

Alaska Obesity Prevention and Control: Student Weight Status

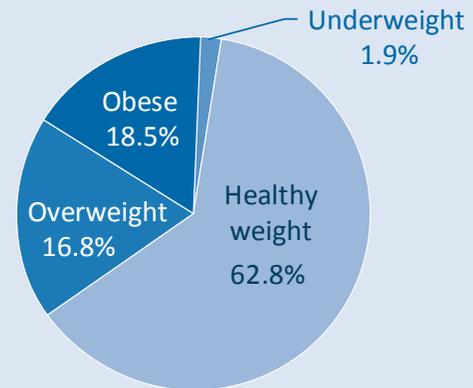
ANCHORAGE SCHOOL DISTRICT

2013-2014 District Summary

Over the 2013-14 school year, Anchorage School District (ASD) staff measured the height and weight of 18,802 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:

- 16.8% of students were overweight (BMI 85th-95th percentile)
- 18.5% of students were obese (BMI \geq 95th percentile)
- 6.3% of students were severely obese (BMI \geq 120% of the 95th percentile)
- The prevalence of overweight/obesity was significantly higher among male students (36.2%) than among females (34.4%).

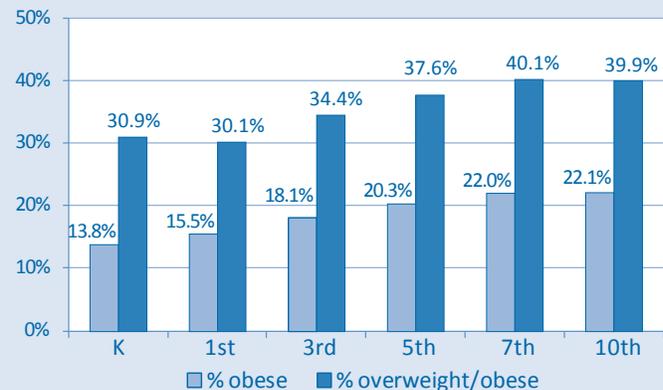
Figure 1: Student Weight Status among ASD Students, Grades K, 1, 3, 5, 7 & 10, 2013-2014



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 7th-grade students, while the prevalence of obesity alone was highest among 10th-graders. These percentages were lowest among 1st-grade and Kindergarten students, respectively. Over 15% of students were obese in all grades sampled except Kindergarten.

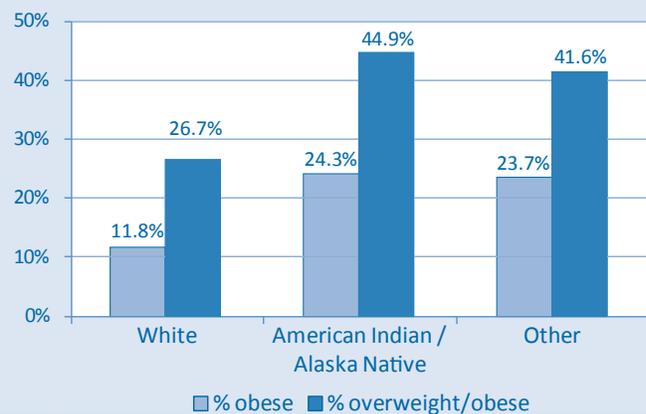
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD Students, Grades K, 1, 3, 5, 7 & 10, 2013-2014



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 was significantly higher among American Indian/Alaska Native students (44.9%) and students of other races (41.6%) than among white students (26.7%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Obesity prevalence was significantly higher among low-SES students (24.3%) than among higher-SES students (12.3%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among ASD Students, Grades K, 1, 3, 5, 7 & 10, 2013-2014



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD STUDENTS, GRADES K, 1, 3, 5, 7 & 10, 2013-14 SCHOOL YEAR

Table 1: Weight Status Overall and by Sex, 2013-2014

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	35.3 (33.0-37.6)	16.8 (16.0-17.7)	18.5 (16.8-20.3)
Male	36.2 (34.0-38.5)	16.5 (15.6-17.5)	19.7 (18.0-21.5)
Female	34.4 (31.8-36.9)	17.2 (16.2-18.1)	17.2 (15.3-19.2)

Table 2: Weight Status by Grade, 2013-2014

Grade	% Overwgt & Obese	% Overweight	% Obese
Kindergarten	30.9 (28.5-33.5)	17.1 (15.6-18.6)	13.8 (12.2-15.6)
1 st	30.1 (26.9-33.5)	14.6 (12.8-16.5)	15.5 (13.3-18.0)
3 rd	34.4 (31.6-37.3)	16.3 (15.0-17.7)	18.1 (16.1-20.4)
5 th	37.6 (35.2-40.1)	17.4 (15.9-18.9)	20.3 (18.2-22.6)
7 th	40.1 (35.3-45.1)	18.1 (16.0-20.4)	22.0 (18.9-25.4)
10 th	39.9 (33.2-47.0)	17.8 (15.9-19.9)	22.1 (16.7-28.6)
K-8 combined*	34.5 (32.3-36.8)	16.7 (15.8-17.6)	17.8 (16.3-19.5)

* 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, 2013-2014*

Race/Ethnicity	% Overwgt & Obese	% Overweight	% Obese
White	26.7 (25.0-28.4)	14.9 (14.0-15.9)	11.8 (10.7-13.0)
American Indian / Alaska Native	44.9 (41.5-48.4)	20.6 (18.6-22.7)	24.3 (22.1-26.7)
Other	41.6 (39.3-43.9)	17.9 (17.0-18.9)	23.7 (21.8-25.6)

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

Table 4: Weight Status by Socioeconomic Status (SES), 2013-2014*

Student SES	% Overwgt & Obese	% Overweight	% Obese
Lower SES Students	43.0 (40.6-45.3)	18.6 (17.7-19.6)	24.3 (22.5-26.3)
Higher SES Students	27.3 (25.7-28.9)	14.9 (14.0-15.9)	12.3 (11.2-13.5)

* Enrollment in free- and reduced-price meal programs is a proxy measure of low socioeconomic status.

Table 5: Weight Status by School Year

School Year	% Overwgt & Obese	% Overweight	% Obese
2004-05	35.7 (33.9-37.5)	17.7 (16.9-18.5)	18.0 (16.7-19.4)
2005-06	35.8 (34.2-37.4)	17.8 (17.2-18.5)	17.9 (16.7-19.3)
2006-07	35.5 (33.8-37.4)	17.3 (16.6-18.0)	18.3 (16.9-19.7)
2007-08	36.3 (34.5-38.1)	17.9 (17.2-18.7)	18.4 (17.1-19.8)
2008-09	36.5 (34.4-38.7)	18.0 (17.3-18.8)	18.5 (16.9-20.2)
2009-10	35.6 (33.8-37.6)	17.2 (16.5-18.0)	18.5 (17.0-20.0)
2010-11	36.0 (34.1-37.9)	17.4 (16.6-18.2)	18.6 (17.1-20.2)
2011-12	35.9 (34.0-37.9)	17.6 (16.8-18.4)	18.4 (16.9-19.9)
2012-13	35.5 (33.5-37.6)	16.9 (16.1-17.7)	18.7 (17.2-20.2)
2013-14	35.3 (33.1-37.6)	16.8 (16.0-17.7)	18.5 (16.8-20.3)

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/

