

Tennessee Public Schools:

A Summary of Student Body Mass Index Data

2019-20

Tennessee Department of Health | November 2021

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The Tennessee Public Schools Summary of Weight Status Report 2019-20

Prepared by the Tennessee Department of Health

Division of Population Health Assessment

Introduction

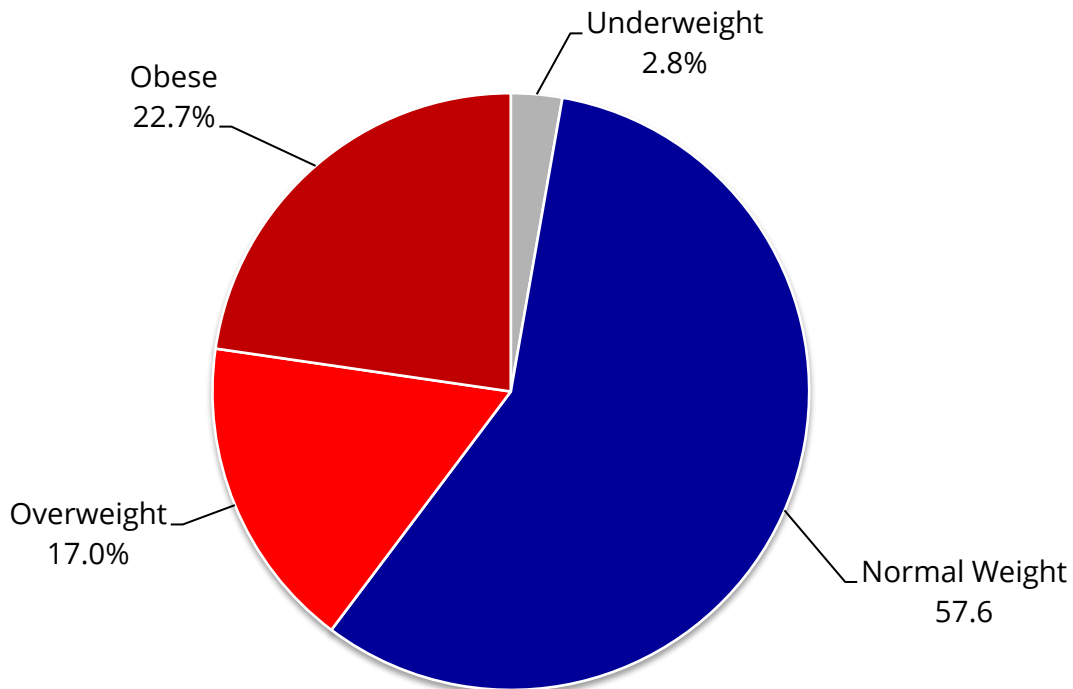
This summary presents weight status results from 283,532 assessed students enrolled in Tennessee public schools during the 2019-20 school year in grades kindergarten, 2, 4, 6, 8, and any one year of high school. This report includes measurements submitted by 137 public school districts in Tennessee ([see Appendix A](#)) and a total of 62.2 percent of the target population was assessed.

The data used in this report was collected by Coordinated School Health (CSH) coordinators, school nurses and Physical Education teachers. 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. 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, 2019-20**

