

# Alaska Obesity Prevention and Control: Student Weight Status

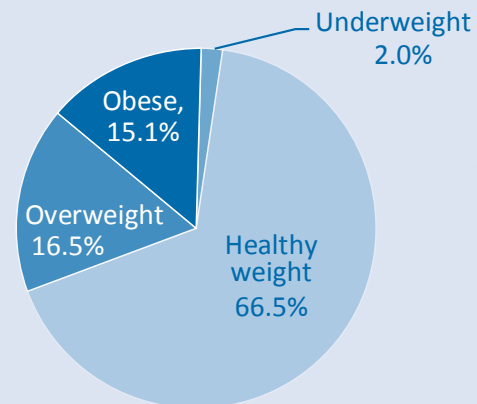
## MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

### 2015-2016 District Summary

Over the 2015-16 school year, Matanuska-Susitna Borough School District staff measured the height and weight of 5,612 students (79% of all enrolled) in grades K, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 16.5% of students were overweight (BMI 85<sup>th</sup>-95<sup>th</sup> percentile)
- 15.1% of students were obese (BMI  $\geq$  95<sup>th</sup> percentile)
- 4.1% of students were severely obese, with a BMI  $\geq$ 120% of the 95<sup>th</sup> percentile
- The prevalence of overweight/obesity was similar between male students (32.2%) than among females (30.9%).

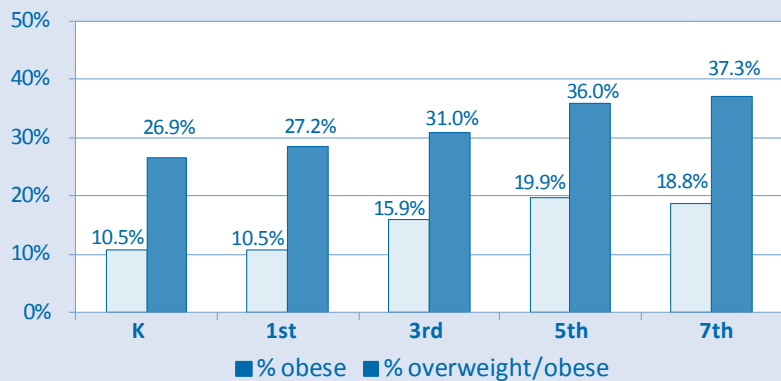
**Figure 1: Student Weight Status among MSBSD Students, Grades K, 1, 3, 5 & 7, 2015-2016**



### Weight Status by Grade

At least 10% 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 several cancers. The percentage of students either overweight or obese was highest amongst 7<sup>th</sup>-grade students, while the prevalence of obesity alone was highest for 5<sup>th</sup>-graders. These rates were lowest among Kindergarten and 1<sup>st</sup>-grade students.

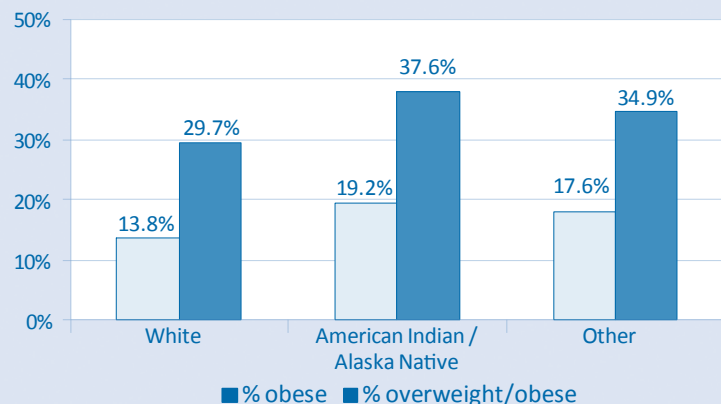
**Figure 2: Prevalence of Overweight and Obesity, by Grade, among MSBSD Students, Grades K, 1, 3, 5 & 7, 2015-2016**



### 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 higher among American Indian/Alaska Native students (37.6%) and students of other races (34.9%) than among white students (29.7%). 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 (35.9%) than in higher-SES schools (29.6%) (see Table 4).

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



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

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

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	31.6 (29.3-33.9)	16.5 (15.4-17.7)	15.1 (13.6-16.7)
Male	32.2 (30.2-34.3)	16.7 (15.1-18.4)	15.5 (13.9-17.2)
Female	30.9 (27.6-34.4)	16.3 (14.4-18.3)	14.6 (12.8-16.7)

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

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	26.9 (23.3-30.7)	16.4 (14.4-18.5)	10.5 (8.5-12.9)
1st	27.2 (23.6-31.2)	16.8 (13.7-20.3)	10.5 (8.8-12.5)
3 <sup>rd</sup>	31.0 (28.2-34.0)	15.1 (12.6-18.0)	15.9 (13.9-18.2)
5 <sup>th</sup>	36.0 (33.9-38.1)	16.1 (14.4-17.9)	19.9 (18.3-21.6)
7 <sup>th</sup>	37.3 (32.6-42.3)	18.5 (16.8-20.2)	18.8 (15.4-22.9)
K-8 combined*	31.6 (29.3-33.9)	16.5 (15.4-17.7)	15.1 (13.6-16.7)

\* 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, 2015-2016<sup>†</sup>**

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	29.7 (27.4-32.2)	16.0 (14.7-17.4)	13.8 (12.2-15.5)
American Indian / Alaska Native	37.6 (34.1-41.2)	18.4 (15.5-21.6)	19.2 (16.6-22.1)
Other	34.9 (30.8-39.3)	17.4 (14.8-20.2)	17.6 (14.1-21.7)

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

School SES	% Overweight & Obese	% Overweight	% Obese
Lower SES Schools	35.9 (32.4-39.6)	17.7 (15.6-20.1)	18.2 (16.3-20.2)
Higher SES Schools	29.6 (27.4-31.9)	15.9 (14.8-17.2)	13.6 (11.9-15.5)

<sup>§</sup> 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**

School Year	% Overweight & Obese	% Overweight	% Obese
2003-04	32.6 (27.3-38.4)	17.1 (14.1-20.6)	15.5 (12.4-19.2)
2004-05	33.4 (29.9-37.1)	18.2 (16.1-20.5)	15.2 (13.1-17.6)
2005-06	31.2 (28.6-34.0)	17.1 (15.0-19.5)	14.1 (12.3-16.2)
2006-07	32.8 (29.8-35.9)	18.7 (16.8-20.8)	14.1 (12.2-16.2)
2007-08	31.5 (28.8-34.3)	16.3 (14.8-17.9)	15.2 (13.7-16.8)
2008-09	32.4 (30.2-34.6)	18.4 (17.0-20.0)	13.9 (12.4-15.6)
2009-10	28.2 (26.1-30.5)	15.0 (13.7-16.3)	13.3 (11.9-14.8)
2010-11	30.6 (28.1-33.2)	16.2 (14.8-17.6)	14.4 (12.7-16.3)
2011-12	30.9 (28.8-33.1)	17.2 (15.8-18.7)	13.7 (12.2-15.4)
2012-13	30.1 (27.0-33.3)	16.4 (15.0-17.9)	13.7 (11.7-15.9)
2013-14	30.7 (28.4-33.0)	16.8 (15.6-18.0)	13.9 (12.3-15.6)
2014-15	31.3 (28.6-34.1)	16.9 (15.5-18.5)	14.4 (12.8-16.1)
2015-16	31.6 (29.3-33.9)	16.5 (15.4-17.7)	15.1 (13.6-16.7)

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

