



# Tennessee Public Schools:

## A summary of weight status data 2018-19

Tennessee Department of Education | September 2020



## Tennessee Department of Education

Created in partnership with the

## Tennessee Department of Health

The Tennessee Public Schools Summary of Weight Status Report 2018-19

Prepared by the Tennessee Department of Health

Division of Population Health Assessment

## Introduction

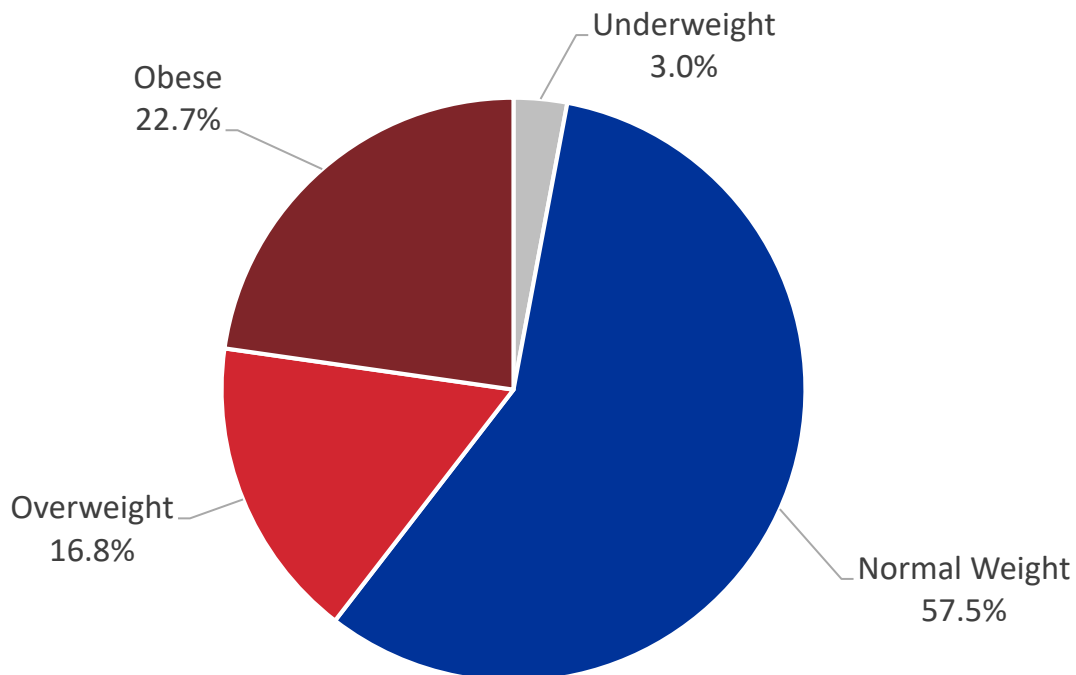
This summary presents weight status results from 314,080 assessed students enrolled in Tennessee public schools during the 2018-19 school year in grades kindergarten, 2, 4, 6, 8, and any one year of high school. This report includes measurements submitted by 141 public school districts in Tennessee ([see Appendix A](#)), and a total of 70.0 percent of the target population was assessed.

The data used in this report was collected by the Whole Child Division and Coordinated School Health (CSH) coordinators at the district level. CSH was established by the Tennessee Department of Education in February 2001 and expanded to include all districts in Tennessee in 2006. As a result, the first year that all districts collected Body Mass Index (BMI) data was the 2007-08 school year therefore, it is used as the baseline measure. The primary mission of CSH is to improve student health outcomes as well as support the connection between good health practices, academic achievement, and lifetime wellness.

BMI is calculated based on the height and weight measurements collected during screening in the current school year and is age- and gender-specific for children and teens. Please note that some counties and school districts require an active opt-in informed consent for BMI data collection, which can significantly decrease the number of students screened.

The prevalence of overweight or obese students in this report refers to the proportion of public school students found to be overweight or obese during the school year. **Overweight** is defined as having a BMI in the 85th to less than the 95th percentile for children of the same age and gender. **Obese** is defined as having a BMI in the 95th percentile or greater.

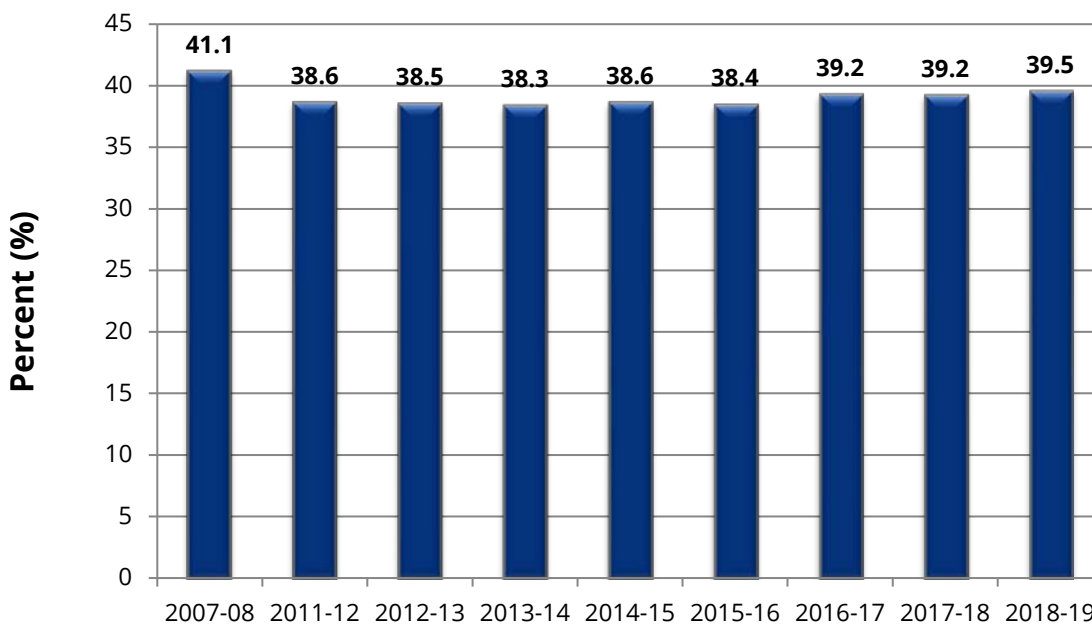
**Figure 1. Body Weight Status  
Assessed Students, Tennessee Public Schools, 2018-19**



## Key Findings

- Overall, 57.5 percent of assessed students had BMI measurements in the normal range, 16.8 percent were overweight, 22.7 percent of students were obese, and the remaining 3.0 percent were underweight ([see Figure 1](#)).
- Rural counties had a slightly higher prevalence of overweight or obese students (40.4 percent) among students who were assessed compared to those in metropolitan counties (38.0 percent).
- The prevalence of overweight or obese in assessed students increased with rising grade levels up through grade 8 (*kindergarten*: 29.6 percent; *grade 2*: 34.3 percent; *grade 4*: 41.3 percent; *grade 6*: 44.3 percent; *grade 8*: 44.4 percent; *high school*: 43.2 percent).
- The prevalence of overweight or obesity in assessed students in Tennessee public schools increased slightly between the 2011-12 and 2018-19 school years from 38.6 percent to 39.5 percent ([see Figure 2](#)).

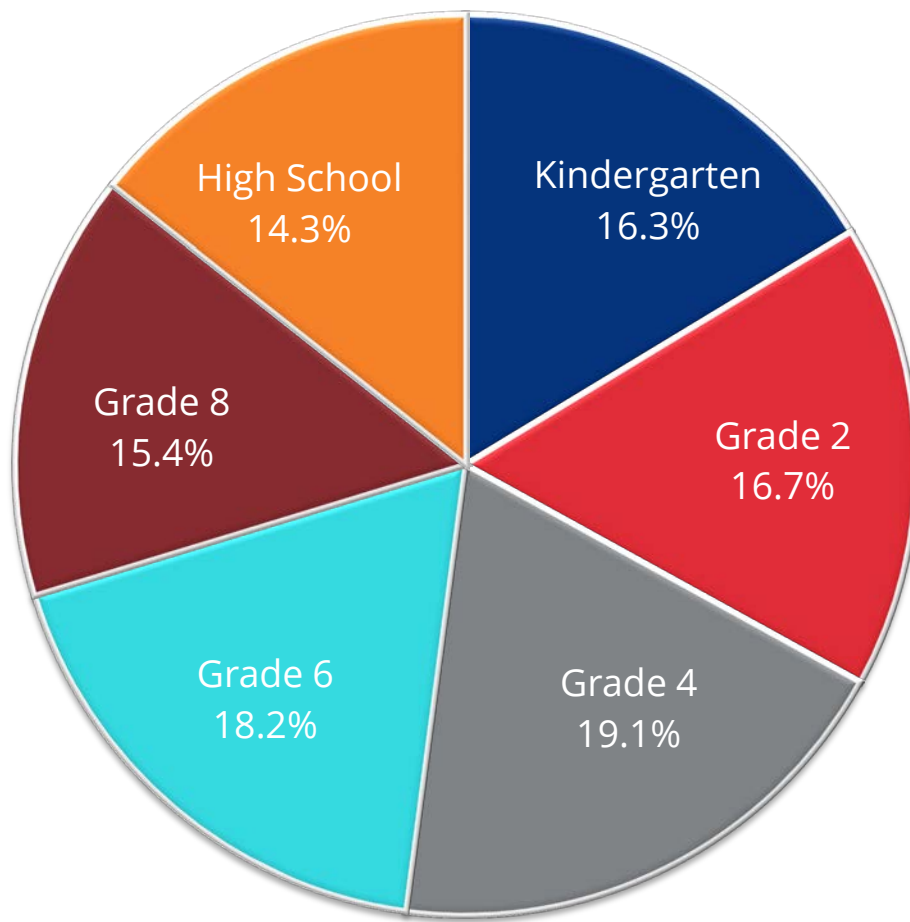
**Figure 2. Prevalence Trend of Overweight or Obesity, Assessed Students, Tennessee Public Schools, 2007-08\*, 2011-12 to 2018-19 School Year**



## Student Characteristics

An approximately equal proportion of boys (51.2 percent), and girls (48.8 percent), were assessed for the 2018-19 school year. Of those assessed - 16.3 percent were kindergarteners, 16.7 percent were 2nd graders, 19.1 percent were 4th graders, 18.2 percent were 6th graders, 15.4 percent were 8th graders, and 14.3 were high schoolers ([see Figure 3](#)).

