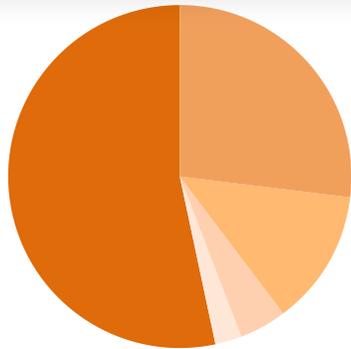


# Child Obesity in Texas

Source: Texas School Physical Activity and Nutrition (SPAN) Survey 2019-2020

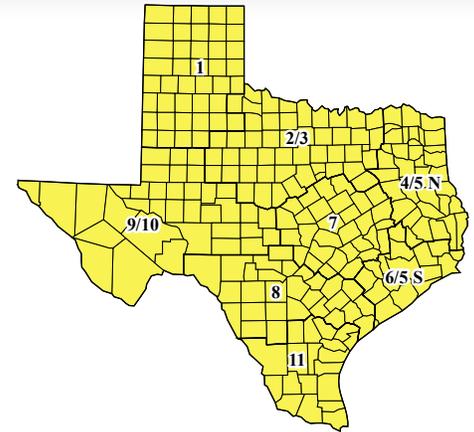
funded by DSHS Title V Maternal and Child Health Block Grant

## Texas Public School Student Demographics



Hispanic 52.8%  
 White 27.0%  
 African American 12.6%  
 Asian 4.6%  
 Multiracial 2.5%

## Texas Health Service Regions



## Texas SPAN Survey 2019-2020 Results

	2nd	4th	8th	11th
<b>BMI Categories (as defined by CDC Growth Charts)</b>				
Percent with normal weight	61.1%	54.0%	54.3%	57.9%
Percent with overweight (BMI between the 85th and 94th percentile)	16.6%	17.4%	21.2%	17.5%
Percent with obesity (BMI at or above 95th percentile)	22.3%	28.5%	24.5%	24.6%
Percent with severe obesity (BMI ≥ 120th percent of 95th percentile)*	10.0%	11.5%	9.1%	10.4%
<b>Physical Activity Behavior</b>				
Days per week of at least 60 min physical activity	4.8	3.7	4.2	3.8
Days per week of at least 20 min vigorous physical activity	-	-	3.7	3.5
Days per week of at least 30 min outdoor play	4.4	4.0	-	-
Percent meeting physical activity guidelines	30.5%	16.3%	23.2%	19.4%
<b>Sedentary Behavior</b>				
Hours per day playing video games	0.8	2.1	2.0	1.5
Hours per day watching TV or movies	1.7	2.2	2.3	2.3
<b>Dietary Behavior (number of times yesterday)</b>				
Ate fruits or vegetables (vegetables, beans, fruit, 100% fruit juice)	3.7	3.8	3.2	2.9
Drank sodas or sweet beverages	1.5	2.2	2.0	1.8
Ate sweet or savory snacks (chips, frozen desserts, cookies, candy)	2.7	3.1	2.8	2.5

\*Severe obesity is a subset of the obesity category

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## Goals and Recommendations

### 10% by 2030

The goal of Healthy People 2030 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 Texas SPAN Survey

The goal of the Texas 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. Texas SPAN has been conducted in Texas at five time points using a cross-sectional survey (years 2000-2002, 2004-2005, 2009-2011, 2015-2016, 2019-2020). For 2019-2020, a total of 8,546 student surveys were collected representing the total 2nd, 4th, 8th, and 11th grade student population (N=1,407,016). For additional information please visit [go.uth.edu/SPAN](http://go.uth.edu/SPAN).

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