

STATE OF INDIANA

EXECUTIVE DEPARTMENT INDIANAPOLIS

25-57

EXECUTIVE ORDER

**FOR: MAKING INDIANA HEALTHY AGAIN BY DEVELOPING A
COMPREHENSIVE DIET-RELATED CHRONIC DISEASE PLAN**

TO ALL WHOM THESE PRESENTS MAY COME, GREETINGS.

WHEREAS, the health and well-being of Hoosiers are critical to the State of Indiana's prosperity and improving public health—especially by reducing chronic diseases—is a priority;

WHEREAS, according to the Center for Disease Control, six in ten Americans have at least one chronic disease and four in ten Americans have two or more chronic diseases;

WHEREAS, obesity affects 17.4 percent of Hoosier high schoolers and 44 percent of adults, which puts them at risk of chronic diseases such as type 2 diabetes, heart disease, and cancer;

WHEREAS, 90 percent of the country's \$4.5 trillion in annual healthcare expenditures treats chronic and mental health conditions;

WHEREAS, obesity costs the United States health care system nearly \$173 billion per year;

WHEREAS, nearly 38 percent of Indiana adults are obese and 70 percent of Indiana adults are either overweight or obese;

WHEREAS, according to the National Survey of Children's Health, 16.3 percent of Indiana children between the ages of 6 and 17 are obese;

WHEREAS, the root causes of chronic disease can be addressed through preventative, evidence-based interventions such as nutrition, physical activity, early screening, and disease management;

WHEREAS, preventative interventions are essential to reducing long-term healthcare costs, promoting healthier lifestyles, and improving Hoosiers' quality of life; and

WHEREAS, the State of Indiana has a responsibility to its citizens to ensure public policy serves to improve public health outcomes and provide Hoosiers with the resources to live healthy lives;

NOW, THEREFORE, I, MIKE BRAUN, by virtue of the authority vested in me as the Governor of the State of Indiana, do hereby order that:

1. The Secretary of Health and Family Services shall conduct a comprehensive study related to diet-related chronic disease in Indiana, especially among Hoosier children. This study shall include an analysis of:
 - a. Historic, current, and projected figures related to obesity and diet-related chronic disease in Indiana;
 - b. Existing State programs related to nutrition, physical activity, and chronic disease management, to include:
 - i. Each program's total budget, broken out by source;

- ii. Each program's effectiveness in reducing the incidence of diet-related chronic disease in the State;
 - iii. Opportunities to improve the State's return on investment in diet-related chronic disease spending by reducing program overlap, filling gaps in services, and increasing coordination between substantively related programs;
 - iv. Regulatory barriers that limit the effectiveness of State, local, or private efforts to address diet-related chronic illness;
 - c. Successful efforts by the Health First Indiana initiative, county health departments, private sector organizations, healthcare providers, community groups, and educational institutions that have improved health outcomes related to diet-related chronic disease;
 - d. Successful efforts by other states that have improved health outcomes related to diet-related chronic disease;
 - e. Opportunities to improve nutrition education for medical professionals, emphasizing the role that nutrition plays in improving medical outcomes and promoting lifelong health and wellness;
 - f. Opportunities to improve nutrition and diet-related chronic disease education for students, in coordination with the Secretary of Education; and
 - g. Potential cost-savings to individual Hoosiers, the State, and the federal government that may be realized by investing in evidence-based prevention and early intervention strategies to combat diet-related chronic disease.
2. The Secretary of Health and Family Services shall provide quarterly progress reports and a final written report to the Governor by July 1, 2026, detailing the study's findings and making recommendations to reduce obesity rates, prevent chronic disease, and promote healthy lifestyles for all Hoosiers. In developing this report, the Secretary of Health and Family Services shall consult with the U.S. Department of Health and Human Services to develop new partnerships that align with state and federal efforts.



IN TESTIMONY WHEREOF, I,
Mike Braun, have hereunto set my hand
and caused to be affixed the Great Seal
of the State of Indiana on this 15th day
of April, 2025.

Mike Braun

Mike Braun
Governor of Indiana

DIEGO MORALES

ATTEST: Diego Morales
Secretary of State