# Obesity

Indiana is currently the 9th fattest state in the nation, with about 62% of Hoosiers overweight or obese. According to the CDC, the annual cost of obesity to the state is almost $1.7 billion.

**Overweight** describes a person with a higher amount of body fat than is average. **Obesity** is the term used to describe being very overweight. Both increase the risk of developing other diseases, such as type 2 diabetes, heart disease, stroke, and certain cancers.

A person's genetics and environment play a part in determining an individual's weight. For this reason, state and local groups are working together to teach Indiana how to lead a healthy lifestyle. The following programs promote physical activity and nutrition to help make Hoosiers healthier:

- **Governor Mitch Daniels' INShape Indiana**
- **ISDH Community Nutrition & Obesity Prevention Division**
- **Lighten Up, Indiana!**

☆There are some things that you can do to keep yourself at a healthy weight:

- **Know your body mass index (BMI) by using the BMI calculator.** Overweight and obese people have a higher weight and more body fat than is healthy for their height.
  - **Healthy** BMI range for adults: 18 – 24.5
  - **Overweight** BMI range in adults: 25 – 29.9
  - **Obese** BMI ranges in adults: ≥30
- **Eat a diet that follows the food guide pyramid**.
  Make sure to include the following in your eating plan:
  - Plenty of fruits and vegetables
  - Whole grains
  - Moderate amounts of lean meats
  - Low-fat dairy products
  - Moderate amounts of healthy fats (mono and polyunsaturated fats) and minimal amounts of unhealthy fats (saturated and trans)
- **Exercise.** To lose extra fat, you must use the calories it stores. Go to the following websites for exercise tips:

- **President's Challenge**
- **INShape Indiana**