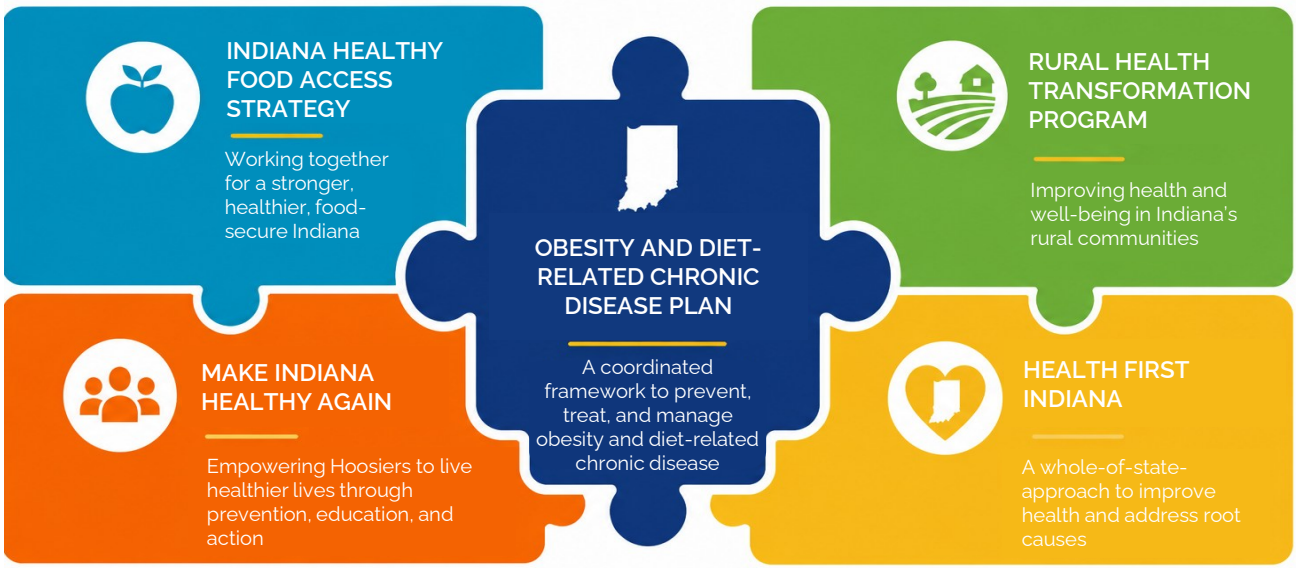
Executive Summary
Indiana Obesity & Diet-Related Chronic Disease Plan

Indiana has a unique opportunity to shift the trajectory and reduce the burden of obesity and chronic illness. The **State of Indiana Obesity and Diet-Related Chronic Disease Plan** serves as the central framework for this effort, aligning prevention, early intervention, nutrition support, clinical care, and system infrastructure across related statewide initiatives. By working together through this coordinated plan, state agencies and community partners can ***help Hoosiers live longer, healthier lives***.



The following statistics demonstrate why coordinated action is urgent and where Indiana has the greatest opportunity for impact.

Maternal Health Outcomes	Adult Health Outcomes	Youth Health Outcomes
2 in 5 Indiana mothers experience obesity	**2 in 5** Indiana adults experience obesity	**1 in 5** Indiana youth experience obesity
Reduced Economic Activity	**Increased Employer Costs**	**State Budget Impact**
$10.7B in total reduced economic activity or **1.9% Gross Domestic Product**	**$2.4B** in increased healthcare, absenteeism, and disability costs	**$1.1B** in increased government spending and lost tax revenue

Without coordinated action, obesity and diet-related chronic diseases will continue to rise across Indiana. A unified statewide approach can help reverse current trends, improve health outcomes across the lifespan, reduce long-term costs, and strengthen Indiana's communities, workforce, and economy.

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Indiana Obesity & Diet-Related Chronic Disease Plan

The **Obesity and Diet-Related Chronic Disease Plan** was shaped by statewide partner input, population health data analysis, program inventories, and funding analysis. Stakeholders helped identify key gaps — including food access barriers, workforce needs, coverage challenges, stigma, and fragmented referral pathways — that informed the Plan's priorities, strategies, and actions. The resulting framework is grounded in real Hoosier experiences, informed by data, and focused on measurable improvement across the lifespan.

The Plan's Framework includes three **Prevention and Care Continuum** pillars that define where Indiana can improve access and outcomes, supported by four **Enablers for Action** that provide the foundation needed for statewide implementation.

Indiana's Obesity and Diet-Related Chronic Disease Strategic Plan Framework

Coordinating prevention, treatment, and system infrastructure for better outcomes across the lifespan

PREVENTION & CARE CONTINUUM

A pathway from early prevention to treatment and long-term care

PRIMARY PREVENTION
Build healthy habits early and strengthen community conditions.

FOOD IS MEDICINE
Connect people to nutrition supports that improve health.

CLINICAL CARE PATHWAYS
Improve access to evidence-based screening, treatment, and management.

ENABLERS FOR ACTION

The infrastructure that makes the continuum work across Indiana

WORKFORCE & TECHNICAL ASSISTANCE
Build a skilled workforce and provide training, tools, and technical support.

DATA INFRASTRUCTURE
Improve data systems and analytics to inform decisions and track progress.

