

Alaska Obesity Prevention and Control: Student Weight Status

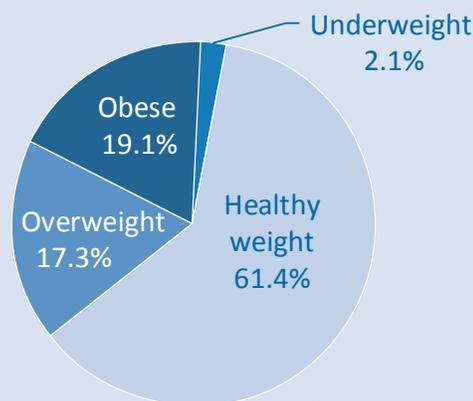
ANCHORAGE SCHOOL DISTRICT

2016-2017 District Summary

Over the 2016-17 school year, Anchorage School District staff measured the height and weight of 19,379 students (86% of all enrolled) in grades K, 1, 3, 5, 7, and 10. With measurement results scaled to represent the enrolled population for each grade:

- 17.3% of students were overweight (BMI 85th to <95th percentile)
- 19.1% of students were obese (BMI ≥95th percentile)
- 6.9% of students were severely obese with a BMI ≥120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (20.3%) than among females (17.9%).

Figure 1: Student Weight Status among ASD Students, Grades K,1,3,5,7,10, 2016-2017



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 10th-grade students, while the prevalence of obesity alone was highest in 7th- and 10th-grade students. These percentages were lowest among 1st-grade and Kindergarten students, respectively. Over 30% of students were either overweight or obese in all grades sampled, placing them at higher risk for weight related diseases such as type 2 diabetes, heart disease, and other chronic diseases¹.

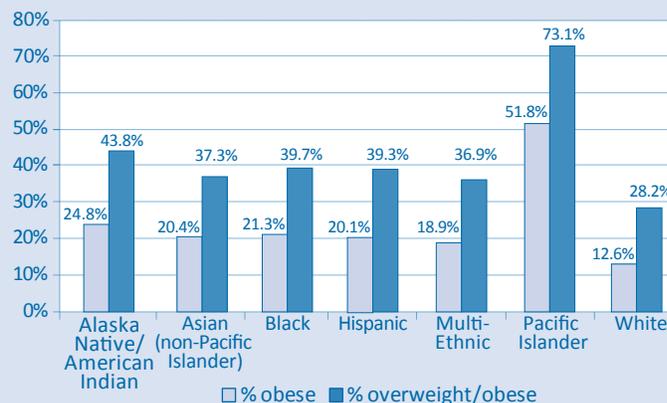
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD Students, Grades K,1,3,5,7,10, 2016-2017



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 (28.2%) than among students of other races and ethnicities (ranging from 37.3% to 73.1%). The highest disparities were found among American Indian/Alaska Native students (43.8%) and Pacific Islander students (73.1%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (43.8%) than among higher-SES students (29.1%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among ASD Students, Grades K,1,3,5,7,10, 2016-2017



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD STUDENTS, GRADES K, 1, 3, 5, 7 & 10, 2016-17 SCHOOL YEAR

Table 1: Weight Status Overall and by Sex, 2016-2017

| Sex | % Overweight & Obese | % Overweight | % Obese |
|---------|----------------------|------------------|------------------|
| Overall | 36.5 (34.3-38.7) | 17.3 (16.6-18.1) | 19.1 (17.6-20.8) |
| Male | 37.1 (34.9-39.5) | 16.9 (15.9-17.8) | 20.3 (18.6-22.1) |
| Female | 35.8 (33.5-38.0) | 17.8 (16.9-18.8) | 17.9 (16.3-19.7) |

