

Alaska Obesity Prevention and Control: Student Weight Status

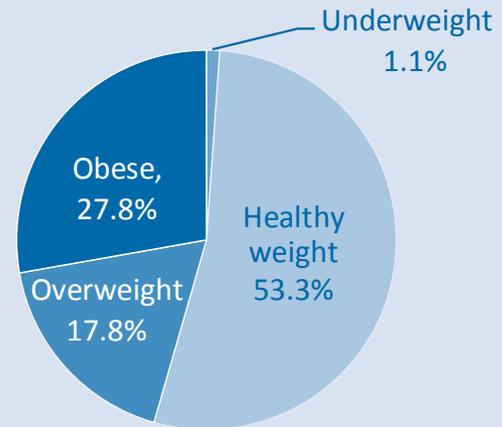
ALASKA GATEWAY SCHOOL DISTRICT – TOK AND EAGLE SCHOOLS

2013-2014 District Summary

Over the 2013-14 school year, Alaska Gateway School District staff measured the height and weight of 116 students (91% of all enrolled) in grades K-7 at Tok and Eagle schools. With measurement results scaled to represent each grade's enrolled population:

- 17.8% of students were overweight (BMI 85th-95th percentile)
- 27.8% of students were obese (BMI \geq 95th percentile)
- 10.9% of students were severely obese, with a BMI \geq 120% of the 95th percentile
- The prevalence of overweight/obesity was higher among female students (48.0%) than among male students (43.1%).

Figure 1: Student Weight Status among AGSD Students, Grades K-7: 2013-2014



Weight Status by Grade

The percentage of students either overweight or obese was higher among older students (grades 4-7) than younger students (grades K-3), as was the prevalence of obesity alone. Over 44% of students were either overweight or obese in both grade ranges.

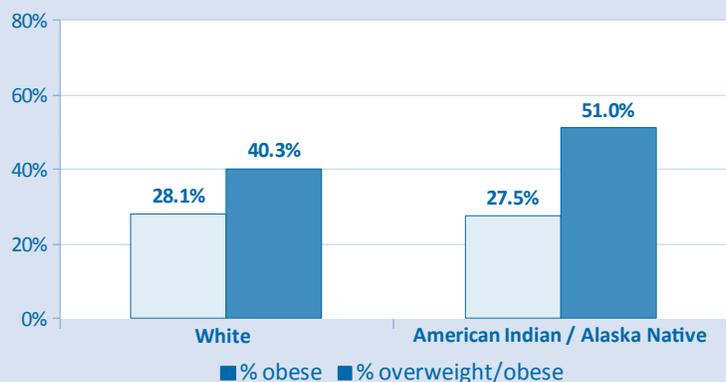
Figure 2: Prevalence of Overweight and Obesity, by Grade Range, among AGSD Students, Grades K-7: 2013-2014



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 among American Indian/Alaska Native students (51.0%) was higher than among White students (40.3%). Obesity prevalence alone was similar between White students and American Indian/Alaska Native students.

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among AGSD Students, Grades K-7: 2013-2014



Alaska Obesity Prevention and Control: Student Weight Status

PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ALASKA GATEWAY STUDENTS, TOK AND EAGLE SCHOOLS, GRADES K-7

Table 1: Weight Status Overall and by Sex

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	45.5 (41.5-49.6)	17.8 (14.7-21.3)	27.8 (24.5-31.3)
Male	43.1 (37.1-49.3)	15.8 (11.1-22.1)	27.3 (22.9-32.1)
Female	48.0 (42.6-53.4)	19.7 (16.4-23.6)	28.3 (23.5-33.6)

Table 2: Weight Status by Grade

Grade	% Overwgt & Obese	% Overweight	% Obese
K-3	44.7 (39.7-49.9)	22.9 (18.7-27.9)	21.8 (18.6-25.4)
4-7	46.4 (40.1-52.9)	12.1 (8.0-17.7)	34.4 (28.6-40.7)
K-8 combined*	44.3 (39.5-49.2)	17.4 (13.9-21.5)	26.9 (23.2-31.1)

* 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	40.3 (34.8-46.0)	12.2 (8.9-16.6)	28.1 (23.6-33.0)
American Indian / Alaska Native	51.0 (45.3-56.6)	23.5 (18.8-29.0)	27.5 (22.9-32.7)

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

Percentages may not sum precisely due to rounding.



The State of Alaska Department of Health and Social Services
Obesity Prevention and Control Program
July 2014

dhss.alaska.gov/dph/Chronic/Pages/Obesity/

