

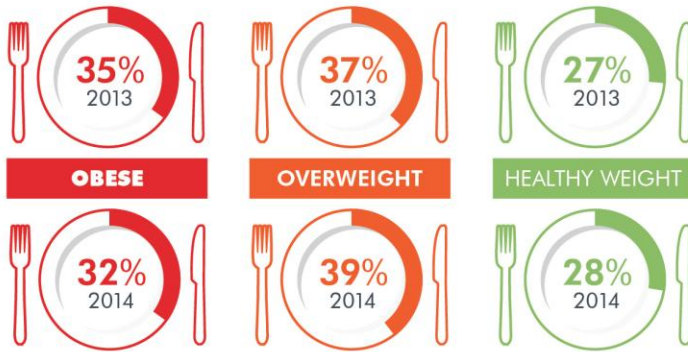


# OVERWEIGHT & OBESITY IN BEXAR COUNTY • 2014

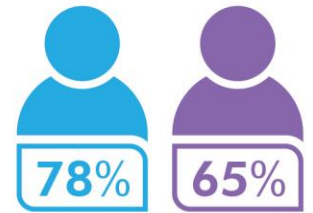
Just under 1 million adults (71%) in Bexar County are classified as overweight or obese based on their **Body Mass Index**.<sup>1</sup> The terms overweight and obese refer to body weight that is greater than what is considered healthy for a certain height. These unhealthy weight conditions put our residents 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

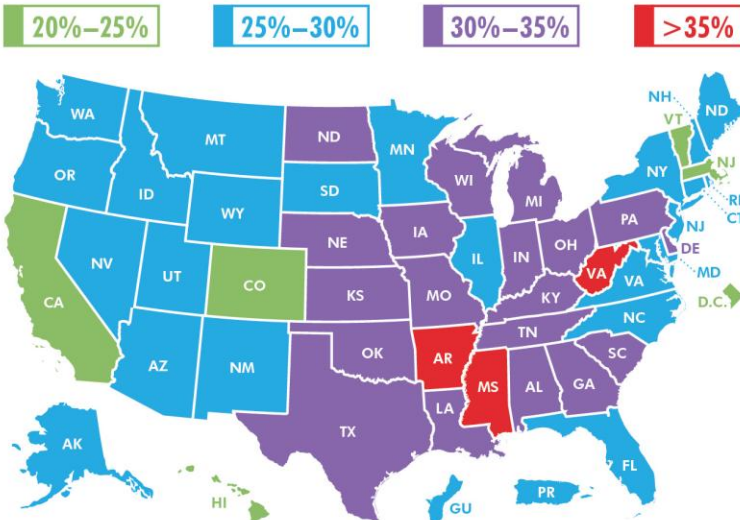


**OVERWEIGHT & OBESITY IS HIGHER AMONG MEN THAN WOMEN**



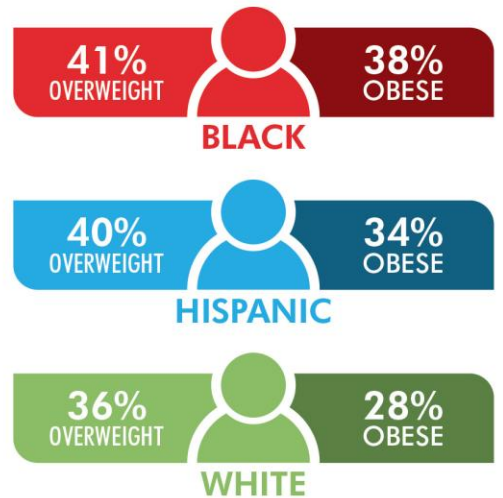
## % OF OBESSE ADULTS • BY STATE

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.<sup>2</sup>



## % OF OVERWEIGHT & OBESSE ADULTS • BY RACE/ETHNICITY

**PERSONS WHO ARE BLACK OR HISPANIC ARE MORE LIKELY TO BE OVERWEIGHT AND OBESSE**





**% OF OBESE ADULTS • BY INCOME**

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



**A POUND OF PREVENTION**

LIFESTYLE CHANGES CAN HELP **PREVENT**  
**AND REDUCE OVERWEIGHT AND OBESITY**



**HELP IN THE COMMUNITY**



**iPOR VIDA!**

Metro Health (210) 207-2722  
[www.PorVidaSA.com](http://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 RECREATION**

Administration (210) 207-3000  
[www.SanAntonio.gov/ParksAndRec](http://www.SanAntonio.gov/ParksAndRec)

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/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/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**

<sup>1</sup> Center for Health Statistics, Texas Behavioral Risk Factor Surveillance System Survey Data (BRFSS). Austin, Texas: Texas Department of State Health Services, 2013-2014. <sup>2</sup> <http://www.cdc.gov/obesity/data/prevalence-maps.html>