

# Alaska Obesity Prevention and Control: Student Weight Status

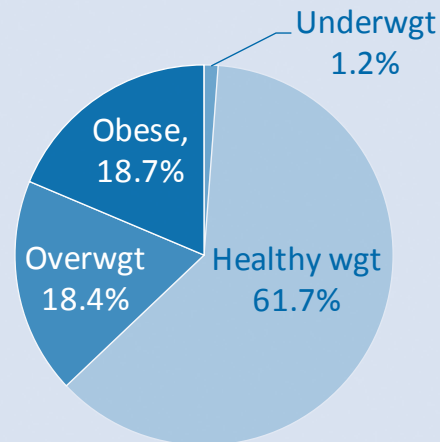
## KENAI PENINSULA BOROUGH SCHOOL DISTRICT

### District Summary

Over the 2012-13 school year, Kenai Peninsula Borough School District school staff measured the height and weight of 7,837 students (85% of all enrolled) in grades pre-K and K-12. With measurement results scaled to represent the total enrolled population:

- 18.4% of students were overweight (BMI 85<sup>th</sup>- 95<sup>th</sup> percentile)
- 18.7% of students were obese (BMI ≥ 95<sup>th</sup> percentile)
- 5.6% of students qualified as severely obese, with a BMI ≥120% of the 95<sup>th</sup> percentile
- The prevalence of overweight/obesity was significantly higher among male students (39.2%) than among females (34.9%).

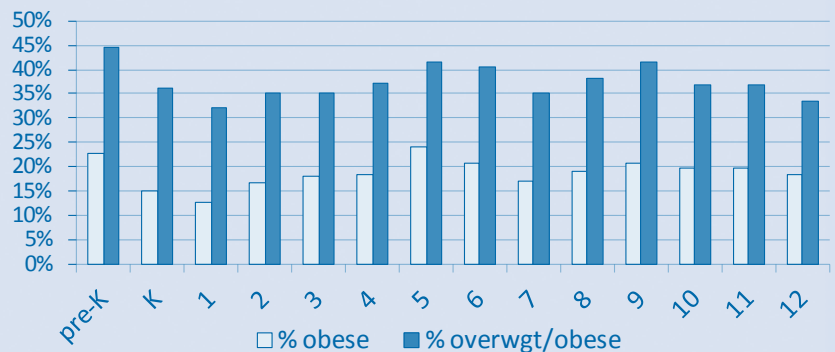
Figure 1: KPBSD Student Weight Status, 2012-2013



### Weight Status by Grade

Percentages of students either overweight or obese were highest amongst pre-K students, while the prevalence of obesity alone was highest among 5<sup>th</sup> graders. Over 15% of students were obese in all grades sampled except 1<sup>st</sup>.

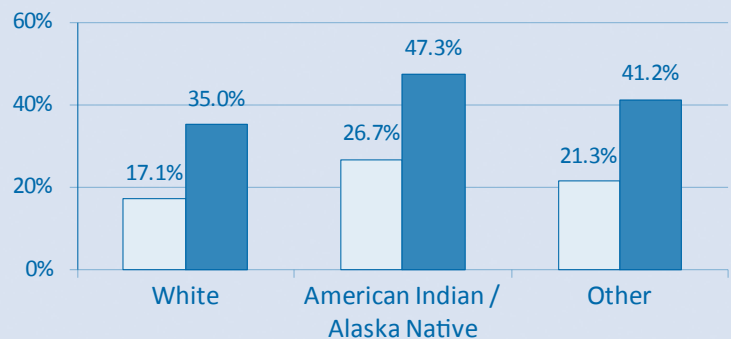
Figure 2: Prevalence of Overweight and Obesity among KPBSD Students, by Grade, 2012-2013



### 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 (35.0%). Overweight/obesity prevalence was also significantly higher in schools with at least 45% of students enrolled in free or reduced-price lunch programs (40.5%) than in other schools (34.9%) (see table 5).

