

# Indiana

## State Nutrition, Physical Activity, and Obesity Profile



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National Center for Chronic Disease Prevention and Health Promotion  
Division of Nutrition, Physical Activity, and Obesity



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Many American communities lack environments that could support healthy diets and regular physical activity. Healthy dietary and physical activity practices can lower the risk for heart disease, type 2 diabetes, and some cancers.<sup>1,2</sup>

In addition, excess calorie intake and physical inactivity contribute to obesity, which is associated with some of the leading preventable chronic diseases, including heart disease, stroke, type 2 diabetes, and some cancers. Among adults, the medical costs associated with obesity are an estimated \$147 billion.<sup>1,2,3</sup>

Public health approaches can help make healthy options available, accessible, and affordable. The Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity (DNPAO) supports the nation to establish sustainable programs to improve dietary quality, increase physical activity, and reduce obesity and overweight. DNPAO funds and works with state health departments through a cooperative agreement ([State Public Health Actions to Prevent and Control Diabetes, Heart Disease, Obesity and Associated Risk Factors and Promote School Health program](#)).

This profile highlights data on dietary quality, physical activity, and obesity in Indiana and select activities funded with this cooperative agreement. For more information about CDC's work to support healthy eating and physical activity, please see the [DNPAO website](#).

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## Population Statistics

Estimated Population of Indiana: 6,619,680<sup>4</sup>

### Adult Statistics

#### Dietary Behaviors<sup>5</sup>

- 43.6% of adults reported consuming fruit less than one time daily.
- 26.9% of adults reported consuming vegetables less than one time daily.

#### Physical Activity<sup>5</sup>

- 44.0% of adults achieved the equivalent of at least 150 minutes of moderate intensity physical activity per week.

#### Overweight and Obesity<sup>5</sup>

- 33.7% of adults were overweight.
- 32.7% of adults had obesity.

## Child Statistics

#### Breastfeeding<sup>5</sup>

- 72.4% of infants were ever breastfed.
- 45.4% of infants were breastfed for at least 6 months.

#### Overweight and Obesity<sup>5</sup>

- 16.1% of children aged 2 to 4 years in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) program were overweight.
- 14.7% of children aged 2 to 4 years in WIC had obesity.

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## State Activities

Indiana worked on the following select activities during the first 2 years of the State Public Health Actions program.

- Implemented Fresh Bucks, a Supplemental Nutrition Assistance Program (SNAP) incentive program to help Indiana families eat healthy and support local farmers. This resulted in an increase in SNAP Electronic Benefits Transfer usage by 157% in farmers' markets.
- Conducted a nutrition assessment at Indiana State Department of Health facilities to determine how healthier foods were being offered. Discussions are underway with state government facilities' snack bars and cafeteria vendors to increase healthy options.
- Developed physical activity recommendations to support physical activity in state government buildings in Marion County and other nongovernment worksites statewide.
- Convened workshops to educate market managers and farmers on how to become certified and receive equipment to accept SNAP benefits at a farmers' market, farm stand, or u-pick farms.
- Partnered with Indiana Perinatal Network (IPN) to launch the Indiana Learning Collaborative, an initiative for hospitals working on Baby-Friendly<sup>®</sup> designation. The IPN will assist hospitals by providing plans, consultation, and training, and bringing hospitals together to work in peer learning collaboratives.
- Provided workshops in several counties or metro areas on how Indiana communities can support active living through strategic planning and programming.



## References

1. US Department of Health and Human Services. National Institutes of Health. Managing Overweight and Obesity in Adults: Systematic Evidence Review from the Obesity Expert Panel, 2013.
2. World Cancer Research Fund / American Institute for Cancer Research. Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective. Washington DC: AICR, 2007
3. Finkelstein, EA, Trogon, JG, Cohen, JW, Dietz, W. Annual medical spending attributable to obesity: Payer- and service-specific estimates. *Health Affairs*. 2009;28(5):w822-w831.
4. US Census Bureau. State and County QuickFacts 2015 website. <http://www.census.gov/quickfacts/chart/PST045215/00>. Accessed February 22, 2016.
5. Centers for Disease Control and Prevention. Nutrition, Physical Activity and Obesity Data, Trends and Maps website. [https://nccd.cdc.gov/NPAO\\_DTM/](https://nccd.cdc.gov/NPAO_DTM/). Accessed February 22, 2016.