

Alaska Obesity Prevention and Control: Student Weight Status

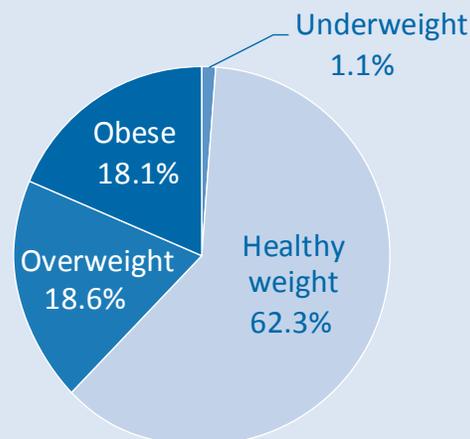
KENAI PENINSULA BOROUGH SCHOOL DISTRICT

2016-2017 District Summary

Over the 2016-17 school year, Kenai Peninsula Borough School District school staff measured the height and weight of 66,892 students (74% of all enrolled) in grades pre-K through 12. With measurement results scaled to represent the total enrolled population:

- 18.6% of students were overweight (BMI 85th-95th percentile)
- 18.1% of students were obese (BMI \geq 95th percentile)
- 5.4% of students qualified as severely obese, with a BMI \geq 120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (20.6%) than among females (15.3%).

Figure 1: Student Weight Status among KPBSD Students, Grades Pre-K to 12, 2016-2017



Weight Status by Grade

The percentage of students either overweight or obese was highest amongst students in grade 9, while the prevalence of obesity alone was highest in grade 6. Over 29% 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.

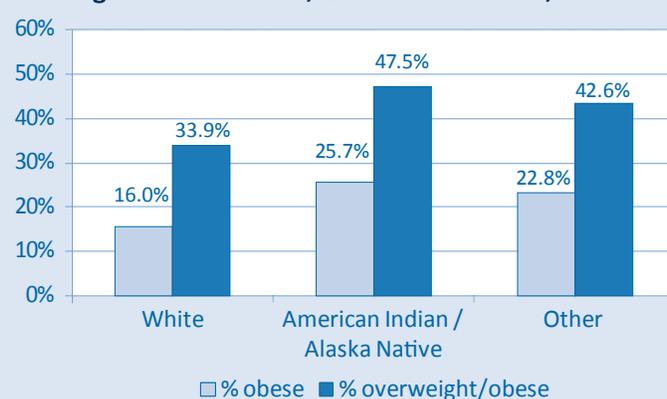
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KPBSD Students, Grades Pre-K to 12, 2016-2017



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 (33.9%) than among American Indian/Alaska Native students (47.5%) and students of other races (42.6%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (41.0%) than among higher-SES students (33.7%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race, among KPBSD Students, Grades Pre-K to 12, 2016-2017



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

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	36.7 (34.4-39.0)	18.6 (17.6-19.7)	18.1 (16.5-19.8)
Male	37.5 (34.7-40.3)	16.9 (15.6-18.3)	20.6 (18.4-23.1)
Female	35.8 (33.2-38.4)	20.5 (18.9-22.3)	15.3 (13.9-16.7)

Table 2: Weight Status by Grade, 2016-2017

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-K	32.9 (24.7-42.4)	17.3 (11.5-25.2)	15.6 (10.5-22.6)
Kindergarten	31.4 (26.3-37.1)	20.1 (17.5-23.0)	11.3 (8.2-15.4)
1 st	29.9 (25.6-34.7)	16.2 (12.5-20.8)	13.7 (11.3-16.5)
2 nd	30.0 (24.9-35.5)	16.7 (13.8-20.1)	13.2 (9.5-18.1)
3 rd	34.6 (29.5-40.1)	15.9 (12.4-20.1)	18.7 (15.5-22.3)
4 th	36.0 (30.0-42.4)	18.9 (15.3-23.2)	17.1 (13.8-21.0)
5 th	39.4 (33.8-45.3)	20.2 (16.7-24.4)	19.1 (15.9-22.8)
6 th	42.1 (39.1-45.2)	19.5 (16.7-22.7)	22.6 (19.2-26.5)
7 th	38.1 (34.7-41.6)	17.3 (15.6-19.0)	20.9 (17.8-24.4)
8 th	38.7 (33.8-43.8)	18.4 (16.4-20.6)	20.3 (16.2-25.1)
9 th	45.8 (38.4-53.4)	24.2 (21.5-27.2)	21.6 (16.3-27.9)
10 th	39.1 (35.7-42.7)	18.8 (17.3-20.5)	20.3 (17.5-23.5)
11 th	33.6 (30.9-36.4)	17.4 (15.1-19.9)	16.2 (13.7-19.2)
12 th	39.3 (35.0-43.9)	18.8 (16.7-21.2)	20.5 (17.2-24.2)
K-8 combined*	34.7 (31.2-38.4)	17.9 (16.0-20.0)	16.8 (14.7-19.1)

* 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, 2016-2017[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	33.9 (31.5-36.3)	17.9 (16.7-19.2)	16.0 (14.4-17.7)
American Indian / Alaska Native	47.5 (42.7-52.4)	21.8 (18.6-25.3)	25.7 (21.9-30.0)
Other	42.6 (38.2-47.2)	19.9 (16.9-23.1)	22.8 (20.1-25.8)

[†] 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 Students	41.0 (38.3-43.8)	19.5 (17.5-21.8)	21.5 (19.7-23.4)
Non-Enrolled Students	33.7 (30.9-36.6)	18.0 (16.5-19.6)	15.7 (14.0-17.7)

[§] 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
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)
2016-17	36.7 (34.4-39.0)	18.6 (17.6-19.7)	18.1 (16.5-19.8)

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

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.

