

Alaska Obesity Prevention and Control: Student Weight Status

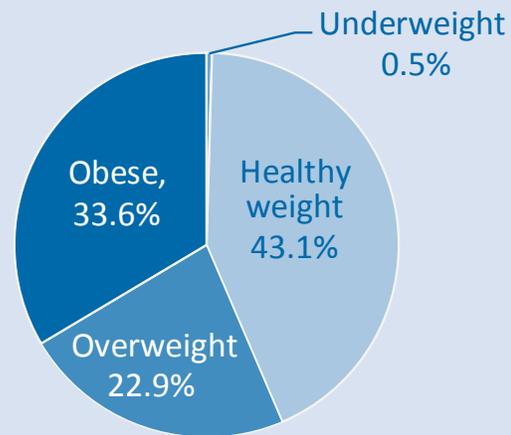
NORTH SLOPE BOROUGH SCHOOL DISTRICT

2013-2014 District Summary

Over the 2013-14 school year, North Slope Borough School District staff measured the height and weight of 1,051 students (62% of all enrolled) in grades pre-K through 8 and 10. With measurement results scaled to represent each grade's enrolled population:

- 22.9% of students were overweight (BMI 85th-95th percentile)
- 33.6% of students were obese (BMI \geq 95th percentile)
- 12.3% of students were severely obese, with a BMI \geq 120% of the 95th percentile
- The prevalence of overweight/obesity was similar among male students (56.4%) and female students (56.5%).

Figure 1: Student Weight Status among NSBSD Students, Grades pre-K to 8 and 10, 2013-2014



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst pre-Kindergarten students, while obesity prevalence was highest among 2nd-graders. These percentages were lowest among 3rd- and 8th-grade students. Over 40% of students were either overweight or obese in all grades measured.

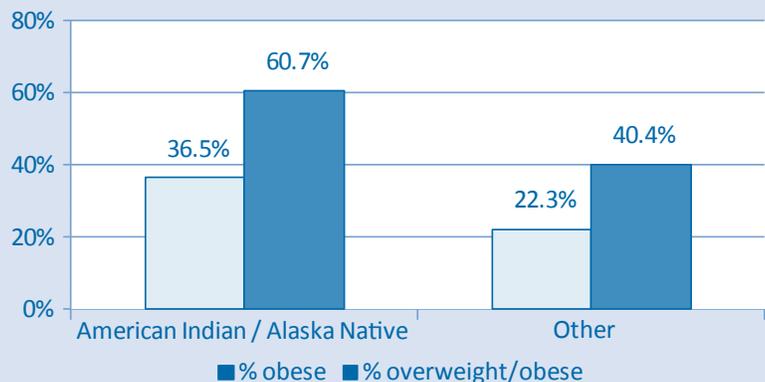
Figure 2: Prevalence of Overweight and Obesity, by Grade, among NSBSD Students, Grades pre-K to 8 and 10, 2013-2014



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 among American Indian/Alaska Native (60.7%) was significantly higher than among students of other races (40.4%). 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 significantly higher in low-SES schools (62.5%) than in other schools (51.9%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among NSBSD Students, Grades pre-K to 8 and 10, 2013-2014



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) NORTH SLOPE BOROUGH STUDENTS IN GRADES PRE-K THROUGH 8 AND 10

Table 1: Weight Status Overall and by Sex

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	56.5 (49.4-63.3)	22.9 (20.2-25.8)	33.6 (27.2-40.6)
Male	56.4 (48.5-64.0)	22.6 (19.3-26.3)	33.8 (26.2-42.3)
Female	56.5 (46.7-65.8)	23.2 (18.9-28.2)	33.3 (26.0-41.5)

Table 2: Weight Status by Grade

Grade	% Overwgt & Obese	% Overweight	% Obese
Pre-Kindergarten	67.8 (58.2-76.0)	26.0 (19.9-33.2)	41.8 (29.5-55.1)
Kindergarten	61.1 (48.6-72.3)	31.0 (23.0-40.4)	30.1 (19.1-44.0)
1st	56.1 (33.7-76.3)	14.6 (9.8-21.1)	41.6 (23.5-62.3)
2 nd	62.9 (57.8-67.6)	19.7 (12.4-29.8)	43.2 (36.6-50.0)
3 rd	42.2 (14.0-76.6)	21.7 (9.2-43.1)	20.5 (6.3-49.8)
4 th	48.2 (36.1-60.6)	18.0 (9.1-32.5)	30.2 (21.5-40.6)
5 th	56.3 (28.9-80.3)	23.3 (13.1-38.0)	33.0 (15.6-56.7)
6 th	60.3 (53.1-67.1)	24.7 (11.5-45.2)	35.6 (24.2-48.9)
7 th	61.8 (48.4-73.6)	25.5 (19.2-33.0)	36.3 (28.7-44.6)
8 th	42.9 (25.5-62.3)	23.0 (13.0-37.3)	20.0 (8.4-40.4)
10 th	49.8 (44.9-54.6)	20.0 (13.4-28.9)	29.7 (20.9-40.3)
K-8 combined*	55.1 (37.3-71.8)	23.3 (18.6-28.9)	31.8 (19.1-47.9)

* 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
American Indian / Alaska Native	60.7 (55.9-65.2)	24.2 (20.7-28.0)	36.5 (30.5-42.9)
Other	40.4 (32.9-48.4)	18.1 (12.3-25.7)	22.3 (16.4-29.6)

* 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	62.5 (56.7-67.9)	26.1 (23.5-29.0)	36.3 (30.1-43.0)
Higher SES Schools	51.9 (46.4-57.4)	20.5 (16.8-24.7)	31.5 (23.6-40.5)

* School SES is based on the proxy measure of the 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.