**Figure 3. Percentage of Assessed Students by Grade Level, Tennessee Public School Students, 2018-19**

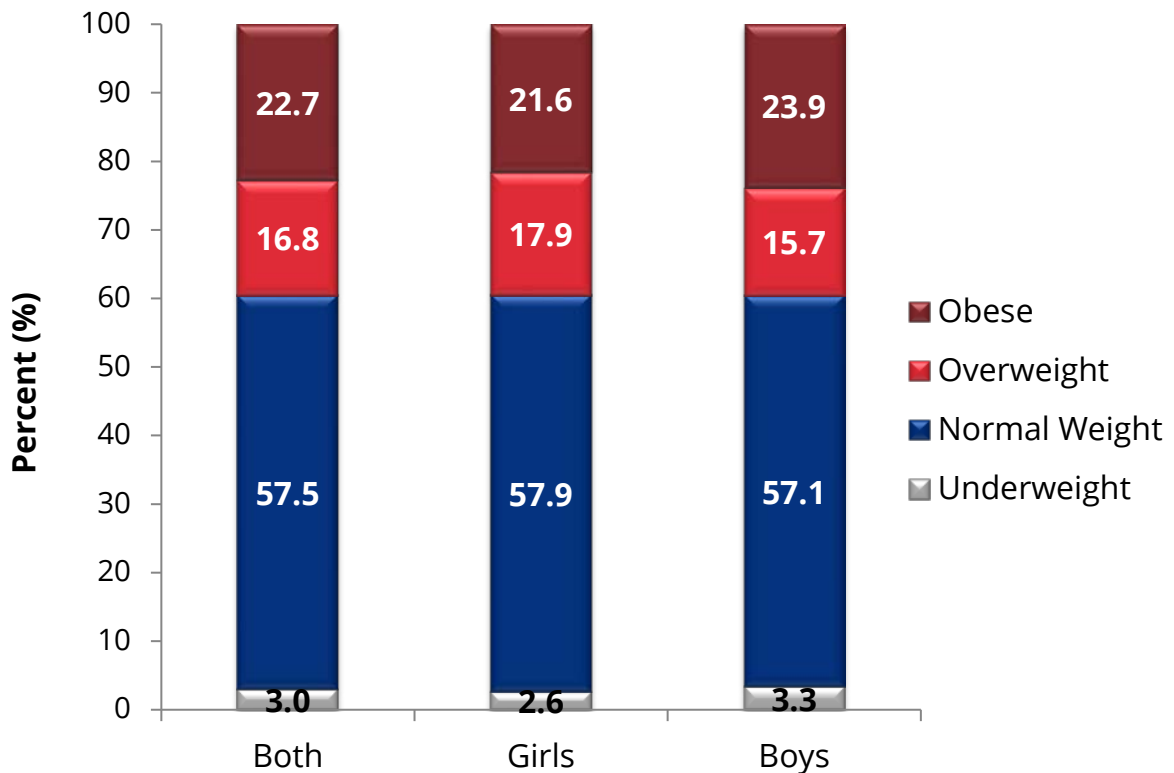


## Weight Status Distribution by Gender

Overall, the percentage of assessed girls with normal weight was similar to that of assessed boys; 57.9 percent vs. 57.1 percent, respectively ([see Figure 4](#)).

- Nearly 40 percent of all screened students were either overweight or obese.
- The overweight or obesity prevalence among assessed girls was similar to that of assessed boys; 39.5 percent vs. 39.6 percent, respectively ([see Table 2](#)).
- Boys that were assessed were more likely to be obese (23.9 percent) than girls that were assessed (21.6 percent). However, girls that were assessed were more likely to be overweight (17.9 percent) than boys (15.7 percent).

**Figure 4. Weight Status Distribution by Gender, Assessed Students, Tennessee Public Schools, 2018-19**

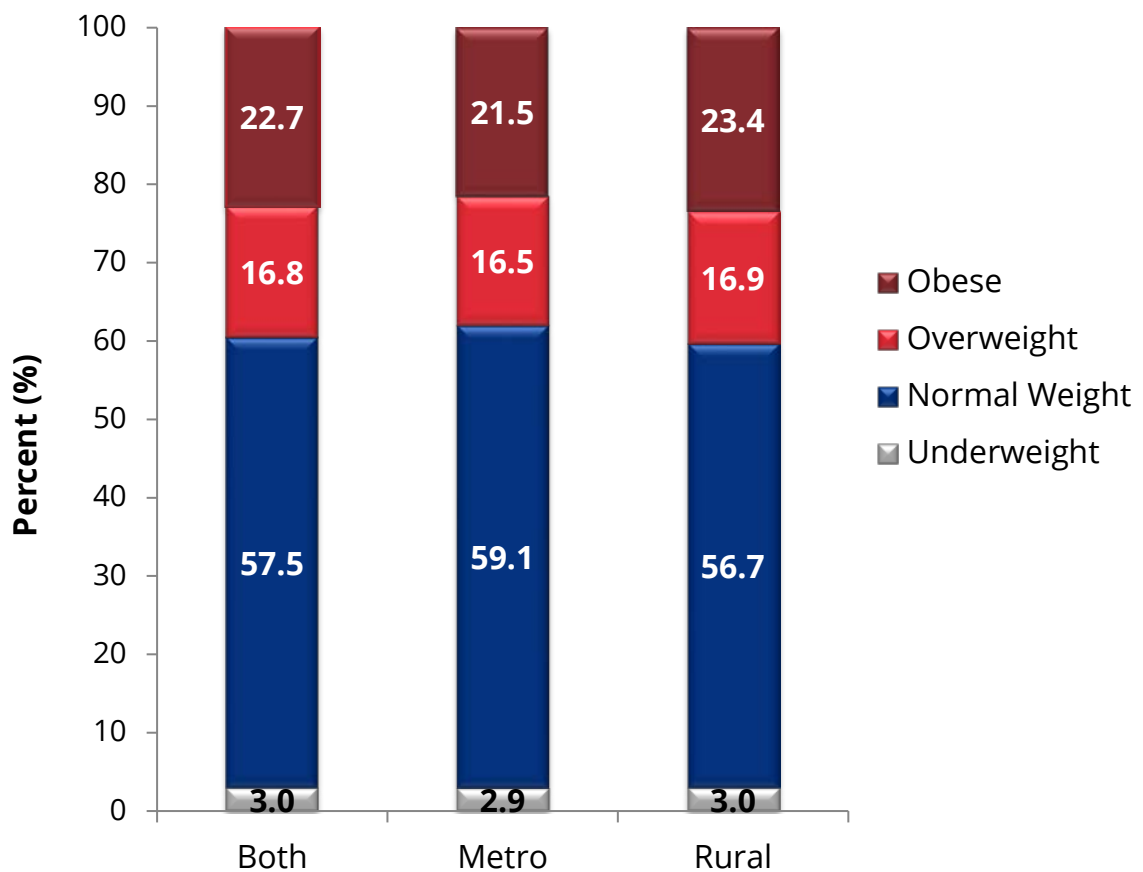


## Weight Status Distribution by Metro and Rural Counties

Most students screened (65.1 percent) were outside metropolitan counties<sup>1</sup>.

- Metropolitan county students screened were more likely to be normal weight (59.1 percent) compared to rural county students (56.7 percent) ([see Figure 5](#)).
- Rural students screened were more likely to be obese (23.4 percent) than metro students screened (21.5 percent).
- Rural students screened were slightly more likely to be overweight (16.9 percent) than metro students screened (16.5 percent).

**Figure 5. Weight Status Distribution by Metro and Rural Counties, Assessed Students, Tennessee Public Schools, 2018-19**



Coordinated School Health

Data Source: Body Mass Index Data, 2007-08 to 2018-19, Tennessee Department of Education, Nashville, Tennessee.

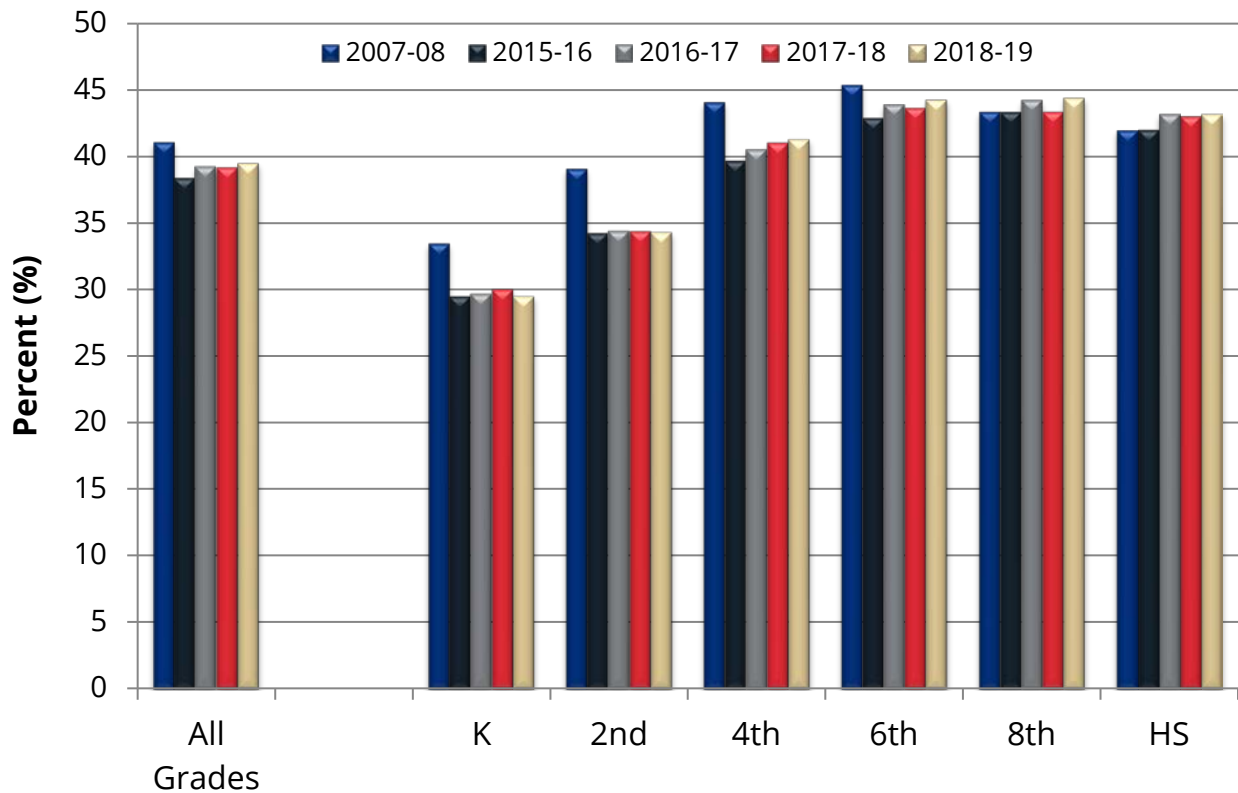
<sup>1</sup> Davidson, Hamilton, Knox, Madison, Shelby, and Sullivan are considered metropolitan counties, and the remaining 89 Tennessee counties are considered rural ([see Appendix B](#)).

