

Alaska Obesity Prevention and Control: Student Weight Status

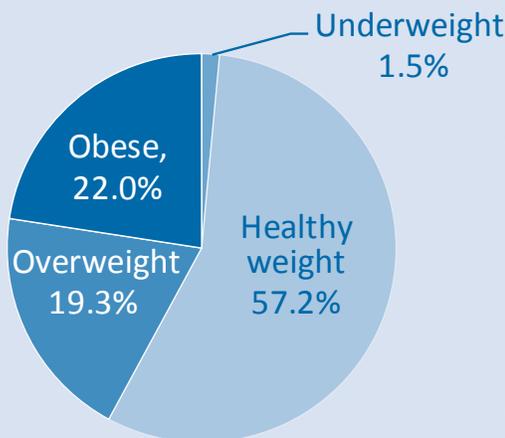
KETCHIKAN GATEWAY BOROUGH SCHOOL DISTRICT

2014-2015 District Summary

Over the 2014-15 school year, Ketchikan Gateway Borough School District staff measured the height and weight of 845 students (77% of all enrolled) in grades pre-Kindergarten, Kindergarten, 1, 3, 5, 7, and 9. With measurement results scaled to represent each grade's enrolled population:

- 19.3% of students were overweight (BMI 85th-95th percentile)
- 22.0% of students were obese (BMI ≥ 95th percentile)
- 6.8% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was similar among male students (41.7%) and female students (40.8%).

Figure 1: Student Weight Status among KGBSD Students, Grades pre-K, K,1,3,5,7,9, 2014-2015



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 7th-grade students (52.5%), and lowest among 1st-grade students (31.4%). At least 15% of students were obese in all grades sampled.

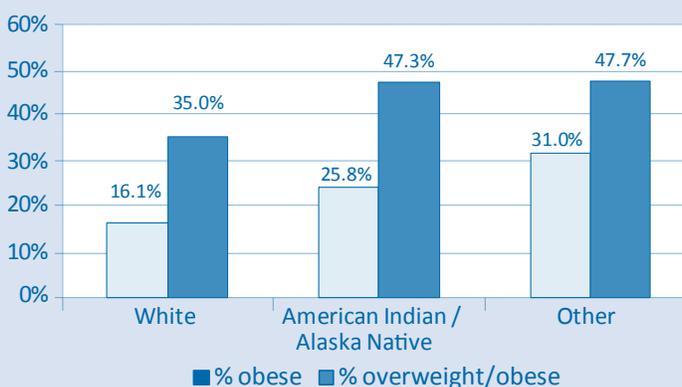
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KGBSD Students, 2014-2015



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 (35.0%) than among American Indian / Alaska Native students (47.3%) and students of other races (47.7%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (46.1%) than among higher-SES students (37.3%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KGBSD Students, Grades pre-K,K,1,3,5,7,9, 2014-2015



Alaska Obesity Prevention and Control: Student Weight Status

PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KETCHIKAN GATEWAY BOROUGH STUDENTS IN GRADES PRE-K, K, 1, 3, 5, 7, AND 9

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	41.3 (36.0-46.7)	19.3 (15.4-23.9)	22.0 (17.4-27.4)
Male	41.7 (36.0-47.8)	18.5 (14.6-23.2)	23.2 (16.6-31.5)
Female	40.8 (33.7-48.2)	20.1 (14.0-27.9)	20.7 (17.8-23.8)

Table 2: Weight Status by Grade, 2014-2015

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-Kindergarten	46.9 (34.1-60.2)	31.9 (18.2-49.6)	15.0 (9.0-24.0)
Kindergarten	37.3 (27.5-48.2)	16.6 (10.2-25.9)	20.7 (17.8-23.9)
1st	31.4 (25.4-38.1)	15.4 (11.7-19.9)	16.0 (11.2-22.5)
3rd	36.5 (30.9-42.6)	18.3 (14.2-23.3)	18.3 (14.6-22.6)
5th	42.7 (32.2-53.9)	12.9 (5.9-25.8)	29.8 (20.1-41.8)
7th	52.5 (50.6-54.4)	22.6 (16.8-29.7)	29.9 (22.8-38.1)
9th	42.4 (37.1-47.8)	21.0 (18.2-24.2)	21.3 (14.8-29.7)
K-8 combined*	40.2 (32.2-48.7)	17.0 (13.2-21.8)	23.1 (17.9-29.3)

* 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/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	35.0 (26.4-44.7)	18.9 (14.0-25.0)	16.1 (10.4-24.1)
American Indian / Alaska Native	47.3 (40.9-53.7)	21.5 (15.9-28.4)	25.8 (17.6-36.2)
Other	47.7 (43.4-52.0)	16.7 (11.9-22.9)	31.0 (22.8-40.5)

[†] 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	46.1 (38.0-54.3)	22.0 (15.1-30.7)	24.1 (19.1-30.0)
Non-Enrolled Students	37.3 (32.5-42.3)	17.1 (15.1-19.4)	20.2 (15.0-26.5)

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

Table 5: Weight Status by School Year (Healthy Alaskans 2020 Health Indicator, K-8 combined)[¶]

School Year	% Overweight & Obese	% Overweight	% Obese
2013-14, K-8 combined	41.0 (37.0-45.1)	19.6 (17.4-22.1)	21.4 (17.7-25.5)
2014-15, K-8 combined	40.2 (32.2-48.7)	17.0 (13.2-21.8)	23.1 (17.9-29.3)

[¶] 'K-8 combined' measure is comparable across school years. Measured grades in overall status vary between school years: 2013-14 also included grades 2, 4, and 6.

Percentage 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/

