

# Alaska Obesity Prevention and Control: Student Weight Status

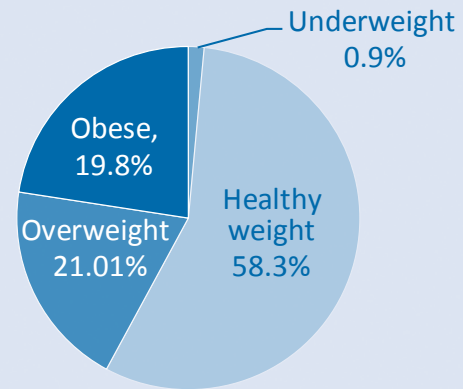
## KETCHIKAN GATEWAY BOROUGH SCHOOL DISTRICT

### 2015-2016 District Summary

Over the 2015-16 school year, Ketchikan Gateway Borough School District staff measured the height and weight of 887 students (78% of all enrolled) in grades pre-Kindergarten, Kindergarten, 1, 3, 5, 7, and 9. With measurement results scaled to represent each grade's enrolled population:

- 21.0% of students were overweight (BMI 85<sup>th</sup>-95<sup>th</sup> percentile)
- 19.8% of students were obese (BMI ≥ 95<sup>th</sup> percentile)
- 6.3% of students were severely obese, with a BMI ≥120% of the 95<sup>th</sup> percentile
- The prevalence of overweight/obesity was similar among male students (41.0%) and female students (40.7%).

**Figure 1: Student Weight Status among KGBSD Students, Grades Pre-K ,K,1,3,5,7,9, 2015-2016**



### Weight Status by Grade

At least 12% of students were obese in all grades sampled, placing them at higher risk for weight related diseases such as type 2 diabetes, heart disease, and some cancers. The percentage of students either overweight or obese was highest amongst 9<sup>th</sup>-grade students (48.5%) and lowest among 3<sup>rd</sup>-grade students (32.7%).

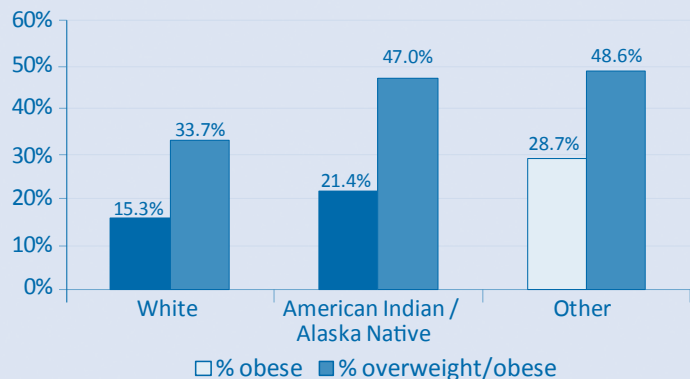
**Figure 2: Prevalence of Overweight and Obesity, by Grade, among KGBSD Students, 2015-2016**



### 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 lower among White students (33.7%) than among American Indian / Alaska Native students (47.0%) and students of other races (48.6%). Overweight/obesity prevalence was not significantly higher among low-SES students (44.5%) than among higher-SES students (38.5%) (see Table 4).

**Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among KGBSD Students, Grades Pre-K ,K,1,3,5,7,9, 2015-2016**



# Alaska Obesity Prevention and Control: Student Weight Status

## PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KETCHIKAN GATEWAY BOROUGH STUDENTS IN GRADES PRE-K, K, 1, 3, 5, 7, AND 9

**Table 1: Weight Status Overall and by Sex, 2015-2016**

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	40.9 (36.0-45.9)	21.0 (17.6-24.9)	19.8 (14.9-25.9)
Male	41.0 (36.9-45.3)	20.2 (17.9-22.8)	20.8 (17.0-25.3)
Female	40.7 (34.4-47.3)	21.8 (15.5-29.8)	18.8 (12.1-28.2)

**Table 2: Weight Status by Grade, 2015-2016**

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-Kindergarten	43.6 (37.0-50.4)	31.2 (26.0-36.9)	12.4 (9.1-16.8)
Kindergarten	35.3 (28.4-42.9)	21.4 (17.5-25.9)	13.9 (10.6-18.0)
1 <sup>st</sup>	39.8 (34.0-46.0)	18.4 (10.5-30.3)	21.4 (11.8-35.8)
3 <sup>rd</sup>	32.7 (29.6-35.9)	15.8 (11.7-21.1)	16.8 (13.8-20.4)
5 <sup>th</sup>	46.6 (37.9-55.5)	23.6 (18.4-29.6)	23.0 (15.4-32.9)
7 <sup>th</sup>	40.6 (34.7-46.9)	13.2 (8.3-20.5)	27.4 (20.4-35.7)
9 <sup>th</sup>	48.5 (39.4-57.7)	26.3 (19.6-34.3)	22.2 (17.2-28.1)
K-8 combined*	38.8 (35.3-42.5)	18.4 (16.3-20.6)	20.4 (15.9-25.9)

\* Overweight and obesity prevalence for grades K-8 are comparable to the [Healthy Alaskans 2020 Statewide Leading Health Indicators](#).

**Table 3: Weight Status by Race/Ethnicity, 2015-2016<sup>†</sup>**

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	33.7 (29.3-38.4)	18.4 (14.6-22.9)	15.3 (11.9-19.6)
American Indian / Alaska Native	47.0 (35.8-58.6)	25.7 (15.5-39.5)	21.4 (14.4-30.5)
Other	48.6 (34.8-62.7)	19.9 (15.3-25.5)	28.7 (19.0-40.9)

<sup>†</sup> 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), 2015-2016<sup>§</sup>**

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	44.5 (38.7-50.4)	21.0 (15.9-27.2)	23.5 (17.1-31.5)
Non-Enrolled Students	38.5 (31.6-46.0)	21.1 (17.0-25.9)	17.5 (11.8-25.1)

<sup>§</sup> Enrollment in free- and reduced-price meal programs is a proxy measure of low socioeconomic status.

**Table 5: Weight Status by School Year (Healthy Alaskans 2020 Health Indicator, K-8 combined)<sup>¶</sup>**

School Year	% Overweight & Obese	% Overweight	% Obese
2013-14, K-8 combined	41.0 (37.0-45.1)	19.6 (17.4-22.1)	21.4 (17.7-25.5)
2014-15, K-8 combined	40.2 (32.2-48.7)	17.0 (13.2-21.8)	23.1 (17.9-29.3)
2015-16, K-8 combined	38.8 (35.3-42.5)	18.4 (16.3-20.6)	20.4 (15.9-25.9)

<sup>¶</sup> The 'K-8 combined' measure is comparable across school years. Measured grades in 'Overall' status vary across school years.

Percentages may not sum precisely due to rounding.



The State of Alaska Department of Health and Social Services  
Obesity Prevention and Control Program  
May 2016

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

