

Alaska Obesity Prevention and Control: Student Weight Status

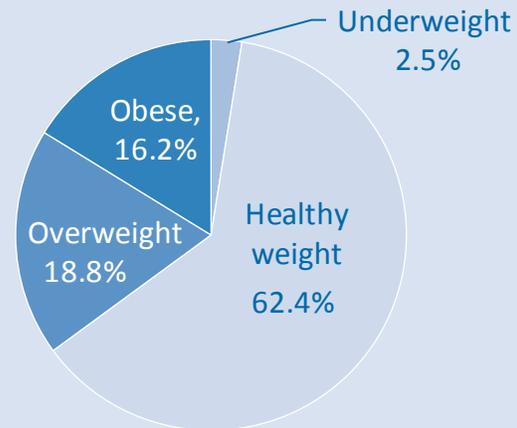
KODIAK ISLAND BOROUGH SCHOOL DISTRICT

2013-2014 District Summary

Over the 2013-14 school year, Kodiak Island Borough School District staff measured the height and weight of 1,402 students (75% of all enrolled) in grades K-7, 9, and 11. With measurement results scaled to represent each grade's enrolled population:

- 18.8% of students were overweight (BMI 85th-95th percentile)
- 16.2% of students were obese (BMI \geq 95th percentile)
- 5.1% 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 (36.5%) than among females (33.4%).

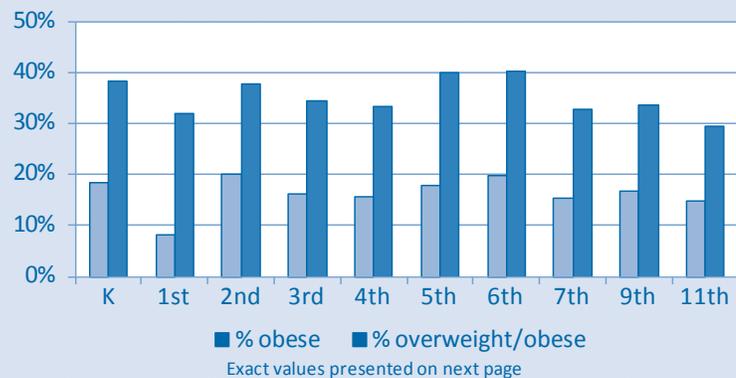
Figure 1: Student Weight Status among KIBSD Students, Grades K-7, 9, 11: 2013-2014



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst grade 5 and 6 students, while obesity prevalence was highest among 2nd-graders. These percentages were lowest among 1st-grade students. Over 15% of students were obese in all grades except 1st.

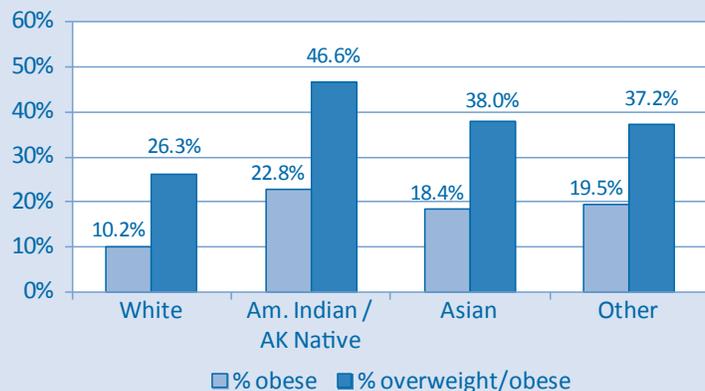
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KIBSD Students, Grades K-7, 9, and 11, 2013-2014



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 White students (26.3%) was significantly lower than among American Indian / Alaska Native students (46.6%), Asian students (38.0%), and students of other races (37.2%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES); obesity prevalence was significantly higher among low-SES students (20.5%) than among higher SES students (11.3%) (see Table 5).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KIBSD Students, Grades K-7, 9, and 11, 2013-2014



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KODIAK ISLAND BOROUGH STUDENTS IN GRADES K-7, 9, AND 11

Table 1: Weight Status Overall and by Sex

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	35.1 (29.4-41.2)	18.8 (15.8-22.3)	16.2 (11.9-21.8)
Male	36.5 (32.8-40.5)	19.4 (17.1-21.9)	17.2 (12.4-23.4)
Female	33.4 (25.2-42.8)	18.2 (12.5-25.8)	15.2 (10.0-22.4)

Table 2: Weight Status by Grade

Grade	% Overwgt & Obese	% Overweight	% Obese
Kindergarten	38.3 (31.4-45.6)	20.0 (15.5-25.3)	18.3 (12.7-25.7)
1st	31.9 (23.6-41.5)	23.7 (18.6-29.6)	8.2 (4.3-15.2)
2 nd	37.7 (23.4-54.5)	17.5 (12.1-24.7)	20.2 (11.7-32.7)
3 rd	34.4 (22.6-48.5)	18.2 (14.6-22.4)	16.2 (7.2-32.4)
4 th	33.4 (24.0-44.3)	17.6 (14.9-20.7)	15.8 (8.3-27.9)
5 th	40.0 (26.7-55.1)	22.3 (13.4-34.6)	17.8 (7.9-35.3)
6 th	40.4 (37.2-43.8)	20.6 (16.3-25.6)	19.9 (17.8-22.1)
7 th	32.9 (28.4-37.7)	17.4 (15.3-19.8)	15.4 (12.1-19.5)
9 th	33.6 (28.5-39.2)	16.8 (13.8-20.3)	16.8 (14.1-20.0)
11 th	29.4 (24.9-34.4)	14.5 (11.1-18.9)	14.9 (12.0-18.4)
K-8 combined*	35.3 (28.0-43.4)	20.3 (16.2-25.2)	15.0 (9.5-22.9)

* 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	26.3 (20.7-32.7)	16.1 (11.0-23.0)	10.2 (6.8-15.2)
American Indian / Alaska Native	46.6 (40.9-52.4)	23.7 (19.9-28.0)	22.8 (18.9-27.3)
Asian	38.0 (34.5-41.6)	19.6 (15.4-24.7)	18.4 (15.3-21.8)
Other	37.2 (28.6-46.7)	17.7 (15.0-20.8)	19.5 (10.9-32.5)

* 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
2012-13	35.5 (29.8-41.5)	18.4 (16.1-20.9)	17.1 (13.3-21.7)
2013-14	35.1 (29.7-40.8)	18.8 (15.9-22.1)	16.2 (12.1-21.4)

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

Student SES	% Overwgt & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	40.5 (32.9-48.5)	19.9 (16.2-24.3)	20.5 (15.7-26.4)
Non-Enrolled Students	28.8 (25.8-32.1)	17.6 (14.7-20.8)	11.3 (8.2-15.4)

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

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/