Table 2: Weight Status by Grade, 2016-2017

| Grade | % Overweight & Obese | % Overweight | % Obese |
|------------------|----------------------|------------------|------------------|
| Kindergarten | 32.1 (29.2-35.2) | 17.7 (16.2-19.4) | 14.4 (12.6-16.5) |
| 1 st | 30.5 (27.2-34.0) | 15.6 (14.0-17.4) | 14.9 (12.6-17.5) |
| 3 rd | 36.3 (33.9-38.8) | 17.0 (15.9-18.3) | 19.3 (17.3-21.4) |
| 5 th | 38.7 (36.2-41.2) | 17.4 (16.2-18.7) | 21.3 (19.3-23.3) |
| 7 th | 40.8 (36.1-45.7) | 18.1 (16.6-19.7) | 22.8 (19.3-26.6) |
| 10 th | 41.0 (35.6-46.7) | 18.2 (16.1-20.6) | 22.8 (19.4-26.7) |
| K-8 combined* | 35.6 (33.4-37.9) | 17.2 (16.4-17.9) | 18.4 (16.8-20.2) |

* 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, 2016-2017[†]

| Race/Ethnicity | % Overweight & Obese | % Overweight | % Obese |
|---------------------------------|----------------------|------------------|------------------|
| Alaska Native / American Indian | 43.8 (41.5-46.2) | 19.1 (17.0-21.4) | 24.8 (22.3-27.4) |
| Asian (non-Pacific Islander) | 37.3 (34.8-39.9) | 16.9 (15.2-18.6) | 20.4 (18.8-22.2) |
| Black | 39.7 (36.7-42.7) | 18.4 (16.4-20.6) | 21.3 (18.5-24.4) |
| Hispanic | 39.3 (36.0-42.6) | 19.2 (17.1-21.4) | 20.1 (18.0-22.4) |
| Multi-ethnic | 36.9 (34.3-39.5) | 18.0 (16.5-19.7) | 18.9 (17.2-20.6) |
| Pacific Islander | 73.1 (69.5-76.4) | 21.2 (18.9-23.8) | 51.8 (48.5-55.1) |
| White | 28.2 (26.5-30.0) | 15.6 (14.8-16.5) | 12.6 (11.3-14.0) |

[†] 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), 2016-2017[§]

| Student SES | % Overweight & Obese | % Overweight | % Obese |
|-----------------------------|----------------------|------------------|------------------|
| Free/Reduced Lunch Enrolled | 43.8 (41.7-45.9) | 19.0 (18.2-19.9) | 24.8 (23.1-26.5) |
| Non-Enrolled Students | 29.1 (27.6-30.7) | 15.6 (14.9-16.4) | 13.5 (12.3-14.8) |

[§] Enrollment in free- and reduced-price meal programs is a proxy measure of low socioeconomic status.

Table 5: Weight Status by School Year

| School Year | % Overweight & Obese | % Overweight | % Obese |
|-------------|----------------------|------------------|------------------|
| 2006-07 | 35.5 (33.7-37.3) | 17.2 (16.5-18.0) | 18.3 (16.9-19.7) |
| 2007-08 | 36.3 (34.5-38.1) | 17.9 (17.2-18.7) | 18.4 (17.1-19.8) |
| 2008-09 | 36.5 (34.4-38.7) | 18.0 (17.3-18.8) | 18.5 (16.9-20.2) |
| 2009-10 | 35.7 (33.8-37.6) | 17.2 (16.4-17.9) | 18.5 (17.0-20.1) |
| 2010-11 | 36.0 (34.2-38.0) | 17.4 (16.6-18.2) | 18.6 (17.1-20.2) |
| 2011-12 | 35.9 (34.0-37.9) | 17.6 (16.8-18.4) | 18.4 (16.9-19.9) |
| 2012-13 | 35.5 (33.5-37.6) | 16.9 (16.1-17.7) | 18.7 (17.2-20.2) |
| 2013-14 | 35.3 (33.0-37.6) | 16.8 (16.0-17.7) | 18.4 (16.8-20.2) |
| 2014-15 | 36.3 (34.3-38.5) | 17.2 (16.4-18.0) | 19.2 (17.5-20.9) |
| 2015-16 | 36.8 (34.7-38.9) | 17.2 (16.6-17.9) | 19.6 (17.8-21.4) |
| 2016-17 | 36.5 (34.3-38.7) | 17.3 (16.6-18.1) | 19.1 (17.6-20.8) |

Percentages may not sum precisely due to rounding.

Reference: ¹Institute of Medicine (2005). Committee on Prevention of Obesity in Children and Youth. Preventing childhood obesity: health in balance. Washington, DC: The National Academies Press.

