

Alaska Obesity Prevention and Control: Student Weight Status

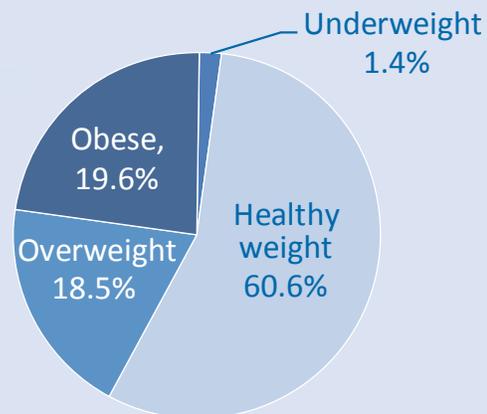
KETCHIKAN GATEWAY BOROUGH SCHOOL DISTRICT

2017-2018 District Summary

Over the 2017-18 school year, Ketchikan Gateway Borough School District staff measured the height and weight of 794 students (80% of all enrolled) in grades pre-Kindergarten, Kindergarten, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 18.5% of students were overweight (BMI 85th to <95th percentile)
- 19.6% of students were obese (BMI ≥ 95th percentile)
- 4.6% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was similar among male students (37.6%) and female students (38.5%).

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



Weight Status by Grade

At least 32% of students were either overweight or 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 3rd-grade students, as was the prevalence of obesity alone. These percentages were both lowest among Kindergarten students.

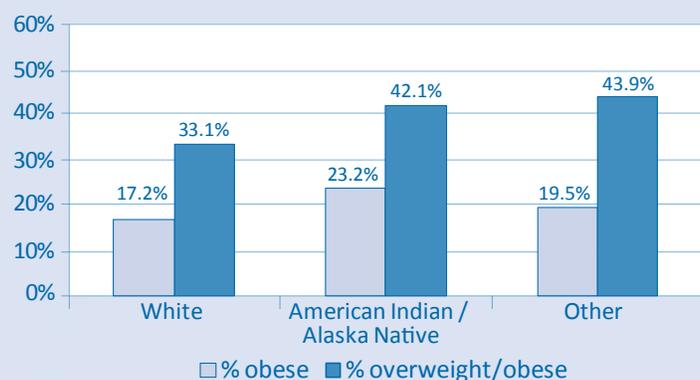
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KGBSD Students, 2017-2018



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 (42.1%) and students of other races (43.9%) than among white students (33.1%). Overweight/obesity prevalence was similar among low-SES students (38.6%) than among higher-SES students (37.2%) (see Table 4).

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



Alaska Obesity Prevention and Control: Student Weight Status

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

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	38.0 (31.7-44.8)	18.5 (15.1-22.4)	19.6 (15.2-24.8)
Male	37.6 (30.6-45.1)	16.6 (11.7-22.9)	21.0 (16.2-26.9)
Female	38.5 (31.7-45.8)	20.4 (16.4-25.2)	18.1 (13.7-23.5)

Table 2: Weight Status by Grade, 2017-2018

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-Kindergarten	40.7 (30.8-51.6)	19.8 (12.0-30.9)	20.9 (16.6-26.0)
Kindergarten	32.0 (21.5-44.8)	20.6 (16.4-25.6)	11.4 (4.8-24.8)
1 st	32.5 (25.2-40.8)	14.5 (11.6-17.8)	18.1 (11.2-27.8)
3 rd	44.4 (35.9-53.2)	17.6 (9.3-30.8)	26.7 (18.7-36.7)
5 th	36.2 (29.2-43.8)	15.2 (9.8-22.7)	21.1 (14.1-30.2)
7 th	44.0 (39.4-48.8)	23.9 (20.4-27.9)	20.1 (18.4-21.9)
K-8 combined*	37.7 (31.2-44.7)	18.3 (15.3-21.7)	19.4 (14.5-25.4)

* Overweight and obesity prevalence for grades K-8 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	33.1 (27.4-39.3)	15.8 (11.6-21.3)	17.2 (13.1-22.4)
American Indian / Alaska Native	42.1 (34.9-49.6)	18.9 (15.9-22.3)	23.2 (18.0-29.4)
Other	43.9 (35.8-52.4)	24.4 (18.6-31.3)	19.5 (15.1-24.9)

[†] 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), 2017-2018[§]

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	38.6 (28.4-49.9)	18.0 (13.2-24.1)	20.6 (15.1-27.3)
Non-Enrolled	37.2 (29.4-45.8)	19.2 (14.6-24.8)	18.0 (10.9-28.4)

[§] Enrollment in free- and reduced-price meal programs is a proxy measure of low socioeconomic status.

Table 5: Weight Status by School Year (Healthy Alaskans 2020 Health Indicator, K-8 combined)*

School Year	% Overweight & Obese	% Overweight	% Obese
2013-14	41.0 (37.0-45.1)	19.6 (17.4-22.1)	21.4 (17.7-25.5)
2014-15	40.2 (32.2-48.7)	17.0 (13.2-21.8)	23.1 (17.9-29.3)
2015-16	38.8 (35.3-42.5)	18.4 (16.3-20.6)	20.4 (15.9-25.9)
2016-17	38.4 (32.5-44.6)	17.4 (14.9-20.2)	21.0 (17.0-25.7)
2017-18	37.7 (31.2-44.7)	18.3 (15.3-21.7)	19.4 (14.5-25.4)

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

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.



The State of Alaska Department of Health and Social Services
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dhss.alaska.gov/dph/Chronic/Pages/Obesity/

