

# Alaska Obesity Prevention and Control: Student Weight Status

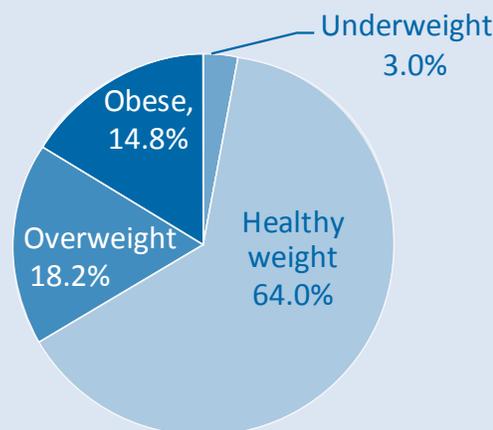
## PETERSBURG SCHOOL DISTRICT

### 2016-2017 District Summary

Over the 2016-17 school year, Petersburg City School District staff measured the height and weight of 424 students (90% of all enrolled) in grades K-12. With measurement results scaled to represent each grade's enrolled population:

- 18.2% of students were overweight (BMI 85<sup>th</sup> to <95<sup>th</sup> percentile)
- 14.8% of students were obese (BMI ≥ 95<sup>th</sup> percentile)
- 4.3% of students were severely obese, with a BMI ≥120% of the 95<sup>th</sup> percentile
- The prevalence of overweight/obesity was slightly higher among female students (34.4%) than among male students (31.7%).

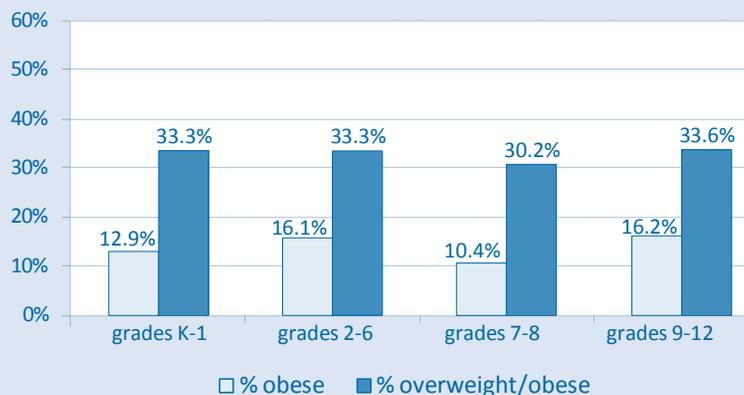
**Figure 1: Student Weight Status among PSD Students, Grades K-12, 2016-2017**



### Weight Status by Grade

The percentage of students either overweight or obese was similar across most grade ranges, while the prevalence of obesity alone was highest among grades 2-6 and 9-12. These percentages were lowest among students in grades 7-8. Over 30% 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 diseases<sup>1</sup>.

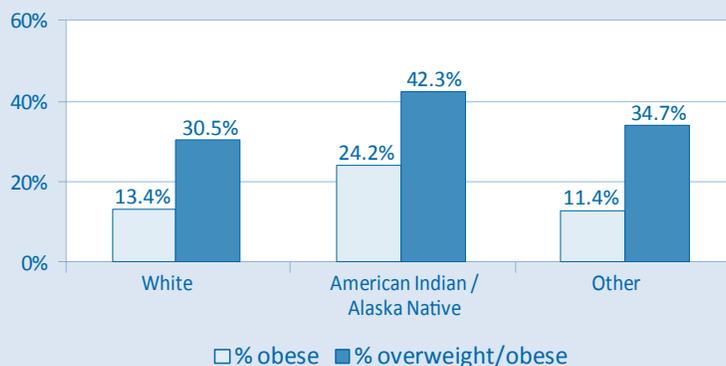
**Figure 2: Prevalence of Overweight and Obesity, by Grade Range, among PSD Students, Grades K-12, 2016-2017**



### 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 among American Indian/Alaska Native students (42.3%) was significantly higher than among White students (30.5%).

**Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among PSD Students, Grades K-12, 2016-2017**



# Alaska Obesity Prevention and Control: Student Weight Status

## 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, 2016-2017**

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	33.0 (31.5-34.5)	18.2 (17.0-19.4)	14.8 (13.7-16.0)
Male	31.7 (29.7-33.7)	17.8 (16.2-19.5)	13.9 (12.5-15.4)
Female	34.4 (32.2-36.6)	18.5 (16.8-20.4)	15.8 (14.2-17.6)

**Table 2: Weight Status by Grade Range, 2016-2017**

Grade Range	% Overweight & Obese	% Overweight	% Obese
K-1	33.3 (30.5-36.1)	20.3 (18.1-22.8)	12.9 (11.0-15.1)
2-6	33.3 (31.1-35.5)	17.2 (15.5-19.1)	16.1 (14.4-17.9)
7-8	30.2 (26.3-34.5)	19.8 (16.5-23.6)	10.4 (8.0-13.4)
9-12	33.6 (30.6-36.7)	17.3 (15.0-20.0)	16.2 (14.0-18.7)
K-8 combined*	30.7 (28.7-32.8)	19.1 (17.4-20.9)	11.7 (10.3-13.2)

\* 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, 2016-2017<sup>†</sup>**

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	30.5 (28.8-32.3)	17.2 (15.8-18.6)	13.4 (12.2-14.7)
American Indian / Alaska Native	42.3 (38.6-46.2)	18.2 (15.5-21.2)	24.2 (21.0-27.7)
Other	34.7 (30.5-39.2)	23.4 (19.7-27.6)	11.4 (8.8-14.6)

<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)
2016-17	33.0 (31.5-34.5)	18.2 (17.0-19.4)	14.8 (13.7-16.0)

Percentages may not sum precisely due to rounding.

### Reference

<sup>1</sup> Institute 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/](http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/)

