



Overweight More area residents are overweight than seen nationwide. Similarly, more area residents are at an unhealthy weight than average Americans.

Nutrition Northwest Indiana residents are less likely to consume fruits and vegetables compared to their national counterparts.

Diabetes

Age-adjusted diabetes death rates in Northwest Indiana (specifically in Lake and Porter counties) for diabetes are much higher than national rates.

Heart Disease

The heart disease death rate in the three-county area is higher than the rate nationwide. Looking at the three counties individually, heart disease death rates are highest in Lake and LaPorte counties. In addition, Northwest Indiana residents report a higher prevalence of high blood pressure than seen nationwide.

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|--|------|------|
| Age-Adjusted Diabetes Deaths/100,000 | 25.4 | 15.1 |
| % Eat 5+ Servings of Fruits and Vegetables/Day | 37.9 | |
| % Unhealthy Weight (BMI of 30.5 or 25+) | 63.3 | 40 |

Overweight and Obesity

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|---|-------|-------|---------|
| % Overweight | 66.3 | 62 | WORSE |
| Age-Adjusted Heart Disease Deaths/100,000 | 257.3 | 240.8 | 213.7 |
| % Obese | 29 | 25.7 | 15 |
| % Overweights Advised to Lose Weight | 27.9 | 24.4 | similar |
| % Received Advice on Nutrition in Past Year | 34 | 30.4 | similar |
| % Overweight Trying to Lose Weight | 38.1 | 35.4 | similar |
| % Children (6-17) Overweight | 20.2 | 24.4 | similar |
| % Diabetes/High Blood Sugar | 11 | 8.7 | similar |
| % Chronic Heart Disease | 8.6 | 7 | similar |