

Alaska Obesity Prevention and Control: Student Weight Status

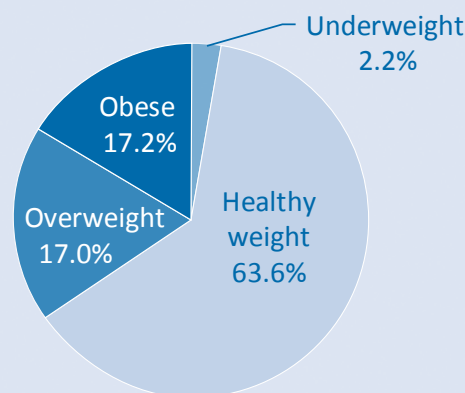
ANCHORAGE METROPOLITAN AREA

2016-2017 Anchorage & Mat-Su Borough School Districts Combined Summary

Over the 2016-17 school year, Anchorage and Matanuska-Susitna Borough School District staff measured the height and weight of 22,034 students (83% of all enrolled) in grades K, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 17.0% of students were overweight (BMI 85th to <95th percentile)
- 17.2% of students were obese (BMI ≥95th percentile)
- 5.4% of students were severely obese with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was significantly higher among male students (33.5%) than among females (34.7%).

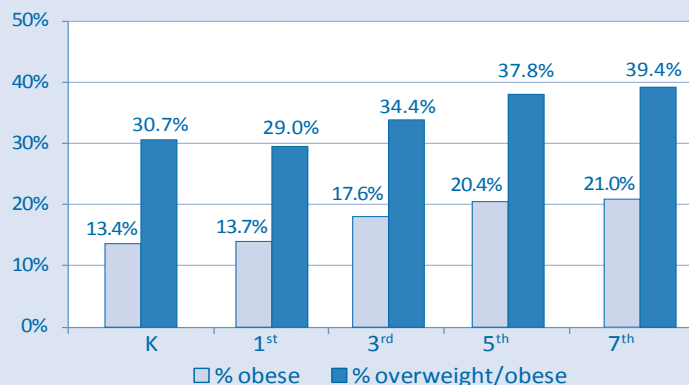
Figure 1: Student Weight Status among ASD & MSBSD Students, Grades K, 1, 3, 5, & 7, 2016-2017



Weight Status by Grade

At least 13% 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 other chronic diseases¹. 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 Kindergarten and 1st-grade students.

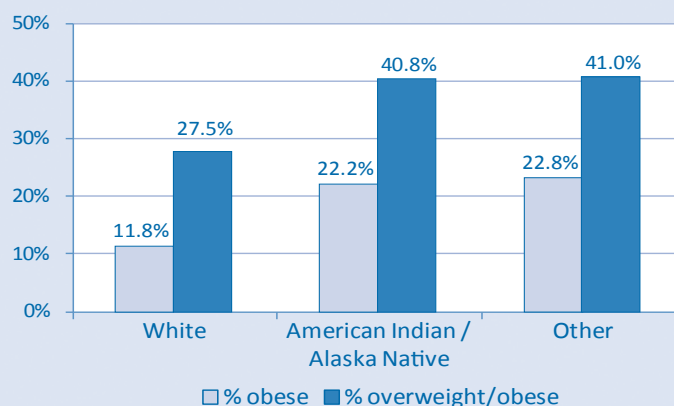
Figure 2: Prevalence of Overweight and Obesity, by Grade, among ASD & MSBSD Students, Grades K, 1, 3, 5, & 7, 2016-2017



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 (40.8%) and students of other races (41.0%) than among white students (27.5%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (40.4%) than among higher-SES students (28.2%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among ASD & MSBSD Students, Grades K, 1, 3, 5, & 7, 2016-2017



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) ASD & MSBSD STUDENTS COMBINED IN GRADES K, 1, 3, 5, & 7, 2016-17 SCHOOL YEAR

