

## Cambridge Youth Weight Surveillance, 2011–2012

This table summarizes weight 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 Body Mass Index (BMI) and fitness annually since 2000. Individual weight status was assessed by BMI, calculated from height and weight measurements collected each spring by CPS physical education teachers and school nurses with a standard protocol utilizing the same equipment. To ensure accurate information, high and low data (BMI <5th or ≥95th percentile) were reviewed by school nurses familiar with the students.

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 Youth in Cambridge Public Schools by Demographics, 2011–2012†

	Underweight		Healthy Weight		Overweight		Obese	
	BMI < 5 <sup>th</sup> percentile		BMI ≥ 5 <sup>th</sup> and < 85 <sup>th</sup> percentile		BMI ≥ 85 <sup>th</sup> and < 95 <sup>th</sup> percentile		BMI ≥ 95 <sup>th</sup> percentile	
	%	n	%	n	%	n	%	n
<b>TOTAL</b>	<b>2.7</b>	<b>103</b>	<b>65.3</b>	<b>2527</b>	<b>16.3</b>	<b>631</b>	<b>15.8</b>	<b>612</b>
<b>Gender</b>								
Male	2.6	51	63.9	1254	16.1	316	17.4	342
Female	2.7	52	66.7	1273	16.5	315	14.1	270
<b>Age</b>								
5	2.7	11	71.4	289	13.6	55	12.4	50
6	4.9	24	68.3	338	16.4	81	10.5	52
7	—	—	66.8	306	12.9	59	18.3	84
8	3.1	14	62.9	287	18.6	85	15.4	70
9	—	—	64.8	270	16.8	70	16.6	69
10	—	—	61.1	237	19.1	74	17.5	68
11	—	—	61.3	238	17.8	69	18.6	72
12	2.7	10	62.7	234	19.6	73	15.0	56
13	—	—	68.5	237	12.7	44	17.6	61
14	—	—	61.9	91	14.3	21	20.4	30
<b>Race/Ethnicity</b>								
Asian, Non-Hispanic	4.3	18	68.1	288	16.6	70	11.1	47
Black, Non-Hispanic	2.1	24	55.6	648	20.7	241	21.7	253
White, Non-Hispanic	2.9	43	74.2	1115	13.4	201	9.6	144
Hispanic, Any Race	2.4	16	61.9	418	14.8	100	20.9	141
Other Race, Non-Hispanic	—	—	54.7	58	17.9	19	25.5	27
<b>School Lunch Status</b>								
Free school lunch	2.3	38	54.8	892	19.6	319	23.3	380
Reduced school lunch	—	—	61.9	151	18.4	45	17.6	43
Self-paid school lunch	3.0	60	74.2	1484	13.4	267	9.5	189

— Insufficient data (numerator less than 10).

\* Data were collected for 10<sup>th</sup> graders but are not shown in this report.

† BMI z-scores ≤-4 and ≥5 were excluded from the analysis because they were outliers or implausible values.

Data Source: Cambridge Public Schools

All analysis was conducted by the Cambridge Public Health Department, Division of Epidemiology and Data Services.

Data are current as of June 2013 and are subject to change.