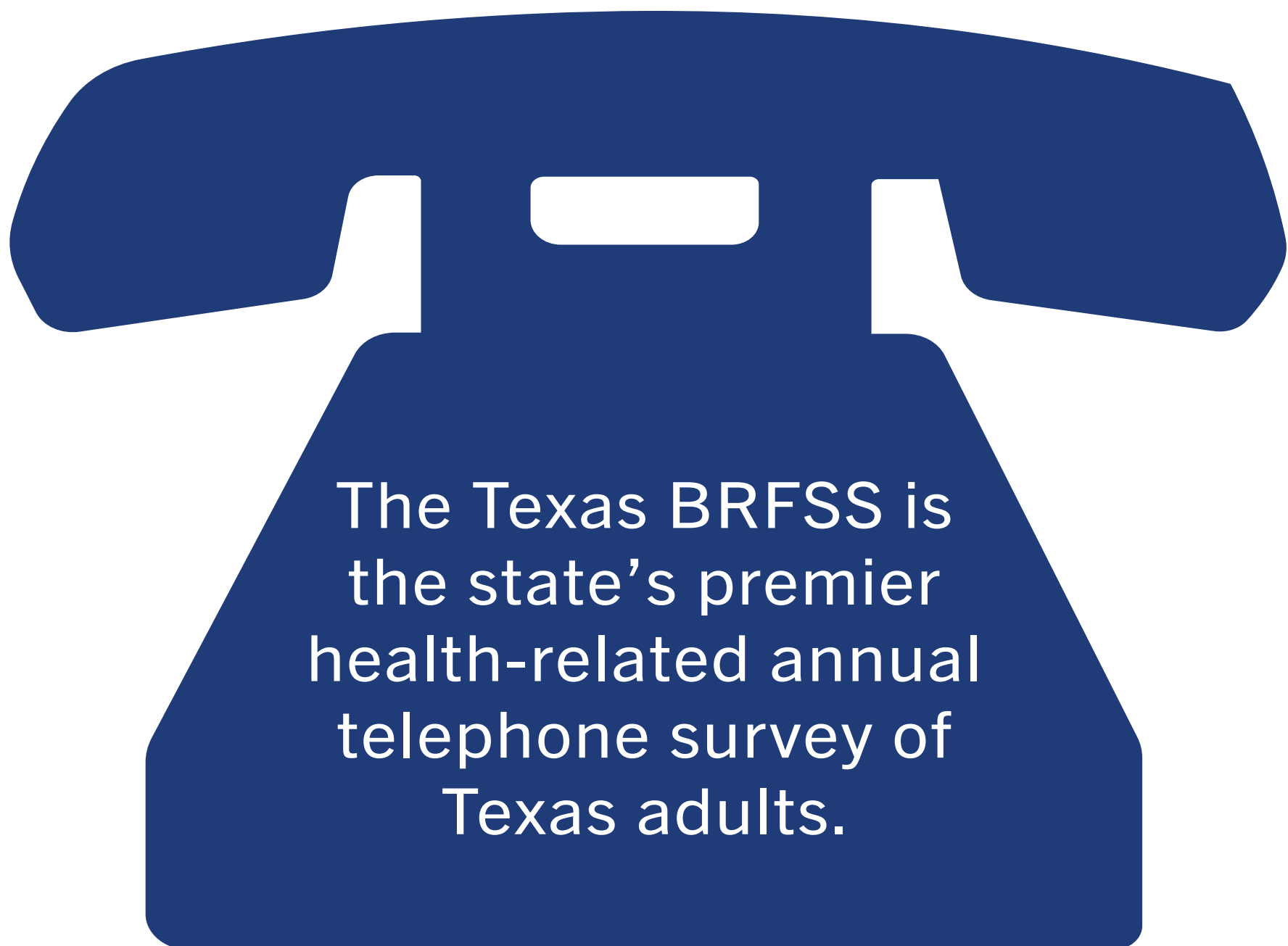


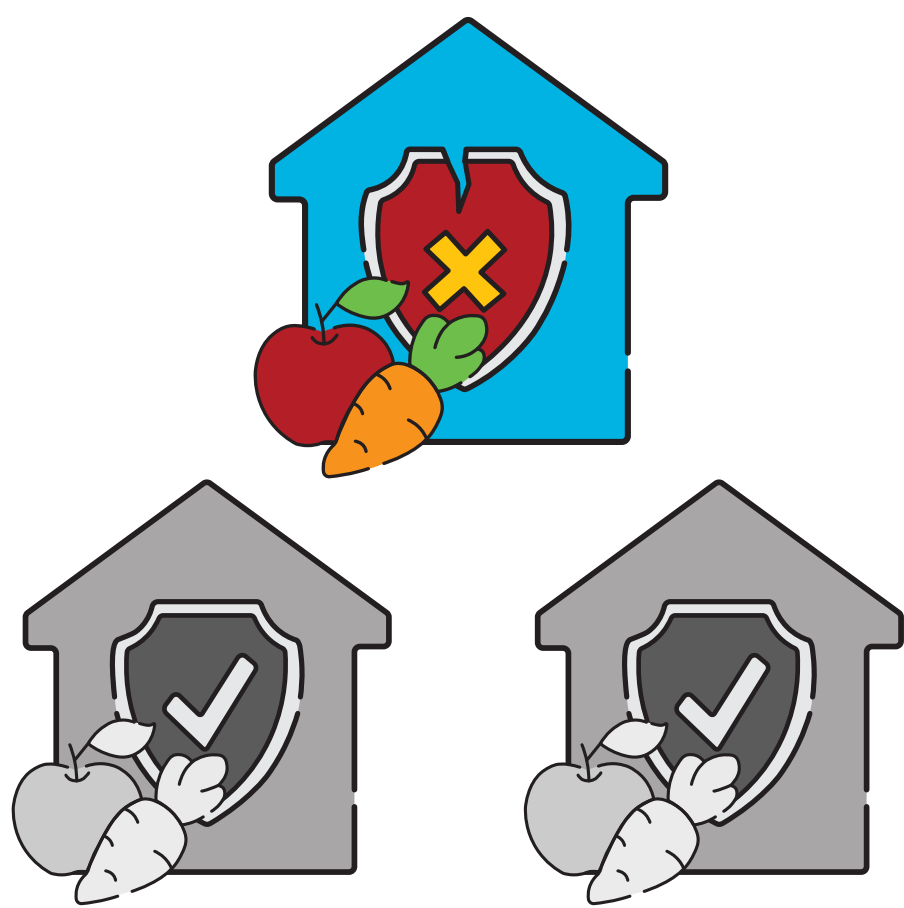
What is the Texas BRFSS?

Behavioral Risk Factor Surveillance System

