

Cambridge Youth Weight Surveillance, Grades K–8, 2013–2014

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. Staff followed a standard protocol using the same equipment. 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 Cambridge Public School Students in Grades K-8, 2013–2014†

	Underweight BMI < 5 th percentile		Healthy Weight BMI ≥ 5 th and < 85 th percentile		Overweight BMI ≥ 85 th and < 95 th percentile		Obese BMI ≥ 95 th percentile	
	%	Number	%	Number	%	Number	%	Number
TOTAL (N=4157)	3.3	137	66.2	2752	15.4	641	15.1	627
Gender								
Male	3.5	72	64.7	1342	15.1	312	16.7	347
Female	3.1	65	67.7	1410	15.7	329	12.4	280
Age								
5	4.7	23	67.8	332	13.5	66	14.1	69
6	3.3	18	70.5	389	14.5	80	11.8	65
7	2.9	14	71.3	343	11.4	55	14.4	69
8	3.0	14	63.9	299	18.0	84	15.2	71
9	2.4	10	62.4	257	17.7	73	17.5	72
10	3.6	15	60.4	255	19.2	81	16.8	71
11	3.0	12	67.8	274	15.1	61	14.1	57
12	3.7	13	65.8	231	16.0	56	14.5	51
13	3.2	12	63.3	235	15.1	56	18.3	68
14	–	–	66.5	137	14.1	29	16.4	34
Race/Ethnicity								
Asian, Non-Hispanic	5.5	28	67.5	344	16.7	85	10.4	53
Black, Non-Hispanic	1.9	22	57.9	664	18.4	211	21.8	250
White, Non-Hispanic	4.0	63	74.3	1174	12.1	191	9.7	153
Hispanic, Any Race	2.2	13	58.4	341	18.3	107	21.1	123
Other Race, Non-Hispanic	3.3	11	68.3	228	14.1	47	14.4	48
School Lunch Status								
Free school lunch	2.6	44	56.2	950	18.4	311	22.9	387
Reduced school lunch	–	–	58.6	130	18.5	41	19.8	44
Self-paid school lunch	3.8	86	74.5	1671	12.9	289	8.7	196

– 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 July 2015 and are subject to change.

If you need additional information or have questions about the data, please contact the Cambridge Public Health Department, Division of Epidemiology & Data Services at epidept@challiance.org or 617-665-3800.