

Cambridge Youth Weight Surveillance, 2010–2011

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, 2010–2011†

	Underweight		Healthy Weight		Overweight		Obese	
	BMI < 5 th percentile		BMI ≥ 5 th and < 85 th percentile		BMI ≥ 85 th and < 95 th percentile		BMI ≥ 95 th percentile	
	%	n	%	n	%	n	%	n
TOTAL	2.5	98	64.8	2516	16.1	623	16.6	645
Gender								
Male	2.5	49	63.8	1239	15.2	296	18.5	359
Female	2.5	49	65.9	1277	16.9	327	14.8	286
Age								
5	2.3	11	69.7	334	17.1	82	10.9	52
6	2.8	13	68.3	314	12.6	58	16.3	75
7	3.9	18	65.4	302	14.9	69	15.8	73
8	2.6	11	66.2	282	14.6	62	16.7	71
9	2.5	10	63.3	253	16.8	67	17.5	70
10	—	—	60.1	230	17.8	68	20.1	77
11	3.1	12	60.5	233	18.7	72	17.6	68
12	—	—	63.9	234	14.2	52	20.8	76
13	—	—	62.6	234	17.7	66	17.7	66
14	—	—	68.0	100	18.4	27	11.6	17
Race/Ethnicity								
Asian, Non-Hispanic	4.7	20	67.8	290	15.7	67	11.9	51
Black, Non-Hispanic	1.5	18	56.3	692	18.6	229	23.6	290
White, Non-Hispanic	3.5	51	73.1	1068	14.2	207	9.2	135
Hispanic, Any Race	—	—	57.8	308	16.9	90	24.6	131
Other Race, Non-Hispanic	—	—	68.4	158	13.0	30	16.5	38
School Lunch Status								
Free school lunch	1.8	27	55.3	827	18.5	276	24.4	365
Reduced school lunch	—	—	59.0	138	17.5	41	22.7	53
Self-paid school lunch	3.1	62	73.2	1448	14.1	278	9.7	191
Missing	—	—	66.7	14	—	—	—	—

— Insufficient data (numerator less than 10).

* Data were collected for 10th 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.