

Alaska Obesity Prevention and Control: Student Weight Status

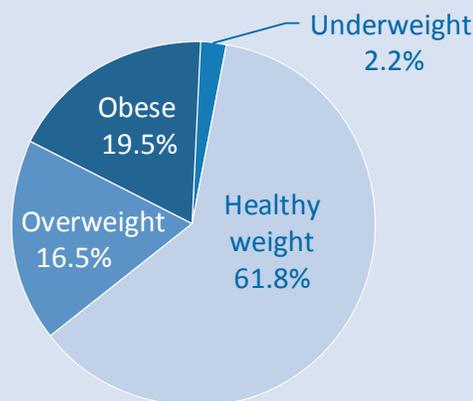
ANCHORAGE SCHOOL DISTRICT

2017-2018 District Summary

Over the 2017-18 school year, Anchorage School District staff measured the height and weight of 19,632 students (90% of all enrolled) in grades K, 1, 3, 5, 7, and 10. With measurement results scaled to represent the enrolled population for each grade:

- 16.5% of students were overweight (BMI 85th to <95th percentile)
- 19.5% of students were obese (BMI ≥95th percentile)
- 7.0% of students were severely obese with a BMI ≥120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (21.1%) than among females (17.9%).

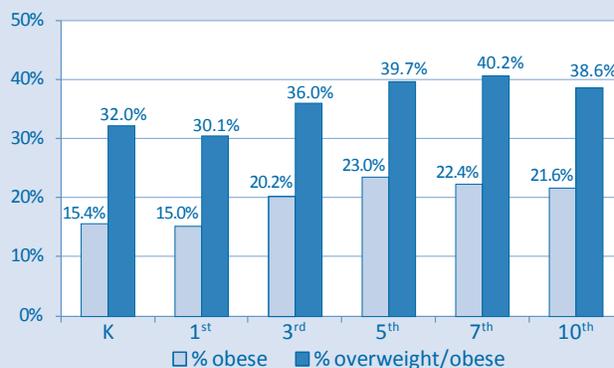
Figure 1: Student Weight Status among ASD Students, Grades K,1,3,5,7,10, 2017-2018



Weight Status by Grade

At least 15% of students were obese in all grades sampled, placing them at higher risk for weight related diseases such as type 2 diabetes, heart disease, and several cancers.¹ The percentage of students either overweight or obese was highest amongst 7th-grade students, while the prevalence of obesity alone was highest in 5th-grade students. These percentages were both lowest among 1st-grade students.

Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD Students, Grades K,1,3,5,7,10, 2017-2018



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 (44.1%) and students of other races (42.4%) than among white students (26.6%). Schools with at least 45% of students enrolled in the school meal programs were assigned the proxy status of low socioeconomic status (SES); overweight/obesity prevalence was significantly higher in low-SES schools (43.9%) than in higher-SES schools (28.8%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among ASD Students, Grades K,1,3,5,7,10, 2017-2018



Alaska Obesity Prevention and Control: Student Weight Status

PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD STUDENTS, GRADES K, 1, 3, 5, 7 & 10, 2017-18 SCHOOL YEAR

Table 1: Weight Status Overall and by Sex, 2017-2018

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	36.0 (33.9-38.2)	16.5 (15.8-17.3)	19.5 (17.8-21.3)
Male	36.6 (34.3-38.9)	15.5 (14.6-16.4)	21.1 (19.2-23.1)
Female	35.4 (33.1-37.9)	17.5 (16.6-18.6)	17.9 (16.2-19.7)

Table 2: Weight Status by Grade, 2017-2018

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	32.0 (29.6-34.6)	16.7 (15.3-18.1)	15.4 (13.6-17.4)
1 st	30.1 (26.7-33.7)	15.1 (13.3-17.1)	15.0 (12.9-17.3)
3 rd	36.0 (33.1-39.0)	15.8 (14.4-17.4)	20.2 (17.9-22.6)
5 th	39.7 (36.6-43.0)	16.8 (15.6-18.0)	23.0 (20.4-25.8)
7 th	40.2 (35.2-45.4)	17.7 (17.0-18.5)	22.4 (17.9-27.7)
10 th	38.6 (33.9-43.5)	17.0 (15.4-18.8)	21.6 (17.8-25.9)
K-8 combined*	35.5 (33.2-38.0)	16.4 (15.6-17.2)	19.1 (17.3-21.1)

* 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, 2017-2018[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	26.6 (25.0-28.3)	14.6 (13.7-15.5)	12.0 (10.9-13.2)
Alaska Native / American Indian	44.1 (41.5-46.8)	21.0 (19.4-22.8)	23.1 (20.8-25.5)
Other	42.4 (40.3-44.5)	17.3 (16.4-18.2)	25.2 (23.4-27.0)

[†] Reporting by race allows us to identify racial disparities in order to address and reduce them.

Table 4: Weight Status by School Socioeconomic Status (SES), 2017-2018[§]

School SES	% Overweight & Obese	% Overweight	% Obese
Lower SES Schools	43.9 (41.8-45.9)	17.9 (16.9-19.0)	25.9 (24.3-27.7)
Higher SES Schools	28.8 (26.8-31.0)	15.2 (14.3-16.1)	13.6 (12.2-15.2)

[§] School SES is based on the proxy measure of proportion of students enrolled in the free- and reduced-price meal program. Schools with 45% or more of students enrolled in the program were classified as lower SES schools.

Table 5: Weight Status by School Year

School Year	% Overweight & Obese	% Overweight	% Obese
2004-05	35.6 (33.8-37.4)	17.6 (16.9-18.4)	17.9 (16.6-19.3)
2005-06	35.8 (34.2-37.4)	17.9 (17.2-18.5)	18.0 (16.7-19.3)
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)
2017-18	36.0 (33.9-38.2)	16.5 (15.8-17.3)	19.5 (17.8-21.3)

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.

