

Alaska Physical Activity & Nutrition Unit: Student Weight Status

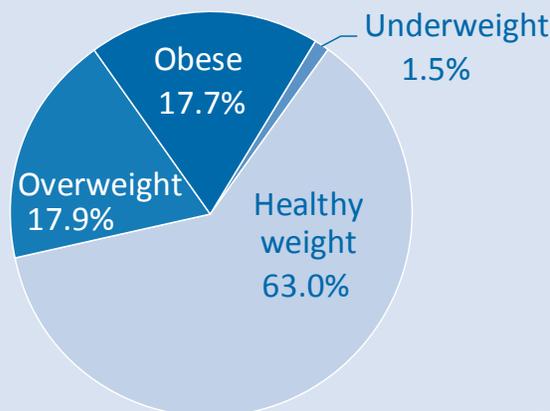
KENAI PENINSULA BOROUGH SCHOOL DISTRICT

2018-2019 District Summary

Over the 2018-19 school year, Kenai Peninsula Borough School District school staff measured the height and weight of 7,718 students (86% of all enrolled) in grades pre-K through 12. With measurement results scaled to represent the total enrolled population:

- 17.9% of students were overweight (BMI 85th to < 95th percentile)
- 17.7% of students were obese (BMI ≥ 95th percentile)
- 5.7% of students qualified as severely obese, with a BMI ≥ 120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (19.4%) than among females (15.8%).

Figure 1: Student Weight Status among KPBSD Students, Grades Pre-K to 12, 2018-2019



Weight Status by Grade

At least 15% of students were obese in grades 2nd and higher, placing them at elevated 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 8th-grade students, as was the prevalence of obesity alone. These rates were both lowest among Kindergarten students.

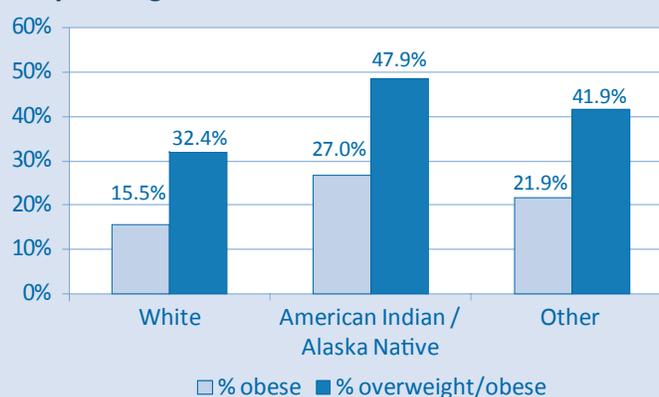
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KPBSD Students, Grades Pre-K to 12, 2018-2019



Disparities and 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 lower among white students (32.4%) than among American Indian/Alaska Native students (47.9%) and students of other races (41.9%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (39.7%) than among higher-SES students (32.7%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KPBSD Students, Grades Pre-K to 12, 2018-2019



Alaska Physical Activity & Nutrition Unit: Student Weight Status

PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KPBSD STUDENTS

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	35.5 (33.8-37.4)	17.9 (16.8-19.0)	17.7 (16.1-19.5)
Male	36.4 (34.2-38.7)	17.0 (15.4-18.7)	19.4 (17.3-21.8)
Female	34.6 (32.5-36.8)	18.8 (17.5-20.2)	15.8 (14.4-17.4)

Table 2: Weight Status by Grade, 2018-2019

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-K	32.6 (26.5-39.4)	23.0 (17.6-29.5)	9.7 (6.8-13.6)
Kindergarten	26.1 (21.7-31.0)	16.9 (14.0-20.3)	9.2 (7.4-11.5)
1 st	28.1 (24.4-32.1)	16.6 (14.0-19.5)	11.5 (8.7-15.1)
2 nd	32.2 (28.8-35.8)	16.5 (13.7-19.7)	15.7 (11.6-20.9)
3 rd	34.9 (31.2-38.9)	18.8 (16.2-21.7)	16.1 (13.8-18.7)
4 th	34.9 (32.5-37.5)	19.2 (16.8-22.0)	15.7 (13.4-18.3)
5 th	37.2 (31.9-42.9)	16.0 (13.4-19.0)	21.3 (17.6-25.5)
6 th	38.1 (33.9-42.4)	20.5 (17.7-23.8)	17.5 (13.9-21.8)
7 th	39.1 (34.5-43.9)	19.8 (16.3-23.8)	19.3 (15.9-23.3)
8 th	43.5 (37.5-49.7)	20.5 (18.5-22.7)	23.0 (17.0-30.2)
9 th	36.6 (31.4-42.2)	15.9 (13.3-18.9)	20.7 (17.3-24.6)
10 th	37.9 (36.0-39.9)	18.2 (16.8-19.6)	19.7 (17.6-22.1)
11 th	39.2 (35.8-42.7)	16.6 (12.7-21.5)	22.6 (18.5-27.2)
12 th	34.9 (32.7-37.2)	14.2 (10.9-18.2)	20.8 (18.3-23.5)
K-8 combined*	33.2 (30.2-36.3)	17.6 (16.1-19.2)	15.5 (13.6-17.8)

* 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	32.4 (30.6-34.3)	16.9 (15.7-18.2)	15.5 (13.8-17.3)
American Indian / Alaska Native	47.9 (43.4-52.5)	20.9 (17.7-24.6)	27.0 (21.5-33.4)
Other	41.9 (38.5-45.4)	20.0 (18.2-21.9)	21.9 (19.3-24.8)

[†] 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	39.7 (36.9-42.5)	19.3 (17.8-20.9)	20.4 (18.5-22.5)
Non-Enrolled	32.7 (30.8-34.7)	16.9 (15.5-18.3)	15.9 (13.9-18.0)

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

Table 5: Weight Status by School Year

School Year	% Overweight & Obese	% Overweight	% Obese
2011-12 [¶]	36.0 (33.5-38.4)	18.9 (17.2-20.6)	17.1 (15.7-18.6)
2012-13	37.1 (35.0-39.2)	18.4 (17.3-19.7)	18.7 (17.1-20.3)
2013-14	36.7 (35.0-38.4)	18.7 (17.7-19.8)	18.0 (16.7-19.3)
2014-15	36.6 (34.5-38.8)	18.4 (17.2-19.7)	18.2 (16.7-19.9)
2015-16	35.9 (33.9-38.0)	17.9 (16.7-19.1)	18.1 (16.6-19.6)
2016-17	36.7 (34.4-39.0)	18.6 (17.6-19.7)	18.1 (16.5-19.8)
2017-18	37.5 (35.1-39.9)	18.7 (17.6-19.9)	18.8 (17.2-20.6)
2018-19	36.7 (34.4-39.0)	18.6 (17.6-19.7)	18.1 (16.5-19.8)

[¶] KPBSD did not measure 10th and 12th grade students during the 2011-12 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.



Alaska Department of Health and Social Services | Physical Activity & Nutrition Unit

July 2019

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