## Prevalence of Overweight or Obese Students by Grade

There has been a decline in the prevalence of overweight or obesity in screened children in Tennessee public schools since the 2007-08 school year.

- The percent of overweight or obese students screened for BMI declined in kindergarten, grade 2, grade 4, and grade 6 between 2007-08 and 2018-19. However, for that same time period, both grade 8 students and high school students screened experienced an increase in overweight or obesity (see Figure 6).
- There was a slight significant increase in the overall overweight or obesity prevalence across all grades in the 2018-19 school year compared to the 2017-18 school year - 39.5 percent vs. 39.2 percent, respectively.

**Figure 6. Prevalence of Overweight or Obesity by Grade, Assessed Students, Tennessee Public Schools, 2007-08\*, 2015-16, 2016-17, 2017-18, and 2018-19**



\*CSH uses this year as the baseline measure to do comparisons for collected data.  
 Data Source: Body Mass Index Data, 2007-08 to 2018-19, Tennessee Department of Education, Nashville, Tennessee.

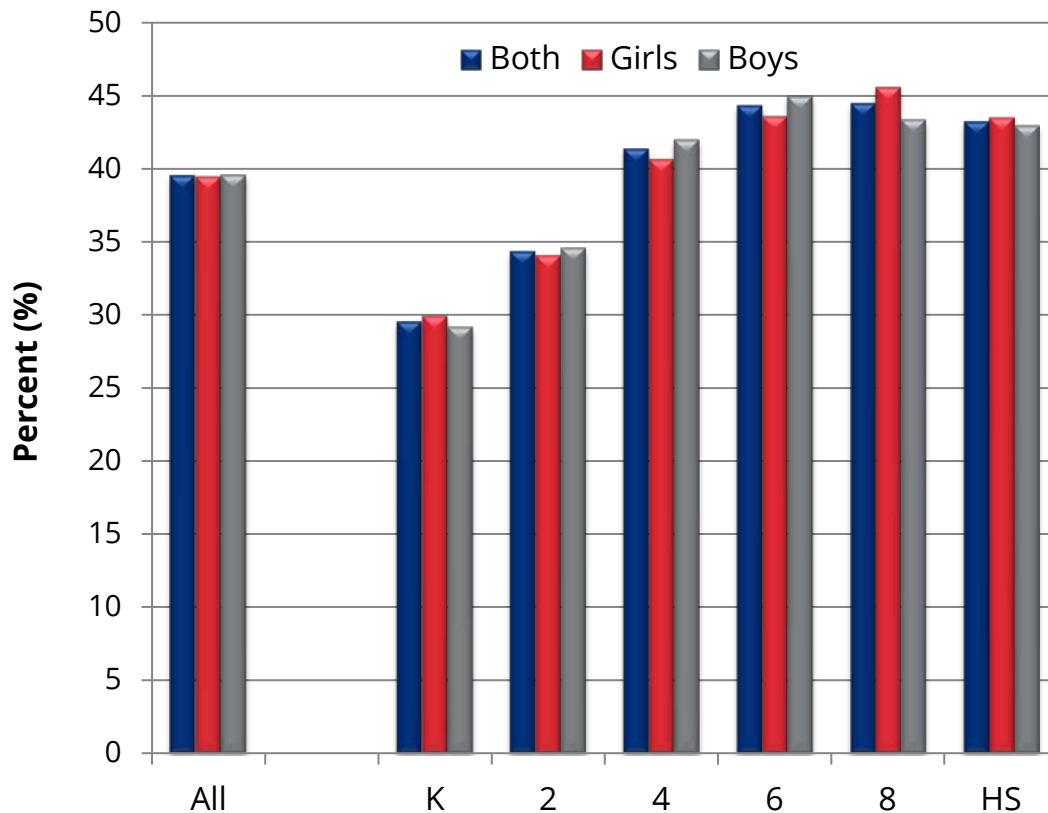


## Prevalence of Overweight or Obese Students by Gender and Grade

The percent of overweight or obese students of those screened was 40 percent or higher in grade 4, grade 6, grade 8, and high school for both girls and boys ([see Figure 7](#)).

- Boys assessed had the highest percentage of overweight or obese students in grade 6 (44.9 percent).
- Girls assessed had the highest percentage of overweight or obese students in grade 8 (45.6 percent).
- In rural areas, there was no significant difference between boys and girls in the percentage of overweight and obesity. In urban areas, girls had a slightly significantly higher percentage than boys: 38.5 vs. 37.6, respectively.

**Figure 7. Prevalence of Overweight or Obesity by Gender and Grade, Assessed Students, Tennessee Public Schools, 2018-19**



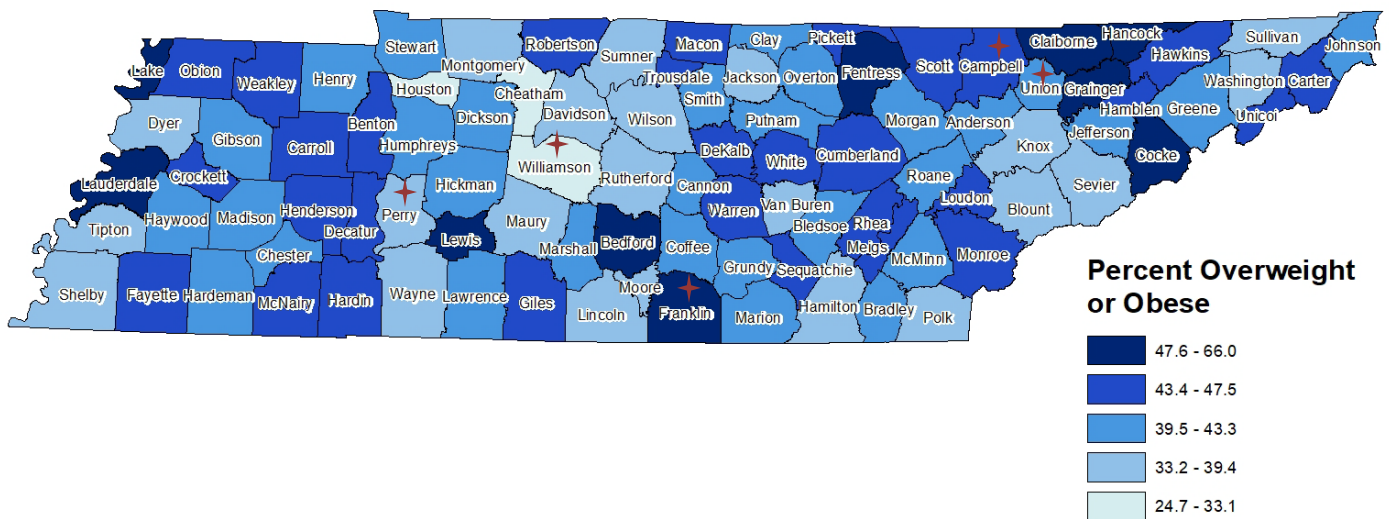
Data Source: Body Mass Index Data, 2007-08 to 2018-19, Tennessee Department of Education, Nashville, Tennessee.

## Prevalence of Overweight or Obese Students by County

Of the students screened, the prevalence of overweight or obese students varied by county, ranging from 24.7 percent (Williamson County) to 66.0 percent (Franklin County) for the 2018-19 school year (see Figure 8).

- The five counties with the highest percentage of overweight or obese students among those screened for BMI for the 2018-19 school year were Franklin\* (66.0 percent), Grainger (52.8 percent), Hancock (51.2 percent), Lewis (51.0 percent), and Lake Counties (50.3 percent) (see Table 1).
- The five counties with the lowest percentage of overweight or obese students among those screened for BMI for the 2018-19 school year were Williamson\* (24.7 percent), Cheatham (32.2 percent), Houston (32.8 percent), Montgomery (34.0 percent), and Sumner (35.8 percent).

**Figure 8. Prevalence of Overweight or Obesity by County, Assessed Students, Tennessee Public Schools, 2018-19**



Data Source: Body Mass Index Data, 2007-08 to 2018-19, Tennessee Department of Education, Nashville, Tennessee.

†/ \* Please note: Results for Franklin and Williamson (as well as Campbell, Perry and Union) Counties are based on low numbers of screening results (<50% of enrollment) and may not be representative of the school age population as a whole.

## Prevalence of Overweight or Obese Students by School District

The prevalence of overweight or obese students screened for BMI varied by school district, ranging from 21.7 percent (Germantown) to 66.0 percent (Franklin County) for the 2018-19 school year ([see Table 3](#)).

- The school districts with the highest percentage of overweight or obese students among those screened for the 2018-19 school year were Franklin County (66.0 percent), Grainger County (52.8 percent), Hancock County (51.2 percent), Lewis County (51.0 percent), and Humboldt SSD (50.9 percent).
- The five school districts with the lowest percentage of overweight or obese students among those screened for the 2018-19 school year were Germantown (21.7 percent), Williamson County<sup>2</sup> (22.0 percent), Lakeland (22.4 percent), Collierville (22.9 percent), and Franklin SSD (30.8 percent).

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<sup>2</sup> Williamson County school district data does not include Franklin Special School District and differs from county-level data.



