at or above 95th percentile)	19.4%	24.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	5.2%	9.0%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.7	4.3
Percent meeting physical activity guidelines	30%	24%
Sedentary Behavior		
Hours per day playing video games	1.4	1.4
Hours per day watching TV or movies	2.1	2.2
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.1	2.8
Drank sodas or sweet beverages	0.7	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.7	1.9

*Severe obesity is a subset of the obesity category

Child Obesity in Texas:
Grade 11 (HSR 7)

Grade 11 Population Demographics
Source: SPAN Survey 2015-2016

HSR 7
Hispanic 38%
Anglo 50%
Black 12%

Texas
Hispanic 50%
Anglo 37%
Black 13%
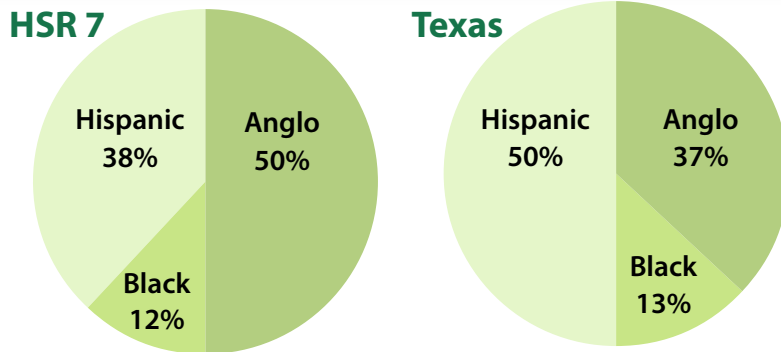
Health Service Region (HSR) 7

SPAN Survey 2015-2016 Results

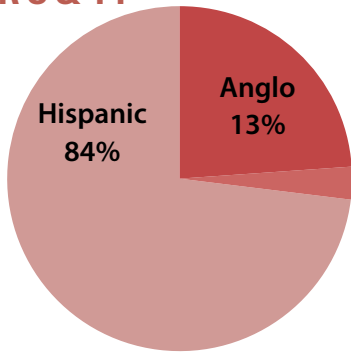| 11th Grade	HSR 7	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	69.2%	60.3%
Percent with overweight (BMI between the 85th and 94th percentile)	16.9%	19.5%
Percent with obesity (BMI at or above 95th percentile)	13.9%	20.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	2.5%	6.7%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.3	4.0
Percent meeting physical activity guidelines	21%	21%
Sedentary Behavior		
Hours per day playing video games	0.9	1.1
Hours per day watching TV or movies	2.0	2.0
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.0	2.7
Drank sodas or sweet beverages	0.6	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.7	1.8

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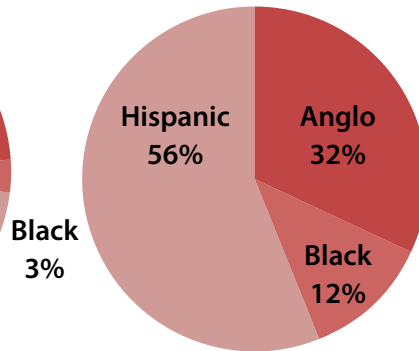# Child Obesity in Texas:
Grade 2 (HSR 8 & 11)

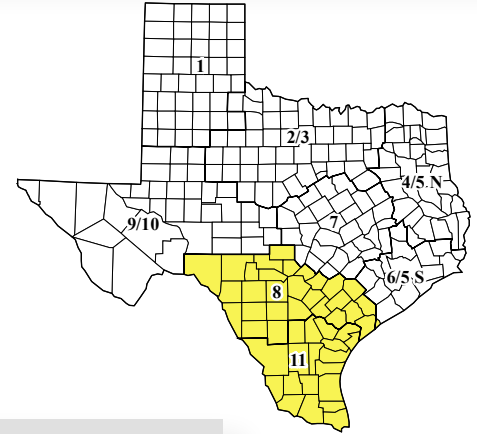## Grade 2 Population Demographics
Source: SPAN Survey 2015-2016