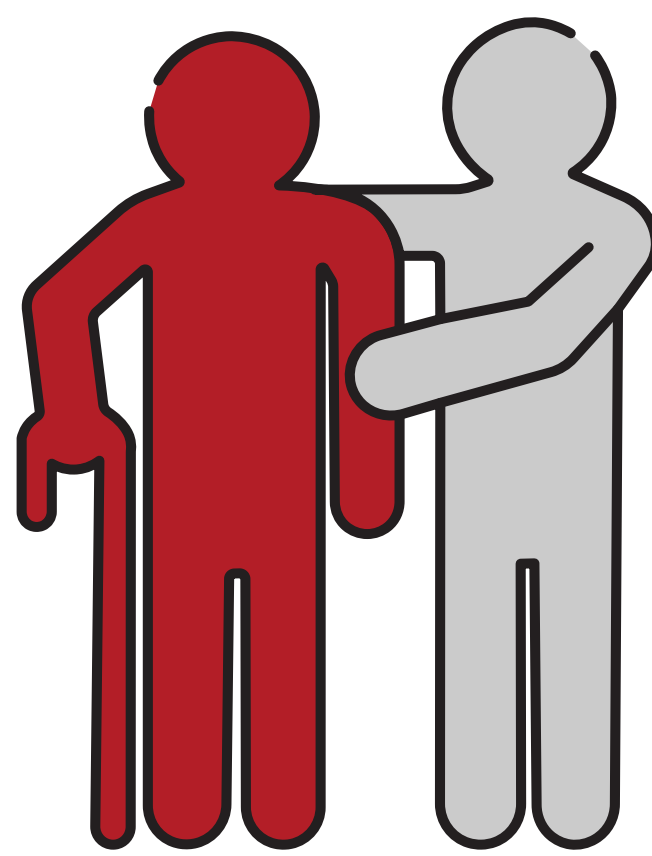


Results from the survey are used to estimate prevalence of chronic diseases, other health conditions, and health-related behaviors.