**Table 1. Prevalence of Overweight or Obese\* Assessed Students in Tennessee Public Schools, by County, 2007-08, 2016-17, 2017-18 and 2018-19 School Years**

County	2007-08		2016-17		2017-18		2018-19		Percent of Population Assessed 2018-19
	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	
<b>Tennessee</b>	<b>41.1</b>	<b>40.9 - 41.4</b>	<b>39.2</b>	<b>39.1 - 39.4</b>	<b>39.2</b>	<b>39.0 - 39.3</b>	<b>39.5</b>	<b>39.4 - 39.7</b>	<b>70.0</b>
Anderson	42.1	40.4 - 43.8	39.7	38.2 - 41.3	39.3	37.8 - 40.8	39.5	37.8 - 41.1	62.4
Bedford	36.7	32.7 - 40.6	43.4	39.9 - 47.0	46.6	44.9 - 48.4	48.5	46.7 - 50.3	74.3
Benton	<b>No Data</b>		43.3	39.5 - 47.1	50.2	46.6 - 53.8	46.6	43.1 - 50.1	76.9
Bledsoe	41.0	37.4 - 44.7	43.1	37.8 - 48.5	41.8	37.4 - 46.1	41.5	36.8 - 46.3	54.1
Blount	39.2	38.1 - 40.4	37.8	36.7 - 39.0	38.9	37.7 - 40.0	38.5	37.4 - 39.6	87.7
Bradley	41.2	39.8 - 42.7	38.8	37.5 - 40.0	40.4	39.1 - 41.6	40.2	39.0 - 41.4	84.6
Campbell	<b>No Data</b>		45.0	42.1 - 47.9	47.5	44.1 - 50.8	45.6	42.3 - 48.9	37.2**
Cannon	38.6	35.1 - 42.1	43.5	39.9 - 47.0	44.9	41.2 - 48.6	40.3	36.7 - 43.8	82.2
Carroll	39.6	37.1 - 42.0	43.3	40.9 - 45.7	42.9	40.5 - 45.3	47.0	44.7 - 49.3	87.4
Carter	42.1	39.4 - 44.8	42.0	40.2 - 43.9	42.1	40.0 - 44.3	44.3	42.3 - 46.3	68.4
Cheatham	34.9	32.8 - 37.0	34.3	32.1 - 36.6	33.1	30.9 - 35.3	32.2	30.0 - 34.5	60.5
Chester	35.9	32.8 - 39.0	36.1	32.2 - 40.0	37.1	34.0 - 40.3	41.3	38.1 - 44.5	72.1
Claiborne	37.6	32.6 - 42.6	48.2	45.6 - 50.8	48.5	45.8 - 51.2	47.7	44.8 - 50.6	59.1
Clay	48.1	43.4 - 52.9	39.2	34.7 - 43.8	42.3	37.9 - 46.6	41.5	37.0 - 46.1	92.6
Cocke	45.2	43.1 - 47.3	48.2	46.1 - 50.2	46.2	44.0 - 48.4	48.3	46.4 - 50.2	106.0
Coffee	41.8	40.2 - 43.4	41.4	39.8 - 43.0	41.6	39.9 - 43.3	41.5	39.8 - 43.2	76.9
Crockett	40.4	37.5 - 43.3	47.9	45.1 - 50.6	44.3	41.6 - 47.1	45.6	42.6 - 48.6	80.0
Cumberland	43.8	41.9 - 45.6	44.7	42.7 - 46.6	44.6	43.0 - 46.3	46.9	45.2 - 48.6	98.5
Davidson	39.9	38.1 - 41.7	36.6	36.0 - 37.2	36.8	36.2 - 37.4	37.1	36.5 - 37.7	63.8
DeKalb	46.2	43.3 - 49.0	46.8	44.0 - 49.6	48.8	45.9 - 51.7	46.2	43.3 - 49.1	96.8
Decatur	38.9	35.0 - 42.9	47.5	43.9 - 51.2	44.9	41.2 - 48.6	45.1	41.2 - 48.9	87.7
Dickson	36.6	33.2 - 40.0	37.6	35.9 - 39.3	39.0	37.2 - 40.8	41.3	39.5 - 43.1	76.8
Dyer	43.7	41.6 - 45.9	40.5	38.7 - 42.4	41.6	39.7 - 43.6	39.0	37.1 - 40.8	88.7
Fayette	49.7	46.9 - 52.4	54.6	51.4 - 57.7	43.0	40.1 - 45.9	46.0	43.2 - 48.8	77.3
Fentress	50.1	47.0 - 53.2	49.3	46.3 - 52.2	46.8	43.7 - 49.9	49.4	46.3 - 52.6	84.6
Franklin	43.5	41.4 - 45.6	37.7	35.3 - 40.0	40.0	37.1 - 42.9	66.0	62.7 - 69.2	34.4**
Gibson	41.4	39.8 - 43.0	44.1	42.5 - 45.7	43.3	41.6 - 45.0	42.9	41.2 - 44.6	83.9
Giles	42.0	39.5 - 44.4	34.5	32.1 - 36.9	44.4	41.8 - 47.0	45.7	43.2 - 48.2	89.4
Grainger	48.3	45.8 - 50.9	50.0	47.4 - 52.5	51.7	49.1 - 54.3	52.8	50.1 - 55.5	88.6
Greene	43.4	41.4 - 45.3	42.7	41.1 - 44.3	43.8	42.1 - 45.4	42.7	41.0 - 44.3	84.3
Grundy	45.1	41.9 - 48.3	42.0	37.8 - 46.2	37.7	33.5 - 42.0	39.6	35.4 - 43.8	60.5
Hamblen	44.5	42.5 - 46.5	45.6	44.1 - 47.1	46.9	45.4 - 48.5	47.0	45.5 - 48.5	84.1
Hamilton	34.6	32.4 - 36.7	33.1	32.3 - 33.8	34.4	33.7 - 35.1	36.0	35.3 - 36.7	91.3
Hancock	51.0	46.4 - 55.6	51.4	46.7 - 56.2	48.4	43.3 - 53.5	51.2	46.2 - 56.1	81.8
Hardeman	44.2	41.2 - 47.3	46.0	43.3 - 48.7	44.2	41.3 - 47.2	42.2	38.9 - 45.5	54.8
Hardin	49.7	47.1 - 52.4	48.7	46.2 - 51.3	44.3	41.8 - 46.8	47.2	44.7 - 49.6	98.5
Hawkins	47.6	44.8 - 50.4	44.9	43.1 - 46.8	45.8	44.0 - 47.7	45.6	43.7 - 47.5	81.2
Haywood	46.0	43.3 - 48.7	44.8	42.0 - 47.7	45.1	42.2 - 48.0	42.8	39.9 - 45.7	85.6
Henderson	39.5	37.1 - 41.8	59.4	57.1 - 61.7	42.7	40.5 - 45.0	44.3	42.1 - 46.6	85.0
Henry	44.2	41.8 - 46.5	42.7	40.6 - 44.8	44.2	42.0 - 46.4	42.3	40.0 - 44.5	88.2
Hickman	43.7	41.2 - 46.1	42.8	40.2 - 45.4	42.3	39.8 - 44.9	43.0	40.2 - 45.8	80.6
Houston	48.1	43.9 - 52.3	37.4	32.1 - 42.7	37.6	33.3 - 42.0	32.8	29.0 - 36.7	97.9
Humphreys	40.1	37.3 - 42.9	42.9	39.9 - 46.0	41.9	39.0 - 44.8	39.5	36.7 - 42.3	84.0
Jackson	<b>No Data</b>		44.0	39.6 - 48.3	43.8	38.6 - 49.0	38.4	33.4 - 43.5	53.1
Jefferson	43.2	41.3 - 45.1	38.1	34.6 - 41.6	41.5	37.8 - 45.3	41.8	39.2 - 44.3	44.2
Johnson	43.3	40.0 - 46.5	43.7	40.0 - 47.3	37.6	33.7 - 41.5	41.4	37.7 - 45.1	73.9
Knox	38.6	37.1 - 40.0	30.3	29.6 - 31.0	35.7	35.0 - 36.4	37.6	36.8 - 38.3	62.4
Lake	49.0	43.9 - 54.2	48.4	43.1 - 53.7	48.9	43.6 - 54.3	50.3	42.9 - 57.6	51.3
Lauderdale	45.2	42.7 - 47.7	43.9	41.5 - 46.3	45.2	42.7 - 47.6	47.9	45.1 - 50.6	75.3
Lawrence	42.2	40.3 - 44.2	40.0	38.2 - 41.9	41.4	39.4 - 43.5	42.1	40.1 - 44.1	76.8
Lewis	<b>No Data</b>		45.2	41.4 - 49.1	46.6	42.7 - 50.4	51.0	47.2 - 54.7	87.5



**Table 1. Prevalence of Overweight or Obese\* Assessed Students in Tennessee Public Schools, by County, 2007-08, 2015-16, 2016-17 and 2017-18 School Years**

