

Cambridge Youth Weight Surveillance, 2012–2013

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, 2012–2013†

	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	2.9	125	66.9	2848	15.2	649	15.0	638
Gender								
Male	2.6	55	66.3	1428	15.0	323	16.2	348
Female	3.3	70	67.4	1420	15.5	326	13.8	290
Age								
5	4.1	23	71.3	399	14.1	79	10.5	59
6	2.0	11	72.9	399	11.9	65	13.2	72
7	3.3	17	67.4	343	17.5	89	11.8	60
8	3.0	14	65.9	313	13.5	64	17.7	84
9	3.8	18	63.5	305	15.6	75	17.1	82
10	—	—	68.7	294	14.7	63	14.7	63
11	2.7	10	64.3	240	16.1	60	16.9	63
12	3.6	13	62.9	227	16.3	59	17.2	62
13	2.8	10	62.0	220	17.8	63	17.5	62
14	—	—	62.8	108	18.6	32	18.0	31
Race/Ethnicity								
Asian, Non-Hispanic	4.3	22	70.4	363	15.3	79	10.1	52
Black, Non-Hispanic	1.7	20	57.1	688	19.9	240	21.3	256
White, Non-Hispanic	3.5	57	75.2	1232	12.0	196	9.4	154
Hispanic, Any Race	2.6	20	63.9	491	14.4	111	19.1	147
Other Race, Non-Hispanic	—	—	56.1	74	17.4	23	22.0	29
School Lunch Status								
Free school lunch	2.1	38	56.7	1015	18.6	333	22.6	405
Reduced school lunch	—	—	64.2	154	15.4	37	18.3	44
Self-paid school lunch	3.7	82	75.3	1673	12.5	278	8.5	189

— 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.