

Alaska Obesity Prevention and Control: Student Weight Status

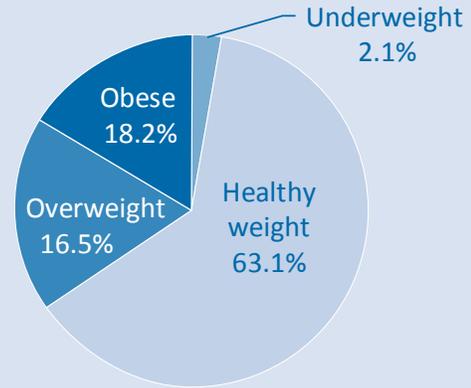
ANCHORAGE METROPOLITAN AREA

2017-2018 Anchorage & Mat-Su Borough School Districts Combined Summary

Over the 2017-18 school year, Anchorage and Matanuska-Susitna Borough School District staff measured the height and weight of 22,286 students (87% 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)
- 18.2% of students were obese, with a BMI ≥120% of the 95th percentile
- 6.0% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was significantly higher among male (35.6%) than among female (34.0%) students.

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



Weight Status by Grade

At least 14% 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 among 5th-grade and 7th-grade students. These rates were lowest among 1st-grade students.

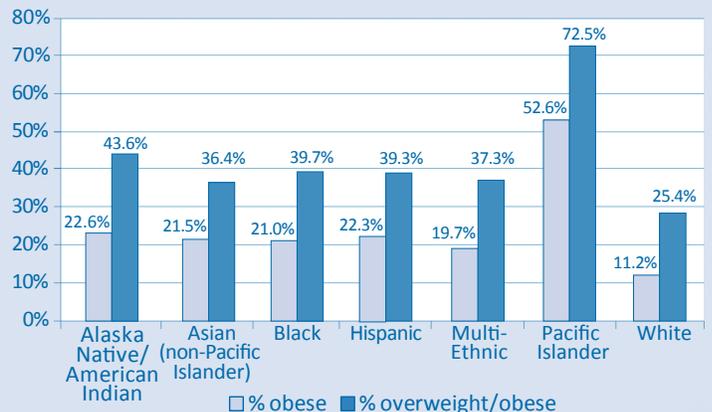
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD & MSBSD Students, Grades K, 1, 3, 5, & 7, 2017-2018



Disparities in Weight Status

Reporting by race allows us identify racial disparities in order to address and reduce them. The prevalence of overweight/obesity was significantly lower among white students (25.4%) than students of other races and ethnicities (from 36.4% to 72.5%). The highest disparities were among American Indian/Alaska Native (43.6%) and Pacific Islander (72.5%) students. 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 (40.4%) than higher-SES schools (28.2%) (see Table 4).

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



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

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall*	34.8 (33.0-36.7)	16.5 (15.9-17.2)	18.3 (16.9-19.8)
Male	35.6 (33.7-37.6)	15.8 (15.0-16.7)	19.8 (18.2-21.5)
Female	34.0 (32.0-36.0)	17.3 (16.5-18.2)	16.7 (15.3-18.1)

* Overweight and obesity prevalence for grades K-8 are utilized for the [Healthy Alaskans 2020 Statewide Leading Health Indicators](#).

Table 2: Weight Status by Grade, 2017-2018

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	31.4 (29.5-33.5)	17.2 (16.0-18.5)	14.2 (12.8-15.7)
1 st	29.1 (26.5-31.8)	15.1 (13.7-16.6)	14.0 (12.4-15.8)
3 rd	34.4 (32.1-36.7)	15.7 (14.5-17.0)	18.7 (16.9-20.5)
5 th	39.0 (36.5-41.4)	16.6 (15.6-17.7)	22.3 (20.3-24.4)
7 th	40.3 (36.7-44.1)	18.1 (17.1-19.1)	22.3 (19.0-26.0)

Table 3: Weight Status by Race/Ethnicity, 2017-2018[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
Alaska Native/ American Indian	43.6 (40.9-46.2)	21.0 (19.1-23.0)	22.6 (20.3-25.0)
Asian (non-Pacific Islander)	36.4 (33.9-39.1)	15.0 (13.5-16.5)	21.5 (19.4-23.7)
Black	38.3 (34.2-42.5)	17.3 (15.1-19.7)	21.0 (17.9-24.5)
Hispanic	39.9 (37.3-42.5)	17.6 (15.7-19.8)	22.3 (20.0-24.7)
Multi Ethnic	37.3 (34.6-40.1)	17.6 (15.9-19.5)	19.7 (17.8-21.6)
Pacific Islander	72.5 (69.0-75.8)	19.9 (17.4-22.7)	52.6 (49.6-55.6)
White	25.4 (23.8-27.2)	14.2 (13.4-15.2)	11.2 (10.1-12.4)

† 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	40.4 (38.6-42.3)	18.5 (17.7-19.2)	22.0 (20.5-23.5)
Higher SES Schools	28.2 (26.8-29.6)	15.6 (14.8-16.4)	12.7 (11.7-13.7)

§ 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 school.

Table 5: Weight Status by School Year, 2003-2004 through 2017-2018

School Year	% Overweight & Obese	% Overweight	% Obese
2004-05	34.4 (32.8-36.0)	17.6 (16.8-18.5)	16.8 (15.7-18.0)
2005-06	34.6 (33.1-36.1)	17.9 (17.1-18.6)	16.7 (15.5-18.0)
2006-07	34.6 (33.0-36.2)	17.6 (16.8-18.4)	16.9 (15.7-18.3)
2007-08	35.2 (33.6-36.8)	17.8 (17.0-18.5)	17.4 (16.3-18.6)
2008-09	34.9 (33.1-36.7)	17.9 (17.2-18.6)	17.0 (15.7-18.3)
2009-10	33.5 (31.9-35.2)	16.8 (16.0-17.5)	16.7 (15.6-17.9)
2010-11	34.0 (32.3-35.6)	17.0 (16.3-17.7)	17.0 (15.7-18.3)
2011-12	34.4 (32.6-36.1)	17.4 (16.6-18.2)	17.0 (15.7-18.3)
2012-13	33.6 (31.8-35.4)	16.7 (16.0-17.5)	16.9 (15.6-18.2)
2013-14	33.4 (31.7-35.2)	16.6 (16.0-17.3)	16.8 (15.5-18.1)
2014-15	34.2 (32.4-35.9)	16.8 (16.1-17.5)	17.4 (16.1-18.8)
2015-16	34.4 (32.7-36.2)	16.8 (16.2-17.4)	17.6 (16.3-19.0)
2016-17	34.2 (32.4-35.9)	17.0 (16.3-17.6)	17.2 (15.9-18.5)
2017-18	34.8 (33.0-36.7)	16.5 (15.9-17.2)	18.3 (16.9-19.8)

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.

Percentages may not sum precisely due to rounding.



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dhss.alaska.gov/dph/Chronic/Pages/Obesity/

