

Alaska Obesity Prevention and Control: Student Weight Status

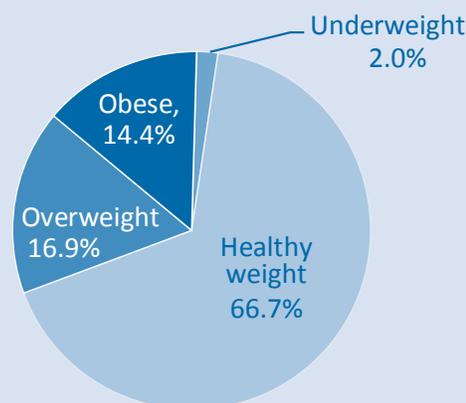
MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

2014-2015 District Summary

Over the 2014-15 school year, Matanuska-Susitna Borough School District staff measured the height and weight of 5,484 students (79% of all enrolled) in grades K, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 16.9% of students were overweight (BMI 85th-95th percentile)
- 14.4% of students were obese (BMI ≥ 95th percentile)
- 3.9% of students were severely obese, with a BMI ≥ 120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (15.3%) than among females (13.3%).

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



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 7th-grade students, as was the prevalence of obesity alone. These rates were lowest among 1st-grade students. Over 27% of students were overweight or obese in all grades sampled.

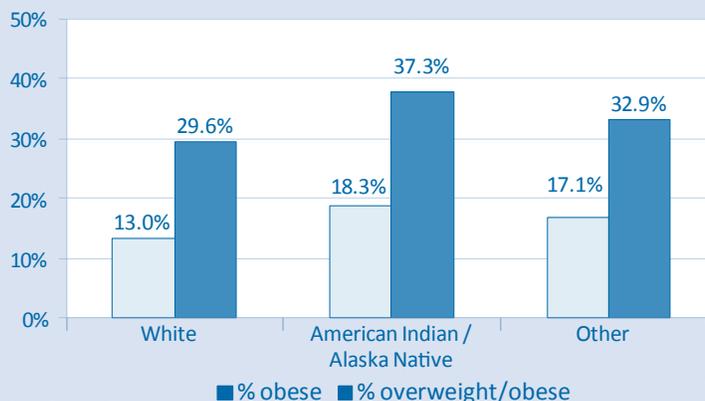
Figure 2: Prevalence of Overweight and Obesity, by Grade, among MSBSD Students, Grades K, 1, 3, 5 & 7, 2014-2015



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 higher among American Indian/Alaska Native students (37.3%) than among white students (29.6%) and students of other races (32.9%). Schools with at least 45% of students enrolled in the school meal programs were assigned the proxy status of low socioeconomic status (SES); overweight/obesity prevalence was significantly higher in low-SES schools (34.7%) than in higher-SES schools (29.5%) (see Table 4).

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



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) MATANUSKA-SUSITNA BOROUGH STUDENTS IN GRADES K, 1, 3, 5, AND 7

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	31.3 (28.5-34.2)	16.9 (15.4-18.5)	14.4 (12.8-16.2)
Male	31.8 (28.9-34.8)	16.5 (14.6-18.5)	15.3 (13.7-17.1)
Female	30.7 (27.4-34.2)	17.4 (15.4-19.6)	13.3 (11.5-15.3)

Table 2: Weight Status by Grade, 2014-2015

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	28.3 (24.1-32.9)	17.9 (14.6-21.7)	10.4 (8.7-12.3)
1st	27.4 (23.1-32.2)	17.7 (14.6-21.3)	9.7 (7.7-12.1)
3 rd	30.7 (28.1-33.5)	15.1 (12.8-17.9)	15.6 (13.5-17.9)
5 th	32.5 (28.5-36.9)	15.4 (13.0-18.1)	17.2 (15.0-19.6)
7 th	37.7 (31.8-44.0)	18.8 (16.7-21.1)	18.9 (14.9-23.8)
K-8 combined*	31.3 (28.5-34.2)	16.9 (15.4-18.5)	14.4 (12.8-16.2)

* 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	29.6 (26.6-32.7)	16.5 (14.9-18.3)	13.0 (11.3-14.9)
American Indian / Alaska Native	37.3 (33.7-41.0)	19.0 (16.5-21.8)	18.3 (16.2-20.5)
Other	32.9 (29.4-36.6)	15.8 (13.3-18.7)	17.1 (13.8-21.0)

[†] 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[§]

School SES	% Overweight & Obese	% Overweight	% Obese
Lower SES Schools	34.7 (32.4-37.1)	19.6 (17.4-22.0)	15.1 (13.9-16.4)
Higher SES Schools	29.5 (25.7-33.5)	15.5 (14.0-17.1)	14.0 (11.6-16.7)

[§] 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
2003-04	32.5 (27.3-38.2)	16.7 (13.5-20.5)	15.8 (12.9-19.2)
2004-05	33.1 (29.3-37.0)	18.0 (15.7-20.5)	15.1 (12.9-17.6)
2005-06	31.6 (29.1-34.1)	17.3 (15.5-19.3)	14.2 (12.4-16.2)
2006-07	32.7 (29.7-36.0)	18.8 (16.9-20.9)	14.0 (12.0-16.2)
2007-08	31.5 (28.7-34.4)	16.2 (14.7-17.8)	15.2 (13.7-16.9)
2008-09	32.5 (30.4-34.7)	18.5 (17.1-20.1)	14.0 (12.4-15.6)
2009-10	28.3 (26.2-30.5)	15.1 (13.8-16.5)	13.2 (11.8-14.7)
2010-11	30.6 (27.9-33.5)	16.3 (14.9-17.8)	14.4 (12.5-16.4)
2011-12	30.9 (28.8-33.1)	17.1 (15.7-18.6)	13.8 (12.3-15.5)
2012-13	30.3 (27.2-33.5)	16.6 (15.2-18.2)	13.7 (11.8-15.8)
2013-14	30.7 (28.4-33.0)	16.7 (15.6-17.9)	14.0 (12.3-15.8)
2014-15	31.3 (28.6-34.1)	16.9 (15.5-18.5)	14.4 (12.8-16.1)

Percentages may not sum precisely due to rounding.



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

