

# OBESITY IN BEXAR COUNTY

**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.

## ADULT BMI RATES IN BEXAR COUNTY

2010



2012



THE BMI RATES IN SAN ANTONIO AND BEXAR COUNTY HAVE IMPROVED FROM 2010 TO 2012, WITH A SHIFT TOWARDS HEALTHIER WEIGHT.



### OBESITY/OVERWEIGHT AMONG HIGH SCHOOL STUDENTS



Represents percentage (%) of grade 9-12 students who are overweight or obese by race, gender and in total

### KEY MESSAGES



Between 2010 and 2012, 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**

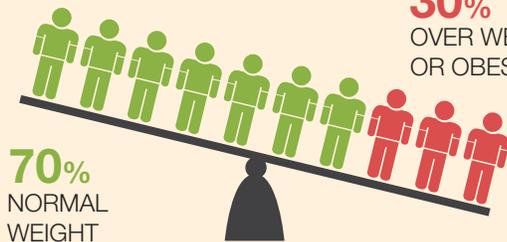
In Adults

65%  
OVERWEIGHT  
OR OBESE



35%  
NORMAL  
WEIGHT

In High School students



70%  
NORMAL  
WEIGHT

30%  
OVERWEIGHT  
OR OBESE

**OBESITY INCREASES THE RISK OF DISEASE**

**Sleep Apnea & Snoring**

**Lung Disease**

*Asthma  
Pulmonary  
Blood Clots*

**Liver Disease**

*Fatty Liver  
Cirrhosis*

**Gall Stones**

**Cancer**

*Breast  
Uterus  
Colon  
Esophagus  
Pancreas  
Kidney  
Prostate*

**Stroke**

**Heart Disease**

*Diabetes  
Abnormal Lipid Profile  
High Blood Pressure*

**Pancreatitis**

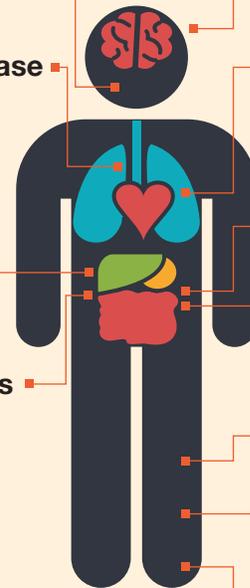
**Female Disorders**

*Abnormal Periods  
Infertility*

**Arthritis**

**Inflamed Veins,**  
*often w/ blood clots*

**Gout**



**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](http://ymcasatx.org)



**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](http://choosemyplate.gov)



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



**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