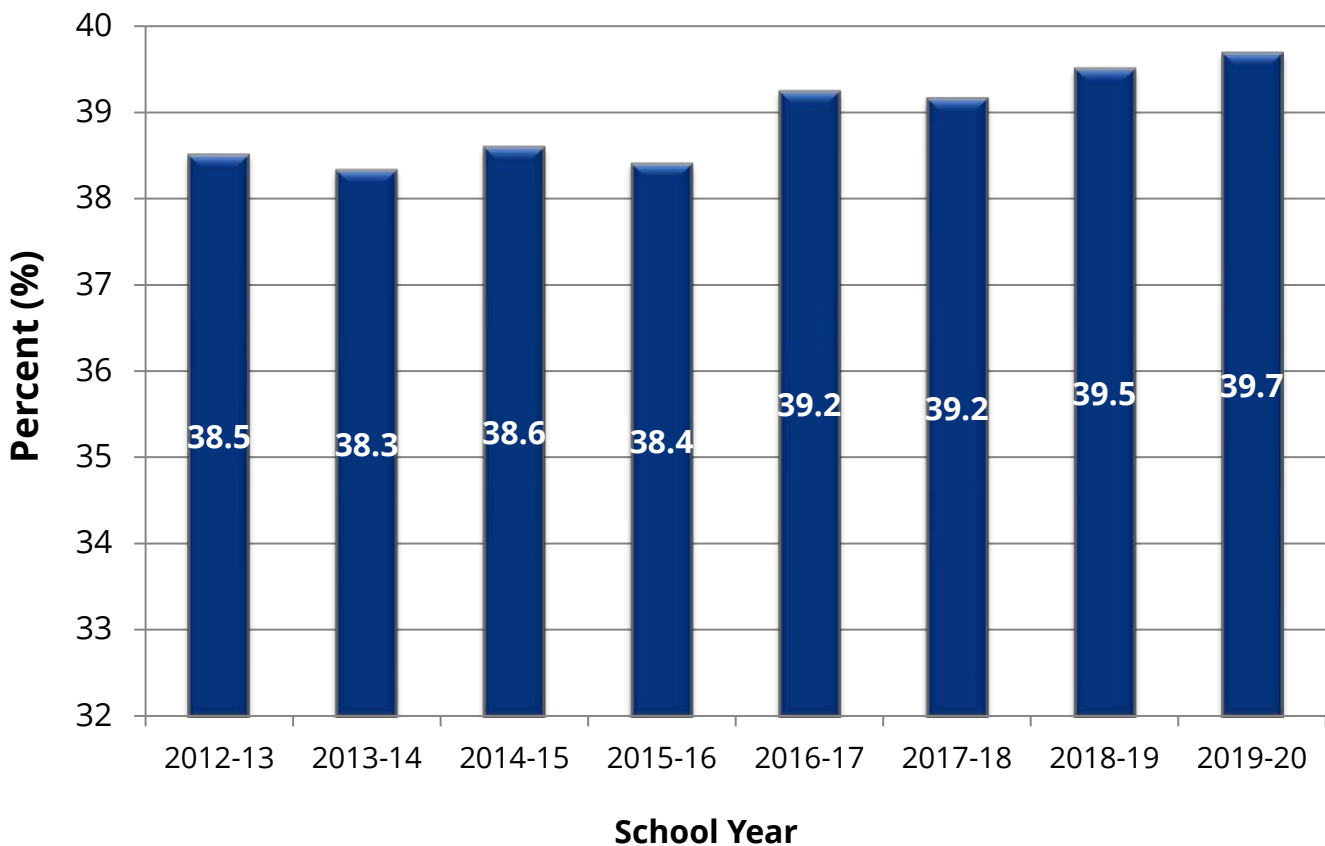


Data Source: Body Mass Index Data, 2007-08 to 2019-20, Tennessee Department of Education, Nashville, Tennessee.

Key Findings

- Overall, 57.6 percent of assessed students had BMI measurements in the normal range, 17.0 percent were overweight, 22.7 percent of students were obese, and the remaining 2.8 percent were underweight ([see Figure 1](#)).
- Rural counties had a slightly higher prevalence of overweight or obese students (40.5 percent) among students who were assessed compared to those in metropolitan counties (38.0 percent) (statistically significant).
- The prevalence of assessed students who were classified as overweight or obese increased significantly with rising grade levels up through grade 6 (*kindergarten*: 30.7 percent; *grade 2*: 35.3 percent; *grade 4*: 41.6 percent; *grade 6*: 45.0 percent; *grade 8*: 44.7 percent; *high school*: 42.6 percent).
- The prevalence of assessed students who were classified as overweight or obese in Tennessee public schools has increased slightly between the 2012-13 and 2019-20 school years from 38.5 percent to 39.7 percent (statistically significant) ([see Figure 2](#)).

Figure 2. Prevalence Trend of Overweight or Obesity, Assessed Students, Tennessee Public Schools, 2012-13 to 2018-19 School Year

