OVERWEIGHT AND OBESITY are terms for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify weight ranges that have been shown to increase the risk for certain diseases and other health problems.

In 2011, 31.5% of Indiana children ages 10–17 were considered overweight or obese [Fig 1]. Among Indiana high school students, 30.2% were considered overweight or obese [Fig 1].

In 2013, 64.8% of U.S. adults† were considered either overweight or obese, as compared to 67.2% of Indiana adults† who were considered overweight or obese [Fig 2]. This amounts to over 3.3 million Hoosier adults, which is slightly more than the population of the state of Iowa.

Figure 1. Percent of children ages 10-17 and high school students by weight status, Indiana, 2011.

- Children ages 10-17:
  - Underweight: 5.5%
  - Healthy Weight: 31.5%
  - Overweight or Obese: 63.1%

- High School Students:
  - Underweight: 3.2%
  - Healthy Weight: 30.2%
  - Overweight or Obese: 66.6%

Figure 2. Percent of adults† by weight status, Indiana and U.S., 2013.

- U.S. Adults:
  - Underweight: 1.8%
  - Healthy Weight: 33.4%
  - Overweight: 29.4%
  - Obese: 35.4%

- Indiana Adults:
  - Underweight: 1.7%
  - Healthy Weight: 31.1%
  - Overweight: 35.4%
  - Obese: 31.8%

Calculated weight status: Body Mass Index (BMI)

- People’s weight status is determined by using their weight and height to calculate their BMI.
- For most people, their BMI is closely related to the amount of body fat they have.
- Because children’s body composition varies with age and sex, their BMI is determined using age- and sex-specific percentiles for BMI rather than the BMI categories used for adults.

Adult BMI categories

- Underweight: Below 18.5
- Healthy Weight: 18.5–24.9
- Overweight: 25.0–29.9
- Obese: 30.0 and above

Child BMI categories

- Underweight: Less than the 5th percentile
- Healthy Weight: 5th percentile to less than the 85th percentile
- Overweight: 85th percentile to less than the 95th percentile
- Obese: Greater than or equal to the 95th percentile

Risk factors for becoming overweight or obese

- Physical inactivity
- Unhealthy diet and eating habits
- Social and economic issues
- Family lifestyle
- Genetics
- Age
- Not breastfed as an infant

Health consequences of being overweight or obese

- Hypertension (high blood pressure)
- High total cholesterol, low HDL cholesterol, and/or high levels of triglycerides
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Osteoarthritis
- Sleep apnea and respiratory problems
- Some cancers (e.g., endometrial, breast and colon)

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†Adults are people ages 18 years and older

For additional information on the role of nutrition, physical activity and obesity in Indiana, please visit: www.in.gov/isdh/20060.htm
OVERWEIGHT AND OBESITY

Economic consequences

**Indiana**
- During an average year, Hoosiers pay $3.5 billion in obesity-related medical costs. 7
  - 36.9% of these costs are financed by the public sector through Medicare and Medicaid. 7

**United States**
- In 2008, obesity-related health care costs were estimated at $147 billion. 8
  - This equals 9.1% of annual medical spending. 9
- If obesity rates remain level, there would be a $550 million savings in medical expenses over the next two decades. 9
- If obesity rates continue to rise following current trends, total health care costs attributable to obesity and overweight will more than double every decade by 2030. 9
  - This would equate to $860 to $956 billion or 15.6% to 17.6% of total health care costs. 10

TAKE ACTION: Steps you can take to prevent or manage being overweight or obese

- **Maintain a proper diet and nutrition**
  - Eat more fruits and vegetables and less high-fat, high-sugar, and high-sodium foods.
  - Drink more water and fewer sugary drinks.
- **Be physically active**
  - Adults should have 150 minutes of moderate-intensity aerobic activity OR 75 minutes of vigorous-intensity aerobic activity each week.
  - Children should have 60 minutes or more of moderate- or vigorous-intensity aerobic activity each day.
  - Limit screen time (TV, computer and video games) for children to less than two hours per day.
- **Support Breastfeeding**
  - It is recommended that new mothers breastfeed for at least 12 months.

Resources

- Calculate your or your child’s BMI at: [www.cdc.gov/healthyweight/assessing/bmi](http://www.cdc.gov/healthyweight/assessing/bmi).
- To help families and communities understand physical activity and how it relates to maintaining a healthy weight, see these [Physical Activity Tools and Resources](http://www.cdc.gov/healthyweight/assessing/bmi).
- To learn about America’s move to raise a healthier generation of kids, visit [Let’s Move](http://www.letsmove.gov).
- For information about how communities can promote active living and higher levels of physical activity, visit [Health by Design](http://www.healthbydesign.org).
- For resources on healthy eating and living—including recipes, nutritional information, and a food and activity tracker—visit [Choose My Plate](http://www.choosemyplate.gov).
- To learn more about how to eat right and tips to stay on track, visit [Eat Right](http://www.eatright.org).
- To help Hoosiers and their families eat better, move more, and avoid tobacco, visit [INShape Indiana](http://www.in.gov/isdh/20060.htm).
- For more information on what is being done in Indiana, visit the [Indiana Healthy Weight Initiative](http://www.in.gov/isdh/20060.htm) website.

References