Abstract

The rate of obesity has steadily increased among adults in Alaska, according to the Alaska Behavioral Risk Factor Surveillance System data from 1991 to 2007. Similar trends have been seen among adolescents and children. The increase in overweight/obese status, especially among the youth population, has stimulated development of policies and programs aimed at impacting the problem of childhood obesity in Alaska. The Anchorage School District (ASD) implemented its School Wellness Policy in 2006. Data analysis from a purposive sample of 7222 student records in the ASD’s database from 1999 through 2010, utilizing a retrospective cohort study design, indicated there was no significant association between exposure to the School Wellness Policy and changes in Body Mass Index status. Factors such as socioeconomic status, race/ethnicity, and gender seem to be significantly associated with changes in BMI status, supporting the need for development of additional effective deterrents to childhood obesity, to supplement current ASD policies.