



Cambridge Youth Weight Surveillance, Grades K-8, 2016-2017‡

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, 2016-2017‡

	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=3,644) §								
All	3.6	130	68.6	2,500	15.1	551	12.7	463
SEX								
Male	3.7	67	67.5	1,229	15.6	284	13.3	242
Female	3.5	63	69.8	1,271	14.7	267	12.1	221
AGE								
5	4.0	19	69.6	330	17.1	81	9.3	44
6	3.4	16	73.8	347	14.7	69	8.1	38
7	3.0	16	73.7	393	12.0	64	11.3	60
8	3.2	14	66.9	291	16.1	70	13.8	60
9	3.7	15	63.9	262	15.1	62	17.3	71
10	3.6	15	37.9	279	14.4	59	14.1	58
11	4.5	15	63.7	211	17.8	59	13.9	46
12	--	--	68.1	201	14.6	43	14.9	44
13	4.5	12	66.7	178	15.0	40	13.9	37
14	--	--	--	--	--	--	--	--
RACE/ETHNICITY								
Asian, NH	5.0	23	73.3	335	13.3	61	8.3	38
Black, NH	2.6	22	56.9	481	19.9	168	20.7	175
White, NH	4.4	64	76.3	1,109	12.4	180	6.9	101
Hispanic, any race	1.9	10	58.1	307	19.1	101	20.8	110
Multi-racial, NH	--	--	75.4	261	11.0	38	11.0	38
Other race, NH	--	--	--	--	--	--	--	--
SCHOOL LUNCH STATUS								
Free or Reduced	2.8	45	59.0	955	18.3	297	19.9	322
Self-paid	4.2	85	76.3	1,545	12.5	254	7.0	141
ECONOMICALLY DISADVANTAGED								
No	2.9	41	73.9	1,032	14.2	199	8.9	125
Yes	2.3	13	55.1	310	17.8	100	24.9	140

-- 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