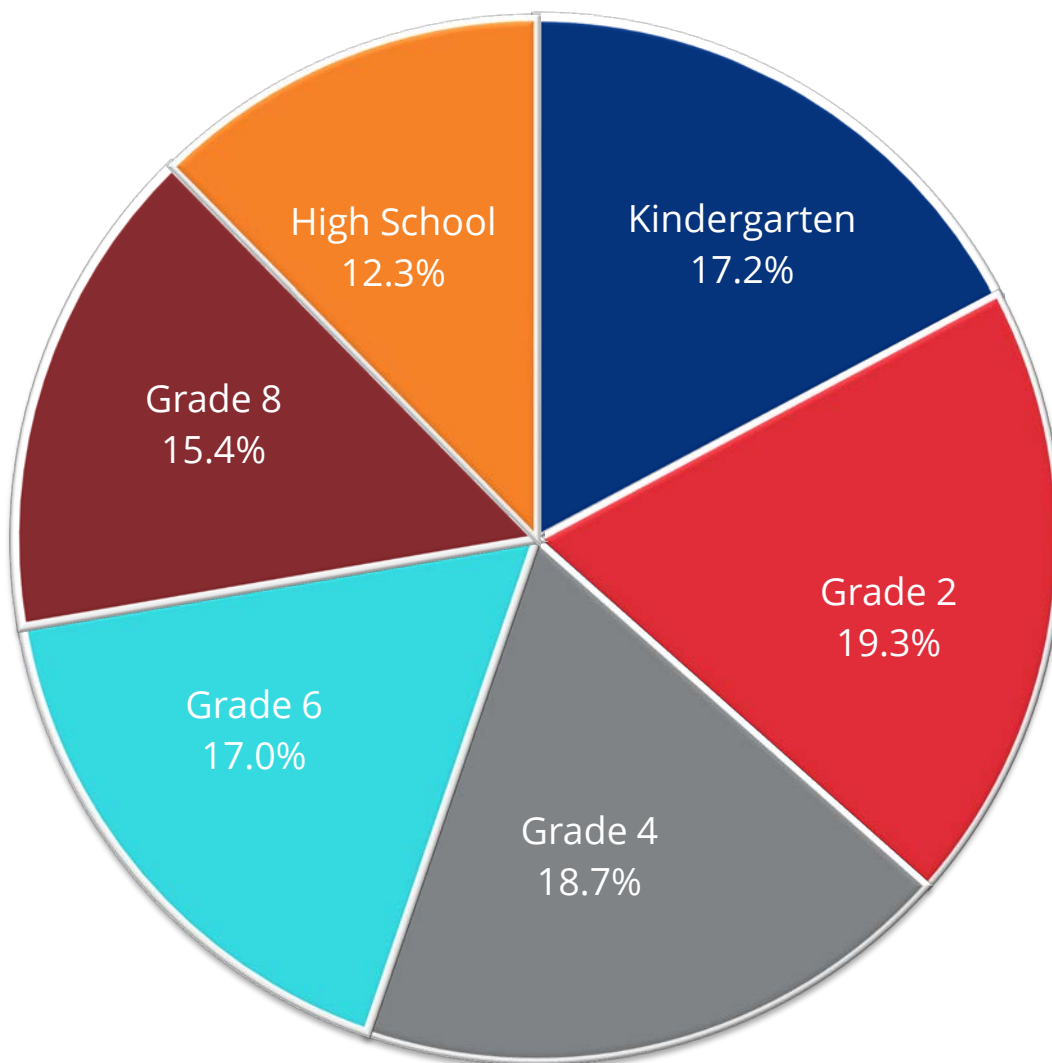


Data Source: Body Mass Index Data, 2007-08 to 2019-20, Tennessee Department of Education, Nashville, Tennessee.

Student Characteristics

An approximately equal proportion of boys (51.5 percent), and girls (48.5 percent), were assessed for the 2019-20 school year. Of those assessed – 17.2 percent were kindergarteners, 19.3 percent were 2nd graders, 18.7 percent were 4th graders, 17.0 percent were 6th graders, 15.4 percent were 8th graders, and 12.3 were high schoolers (see [Figure 3](#)).

Figure 3. Percentage of Assessed Students by Grade Level, Tennessee Public School Students, 2019-20

