

Alaska Obesity Prevention and Control: Student Weight Status

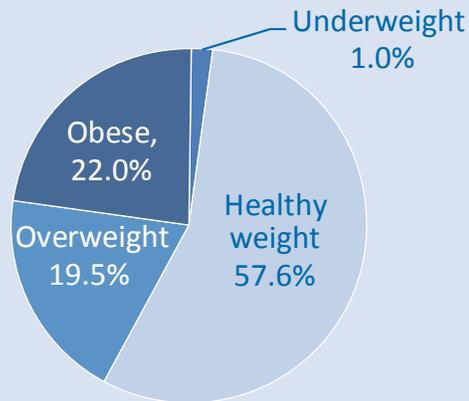
KETCHIKAN GATEWAY BOROUGH SCHOOL DISTRICT

2016-2017 District Summary

Over the 2016-17 school year, Ketchikan Gateway Borough School District staff measured the height and weight of 948 students (81% of all enrolled) in grades pre-Kindergarten, Kindergarten, 1, 3, 5, 7, and 9. With measurement results scaled to represent each grade's enrolled population:

- 19.5% of students were overweight (BMI 85th-95th percentile)
- 22.0% of students were obese (BMI ≥ 95th percentile)
- 6.7% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was similar among male students (41.0%) and female students (41.9%).

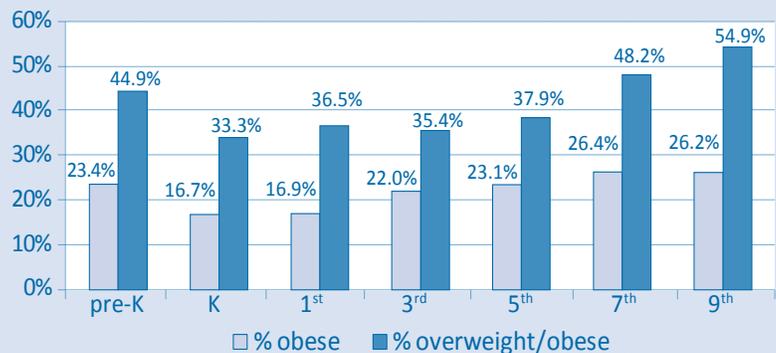
Figure 1: Student Weight Status among KGBSD Students, Grades Pre-K ,K,1,3,5,7,9, 2016-2017



Weight Status by Grade

Over 33% 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 other chronic diseases¹. The percentage of students either overweight or obese was highest amongst 9th-grade students, while the prevalence of obesity alone was highest among 7th-grade students. These percentages were both lowest among Kindergarten students.

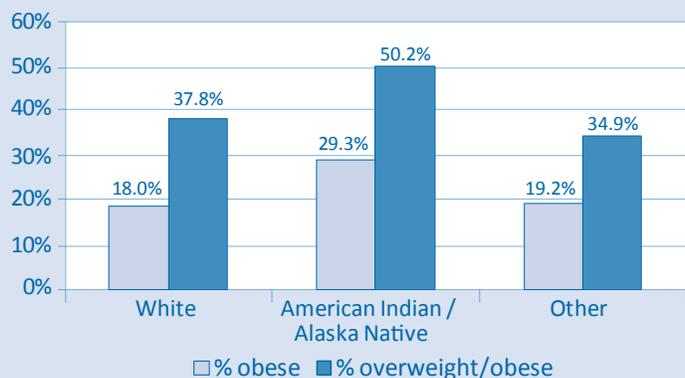
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KGBSD Students, 2016-2017



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 higher among American Indian/Alaska Native students (50.2%) than among white students (37.8%) and students of other races (34.9%). Overweight/obesity prevalence was significantly higher among low-SES students (48.9%) than among higher-SES students (35.5%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KGBSD Students, Grades Pre-K ,K,1,3,5,7,9, 2016-2017



Alaska Obesity Prevention and Control: Student Weight Status

PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KETCHIKAN GATEWAY BOROUGH STUDENTS IN GRADES PRE-K, K, 1, 3, 5, 7, AND 9

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	41.4 (35.0-48.1)	19.5 (15.8-23.7)	22.0 (18.7-25.6)
Male	41.0 (35.4-46.7)	18.5 (14.8-22.9)	22.4 (18.2-27.3)
Female	41.9 (33.8-50.5)	20.4 (15.9-25.7)	21.6 (17.9-25.8)

Table 2: Weight Status by Grade, 2016-2017

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-Kindergarten	44.9 (33.1-57.2)	21.5 (14.9-30.0)	23.4 (18.1-29.6)
Kindergarten	33.3 (24.5-43.3)	16.6 (13.1-20.7)	16.7 (11.2-24.1)
1 st	36.5 (24.8-50.0)	19.6 (13.5-27.5)	16.9 (9.9-27.3)
3 rd	35.4 (26.8-45.0)	13.4 (9.7-18.2)	22.0 (16.7-28.5)
5 th	37.9 (32.9-43.3)	14.9 (11.1-19.7)	23.1 (15.2-33.4)
7 th	48.2 (46.5-50.0)	21.9 (20.8-23.0)	26.4 (24.3-28.5)
9 th	54.9 (53.1-56.7)	28.7 (26.0-31.6)	26.2 (25.1-27.2)
K-8 combined*	38.4 (32.5-44.6)	17.4 (14.9-20.2)	21.0 (17.0-25.7)

* 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, 2016-2017[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	37.8 (30.6-45.5)	19.8 (15.2-25.5)	18.0 (15.1-21.3)
American Indian / Alaska Native	50.2 (42.8-57.7)	20.9 (16.6-26.0)	29.3 (22.1-37.8)
Other	34.9 (27.6-43.0)	15.7 (11.6-20.9)	19.2 (12.9-27.7)

† 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	48.9 (41.6-56.2)	20.0 (16.6-24.0)	28.8 (23.2-35.2)
Non-Enrolled Students	35.5 (28.1-43.6)	18.9 (13.9-25.2)	16.5 (13.8-19.7)

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

Table 5: Weight Status by School Year (Healthy Alaskans 2020 Health Indicator, K-8 combined)*

School Year	% Overweight & Obese	% Overweight	% Obese
2013-14, K-8 combined	41.0 (37.0-45.1)	19.6 (17.4-22.1)	21.4 (17.7-25.5)
2014-15, K-8 combined	40.2 (32.2-48.7)	17.0 (13.2-21.8)	23.1 (17.9-29.3)
2015-16, K-8 combined	38.8 (35.3-42.5)	18.4 (16.3-20.6)	20.4 (15.9-25.9)
2016-17, K-8 combined	38.4 (32.5-44.6)	17.4 (14.9-20.2)	21.0 (17.0-25.7)

* The 'K-8 combined' measure is comparable across school years. Measured grades in 'Overall' status vary across school years.

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.



The State of Alaska Department of Health and Social Services
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dhss.alaska.gov/dph/Chronic/Pages/Obesity/

