

# Alaska Obesity Prevention and Control: Student Weight Status

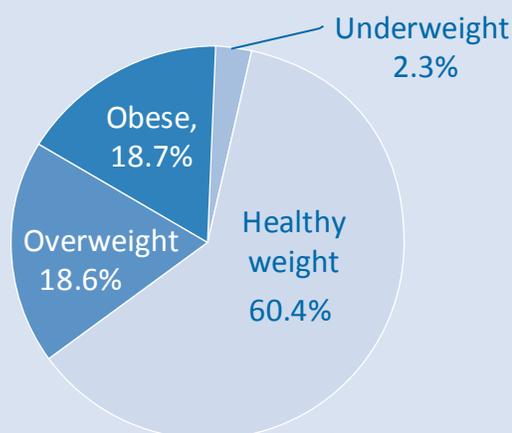
## KODIAK ISLAND BOROUGH SCHOOL DISTRICT

### 2014-2015 District Summary

Over the 2014-15 school year, Kodiak Island Borough School District staff measured the height and weight of 1,670 students (82% of all enrolled) in grades K-9 and 11. With measurement results scaled to represent each grade's enrolled population:

- 18.6% of students were overweight (BMI 85<sup>th</sup>-95<sup>th</sup> percentile)
- 18.7% of students were obese (BMI  $\geq$  95<sup>th</sup> percentile)
- 5.8% of students were severely obese, with a BMI  $\geq$ 120% of the 95<sup>th</sup> percentile
- The prevalence of obesity was slightly higher among male students (22.2%) than among females (18.6%).

Figure 1: Student Weight Status among KIBSD Students, Grades K-9 and 11, 2014-2015



### Weight Status by Grade

The percentage of students either overweight or obese was highest amongst grade 8 and 9 students, while the prevalence of obesity alone was highest among grades 6 and 9. These percentages were lowest among Kindergarten students. Over 17% of students were obese in all grades except Kindergarten.

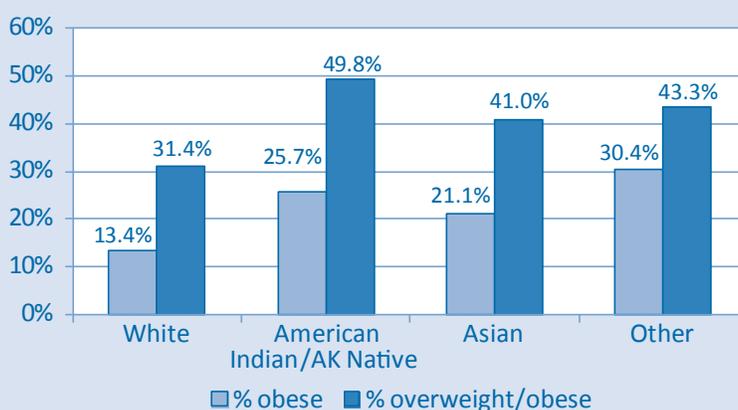
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KIBSD Students, Grades K-9 and 11, 2014-2015



### 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 White students (31.4%) was significantly lower than among American Indian/Alaska Native students (49.8%), Asian students not including Pacific Islander (41.0%), and students of other races (43.3%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Obesity prevalence was significantly higher among low-SES students (26.4%) than among higher-SES students (13.8%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KIBSD Students, Grades K-9 and 11, 2014-2015



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## PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KODIAK ISLAND BOROUGH STUDENTS IN GRADES K-9 AND 11

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	37.3 (30.3-44.8)	18.6 (14.9-22.9)	18.7 (14.6-23.6)
Male	39.0 (30.1-48.6)	18.5 (12.4-26.5)	20.5 (16.1-25.8)
Female	35.4 (29.2-42.1)	18.7 (15.9-21.9)	16.6 (12.4-22.0)

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

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	28.5 (16.5-44.4)	15.0 (11.1-19.9)	13.5 (6.1-27.3)
1st	37.8 (30.8-45.4)	19.6 (13.6-27.5)	18.2 (13.7-23.8)
2nd	34.2 (21.7-49.2)	16.9 (11.6-24.0)	17.3 (8.9-30.8)
3rd	41.4 (29.3-54.7)	18.1 (13.7-23.4)	23.4 (15.6-33.5)
4th	35.6 (27.2-44.9)	17.0 (13.5-21.2)	18.6 (12.8-26.2)
5th	42.0 (30.5-54.4)	23.9 (17.7-31.4)	18.1 (11.8-26.8)
6th	41.3 (37.1-45.7)	14.7 (9.5-22.3)	26.6 (23.3-30.2)
7th	38.8 (36.5-41.2)	15.8 (13.5-18.4)	23.0 (21.3-24.9)
8th	46.6 (39.1-54.3)	28.0 (22.1-34.6)	18.7 (14.9-23.1)
9th	44.0 (39.9-48.2)	17.7 (15.8-19.8)	26.3 (23.6-29.3)
11th	39.5 (33.5-45.8)	19.0 (17.4-20.8)	20.5 (16.1-25.7)
K-8 combined*	37.3 (30.3-45.0)	18.2 (15.9-20.8)	19.1 (13.8-25.9)

\* 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, 2014-2015<sup>†</sup>**

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	31.4 (23.1-41.0)	18.0 (13.9-22.9)	13.4 (8.5-20.4)
American Indian / Alaska Native	49.8 (44.2-55.4)	24.1 (21.0-27.4)	25.7 (21.3-30.7)
Asian <sup>§</sup>	41.0 (37.4-44.8)	20.0 (19.3-20.7)	21.1 (18.0-24.6)
Other	43.3 (35.4-51.5)	12.8 (9.2-17.5)	30.4 (23.1-38.9)

<sup>†</sup> Reporting by race allows us to identify racial disparities in order to address and reduce them.

<sup>§</sup> Pacific Islander students are not included in this group.

**Table 4: Weight Status by Student Socioeconomic Status (SES), 2014-2015<sup>¶</sup>**

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	45.4 (40.2-50.7)	19.0 (17.3-20.8)	26.4 (22.3-31.0)
Non-Enrolled Students	32.9 (26.8-39.6)	19.1 (16.8-21.5)	13.8 (9.9-19.0)

<sup>¶</sup> 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
2012-13	36.1 (28.5-44.4)	18.9 (16.2-22.0)	17.1 (11.8-24.1)
2013-14	35.3 (28.0-43.4)	20.3 (16.2-25.2)	15.0 (9.5-22.9)
2014-15	37.3 (30.3-45.0)	18.2 (15.9-20.8)	19.1 (13.8-25.9)

\* Overweight and obesity prevalence for grades K-8 are comparable to [Healthy Alaskans 2020 Statewide Leading Health Indicators](#).

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/](http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/)

