

Alaska Obesity Prevention and Control: Student Weight Status

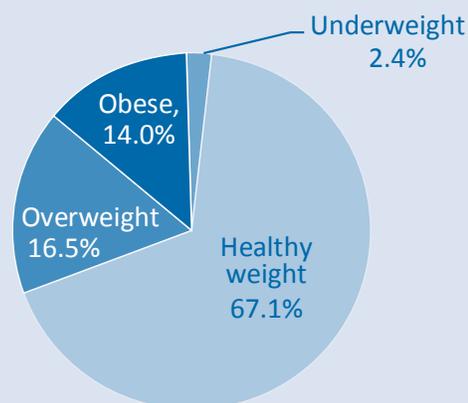
MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

2016-2017 District Summary

Over the 2016-17 school year, Matanuska-Susitna Borough School District staff measured the height and weight of 5,830 students (78% of all enrolled) in grades K, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 16.5% of students were overweight (BMI 85th to <95th percentile)
- 14.0% of students were obese (BMI ≥ 95th percentile)
- 3.5% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was similar between male students (30.7%) and female students (30.3%).

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



Weight Status by Grade

At least 25% 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 7th-grade students, while the prevalence of obesity alone was highest for 5th-graders. These rates were lowest among 1st-grade and Kindergarten students, respectively.

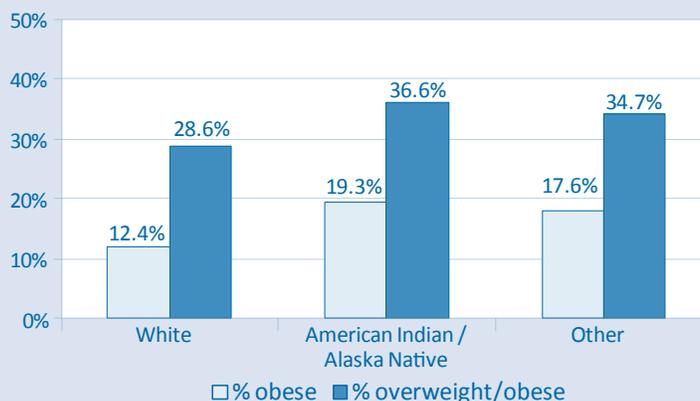
Figure 2: Prevalence of Overweight and Obesity, by Grade, among MSBSD Students, Grades K, 1, 3, 5 & 7, 2016-2017



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 (36.6%) and students of other races (34.7%) than among white students (28.6%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (33.0%) than among higher-SES students (30.7%) (see Table 4).

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



Alaska Obesity Prevention and Control: Student Weight Status

PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) MATANUSKA-SUSITNA BOROUGH STUDENTS IN GRADES K, 1, 3, 5, AND 7

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	30.5 (28.4-32.7)	16.5 (15.4-17.7)	14.0 (12.7-15.5)
Male	30.7 (28.4-33.1)	16.1 (14.6-17.7)	14.6 (13.1-16.3)
Female	30.3 (27.9-32.8)	16.9 (15.5-18.4)	13.4 (11.5-15.5)

Table 2: Weight Status by Grade, 2016-2017

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	26.9 (23.1-31.0)	16.1 (13.6-18.9)	10.8 (8.9-13.0)
1st	25.5 (22.7-28.4)	14.6 (12.5-16.9)	10.9 (9.1-13.1)
3 rd	29.2 (26.4-32.2)	16.2 (14.1-18.6)	13.0 (10.8-15.7)
5 th	35.1 (31.7-38.6)	16.7 (14.3-19.4)	18.4 (16.3-20.7)
7 th	35.8 (32.4-39.3)	18.9 (16.7-21.4)	16.8 (14.5-19.5)
K-8 combined*	30.5 (28.4-32.7)	16.5 (15.4-17.7)	14.0 (12.7-15.5)

* 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	28.6 (26.2-31.0)	16.2 (14.8-17.7)	12.4 (10.9-14.0)
American Indian / Alaska Native	36.6 (33.8-39.5)	17.4 (15.4-19.6)	19.3 (16.7-22.1)
Other	34.7 (30.8-38.7)	17.1 (14.5-20.0)	17.6 (14.1-21.7)

[†] 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	33.0 (32.0-34.1)	17.6 (16.9-18.3)	15.5 (14.7-16.2)
Non-Enrolled Students	30.7 (29.9-31.5)	16.8 (16.3-17.4)	13.9 (13.4-14.4)

[§] 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
2003-04	32.6 (27.3-38.4)	17.1 (14.1-20.6)	15.5 (12.4-19.2)
2004-05	33.4 (29.9-37.1)	18.2 (16.1-20.5)	15.2 (13.1-17.6)
2005-06	31.2 (28.6-34.0)	17.1 (15.0-19.5)	14.1 (12.3-16.2)
2006-07	32.8 (29.8-35.9)	18.7 (16.8-20.8)	14.1 (12.2-16.2)
2007-08	31.5 (28.8-34.3)	16.3 (14.8-17.9)	15.2 (13.7-16.8)
2008-09	32.4 (30.2-34.6)	18.4 (17.0-20.0)	13.9 (12.4-15.6)
2009-10	28.2 (26.1-30.5)	15.0 (13.7-16.3)	13.3 (11.9-14.8)
2010-11	30.6 (28.1-33.2)	16.2 (14.8-17.6)	14.4 (12.7-16.3)
2011-12	30.9 (28.8-33.1)	17.2 (15.8-18.7)	13.7 (12.2-15.4)
2012-13	30.1 (27.0-33.3)	16.4 (15.0-17.9)	13.7 (11.7-15.9)
2013-14	30.7 (28.4-33.0)	16.8 (15.6-18.0)	13.9 (12.3-15.6)
2014-15	31.3 (28.6-34.1)	16.9 (15.5-18.5)	14.4 (12.8-16.1)
2015-16	31.6 (29.3-33.9)	16.5 (15.4-17.7)	15.1 (13.6-16.7)
2016-17	30.5 (28.4-32.7)	16.5 (15.4-17.7)	14.0 (12.7-15.5)

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.