County	2007-08		2016-17		2017-18		2018-19		Percent of Population Assessed 2018-19
	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	
Lincoln	41.7	39.4 - 43.9	39.3	37.1 - 41.5	39.4	37.2 - 41.7	38.7	36.5 - 40.9	77.5
Loudon	42.4	40.5 - 44.2	43.4	41.4 - 45.4	42.2	40.2 - 44.2	43.6	41.5 - 45.6	71.9
Macon	43.8	41.4 - 46.3	42.8	40.3 - 45.2	45.3	42.8 - 47.7	45.5	43.0 - 48.0	80.8
Madison	39.7	38.0 - 41.5	41.1	39.8 - 42.5	41.0	39.6 - 42.3	42.5	41.2 - 43.9	89.6
Marion	43.3	39.8 - 46.8	44.5	42.0 - 46.9	39.2	36.7 - 41.7	42.9	40.3 - 45.5	71.0
Marshall	<b>No Data</b>		41.7	39.1 - 44.3	40.8	38.2 - 43.5	41.2	39.2 - 43.3	87.3
Maury	41.3	38.3 - 44.3	41.7	40.3 - 43.1	41.6	40.3 - 42.9	38.0	36.8 - 39.2	101.0
McMinn	44.1	42.0 - 46.2	44.0	42.2 - 45.8	42.0	40.2 - 43.8	41.5	39.7 - 43.4	82.6
McNairy	40.4	38.2 - 42.7	44.8	42.4 - 47.2	43.0	40.7 - 45.3	43.6	41.3 - 45.9	94.5
Meigs	42.8	39.2 - 46.4	48.4	44.3 - 52.5	56.0	52.1 - 60.0	44.7	41.0 - 48.4	84.9
Monroe	45.5	43.7 - 47.3	47.5	45.7 - 49.3	46.8	45.0 - 48.7	44.7	42.7 - 46.6	83.1
Montgomery	36.7	35.1 - 38.2	37.5	36.6 - 38.5	35.0	34.1 - 35.9	34.0	33.2 - 34.9	69.5
Moore	42.3	37.4 - 47.1	41.6	36.4 - 46.8	32.8	27.8 - 37.7	39.4	34.3 - 44.5	88.5
Morgan	40.9	38.1 - 43.8	39.7	36.7 - 42.7	37.8	34.6 - 41.0	40.4	37.6 - 43.3	87.9
Obion	44.5	41.7 - 47.3	46.1	43.9 - 48.3	45.2	43.0 - 47.4	43.8	41.7 - 45.9	93.5
Overton	46.7	44.0 - 49.3	43.5	40.6 - 46.3	42.6	39.2 - 45.9	41.7	38.5 - 44.9	64.9
Perry	39.5	34.7 - 44.3	29.6	24.5 - 34.6	27.9	22.3 - 33.4	37.6	29.8 - 45.4	31.2**
Pickett	46.4	40.5 - 52.3	49.3	43.7 - 55.0	49.2	43.2 - 55.3	44.2	38.5 - 49.9	93.3
Polk	41.6	38.5 - 44.7	39.8	36.7 - 42.8	42.4	39.0 - 45.8	37.6	34.3 - 41.0	80.6
Putnam	44.4	42.8 - 46.0	37.8	35.6 - 40.1	38.1	35.8 - 40.3	39.6	37.9 - 41.3	59.6
Rhea	43.1	40.7 - 45.4	40.8	38.7 - 43.0	44.3	42.1 - 46.5	44.5	42.3 - 46.7	82.3
Roane	41.4	40.1 - 42.8	38.7	36.7 - 40.7	39.3	37.3 - 41.3	41.0	38.5 - 43.4	54.1
Robertson	48.4	44.9 - 51.8	39.0	36.4 - 41.5	42.0	39.8 - 44.2	44.0	42.1 - 45.9	51.6
Rutherford	40.9	39.3 - 42.5	40.3	39.6 - 41.0	38.1	37.4 - 38.8	35.9	35.1 - 36.6	70.1
Scott	43.4	40.8 - 46.0	45.1	42.7 - 47.5	46.8	44.4 - 49.2	46.0	43.5 - 48.5	84.0
Sequatchie	39.2	35.9 - 42.5	46.2	42.8 - 49.6	39.3	35.8 - 42.8	44.2	40.9 - 47.6	80.4
Sevier	42.7	40.6 - 44.8	34.3	33.0 - 35.7	37.3	35.9 - 38.6	36.6	35.2 - 37.9	75.0
Shelby	<b>No Data</b>		38.9	38.4 - 39.4	37.6	37.1 - 38.2	39.3	38.8 - 39.8	55.6
Smith	45.2	42.6 - 47.9	42.0	39.2 - 44.8	44.1	41.3 - 46.9	42.4	39.5 - 45.3	85.6
Stewart	43.6	40.5 - 46.7	39.1	36.2 - 42.0	42.1	38.5 - 45.7	40.6	37.1 - 44.1	86.2
Sullivan	37.3	34.9 - 39.8	37.2	36.1 - 38.2	36.6	35.5 - 37.7	37.7	36.6 - 38.9	77.3
Sumner	43.8	41.7 - 45.9	37.7	36.8 - 38.6	35.8	34.9 - 36.6	35.8	35.0 - 36.7	87.0
Tipton	41.7	40.2 - 43.2	39.2	37.6 - 40.8	40.6	38.9 - 42.2	37.9	36.2 - 39.5	69.0
Trousdale	46.7	42.6 - 50.8	57.0	52.5 - 61.4	45.0	40.8 - 49.3	43.4	39.3 - 47.5	98.3
Unicoi	44.7	41.6 - 47.9	45.3	42.1 - 48.5	44.0	40.6 - 47.4	44.5	41.1 - 47.9	79.7
Union	45.2	40.4 - 49.9	39.7	36.6 - 42.8	42.3	39.3 - 45.4	40.9	37.4 - 44.3	34.6**
Van Buren	46.9	41.2 - 52.6	43.3	37.2 - 49.4	46.6	40.6 - 52.6	38.7	32.9 - 44.5	82.0
Warren	40.9	39.0 - 42.8	45.0	43.2 - 46.8	46.2	44.3 - 48.2	44.7	42.8 - 46.6	90.3
Washington	40.7	39.4 - 41.9	35.3	34.0 - 36.7	36.8	35.5 - 38.2	36.8	35.4 - 38.2	63.1
Wayne	44.3	41.2 - 47.4	44.8	41.4 - 48.1	43.3	39.9 - 46.8	37.5	33.8 - 41.1	71.0
Weakley	40.6	36.5 - 44.8	44.6	42.2 - 46.9	44.5	42.2 - 46.8	45.1	42.8 - 47.5	94.2
White	<b>No Data</b>		47.0	44.4 - 49.5	45.3	42.7 - 47.9	46.7	44.1 - 49.4	75.4
Williamson	29.1	28.3 - 29.8	23.8	22.6 - 24.9	24.4	23.3 - 25.4	24.7	23.5 - 25.9	25.9**
Wilson	40.0	38.8 - 41.1	37.3	36.2 - 38.3	36.7	35.6 - 37.7	36.5	35.5 - 37.6	81.6

\*Overweight/obese was defined as body mass index (BMI) greater than or equal to the 85th percentile for children of the same age and sex.

No data indicates data was not collected or submitted for the school year.

Data source: Body Mass Index Data, 2007-08 to 2018-19, Tennessee Department of Education, Nashville Tennessee

\*\*Results for these counties are based on a low number of screening entries (<50%) and may not be representative of the school age population as a whole.

Two counties had greater than 100% participation, mostly due to screening more than one year of high school.



**Table 2. Prevalence of Overweight or Obese\* Assessed Students in Tennessee Public Schools, by Grade, 2007-08, 2016-17, 2017-18 and 2018-19 School Years**

Grade	Gender	2007-08		2016-17		2017-18		2018-19		Change from 2007-08 to 2018-19
		Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	
All Grades	Both	41.1	40.9 - 41.4	39.2	39.1 - 39.4	39.2	39.0 - 39.3	39.5	39.4 - 39.7	Decrease
	Girls	39.6	39.3 - 39.9	39.4	39.1 - 39.6	39.2	38.9 - 39.4	39.5	39.2 - 39.7	
	Boys	42.6	42.3 - 42.9	39.1	38.8 - 39.3	39.2	38.9 - 39.4	39.6	39.3 - 39.8	Decrease
K	Both	33.5	33.0 - 34.0	29.7	29.3 - 30.1	30.0	29.6 - 30.4	29.6	29.2 - 29.9	Decrease
	Girls	33.2	32.5 - 34.0	30.2	29.6 - 30.8	30.5	29.9 - 31.1	30.0	29.4 - 30.5	Decrease
	Boys	33.7	33.0 - 34.5	29.2	28.6 - 29.7	29.6	29.0 - 30.1	29.2	28.6 - 29.7	Decrease
2nd	Both	39.1	38.6 - 39.6	34.4	34.0 - 34.8	34.4	34.0 - 34.8	34.3	33.9 - 34.7	Decrease
	Girls	37.9	37.2 - 38.7	34.3	33.7 - 34.9	34.5	33.9 - 35.1	34.1	33.5 - 34.7	Decrease
	Boys	40.2	39.4 - 40.9	34.5	33.9 - 35.0	34.3	33.7 - 34.9	34.6	34.0 - 35.1	Decrease
4th	Both	44.1	43.5 - 44.6	40.5	40.1 - 40.9	41.0	40.6 - 41.4	41.3	41.0 - 41.7	Decrease
	Girls	42.1	41.4 - 42.9	40.1	39.5 - 40.6	40.4	39.8 - 40.9	40.7	40.1 - 41.2	Decrease
	Boys	45.9	45.1 - 46.7	40.9	40.4 - 41.5	41.7	41.1 - 42.3	42.0	41.4 - 42.5	Decrease
6th	Both	45.4	44.8 - 46.0	43.9	43.4 - 44.3	43.6	43.2 - 44.1	44.3	43.9 - 44.7	Decrease
	Girls	42.9	42.1 - 43.7	43.6	43.0 - 44.2	42.6	42.0 - 43.2	43.6	43.0 - 44.2	
	Boys	47.7	46.9 - 48.5	44.1	43.5 - 44.7	44.6	44.0 - 45.2	44.9	44.4 - 45.5	Decrease
8th	Both	43.4	42.8 - 43.9	44.2	43.8 - 44.7	43.3	42.9 - 43.8	44.4	44.0 - 44.9	Increase
	Girls	42.1	41.3 - 42.9	45.6	44.9 - 46.2	44.3	43.7 - 45.0	45.6	45.0 - 46.2	Increase
	Boys	44.5	43.7 - 45.3	42.9	42.3 - 43.6	42.5	41.8 - 43.1	43.4	42.8 - 44.0	
High School	Both	42.0	41.4 - 42.6	43.2	42.7 - 43.6	43.0	42.5 - 43.4	43.2	42.7 - 43.7	Increase
	Girls	39.6	38.7 - 40.5	43.4	42.7 - 44.0	43.6	42.9 - 44.2	43.5	42.8 - 44.1	Increase
	Boys	44.2	43.4 - 45.1	42.9	42.3 - 43.6	42.4	41.8 - 43.0	42.9	42.3 - 43.0	Decrease

\*Overweight/obese was defined as body mass index (BMI) greater than or equal to the 85th percentile for children of the same age and sex.

\*\*\*"Decrease" or "Increase" indicates a statistically significant change from 2007-08 to 2018-19.

Data source: Body Mass Index Data, 2007-08 to 2018-19, Tennessee Department of Education, Nashville Tennessee



**Table 3. Prevalence of Overweight or Obese\* Assessed Students in Tennessee Public Schools, by School District 2015-16, 2016-17, 2017-18 and 2018-19 School Years**

