

Alaska Obesity Prevention and Control: Student Weight Status

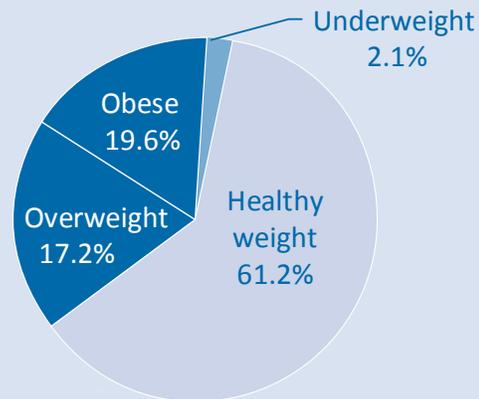
ANCHORAGE SCHOOL DISTRICT

2015-2016 District Summary

Over the 2015-16 school year, Anchorage School District staff measured the height and weight of 18,101 students (81% of all enrolled) in grades K, 1, 3, 5, 7, and 10. With measurement results scaled to represent the enrolled population for each grade:

- 17.2% of students were overweight (BMI 85th to <95th percentile)
- 19.6% of students were obese (BMI ≥95th percentile)
- 6.8% of students were severely obese (BMI ≥120% of the 95th percentile)
- The prevalence of overweight/obesity was significantly higher among male students (21.0%) than among females (18.0%).

Figure 1: Student Weight Status among ASD Students, Grades K,1,3,5,7,10, 2015-2016



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 10th-grade students, as was the prevalence of obesity alone. These percentages were lowest among Kindergarten and 1st-grade students. Over 15% of students were obese in all grades sampled, placing them at higher risk for weight related diseases such as type 2 diabetes, heart disease, and some cancers.

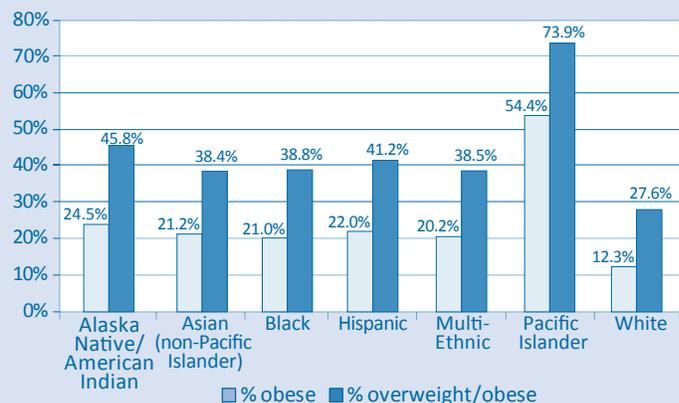
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD Students, Grades K,1,3,5,7,10, 2015-2016



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 (27.6%) than among students of other race and ethnicities (ranging from 38.4% to 73.9%). The highest disparities were found among American Indian/Alaska Native students (45.8%) and Pacific Islander students (73.9%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (44.5%) than among higher-SES students (29.0%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among ASD Students, Grades K,1,3,5,7,10, 2015-2016



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD STUDENTS, GRADES K, 1, 3, 5, 7 & 10, 2015-16 SCHOOL YEAR

Table 1: Weight Status Overall and by Sex, 2015-2016

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	36.8 (34.6-38.9)	17.2 (16.6-17.9)	19.6 (17.8-21.4)
Male	38.3 (36.0-40.6)	17.2 (16.4-18.1)	21.0 (19.1-23.1)
Female	35.2 (33.0-37.4)	17.2 (16.3-18.1)	18.0 (16.3-19.8)

Table 2: Weight Status by Grade, 2015-2016

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	32.0 (29.5-34.7)	16.5 (15.4-17.6)	15.5 (13.4-18.0)
1 st	32.3 (29.4-35.5)	17.0 (15.3-18.7)	15.4 (13.3-17.7)
3 rd	36.2 (33.2-39.3)	16.2 (14.9-17.6)	20.0 (17.6-22.6)
5 th	38.5 (35.7-41.5)	17.7 (16.5-19.0)	20.8 (18.4-23.5)
7 th	39.7 (35.7-44.0)	17.7 (16.3-19.2)	22.0 (18.9-25.5)
10 th	42.6 (38.0-47.4)	18.3 (17.0-19.7)	24.3 (19.8-29.5)
K-8 combined*	35.7 (33.5-37.9)	17.0 (16.3-17.8)	18.7 (16.9-20.5)

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

Table 3: Weight Status by Race/Ethnicity, 2015-2016[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
Alaska Native / American Indian	45.8 (43.1-48.5)	21.3 (19.3-23.4)	24.5 (22.4-26.9)
Asian (non-Pacific Islander)	38.4 (35.3-41.6)	17.3 (15.2-19.5)	21.2 (18.3-24.3)
Black	38.8 (36.0-41.6)	17.8 (15.5-20.3)	21.0 (18.4-23.8)
Hispanic	41.2 (38.3-44.2)	19.2 (17.5-21.0)	22.0 (19.8-24.4)
Multi-ethnic	38.5 (35.9-41.2)	18.3 (16.9-19.8)	20.2 (17.9-22.7)
Pacific Islander	73.9 (70.7-76.9)	19.5 (17.4-21.8)	54.4 (50.7-58.0)
White	27.6 (25.9-29.4)	15.3 (14.5-16.1)	12.3 (11.1-13.7)

[†] 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), 2015-2016[§]

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	44.5 (42.5-46.5)	18.6 (17.7-19.4)	25.9 (24.3-27.7)
Non-Enrolled Students	29.0 (27.3-30.8)	15.9 (15.0-16.7)	13.1 (11.9-14.5)

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

Table 5: Weight Status by School Year

School Year	% Overweight & Obese	% Overweight	% Obese
2004-05	35.6 (33.8-37.4)	17.6 (16.9-18.4)	17.9 (16.6-19.3)
2005-06	35.8 (34.2-37.4)	17.9 (17.2-18.5)	18.0 (16.7-19.3)
2006-07	35.5 (33.7-37.3)	17.2 (16.5-18.0)	18.3 (16.9-19.7)
2007-08	36.3 (34.5-38.1)	17.9 (17.2-18.7)	18.4 (17.1-19.8)
2008-09	36.5 (34.4-38.7)	18.0 (17.3-18.8)	18.5 (16.9-20.2)
2009-10	35.7 (33.8-37.6)	17.2 (16.4-17.9)	18.5 (17.0-20.1)
2010-11	36.0 (34.2-38.0)	17.4 (16.6-18.2)	18.6 (17.1-20.2)
2011-12	35.9 (34.0-37.9)	17.6 (16.8-18.4)	18.4 (16.9-19.9)
2012-13	35.5 (33.5-37.6)	16.9 (16.1-17.7)	18.7 (17.2-20.2)
2013-14	35.3 (33.0-37.6)	16.8 (16.0-17.7)	18.4 (16.8-20.2)
2014-15	36.3 (34.3-38.5)	17.2 (16.4-18.0)	19.2 (17.5-20.9)
2015-16	36.8 (34.7-38.9)	17.2 (16.6-17.9)	19.6 (17.8-21.4)

Percentages may not sum precisely due to rounding.



Alaska Department of Health and Social Services - Obesity Prevention and Control Program

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