

Alaska Obesity Prevention and Control: Student Weight Status

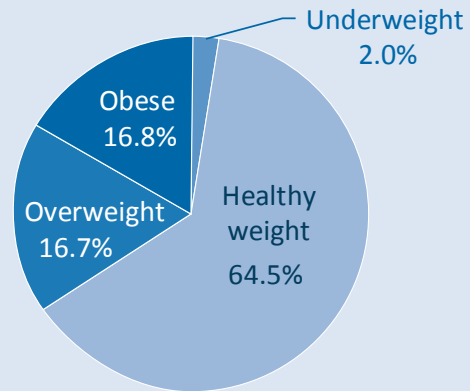
ANCHORAGE METROPOLITAN AREA

2013-2014 Anchorage & Mat-Su Borough School Districts Combined Summary

Over the 2013-14 school year, Anchorage (ASD) and Matanuska-Susitna Borough School District (MSBSD) staff measured the height and weight of 21,107 students (83% of all enrolled) in grades K, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 16.7% of students were overweight (BMI 85th-95th percentile)
- 16.8% of students were obese (BMI ≥ 95th percentile)
- 5.3% of students were severely obese (BMI ≥ 120% of the 95th percentile)
- The prevalence of overweight/obesity was significantly higher among male students (34.7%) than among females (32.2%).

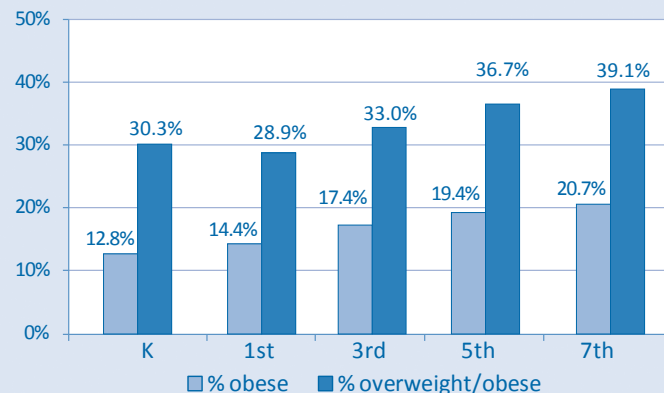
Figure 1: Student Weight Status among ASD & MSBSD Students, Grades K, 1, 3, 5, & 7, 2013-2014



Weight Status by Grade

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. Over 12% of students were obese in all grades sampled.

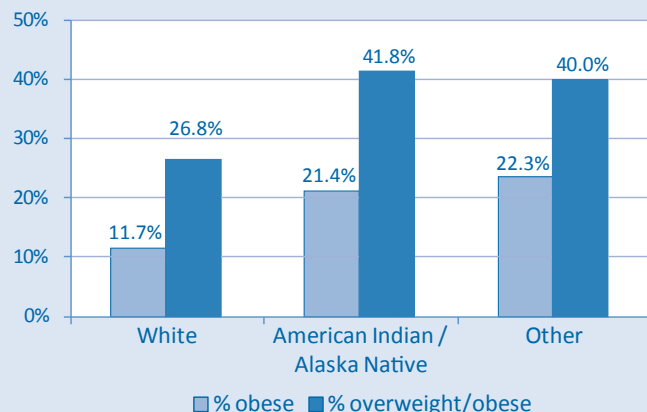
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD & MSBSD Students, Grades K, 1, 3, 5, & 7, 2013-2014



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 (41.8%) and students of other races (40.0%) than among white students (26.8%). Schools with at least 45% of students enrolled in the school meal programs were assigned the proxy status of low socioeconomic status (SES); overweight/obesity prevalence was significantly higher in low-SES schools (40.0%) than in other schools (28.8%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among ASD & MSBSD Students, Grades K, 1, 3, 5, & 7, 2013-2014



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD & MSBSD STUDENTS COMBINED IN GRADES K, 1, 3, 5, & 7, 2013-14 SCHOOL YEAR

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

Sex	% Overwgt & Obese	% Overweight	% Obese
Overall	33.5 (31.7-35.3)	16.7 (16.0-17.4)	16.8 (15.6-18.2)
Male	34.7 (32.8-36.5)	16.5 (15.7-17.3)	18.2 (16.8-19.6)
Female	32.2 (30.3-34.2)	16.9 (16.0-17.8)	15.3 (13.9-16.9)

Table 2: Weight Status by Grade, 2013-2014

Grade	% Overwgt & Obese	% Overweight	% Obese
Kindergarten	30.3 (28.3-32.4)	17.5 (16.3-18.9)	12.8 (11.4-14.3)
1 st	28.9 (26.3-31.7)	14.5 (13.1-16.0)	14.4 (12.6-16.4)
3 rd	33.0 (30.8-35.4)	15.7 (14.5-17.0)	17.4 (15.8-19.1)
5 th	36.7 (34.5-38.9)	17.3 (16.1-18.6)	19.4 (17.6-21.2)
7 th	39.1 (35.4-43.1)	18.5 (16.8-20.2)	20.7 (18.1-23.5)
K-8 combined*	33.5 (31.7-35.3)	16.7 (16.0-17.4)	16.8 (15.6-18.2)

* 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, 2013-2014*

Race/Ethnicity	% Overwgt & Obese	% Overweight	% Obese
White	26.8 (25.4-28.3)	15.1 (14.3-15.9)	11.7 (10.8-12.7)
American Indian / Alaska Native	41.8 (39.3-44.5)	20.4 (18.9-22.0)	21.4 (19.5-23.5)
Other	40.0 (37.9-42.1)	17.7 (16.8-18.7)	22.3 (20.8-23.8)

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

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

School SES	% Overwgt & Obese	% Overweight	% Obese
Lower SES Schools	40.0 (37.6-42.5)	18.5 (17.4-19.6)	21.6 (19.9-23.3)
Higher SES Schools	28.8 (27.1-30.6)	15.4 (14.6-16.2)	13.4 (12.1-14.8)

*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, 2003-2004 through 2013-2014

School Year	% Overwgt & Obese	% Overweight	% Obese
2003-04	35.4 (33.4-37.5)	18.0 (17.0-19.1)	17.4 (16.2-18.8)
2004-05	34.6 (32.9-36.3)	17.7 (16.8-18.6)	16.9 (15.8-18.1)
2005-06	34.4 (32.9-36.0)	17.7 (17.0-18.4)	16.7 (15.5-18.1)
2006-07	34.6 (33.0-36.3)	17.7 (16.9-18.5)	16.9 (15.7-18.3)
2007-08	35.0 (33.4-36.7)	17.6 (16.9-18.4)	17.4 (16.3-18.6)
2008-09	35.1 (33.3-36.9)	18.0 (17.3-18.7)	17.1 (15.8-18.5)
2009-10	33.3 (31.7-35.0)	16.7 (16.0-17.5)	16.6 (15.5-17.8)
2010-11	34.0 (32.4-35.7)	17.0 (16.3-17.7)	17.0 (15.8-18.4)
2011-12	34.3 (32.5-36.1)	17.3 (16.5-18.1)	17.0 (15.7-18.3)
2012-13	33.6 (31.8-35.5)	16.7 (16.0-17.5)	16.9 (15.6-18.3)
2013-14	33.5 (31.7-35.3)	16.7 (16.0-17.4)	16.8 (15.6-18.1)

Percentages may not sum precisely due to rounding.



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

