

Indiana State Factsheet ⁱ

Key Points

- Indiana ranked 32nd for protective factors against childhood obesity and 29th for healthy neighborhood environments. ⁱⁱⁱ
- Obesity among low-income, preschool-aged children rose from 11 percent in 1998 to 15 percent in 2008.
- Among adults, the prevalence of obesity increased to ≥30 in 10 of 92 counties by 2007.
- 35 percent of adults in Indiana are overweight and 30 percent are obese.
- Indiana will spend over 7 billion dollars annually by 2018 on health care costs attributable to obesity.

There are many interacting determinants of childhood obesity. Physical activity and media time are important contributors which may have greater impact on certain groups such as young children

POSITIVE BEHAVIORS BY RACE, INCOME, INSURANCE		IN (%)	Nation (%)	Best state(%)	
% of children ages 6-17 who are physically active at least 4 days a week					
overall		66.2	64.3	72.8	VT
by race/ ethnicity	White non-Hispanic	67.9	69	74.7	NC
	Black non-Hispanic	62.7	61.6	73.1	NV
	Hispanic	55.2	51.8	72.2	MT
by household income	0-99% FPL	64.3	53.8	78.6	MN
	400% +	66.8	70.9	77.6	AL
by insurance status	None	54	54.5	81.1	HI
	Public	68.5	60	74.3	AK
	Private	66.8	67.6	75.2	VT
% of children ages 6-17 with 2 hours or less or no daily screen time					
overall		76.4	78.1	87.7	VT
by race/ ethnicity	White non-Hispanic	77.8	82.9	96.9	DC
	Black non-Hispanic	60.1	61.6	70.3	NC
	Hispanic	85.5	75.2	93.3	UT
by household income	0-99% FPL	64.7	68.8	82.4	UT
	400% +	83.3	86	92.5	WA
by insurance status	None	67.3	72.4	89.3	UT
	Public	68.4	70.1	86.1	WY
	Private	80.5	82.4	90.3	VT

Parent physical activity is a strong predictor of the activity of their children

% OF PARENTS PHYSICALLY ACTIVE, 4 or more days/ week		IN (%)	Nation (%)	Best state(%)	
Mother		31.2	32.9	42.9	VT
Father		46.4	44.9	57.6	HI

i. The first factsheet can be found at: <http://www.nichq.org/pdf/Indiana.pdf>. It contains other data, including the obesity prevalence for all children

ii. Obesity defined as Body Mass Index (BMI) at or above the 95th percentile.

iii. For rankings, 1st is best and 50th is worst. Rankings are based on cumulative percents from 2007 National Survey of Children's Health. Protective factors = % reporting positive social skills + % always engaging in school + % in families which eat meals together every day. Neighborhood environment = % living in supportive neighborhoods + % in neighborhoods with no detracting elements (litter, graffiti, etc.) + % living in neighborhoods with parks, recreation centers and sidewalks

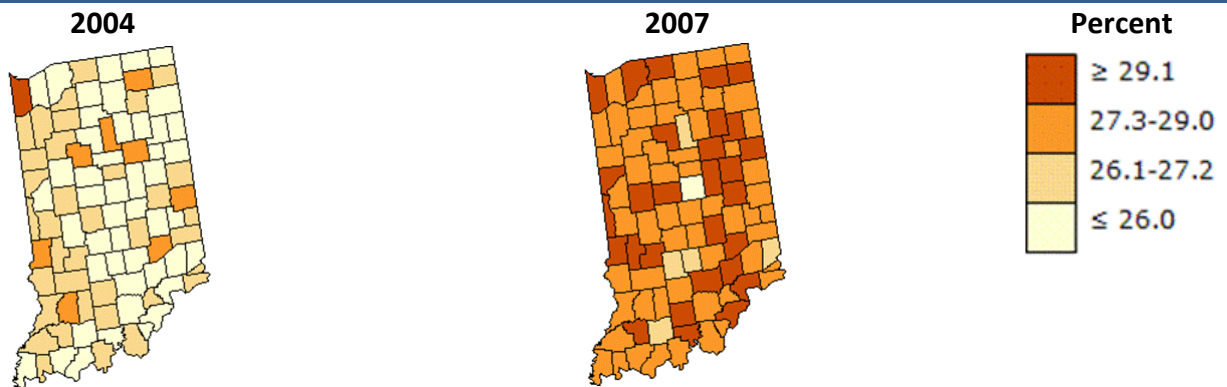
The community in which a child lives influences their daily access to healthy food and physical activity

LIVING IN HEALTHY NEIGHBORHOOD ENVIRONMENTS		IN (%)	Nation (%)	Best state(%)	
% of children living in supportive neighborhoods					
overall		84.4	83.2	92.9	UT
by race/ ethnicity	White non-Hispanic	88.7	88.8	94.7	UT
	Black non-Hispanic	55.4	71	85.9	AK
	Hispanic	81.4	76.1	90.6	VT
by household income	0-99% FPL	71.2	70.7	89.2	UT
	400% +	93.6	91.1	98	UT
% of children living in neighborhoods with NO graffiti, dilapidated housing or litter					
overall		73	71.4	78	MA
by race/ ethnicity	White non-Hispanic	74.2	75.6	81.9	CT
	Black non-Hispanic	65.5	63	78.3	MA
	Hispanic	75.7	66.5	86.8	AL
by household income	0-99% FPL	57.5	57.4	72.9	CO
	400% +	85.1	83.2	90.5	FL
% of children living in neighborhoods with parks, recreation centers, and sidewalks					
overall		59.6	65.1	87.4	UT
by race/ ethnicity	White non-Hispanic	56.3	62.6	95.2	DC
	Black non-Hispanic	81.2	72.4	95.8	RI
	Hispanic	56.4	62.7	82.1	SD
by household income	0-99% FPL	67.7	57.6	88.2	MA
	400% +	62.7	73.4	92.4	DC

Other factors in the social environment may also protect against obesity

PROTECTIVE FACTORS	IN (%)	Nation (%)	Best state(%)	
Positive social skills	92.2	93.6	97.1	MN
Usually or always engages in school	80.6	80.5	86	MA
Involved in at-least one after-school activity	84.3	80.7	90.5	MN
Family eats meals together every day	44.6	45.8	54.2	ID

AGE-ADJUSTED ESTIMATES OF THE PERCENT OF ADULTS WHO ARE OBESE IN INDIANA



Data from Centers for Disease Control and Prevention: National Diabetes Surveillance System. Available online at: <http://www.cdc.gov/diabetes/statistics/index.htm>.

COST OF ADULT OBESITY IN INDIANA, MILLIONS OF DOLLARS

2000 (actual)	2008 (projected)	2013 (projected)	2018 (projected)
1,637	1,981	3,153	7,088

Source: 2000 data are from Finkelstein, et al: "State-level estimates of annual medical expenditures attributable to obesity". 2008 - 2018 projected estimates are from Thorpe: "The Future Costs of Obesity: National and State Estimates of the Impact of Obesity on Direct Health Care Expenses"