

Alaska Obesity Prevention and Control: Student Weight Status

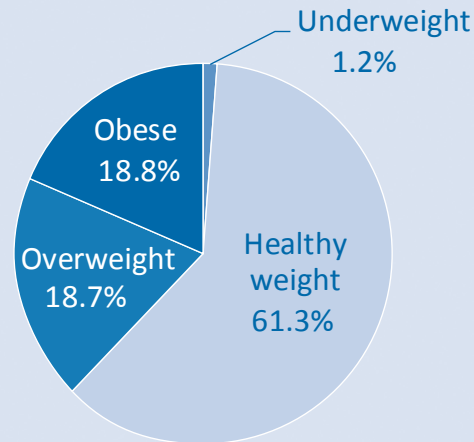
KENAI PENINSULA BOROUGH SCHOOL DISTRICT

2017-2018 District Summary

Over the 2017-18 school year, Kenai Peninsula Borough School District school staff measured the height and weight of 7,375 students (82% of all enrolled) in grades pre-K through 12. With measurement results scaled to represent the total enrolled population:

- 18.7% of students were overweight (BMI 85th to < 95th percentile)
- 18.81% of students were obese (BMI ≥ 95th percentile)
- 5.8% of students qualified as severely obese, with a BMI ≥ 120% of the 95th percentile
- The prevalence of obesity was significantly higher among male students (20.4%) than among females (17.2%).

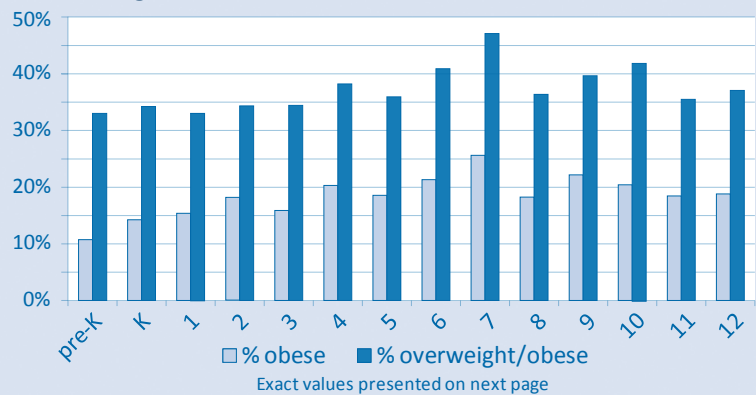
Figure 1: Student Weight Status among KPBSD Students, Grades Pre-K to 12, 2017-2018



Weight Status by Grade

Over 33% of students were either overweight or obese in all grades, placing them at higher risk for weight related diseases such as type 2 diabetes, heart disease, and several cancers.¹ The percentage of students either overweight or obese was highest amongst 7th-grade students (47.3%), as was the prevalence of obesity alone (25.3%). These rates were both lowest among pre-Kindergarten students (33.2% and 10.6%, respectively).

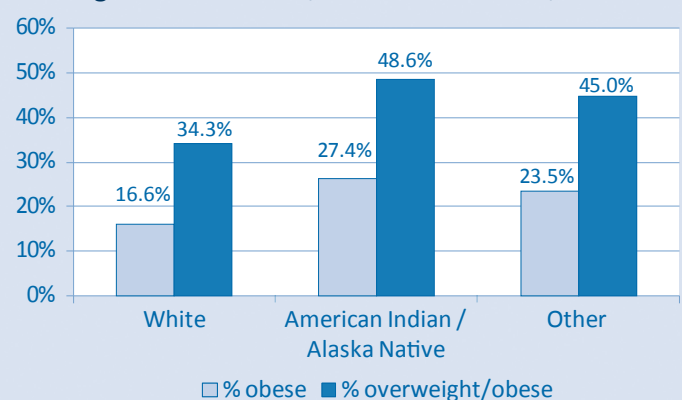
Figure 2: Prevalence of Overweight and Obesity, by Grade, among KPBSD Students, Grades Pre-K to 12, 2017-2018



Disparities and 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 (34.3%) than among American Indian/Alaska Native students (48.6%) and students of other races (45.0%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (41.9%) than among higher-SES students (34.4%) (see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race, among KPBSD Students, Grades Pre-K to 12, 2017-2018