District	2015-16			2016-17			2017-18			2018-19			Percent of Population Assessed 2018-19
	Percent overweight or obese	95% confidence interval		Percent overweight or obese	95% confidence interval		Percent overweight or obese	95% confidence interval		Percent overweight or obese	95% confidence interval		
<b>Tennessee</b>	<b>38.4</b>	<b>38.2</b>	<b>- 38.6</b>	<b>39.2</b>	<b>39.1</b>	<b>- 39.4</b>	<b>39.2</b>	<b>39.0</b>	<b>- 39.3</b>	<b>39.5</b>	<b>39.3</b>	<b>- 39.7</b>	<b>70.0</b>
Alamo	60.2	49.7	- 70.8	44.1	38.4	- 49.9	48.5	42.6	- 54.5	42.8	37.3	- 48.3	97.5
Alcoa City	37.3	34.9	- 39.7	34.3	31.2	- 37.3	36.7	32.9	- 40.5	38.3	34.1	- 42.4	55.6
Alvin York	<b>No Data</b>			53.9	46.0	- 61.9	49.6	41.1	- 58.2	44.3	35.3	- 53.4	102.7
Anderson County	42.3	40.3	- 44.3	42.9	40.9	- 45.0	43.2	41.1	- 45.2	43.1	41.0	- 45.2	76.5
Arlington Community	35.0	32.8	- 37.3	32.4	30.2	- 34.7	30.7	28.5	- 32.9	33.1	31.0	- 35.3	92.0
Athens City	39.2	35.4	- 43.0	37.5	33.9	- 41.1	33.9	30.6	- 37.2	39.6	36.0	- 43.1	86.4
Bartlett City Schools	30.8	29.3	- 32.3	32.5	30.9	- 34.0	34.2	32.7	- 35.8	33.8	32.2	- 35.4	78.6
Bedford County	40.5	38.7	- 42.2	43.4	39.9	- 47.0	46.6	44.9	- 48.4	48.5	46.7	- 50.3	74.3
Bells City	33.5	26.1	- 41.0	34.1	26.1	- 42.1	33.1	25.4	- 40.8	36.1	28.3	- 44.0	76.6
Benton County	47.6	43.9	- 51.3	43.3	39.5	- 47.1	50.2	46.6	- 53.8	46.6	43.1	- 50.1	76.9
Bledsoe County	40.5	36.5	- 44.6	43.1	37.8	- 48.5	41.8	37.4	- 46.1	41.5	36.8	- 46.3	54.1
Blount County	41.0	39.6	- 42.4	40.2	38.8	- 41.7	42.0	40.5	- 43.5	41.1	39.6	- 42.6	90.2
Bradford SSD	37.1	30.7	- 43.5	46.6	40.2	- 53.0	38.6	32.1	- 45.1	43.8	37.4	- 50.1	91.0
Bradley County	40.0	38.5	- 41.6	38.2	36.7	- 39.8	41.0	39.4	- 42.6	40.5	38.9	- 42.1	80.0
Bristol City	31.0	28.4	- 33.6	34.3	31.8	- 36.9	32.6	30.2	- 35.1	35.3	32.9	- 37.6	90.1
Campbell County	47.1	44.1	- 50.2	45.0	42.1	- 47.9	47.5	44.1	- 50.8	45.6	42.3	- 48.9	37.2**
Cannon County	40.3	36.7	- 43.9	43.5	39.9	- 47.0	44.9	41.2	- 48.6	40.3	36.7	- 43.8	82.2
Carter County	43.3	40.9	- 45.7	43.9	41.4	- 46.3	43.8	41.2	- 46.4	46.1	43.6	- 48.6	64.7
Cheatham County	35.1	32.9	- 37.3	34.3	32.1	- 36.6	33.1	30.9	- 35.3	32.2	30.0	- 34.5	60.5
Chester County	37.8	34.7	- 40.9	36.1	32.2	- 40.0	37.1	34.0	- 40.3	41.3	38.1	- 44.5	72.1
Claiborne County	46.9	44.4	- 49.5	48.2	45.6	- 50.8	48.5	45.8	- 51.2	47.7	44.8	- 50.6	59.1
Clay County	40.2	35.8	- 44.6	39.2	34.7	- 43.8	42.3	37.9	- 46.6	41.5	37.0	- 46.1	92.6
Cleveland	37.3	35.3	- 39.4	39.7	37.7	- 41.8	39.4	37.4	- 41.4	39.8	37.8	- 41.7	92.8
Clinton City	41.6	36.8	- 46.3	40.2	35.2	- 45.1	30.6	26.2	- 35.0	36.9	32.4	- 41.4	85.5
Cocke County	47.3	45.0	- 49.7	48.2	46.0	- 50.4	46.9	44.5	- 49.3	48.2	46.1	- 50.3	109.1
Coffee County	45.3	42.9	- 47.8	45.1	42.7	- 47.5	43.0	40.5	- 45.5	44.1	41.5	- 46.6	79.4
Collierville	24.2	22.5	- 25.9	25.3	23.7	- 26.9	22.5	20.9	- 24.0	22.9	21.5	- 24.2	88.0
Crockett County	50.0	46.6	- 53.4	51.4	48.0	- 54.7	45.0	41.5	- 48.4	49.3	45.3	- 53.2	74.1
Cumberland County	42.3	40.5	- 44.1	44.7	42.7	- 46.6	44.6	43.0	- 46.3	46.9	45.2	- 48.6	98.5
Davidson County	36.7	36.1	- 37.3	36.6	36.0	- 37.2	36.8	36.2	- 37.4	37.1	36.5	- 37.7	63.8
Dayton City	37.7	32.6	- 42.8	36.5	31.6	- 41.3	37.0	31.8	- 42.1	39.9	35.0	- 44.8	83.0
Decatur County	48.0	44.4	- 51.6	47.5	43.9	- 51.2	48.8	45.9	- 51.7	46.2	43.3	- 49.1	96.8
DeKalb County	45.0	42.0	- 48.0	46.8	44.0	- 49.6	44.9	41.2	- 48.6	45.1	41.2	- 48.9	87.7
Dickson County	35.2	33.5	- 36.9	37.6	35.9	- 39.3	39.0	37.2	- 40.8	41.3	39.5	- 43.1	76.8
Dyer County	40.8	38.4	- 43.2	38.9	36.5	- 41.3	42.6	40.2	- 45.0	38.4	36.0	- 40.7	91.7
Dyersburg City	42.6	39.6	- 45.5	43.0	40.0	- 45.9	39.8	36.5	- 43.0	40.0	37.0	- 43.0	84.1
Elizabethton	39.2	36.2	- 42.3	42.9	35.2	- 50.7	38.3	34.5	- 42.1	41.2	37.9	- 44.6	76.1
Etowah City	33.1	25.9	- 40.4	39.3	36.4	- 42.2	32.2	25.2	- 39.1	32.3	25.0	- 39.6	81.0
Fayette County	41.2	38.1	- 44.3	54.6	51.4	- 57.7	43.0	40.1	- 45.9	46.0	43.2	- 48.8	77.3
Fayetteville City	37.4	33.6	- 41.2	36.7	32.7	- 40.8	33.1	29.2	- 37.0	34.3	30.2	- 38.4	81.6
Fentress County	47.0	44.0	- 50.0	48.5	45.4	- 51.7	46.3	43.0	- 49.6	50.1	46.8	- 53.4	82.7
Franklin County	33.7	31.5	- 35.9	37.7	35.3	- 40.0	40.0	37.1	- 42.9	66.0	62.7	- 69.2	34.4**
Franklin SSD	30.3	27.8	- 32.8	33.2	30.7	- 35.8	35.4	33.0	- 37.8	30.8	28.5	- 33.0	84.0
Germantown	24.0	21.8	- 26.3	25.4	23.5	- 27.4	22.5	20.8	- 24.3	21.7	20.0	- 23.5	77.2
Gibson County SSD	42.7	40.3	- 45.1	41.4	39.0	- 43.7	40.1	37.4	- 42.7	38.8	36.2	- 41.4	73.6
Giles County	32.0	29.6	- 34.4	34.5	32.1	- 36.9	44.4	41.8	- 47.0	45.7	43.2	- 48.2	89.4
Grainger County	50.0	47.4	- 52.5	50.0	47.4	- 52.5	51.7	49.1	- 54.3	52.8	50.1	- 55.5	88.6
Greene County	44.9	42.9	- 46.8	43.5	41.5	- 45.5	44.9	43.0	- 46.9	43.3	41.3	- 45.3	83.3
Greeneville City	39.3	36.5	- 42.2	41.0	38.1	- 43.9	41.2	38.4	- 44.1	41.4	38.5	- 44.2	86.7
Grundy County	38.9	34.5	- 43.4	42.0	37.8	- 46.2	37.7	33.5	- 42.0	39.6	35.4	- 43.8	60.5
Hamblen County	44.7	43.1	- 46.2	45.6	44.1	- 47.1	46.9	45.4	- 48.5	47.0	45.5	- 48.5	84.1
Hamilton County	34.5	33.8	- 35.3	33.1	32.3	- 33.8	34.4	33.7	- 35.1	36.0	35.3	- 36.7	91.3
Hancock County	46.0	41.1	- 50.8	51.4	46.7	- 56.2	48.4	43.3	- 53.5	51.2	46.2	- 56.1	81.8



**Table 3. Prevalence of Overweight or Obese\* Assessed Students in Tennessee Public Schools, by School District 2015-16, 2016-17, 2017-18 and 2018-19 School Years**