HSR 8 & 11

Hispanic 84%
Anglo 13%
Black 3%

Texas

Hispanic 56%
Anglo 32%
Black 12%

Health Service Region (HSR) 8 & 11

SPAN Survey 2015-2016 Results

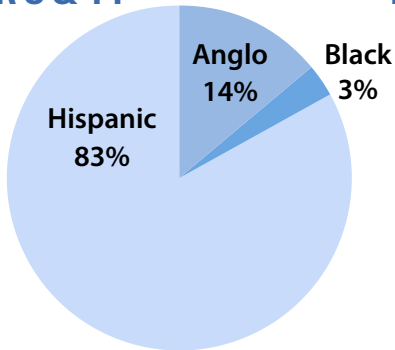| 2nd Grade	HSR 8 & 11	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	60.0%	63.5%
Percent with overweight (BMI between the 85th and 94th percentile)	15.6%	14.2%
Percent with obesity (BMI at or above 95th percentile)	24.4%	22.3%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	6.5%	8.2%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	3.8	3.9
Percent meeting physical activity guidelines	27%	23%
Sedentary Behavior		
Hours per day playing video games	0.7	0.7
Hours per day watching TV or movies	1.8	1.7
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.0	3.2
Drank sodas or sweet beverages	1.0	0.9
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	2.0	1.9

*Severe obesity is a subset of the obesity category
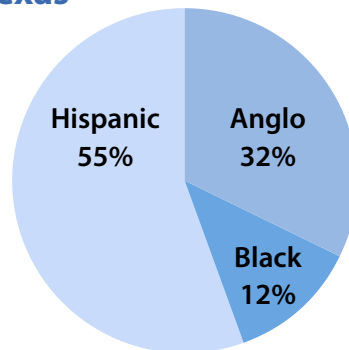
Child Obesity in Texas:
Grade 4 (HSR 8 & 11)

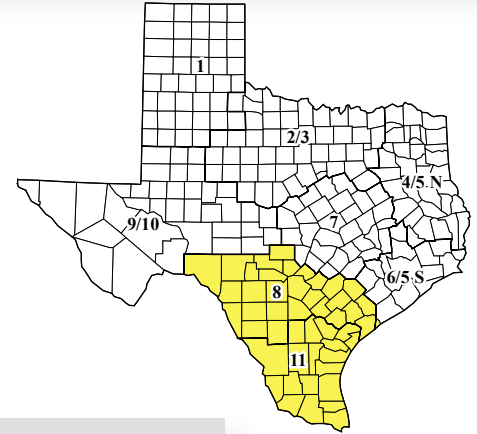## Grade 4 Population Demographics
Source: SPAN Survey 2015-2016

HSR 8 & 11

Hispanic 83%
Anglo 14%
Black 3%

Texas

Hispanic 55%
Anglo 32%
Black 12%

Health Service Region (HSR) 8 & 11

SPAN Survey 2015-2016 Results

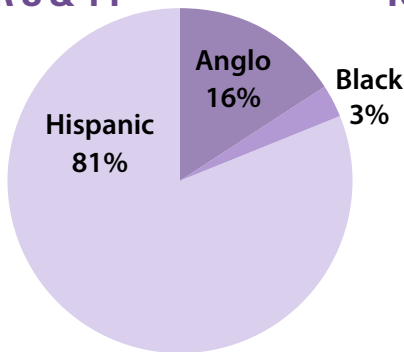| 4th Grade	HSR 8 & 11	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	49.7%	55.9%
Percent with overweight (BMI between the 85th and 94th percentile)	17.3%	17.4%
Percent with obesity (BMI at or above 95th percentile)	33.0%	26.7%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	11.9%	8.8%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	1.8	2.6
Percent meeting physical activity guidelines	7%	9%
Sedentary Behavior		
Hours per day playing video games	1.6	1.5
Hours per day watching TV or movies	2.1	0.9
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.9	3.2
Drank sodas or sweet beverages	1.2	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.8	1.8

*Severe obesity is a subset of the obesity category
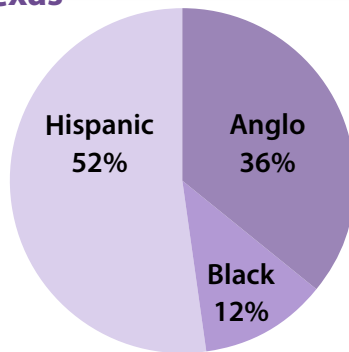
Child Obesity in Texas:
Grade 8 (HSR 8 & 11)

