

Alaska Obesity Prevention and Control: Student Weight Status

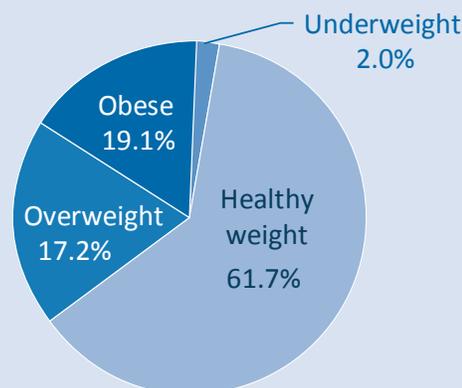
ANCHORAGE SCHOOL DISTRICT

2014-2015 District Summary

Over the 2014-15 school year, Anchorage School District staff measured the height and weight of 17,555 students (79% of all enrolled) in grades K, 1, 3, 5, 7, and 10. With measurement results scaled to represent the enrolled population for each grade:

- 17.2% of students were overweight (BMI 85th-95th percentile)
- 19.1% of students were obese (BMI \geq 95th percentile)
- 6.6% of students were severely obese (BMI \geq 120% of the 95th percentile)
- The prevalence of overweight/obesity was significantly higher among male students (20.2%) than among females (17.9%).

Figure 1: Student Weight Status among ASD Students, Grades K,1,3,5,7,10, 2014-2015



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 10th-grade students, as was the prevalence of obesity alone. These percentages were both lowest among 1st-grade students. Over 30% of students were either overweight or obese in all grades sampled.

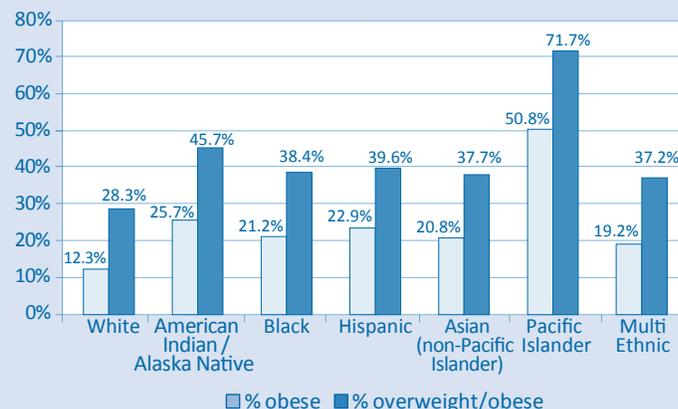
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD Students, Grades K,1,3,5,7,10, 2014-2015



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 was significantly lower among white students (28.3%) than among students of other race and ethnicities (ranging from 37.2% to 71.7%). The highest disparities were found among American Indian/Alaska Native students (45.7%) and Pacific Islander students (71.7%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Obesity prevalence was significantly higher among low-SES students (24.9%) than among higher-SES students (13.4%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among ASD Students, Grades K,1,3,5,7,10, 2014-2015



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD STUDENTS, GRADES K, 1, 3, 5, 7 & 10, 2014-15 SCHOOL YEAR

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	36.3 (34.2-38.4)	17.2 (16.4-18.0)	19.1 (17.5-20.9)
Male	36.4 (34.1-38.7)	16.1 (15.2-17.1)	20.2 (18.3-22.3)
Female	36.2 (33.9-38.5)	18.3 (17.1-19.4)	17.9 (16.3-19.7)

Table 2: Weight Status by Grade, 2014-2015

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	33.0 (30.6-35.6)	17.2 (15.8-18.6)	15.9 (14.2-17.8)
1 st	30.9 (27.9-34.0)	15.3 (13.7-17.1)	15.6 (13.3-18.1)
3 rd	34.5 (31.6-37.6)	15.3 (13.8-16.8)	19.3 (17.0-21.8)
5 th	37.6 (35.0-40.3)	16.6 (15.4-17.9)	21.0 (18.9-23.4)
7 th	39.9 (35.0-45.0)	19.2 (18.2-20.3)	20.7 (16.5-25.6)
10 th	42.7 (38.6-47.0)	19.7 (18.1-21.3)	23.1 (18.8-27.9)
K-8 combined*	35.0 (32.9-37.2)	16.7 (15.9-17.5)	18.4 (16.7-20.2)

* '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 Statewide Leading Health Indicators](#).

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

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	28.3 (26.3-30.4)	16.0 (14.8-17.3)	12.3 (11.2-13.5)
Black	38.4 (35.3-41.6)	17.3 (15.2-19.5)	21.2 (18.3-24.3)
Alaska Native / American Indian	45.7 (42.6-49.0)	20.0 (17.6-22.7)	25.7 (23.4-28.2)
Hispanic	39.6 (36.5-42.8)	16.7 (15.2-18.3)	22.9 (20.4-25.7)
Asian (non-Pacific Islander)	37.7 (35.5-40.0)	16.9 (15.5-18.4)	20.8 (18.7-23.1)
Pacific Islander	71.7 (69.0-74.3)	21.0 (18.2-24.0)	50.8 (47.1-54.4)
Multi-ethnic	37.2 (34.6-40.0)	18.0 (16.4-19.7)	19.2 (17.2-21.4)

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

Table 4: Weight Status by Student Socioeconomic Status (SES), 2014-2015[§]

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	43.1 (41.1-45.1)	18.2 (17.3-19.2)	24.9 (23.1-26.7)
Non-Enrolled Students	29.5 (27.8-31.3)	16.1 (15.1-17.2)	13.4 (12.3-14.6)

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

Table 5: Weight Status by School Year

School Year	% Overweight & Obese	% Overweight	% Obese
2004-05	35.6 (33.8-37.4)	17.6 (16.9-18.4)	18.0 (16.6-19.4)
2005-06	35.8 (34.2-37.5)	17.9 (17.2-18.5)	18.0 (16.7-19.3)
2006-07	35.5 (33.7-37.3)	17.3 (16.6-18.0)	18.3 (16.9-19.7)
2007-08	36.3 (34.5-38.1)	17.9 (17.2-18.7)	18.4 (17.1-19.8)
2008-09	36.5 (34.4-38.7)	18.0 (17.3-18.8)	18.5 (16.9-20.2)
2009-10	35.7 (33.8-37.6)	17.2 (16.4-18.0)	18.5 (17.0-20.1)
2010-11	36.0 (34.1-37.9)	17.4 (16.6-18.2)	18.6 (17.2-20.2)
2011-12	35.9 (34.0-37.9)	17.6 (16.8-18.4)	18.4 (16.9-19.9)
2012-13	35.5 (33.5-37.6)	16.9 (16.1-17.7)	18.6 (17.2-20.2)
2013-14	35.3 (33.0-37.6)	16.8 (16.0-17.7)	18.4 (16.8-20.2)
2014-15	36.3 (34.2-38.4)	17.2 (16.4-18.0)	19.1 (17.5-20.9)

Percentages may not sum precisely due to rounding.



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dhss.alaska.gov/dph/Chronic/Pages/Obesity/

