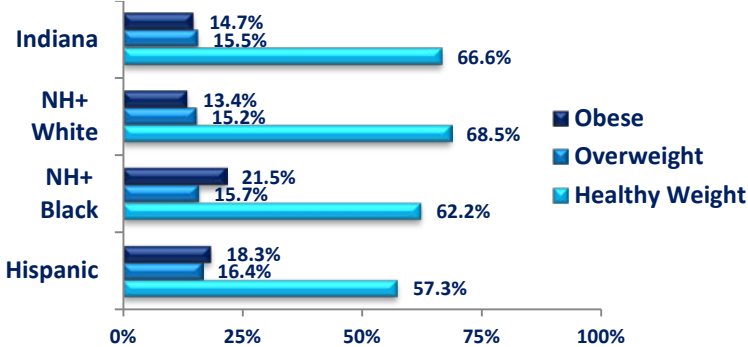




**OVERWEIGHT AND OBESITY** are terms for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify weight ranges that have been shown to increase the risk for certain diseases and other health problems. In 2011, 30.2% of Indiana high school students were considered overweight or obese [Fig 1].<sup>1</sup> Percentages were higher among Non-Hispanic black high school students (37.2%) and Hispanic high school students (34.7%) compared to Non-Hispanic white high school students (28.6%).

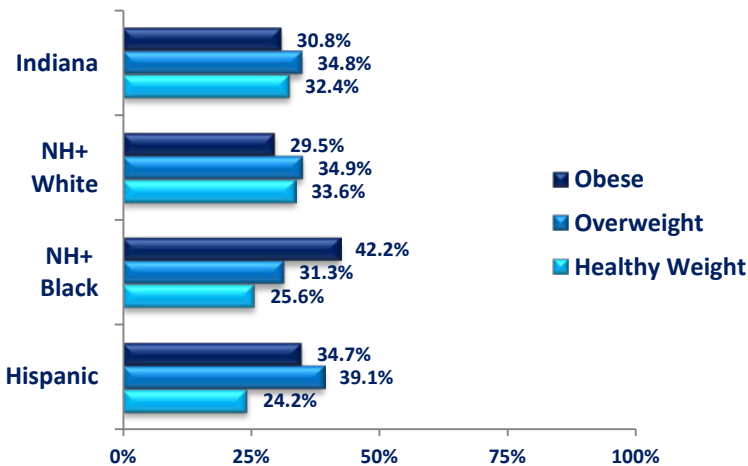
Figure 1. Percent of high school students by race/ethnicity and weight status, Indiana, 2011<sup>1</sup>



+Non-Hispanic

In 2011, 65.6% of Indiana adults were considered overweight or obese [Fig 2].<sup>2</sup> Percentages were higher among Hispanic adults (73.8%) and Non-Hispanic black adults (73.5%) compared to Non-Hispanic white adults (64.4%).

Figure 2. Percent of adults by race/ethnicity and weight status, Indiana, 2011<sup>2</sup>



+Non-Hispanic

**Calculating weight status: Body Mass Index**

- ❑ Overweight and obesity are determined by Body Mass Index (BMI). BMI is calculated using weight and height.
- ❑ 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.

**Child BMI categories**

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

**Adult BMI categories**

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

**Risk factors for becoming overweight or obese<sup>3</sup>**

- ❑ Physical inactivity
- ❑ Unhealthy diet and eating habits
- ❑ Social and economic issues
- ❑ Family lifestyle
- ❑ Genetics
- ❑ Age
- ❑ Not breastfed as an infant<sup>4</sup>

**Health consequences of being overweight or obese<sup>5</sup>**

- ❑ 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.<sup>6</sup>
  - 36.9% of these costs are financed by the public sector through Medicare and Medicaid.<sup>6</sup>

#### United States

- In 2005, total costs for hospitalizations with any diagnosis of obesity was \$237.6 million for children 2–19 years of age.<sup>7</sup>
- In 2008, obesity-related health care costs were estimated at \$147 billion.<sup>8</sup>
  - This equals 9.1% of annual medical spending.<sup>9</sup>
- If obesity rates remain level, \$550 million in medical expenses would be saved in medical expenses over the next two decades.<sup>9</sup>
- If current obesity trends persist, total health care costs attributable to obesity and overweight will more than double every decade by 2030.<sup>9</sup>
  - This would equate to \$860 to \$956 billion, or 15.6% to 17.6% of total health care costs.<sup>10</sup>

### 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](#)
  - Children should have 60 minutes or more of moderate- or vigorous-intensity aerobic activity each day.
  - Adults should have 150 minutes of moderate-intensity aerobic activity OR 75 minutes of vigorous-intensity aerobic activity each week.
  - 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](http://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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