

Alaska Obesity Prevention and Control: Student Weight Status

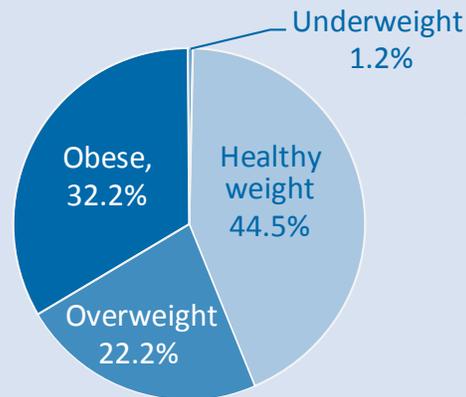
NORTH SLOPE BOROUGH SCHOOL DISTRICT

2015-2016 District Summary

Over the 2015-16 school year, North Slope Borough School District staff measured the height and weight of 1,550 students (76% of all enrolled) in grades pre-K through 12. With measurement results scaled to represent each grade's enrolled population:

- 22.2% of students were overweight (BMI 85th-95th percentile)
- 32.2% of students were obese (BMI ≥ 95th percentile)
- 12.6% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was similar among male students (52.5%) and female students (56.3%).

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



Weight Status by Grade

At least 27% of students were obese in all grades, placing them at higher risk for weight related diseases such as type 2 diabetes, heart disease, and some cancers. Over 47% of students were overweight or obese in all grades. The percentage of students either overweight or obese was highest amongst pre-Kindergarten students, while the prevalence of obesity alone was highest amongst 4th-graders. These percentages were lowest among 10th- and 12th-grade students, respectively

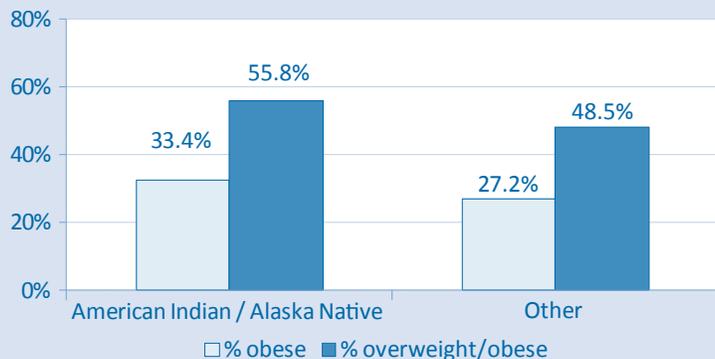
Figure 2: Prevalence of Overweight and Obesity, by Grade, among NSBSD Students, Grades pre-K to 12, 2015-2016



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 among American Indian/Alaska Native (55.8%) students was slightly higher than among students of other races (48.5%).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among NSBSD Students, Grades pre-K to 12, 2015-2016



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) NORTH SLOPE BOROUGH STUDENTS IN GRADES PRE-K THROUGH 12

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

| Sex | % Overweight & Obese | % Overweight | % Obese |
|---------|----------------------|------------------|------------------|
| Overall | 54.3 (50.9-57.7) | 22.2 (19.9-24.6) | 32.2 (29.0-35.6) |
| Male | 52.5 (46.3-58.5) | 21.4 (17.8-25.5) | 31.0 (26.7-35.8) |
| Female | 56.3 (52.4-60.2) | 23.0 (20.8-25.2) | 33.4 (28.4-38.7) |

Table 2: Weight Status by Grade, 2015-2016

| Grade | % Overweight & Obese | % Overweight | % Obese |
|------------------|----------------------|------------------|------------------|
| Pre-Kindergarten | 62.5 (56.8-67.8) | 28.5 (24.6-32.8) | 34.0 (27.6-41.0) |
| Kindergarten | 49.6 (44.8-54.4) | 21.0 (15.0-28.7) | 28.6 (22.4-35.8) |
| 1 st | 54.5 (44.3-64.3) | 24.2 (19.9-29.2) | 30.2 (21.1-41.2) |
| 2 nd | 57.3 (50.4-64.0) | 22.1 (15.9-29.8) | 35.2 (29.3-41.7) |
| 3 rd | 54.8 (40.5-68.4) | 20.6 (16.2-26.0) | 34.2 (19.9-52.0) |
| 4 th | 57.4 (42.6-71.0) | 15.6 (10.6-22.3) | 41.8 (30.5-54.0) |
| 5 th | 52.6 (43.0-61.9) | 20.6 (14.9-27.6) | 32.0 (25.5-39.3) |
| 6 th | 50.1 (42.4-57.8) | 19.8 (15.5-24.8) | 30.3 (22.2-39.9) |
| 7 th | 54.9 (43.9-65.5) | 18.9 (12.1-28.2) | 36.0 (31.7-40.6) |
| 8 th | 57.4 (40.6-72.6) | 25.9 (19.3-33.7) | 31.5 (20.0-46.0) |
| 9 th | 50.6 (35.0-66.1) | 23.1 (12.7-38.2) | 27.6 (18.9-38.3) |
| 10 th | 47.5 (35.3-60.0) | 19.3 (12.0-29.6) | 28.2 (22.6-34.6) |
| 11 th | 48.0 (35.0-61.2) | 19.7 (10.0-35.0) | 28.3 (21.5-36.2) |
| 12 th | 51.2 (38.8-63.4) | 24.0 (17.5-32.0) | 27.2 (16.2-41.8) |
| K-8 combined* | 53.2 (46.6-59.7) | 21.2 (19.5-22.9) | 32.0 (26.7-37.9) |

* Overweight and obesity prevalence for grades K-8 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 |
|---------------------------------|----------------------|------------------|------------------|
| American Indian / Alaska Native | 55.8 (51.1-60.5) | 22.4 (19.7-25.4) | 33.4 (29.5-37.7) |
| Other | 48.5 (39.6-57.4) | 21.3 (17.4-25.7) | 27.2 (22.5-32.5) |

[†] 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 |
|----------------------|----------------------|------------------|------------------|
| 2013-14 [§] | 56.5 (49.4-63.3) | 22.9 (20.2-25.8) | 33.6 (27.2-40.6) |
| 2014-15 | 54.5 (50.0-58.8) | 21.8 (19.1-24.8) | 32.6 (28.4-37.2) |
| 2015-16 | 54.3 (50.9-57.7) | 22.2 (19.9-24.6) | 32.2 (29.0-35.6) |

[§] The 2013-14 school year did not include measurements for grades 9, 11, or 12.

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/

