

Alaska Obesity Prevention and Control: Student Weight Status

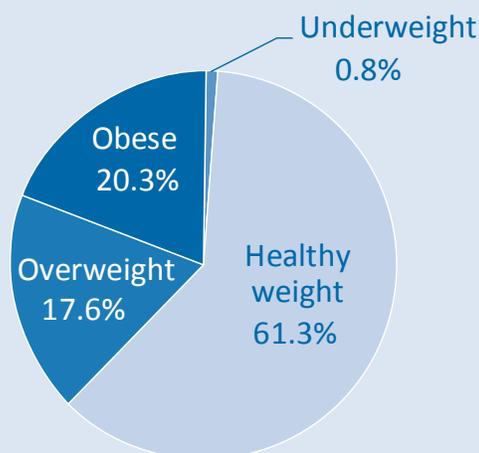
NOME PUBLIC SCHOOL DISTRICT

2014-2015 District Summary

Over the 2014-15 school year, Nome Public School District staff measured the height and weight of 598 students (86% of all enrolled) in grades K-12. With measurement results scaled to represent the enrolled population for each grade:

- 17.6% of students were overweight (BMI 85th-95th percentile)
- 20.3% of students were obese (BMI \geq 95th percentile)
- 6.7% of students were severely obese (BMI \geq 120% of the 95th percentile)
- The prevalence of overweight/obesity was significantly higher among male students (39.9%) than among females (35.7%).

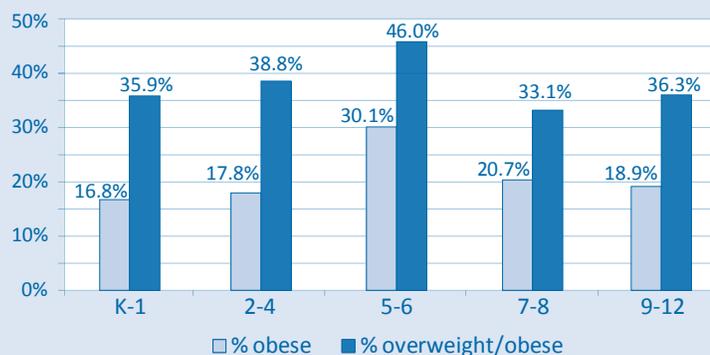
Figure 1: Student Weight Status among NPSD Students, Grades K-12, 2014-2015



Weight Status by Grade

The percentage of students either overweight or obese was highest among 5th/6th-grade students, as was the prevalence of obesity alone.

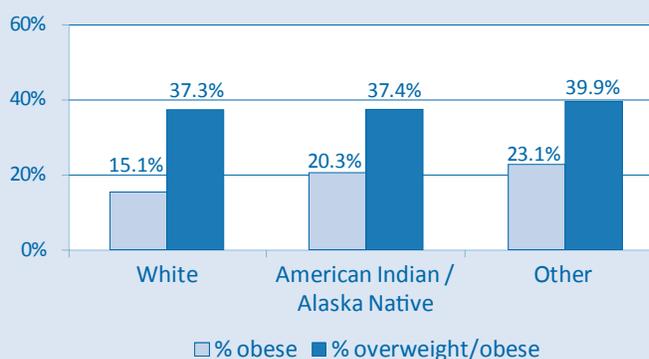
Figure 2: Prevalence of Overweight and Obesity, by Grade Range, among NPSD Students, Grades K-12, 2014-2015



Disparities in Weight Status

Reporting by race allows us to identify racial disparities in order to address and reduce them. The prevalence of obesity was significantly lower among White students (15.1%) than among American Indian/Alaska Native students (20.3%) and students of other races (23.1%).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among NPSD Students, Grades K-12, 2014-2015



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) NOME PUBLIC SCHOOL DISTRICT STUDENTS IN GRADES K-12

Table 1: Weight Status Overall and by Sex, 2014-2015

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	37.9 (36.4-39.4)	17.6 (16.5-18.8)	20.3 (19.0-21.6)
Male	39.9 (37.7-42.0)	17.3 (15.8-19.0)	22.6 (20.8-24.4)
Female	35.7 (33.5-38.0)	18.0 (16.3-19.7)	17.8 (16.0-19.7)

Table 2: Weight Status by Grade Range, 2014-2015

Grade	% Overweight & Obese	% Overweight	% Obese
K-1	35.9 (32.8-39.1)	19.1 (16.7-21.7)	16.8 (14.5-19.4)
2-4	38.8 (35.6-42.2)	21.1 (18.4-23.9)	17.8 (15.4-20.5)
5-6	46.0 (41.8-50.4)	15.9 (13.5-18.8)	30.1 (26.2-34.4)
7-8	33.1 (29.4-36.9)	12.4 (10.2-14.9)	20.7 (17.7-24.1)
9-12	36.3 (33.4-39.3)	17.4 (15.2-19.8)	18.9 (16.6-21.4)
K-8 combined*	38.5 (36.3-40.7)	18.9 (17.3-20.6)	19.6 (17.8-21.5)

* 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, 2014-2015[^]

Race	% Overweight & Obese	% Overweight	% Obese
White	34.3 (32.4-36.3)	18.1 (16.9-19.4)	16.2 (14.9-17.6)
American Indian / Alaska Native	47.3 (42.3-52.3)	21.6 (18.0-25.7)	25.7 (21.0-31.0)
Other	41.6 (38.3-45.0)	19.9 (17.9-22.1)	21.7 (19.6-23.9)

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



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/weightstatus.aspx

