OBESITY is a condition that can put an individual at risk for disease. For adults, overweight and obesity ranges are determined by using weight and height to calculate body fat, a number called the Body Mass Index (BMI). According to the BMI weight status categories, anyone with a BMI over 25 would be classified as overweight and anyone with a BMI over 30 would be classified as obese.

The BMI rates in San Antonio and Bexar County have improved from 2010 to 2012, with a shift towards healthier weight.

The obesity rate in San Antonio and Bexar County declined from 35.1% to 28.5%.

Obesity rates declined from 41.7% to 28.4% between 2010 and 2012 for individuals with some post high school education.

Between 2010 and 2012 obesity among San Antonio Senior Citizens increased from 31.1% to 34.7%.

The Body Mass Index (BMI) is a method of comparing a person's weight and height to estimate a person's healthy body weight.
OBESITY IN BEXAR COUNTY

65% OF THE ADULTS IN BEXAR COUNTY ARE OVERWEIGHT OR OBESE

OBESITY IS A CRITICAL PUBLIC HEALTH PROBLEM. IT LEAVES INDIVIDUALS AT RISK FOR SERIOUS HEALTH PROBLEMS

BODY MASS INDEX (BMI) IN BEXAR COUNTY

In Adults

65% OVERWEIGHT OR OBESE

35% NORMAL WEIGHT

In High School students

30% OVERWEIGHT OR OBESE

70% NORMAL WEIGHT

OBESITY INCREASES THE RISK OF DISEASE

Sleep Apnea & Snoring

Lung Disease
Asthma
Pulmonary
Blood Clots

Heart Disease
Diabetes
Abnormal Lipid Profile
High Blood Pressure

Liver Disease
Fatty Liver
Cirrhosis

Pancreatitis

Female Disorders
Abnormal Periods
Infertility

Gall Stones

Cancer
Breast
Uterus
Colon
Esophagus
Pancreas
Kidney
Prostate

Arthritis

Inflamed Veins, often w/ blood clots

Gout

MYPLATE

MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image, a place setting for a meal. Before you eat, think about what goes on your plate or in your cup.

choosemyplate.gov

DATA SOURCES:
San Antonio Metropolitan Health District (SAMHD) Youth Risk Behavior Survey (YRBS) 2010 and 2013
San Antonio Metropolitan Health District (SAMHD) Behavioral Risk Factor Surveillance System (BRFSS) 2010
San Antonio Metropolitan Health District (SAMHD) Behavioral Risk Factor Surveillance System (BRFSS) 2012 or as indicated

IN YOUR COMMUNITY

YMCA, Y Living Program
This FREE family-based program empowers the family to obtain total wellness through enriching the Spirit, Mind and Body. For more information on how to apply call (210) 924-8858. ymcasatx.org

CHECK YOUR BMI

Adults should know their BMI. Discovering your BMI is a simple click away. Visit the CDC website to have your BMI calculated. cdc.gov/healthyweight/assessing/bmi

CITY OF SAN ANTONIO
METROPOLITAN HEALTH DISTRICT