

Alaska Obesity Prevention and Control: Student Weight Status

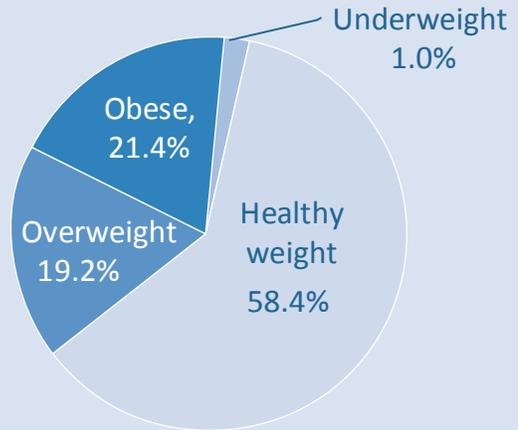
KODIAK ISLAND BOROUGH SCHOOL DISTRICT

2017-2018 District Summary

Over the 2017-18 school year, Kodiak Island Borough School District staff measured the height and weight of 942 students (57% of all enrolled) in grades K-7 and 9. With measurement results scaled to represent each grade's enrolled population:

- 19.2% of students were overweight (BMI 85th to < 95th percentile)
- 21.4% of students were obese (BMI ≥ 95th percentile)
- 8.0% of students were severely obese, with a BMI ≥ 120% of the 95th percentile
- The prevalence of overweight and obesity was similar between male (40.7%) and female (40.5%) students.

Figure 1: Student Weight Status among KIBSD Students, Grades K-7 & 9, 2017-2018



Weight Status by Grade

At least 18% 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 cancers¹. The percentage of students either overweight or obese was highest amongst 4th-grade students, as was the prevalence of obesity alone. These percentages were lowest among Kindergarten students.

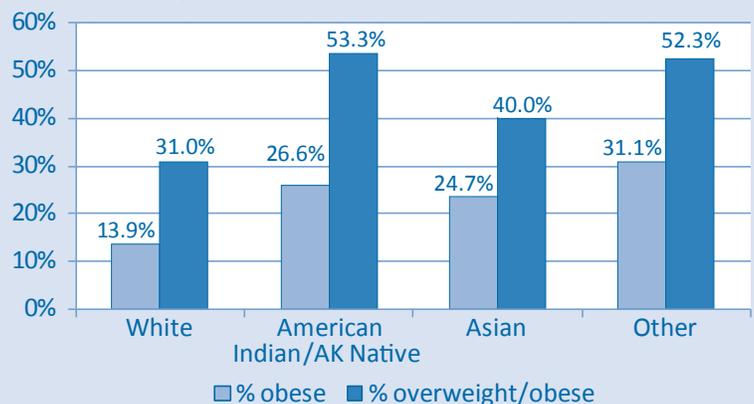
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KIBSD Students, Grades K-7 & 9, 2017-2018



Disparities in Weight Status

Reporting by race allows us to identify racial disparities in order to address and reduce them. The prevalence of obesity among White students (13.9%) was significantly lower than among American Indian/Alaska Native students (26.6%), Asian students not including Pacific Islander (24.7%), and students of other races (31.1%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Obesity prevalence was significantly higher among low-SES students (25.1%) than among higher-SES students (16.0%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KIBSD Students, Grades K-7 & 9, 2017-2018



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KODIAK ISLAND BOROUGH STUDENTS IN GRADES K-7, AND 9

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	40.6 (34.2-47.4)	19.2 (16.5-22.2)	21.4 (17.5-25.9)
Male	40.7 (34.5-47.3)	17.2 (15.0-19.6)	23.6 (18.5-29.5)
Female	40.5 (32.0-49.6)	21.4 (16.7-27.0)	19.1 (15.1-23.9)

Table 2: Weight Status by Grade, 2017-2018

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	32.3 (19.8-48.0)	14.3 (8.3-23.6)	18.0 (10.1-30.1)
1st	39.9 (27.7-53.6)	19.7 (13.1-28.6)	20.2 (14.5-27.3)
2nd	37.3 (23.7-53.2)	19.1 (11.8-29.5)	18.2 (11.0-28.5)
3rd	44.5 (32.9-56.8)	18.5 (13.8-24.4)	26.0 (18.3-35.6)
4th	50.6 (44.0-57.2)	22.8 (18.9-27.1)	27.8 (21.8-34.8)
5th	43.3 (29.1-58.7)	21.1 (18.4-24.0)	22.2 (11.2-39.2)
6th	40.8 (34.4-47.5)	21.6 (18.4-25.1)	19.2 (14.5-24.9)
7th	38.9 (34.7-43.3)	19.8 (17.9-21.8)	19.1 (15.5-23.4)
9th	37.9 (34.1-41.7)	15.9 (14.9-16.9)	22.0 (17.5-27.1)
K-8 combined*	39.7 (32.8-47.1)	18.7 (16.0-21.7)	21.0 (16.8-26.1)

* 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, 2017-2018[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	31.0 (23.3-39.9)	17.1 (12.4-23.0)	13.9 (10.5-18.3)
American Indian / Alaska Native	53.3 (40.5-65.7)	26.7 (20.2-34.5)	26.6 (19.9-34.7)
Asian [§]	40.0 (35.3-45.0)	15.3 (9.8-23.3)	24.7 (21.9-27.8)
Other	52.3 (46.4-58.2)	21.2 (16.6-26.6)	31.1 (25.3-37.6)

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

[§] Pacific Islander students are not included in this group.

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

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled Students	47.2 (41.7-52.7)	22.1 (19.7-24.7)	25.1 (20.9-29.7)
Non-Enrolled Students	30.9 (24.0-38.7)	14.9 (11.3-19.3)	16.0 (11.5-21.8)

[¶] 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
2012-13	36.1 (28.5-44.4)	18.9 (16.2-22.0)	17.1 (11.8-24.1)
2013-14	35.3 (28.0-43.4)	20.3 (16.2-25.2)	15.0 (9.5-22.9)
2014-15	37.3 (30.3-45.0)	18.2 (15.9-20.8)	19.1 (13.8-25.9)
2017-18	39.7 (32.8-47.1)	18.7 (16.0-21.7)	21.0 (16.8-26.1)

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

** Kodiak did not participate in measurement reporting for 2015-16 school year, and grade 7 was not measured in the 2016-17 school year.

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.



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

