

Alaska Obesity Prevention and Control: Student Weight Status

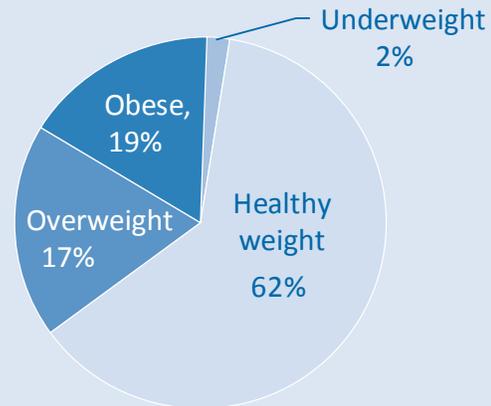
ANCHORAGE SCHOOL DISTRICT

2012-2013 District Summary

Over the 2012-13 school year, Anchorage School District staff measured the height and weight of 18,882 students (84% of all enrolled) in grades K, 1, 3, 5, 7, and 10. With measurement results scaled to represent the enrolled population for each grade:

- 16.9% of students were overweight (BMI 85th-95th percentile)
- 18.6% of students were obese (BMI \geq 95th percentile)
- 6.1% of students were severely obese, with a BMI \geq 120% of the 95th percentile
- The prevalence of overweight/obesity was significantly higher among male students (36.6%) than among females (34.3%).

Figure 1: Student Weight Status among ASD Students, Grades K, 1, 3, 5, 7 & 10, 2012-2013



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 7th-grade students, while the prevalence of obesity was highest among 7th and 10th-grade students. While these percentages were lowest among Kindergarten and 1st-grade students, 1 out of 3 enter school overweight or obese. Over 14% of students were obese in all grades sampled.

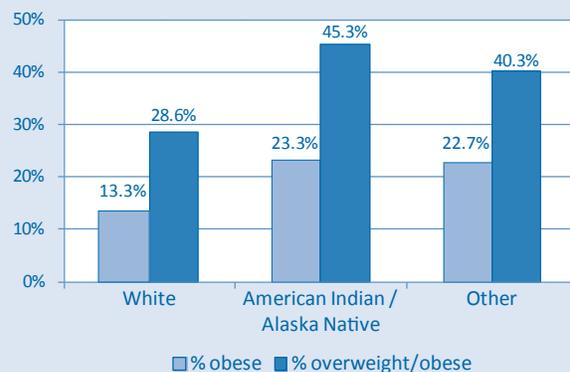
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD Students, Grades K, 1, 3, 5, 7 & 10, 2012-2013



Disparities in Weight Status

Reporting by race allows us to identify racial disparities in order to address and reduce them. The prevalence of overweight/obesity was significantly higher among American Indian/Alaska Native students (45.3%) than among white students (28.6%) and students of other races (40.3%). Schools with at least 45% of students enrolled in school meal programs were assigned the proxy status of low socioeconomic status (SES); overweight/obesity prevalence was significantly higher in low-SES schools (40.1%) than in other schools (30.5%) (see Table 5).

Figure 3: Prevalence of Overweight and Obesity among ASD Students, Grades K, 1, 3, 5, 7 & 10, by Race/Ethnicity, 2012-2013



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD STUDENTS, GRADES K, 1, 3, 5, 7 & 10, 2012-13 SCHOOL YEAR

Table 1: Weight Status Overall and by Sex

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	35.5 (33.4-37.6)	16.9 (16.2-17.7)	18.6 (17.1-20.1)
Male	36.6 (34.4-38.8)	16.7 (15.8-17.7)	19.8 (18.2-21.6)
Female	34.3 (32.0-36.7)	17.1 (16.1-18.3)	17.2 (15.7-18.8)

Table 2: Weight Status by Grade

Grade	% Overwgt & Obese	% Overweight	% Obese
K	31.5 (29.1-33.9)	17.0 (15.6-18.5)	14.5 (13.0-16.1)
1 st	30.0 (26.8-33.3)	15.1 (13.8-16.5)	14.8 (12.5-17.5)
3 rd	33.8 (31.2-36.6)	15.6 (14.4-16.8)	18.3 (16.3-20.4)
5 th	38.4 (35.8-41.2)	17.6 (16.2-19.0)	20.9 (18.7-23.3)
7 th	40.8 (36.6-45.2)	18.9 (17.0-21.0)	21.8 (18.9-25.0)
10 th	39.3 (33.7-45.3)	17.5 (15.3-20.0)	21.8 (18.2-25.9)
K-8 combined*	34.8 (32.6-36.9)	16.8 (16.0-17.6)	17.9 (16.4-19.6)

* Overweight and obesity prevalence for grades K-8 are comparable to [Healthy Alaskans 2020 Statewide Leading Health Indicators](#).

Table 3: Weight Status by Race/Ethnicity*

Race/Ethnicity	% Overwgt & Obese	% Overweight	% Obese
White	28.6 (26.6-30.6)	15.3 (14.3-16.4)	13.3 (12.0-14.7)
American Indian / Alaska Native	45.3 (42.4-48.3)	22.0 (19.7-24.5)	23.2 (20.9-25.7)
Other	40.3 (38.4-42.3)	17.6 (16.8-18.5)	22.7 (21.2-24.3)

* Reporting by race allows us to identify racial disparities in order to address and reduce them.

Table 4: Weight Status by School Year

School Year	% Overwgt & Obese	% Overweight	% Obese
2004-05	36.0 (34.4-37.8)	17.7 (17.0-18.5)	18.3 (17.0-19.7)
2005-06	36.2 (34.6-37.8)	17.8 (17.2-18.5)	18.3 (17.1-19.6)
2006-07	35.5 (33.8-37.3)	17.2 (16.5-17.9)	18.4 (17.0-19.8)
2007-08	36.4 (34.6-38.2)	17.9 (17.1-18.6)	18.5 (17.2-19.9)
2008-09	36.5 (34.4-38.6)	18.0 (17.3-18.8)	18.5 (16.9-20.2)
2009-10	35.6 (33.7-37.5)	17.2 (16.4-17.9)	18.5 (17.0-20.0)
2010-11	35.9 (34.0-37.8)	17.4 (16.6-18.2)	18.5 (17.0-20.0)
2011-12	35.8 (33.9-37.8)	17.5 (16.7-18.3)	18.3 (16.9-19.9)
2012-13	35.5 (33.4-37.6)	16.9 (16.2-17.7)	18.6 (17.1-20.1)

Table 5: Weight Status by School Socioeconomic Status (SES)*

School SES	% Overwgt & Obese	% Overweight	% Obese
Lower SES Schools	40.1 (37.9-42.3)	18.1 (17.3-18.9)	22.0 (20.4-23.7)
Higher SES Schools	30.5 (27.7-33.5)	15.7 (14.5-16.9)	14.9 (13.0-17.0)

*School SES is based on the proxy measure of proportion of students enrolled in the free- and reduced-price meal program. Schools with 45% or more of students enrolled in the program were classified as lower SES schools.

Percentages may not sum precisely due to rounding.



The State of Alaska Department of Health and Social Services
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dhss.alaska.gov/dph/Chronic/Pages/Obesity/

