Just under 1 million adults (71%) in Bexar County are classified as overweight or obese based on their Body Mass Index. The terms overweight and obese refer to body weight that is greater than what is considered healthy for a certain height. These unhealthy weight conditions put our residents at risk for chronic disease and many other health problems. Creating a community that promotes and supports healthy food/beverage choices and physical activity is critical in the effort to prevent and reduce the burden of chronic disease. Efforts to maintain a healthy weight should start early in childhood and continue through life.

% OF ADULTS BY WEIGHT CLASSIFICATION • BY YEAR

OBESE ADULTS ARE ON THE DECLINE RESULTING IN SHIFTS TO THE OVERWEIGHT & HEALTHY WEIGHT CATEGORIES

OVERWEIGHT & OBESITY IS HIGHER AMONG MEN THAN WOMEN

<table>
<thead>
<tr>
<th>Year</th>
<th>Obese</th>
<th>Overweight</th>
<th>Healthy Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>2013</td>
<td>35%</td>
<td>37%</td>
<td>27%</td>
</tr>
<tr>
<td>2014</td>
<td>32%</td>
<td>39%</td>
<td>28%</td>
</tr>
</tbody>
</table>

78% | 65%

% OF OBESE ADULTS • BY STATE

The obesity epidemic has affected every part of the United States, as well as Bexar County. In every state more than 20% of adults are obese, and 22 states including Texas have a prevalence of obesity of 30% or greater.

% OF OVERWEIGHT & OBESE ADULTS • BY RACE/ETHNICITY

<table>
<thead>
<tr>
<th>Race/Ethnicity</th>
<th>% Overweight</th>
<th>% Obese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>41%</td>
<td>38%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>40%</td>
<td>34%</td>
</tr>
<tr>
<td>White</td>
<td>36%</td>
<td>28%</td>
</tr>
</tbody>
</table>

APRIL 2016 Chronic Disease Prevention Program
% OF OBESE ADULTS • BY INCOME

ADULTS WHO EARN BELOW $25,000 A YEAR ARE MORE LIKELY TO BE OBESE

- $25k OR LESS: 42% OBESE
- $25k - $49k: 32% OBESE
- $50k OR MORE: 29% OBESE

A POUND OF PREVENTION

LIFESTYLE CHANGES CAN HELP PREVENT AND REDUCE OVERWEIGHT AND OBESITY

- EAT HEALTHY
- FOCUS ON PORTION SIZE
- DRINK MORE WATER
- BE MORE ACTIVE

HELP IN THE COMMUNITY

iPor Vida!
Metro Health (210) 207-2722
www.PorVidaSA.com

Metro Health’s iPor Vida program works with dining locations in San Antonio to offer menu items that meet general standards for good nutrition.

City of San Antonio Parks & Recreation

San Antonio Parks and Rec operates a variety of recreational and fitness programs. Look for Fitness in the Park activities at your local park or at some of the other 240 city-owned parks.

BMI Calculator

www.cdc.gov/healthyweight/assessment/bmi

Discovering your BMI is a simple click away. Centers for Disease Control and Prevention website offers a BMI calculator that only requires your height and weight.

DATA SOURCES


APRIL 2016

Chronic Disease Prevention Program