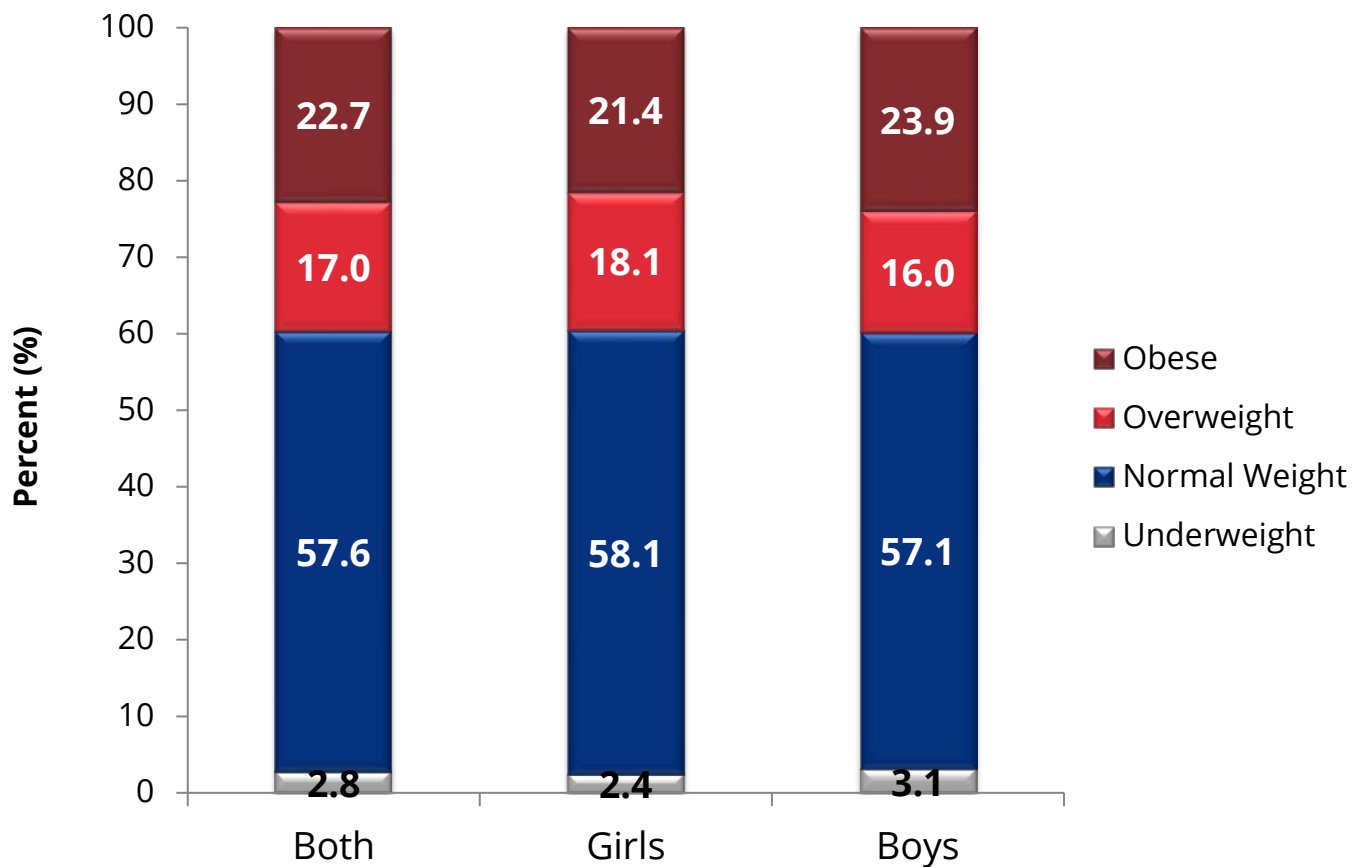


Data Source: Body Mass Index Data, 2007-08 to 2019-20, Tennessee Department of Education, Nashville, Tennessee.

Weight Status Distribution by Gender

- Overall, the percentage of assessed girls with normal weight was similar to that of assessed boys; 58.1 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. 39.8 percent, respectively ([see Table 2](#)).
- Boys who were assessed were more likely to be obese (23.9 percent) than girls who were assessed (21.4 percent) (statistically significant). However, girls who were assessed were more likely to be overweight (18.1 percent) than boys (16.0 percent) (statistically significant).

Figure 4. Weight Status Distribution by Gender, Assessed Students, Tennessee Public Schools, 2019-20



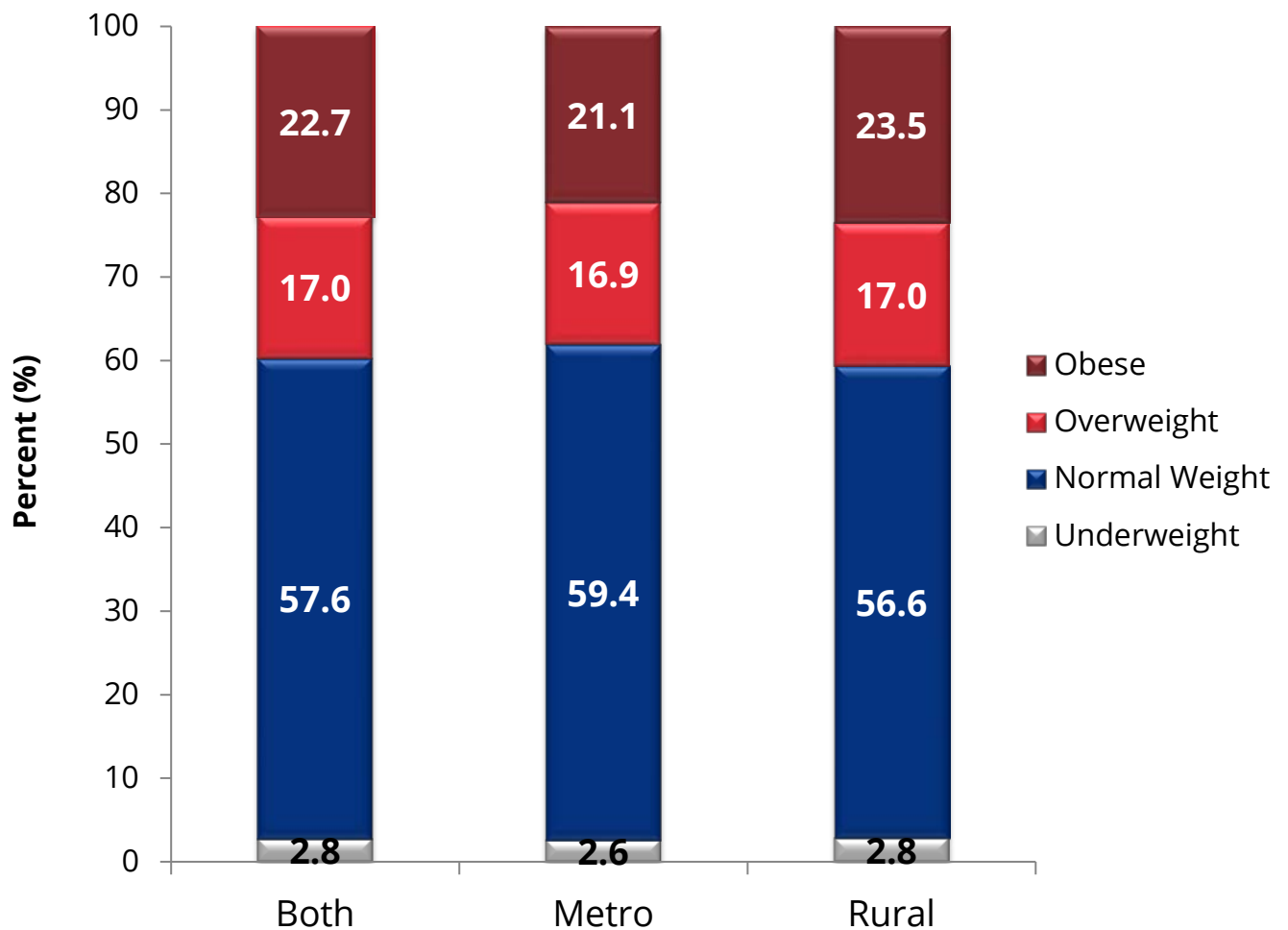
Data Source: Body Mass Index Data, 2007-08 to 2019-20, Tennessee Department of Education, Nashville, Tennessee.