Table 1: Weight Status Overall and by Sex, 2016-2017

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	34.2 (32.4-35.9)	17.0 (16.3-17.6)	17.2 (15.9-18.5)
Male	34.7 (32.9-36.6)	16.6 (15.8-17.4)	18.1 (16.7-19.6)
Female	33.5 (31.8-35.4)	17.3 (16.5-18.2)	16.2 (14.9-17.7)

Table 2: Weight Status by Grade, 2016-2017

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	30.7 (28.3-33.2)	17.3 (15.9-18.7)	13.4 (12.0-15.0)
1 st	29.0 (26.5-31.7)	15.3 (14.0-16.7)	13.7 (12.0-15.7)
3 rd	34.4 (32.4-36.4)	16.8 (15.8-17.9)	17.6 (15.9-19.3)
5 th	37.6 (35.6-39.7)	17.2 (16.1-18.4)	20.4 (18.9-22.0)
7 th	39.4 (35.7-43.2)	18.3 (17.1-19.6)	21.0 (18.3-24.1)
K-8 combined*	34.2 (32.4-35.9)	17.0 (16.3-17.6)	17.2 (15.9-18.5)

* 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, 2016-2017[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	27.5 (26.1-29.0)	15.7 (14.9-16.5)	11.8 (10.9-12.8)
American Indian / Alaska Native	40.8 (38.6-42.9)	18.6 (17.0-20.2)	22.2 (20.3-24.2)
Other	41.0 (38.7-43.3)	18.2 (17.3-19.1)	22.8 (21.1-24.6)

[†] 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), 2016-2017[§]

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	40.4 (38.6-42.3)	18.5 (17.7-19.2)	22.0 (20.5-23.5)
Non-Enrolled Students	28.2 (26.8-29.6)	15.6 (14.8-16.4)	12.7 (11.7-13.7)

[§] Enrollment in free- and reduced-price meal programs is a proxy measure of low socioeconomic status.

Table 5: Weight Status by School Year, 2003-2004 through 2016-2017

School Year	% Overweight & Obese	% Overweight	% Obese
2004-05	34.4 (32.8-36.0)	17.6 (16.8-18.5)	16.8 (15.7-18.0)
2005-06	34.6 (33.1-36.1)	17.9 (17.1-18.6)	16.7 (15.5-18.0)
2006-07	34.6 (33.0-36.2)	17.6 (16.8-18.4)	16.9 (15.7-18.3)
2007-08	35.2 (33.6-36.8)	17.8 (17.0-18.5)	17.4 (16.3-18.6)
2008-09	34.9 (33.1-36.7)	17.9 (17.2-18.6)	17.0 (15.7-18.3)
2009-10	33.5 (31.9-35.2)	16.8 (16.0-17.5)	16.7 (15.6-17.9)
2010-11	34.0 (32.3-35.6)	17.0 (16.3-17.7)	17.0 (15.7-18.3)
2011-12	34.4 (32.6-36.1)	17.4 (16.6-18.2)	17.0 (15.7-18.3)
2012-13	33.6 (31.8-35.4)	16.7 (16.0-17.5)	16.9 (15.6-18.2)
2013-14	33.4 (31.7-35.2)	16.6 (16.0-17.3)	16.8 (15.5-18.1)
2014-15	34.2 (32.4-35.9)	16.8 (16.1-17.5)	17.4 (16.1-18.8)
2015-16	34.4 (32.7-36.2)	16.8 (16.2-17.4)	17.6 (16.3-19.0)
2016-17	34.2 (32.4-35.9)	17.0 (16.3-17.6)	17.2 (15.9-18.5)

Percentages may not sum precisely due to rounding.

Reference: ¹Institute of Medicine (2005). Committee on Prevention of Obesity in Children and Youth. Preventing childhood obesity: health in balance. Washington, DC: The National Academies Press.



The State of Alaska Department of Health and Social Services
Obesity Prevention and Control Program
July 2017

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

