

Alaska Obesity Prevention and Control: Student Weight Status

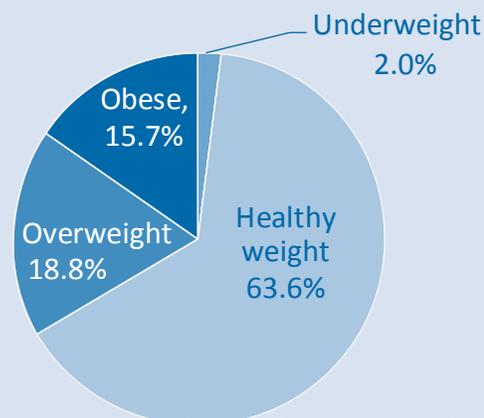
REPORT FOR SITKA SCHOOL DISTRICT

2014-2015 District Summary

Over the 2014-15 school year, Sitka School District school staff measured the height and weight of 799 students (85% of all enrolled) in grades K through 8. With measurement results scaled to represent the total enrolled population:

- 18.8% of students were overweight (BMI 85th-95th percentile)
- 15.7% of students were obese (BMI ≥ 95th percentile)
- 6.0% of students were severely obese, with a BMI ≥ 120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (37.2%) than among females (31.6%).

Figure 1: Student Weight Status among SSD Students, Grades K-8, 2014-2015



Weight Status by Grade

The percentage of students either overweight or obese was highest among students in grade 3, while the prevalence of obesity alone was highest among 7th graders. Over 22% of students were overweight or obese in all grades measured.

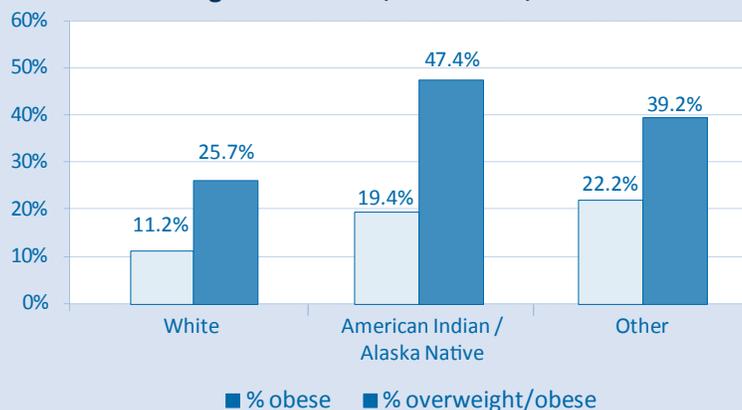
Figure 2: Prevalence of Overweight and Obesity, by Grade, among SSD Students, Grades K-8, 2014-2015



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 (25.7%) than among American Indian/Alaska Native students (47.4%) and students of other races (39.2%).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among SSD Students, Grades K-8, 2014-2015



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) SITKA SCHOOL DISTRICT STUDENTS IN GRADES K THROUGH 8

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	34.5 (33.2-35.8)	18.8 (17.8-19.9)	15.7 (14.6-16.8)
Male	37.2 (35.4-39.1)	18.7 (17.3-20.2)	18.5 (17.0-20.1)
Female	31.6 (29.7-33.6)	18.9 (17.4-20.6)	12.7 (11.3-14.1)

Table 2: Weight Status by Grade, 2014-2015

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	29.4 (26.0-33.0)	19.8 (16.9-23.0)	9.6 (7.5-12.3)
1st	32.5 (30.0-35.1)	21.4 (19.3-23.8)	11.1 (9.5-12.9)
2nd	33.7 (30.7-36.8)	21.2 (18.6-23.9)	12.6 (10.6-14.9)
3rd	43.0 (40.0-46.1)	25.3 (22.7-28.2)	17.7 (15.4-20.2)
4th	36.7 (33.3-40.3)	16.8 (14.3-19.7)	19.9 (17.2-23.0)
5th	34.6 (30.8-38.6)	14.7 (12.0-17.8)	19.9 (16.8-23.4)
6th	39.0 (33.3-44.9)	18.6 (14.5-23.7)	20.3 (15.8-25.7)
7th	41.2 (34.5-48.2)	18.0 (13.2-24.0)	23.2 (17.8-29.6)
8th	22.8 (19.4-26.6)	12.0 (9.4-15.1)	10.8 (8.5-13.7)
K-8 combined*	35.8 (34.0-37.6)	20.0 (18.6-21.5)	15.8 (14.4-17.3)

* '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 [Healthy Alaskans 2020 Statewide Leading Health Indicators](#).

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

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	25.7 (24.1-27.4)	14.5 (13.3-15.8)	11.2 (10.0-12.6)
American Indian / Alaska Native	47.4 (44.8-50.0)	28.0 (25.7-30.4)	19.4 (17.4-21.6)
Other	39.2 (35.9-42.6)	17.0 (14.5-19.7)	22.2 (19.5-25.3)

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

Percentages may not sum precisely due to rounding.



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