Weight Status Distribution by Metro and Rural Counties

Most students screened (66.1 percent) were outside metropolitan counties¹.

- Metropolitan county students screened were more likely to be normal weight (59.4 percent) compared to rural county students (56.6 percent) (statistically significant) ([see Figure 5](#)).
- Rural students screened were more likely to be obese (23.5 percent) than metro students screened (21.1 percent) (statistically significant).
- Rural students screened were just as likely to be overweight (17.0 percent) as metro students screened (16.9 percent).

Figure 5. Weight Status Distribution by Metro and Rural Counties, Assessed Students, Tennessee Public Schools, 2019-20



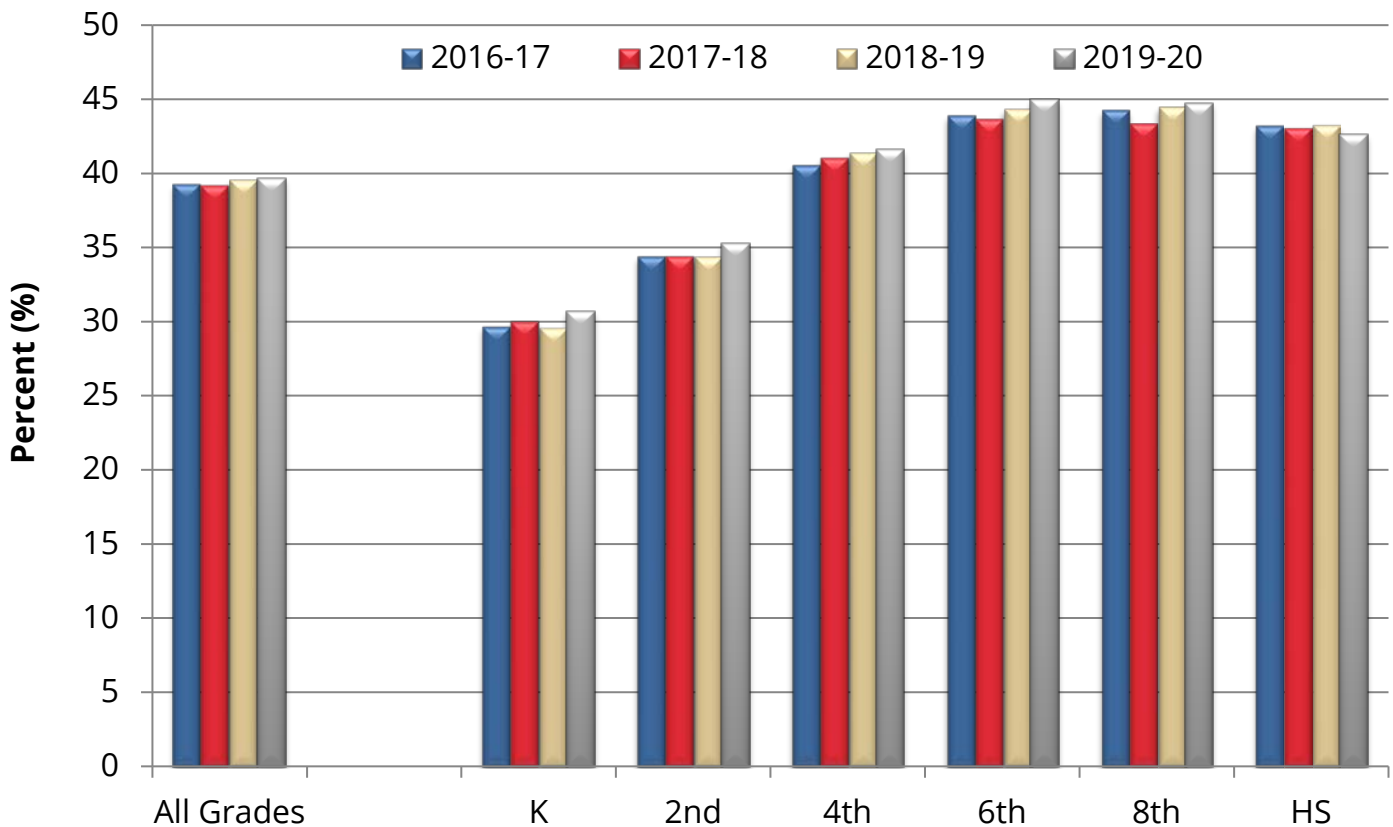
Data Source: Body Mass Index Data, 2007-08 to 2019-20, Tennessee Department of Education, Nashville, Tennessee.

