

Get Texans Moving and Eating Healthy

Obesity is threatening Texas' physical and fiscal health. Today, two out of three Texas adults are overweight or obese, and 32 percent of Texas children ages 10-17 are obese.¹ By 2030, obesity will be responsible for thousands of new cases of cancer, diabetes, arthritis, stroke, and hypertension and cost Texas businesses more than \$30 billion.² State policymakers can build upon policies and strategies known to reduce obesity and move Texas forward to a healthier state.

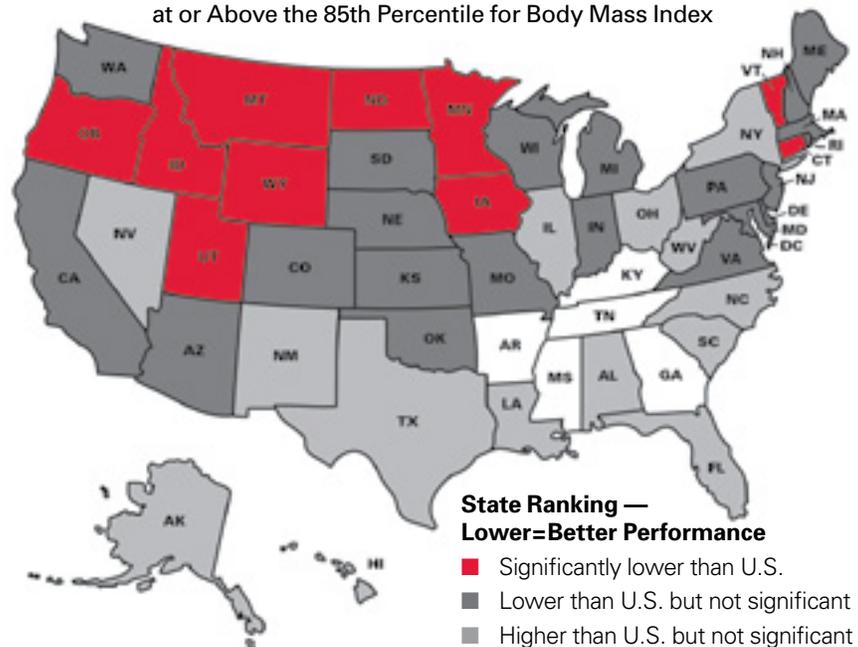
2013 HEALTHY EATING AND ACTIVITY PRIORITIES

- ✓ Preserve funding for the School Health Network within the Texas Department of State Health Services' budget while also supporting the Chronic Disease Prevention exceptional item related to obesity prevention.
- ✓ Restore a half-credit of physical education in high school as well as health as a requirement for graduation.
- ✓ Strengthen the Texas Education Agency's pre-K health standards related to nutrition and physical activity. Allocate a specified percent of the Texas Department of Agriculture's health and nutrition grants for programs serving young children.
- ✓ Use local school health advisory councils to make policy recommendations to school districts concerning the types and quantity of sugar-sweetened beverages sold in school-sited vending machines and à la carte offerings.
- ✓ Support policies that address food insecurity and obesity as they relate to a lack of access to affordable and healthy foods, including the use of vacant state land for community gardens and incentives for private landowners to offer a portion of their land for the same purpose.
- ✓ Support the establishment of nutritional content standards and guidelines that set local food procurement targets for foods offered via vending machines and food service programs located in state facilities and agencies.

OBESITY IN TEXAS: WHAT YOU NEED TO KNOW

- Overweight and obesity contribute to chronic conditions including diabetes, hypertension, heart disease, cancer, and stroke. In Texas, chronic disease conditions account for three out of four deaths.³
- In Texas, 4 million young people attend school for approximately six hours a day. Schools are in a unique position to help improve the health status of children and adolescents. We can reduce and help prevent childhood obesity by improving access to healthy foods and increasing physical activity in schools and childcare centers. Improved physical health in students has been linked to academic success. Students who are physically active consistently have "mostly A's" in their schoolwork.⁴
- Only 28 percent of middle and high schools in Texas offer fruit and vegetable options outside of school meal programs.⁵ When food and beverages are offered or sold in schools, they should be nutritious and promote consumption of fruits, vegetables, and water. Schools can help students make healthy choices by increasing access to healthy foods and restricting advertising of unhealthy foods.
- Less than a quarter of Texas adults consume the recommended daily amount of fruits and vegetables.⁶ In neighborhoods without farmers markets or grocery stores, community gardens can provide families fruits and vegetables to support a healthy and nutritious diet.
- Providing more nutritious food options for state workers would complement current worksite wellness activities supported by Texas' Statewide Agency Wellness Program. The program was created by the 80th legislature to help slow the rapid increase in health care costs for state employees.

2007 National Survey of Children's Health
Percent of Children Whose Weight Status Is at or Above the 85th Percentile for Body Mass Index



State Ranking — Lower=Better Performance

- Significantly lower than U.S.
- Lower than U.S. but not significant
- Higher than U.S. but not significant
- Significantly higher than U.S.

Statistical significance: $p < .05$

1. The Henry J. Kaiser Family Foundation. State Health Facts: Texas. Health Status. 2010. Available at www.statehealthfacts.org/profileind.jsp?cat=2&rgn=45. Accessed April 2012.

2. Texas Comptroller of Public Accounts. *Gaining Costs, Losing Time: The Obesity Crisis in Texas*. Printed February 2011. www.window.state.tx.us/specialrpt/obesitycost/index.php

3. Chronic Disease in Texas: A surveillance report of disease indicators. Texas Department of State Health Services. February 2008

4. Centers for Disease Control and Prevention. Physical Inactivity and Unhealthy Diet Behaviors and Academic Achievement.

5. The Henry J. Kaiser Family Foundation. State Health Facts: Texas. Access to Fruits and Vegetables, 2009. Available at www.statehealthfacts.org/comparereport.jsp?rep=53&cat=2. Accessed December 2012.

6. The Henry J. Kaiser Family Foundation. State Health Facts: Texas Fruit and Vegetable Consumption Among Adults. 2009. Available at www.statehealthfacts.org/comparereportable.jsp?ind=869&cat=2. Accessed December 2012