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]. 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%).

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

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 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

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

Health consequences of being overweight or obese
- 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.\(^6\)
  - 36.9% of these costs are financed by the public sector through Medicare and Medicaid.\(^6\)

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

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References

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.
- 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 additional information on the role of nutrition, physical activity and obesity in Indiana, please visit: www.in.gov/isdh/20060.htm