



Cambridge Youth Weight Surveillance, Grades K-8, 2015-2016‡

This table summarizes body mass index (BMI) data from the Cambridge Public Schools (CPS) for grades K-8 in Cambridge Massachusetts. The Cambridge Public Schools and the Cambridge Public Health Department have monitored BMI and fitness annually since 2000. Individual weight status was assessed by BMI, which was calculated from height and weight measurements collected each Spring by CPS physical education teachers and school nurses using a standard protocol. BMI percentiles are based on a child’s height and weight, compared to other children of the same age and gender, and are calculated using the methods provided by the Centers for Disease Control and Prevention (CDC). Based on their BMI percentiles, students were classified as: underweight (BMI <5th percentile), healthy weight (BMI ≥5th and <85th percentile), overweight (BMI ≥85th and <95th percentile), or obese (BMI ≥95th percentile).

Weight Status of Cambridge Public School Students in Grades K-8, 2015-2016‡

	Underweight BMI < 5th percentile		Healthy Weight BMI ≥ 5th and < 85th percentile		Overweight BMI ≥ 85th and < 95th percentile		Obese BMI ≥ 95th percentile	
	%	Number	%	Number	%	Number	%	Number
TOTAL (N=3,575) §								
All	3.8	136	69.1	2,472	14.0	502	13.0	465
SEX								
Male	3.7	65	68.9	1,219	13.7	243	13.7	243
Female	3.9	71	69.4	1,253	14.3	259	12.3	222
AGE								
5	--	--	73.5	75	10.8	11	9.8	10
6	4.3	22	72.8	369	13.0	66	9.9	50
7	5.5	23	69.0	290	13.6	57	11.9	50
8	2.7	12	72.8	326	12.5	56	12.1	54
9	2.7	12	69.2	312	13.5	61	14.6	66
10	3.3	12	65.5	235	14.8	53	16.4	59
11	4.5	16	67.4	238	12.7	45	15.3	54
12	5.3	19	66.5	240	15.2	55	13.0	47
13	--	--	66.8	237	17.5	62	13.5	48
14	--	--	67.8	139	17.6	36	12.2	25
RACE/ETHNICITY								
Asian, NH	5.9	26	72.5	321	13.1	58	8.6	38
Black, NH	1.9	17	59.1	542	19.1	175	20.0	183
White, NH	4.4	62	78.0	1,097	10.3	145	7.3	102
Hispanic, any race	3.6	18	57.4	284	18.2	90	20.8	103
Multi-racial, NH	3.8	11	73.5	214	11.0	32	11.7	34
Other race, NH	--	--	60.9	14	--	--	--	--
SCHOOL LUNCH STATUS								
Free or Reduced	2.8	47	60.1	1,017	17.5	297	19.6	332
Self-paid	4.7	89	77.3	1,455	10.9	205	7.1	133
ECONOMICALLY DISADVANTAGED*								
No	4.3	108	73.3	1,821	12.3	306	10.0	248
Yes	2.6	28	59.6	651	17.9	196	19.9	217

-- Insufficient data (numerator less than 10)

‡ BMIs identified as implausible (i.e. z-scores < -4 and >5) were excluded from the analyses

§ Sample size reflects >80% of students enrolled in K-8th grade for the 2015-2016 school year

* As defined by the Massachusetts Department of Elementary and Secondary Education: <https://www.doe.mass.edu/infoservices/data/ed.html>

DATA SOURCE: Cambridge Public Schools. All analyses were overseen by the Cambridge Public Health Department, Division of Epidemiology and Data Services. Data are current as of June 2020 and are subject to change.

NOTE: Research has consistently identified social determinants of health, such as neighborhood socioeconomic factors, as causally related to the observed racial/ethnic disparities in weight among US children and adolescents.

If you need additional information or have questions about the data, please contact the Cambridge Public Health Department, Division of Epidemiology and Data Services at epidept@challiance.org or 617-665-3800