

Obesity is defined as having an excessive amount of body fat in relation to lean body mass. The burden of obesity threatens the health, academic performance, and productivity of Indiana’s residents. Obesity increases the risk for chronic diseases and conditions such as heart disease, stroke, cancer, hypertension, and diabetes.

Economic Impact

There was an 89% increase in spending on treatments for obesity-related diseases from 1998–2006. In 2008, obesity-related health care costs in the United States were estimated at \$147 billion. Obese individuals have medical costs \$1,429 (42%) higher than normal-weight people.¹ During an average year, Indiana residents pay \$3.5 billion in obesity-related medical costs; 37% of these costs are financed by the public sector through Medicare and Medicaid.²

Burden of Overweight and Obesity in Indiana

Children Ages 2 to 4 Years

- In 2009, 31% of children in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) were considered either overweight or obese [Figure 1].³

Youth Ages 10–17 Years

- In 2007, 30% were considered either overweight or obese [Figure 1].⁴

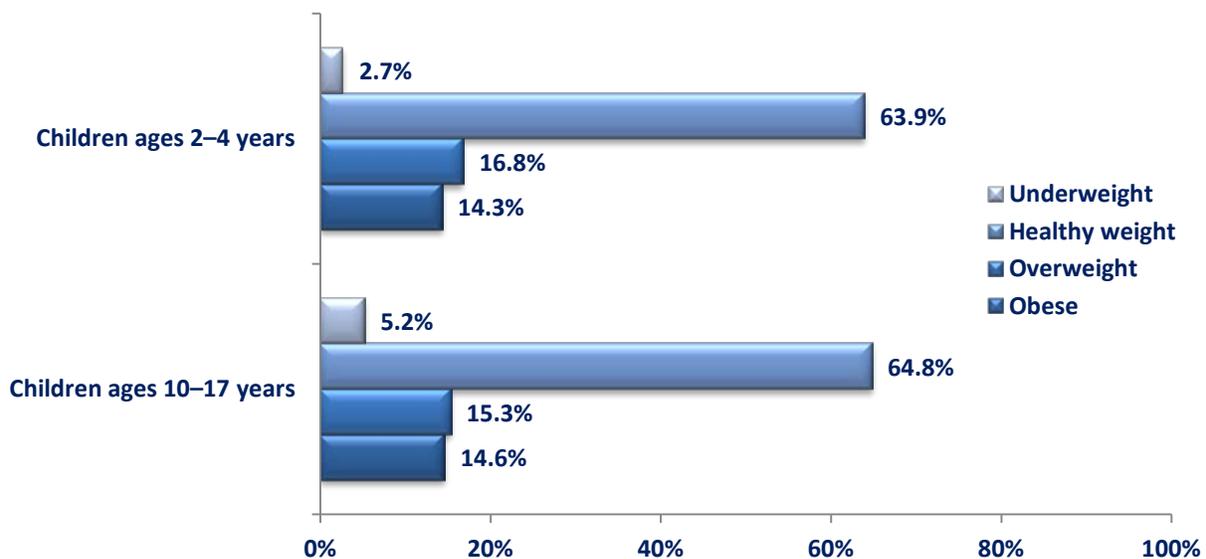
High School Students

- In 2009, 29% were considered either overweight or obese [Figure 2].⁵

Adults Ages 18 Years and Older

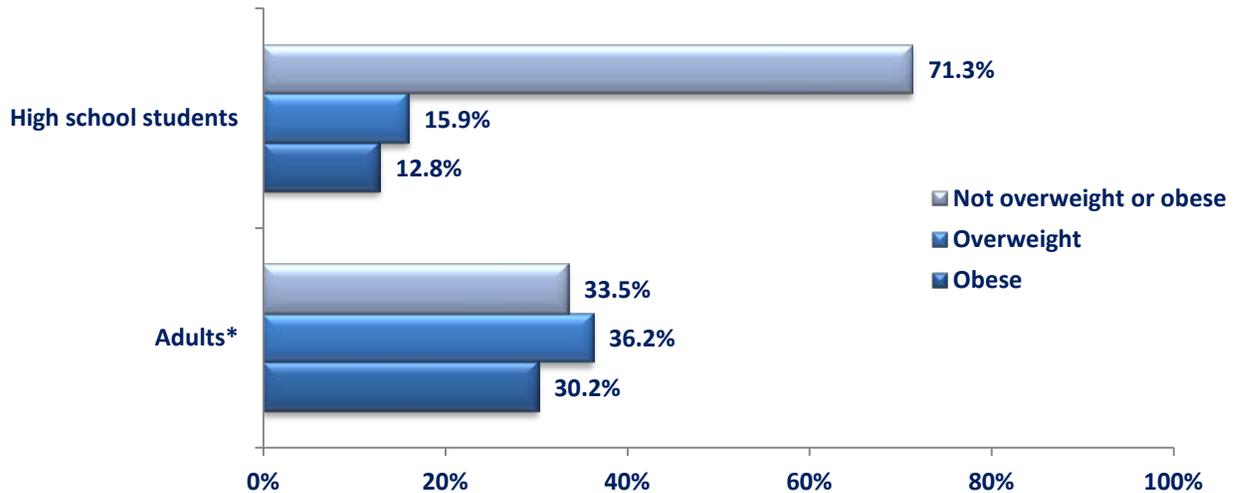
- In 2010, 66% (2 out of 3) were considered overweight or obese; an increase of approximately 33% since 1995 [Figure 2].⁶

Figure 1. Percent of children by age group and weight status, Indiana



Sources: 2009 Indiana PedNSS Survey Data; 2007 Indiana NSCH Statewide Survey Data.

Figure 2. Percent of high schools students and adults* by weight status, Indiana



*Adults are people ages 18 years and older

Sources: 2009 Indiana YRBS Survey Data; 2010 Indiana BRFSS Statewide Survey Data

What Can Be Done About Obesity in Indiana?

- Empower and motivate policymakers, advocates, and communities to address the burden of obesity.
- Adopt policies and improve environments that support healthy eating, active living, and breastfeeding.
- Support obesity prevention efforts in multiple settings including child care, schools, health care, worksites, and communities.
- Encourage collaboration among a diverse group of partners to address obesity prevention at the state and local level.
- For more tips, check out *Indiana's Comprehensive Nutrition and Physical Activity Plan, 2010–2020*, at www.inhealthyweight.org.

References and Resources

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