District	2015-16		2016-17		2017-18		2018-19		Percent of Population Assessed 2018-19
	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	
Hardeman County	43.2	40.2 - 46.3	46.0	43.3 - 48.7	44.2	41.3 - 47.2	42.2	38.9 - 45.5	54.8
Hardin County	40.9	38.1 - 43.7	48.7	46.2 - 51.3	44.3	41.8 - 46.8	47.2	44.7 - 49.6	98.5
Hawkins County	45.7	43.7 - 47.6	44.6	42.6 - 46.6	45.6	43.6 - 47.6	46.0	44.0 - 48.1	81.9
Haywood County	42.3	39.5 - 45.0	44.8	42.0 - 47.7	45.1	42.2 - 48.0	42.8	39.9 - 45.7	85.6
Henderson County	44.6	42.0 - 47.3	64.3	61.8 - 66.9	43.8	41.2 - 46.4	44.8	42.2 - 47.4	82.0
Henry County	41.5	38.2 - 44.8	41.5	38.8 - 44.2	44.4	41.6 - 47.3	42.6	39.8 - 45.4	97.9
Hickman County	46.1	43.1 - 49.1	42.8	40.2 - 45.4	42.3	39.8 - 44.9	43.0	40.2 - 45.8	80.6
Hollow Rock-Bruceton	23.8	18.3 - 29.3	43.4	36.1 - 50.8	38.7	32.5 - 45.0	45.9	39.2 - 52.7	67.6
Houston County	42.2	37.5 - 46.9	37.4	32.1 - 42.7	37.6	33.3 - 42.0	32.8	29.0 - 36.7	97.9
Humboldt City	46.5	42.1 - 51.0	51.1	46.7 - 55.5	49.0	44.4 - 53.6	50.9	46.3 - 55.5	87.8
Humphreys County	44.0	41.0 - 47.0	42.9	39.9 - 46.0	41.9	39.0 - 44.8	39.5	36.7 - 42.3	84.0
Huntingdon SSD	47.3	42.8 - 51.9	43.1	38.7 - 47.4	44.9	40.7 - 49.1	41.5	37.4 - 45.7	89.6
Jackson County	43.7	39.2 - 48.3	44.0	39.6 - 48.3	43.8	38.6 - 49.0	38.4	33.4 - 43.5	53.1
Jefferson County	40.2	36.8 - 43.6	38.1	34.6 - 41.6	41.5	37.8 - 45.3	41.8	39.2 - 44.3	44.2**
Johnson City	34.3	32.3 - 36.2	43.7	40.0 - 47.3	36.2	34.4 - 37.9	36.3	34.5 - 38.1	74.9
Johnson County	43.2	39.4 - 46.9	34.5	32.6 - 36.4	37.6	33.7 - 41.5	41.4	37.7 - 45.1	73.9
Kingsport City	35.9	34.2 - 37.7	35.3	33.6 - 37.0	34.0	32.3 - 35.7	33.7	31.8 - 35.6	68.8
Knox County	32.9	32.2 - 33.6	30.3	29.6 - 31.0	35.7	35.0 - 36.4	37.6	36.8 - 38.3	62.4
Lake County	52.8	47.6 - 58.0	48.4	43.1 - 53.7	48.9	43.6 - 54.3	50.3	42.9 - 57.6	51.3
Lakeland	15.6	12.1 - 19.1	20.1	16.3 - 23.9	25.0	21.7 - 28.3	22.4	19.3 - 25.4	76.8
Lauderdale County	49.5	47.1 - 51.9	43.9	41.5 - 46.3	45.2	42.7 - 47.6	47.9	45.1 - 50.6	75.3
Lawrence County	40.8	39.0 - 42.7	40.0	38.2 - 41.9	41.4	39.4 - 43.5	42.1	40.1 - 44.1	76.8
Lebanon SSD	40.2	37.6 - 42.8	48.0	45.2 - 50.9	43.0	40.3 - 45.7	43.9	41.3 - 46.6	66.3
Lenoir City	45.5	41.1 - 49.8	46.5	42.4 - 50.6	46.3	41.7 - 50.9	48.2	43.2 - 53.2	41.1**
Lewis County	46.6	43.0 - 50.3	45.2	41.4 - 49.1	46.6	42.7 - 50.4	51.0	47.2 - 54.7	87.5
Lexington City	47.1	42.5 - 51.7	44.6	40.0 - 49.3	39.5	35.0 - 44.0	42.9	38.2 - 47.6	96.3
Lincoln County	40.8	38.1 - 43.5	40.4	37.7 - 43.0	42.3	39.5 - 45.0	40.4	37.8 - 43.1	76.0
Loudon County	40.8	38.6 - 43.0	42.4	40.1 - 44.7	41.2	39.0 - 43.4	42.6	40.4 - 44.8	84.6
Macon County	50.1	47.7 - 52.5	42.8	40.3 - 45.2	45.3	42.8 - 47.7	45.5	43.0 - 48.0	80.8
Madison County	41.8	40.4 - 43.2	41.1	39.8 - 42.5	41.0	39.6 - 42.3	42.5	41.2 - 43.9	89.6
Manchester City	39.7	36.0 - 43.4	37.4	33.4 - 41.3	42.8	38.2 - 47.5	37.5	32.6 - 42.4	50.9
Marion County	41.0	38.4 - 43.5	44.3	41.8 - 46.8	38.8	36.2 - 41.4	42.3	39.7 - 45.0	70.0
Marshall County	40.0	37.4 - 42.6	41.7	39.1 - 44.3	40.8	38.2 - 43.5	41.2	39.2 - 43.3	87.3
Maryville City	34.9	33.0 - 36.9	32.7	30.3 - 35.1	33.7	31.8 - 35.7	33.7	31.7 - 35.6	95.5
Mauzy County	41.7	40.2 - 43.1	41.7	40.3 - 43.1	41.6	40.3 - 42.9	38.0	36.8 - 39.2	101.0
McKenzie SSD	46.3	42.2 - 50.4	40.1	35.8 - 44.4	38.9	34.4 - 43.5	50.8	46.4 - 55.2	87.7
McMinn County	46.7	44.5 - 48.9	46.4	44.2 - 48.5	46.1	43.9 - 48.3	43.1	40.8 - 45.3	81.4
McNairy County	44.3	42.0 - 46.6	44.8	42.4 - 47.2	43.0	40.7 - 45.3	43.6	41.3 - 45.9	94.5
Meigs County	45.3	41.5 - 49.0	48.4	44.3 - 52.5	56.0	52.1 - 60.0	44.7	41.0 - 48.4	84.9
Milan SSD	42.1	38.7 - 45.5	41.3	38.0 - 44.7	43.7	40.3 - 47.0	43.2	39.9 - 46.6	96.8
Millington	38.2	33.0 - 43.3	35.8	32.5 - 39.1	45.7	41.2 - 50.1	44.0	40.7 - 47.3	77.7
Monroe County	51.0	48.0 - 54.0	48.2	46.1 - 50.2	48.0	45.9 - 50.2	45.2	43.0 - 47.4	87.0
Montgomery County	33.3	32.3 - 34.3	37.5	36.6 - 38.5	35.0	34.1 - 35.9	34.0	33.2 - 34.9	69.5
Moore County	36.2	31.2 - 41.3	41.6	36.4 - 46.8	32.8	27.8 - 37.7	39.4	34.3 - 44.5	88.5
Morgan County	40.4	37.5 - 43.3	39.7	36.7 - 42.7	37.8	34.6 - 41.0	40.4	37.6 - 43.3	87.9
Murfreesboro City	35.8	34.2 - 37.4	35.7	34.1 - 37.3	36.4	34.7 - 38.1	35.8	34.2 - 37.3	81.2
Newport City	46.6	41.5 - 51.7	47.9	42.9 - 52.9	42.9	37.6 - 48.1	48.8	43.7 - 53.9	90.6
Oak Ridge City	30.8	27.9 - 33.8	33.9	31.3 - 36.5	35.5	32.9 - 38.1	30.9	27.7 - 34.2	37.4**
Obion County	45.3	42.8 - 47.9	47.6	45.0 - 50.3	46.6	43.9 - 49.3	45.3	42.7 - 47.9	95.0
Oneida SSD	45.7	41.3 - 50.1	42.0	37.8 - 46.1	42.7	38.6 - 46.7	43.5	39.2 - 47.8	95.7
Overton County	44.5	41.5 - 47.4	43.5	40.6 - 46.3	42.6	39.2 - 45.9	41.7	38.5 - 44.9	64.9
Paris SSD	44.4	40.6 - 48.2	44.7	41.2 - 48.2	43.8	40.2 - 47.3	41.6	37.8 - 45.4	74.5
Perry County	40.3	35.5 - 45.1	29.6	24.5 - 34.6	27.9	22.3 - 33.4	37.6	29.8 - 45.4	31.2**
Pickett County	55.5	49.7 - 61.3	49.3	43.7 - 55.0	49.2	43.2 - 55.3	44.2	38.5 - 49.9	93.3





**Table 3. Prevalence of Overweight or Obese\* Assessed Students in Tennessee Public Schools, by School District 2015-16, 2016-17, 2017-18 and 2018-19 School Years**

District	2015-16		2016-17		2017-18		2018-19		Percent of Population Assessed 2018-19
	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	Percent overweight or obese	95% confidence interval	
Polk County	39.9	36.9 - 42.9	39.8	36.7 - 42.8	42.4	39.0 - 45.8	37.6	34.3 - 41.0	80.6
Putnam County	37.4	35.3 - 39.5	37.8	35.6 - 40.1	38.1	35.8 - 40.3	39.6	37.9 - 41.3	59.6
Rhea County	44.6	42.2 - 47.0	41.8	39.4 - 44.2	45.8	43.4 - 48.3	45.6	43.1 - 48.1	82.1
Richard City	38.2	29.6 - 46.8	47.2	36.8 - 57.6	44.6	34.4 - 54.7	50.5	40.5 - 60.6	88.0
Roane County	41.5	39.5 - 43.5	38.7	36.7 - 40.7	39.3	37.3 - 41.3	41.0	38.5 - 43.4	54.1
Robertson County	40.5	38.5 - 42.6	39.0	36.4 - 41.5	42.0	39.8 - 44.2	44.0	42.1 - 45.9	51.6
Rogersville City	46.6	40.9 - 52.3	47.8	42.2 - 53.5	47.5	42.1 - 52.8	41.5	35.6 - 47.4	75.7
Rutherford County	42.8	41.7 - 44.0	41.3	40.6 - 42.1	38.5	37.7 - 39.2	35.9	35.1 - 36.7	67.6
Scott County	46.0	43.2 - 48.9	46.7	43.7 - 49.7	48.9	46.0 - 51.9	47.2	44.2 - 50.3	79.1
Sequatchie County	44.5	41.3 - 47.8	46.2	42.8 - 49.6	39.3	35.8 - 42.8	44.2	40.9 - 47.6	80.4
Sevier County	35.9	34.4 - 37.4	34.3	33.0 - 35.7	37.3	35.9 - 38.6	36.6	35.2 - 37.9	75.0
Shelby County	35.8	35.3 - 36.3	43.5	42.9 - 44.1	43.4	42.6 - 44.1	45.1	44.4 - 45.7	47.4**
Smith County	43.2	40.5 - 45.9	42.0	39.2 - 44.8	44.1	41.3 - 46.9	42.4	39.5 - 45.3	85.6
South Carroll Co SSD	39.6	31.7 - 47.5	44.9	35.1 - 54.7	51.1	42.6 - 59.6	48.1	40.2 - 55.9	96.9
Stewart County	37.8	34.6 - 40.9	39.1	36.2 - 42.0	42.1	38.5 - 45.7	40.6	37.1 - 44.1	86.2
Sullivan County	41.4	39.6 - 43.1	39.9	38.3 - 41.6	40.4	38.8 - 42.0	41.8	40.1 - 43.5	79.0
Sumner County	37.0	36.1 - 37.9	37.7	36.8 - 38.6	35.8	34.9 - 36.6	35.8	35.0 - 36.7	87.0
Sweetwater City	42.1	38.4 - 45.8	45.2	41.5 - 48.9	43.4	39.7 - 47.0	42.8	38.8 - 46.7	72.5
Tipton County	39.6	37.9 - 41.2	39.2	37.6 - 40.8	40.6	38.9 - 42.2	37.9	36.2 - 39.5	69.0
Trenton SSD	48.6	44.5 - 52.7	48.8	44.8 - 52.8	47.5	43.4 - 51.7	45.5	41.3 - 49.7	90.5
Trousdale County	51.7	47.3 - 56.1	57.0	52.5 - 61.4	45.0	40.8 - 49.3	43.4	39.3 - 47.5	98.3
Tullahoma City	35.4	32.8 - 37.9	38.3	35.7 - 41.0	39.6	36.9 - 42.2	39.8	37.2 - 42.4	86.1
Unicoi County	46.7	43.2 - 50.3	45.3	42.1 - 48.5	44.0	40.6 - 47.4	44.5	41.1 - 47.9	79.7
Union City	45.1	41.3 - 48.8	43.0	39.2 - 46.8	42.5	38.7 - 46.3	40.8	37.2 - 44.5	90.6
Union County	46.2	43.0 - 49.4	39.7	36.6 - 42.8	42.3	39.3 - 45.4	40.9	37.4 - 44.3	34.6**
Van Buren County	47.0	41.2 - 52.8	43.3	37.2 - 49.4	46.6	40.6 - 52.6	38.7	32.9 - 44.5	82.0
Warren County	44.4	42.6 - 46.3	45.0	43.2 - 46.8	46.2	44.3 - 48.2	44.7	42.8 - 46.6	90.3
Washington County	38.3	36.4 - 40.3	36.3	34.3 - 38.2	37.9	35.7 - 40.1	37.6	35.4 - 39.7	51.4
Wayne County	44.2	40.8 - 47.6	44.8	41.4 - 48.1	43.3	39.9 - 46.8	37.5	33.8 - 41.1	71.0
Weakley County	46.9	44.6 - 49.3	44.6	42.2 - 46.9	44.5	42.2 - 46.8	45.1	42.8 - 47.5	94.2
West Carroll Co SSD	50.7	45.5 - 55.9	47.5	42.4 - 52.7	44.7	38.9 - 50.5	50.0	44.9 - 55.1	95.4
White County	46.0	43.4 - 48.5	47.0	44.4 - 49.5	45.3	42.7 - 47.9	46.7	44.1 - 49.4	75.4
Williamson County	19.2	18.1 - 20.3	20.6	19.4 - 21.9	20.9	19.8 - 22.1	22.0	20.6 - 23.3	19.7**
Wilson County	36.2	35.1 - 37.3	35.4	34.3 - 36.5	35.5	34.4 - 36.6	35.1	34.0 - 36.2	85.4

\*Overweight/obese was defined as body mass index (BMI) greater than or equal to the 85th percentile for children of the same age and sex.

