

Alaska Obesity Prevention and Control: Student Weight Status

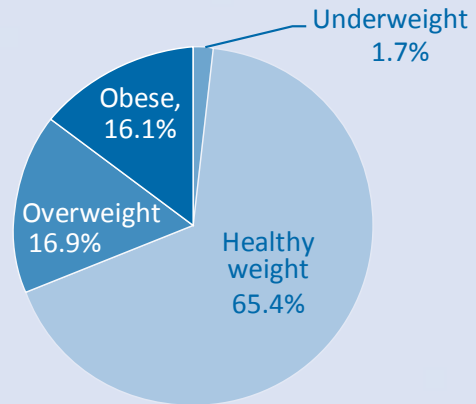
MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

2017-2018 District Summary

Over the 2017-18 school year, Matanuska-Susitna Borough School District staff measured the height and weight of 5,690 students (78% of all enrolled) in grades K, 1, 3, 5, and 7. With measurement results scaled to represent each grade's enrolled population:

- 16.9% of students were overweight (BMI 85th to <95th percentile)
- 16.1% of students were obese (BMI ≥ 95th percentile)
- 4.8% of students were severely obese, with a BMI ≥120% of the 95th percentile
- The prevalence of overweight/obesity was similar between male (33.6%) and female students (32.3%).

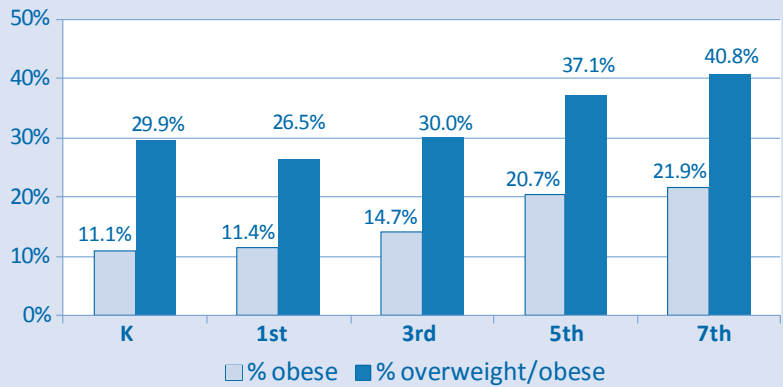
Figure 1: Student Weight Status among MSBSD Students, Grades K, 1, 3, 5 & 7, 2017-2018



Weight Status by Grade

At least 11% 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.¹ 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 1st-grade and Kindergarten students, respectively.

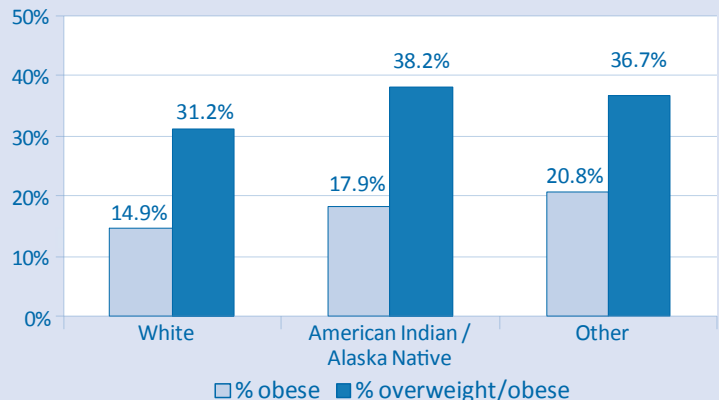
Figure 2: Prevalence of Overweight and Obesity, by Grade, among MSBSD Students, Grades K, 1, 3, 5 & 7, 2017-2018



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 (38.2%) and students of other races (36.7%) than among white students (31.2%). Enrollment in school meal programs is a proxy measure of low socioeconomic status (SES). Overweight/obesity prevalence was significantly higher among low-SES students (37.4%) than among higher-SES students (29.2%)(see Table 4).

Figure 3: Prevalence of Overweight and Obesity, by Race/Ethnicity, among MSBSD Students, Grades K, 1, 3, 5 & 7, 2017-2018



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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, 2017-2018

Sex	% Overweight & Obese	% Overweight	% Obese
Overall	33.0 (30.7-35.3)	16.9 (15.6-18.2)	16.1 (14.5-17.7)
Male	33.6 (31.4-35.9)	16.3 (14.5-18.2)	17.3 (15.7-19.2)
Female	32.3 (29.1-35.6)	17.6 (16.0-19.2)	14.7 (12.7-17.0)

Table 2: Weight Status by Grade, 2017-2018

Grade	% Overweight & Obese	% Overweight	% Obese
Kindergarten	29.9 (26.8-33.1)	18.7 (16.3-21.3)	11.1 (9.8-12.6)
1st	26.5 (23.9-29.3)	15.1 (13.5-16.9)	11.4 (9.1-14.1)
3 rd	30.0 (27.1-33.2)	15.4 (13.2-17.7)	14.7 (12.9-16.7)
5 th	37.1 (33.8-40.5)	16.4 (14.4-18.5)	20.7 (18.3-23.4)
7 th	40.8 (37.6-44.0)	18.8 (16.2-21.9)	21.9 (20.8-23.2)
K-8 combined*	33.0 (30.7-35.3)	16.9 (15.6-18.2)	16.1 (14.5-17.7)

* 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, 2017-2018[†]

Race/Ethnicity	% Overweight & Obese	% Overweight	% Obese
White	31.2 (28.7-33.8)	16.3 (14.9-17.8)	14.9 (13.1-16.8)
American Indian / Alaska Native	38.2 (34.4-42.1)	20.3 (17.1-23.9)	17.9 (15.3-20.9)
Other	36.7 (32.4-41.3)	16.0 (13.3-19.0)	20.8 (17.7-24.2)

[†] 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	37.4 (34.8-40.1)	18.9 (17.0-20.9)	18.5 (17.0-20.2)
Not Enrolled in F/R Lunch	29.2 (26.8-31.7)	15.2 (14.0-16.5)	14.0 (12.2-15.9)

[§] 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
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)
2016-17	30.5 (28.4-32.7)	16.5 (15.4-17.7)	14.0 (12.7-15.5)
2017-18	33.0 (30.7-35.3)	16.9 (15.6-18.2)	16.1 (14.5-17.7)

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.

Percentages may not sum precisely due to rounding.



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