

Alaska Obesity Prevention and Control: Student Weight Status

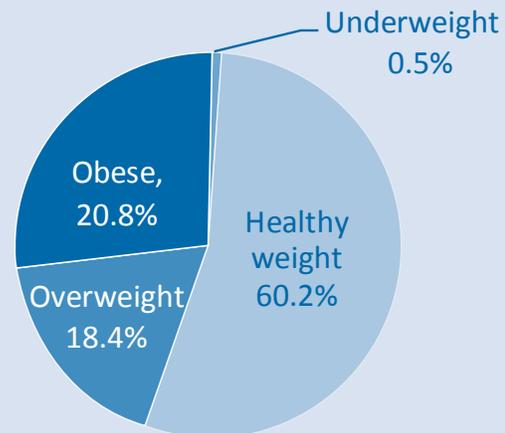
ALASKA GATEWAY SCHOOL DISTRICT

2014-2015 District Summary

Over the 2014-15 school year, Alaska Gateway School District staff measured the height and weight of 166 students (43% of all enrolled) in grades K-11. With measurement results scaled to represent each grade's enrolled population:

- 18.4% of students were overweight (BMI 85th-95th percentile)
- 20.8% of students were obese (BMI ≥ 95th percentile)
- 9.9% of students were severely obese, with a BMI ≥ 120% of the 95th percentile
- The prevalence of overweight/obesity was higher among male students (44.5%) than among female students (33.5%).

Figure 1: Student Weight Status among AGSD Students, Grades K-11, 2014-2015



Weight Status by Grade

The percentage of students either overweight or obese was highest among students in grades 4-7, as was the prevalence of obesity alone. Over 33% of students were either overweight or obese in all grade ranges.

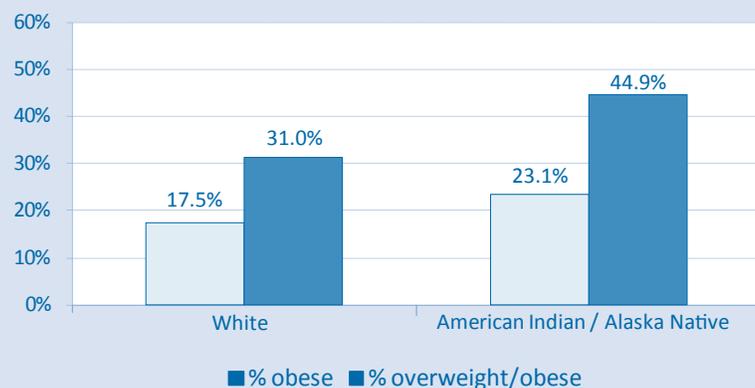
Figure 2: Prevalence of Overweight and Obesity, by Grade Range, among AGSD Students, Grades K-11, 2014-2015



Disparities in Weight Status

Reporting by race allows us to identify racial disparities in order to address and reduce them. The prevalence of overweight/obesity among American Indian/Alaska Native students (44.9%) was higher than among White students (31.0%). Obesity prevalence was also higher among American Indian/Alaska Native students.

Figure 3: Prevalence of Overweight and Obesity, by Race and Ethnicity, among AGSD Students, Grades K-11, 2014-2015



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ALASKA GATEWAY SCHOOL DISTRICT STUDENTS IN GRADES K-11

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	39.3 (32.0-47.1)	18.4 (13.1-25.4)	20.8 (15.2-27.9)
Male	44.5 (34.8-54.6)	21.4 (14.4-30.5)	23.1 (15.6-33.0)
Female	33.5 (22.8-46.1)	15.2 (8.0-27.0)	18.3 (10.7-29.5)

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

Grade Range	% Overweight & Obese	% Overweight	% Obese
K-3	33.4 (24.3-43.9)	14.4 (8.1-24.3)	19.0 (11.7-29.4)
4-7	45.2 (32.8-58.2)	22.7 (13.8-35.1)	22.4 (12.9-36.0)
8-11	40.2 (25.0-57.5)	18.8 (8.7-36.0)	21.4 (11.2-36.9)
K-8 combined*	29.2 (20.5-39.8)	13.8 (7.9-22.9)	15.4 (8.7-25.9)

* 'K-8 combined' is comprised of students measured in Kindergarten, 1st, 3rd, 5th, and 7th grades. Overweight and obesity prevalence for grades K-8 combined are comparable to the Healthy Alaskans 2020 [Healthy Alaskans 2020 Statewide Leading Health Indicators](#).

Table 3: Weight Status by Race/Ethnicity, 2014-2015[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	31.0 (19.9-44.7)	13.4 (6.5-25.7)	17.5 (9.6-29.9)
American Indian / Alaska Native	44.9 (35.8-54.4)	21.8 (14.9-30.8)	23.1 (16.0-32.2)

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

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/

