

Alaska Obesity Prevention and Control: Student Weight Status

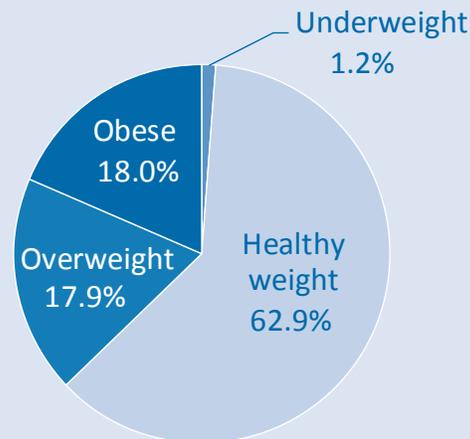
KENAI PENINSULA BOROUGH SCHOOL DISTRICT

2015-2016 District Summary

Over the 2015-16 school year, Kenai Peninsula Borough School District school staff measured the height and weight of 6,840 students (75% of all enrolled) in grades pre-K through 12. With measurement results scaled to represent the total enrolled population:

- 17.9% of students were overweight (BMI 85th-95th percentile)
- 18.0% of students were obese (BMI ≥ 95th percentile)
- 5.2% of students qualified as severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (20.0%) than among females (15.9%).

Figure 1: Student Weight Status among KPBSD Students, Grades Pre-K to 12, 2015-2016



Weight Status by Grade

At least 12% of students were obese in all grades, placing them at higher risk for weight related diseases such as type 2 diabetes, heart disease, and several cancers. The percentage of students either overweight or obese was highest amongst students in grade 5, as was the prevalence of obesity alone.

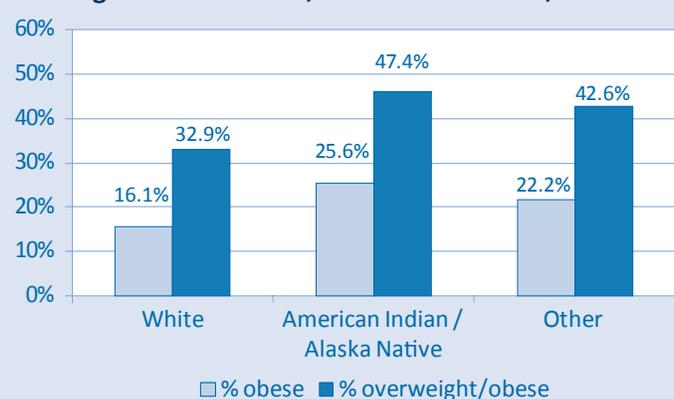
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KPBSD Students, Grades Pre-K to 12, 2015-2016



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 was significantly lower among white students (32.9%) than among American Indian/Alaska Native students (47.4%) and students of other races (42.6%). 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 (40.6%) than in higher-SES schools (34.7%) (see Table 4).

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



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KPBSD STUDENTS

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	35.9 (33.9-38.0)	17.9 (16.7-19.1)	18.0 (16.6-19.6)
Male	36.4 (34.1-38.9)	16.4 (15.0-17.9)	20.0 (18.3-21.9)
Female	35.3 (32.7-38.1)	19.4 (17.7-21.3)	15.9 (14.1-17.8)

Table 2: Weight Status by Grade, 2015-2016

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-K	40.7 (31.5-50.7)	22.0 (14.0-32.8)	18.7 (13.6-25.3)
Kindergarten	33.5 (30.2-37.0)	20.5 (17.7-23.7)	12.9 (9.9-16.7)
1 st	32.5 (26.0-39.8)	18.0 (15.0-21.6)	14.5 (10.0-20.5)
2 nd	30.8 (24.9-37.4)	15.7 (11.3-21.4)	15.1 (12.0-18.9)
3 rd	31.8 (27.9-35.9)	15.7 (13.8-17.8)	16.1 (13.0-19.7)
4 th	37.2 (32.2-42.5)	18.3 (15.2-21.8)	18.9 (15.7-22.6)
5 th	43.6 (38.6-48.7)	20.4 (17.2-23.9)	23.2 (19.0-28.1)
6 th	37.9 (33.0-43.0)	17.7 (14.1-21.8)	20.2 (17.2-23.7)
7 th	37.7 (34.7-40.7)	17.2 (14.0-21.0)	20.4 (17.3-24.0)
8 th	42.1 (38.8-45.5)	20.6 (17.8-23.8)	21.5 (18.2-25.2)
9 th	36.3 (31.4-41.6)	16.5 (13.9-19.5)	19.8 (17.1-22.9)
10 th	32.9 (29.9-36.0)	13.1 (10.7-15.8)	19.8 (16.5-23.6)
11 th	36.8 (33.4-40.3)	20.7 (17.1-24.8)	16.1 (13.4-19.2)
12 th	32.6 (27.4-38.3)	16.3 (12.9-20.5)	16.3 (13.3-19.8)
K-8 combined*	35.7 (32.9-38.6)	18.3 (16.9-19.9)	17.4 (15.2-19.9)

* 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[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	32.9 (31.1-34.7)	16.8 (15.5-18.1)	16.1 (14.7-17.7)
American Indian / Alaska Native	47.4 (42.2-52.6)	21.7 (17.5-26.7)	25.6 (22.2-29.4)
Other	42.6 (38.4-47.0)	20.5 (17.7-23.5)	22.2 (19.2-25.4)

[†] 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), 2015-2016[§]

School SES	% Overweight & Obese	% Overweight	% Obese
Lower SES Schools	40.6 (37.5-43.9)	19.2 (16.8-21.9)	21.4 (18.7-24.5)
Higher SES Schools	34.7 (32.5-37.0)	17.5 (16.3-18.8)	17.2 (15.6-18.9)

[§] 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
2011-12 [¶]	36.0 (33.5-38.4)	18.9 (17.2-20.6)	17.1 (15.7-18.6)
2012-13	37.1 (35.0-39.2)	18.4 (17.3-19.7)	18.7 (17.1-20.3)
2013-14	36.7 (35.0-38.4)	18.7 (17.7-19.8)	18.0 (16.7-19.3)
2014-15	36.6 (34.5-38.8)	18.4 (17.2-19.7)	18.2 (16.7-19.9)
2015-16	35.9 (33.9-38.0)	17.9 (16.7-19.1)	18.1 (16.6-19.6)

[¶] KPBSD did not measure 10th and 12th grade students during the 2011-12 school year. 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/

