Alaska Obesity Prevention and Control: Student Weight Status
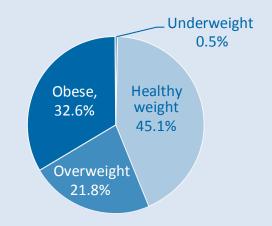
NORTH SLOPE BOROUGH SCHOOL DISTRICT

2014-2015 District Summary

Over the 2014-15 school year, North Slope Borough School District staff measured the height and weight of 1,299 students (64% of all enrolled) in grades pre-K through 12. With measurement results scaled to represent each grade's enrolled population:

- 21.8% of students were overweight (BMI 85th-95th percentile)
- 32.6% of students were obese (BMI ≥ 95th percentile)
- 12.5% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was similar among male students (56.4%) and female students (56.5%).

Figure 1: Student Weight Status among NSBSD Students, Grades pre-K to 12, 2014-2015

Underweight 0.5%
Healthy weight 45.1%
Obese, 32.6%
Overweight 21.8%

Weight Status by Grade

The percentage of students either overweight or obese was highest amongst 3rd-grade students, as was the prevalence of obesity alone. These percentages were lowest among 12th-grade students. Over 40% of students were either overweight or obese in all grades measured.

Figure 2: Prevalence of Overweight and Obesity, by Grade, among NSBSD Students, Grades pre-K to 12, 2014-2015

■ % obese ■ % overweight/obese

Exact values presented on next page

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 American Indian/Alaska Native (55.5%) students was slightly higher than among students of other races (50.6%).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among NSBSD Students, Grades pre-K to 12, 2014-2015

American Indian / Alaska Native: 33.9%, 55.5%
Other: 28.1%, 50.6%

■ % obese ■ % overweight/obese

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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) NORTH SLOPE BOROUGH STUDENTS IN GRADES PRE-K THROUGH 12

Table 1: Weight Status Overall and by Sex, 2014-2015

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	54.5 (50.0-58.8)	21.8 (19.1-24.8)	32.6 (28.4-37.2)
Male	53.6 (48.3-58.9)	21.6 (18.7-24.7)	32.1 (25.9-38.9)
Female	55.3 (48.4-62.1)	22.1 (18.3-26.4)	33.2 (28.0-38.9)

Table 2: Weight Status by Grade, 2014-2015

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-Kindergarten	57.6 (52.7-62.4)	23.8 (21.5-26.2)	33.8 (29.5-38.4)
Kindergarten	59.9 (51.6-67.6)	25.7 (21.6-30.3)	34.2 (25.4-44.2)
1st	52.2 (46.0-58.3)	23.1 (19.7-26.8)	29.1 (24.6-34.0)
2nd	51.7 (39.9-63.2)	24.7 (18.4-32.3)	27.0 (15.9-41.8)
3rd	61.0 (50.8-70.3)	17.2 (8.9-30.8)	43.8 (28.0-60.9)
4th	55.3 (48.5-61.8)	21.3 (9.2-41.9)	34.0 (23.8-45.8)
5th	56.8 (28.5-81.3)	21.5 (10.1-40.1)	35.3 (20.0-54.4)
6th	59.3 (43.2-73.6)	20.5 (15.5-26.7)	38.8 (28.5-50.1)
7th	53.2 (43.8-62.4)	16.3 (8.3-29.7)	36.9 (22.2-54.4)
8th	50.0 (40.2-59.9)	20.1 (13.0-29.6)	30.0 (22.4-38.9)
9th	49.2 (36.7-61.8)	22.1 (13.3-34.6)	27.1 (17.6-39.2)
10th	50.2 (37.2-63.3)	20.1 (7.2-44.7)	30.2 (17.0-47.7)
11th	54.7 (40.8-67.9)	25.8 (18.3-35.2)	28.8 (21.0-38.2)
12th	43.4 (32.2-55.3)	20.8 (16.2-26.4)	22.5 (13.8-34.6)
K-8 combined*	56.6 (47.3-65.5)	20.9 (17.2-25.2)	35.7 (28.9-43.1)

* 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, 2014-2015[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
American Indian / Alaska Native	55.5 (49.3-61.6)	21.6 (18.4-25.3)	33.9 (28.4-39.8)
Other	50.6 (45.5-55.8)	22.5 (19.2-26.2)	28.1 (22.3-34.7)

[†] 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	% Overweight & Obese	% Overweight	% Obese
2013-14[§]	56.5 (49.4-63.3)	22.9 (20.2-25.8)	33.6 (27.2-40.6)
2014-15	54.5 (50.0-58.8)	21.8 (19.1-24.8)	32.6 (28.4-37.2)

[§] The 2013-14 school year did not include measurements for grades 9, 11, or 12.

Percentages may not sum precisely due to rounding.

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