



THE STATE OF OUR HEALTH

Indiana is one of the unhealthiest states in the nation, ranking 38th for overall health of its citizens. As Hoosier business and community leaders, this is a fact that we can no longer afford to ignore. This is why we've come together to form the **Alliance for a Healthier Indiana**.

A Complex Challenge

The health of our state is a complex measurement with many factors at play. Indiana ranks at the bottom in many important health metrics including obesity, tobacco use, infant mortality and opioid abuse — and these are just a few critical examples. Our progress toward improvement is impeded by Indiana's low public health spending per capita. Our position as one of the nation's unhealthiest states can likely be attributed to many of the poor rankings Indiana received as part of the America's Health Rankings Report.

These are **issues that affect each and every Hoosier**, whether directly or indirectly. Beyond simply our health, it affects Indiana businesses, our state's economy, health care costs and our national reputation.



34th

worst in
drug
deaths



40th

worst in
obesity



41st

worst in
percentage
of smokers



42nd

worst in
infant
mortality



49th

worst in
public health
funding

COMMIT
— TO A —
**HEALTHIER
INDIANA**

We are a group of dedicated Indiana health care professionals, advocates, community and business leaders committed to improving the health of our state. Commit to a #HealthierIndiana by helping us build awareness and becoming a partner organization. **Join us at HealthierIndiana.**



THE PATH TO HOOSIER HEALTH

Improving our state's health cannot be done overnight. It will take a concerted and collaborative effort. We have the know-how and motivation to create real change. **What we need is our collective dedication and combined focus.**



Tackling Tobacco Use

Helping Hoosier smokers quit and deterring youth from starting / Tobacco costs Indiana \$5.4 billion annually, taking into account health care costs and lost productivity due to smoking-related diseases and smoking on the job. Additionally, secondhand smoke costs Indiana \$2.2 billion in excess medical expenses and premature loss of life.



Battling Opioid Abuse

Reducing Hoosier abuse and dependency on opioids / Opioid abuse, one of Indiana's fastest growing drug problems, takes a tremendous toll on the health of our state with opioid abuse costing Indiana \$1.5 billion in increased health care costs, lost productivity, criminal justice costs and premature death.



Taking on Obesity

Motivating and supporting Hoosiers to make health a priority / Approximately 1 of 3 adult Hoosiers are obese, which puts them at risk for chronic health conditions including stroke, hypertension, Type 2 diabetes, heart disease and certain types of cancer. Obesity costs Indiana \$11.9 billion in increased health care costs, lower productivity and other related impacts.



Reducing Infant Mortality

Improving futures for the most vulnerable Hoosiers / Currently 7 out of every 1,000 infants born in Indiana die before their first birthday, reflecting the overall state of maternal health, as well as the quality and accessibility of primary health care available to pregnant women and infants.