

6th Annual North Texas Health Forum, April 5, 2013

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Childhood Obesity: Accomplishments and Challenges

In Tarrant County an estimated 19% of children 2-14 years old are obese and

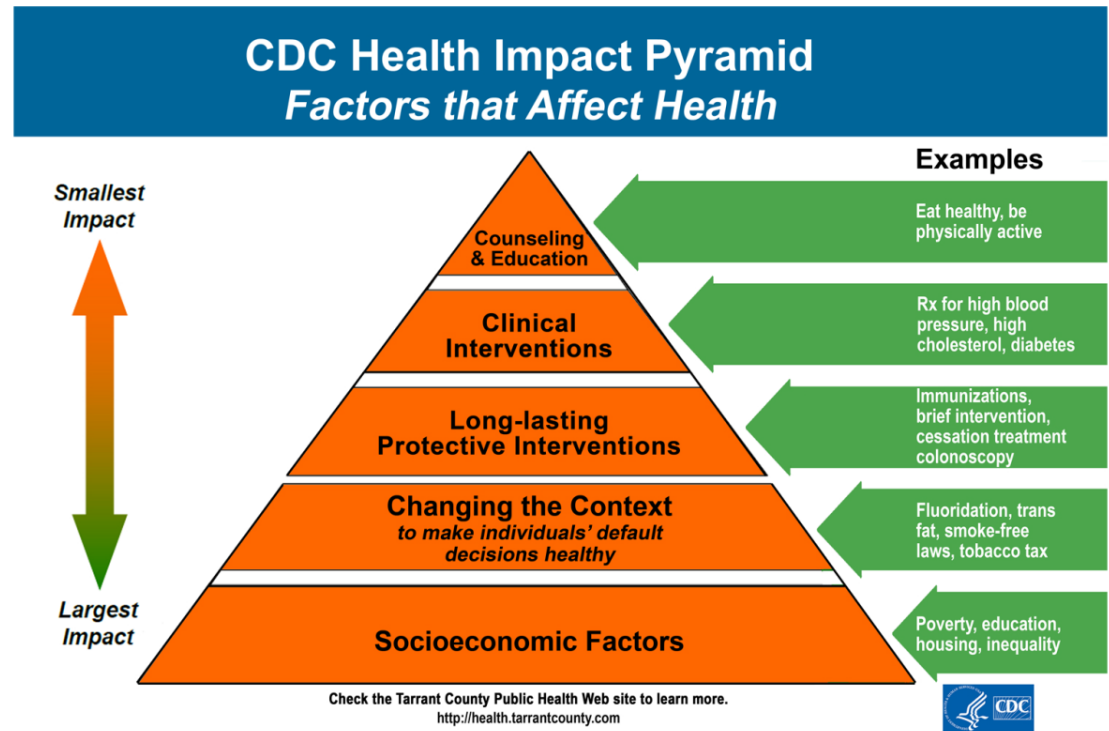
An estimated 28.2% of adults 18 and older are obese

An estimated 66% of adults are either overweight or obese

An estimated 29% of Texans do not engage in any leisure-time physical activity

Adding 2000 extra steps per day can promote steady weight loss

The obesity-attributable health care spending for Texas is estimated at over \$5.7 billion



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County Health Rankings: Health factors/health behaviors- Adult obesity 28% (25%); Physical inactivity 22% (7%)

Clinical Care – uninsured 24% (11%)

Socioeconomic factors – children in poverty 24% (14%); inadequate social support 20% (14%);

Physical environment – access to recreational facilities 8% (16%); limited access to healthy foods 8% (1%); fast food restaurants 55% (27%)

Winnable battles by 2015 – reduce the proportion of children and adolescents age 2-19 who are obese by 5%; increase the proportion of infants who are breastfed by 12.5%



Accomplishments & Challenges

- Collective Impact
- Tarrant County Obesity Prevention Policy Council
- MAPP
- City of Fort Worth Comprehensive Plan
- Designing Healthy Communities/Vision North Texas
- Live a More Colorful Life: Community Gardens, Farmers' Markets
- WIC
- Mother-friendly Worksite and Tarrant County Breastfeeding Coalition

Bills in the Texas Legislature, Trends

- **HB 128:** Relating to the creation of a childhood health program grant.
- **HB 197:** Relating to an obesity and wellness information portal on the comptroller's Internet website.
- **HB 217:** Relating to the types of beverages that may be sold to students on public school campuses.
- **HB 276:** Relating to requiring a health credit for high school graduation.
- **HB 296:** Relating to free breakfast for certain public school students.
- **HB 523:** Relating to prohibiting the purchase of energy drinks under the supplemental nutrition assistance program.
- **HB 751:** Relating to prohibiting the purchase of certain food items under the supplemental nutrition assistance program.
- **HB 910:** Relating to the regulation of certain direct sales of food to consumers.

Bills in the Texas Legislature, Trends

- **HB 948:** Relating to the operation and administration of the supplemental nutrition assistance program.
- **HB 1156:** Relating to eliminating the requirement that a school district assess the physical fitness of students.
- **HB 3434:** Relating to incentives for using supplemental nutrition assistance program benefits to purchase nutritious foods.
- **SB 65:** Relating to a program to recognize public schools with successful student health and fitness programs.
- **SB 134:** Relating to health and physical education credits required for high school graduation.
- **SB 506:** Relating to an exemption from registration and regulation requirements for steam cookers.
- **SB 684:** Relating to a physical assessment of students by a public school.