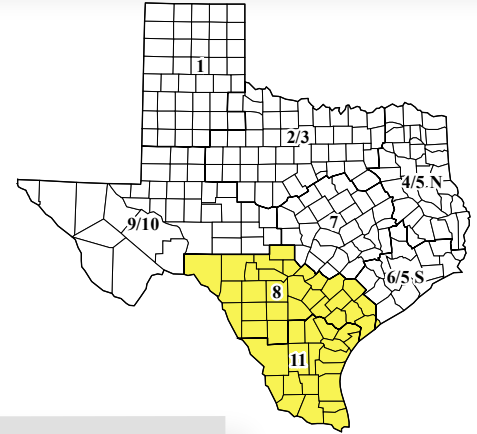## Grade 8 Population Demographics
Source: SPAN Survey 2015-2016

HSR 8 & 11

- Hispanic 81%
- Anglo 16%
- Black 3%

Texas

- Hispanic 52%
- Anglo 36%
- Black 12%

Health Service Region (HSR) 8 & 11

SPAN Survey 2015-2016 Results

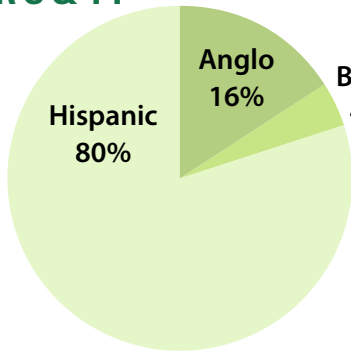| 8th Grade	HSR 8 & 11	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	53.9%	59.3%
Percent with overweight (BMI between the 85th and 94th percentile)	20.0%	16.5%
Percent with obesity (BMI at or above 95th percentile)	26.1%	24.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	11.3%	9.0%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.5	4.3
Percent meeting physical activity guidelines	26%	24%
Sedentary Behavior		
Hours per day playing video games	2.1	1.4
Hours per day watching TV or movies	1.4	2.2
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.5	2.8
Drank sodas or sweet beverages	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.8	1.9

*Severe obesity is a subset of the obesity category
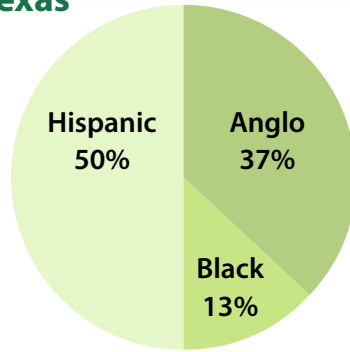
Child Obesity in Texas:
Grade 11 (HSR 8 & 11)

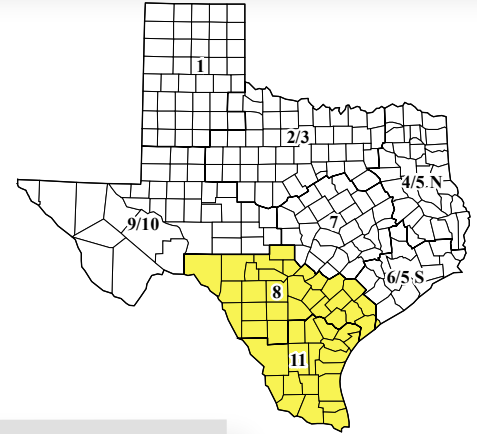## Grade 11 Population Demographics
Source: SPAN Survey 2015-2016

HSR 8 & 11

Hispanic 80%
Anglo 16%
Black 4%

Texas

Hispanic 50%
Anglo 37%
Black 13%

Health Service Region (HSR) 8 & 11

SPAN Survey 2015-2016 Results

11th Grade	HSR 8 & 11	Texas
BMI Categories (as defined by CDC Growth Charts)		
Percent with normal weight	52.5%	60.3%
Percent with overweight (BMI between the 85th and 94th percentile)	19.0%	19.5%
Percent with obesity (BMI at or above 95th percentile)	28.5%	20.2%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	12.1%	6.7%
Physical Activity Behavior		
Days per week of at least 60 min physical activity	4.0	4.0
Percent meeting physical activity guidelines	21%	21%
Sedentary Behavior		
Hours per day playing video games	1.1	1.1
Hours per day watching TV or movies	2.0	2.0
Dietary Behavior (number of times yesterday)		
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	2.4	2.7
Drank sodas or sweet beverages	1.0	1.0
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	1.7	1.8

*Severe obesity is a subset of the obesity category

TEXAS Health and Human Services
Texas Department of State Health Services

SPAN
School Physical Activity and Nutrition Survey

UTHealth
The University of Texas
Health Science Center at Houston
School of Public Health

MICHAEL & SUSAN DELL
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