



## Cambridge Youth Weight Surveillance, Grades K–8, 2014–2015

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, 2014–2015†

	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	
	%	Number	%	Number	%	Number	%	Number
<b>TOTAL (N=3154)</b>	<b>3.7</b>	<b>115</b>	<b>65.1</b>	<b>2053</b>	<b>16.9</b>	<b>532</b>	<b>14.4</b>	<b>454</b>
<b>Gender</b>								
Male	3.6	55	64.2	994	15.6	242	16.7	258
Female	3.7	60	66.0	1059	18.1	290	12.2	196
<b>Age</b>								
5	5.2	20	63.9	246	18.2	70	12.7	49
6	3.8	13	70.5	241	13.7	47	12.0	41
7	3.4	13	67.5	262	15.0	58	14.2	55
8	3.7	14	67.8	259	15.2	58	13.4	51
9	3.1	11	63.3	228	20.3	73	13.3	48
10	3.8	12	63.0	201	17.6	56	15.7	50
11	3.7	10	62.1	169	19.9	54	14.3	39
12	–	–	61.5	171	20.5	57	14.8	41
13	–	–	62.2	150	16.6	40	18.3	44
14	–	–	67.4	126	10.2	19	19.3	36
<b>Race/Ethnicity</b>								
Asian, Non-Hispanic	7.2	28	65.9	257	15.6	61	11.3	44
Black, Non-Hispanic	2.9	24	53.9	454	22.7	191	20.6	174
White, Non-Hispanic	3.6	44	75.1	920	12.8	157	8.5	104
Hispanic, Any Race	2.4	10	55.2	234	21.5	91	21.0	89
Other Race, Non-Hispanic	–	–	69.1	188	11.8	32	15.8	43
<b>School Lunch Status</b>								
Free school lunch	3.1	41	55.3	731	19.8	262	21.7	287
Reduced school lunch	–	–	59.7	92	18.2	28	20.8	32
Self-paid school lunch	4.3	72	73.3	1230	14.4	242	8.0	135

– Insufficient data (numerator less than 10).

\* Data were collected for 10<sup>th</sup> 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](mailto:epidept@challiance.org) or 617-665-3800.**