¹ 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

- Since the 2016-17 school year, there has been a statistically significant increase in the overall overweight or obese prevalence in grades K, 2, 4 and 6. ([see Table 2](#))
- There were significant increases in overweight or obese prevalence among Kindergarteners from 2018-19 (29.6 percent) to 2019-20 (30.7 percent) as well as among second graders from 2018-19 (34.3 percent) to 2019-20 (35.3 percent) ([see Figure 6](#)).
- There was a slight decrease in overweight or obese prevalence among high school students from 2018-19 (43.2 percent) to 2019-20 (42.6 percent), though not statistically significant.

Figure 6. Prevalence of Overweight or Obese by Grade, Assessed Students, Tennessee Public Schools, 2016-17, 2017-18, 2018-19, and 2019-20



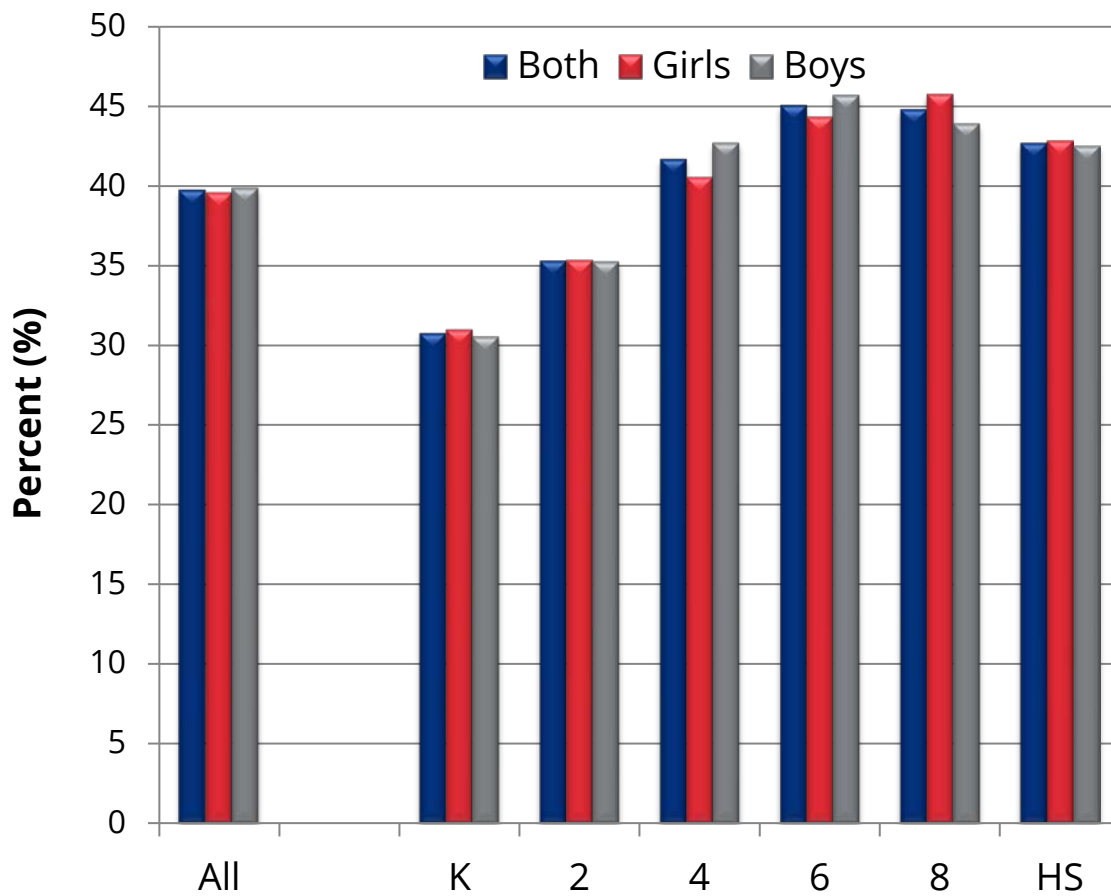
Data Source: Body Mass Index Data, 2007-08 to 2019-20, Tennessee Department of Education, Nashville, Tennessee.

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 (45.7 percent).
- Girls assessed had the highest percentage of overweight or obese students in grade 8 (45.7 percent).
- In metro areas, there was no significant difference between boys and girls in the percentage of students who were overweight and obese. In rural areas, boys had a slightly significantly higher percentage than girls: 41.0 vs. 40.1, respectively.

Figure 7. Prevalence of Overweight or Obese by Gender and Grade, Assessed Students, Tennessee Public Schools, 2019-20



Data Source: Body Mass Index Data, 2007-08 to 2019-20, 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 29.8 percent (Montgomery County) to 54.1 percent (Sequatchie County) for the 2019-20 school year * (see Figure 8).

