

# Alaska Obesity Prevention and Control: Student Weight Status

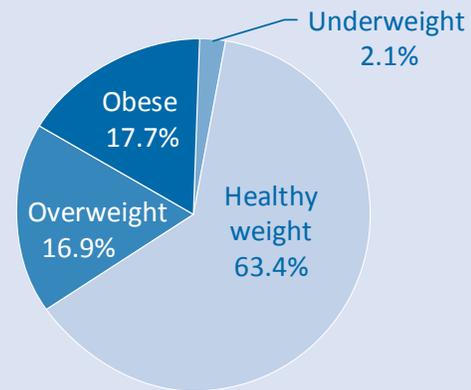
## ANCHORAGE METROPOLITAN AREA

### 2015-2016 Anchorage & Mat-Su Borough School Districts Combined Summary

Over the 2015-16 school year, Anchorage (ASD) and Matanuska-Susitna Borough School District (MSBSD) staff measured the height and weight of 20,810 students (80% 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 85<sup>th</sup> to <95<sup>th</sup> percentile)
- 17.7% of students were obese (BMI ≥95<sup>th</sup> percentile)
- 5.7% of students were severely obese (BMI ≥120% of the 95<sup>th</sup> percentile)
- The prevalence of overweight/obesity was significantly higher among male students (35.9%) than among females (33.1%).

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



### Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 7<sup>th</sup>-grade students, as was the prevalence of obesity alone. These rates were lowest among Kindergarten and 1<sup>st</sup>-grade students. Over 14% 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 & MSBSD Students, Grades K, 1, 3, 5, & 7, 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 higher among American Indian/Alaska Native students (42.2%) and students of other races (41.6%) than among white students (27.6%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (41.2%) than among higher-SES students (28.4%) (see Table 4).

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



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

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	34.5 (32.8-36.3)	16.9 (16.3-17.5)	17.7 (16.3-19.1)
Male	35.9 (34.0-37.8)	17.1 (16.3-17.9)	18.8 (17.2-20.5)
Female	33.1 (31.2-34.9)	16.6 (15.7-17.5)	16.4 (15.1-17.8)

**Table 2: Weight Status by Grade, 2015-2016**

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	30.6 (28.4-32.9)	16.5 (15.5-17.4)	14.1 (12.4-16.1)
1 <sup>st</sup>	31.0 (28.6-33.5)	16.9 (15.5-18.5)	14.1 (12.4-15.9)
3 <sup>rd</sup>	34.7 (32.4-37.1)	15.9 (14.7-17.2)	18.9 (17.0-20.8)
5 <sup>th</sup>	37.8 (35.7-40.0)	17.2 (16.2-18.3)	20.6 (18.8-22.5)
7 <sup>th</sup>	39.1 (35.8-42.5)	17.9 (16.8-19.1)	21.2 (18.6-24.0)
K-8 combined*	34.5 (32.8-36.3)	16.9 (16.3-17.5)	17.7 (16.3-19.1)

\* 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, 2015-2016<sup>†</sup>**

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	27.6 (26.3-29.0)	15.4 (14.7-16.1)	12.2 (11.3-13.2)
American Indian / Alaska Native	42.2 (39.8-44.6)	19.8 (18.0-21.8)	22.4 (20.6-24.3)
Other	41.6 (39.6-43.6)	18.0 (17.2-18.8)	23.6 (21.8-25.5)

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

**Table 4: Weight Status by Student Socioeconomic Status (SES), 2015-2016<sup>§</sup>**

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	41.2 (39.5-43.1)	18.3 (17.5-19.1)	23.0 (21.5-24.5)
Non-Enrolled Students	28.4 (27.0-29.8)	15.6 (14.9-16.3)	12.8 (11.8-13.9)

<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, 2003-2004 through 2015-2016**

School Year	% Overweight & Obese	% Overweight	% Obese
2004-05	34.4 (32.8-36.0)	17.6 (16.7-18.5)	16.8 (15.7-18.0)
2005-06	34.5 (33.0-36.0)	17.8 (17.0-18.6)	16.7 (15.4-18.1)
2006-07	34.5 (32.9-36.2)	17.6 (16.8-18.5)	16.9 (15.6-18.3)
2007-08	35.1 (33.4-36.8)	17.7 (17.0-18.5)	17.4 (16.2-18.6)
2008-09	34.9 (33.1-36.7)	18.0 (17.3-18.7)	16.9 (15.6-18.3)
2009-10	33.4 (31.7-35.0)	16.7 (16.0-17.5)	16.6 (15.5-17.8)
2010-11	33.9 (32.2-35.6)	17.0 (16.3-17.7)	16.9 (15.7-18.3)
2011-12	34.3 (32.6-36.1)	17.3 (16.6-18.1)	17.0 (15.7-18.3)
2012-13	33.5 (31.7-35.4)	16.7 (16.0-17.4)	16.8 (15.5-18.2)
2013-14	33.5 (31.7-35.3)	16.7 (16.0-17.4)	16.7 (15.5-18.1)
2014-15	34.2 (32.5-36.0)	16.8 (16.1-17.6)	17.4 (16.1-18.8)
2015-16	34.5 (32.8-36.3)	16.9 (16.3-17.5)	17.7 (16.3-19.1)

Percentages may not sum precisely due to rounding.



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

