Global Health Institute

Burden of Obesity Among Adults in Indiana

An estimated 3.2 million adults in Indiana report being overweight or obese.

The United States has the highest rate of obesity in the world.

Obesity is preventable.

Obesity among adults under 65 increases with age.

Worldwide obesity has more than doubled since 1980 (WHO, 2011).

BRFSS Behavioral Risk Factor Surveillance System

(2010 Data)

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).[1]
- 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

Sex	73.4% of males report being overweight or obese compared to 59.5% of females.
Age	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.
Race/Ethnicity	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.
Income	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.
Education	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.

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Adults who report being overweight or obese are more likely to also report having cardiovascular disease.

Adults who are obese or overweight are more likely to report having diabetes.

The percentage of adults who are overweight or obese has steadily increased over the past twenty years.

BRFSS Behavioral Risk Factor Surveillance System

(2010 Data)

CARDIOVASCULAR DISEASE AND OBESITY

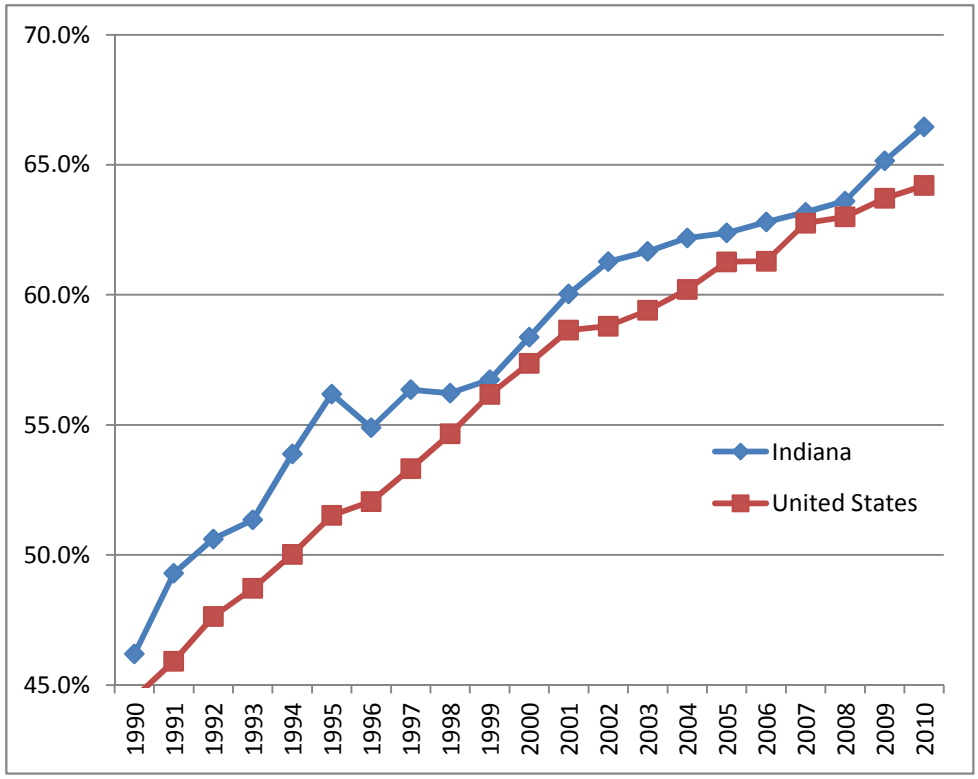
10.5% of adults who report being overweight or obese also report having cardiovascular disease compared to 6.4% of adults who do not report being overweight or obese but report having cardiovascular disease.[2]

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.



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).