What is a Health Disparity?

A health disparity is a difference between groups of people relating to health status. It is closely linked with social, economic, and/or environmental disadvantages.

Many factors contribute to one’s ability to achieve good health including:
- Race or ethnicity
- Sex or sexual identity
- Age, disability
- Socioeconomic status
- Geographic location

Minorities Experience more Barriers to Healthcare

Scholars believe that health disparities occur because some groups have had:
- Less access to environments that promote physical activity
- Fewer opportunities for physical activity

Minorities are at higher risk for high blood pressure, diabetes, and heart disease. Be aware of your personal risk.
- Around 70% of African Americans are overweight
- Over 30% of Latin Americans are overweight

About Us

The Texas Obesity Research Center promotes interdisciplinary research, education and training and fosters local community collaborations to develop state-of-the-art Obesity Prevention and Control methodologies through cross sectional and longitudinal research investigating psychosocial, environmental and biologic determinants of obesity and its consequences.

For more information about the Texas Obesity Research Center contact:

Texas Obesity Research Center
University of Houston
3855 Holman St., Room 105H Garrison
Houston, TX 77204
torc@uh.edu
713-743-1183

Visit our website at https://www.uh.edu/torc

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**Risk for Chronic Disease**

Being overweight, obese, or having an undesirable waist circumference can put you at a higher risk for:
- Type 2 diabetes
- Heart Disease
- High Blood Pressure

**The Importance of Exercise**

Exercise can offer health benefits such as:
- Lowering LDL (bad) cholesterol
- Lowering blood pressure
- Weight loss
- Improved energy and mood

**Stay Active**

Exercising for 150-300 minutes per week of moderate-intensity exercise or 75-150 minutes a week of vigorous-intensity exercise will result in many health benefits.

Muscle-strengthening activities should be done at least 2 days a week to increase flexibility and overall strength

**Moderate vs. Vigorous Physical Activity**

Moderate-intensity exercise increases breathing and heart rates. You should work up a sweat, but still be able to hold a conversation during this kind of exercise.

- Walking briskly
- Gardening or yard work
- Dancing
- Tennis, racquetball

Vigorous-intensity exercise refers greatly increases breathing and heart rates. It is substantially difficult for you to hold a conversation during this type of exercise.

- Jogging/Running, swimming
- Bicycling, aerobics
- Soccer, basketball

**Tips for Increasing Daily Activity**

- Park farther from the entrance when you visit the store
- Walk or run with a partner or group
- Take 2 or 3 short walking breaks at work each day
- Take the stairs instead of the elevator

**Waist Circumference**

Waist circumference is used to screen for health risks. To measure waist circumference, place measuring tape at the level of the belly button.

**Am I Obese**

Body Mass Index (BMI) is a general measure of weight for height (kg/m²) to measure disease risk in adults

<table>
<thead>
<tr>
<th>BMI</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underweight</td>
<td>Below 18.5</td>
</tr>
<tr>
<td>Healthy Weight</td>
<td>18.5-24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25.0-29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>Greater than 30</td>
</tr>
</tbody>
</table>

You can calculate your BMI online at: [http://www.nhlbisupport.com/bmi](http://www.nhlbisupport.com/bmi)