Prevalence of Obesity Among Adults, by Public Health Region (PHR), Texas, 2018

Overall prevalence of obesity in Texas = 34.8% (95% CI: 32.8 - 36.8)

Prevalence (%)
- 30.5 - 34.9
- 35.0 - 38.4
- 38.5 - 40.5
- 40.6 - 48.5

Regional prevalence is significantly different than Texas overall.

Data Classification: Quantiles.
Data Source: 2018 Texas Behavioral Risk Factor Surveillance System (BRFSS), Center for Health Statistics, Texas Department of State Health Services.
Obesity is defined as a body mass index (BMI) of 30 kg/m² or higher, calculated from self-reported height and weight.

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