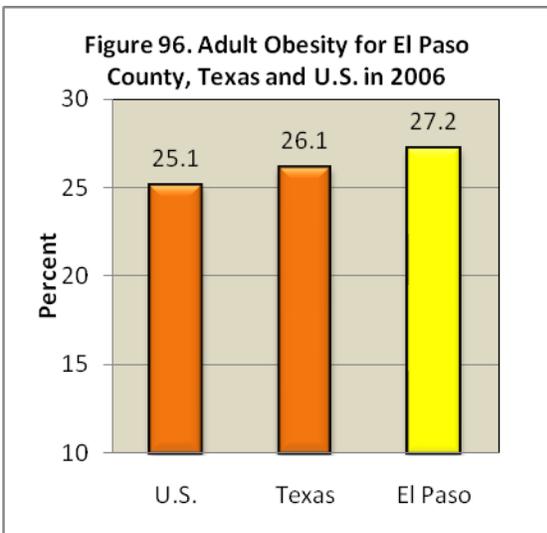


Adult Obesity¹

Healthy People 2010 Objective: 15.0 Percent

National

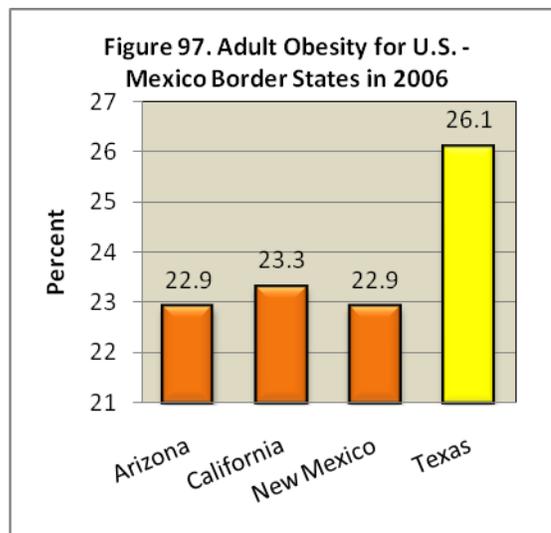
El Paso County had a higher percentage of obese adults than Texas and the United States in 2006.



Source: CDC BRFSS, 2006

State

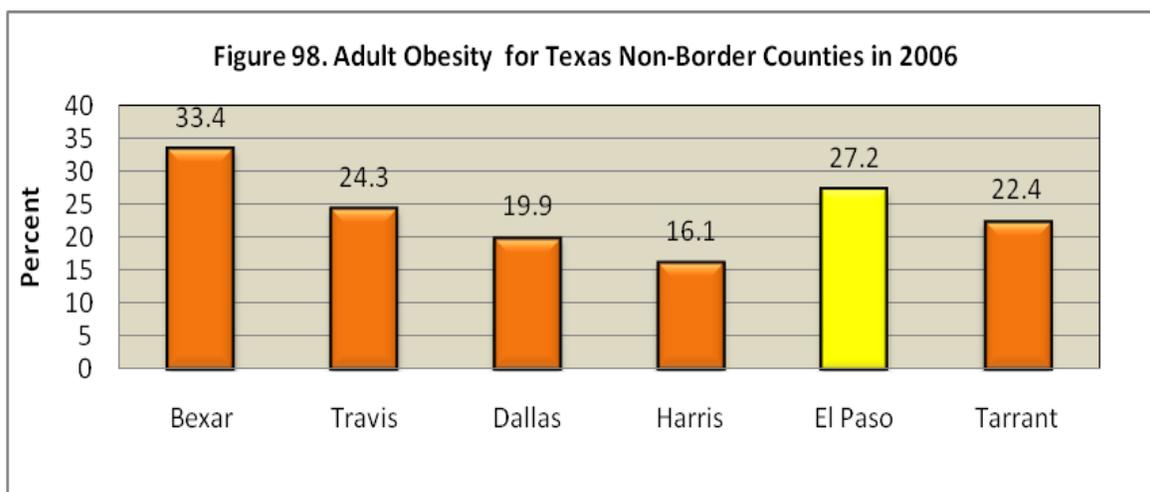
Texas, in 2006, had a higher percentage of obese adults than the other Border States.



Source: CDC BRFSS, 2006

Texas Non-Border Counties

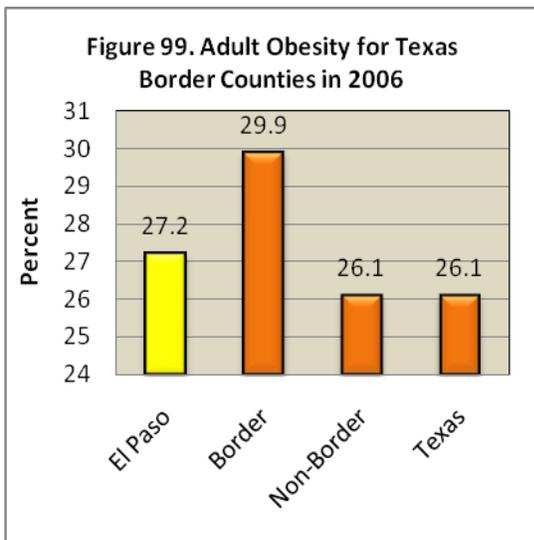
When compared to the Texas Non-Border Counties, El Paso County had the second-highest percentage of adult obesity highest in 2006. Only Bexar County had a higher percentage.



Source: CDC BRFSS, 2006

Texas Border Counties

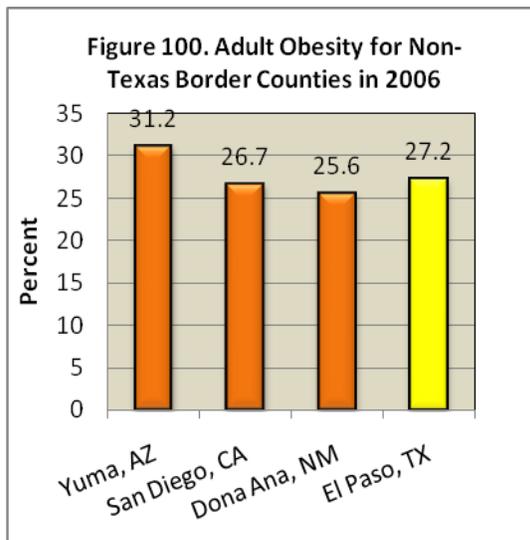
El Paso County had a lower percentage of obese adults than the Texas Border Region in 2006².



Source: Texas BRFSS, 2006

Non-Texas Border Counties

El Paso County had the second-highest percentage of obese adults when compared to major Non-Texas Border Counties³.



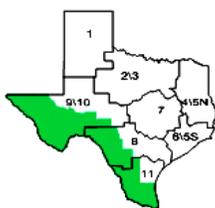
Source: CDC BRFSS, 2006.

El Paso County	Healthy People Objective	Goal Met	Year
27.2 Percent	15.0 Percent	No	2006

¹Obesity is defined as a body mass index ≥ 30.0 .

²The green area refers to Border Region in Figure 99. Numbers on the map refer to Texas Public Health Regions.

³Pima, Arizona, and Imperial, California, data was unavailable for Figure 100.



Source: Texas BRFSS, 2006

Obesity Prevention

- Exercise regularly and decrease time watching television
- Eat food low in fat and sugar
- Eat at least five fruits and vegetables daily

Source: Centers for Disease Control and Prevention, 2008

