

# OBESITY IN TEXAS



Obesity is a serious disease that affects more than 13.5 million people in the state of Texas. That's about 46% of the state's population, one of the highest rates in the country.<sup>1</sup>

## The Impact of Health Disparities

Obesity disproportionately affects people of color in Texas.<sup>2</sup>



**49.9%**  
of Black  
Adults



**51%**  
of Latino  
Adults



**42%**  
of White  
Adults

Higher rates of obesity mean these adults face an increased risk for chronic illnesses. Often, they are left without substantial health insurance coverage to get the care they need.

## Comorbidities

Obesity increases the risk of several diseases, including:

- Cancer
- Depression
- Heart disease
- Kidney disease
- Pregnancy complications
- Sleep apnea
- Type 2 diabetes

## The Cost of Obesity

The cost of obesity is staggering.

- In the United States, obesity accounts for \$260 billion of aggregated annual medical costs.<sup>3</sup>
- In Texas, obesity could cost employers \$32.5 billion annually by 2030.<sup>4</sup>

## Patient-Centered Policy Can Help

The Texas legislature should take steps to increase access to obesity treatment by:

- Ensuring coverage for the full range of obesity treatments, including medications, nutrition counseling and other options.

It's time for Texas lawmakers to get serious about obesity.

1-2. *Obesity Prevalence & Comorbidity Map*

3. *Direct medical costs of obesity in the United States and the most populous states*

4. *Gaining Costs, Losing Time*

**Addressing obesity starts  
with patient-centered policy.**