- The five counties with the highest percentage of overweight or obese students among those screened for BMI for the 2019-20 school year were Sequatchie (54.1 percent), Grainger (50.4 percent), Lake (49.5 percent), Campbell (48.6 percent) and Benton Counties (48.5 percent) * (see Table 1).
- The five counties with the lowest percentage of overweight or obese students among those screened for BMI for the 2019-20 school year were Montgomery (29.8 percent), Knox (34.3 percent), Houston (35.5 percent), Perry (35.5 percent) and Washington Counties (35.7 percent) *.

Figure 8a. Prevalence of Overweight or Obese by County, Assessed Students, Tennessee Public Schools, 2019-20

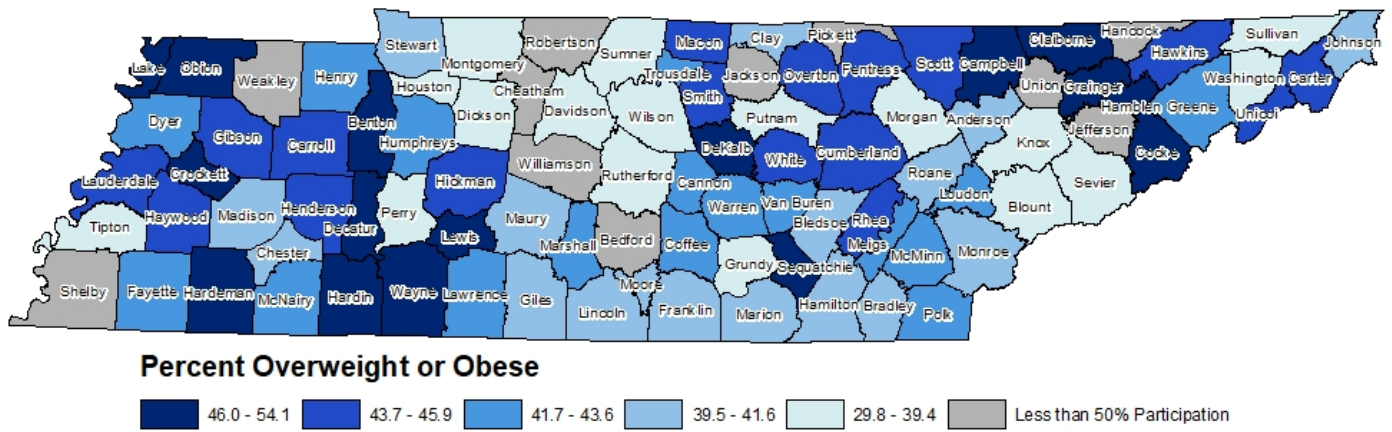
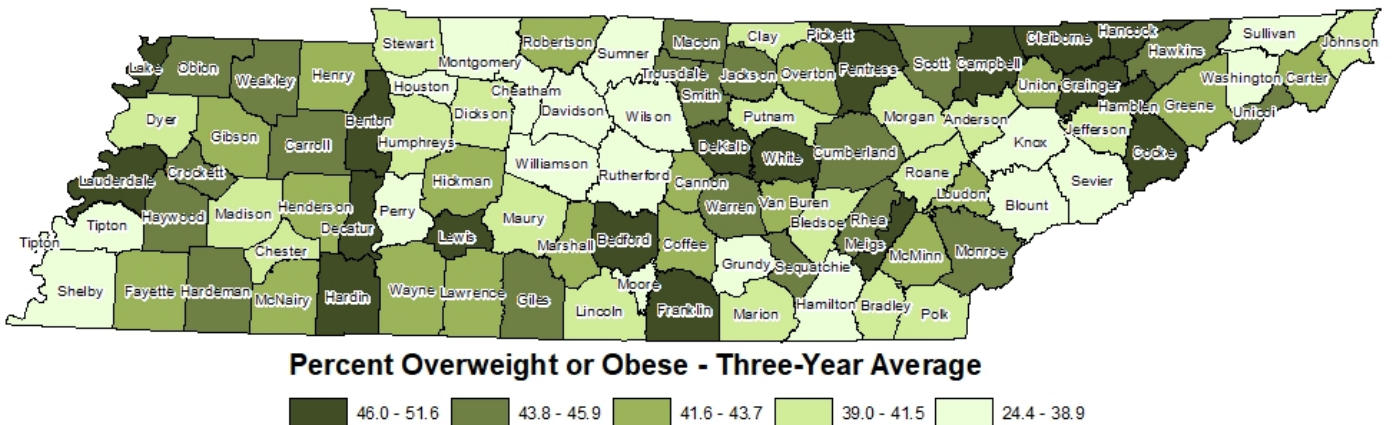


Figure 8b. Prevalence of Overweight or Obese by County, Assessed Students, Tennessee Public Schools, Three-Year Average for School Years 2017-18, 2018-19 and 2019-20



* Only counties with at least 50% participation are ranked

Data Source: Body Mass Index Data, 2007-08 to 2019-20, Tennessee Department of Education, Nashville, Tennessee.

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 21.8 percent (Germantown) to 54.1 percent (Sequatchie County) for the 2019-20 school year * ([see Table 3](#)).

