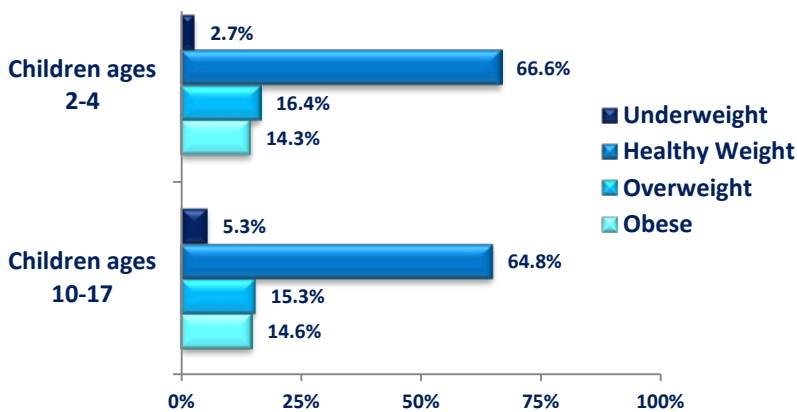




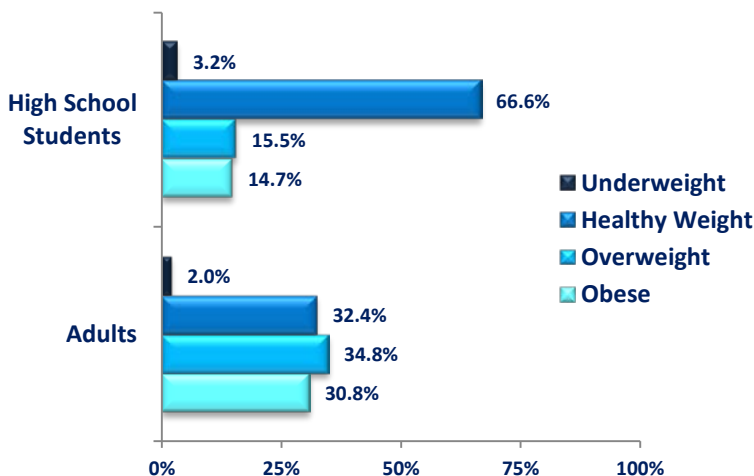
OVERWEIGHT AND OBESITY are terms for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify weight ranges that have been shown to increase the risk for certain diseases and other health problems. In 2011, 30.7% of children ages 2–4 in the Indiana Special Supplemental Nutrition Program for Women, Infant, and Children (WIC) were considered overweight or obese [Fig 1].¹ In 2007, an estimated 30% of Indiana youth ages 10–17 were considered overweight or obese [Fig 1].²

Figure 1. Percent of children by age group and weight status, Indiana* 1,2



In 2011, 30.2% of Indiana high school students were considered either overweight or obese [Fig 2].³ Additionally, 65.6% of Indiana adults[†] were considered either overweight or obese [Fig 2].⁴ This amounts to over 3 million Hoosier adults, which is equal to the population of the state of Iowa.

Figure 2. Percent of high school students and adults[†] by weight status, Indiana, 2011^{3,4}



*Data for children ages 10–17 from 2007
[†]Adults are people ages 18 years and older

Calculating 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 among 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 obese⁵

- Physical inactivity
- Unhealthy diet and eating habits
- Social and economic issues
- Family lifestyle
- Genetics
- Age
- Not breastfed as an infant⁶

Health consequences of being overweight or obese⁷

- 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)



Economic consequences

Indiana

- During an average year, Hoosiers pay \$3.5 billion in obesity-related medical costs.⁸
 - 36.9% of these costs are financed by the public sector through Medicare and Medicaid.⁸

United States

- In 2008, obesity-related health care costs were estimated at \$147 billion.⁹
 - This equals 9.1% of annual medical spending.¹⁰
- If obesity rates remain level, there would be a \$550 million savings in medical expenses over the next two decades.¹⁰
- 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 2030.¹⁰
 - This would equate to \$860 to \$956 billion, or 15.6% to 17.6% of total health care costs.¹¹

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](#)
 - New mothers are recommended to continue breastfeeding for at least 12 months.

Community resources

- Calculate your or your child's BMI at: www.cdc.gov/healthyweight/assessing/bmi.
- To help Hoosiers and their families eat better, move more, and avoid tobacco visit [INShape Indiana](#).
- [Recommended Community Strategies and Measurements to Prevent Obesity in the United States](#) contains 24 recommended obesity prevention strategies focusing on environmental and policy level changes.
- [Stories from the Field](#) highlights what state programs, including Indiana's, are doing to prevent obesity and other chronic diseases.
- [Burden of Obesity in Indiana 2011 Report](#) provides a roadmap for targeting interventions for at-risk groups and others in order to improve weight status, physical activity levels, and fruit and vegetable consumption.
- [Youth Risk Behavior Survey posters](#) illustrate the impact of overweight and obesity on Indiana high school students.
- For more information on what is being done in Indiana, visit the [Indiana Healthy Weight Initiative](#) website.
- For more tips, check out [Indiana's Comprehensive Nutrition and Physical Activity Plan, 2010–2020](#).

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