No data indicates data was not collected or submitted for the school year.

Data source: Body Mass Index Data, 2007-08 to 2018-19, Tennessee Department of Education, Nashville Tennessee

\*\*Results for these districts are based on a low number of screening entries (<50%) and may not be representative of the school age population as a whole.

Three districts had greater than 100% participation, mostly due to screening more than one year of high school.

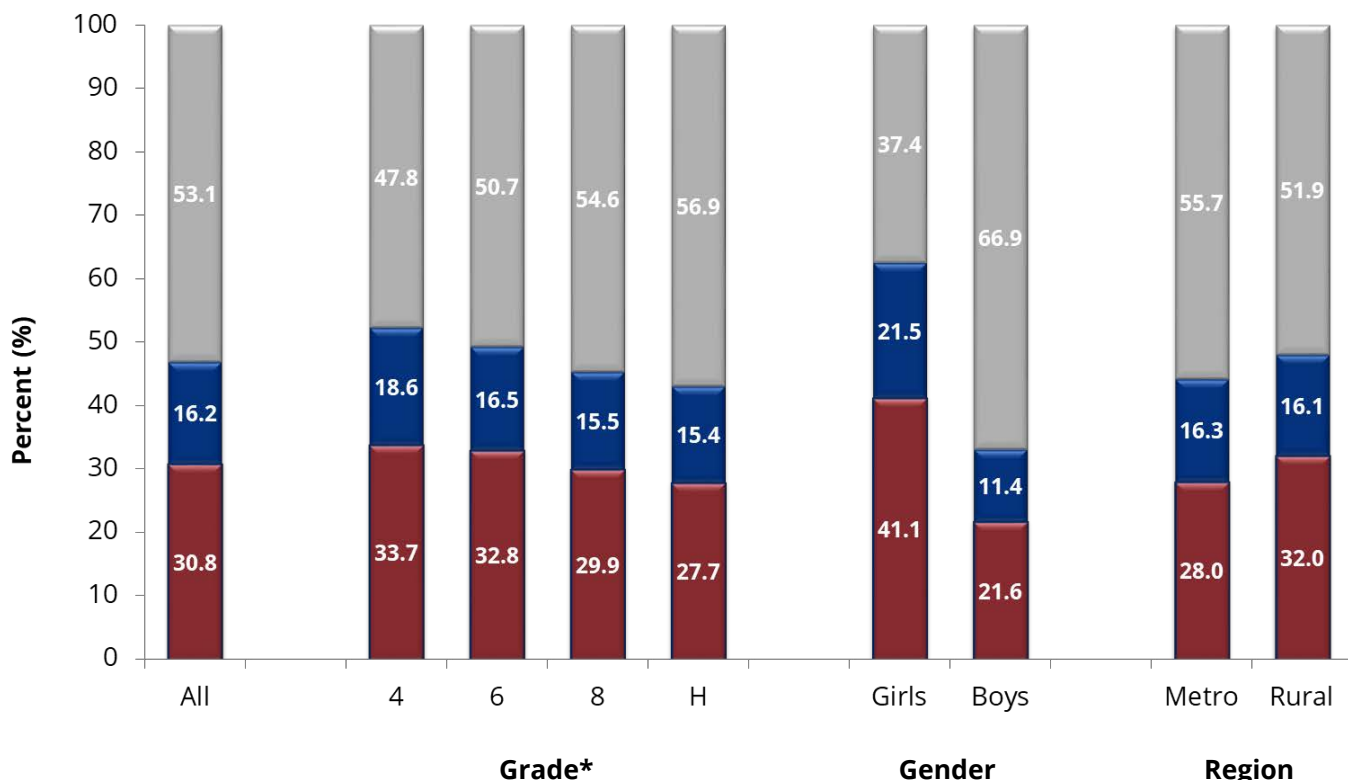
## Supplement – PACER Data Analysis

The Progressive Aerobic Cardiovascular Endurance Run (or PACER) is a fitness test designed to estimate a child’s aerobic capacity or VO<sub>2</sub> max. The test involves running continuously between points that are either 20 or 15 meters apart, with less time to get from point to point as each minute passes. The number of laps a student completes, combined with their age, gender, height, and weight determines which of three fitness zones they fall into – Healthy Fitness Zone, Needs Improvement, or Needs Improvement–Health Risk (see Figure 9).

Approximately 32.2% of the target population, children in grades 4, 6, 8, and any one year of high school, were assessed.

- For the 2018-19 school year, the percentage of students falling into the Healthy Fitness Zone increased by grade level from 47.8 percent in grade 4\* up to 56.9 percent in High School.
- Boys were much more likely than girls to be in the Healthy Fitness Zone – 66.9 vs. 37.4 percent, respectively.
- Children in metro areas were slightly more likely to be in the Healthy Fitness Zone than children in rural areas – 55.7 vs. 51.9 percent, respectively.

**Figure 9. Fitness Zone by Grade Level, Gender and Region, Assessed Students, Tennessee Public Schools, 2018-19**



Coordinated School Health

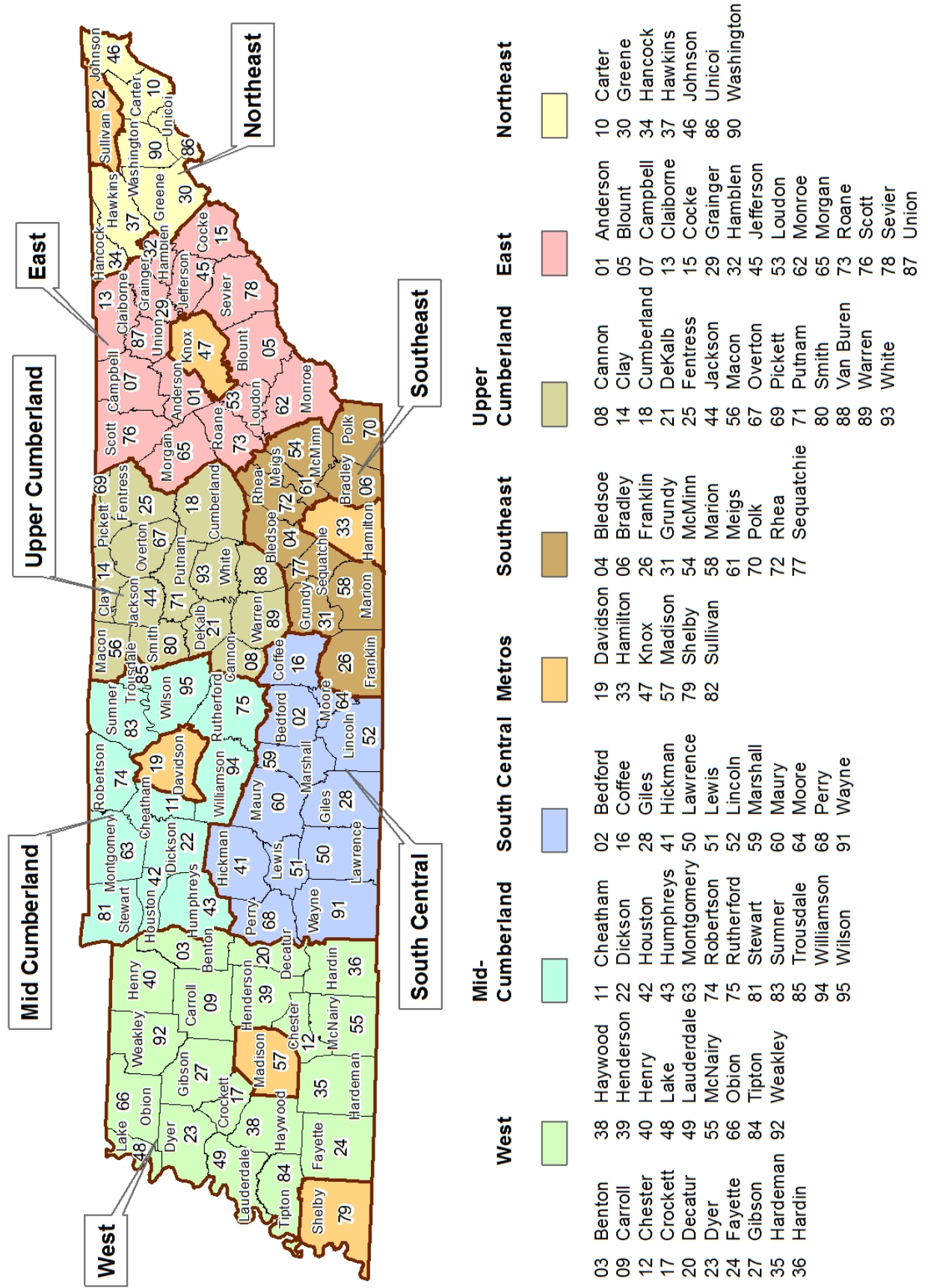
■ Needs Improvement - Health Risk   ■ Needs Improvement   ■ Healthy Fitness Zone

\*Kindergarteners and Grade 2 were not included in the analysis  
 Data Source: Body Mass Index Data, 2018-19, Tennessee Department of Education, Nashville, Tennessee.



**Appendix B**

**Tennessee Counties and Health Department Regions**



## Acknowledgements and Citations

The following agencies collaborated to compile this summary:

- [Tennessee Department of Education, Coordinated School Health](#)
- [Tennessee Department of Health, Division of Population Health Assessment](#)

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