



Top Health Priorities

Williamson County, TX



Chronic Disease and Chronic Disease Risk Factors

Focus on increasing healthy food access and physical activity.

Junk food is widely marketed, available almost everywhere, and offered at unbeatably low prices, making it a contributing factor to high obesity rates. Healthy foods tend to be more expensive than unhealthy foods. It is difficult to eat healthily when unhealthy foods, such as donuts and cake, are cheaper than healthy foods, such as apples. – Summary of discussion with youth Photovoice participant

66%

of adults are overweight or obese
TX: 69.5%

87.3%

of people have access to exercise opportunities
TX: 80.5%

24%

of adults are physically inactive
TX: 27%

7.8

grocery stores per 100,000 people
TX: 12.4

67.9

fast-food restaurants per 100,000 people
TX: 61.6

16%

of children are food insecure
TX: 21.6%

11.7%

of adults smoke
TX: 14.2%

35.8%

of adults eat fruits & vegetables 5+ times per day
TX: 38.6%

