## Burden of Obesity Among Adults in Indiana

### THE BURDEN OF OBESITY IN INDIANA

- 66.5% of the adult population of Indiana, or about 3.2 million, report being overweight or obese as measured by Body Mass Index (BMI).  
- Among adults under 65, the number who report being overweight or obese increases with age. Also, adults with at least a high school education or an income level over $20,000 show a consistent negative trend of obesity.
- Obesity poses a major risk for serious diet related chronic diseases, including type 2 diabetes, cardiovascular disease, hypertension and stroke, and certain forms of cancer (WHO, 2011).
- The United States has the highest rate of obesity in the world (OECD, 2011).
- In 2008, the total annual economic cost of obesity in the United States was estimated to be as high as $147 billion (CDC, 2010). An overweight or obese person in the United States spends $1,500, or 41%, more each year on healthcare than an average person (CDC, 2009).
- Overweight and obesity are the fifth leading risk for deaths (WHO, 2011).
- Obesity is preventable (WHO, 2011).

### SOME ADULTS ARE MORE LIKELY TO BE OBESE

<table>
<thead>
<tr>
<th>Sex</th>
<th>73.4% of males report being overweight or obese compared to 59.5% of females.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>42.5% of adults 18-24 years old, 64.8% of adults 25-44 years old, 74.1% of adults 45-64 years old, and 69.0% of adults 65+ years old report being overweight or obese.</td>
</tr>
<tr>
<td>Race/Ethnicity</td>
<td>71.1% of Hispanic adults report being overweight or obese. 74.9% of black, non-Hispanic adults report being overweight or obese compared to 65.8% of white, non hispanic adults.</td>
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<tr>
<td>Income</td>
<td>69.6% of adults with household incomes of less than $15,000, 71.2% of adults with household incomes of $15,000-$24,999, 70.6% of adults with household incomes of $25,000-$49,999, and 67.1% of adults with household incomes of $50,000-$74,999, and 63.9% of adults with household incomes of $75,000+ report being overweight or obese.</td>
</tr>
<tr>
<td>Education</td>
<td>67.0% of adults with less than a high school education, 69.3% of adults with a high school education, 67.9% of adults with some college education, and 61.9% of adults with a college education report being overweight or obese.</td>
</tr>
</tbody>
</table>
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**CARDIOVASCULAR DISEASE AND OBESITY**

10.5% of adults who report being overweight or obese also report having cardiovascular disease compared to 6.4% of adults who do not report being overweight or obese but report having cardiovascular disease.\(^2\)

**DIABETES AND OBESITY**

19.6% of adults who are obese and 7.3% of adults who are overweight report having diabetes compared to 3.8% of adults who are not overweight or obese.

**TREND OF OBESITY**

The following figure displays the trend in the percentage of adults in Indiana and the United States who report being overweight or obese.

![Trend of Obesity](image)

**FOOTNOTES**

\(^1\) BMI, or Body Mass, Index is a weight-for-height measure to classify underweight, overweight and obese status among adults. It is defined as the weight in kilograms divided by the square of the height in meters (kg/m\(^2\)). A normal BMI range is 18.50-24.99, overweight is 25.00-29.99, and obese is 30.00+ (WHO, 2011).

\(^2\) Cardiovascular disease includes persons who report ever having a heart attack, a stroke, angina, and/or coronary heart disease (CDC, 2011).