

Alaska Obesity Prevention and Control: Student Weight Status

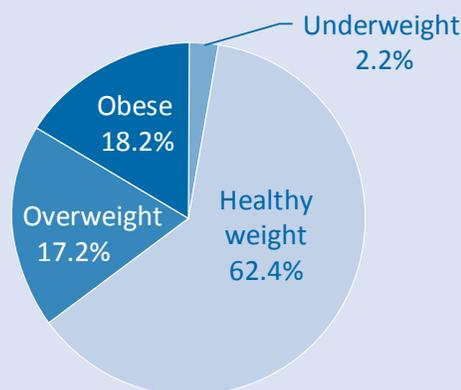
ANCHORAGE METROPOLITAN AREA

2018-2019 Anchorage & Mat-Su Borough School Districts Combined Summary

Over the 2018-19 school year, Anchorage and Matanuska-Susitna Borough School District staff measured the height and weight of 21,721 students (85% of all enrolled) in grades K, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 17.2% of students were overweight (BMI 85th to <95th percentile)
- 18.2% of students were obese, with a BMI $\geq 120\%$ of the 95th percentile
- 5.7% of students were severely obese, with a BMI $\geq 120\%$ of the 95th percentile
- The prevalence of overweight/obesity was significantly higher among male (19.2%) than among female (17.2%) students.

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



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

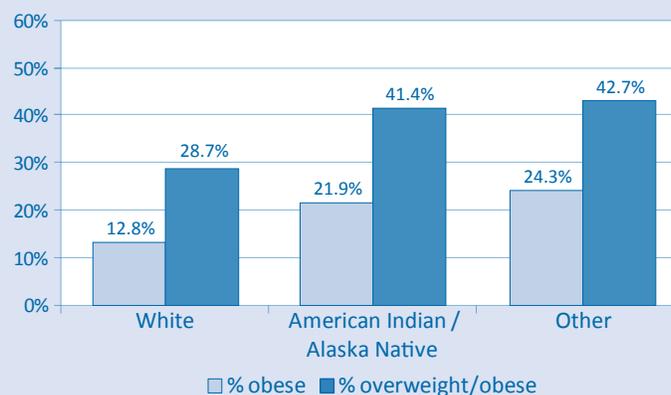
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD & MSBSD Students, Grades K, 1, 3, 5, & 7, 2018-2019



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 (41.4%) and students of other races (42.7%) than among white students (28.7%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (41.0%) than among higher-SES students (31.4%) (see Table 4).

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



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

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall*	35.4 (33.6-37.3)	17.2 (16.5-18.0)	18.2 (16.9-19.6)
Male	36.0 (34.1-37.9)	16.8 (15.9-17.8)	19.2 (17.8-20.7)
Female	34.8 (32.9-36.8)	17.7 (16.7-18.6)	17.2 (15.7-18.8)

Table 2: Weight Status by Grade, 2018-2019

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	32.1 (30.0-34.3)	17.7 (16.4-19.0)	14.4 (13.1-16.0)
1 st	30.2 (27.2-33.4)	15.6 (14.0-17.3)	14.6 (12.6-16.9)
3 rd	35.1 (32.7-37.5)	16.6 (15.3-18.0)	18.5 (16.7-20.4)
5 th	39.1 (36.8-41.4)	17.7 (16.5-19.0)	21.4 (19.4-23.5)
7 th	40.8 (37.7-44.0)	18.6 (17.4-19.8)	22.2 (19.5-25.1)
K-8 combined*	35.4 (33.6-37.3)	17.2 (16.5-18.0)	18.2 (16.9-19.6)

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

Table 3: Weight Status by Race/Ethnicity, 2018-2019[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	28.7 (27.3-30.2)	15.9 (15.0-16.8)	12.8 (11.9-13.8)
Alaska Native/ American Indian	41.4 (38.9-43.9)	19.4 (17.6-21.4)	21.9 (20.3-23.7)
Other	42.7 (40.6-44.8)	18.4 (17.5-19.4)	24.3 (22.5-26.1)

[†] 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	41.0 (39.2-42.9)	18.5 (17.5-19.6)	22.5 (21.1-24.1)
Non-Enrolled Students	31.4 (29.7-33.3)	16.3 (15.5-17.2)	15.1 (13.9-16.5)

[§] 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, 2003-2004 through 2018-2019

School Year	% Overweight & Obese	% Overweight	% Obese
2003-04	35.4 (33.3-37.5)	18.1 (17.1-19.1)	17.3 (15.9-18.8)
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)
2018-19	35.4 (33.6-37.3)	17.2 (16.5-18.0)	18.2 (16.9-19.6)

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/