GOVERNANCE & ACCOUNTABILITY
Establish leadership, align partners, and set measurable goals to ensure transparency and accountability.

SUSTAINABILITY & FINANCING
Align resources and funding strategies to support long-term sustainability and impact.

Together, these domains provide a shared roadmap for aligning partners, scaling what works, and building the infrastructure needed to improve health outcomes for Hoosiers across the lifespan. They also create the foundation for coordinated implementation, shared accountability, and measurable progress over time.

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Indiana Obesity & Diet-Related Chronic Disease

The framework provides the organizing structure; the objectives below define where Indiana will focus action. Together, they connect prevention, nutrition support, clinical care, workforce, data, governance, and financing into a coordinated path for statewide implementation.

PREVENTION & CARE CONTINUUM

Primary Prevention Objectives

1. Launch Statewide Healthy Living Initiative for Prevention and Family Engagement
2. Strengthen Prevention in Early Childcare and School Settings
3. Improve Community Nutrition Environments
4. Advance Active Living Through Local Planning, Design, and Community Partnerships
5. Elevate Breastfeeding and Early Nutrition as Prevention Strategies

Food is Medicine Objectives

1. Expand Access to Food is Medicine Programs and Medical Nutrition Therapy
2. Standardize Food is Medicine Eligibility, Screening, and Referral Pathways
3. Strengthen Workforce Capacity to Deliver Food is Medicine
4. Standardize Food is Medicine Evaluation
5. Expand Food is Medicine Procurement and Sourcing

Clinical Care Pathways Objectives

1. Standardize Screening and Early Identification of Clinical and Health-Related Needs
2. Implement the Cardiovascular-Kidney-Metabolic (CKM) Center Alliance's Model for Multidisciplinary Care Delivery
3. Build Clinical Workforce Competency in Obesity and Cardiometabolic Care
4. Expand Coverage for Comprehensive Clinical Care

ENABLERS FOR ACTION

Workforce and Technical Assistance Objectives

1. Build Cross-Sector Workforce Capacity
2. Elevate Community Health Workers as Core Connectors Between Systems and Communities
3. Strengthen Local Health Departments as Regional Prevention Implementation Hubs

Data Infrastructure Objectives

1. Set a Unified Vision for the State's Data Ecosystem and the Framework to Guide its Development
2. Strengthen Chronic Disease Registries and Longitudinal Monitoring
3. Improve Data Quality and Access to Measure Impact and Improve Programs

Governance and Accountability Objectives

1. Establish Statewide Governance for Plan Implementation
2. Coordinate Regional Implementation
3. Advance Policy Alignment and Public Accountability

Sustainability and Funding Objectives

1. Develop a Sustainability Roadmap for Plan Implementation
2. Develop Sustainable Reimbursement Models that Support Scalable Program Delivery
3. Mobilize Coordinated, Public, Private, and Employer Investment
4. Demonstrate Value to Guide Future Investment

Executive Summary
Indiana Obesity & Diet-Related Chronic Disease Plan

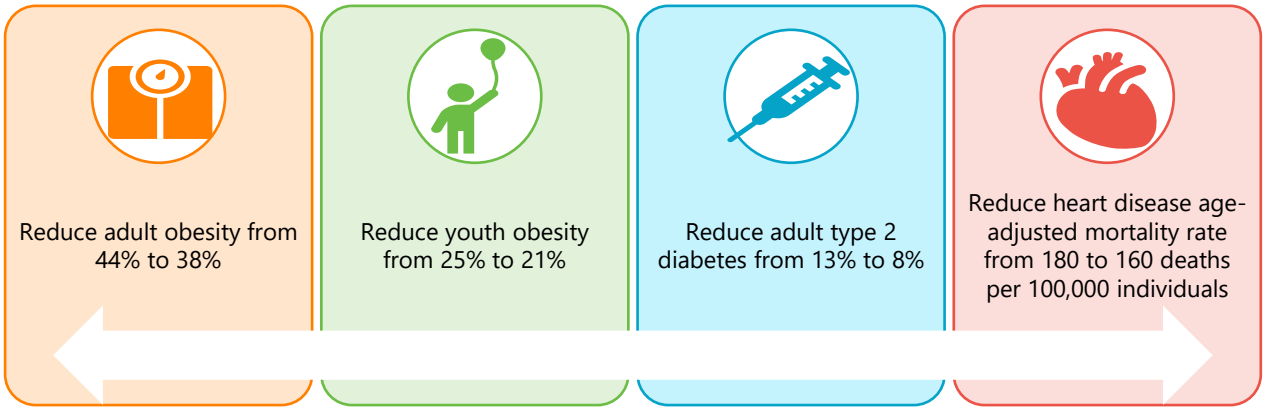
Helping Hoosiers Live Longer, Healthier Lives

We envision a future for Indiana where every Hoosier can access nourishing food, active communities, early prevention, and comprehensive care to support longer, healthier lives.

10-Year Impact Goals

These 10-year impact goals translate Indiana's vision into measurable progress toward longer, healthier lives for Hoosiers.

Within 10 years the plan aims to reduce obesity and diet-related chronic disease, strengthen prevention, and improve health outcomes across communities statewide.



Year 1

Refine Policy Recommendations

Review and refine policy recommendations that support successful implementation of this Plan.

In Practice

Consult experts to advise on statewide implementation

Material Distribution

Create tailored, audience-specific materials to activate uptake of the plan among statewide partners

