

Alaska Obesity Prevention and Control: Student Weight Status

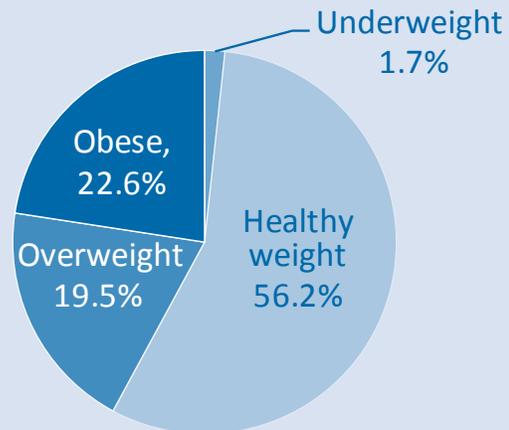
KETCHIKAN GATEWAY BOROUGH SCHOOL DISTRICT

2013-2014 District Summary

Over the 2013-14 school year, Ketchikan Gateway Borough School District staff measured the height and weight of 1,565 students (88% of all enrolled) in grades pre-Kindergarten through 9th. With measurement results scaled to represent each grade's enrolled population:

- 19.5% of students were overweight (BMI 85th-95th percentile)
- 22.6% of students were obese (BMI \geq 95th percentile)
- 6.5% of students were severely obese, with a BMI \geq 120% of the 95th percentile
- The prevalence of overweight/obesity was slightly higher among male students (44.2%) than among females (39.8%).

Figure 1: Student Weight Status among KGBSD Students, Grades pre-K to 9, 2013-2014



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 6th-grade students, as was the prevalence of obesity alone. These percentages were lowest among pre-Kindergarten students. Over 15% of students in all of grades 1 through 9 were obese.

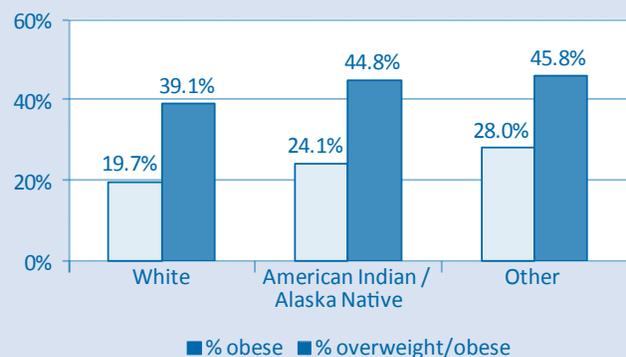
Figure 2: Prevalence of Overweight and Obesity, by Grade among KGBSD Students, Grades pre-K to 9, 2013-2014



Disparities in Weight Status

Reporting by race allows us to identify racial disparities in order to address and reduce them. The prevalence of obesity among White students (19.7%) was slightly lower than among American Indian / Alaska Native students (24.1%) and significantly lower than among students of other races (28.0%). There was no disparity in obesity prevalence between schools with at least 45% of students enrolled in the free or reduced-price lunch program (22.5%) and other schools (22.6%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KGBSD Students, Grades pre-K to 9, 2013-2014



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KETCHIKAN GATEWAY BOROUGH STUDENTS IN GRADES PRE-K THROUGH 9

Table 1: Weight Status Overall and by Sex

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	42.1 (38.1-46.1)	19.5 (16.8-22.5)	22.6 (20.2-25.1)
Male	44.2 (37.7-51.0)	19.5 (16.0-23.5)	24.8 (20.7-29.4)
Female	39.8 (36.5-43.2)	19.6 (16.6-22.9)	20.2 (17.8-23.0)

Table 2: Weight Status by Grade

Grade	% Overwgt & Obese	% Overweight	% Obese
Pre-K	28.0 (25.3-30.9)	15.1 (12.7-17.8)	13.0 (9.7-17.1)
Kindergarten	31.6 (20.9-44.8)	16.8 (12.6-22.1)	14.8 (8.6-24.3)
1 st	31.5 (26.6-36.8)	15.5 (10.0-23.1)	16.0 (10.4-23.9)
2 nd	35.9 (25.3-48.2)	19.4 (9.3-35.9)	16.6 (12.7-21.4)
3 rd	44.7 (34.7-55.2)	23.7 (12.2-41.1)	21.0 (13.2-31.7)
4 th	42.1 (32.3-52.6)	14.1 (7.7-24.5)	28.0 (21.2-36.0)
5 th	47.2 (36.8-57.9)	20.6 (15.6-26.7)	26.6 (19.4-35.4)
6 th	52.9 (46.1-59.5)	21.9 (16.3-28.7)	31.0 (25.0-37.8)
7 th	49.9 (46.4-53.4)	21.6 (18.9-24.6)	28.3 (26.8-29.8)
8 th	42.5 (34.2-51.3)	20.7 (15.9-26.4)	21.8 (12.7-34.9)
9 th	50.3 (43.4-57.2)	23.3 (20.6-26.2)	27.0 (19.5-36.2)
K-8 combined*	41.0 (37.0-45.1)	19.6 (17.4-22.1)	21.4 (17.7-25.5)

* 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*

Race/Ethnicity	% Overwgt & Obese	% Overweight	% Obese
White	39.1 (34.7-43.7)	19.4 (16.6-22.5)	19.7 (16.0-23.9)
American Indian / Alaska Native	44.8 (36.6-53.3)	20.7 (16.5-25.7)	24.1 (19.0-30.0)
Other	45.8 (41.4-50.2)	17.7 (13.4-23.1)	28.0 (23.7-32.8)

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

Table 4: Weight Status by School Socioeconomic Status (SES)*

School SES	% Overwgt & Obese	% Overweight	% Obese
Lower SES Schools	41.6 (36.2-47.3)	19.1 (16.9-21.5)	22.5 (17.2-29.0)
Higher SES Schools	42.4 (37.0-48.0)	19.8 (15.6-24.8)	22.6 (21.5-23.7)

*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.

Percentage may not sum precisely due to rounding.



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