Figure 3: Prevalence of Overweight and Obesity among KPBSD Students, by Race/Ethnicity, 2012-2013



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## PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KPBSD STUDENTS, 2012-13 SCHOOL YEAR

**Table 1: Weight Status Overall and by Sex**

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	37.1 (35.0-39.3)	18.4 (17.2-19.7)	18.7 (17.1-20.4)
Male	39.2 (36.9-41.5)	18.7 (17.3-20.2)	20.5 (18.7-22.5)
Female	34.9 (32.1-37.8)	18.1 (16.5-19.9)	16.7 (15.0-18.7)

**Table 2: Weight Status by Grade**

Grade	% Overwgt & Obese	% Overweight	% Obese
Pre-K	44.4 (29.7-60.0)	21.6 (14.2-31.5)	22.8 (14.1-34.6)
Kindergarten	36.1 (29.2-43.6)	20.9 (16.6-26.0)	15.2 (11.7-19.4)
1 <sup>st</sup>	32.2 (27.6-37.2)	19.6 (16.5-23.3)	12.6 (10.2-15.4)
2 <sup>nd</sup>	35.3 (30.1-40.9)	18.5 (15.3-22.3)	16.8 (12.8-21.7)
3 <sup>rd</sup>	35.2 (30.9-39.7)	17.1 (14.4-20.2)	18.0 (15.5-20.9)
4 <sup>th</sup>	37.1 (33.5-40.8)	18.7 (16.1-21.5)	18.4 (15.6-21.5)
5 <sup>th</sup>	41.4 (37.2-45.7)	17.3 (14.6-20.3)	24.1 (21.6-26.8)
6 <sup>th</sup>	40.4 (37.0-44.0)	19.5 (16.4-23.2)	20.9 (17.7-24.5)
7 <sup>th</sup>	35.3 (32.6-38.2)	18.3 (16.3-20.5)	17.0 (14.7-19.7)
8 <sup>th</sup>	38.2 (33.7-42.8)	19.3 (17.9-20.8)	18.9 (15.6-22.8)
9 <sup>th</sup>	41.4 (36.2-46.8)	20.5 (18.5-22.7)	20.9 (15.8-27.0)
10 <sup>th</sup>	36.8 (34.6-39.0)	16.8 (14.5-19.4)	19.9 (16.9-23.4)
11 <sup>th</sup>	36.7 (31.4-42.4)	17.0 (13.8-20.7)	19.7 (15.7-24.5)
12 <sup>th</sup>	33.5 (28.9-38.5)	15.1 (12.0-18.8)	18.4 (14.4-23.2)
K-8 combined*	36.0 (33.0-39.2)	18.7 (16.7-20.8)	17.4 (15.8-19.1)

\* 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\***

Race/Ethnicity	% Overwgt & Obese	% Overweight	% Obese
White	35.0 (32.8-37.2)	17.9 (16.6-19.2)	17.1 (15.6-18.7)
American Indian / Alaska Native	47.3 (43.4-51.3)	20.6 (17.7-23.9)	26.7 (22.8-30.9)
Other	41.2 (38.2-44.4)	19.9 (18.1-22.0)	21.3 (18.5-24.4)

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

**Table 4: Weight Status by School Year**

School Year	% Overwgt & Obese	% Overweight	% Obese
2011-12*	36.0 (33.6-38.5)	18.9 (17.2-20.7)	17.1 (15.7-18.6)
2012-13	36.9 (34.8-39.1)	18.3 (17.2-19.6)	18.6 (17.0-20.2)

\* KPBSD did not measure 10<sup>th</sup> and 12<sup>th</sup> grade students during the 2011-12 school year.

**Table 5: Weight Status by School Socioeconomic Status (SES)\***

School SES	% Overwgt & Obese	% Overweight	% Obese
Lower SES Schools	40.5 (36.5-44.6)	19.5 (17.2-22.0)	21.0 (17.9-24.5)
Higher SES Schools	34.9 (33.4-36.4)	17.7 (16.6-19.0)	17.2 (16.1-18.3)

\*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.



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[dhss.alaska.gov/dph/Chronic/Pages/Obesity/](http://dhss.alaska.gov/dph/Chronic/Pages/Obesity/)

