

Alaska Obesity Prevention and Control: Student Weight Status

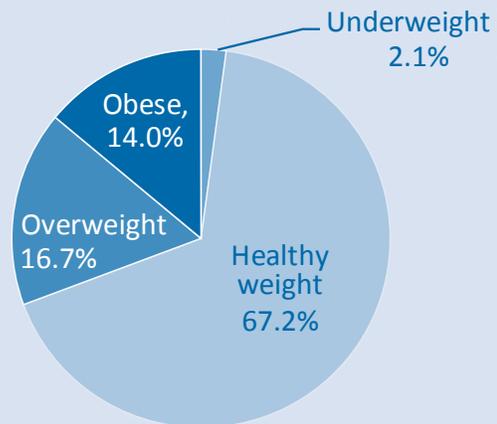
MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

2013-2014 District Summary

Over the 2013-14 school year, Matanuska-Susitna Borough School District staff measured the height and weight of 4,996 students (75% of all enrolled) in grades K, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 16.7% of students were overweight (BMI 85th-95th percentile)
- 14.0% of students were obese (BMI ≥ 95th percentile)
- 3.8% of students were severely obese, with a BMI ≥ 120% of the 95th percentile
- The prevalence of overweight/obesity was significantly higher among male students (32.4%) than among females (28.9%).

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



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 7th-grade students, as was the prevalence of obesity alone. These rates were lowest among 1st-grade and Kindergarten students, respectively. Over 11% of students were obese in all grades sampled except Kindergarten.

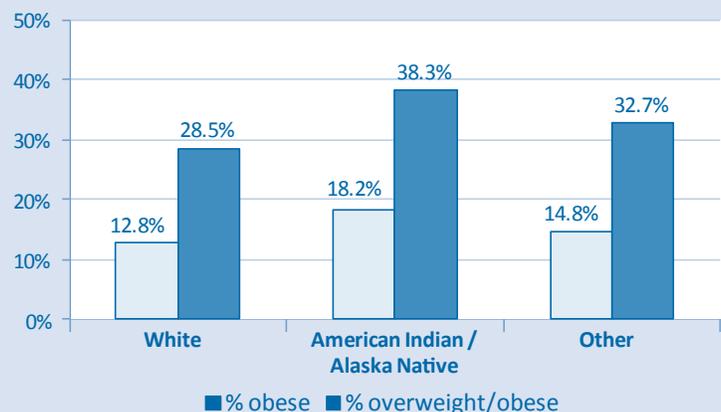
Figure 2: Prevalence of Overweight and Obesity, by Grade, among MSBSD Students, Grades K, 1, 3, 5 & 7, 2013-2014



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 was significantly higher among American Indian/Alaska Native students (38.3%) than among white students (28.5%) and students of other races (32.7%). 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 also significantly higher in low-SES schools (34.1%) than in other schools (29.2%) (see Table 5).

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



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) MATANUSKA-SUSITNA BOROUGH STUDENTS IN GRADES K, 1, 3, 5, AND 7

Table 1: Weight Status Overall and by Sex

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	30.7 (28.4-33.1)	16.7 (15.6-17.9)	14.0 (12.3-15.8)
Male	32.4 (29.5-35.4)	16.4 (15.1-17.8)	16.0 (13.6-18.7)
Female	28.9 (26.4-31.5)	17.1 (15.6-18.7)	11.8 (10.0-13.8)

Table 2: Weight Status by Grade

Grade	% Overwgt & Obese	% Overweight	% Obese
Kindergarten	28.6 (25.5-31.8)	18.9 (16.6-21.4)	9.7 (7.6-12.2)
1st	25.6 (21.8-29.8)	14.3 (12.5-16.3)	11.3 (8.8-14.4)
3 rd	29.3 (26.4-32.4)	14.0 (11.4-17.1)	15.3 (13.9-16.8)
5 th	34.0 (29.6-38.8)	17.3 (15.0-19.9)	16.8 (13.9-20.0)
7 th	36.5 (32.7-40.5)	19.4 (17.5-21.4)	17.1 (14.1-20.6)
K-8 combined*	30.7 (28.4-33.1)	16.7 (15.6-17.9)	14.0 (12.3-15.8)

* 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	28.5 (25.8-31.3)	15.7 (14.3-17.2)	12.8 (11.1-14.7)
American Indian / Alaska Native	38.3 (35.8-40.8)	20.1 (18.1-22.3)	18.2 (15.7-21.0)
Other	32.7 (28.5-37.2)	17.9 (15.3-20.7)	14.8 (11.8-18.4)

* 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
2003-04	32.5 (27.3-38.2)	16.7 (13.5-20.5)	15.8 (12.9-19.2)
2004-05	33.1 (29.3-37.0)	18.0 (15.7-20.5)	15.1 (12.9-17.6)
2005-06	31.6 (29.1-34.1)	17.3 (15.5-19.3)	14.2 (12.4-16.2)
2006-07	32.7 (29.7-36.0)	18.8 (16.9-20.9)	14.0 (12.0-16.2)
2007-08	31.5 (28.7-34.4)	16.2 (14.7-17.8)	15.2 (13.7-16.9)
2008-09	32.5 (30.4-34.7)	18.5 (17.1-20.1)	14.0 (12.4-15.6)
2009-10	28.3 (26.2-30.5)	15.1 (13.8-16.5)	13.2 (11.8-14.7)
2010-11	30.6 (27.9-33.5)	16.3 (14.9-17.8)	14.4 (12.5-16.4)
2011-12	30.9 (28.8-33.1)	17.1 (15.7-18.6)	13.8 (12.3-15.5)
2012-13	30.3 (27.2-33.5)	16.6 (15.2-18.2)	13.7 (11.8-15.8)
2013-14	30.7 (28.4-33.0)	16.7 (15.6-17.9)	14.0 (12.3-15.8)

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

School SES	% Overwgt & Obese	% Overweight	% Obese
Lower SES Schools	34.1 (30.0-38.4)	17.9 (16.0-20.0)	16.2 (13.5-19.3)
Higher SES Schools	29.2 (26.7-31.8)	16.2 (14.9-17.6)	13.0 (11.1-15.2)

*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/

