



## Cambridge Youth Weight Surveillance, Grades K-8, 2018-2019

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 <5<sup>th</sup> percentile), healthy weight (BMI ≥5<sup>th</sup> and <85<sup>th</sup> percentile), overweight (BMI ≥85<sup>th</sup> and <95<sup>th</sup> percentile), or obese (BMI ≥95<sup>th</sup> percentile).

### Weight Status of Cambridge Public School Students in Grades K-7, 2018-2019‡

	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
<b>TOTAL (N=2,226) §</b>								
All	2.7	61	69.4	1,545	14.7	327	13.2	293
<b>SEX</b>								
Male	2.8	32	67.4	766	16.3	185	13.5	154
Female	2.7	29	71.5	779	13.0	142	12.8	139
<b>AGE</b>								
5	--	--	71.2	89	16.0	20	8.0	10
6	--	--	77.1	222	13.9	40	6.9	20
7	3.3	13	75.9	302	10.8	43	10.1	40
8	3.5	10	75.7	218	10.4	30	10.4	30
9	--	--	73.4	234	13.8	44	11.3	36
10	--	--	59.3	156	20.9	55	16.3	43
11	--	--	59.0	128	16.6	36	22.1	48
12	--	--	62.2	135	17.5	38	19.4	42
13	--	--	54.8	57	18.3	19	23.1	24
14	--	--	--	--	--	--	--	--
<b>RACE/ETHNICITY</b>								
Asian, NH	5.1	13	73.3	187	11.0	28	10.6	27
Black, NH	2.2	10	54.9	252	22.2	102	20.7	95
White, NH	2.6	25	77.3	737	12.8	122	7.2	69
Hispanic, any race	--	--	58.9	188	16.9	54	22.9	73
Multi-racial, NH	--	--	75.9	180	8.9	21	11.4	27
Other race, NH	--	--	--	--	--	--	--	--
<b>SCHOOL LUNCH STATUS</b>								
Free or Reduced	2.2	19	55.4	486	19.3	169	23.1	203
Self-paid	3.1	42	78.5	1,059	11.7	158	6.7	90
<b>ECONOMICALLY DISADVANTAGED</b>								
No	3.0	48	75.0	1,203	13.5	216	8.5	137
Yes	2.1	13	55.0	342	17.8	111	25.1	156

-- 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-8<sup>th</sup> 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](mailto:epidept@challiance.org) or 617-665-3800