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PREVALENCE OF OVERWEIGHT AND OBESITY (WITH 95% CONFIDENCE INTERVALS) KPBSD STUDENTS

Table 1: Weight Status Overall and by Sex, 2017-2018

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	37.5 (35.1-39.9)	18.7 (17.6-19.9)	18.8 (17.2-20.6)
Male	38.4 (35.5-41.4)	18.0 (16.8-19.3)	20.4 (18.3-22.6)
Female	36.6 (34.2-39.0)	19.4 (17.7-21.2)	17.2 (15.7-18.7)

Table 2: Weight Status by Grade, 2017-2018

Grade	% Overweight & Obese	% Overweight	% Obese
Pre-K	33.2 (26.2-41.2)	22.7 (17.2-29.3)	10.6 (7.3-15.1)
Kindergarten	34.0 (29.5-38.9)	19.3 (15.8-23.4)	14.8 (11.3-19.1)
1 st	33.3 (28.3-38.6)	18.1 (14.9-21.8)	15.2 (12.4-18.5)
2 nd	34.1 (27.3-41.6)	16.4 (12.6-21.1)	17.7 (14.5-21.4)
3 rd	34.6 (30.3-39.1)	18.5 (15.0-22.5)	16.1 (12.9-20.0)
4 th	38.0 (32.8-43.4)	17.1 (14.3-20.5)	20.8 (17.3-24.8)
5 th	36.0 (31.0-41.3)	17.4 (14.6-20.5)	18.7 (15.5-22.3)
6 th	41.0 (36.6-45.6)	19.5 (15.9-23.8)	21.5 (17.6-26.0)
7 th	47.3 (39.1-55.7)	22.0 (19.9-24.4)	25.3 (17.0-35.8)
8 th	36.9 (32.1-41.9)	18.6 (16.6-20.7)	18.3 (15.1-22.0)
9 th	39.3 (36.0-42.7)	17.3 (15.5-19.2)	22.0 (20.0-24.1)
10 th	42.4 (38.8-46.0)	21.6 (17.7-26.0)	20.8 (16.1-26.4)
11 th	35.2 (32.0-38.5)	17.4 (14.1-21.2)	17.9 (14.6-21.6)
12 th	37.2 (31.7-43.0)	18.3 (13.7-24.1)	18.9 (16.3-21.8)
K-8 combined*	37.0 (33.3-40.8)	19.0 (17.3-20.9)	18.0 (15.0-21.3)

* 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, 2017-2018[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	34.3 (32.1-36.5)	17.7 (16.4-19.1)	16.6 (15.2-18.1)
American Indian / Alaska Native	48.6 (43.5-53.8)	21.2 (18.0-24.9)	27.4 (22.4-33.0)
Other	45.0 (41.2-48.8)	21.4 (19.4-23.7)	23.5 (20.5-26.8)

[†] 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), 2017-2018[§]

Student SES	% Overweight & Obese	% Overweight	% Obese
Free/Reduced Lunch Enrolled	41.9 (39.0-44.9)	20.2 (18.7-21.8)	21.7 (19.7-23.9)
Non-Enrolled in F/R Lunch	34.4 (31.9-37.0)	17.6 (16.5-18.9)	16.8 (15.0-18.7)

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

Table 5: Weight Status by School Year

School Year	% Overweight & Obese	% Overweight	% Obese
2011-12 [¶]	36.0 (33.5-38.4)	18.9 (17.2-20.6)	17.1 (15.7-18.6)
2012-13	37.1 (35.0-39.2)	18.4 (17.3-19.7)	18.7 (17.1-20.3)
2013-14	36.7 (35.0-38.4)	18.7 (17.7-19.8)	18.0 (16.7-19.3)
2014-15	36.6 (34.5-38.8)	18.4 (17.2-19.7)	18.2 (16.7-19.9)
2015-16	35.9 (33.9-38.0)	17.9 (16.7-19.1)	18.1 (16.6-19.6)
2016-17	36.7 (34.4-39.0)	18.6 (17.6-19.7)	18.1 (16.5-19.8)
2017-18	37.5 (35.1-39.9)	18.7 (17.6-19.9)	18.8 (17.2-20.6)

[¶] KPBSD did not measure 10th and 12th grade students during the 2011-12 school year.

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.

