

## Cambridge Youth Weight Surveillance, 2009–2010

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, 2009–2010<sup>‡</sup>

	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		Obese BMI ≥ 95 <sup>th</sup> percentile	
	%	n	%	n	%	n	%	n
<b>TOTAL</b>	<b>2.0</b>	<b>81</b>	<b>63.6</b>	<b>2547</b>	<b>17.3</b>	<b>693</b>	<b>17.1</b>	<b>685</b>
<b>Gender</b>								
Male	2.1	43	63.1	1286	16.7	341	18.1	369
Female	1.9	38	64.1	1261	17.9	352	16.1	316
<b>Age</b>								
5	3.9	19	66.3	322	15.8	77	14.0	68
6	2.6	13	65.1	326	18.6	93	13.8	69
7	—	—	65.9	303	17.0	78	15.9	73
8	—	—	63.7	267	18.1	76	16.7	70
9	—	—	61.4	251	16.6	68	19.8	81
10	—	—	61.0	255	18.4	77	18.7	78
11	—	—	61.1	236	16.3	63	21.0	81
12	—	—	60.1	238	16.9	67	21.0	83
13	—	—	65.9	249	17.2	65	15.9	60
14	—	—	65.4	100	19.0	29	14.4	22
<b>Race/Ethnicity</b>								
Asian, Non-Hispanic	2.8	13	67.7	310	15.7	72	13.8	63
Black, Non-Hispanic	1.5	19	54.9	716	20.7	270	22.9	299
White, Non-Hispanic	3.0	43	72.4	1052	14.5	210	10.2	148
Hispanic, Any Race	—	—	55.6	311	19.0	106	24.9	139
Other Race, Non-Hispanic	—	—	68.1	145	14.6	31	16.0	34
Missing	—	—	68.4	13	—	—	—	—
<b>School Lunch Status</b>								
Free school lunch	1.4	23	55.2	901	19.4	316	24.1	393
Reduced school lunch	—	—	53.8	141	22.1	58	22.5	59
Self-paid school lunch	2.7	53	71.7	1437	14.9	299	10.7	214
Missing	—	—	68.4	13	—	—	—	—

— Insufficient data (numerator less than 10).

<sup>‡</sup> 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.