

Alaska Obesity Prevention and Control: Student Weight Status

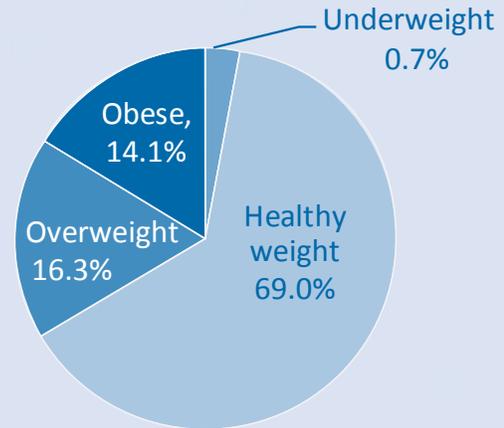
PETERSBURG SCHOOL DISTRICT

2017-2018 District Summary

Over the 2017-18 school year, Petersburg City School District staff measured the height and weight of 412 students (88% of all enrolled) in grades K-12. With measurement results scaled to represent each grade's enrolled population:

- 16.3% of students were overweight (BMI 85th to <95th percentile)
- 14.1% of students were obese (BMI ≥ 95th percentile)
- 2.7% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was slightly higher among male students (32.4%) than among female students (28.4%).

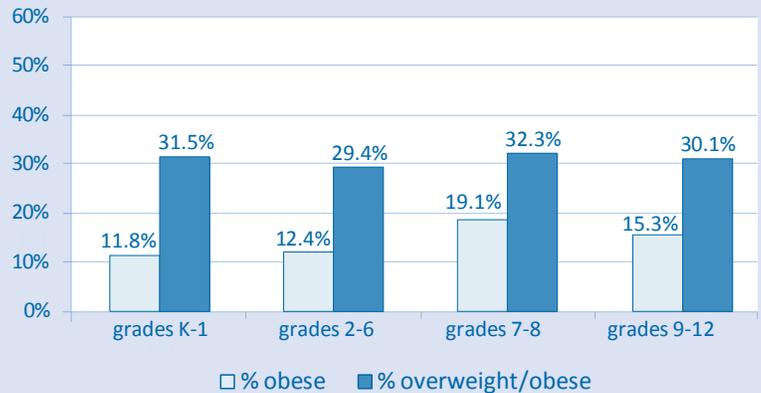
Figure 1: Student Weight Status among PSD Students, Grades K-12, 2017-2018



Weight Status by Grade

At least 11% of students were obese in all grade ranges 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 similar across most grade ranges, while the prevalence of obesity alone was highest among grades 7-8. These rates were lowest among grades K-1 and 2-6, respectively.

Figure 2: Prevalence of Overweight and Obesity, by Grade Range, among PSD Students, Grades K-12, 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 among American Indian/Alaska Native students (40.9%) was significantly higher than among White students (27.3%) and students of other races (32.1%).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among PSD Students, Grades K-12, 2017-2018



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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, 2017-2018

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	30.3 (28.8-31.9)	16.3 (15.1-17.5)	14.1 (12.9-15.3)
Male	32.4 (30.2-34.6)	16.6 (15.0-18.4)	15.7 (14.1-17.5)
Female	28.4 (26.2-30.7)	15.9 (14.2-17.8)	12.5 (10.8-14.3)

Table 2: Weight Status by Grade Range, 2017-2018

Grade Range	% Overweight & Obese	% Overweight	% Obese
K-1	31.5 (28.6-34.5)	19.6 (17.3-22.2)	11.8 (10.0-14.0)
2-6	29.4 (27.4-31.5)	17.0 (15.4-18.7)	12.4 (11.0-14.0)
7-8	32.3 (28.6-36.3)	13.2 (10.7-16.2)	19.1 (16.1-22.5)
9-12	30.1 (26.6-33.8)	14.8 (12.2-17.8)	15.3 (12.6-18.4)
K-8 combined*	32.1 (30.2-34.2)	17.3 (15.8-19.0)	14.8 (13.3-16.4)

* 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	27.3 (25.6-29.2)	15.7 (14.3-17.3)	11.6 (10.3-13.0)
American Indian / Alaska Native	40.9 (36.9-45.0)	22.4 (19.3-25.9)	18.5 (15.3-22.1)
Other	32.1 (28.0-36.5)	11.4 (8.8-14.7)	20.7 (17.2-24.6)

[†] 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)
2017-18	30.3 (28.8-31.9)	16.3 (15.1-17.5)	14.1 (12.9-15.3)

Percentages may not sum precisely due to rounding.

Reference

¹ 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/

