

# Alaska Obesity Prevention and Control: Student Weight Status

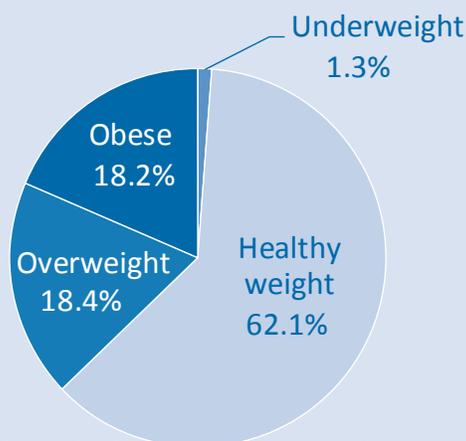
## KENAI PENINSULA BOROUGH SCHOOL DISTRICT

### 2014-2015 District Summary

Over the 2014-15 school year, Kenai Peninsula Borough School District school staff measured the height and weight of 7,116 students (78% of all enrolled) in grades pre-K through 12. With measurement results scaled to represent the total enrolled population:

- 18.4% of students were overweight (BMI 85<sup>th</sup>-95<sup>th</sup> percentile)
- 18.2% of students were obese (BMI  $\geq$  95<sup>th</sup> percentile)
- 5.5% of students qualified as severely obese, with a BMI  $\geq$ 120% of the 95<sup>th</sup> percentile
- The prevalence of obesity was significantly higher among male students (19.7%) than among females (16.6%).

**Figure 1: Student Weight Status among KPBSD Students, Grades Pre-K to 12, 2014-2015**



### Weight Status by Grade

Percentages of students either overweight or obese were highest amongst students in grade 11, while the prevalence of obesity alone was highest among 7<sup>th</sup> graders. Over 17% of students were obese in all of grades 3-12.

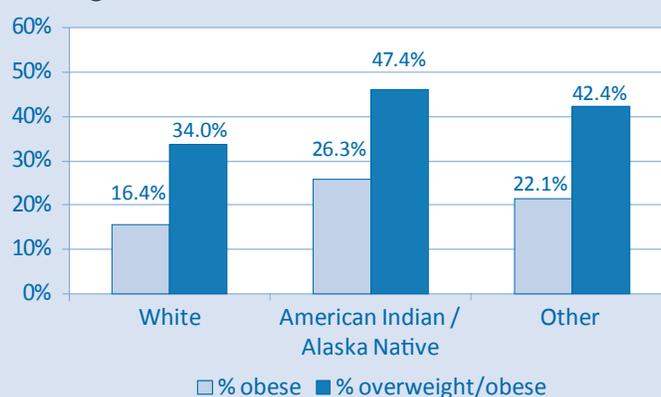
**Figure 2: Prevalence of Overweight and Obesity, by Grade, among KPBSD Students, Grades Pre-K to 12, 2014-2015**



### Disparities in Weight Status

Reporting by race allows us to identify racial disparities in order to address and reduce them. The prevalence of overweight/obesity was significantly lower among white students (34.0%) than among American Indian/Alaska Native students (47.4%) and students of other races (42.4%). Schools with at least 45% of students enrolled in the school meal programs were assigned the proxy status of low socioeconomic status (SES); obesity prevalence was significantly higher in low-SES schools (24.0%) than in higher-SES schools (17.1%) (see Table 4).

**Figure 3: Prevalence of Overweight and Obesity, by Race, among KPBSD Students, Grades Pre-K to 12, 2014-2015**



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## PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KPBSD STUDENTS

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	36.6 (34.4-38.9)	18.4 (17.1-19.7)	18.2 (16.6-19.9)
Male	36.8 (34.7-39.0)	17.1 (15.8-18.5)	19.7 (17.8-21.8)
Female	36.4 (33.3-39.5)	19.7 (17.7-22.0)	16.6 (15.0-18.4)

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

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-K	34.4 (24.0-46.4)	17.5 (10.4-27.8)	16.9 (11.5-24.0)
Kindergarten	33.0 (27.5-38.9)	19.2 (16.1-22.6)	13.8 (10.2-18.5)
1 <sup>st</sup>	29.2 (23.5-35.7)	16.9 (12.8-21.9)	12.3 (9.7-15.5)
2 <sup>nd</sup>	31.6 (27.9-35.7)	16.7 (13.3-20.8)	14.9 (12.3-18.0)
3 <sup>rd</sup>	34.2 (30.1-38.5)	16.2 (13.6-19.1)	18.0 (15.1-21.2)
4 <sup>th</sup>	40.8 (36.1-45.7)	19.4 (16.2-23.0)	21.4 (17.1-26.5)
5 <sup>th</sup>	38.0 (33.6-42.7)	17.7 (15.1-20.5)	20.4 (17.3-23.8)
6 <sup>th</sup>	36.9 (33.0-41.0)	17.6 (15.1-20.4)	19.3 (16.5-22.5)
7 <sup>th</sup>	41.2 (38.4-44.0)	18.7 (17.0-20.6)	22.4 (20.0-25.0)
8 <sup>th</sup>	37.0 (32.4-41.8)	18.0 (15.5-20.9)	19.0 (16.3-21.9)
9 <sup>th</sup>	39.1 (35.2-43.1)	18.8 (16.6-21.3)	20.2 (15.5-25.9)
10 <sup>th</sup>	39.5 (34.3-45.0)	20.1 (14.7-26.7)	19.4 (14.5-25.5)
11 <sup>th</sup>	41.4 (34.8-48.4)	22.0 (18.0-26.5)	19.4 (14.7-25.3)
12 <sup>th</sup>	35.3 (30.4-40.5)	18.1 (15.1-21.4)	17.2 (13.8-21.2)
K-8 combined*	35.0 (32.0-38.2)	17.7 (16.4-19.2)	17.3 (15.2-19.6)

\* 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	34.0 (31.9-36.2)	17.7 (16.4-19.0)	16.4 (14.9-18.0)
American Indian / Alaska Native	47.4 (43.5-51.3)	21.0 (18.0-24.5)	26.3 (22.0-31.2)
Other	42.4 (38.1-46.7)	20.3 (18.0-22.8)	22.1 (19.1-25.5)

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

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

School SES	% Overweight & Obese	% Overweight	% Obese
Lower SES Schools	44.4 (41.7-47.1)	20.4 (18.8-22.0)	24.0 (20.3-28.1)
Higher SES Schools	35.0 (32.6-37.6)	18.0 (16.6-19.5)	17.1 (15.3-18.9)

<sup>§</sup> School SES is based on the proxy measure of proportion of students enrolled in the free- and reduced-price meal program. Schools with 45% or more of students enrolled in the program were classified as lower SES schools.

**Table 5: Weight Status by School Year**

School Year	% Overweight & Obese	% Overweight	% Obese
2011-12 <sup>¶</sup>	36.0 (33.5-38.4)	18.9 (17.2-20.6)	17.1 (15.7-18.6)
2012-13	37.1 (35.0-39.2)	18.4 (17.3-19.7)	18.7 (17.1-20.3)
2013-14	36.7 (35.0-38.4)	18.7 (17.7-19.8)	18.0 (16.7-19.3)
2014-15	36.6 (34.5-38.8)	18.4 (17.2-19.7)	18.2 (16.7-19.9)

<sup>¶</sup> KPBSD did not measure 10th and 12th grade students during the 2011-12 school year.

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/)

