

Alaska Obesity Prevention and Control: Student Weight Status

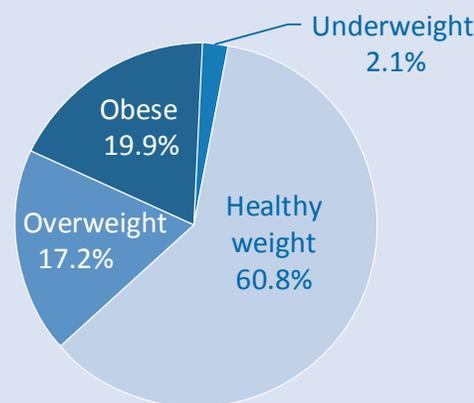
ANCHORAGE SCHOOL DISTRICT

2018-2019 District Summary

Over the 2018-19 school year, Anchorage School District staff measured the height and weight of 18,803 students (88% of all enrolled) in grades K, 1, 3, 5, 7, and 10. With measurement results scaled to represent the enrolled population for each grade:

- 17.2% of students were overweight (BMI 85th to <95th percentile)
- 19.9% of students were obese (BMI ≥95th percentile)
- 6.9% of students were severely obese with a BMI ≥120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (20.8%) than among females (18.9%).

Figure 1: Student Weight Status among ASD Students, Grades K,1,3,5,7,10, 2018-2019



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, as was the prevalence of obesity alone. These percentages were lowest among 1st-grade and Kindergarten students, respectively.

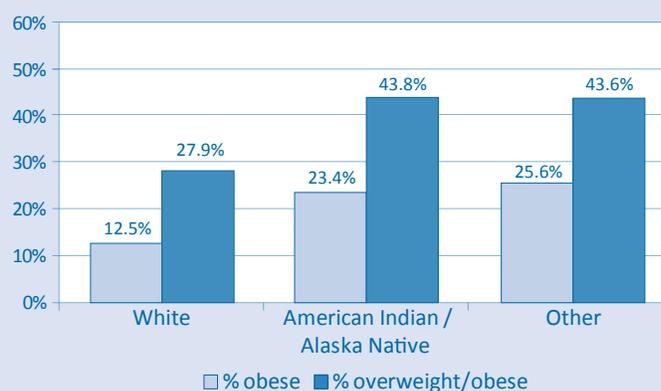
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD Students, Grades K,1,3,5,7,10, 2018-2019



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 (43.8%) and students of other races (43.6%) than among white students (27.9%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (44.3%) than among higher-SES students (32.5%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among ASD Students, Grades K,1,3,5,7,10, 2018-2019



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD STUDENTS, GRADES K, 1, 3, 5, 7 & 10, 2018-19 SCHOOL YEAR

Table 1: Weight Status Overall and by Sex, 2018-2019

| Sex | % Overweight & Obese | % Overweight | % Obese |
|---------|----------------------|------------------|------------------|
| Overall | 37.1 (34.9-39.3) | 17.2 (16.4-17.9) | 19.9 (18.2-21.7) |
| Male | 37.4 (35.2-39.7) | 16.6 (15.6-17.6) | 20.8 (19.1-22.7) |
| Female | 36.7 (34.3-39.1) | 17.8 (16.8-18.8) | 18.9 (17.1-20.9) |

Table 2: Weight Status by Grade, 2018-2019

| Grade | % Overweight & Obese | % Overweight | % Obese |
|------------------|----------------------|------------------|------------------|
| Kindergarten | 33.3 (30.6-36.1) | 18.0 (16.5-19.5) | 15.3 (13.5-17.4) |
| 1 st | 31.5 (27.4-35.9) | 15.7 (13.6-18.0) | 15.8 (13.1-18.9) |
| 3 rd | 36.7 (33.6-39.8) | 16.7 (15.3-18.3) | 19.9 (17.7-22.4) |
| 5 th | 40.4 (37.5-43.4) | 17.9 (16.5-19.5) | 22.5 (20.0-25.1) |
| 7 th | 41.1 (37.0-45.4) | 17.8 (16.7-18.9) | 23.4 (19.9-27.2) |
| 10 th | 39.8 (34.9-44.9) | 16.8 (15.6-18.1) | 23.0 (19.1-27.4) |
| K-8 combined* | 36.6 (34.2-39.0) | 17.2 (16.3-18.1) | 19.3 (17.6-21.3) |

* 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, 2018-2019[†]

| Race/Ethnicity | % Overweight & Obese | % Overweight | % Obese |
|---------------------------------|----------------------|------------------|------------------|
| White | 27.9 (26.2-29.6) | 15.4 (14.5-16.4) | 12.5 (11.4-13.7) |
| Alaska Native / American Indian | 43.8 (41.0-46.7) | 20.4 (18.4-22.6) | 23.4 (21.6-25.4) |
| Other | 43.6 (41.5-45.7) | 18.1 (17.2-19.0) | 25.6 (23.8-27.4) |

[†] 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), 2018-2019[§]

| Student SES | % Overweight & Obese | % Overweight | % Obese |
|--------------------------------------|----------------------|------------------|------------------|
| Free/Reduced Lunch Enrolled Students | 44.3 (42.3-46.3) | 18.5 (17.4-19.6) | 25.8 (24.1-27.6) |
| Non-Enrolled Students | 32.5 (30.4-34.7) | 16.3 (15.5-17.2) | 16.2 (14.7-17.8) |

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

Note: Schools that qualify for community eligibility provision are not required to collect individual free and reduced lunch applications so this number may not represent all eligible students.

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) |
| 2018-19 | 37.1 (34.9-39.3) | 17.2 (16.4-17.9) | 19.9 (18.2-21.7) |

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/

