

# Alaska Obesity Prevention and Control: Student Weight Status

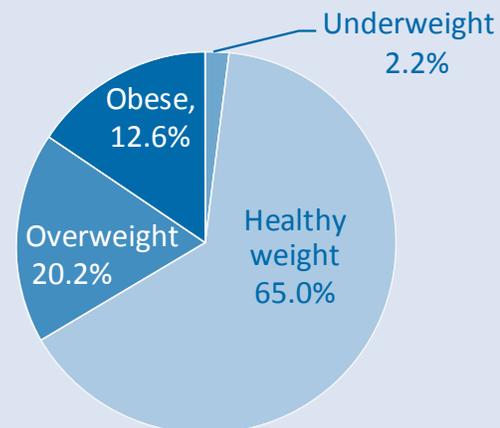
## PETERSBURG SCHOOL DISTRICT

### 2015-2016 District Summary

Over the 2015-16 school year, Petersburg City School District staff measured the height and weight of 423 students (92% of all enrolled) in grades K-12. With measurement results scaled to represent each grade's enrolled population:

- 20.2% of students were overweight (BMI 85<sup>th</sup>-95<sup>th</sup> percentile)
- 12.6% of students were obese (BMI  $\geq$  95<sup>th</sup> percentile)
- 3.1% of students were severely obese, with a BMI  $\geq$ 120% of the 95<sup>th</sup> percentile
- The prevalence of overweight/obesity was slightly higher among female students (34.1%) than among male students (31.6%).

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



### Weight Status by Grade

The percentage of students either overweight or obese was highest amongst students in grades 7-8, while the prevalence of obesity alone was highest amongst grades 9-12. These percentages were lowest among students in Kindergarten and 1<sup>st</sup> grade. Over 22% of students were either overweight or obese in all grade ranges, 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 PSD 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 obesity among American Indian/Alaska Native (47.1%) students was significantly higher than among White students (29.9%) and students of other races (33.0%).

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



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## PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) PETERSBURG SCHOOL DISTRICT STUDENTS IN GRADES K-12

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	32.8 (31.5-34.1)	20.2 (19.1-21.3)	12.6 (11.7-13.6)
Male	31.6 (29.8-33.4)	19.0 (17.6-20.6)	12.6 (11.4-13.9)
Female	34.1 (32.3-36.0)	21.5 (19.9-23.1)	12.6 (11.2-14.2)

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

Grade Range	% Overweight & Obese	% Overweight	% Obese
K-1	22.1 (20.2-24.1)	20.7 (18.9-22.7)	1.4 (0.9-2.1)
2-6	32.2 (30.8-33.7)	19.6 (18.3-20.9)	12.7 (11.6-13.8)
7-8	37.4 (33.6-41.2)	23.2 (20.0-26.6)	14.2 (11.7-17.1)
9-12	36.6 (33.6-39.7)	19.2 (16.8-21.8)	17.4 (15.1-20.0)
K-8 combined*	32.6 (30.9-34.3)	21.6 (20.1-23.1)	11.0 (9.9-12.2)

\* 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	29.9 (28.4-31.4)	19.8 (18.6-21.1)	10.1 (9.1-11.2)
American Indian / Alaska Native	47.1 (43.4-50.9)	21.0 (18.2-24.1)	26.1 (22.8-29.7)
Other	33.0 (29.5-36.8)	21.6 (18.6-24.8)	11.5 (9.0-14.6)

<sup>†</sup> 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	33.5 (31.1-36.1)	20.5 (18.3-22.8)	13.1 (11.6-14.7)
2014-15	35.1 (33.6-36.7)	17.9 (16.7-19.2)	17.2 (16.0-18.5)
2015-16	32.8 (31.5-34.1)	20.2 (19.1-21.3)	12.6 (11.7-13.6)

Percentages may not sum precisely due to rounding.



The State of Alaska Department of Health and Social Services  
Obesity Prevention and Control Program  
August 2016

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

