

Alaska Obesity Prevention and Control: Student Weight Status

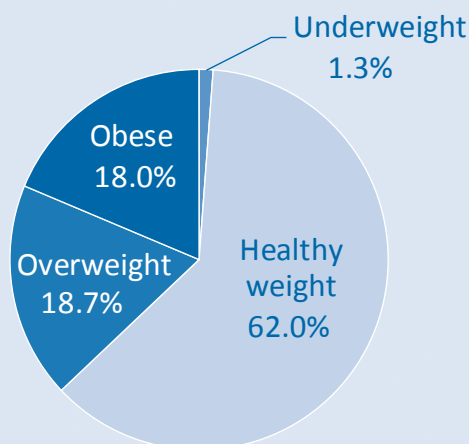
KENAI PENINSULA BOROUGH SCHOOL DISTRICT

2013-2014 District Summary

Over the 2013-14 school year, Kenai Peninsula Borough School District (KPBSD) school staff measured the height and weight of 7,750 students (86% of all enrolled) in grades pre-K through 12. With measurement results scaled to represent the total enrolled population:

- 18.7% of students were overweight (BMI 85th-95th percentile)
- 18.0% of students were obese (BMI ≥ 95th percentile)
- 5.3% 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 (16.4%).

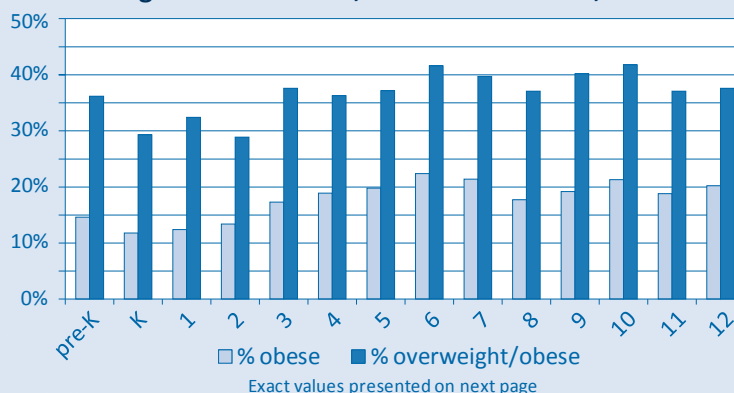
Figure 1: Student Weight Status among KPBSD Students, Grades Pre-K to 12, 2013-2014



Weight Status by Grade

Percentages of students either overweight or obese were highest amongst students in grades 6 and 10, while the prevalence of obesity alone was highest among 6th graders. Over 17% of students were obese in all of grades 3-12.

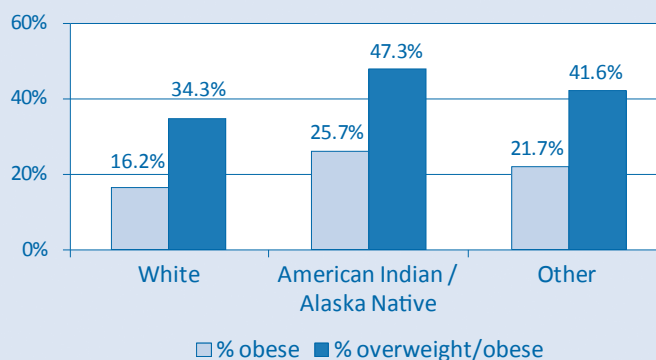
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KPBSD Students, Grades Pre-K to 12, 2013-2014



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 (47.3%) than among white students (34.3%) and students of other races (41.6%).

Figure 3: Prevalence of Overweight and Obesity, by Race, among KPBSD Students, Grades Pre-K to 12, 2013-2014



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

Table 1: Weight Status Overall and by Sex, 2013-2014

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	36.7 (34.9-38.5)	18.7 (17.7-19.8)	18.0 (16.6-19.4)
Male	37.2 (35.4-39.1)	17.8 (16.6-19.0)	19.4 (17.9-21.1)
Female	36.1 (33.4-38.8)	19.7 (17.7-21.8)	16.4 (14.9-18.0)

Table 2: Weight Status by Grade, 2013-2014

Grade	% Overwgt & Obese	% Overweight	% Obese
Pre-K	36.2 (29.6-43.5)	21.6 (16.7-27.5)	14.6 (10.4-20.2)
Kindergarten	29.3 (25.1-33.9)	17.6 (14.7-20.8)	11.8 (9.1-15.0)
1 st	32.4 (28.2-37.0)	20.0 (16.4-24.3)	12.4 (10.2-15.0)
2 nd	28.9 (25.2-32.9)	15.5 (13.1-18.2)	13.4 (10.2-17.3)
3 rd	37.6 (33.2-42.3)	20.3 (17.7-23.2)	17.3 (13.8-21.4)
4 th	36.3 (32.9-39.8)	17.4 (15.4-19.6)	18.9 (16.0-22.2)
5 th	37.2 (33.0-41.6)	17.4 (14.2-21.1)	19.8 (16.0-24.3)
6 th	41.6 (38.3-45.0)	19.2 (16.1-22.8)	22.4 (18.7-26.5)
7 th	39.7 (37.1-42.2)	18.3 (16.6-20.1)	21.4 (18.5-24.6)
8 th	37.1 (33.3-41.1)	19.4 (17.0-22.1)	17.7 (14.9-20.9)
9 th	40.2 (37.1-43.3)	20.9 (17.6-24.7)	19.2 (15.9-23.1)
10 th	41.8 (36.2-47.8)	20.6 (17.2-24.3)	21.3 (17.3-26.0)
11 th	37.1 (34.0-40.3)	18.3 (15.2-21.9)	18.8 (16.3-21.6)
12 th	37.6 (32.4-43.0)	17.4 (14.3-21.0)	20.2 (16.6-24.3)
K-8 combined*	35.2 (33.0-37.5)	18.7 (17.4-20.0)	16.5 (14.7-18.5)

* Overweight and obesity prevalence for grades K-8 are comparable to Healthy Alaskans 2020 Statewide Leading Health Indicators.

Table 3: Weight Status by Race, 2013-2014*

Race	% Overwgt & Obese	% Overweight	% Obese
White	34.3 (32.4-36.3)	18.1 (16.9-19.4)	16.2 (14.9-17.6)
American Indian / Alaska Native	47.3 (42.3-52.3)	21.6 (18.0-25.7)	25.7 (21.0-31.0)
Other	41.6 (38.3-45.0)	19.9 (17.9-22.1)	21.7 (19.6-23.9)

* Reporting by race allows us to identify racial disparities in order to address and reduce them.

Table 4: Weight Status by School Socioeconomic Status (SES), 2013-2014*

School SES	% Overwgt & Obese	% Overweight	% Obese
Lower SES Schools	37.3 (34.3-40.3)	18.9 (17.3-20.6)	18.4 (15.7-21.5)
Higher SES Schools	36.4 (34.2-38.7)	18.6 (17.3-20.1)	17.8 (16.3-19.4)

* School SES is based on the proxy measure of proportion of students enrolled in the free- and reduced-price meal program. Schools with 45% or more of students enrolled in the program were classified as lower SES schools.

Table 5: Weight Status by School Year, 2011-2012 through 2013-2014

School Year	% Overwgt & 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)

* KPBSD did not measure 10th and 12th grade students during the 2011-12 school year.

Percentages may not sum precisely due to rounding.



The State of Alaska Department of Health and Social Services
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dhss.alaska.gov/dph/Chronic/Pages/Obesity/

