

Alaska Obesity Prevention and Control: Student Weight Status

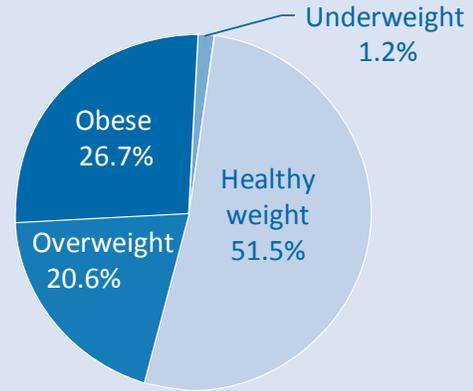
DILLINGHAM CITY SCHOOL DISTRICT

2015-2016 District Summary

Over the 2015-16 school year, Dillingham Public Health Nurses measured the height and weight of 377 children residing in Dillingham, Alaska (84% of all students enrolled in grades K-12 of Dillingham City School District). As Dillingham has only one school district, home address was used as a proxy for school district enrollment. With measurement results scaled to represent the enrolled district population:

- 20.6% of students were overweight (BMI 85th to <95th percentile)
- 26.7% of students were obese (BMI ≥95th percentile)
- 10.6% of students were severely obese (BMI ≥120% of the 95th percentile)
- The prevalence of overweight/obesity was significantly higher among female students (53.5%) than among male students (41.4%).

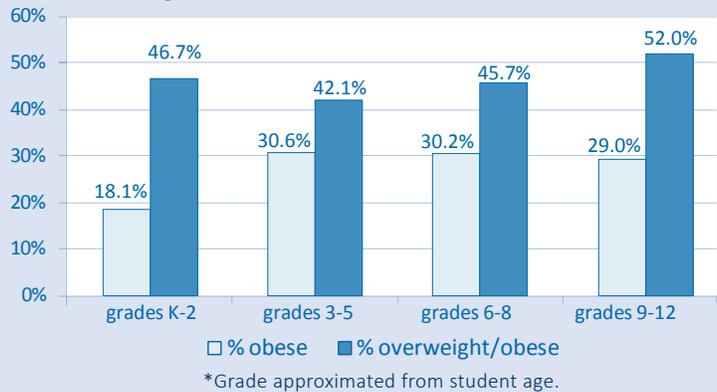
Figure 1: Student Weight Status among DCSD Students, Grades K-12, 2015-2016



Weight Status by Grade

Student grade was approximated based on student age at the date of measurement. The percentage of students either overweight or obese was highest amongst students in grades 9-12, while the prevalence of obesity alone was highest amongst grades 3-5. Over 18% of students were obese in all grade ranges measured, 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 Range*, among DCSD Students, Grades K-12, 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 among American Indian/Alaska Native students (50.8%) was higher than among students of other races (26.1%).

Figure 3: Prevalence of Overweight and Obesity, by Race, among DCSD Students, Grades K-12, 2015-2016



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) DCSD STUDENTS, GRADES K-12, 2015-16 SCHOOL YEAR

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	47.3 (45.1-49.6)	20.6 (18.7-22.6)	26.7 (24.9-28.7)
Male	41.4 (38.3-44.5)	13.7 (11.5-16.2)	27.7 (25.1-30.5)
Female	53.5 (50.2-56.7)	27.8 (24.9-30.9)	25.7 (23.1-28.5)

Table 2: Weight Status by Grade Range*, 2015-2016[†]

Grade Range*	% Overweight & Obese	% Overweight	% Obese
K-2	46.7 (40.3-53.1)	28.6 (23.1-34.7)	18.1 (13.7-23.6)
3-5	42.1 (38.2-46.0)	11.5 (9.2-14.2)	30.6 (27.1-34.3)
6-8	45.7 (44.1-47.4)	15.6 (14.4-16.8)	30.2 (28.7-31.7)
9-12	52.0 (48.4-55.6)	23.0 (20.1-26.2)	29.0 (25.8-32.4)
K-8 combined [‡]	43.6 (39.7-47.5)	20.4 (17.1-24.2)	23.1 (20.2-26.4)

* Grade approximated from student age, using September 1 birthdate as the cut-point.

[†] All children aged 5-18 measured at the Dillingham clinic with a home residence of Dillingham, Alaska were included in this report

[‡] 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	50.8 (48.4-53.2)	22.0 (20.0-24.2)	28.8 (26.7-30.9)
Non-Native	26.1 (21.3-31.6)	11.9 (8.4-16.6)	14.2 (10.8-18.5)

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

Table 4: Weight Status by School Year

School Year	% Overweight & Obese	% Overweight	% Obese
2003-04	49.0 (40.4-57.6)	24.2 (18.0-31.7)	24.8 (18.0-33.1)
2004-05	46.7 (40.7-52.8)	24.1 (19.4-29.7)	22.5 (17.9-27.9)
2005-06	44.8 (39.1-50.7)	21.0 (16.7-26.1)	23.9 (19.2-29.2)
2006-07	42.7 (37.1-48.5)	21.0 (16.5-26.2)	21.7 (17.3-26.9)
2007-08	44.5 (39.0-50.1)	20.7 (16.6-25.5)	23.8 (19.3-28.9)
2008-09	45.3 (40.5-50.2)	22.3 (18.4-26.6)	23.0 (19.2-27.4)
2009-10	47.3 (42.6-52.1)	21.5 (17.8-25.6)	25.8 (21.9-30.2)
2010-11	47.4 (42.8-51.9)	21.8 (18.3-25.9)	25.5 (21.8-29.7)
2011-12	47.1 (42.8-51.4)	21.1 (17.8-24.8)	26.0 (22.4-29.9)
2012-13	47.0 (42.8-51.4)	19.2 (16.1-22.8)	27.8 (24.1-31.8)
2013-14	43.9 (39.5-48.4)	16.1 (13.0-19.7)	27.8 (24.0-32.0)
2014-15	48.3 (41.2-55.4)	21.8 (15.8-29.3)	26.5 (20.8-33.0)
2015-16	47.3 (45.1-49.6)	20.6 (18.7-22.6)	26.7 (24.9-28.7)

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/

