



Cambridge Youth Weight Surveillance, Grades K-8, 2017-2018‡

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, 2017-2018‡

	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=3,117) §								
All	4.1	129	67.9	2,118	14.9	464	13.0	406
SEX								
Male	4.4	67	65.6	1,007	16.3	250	13.7	210
Female	3.9	62	70.2	1,111	13.5	214	12.4	196
AGE								
5	--	--	66.7	76	16.7	19	13.2	15
6	3.0	14	70.9	329	16.2	75	9.9	46
7	5.6	22	73.2	290	13.6	54	7.6	30
8	4.2	19	74.8	338	10.0	45	11.1	50
9	5.1	20	64.7	257	14.6	58	15.6	62
10	5.0	19	65.1	250	13.8	53	16.1	62
11	3.2	11	63.0	215	15.0	51	18.8	64
12	3.2	11	62.6	216	21.2	73	13.0	45
13	--	--	65.4	142	16.1	35	14.3	31
14	--	--	--	--	--	--	--	--
RACE/ETHNICITY								
Asian, NH	6.9	24	68.3	239	14.6	51	10.3	36
Black, NH	3.2	23	57.1	419	20.2	148	19.6	144
White, NH	4.6	58	75.7	960	11.7	149	8.0	102
Hispanic, any race	--	--	58.4	255	18.1	79	21.5	94
Multi-racial, NH	4.8	15	74.9	236	11.4	36	8.9	28
Other race, NH	--	--	--	--	--	--	--	--
SCHOOL LUNCH STATUS								
Free or Reduced	3.2	40	56.8	719	19.4	246	20.6	261
Self-paid	4.8	89	75.6	1,399	11.8	218	7.8	145
ECONOMICALLY DISADVANTAGED								
No	4.7	103	72.1	1,596	13.8	306	9.4	209
Yes	2.9	26	57.8	522	17.5	158	21.8	197

-- 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