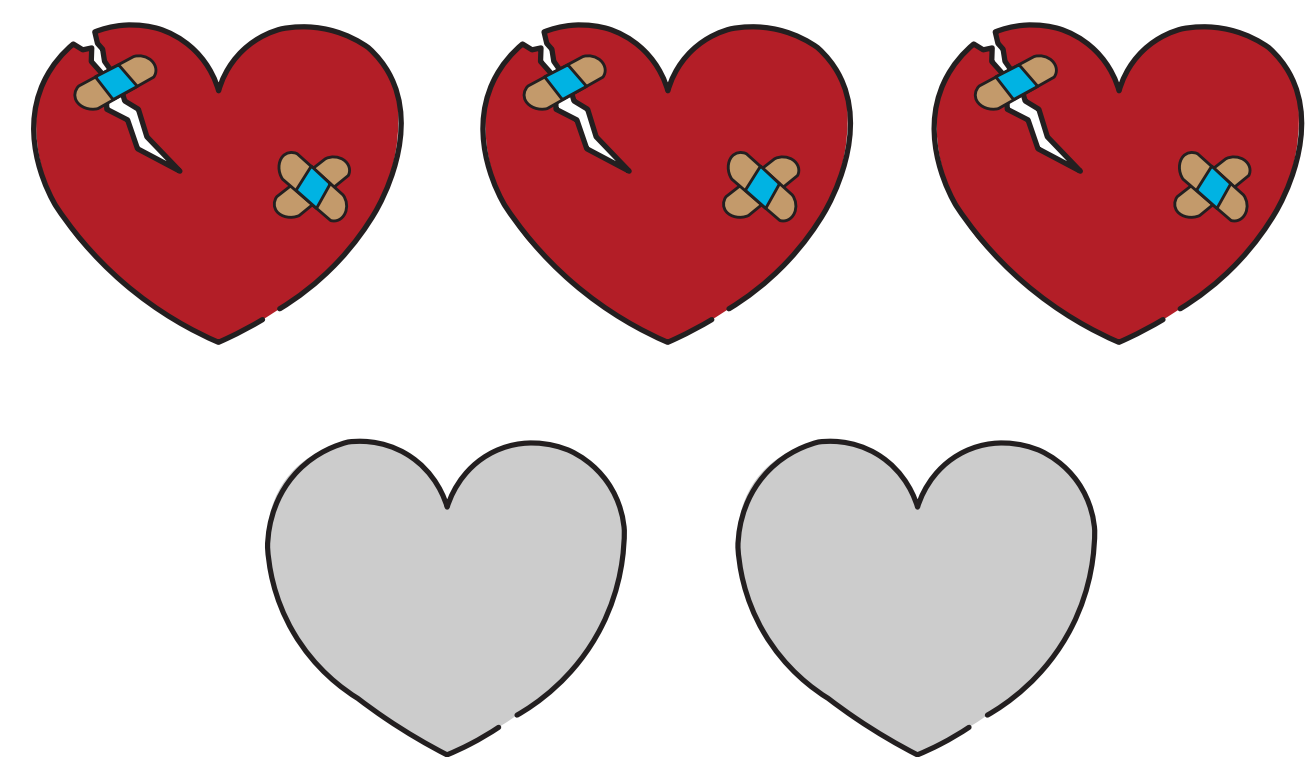
Interesting results from the 2020 survey include:



One-third of adults with a household income less than \$50,000 experienced **food insecurity** in the past year



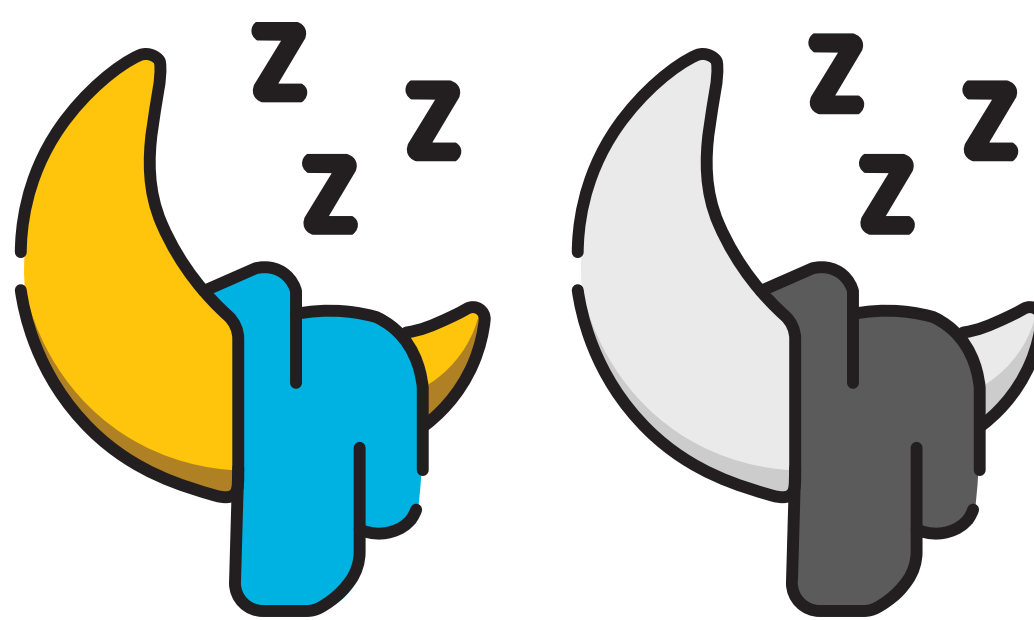
Almost half of elderly adults (aged 65 years or older) have **arthritis or other joint-related disorders**



3 in 5 Hispanic adults experienced at least one **adverse childhood experience (ACE)** before the age of 18



1 in 5 young adults (18- to 24-year olds) have a **depressive disorder**



1 in 2 Black males reported **insufficient sleep** (less than 7 hours per night on average)



About 3 in 4 adults engaged in **physical activity** during their free time