

Alaska Obesity Prevention and Control: Student Weight Status

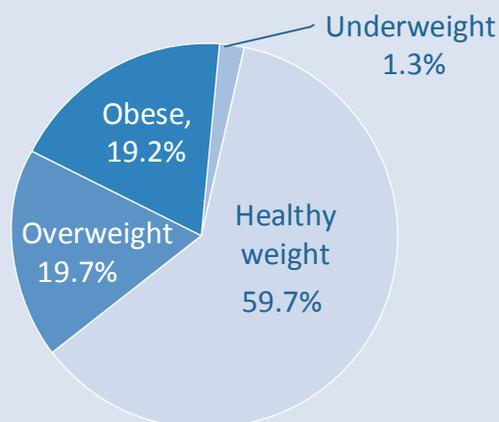
KODIAK ISLAND BOROUGH SCHOOL DISTRICT

2018-2019 District Summary

Over the 2018-19 school year, Kodiak Island Borough School District staff measured the height and weight of 1,461 students (82% of all enrolled) in grades K-7, 9 and 11. With measurement results scaled to represent each grade's enrolled population:

- 19.7% of students were overweight (BMI 85th to < 95th percentile)
- 19.2% of students were obese (BMI ≥ 95th percentile)
- 7.0% of students were severely obese, with a BMI ≥ 120% of the 95th percentile
- The prevalence of overweight and obesity was similar between male (41.5%) and female (36.2%) students.

Figure 1: Student Weight Status among KIBSD Students, Grades K-7, 9 and 11, 2018-2019



Weight Status by Grade

At least 10% 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, while the prevalence of obesity alone was highest among 3rd-grade students. These percentages were lowest among 2nd- and 9th-grade students, respectively.

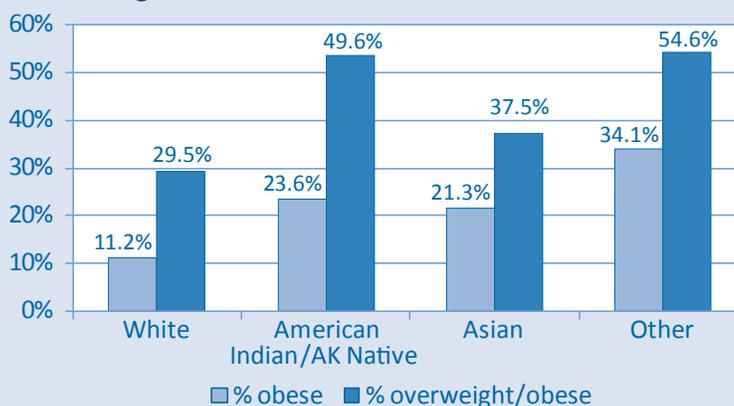
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KIBSD Students, Grades K-7, 9 and 11, 2018-2019



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 among White students (29.5%) was significantly lower than among American Indian / Alaska Native students (49.6%), and students of other, non-Asian races (54.6%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Obesity prevalence was significantly higher among low-SES students (23.4%) than among higher-SES students (14.1%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KIBSD Students, Grades K-7, 9 and 11, 2018-2019



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KODIAK ISLAND BOROUGH STUDENTS IN GRADES K-7, 9 AND 11

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	39.0 (31.7-46.8)	19.7 (16.6-23.3)	19.2 (14.2-25.5)
Male	41.5 (32.7-50.9)	19.4 (15.2-24.5)	22.1 (16.0-29.6)
Female	36.2 (28.5-44.6)	20.1 (17.3-23.1)	16.1 (10.7-23.4)

Table 2: Weight Status by Grade, 2018-2019

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	30.7 (21.9-41.1)	16.3 (10.4-24.5)	14.4 (5.8-31.7)
1st	29.9 (25.1-35.2)	16.3 (12.7-20.6)	13.6 (8.1-22.0)
2nd	28.5 (16.3-45.0)	10.5 (5.4-19.4)	18.1 (10.4-29.5)
3rd	43.1 (28.1-59.4)	18.8 (14.7-23.8)	24.3 (13.4-39.8)
4th	47.7 (41.4-54.1)	23.5 (20.7-26.6)	24.2 (17.0-33.2)
5th	44.9 (31.2-59.5)	21.8 (13.9-32.5)	23.2 (17.0-30.7)
6th	47.1 (45.0-49.3)	24.0 (22.5-25.5)	23.2 (21.1-25.5)
7th	47.2 (46.0-48.3)	27.1 (25.8-28.4)	20.1 (19.3-20.9)
9th	34.5 (31.5-37.5)	23.6 (20.7-26.7)	10.9 (9.7-12.2)
11th	37.0 (35.8-38.2)	16.9 (16.3-17.6)	20.1 (18.5-21.7)
K-8 combined*	39.0 (30.3-48.6)	20.0 (16.3-24.2)	19.1 (12.8-27.6)

* 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, 2018-2019[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	29.5 (20.6-40.2)	18.3 (13.9-23.8)	11.2 (6.8-17.8)
American Indian / Alaska Native	49.6 (45.1-54.1)	26.1 (21.9-30.7)	23.6 (20.2-27.3)
Asian [§]	37.5 (34.2-40.9)	16.2 (11.4-22.6)	21.3 (14.5-30.1)
Other	54.6 (43.7-65.2)	20.6 (14.6-28.2)	34.1 (25.7-43.5)

[†] 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), 2018-2019[¶]

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled Students	43.9 (36.4-51.7)	20.6 (17.3-24.3)	23.4 (18.4-29.2)
Non-Enrolled	32.9 (23.8-43.4)	18.7 (13.9-24.7)	14.1 (9.0-21.5)

[¶] 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)
2018-19	39.0 (30.3-48.6)	20.0 (16.3-24.2)	19.1 (12.8-27.6)

* 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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