- The school districts with the highest percentage of overweight or obese students among those screened for the 2019-20 school year were Sequatchie County (54.1 percent), Humboldt SSD (53.1 percent), South Carroll SSD (51.1 percent), West Carroll SSD (50.9 percent), and Grainger County (50.4 percent) *.
- The five school districts with the lowest percentage of overweight or obese students among those screened for the 2019-20 school year were Germantown (21.8 percent), Lakeland (29.5 percent), Montgomery County (29.8 percent), Arlington (30.6 percent) and Bristol City (33.0 percent) *.

* Only districts with at least 50% participation are ranked

Table 1. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by County, 2016-17, 2017-18, 2018-19 and 2019-20 School Years

County	2016-17		2017-18		2018-19		2019-20		Percent of Population Assessed 2019-20
	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	
Tennessee	39.2	39.1 - 39.4	39.2	39.0 - 39.3	39.5	39.4 - 39.7	39.7	39.5 - 39.9	62.2
Anderson	39.7	38.2 - 41.3	39.3	37.8 - 40.8	39.5	37.8 - 41.1	40.0	38.5 - 41.5	77.1
Bedford	43.4	39.9 - 47.0	46.6	44.9 - 48.4	48.5	46.7 - 50.3	43.5	41.0 - 46.0	36.0**
Benton	43.3	39.5 - 47.1	50.2	46.6 - 53.8	46.6	43.1 - 50.1	48.5	44.7 - 52.2	73.6
Bledsoe	43.1	37.8 - 48.5	41.8	37.4 - 46.1	41.5	36.8 - 46.3	39.8	35.0 - 44.7	53.5
Blount	37.8	36.7 - 39.0	38.9	37.7 - 40.0	38.5	37.4 - 39.6	38.2	37.0 - 39.3	81.0
Bradley	38.8	37.5 - 40.0	40.4	39.1 - 41.6	40.2	39.0 - 41.4	40.8	39.5 - 42.0	78.8
Campbell	45.0	42.1 - 47.9	47.5	44.1 - 50.8	45.6	42.3 - 48.9	48.6	46.2 - 51.0	68.2
Cannon	43.5	39.9 - 47.0	44.9	41.2 - 48.6	40.3	36.7 - 43.8	43.6	40.0 - 47.2	82.2
Carroll	43.3	40.9 - 45.7	42.9	40.5 - 45.3	47.0	44.7 - 49.3	45.9	43.4 - 48.3	77.5
Carter	42.0	40.2 - 43.9	42.1	40.0 - 44.3	44.3	42.3 - 46.3	43.6	41.7 - 45.6	72.5
Cheatham	34.3	32.1 - 36.6	33.1	30.9 - 35.3	32.2	30.0 - 34.5	No Data	-	0.0
Chester	36.1	32.2 - 40.0	37.1	34.0 - 40.3	41.3	38.1 - 44.5	41.4	38.2 - 44.6	70.0
Claiborne	48.2	45.6 - 50.8	48.5	45.8 - 51.2	47.7	44.8 - 50.6	47.1	44.2 - 50.0	62.4
Clay	39.2	34.7 - 43.8	42.3	37.9 - 46.6	41.5	37.0 - 46.1	39.8	35.0 - 44.6	78.4
Cocke	48.2	46.1 - 50.2	46.2	44.0 - 48.4	48.3	46.4 - 50.2	46.2	44.0 - 48.3	87.2
Coffee	41.4	39.8 - 43.0	41.6	39.9 - 43.3	41.5	39.8 - 43.2	42.8	41.2 - 44.5	76.8
Crockett	47.9	45.1 - 50.6	44.3	41.6 - 47.1	45.6	42.6 - 48.6	46.1	43.3 - 48.9	86.4
Cumberland	44.7	42.7 - 46.6	44.6	43.0 - 46.3	46.9	45.2 - 48.6	43.9	42.0 - 45.7	82.1
Davidson	36.6	36.0 - 37.2	36.8	36.2 - 37.4	37.1	36.5 - 37.7	35.9	35.3 - 36.5	56.2
DeKalb	46.8	44.0 - 49.6	48.8	45.9 - 51.7	46.2	43.3 - 49.1	46.9	44.0 - 49.8	84.3
Decatur	47.5	43.9 - 51.2	44.9	41.2 - 48.6	45.1	41.2 - 48.9	47.8	44.0 - 51.6	94.9
Dickson	37.6	35.9 - 39.3	39.0	37.2 - 40.8	41.3	39.5 - 43.1	38.1	35.9 - 40.4	49.3
Dyer	40.5	38.7 - 42.4	41.6	39.7 - 43.6	39.0	37.1 - 40.8	42.1	39.8 - 44.4	60.5
Fayette	54.6	51.4 - 57.7	43.0	40.1 - 45.9	46.0	43.2 - 48.8	42.0	39.3 - 44.8	81.3
Fentress	49.3	46.3 - 52.2	46.8	43.7 - 49.9	49.4	46.3 - 52.6	45.5	42.2 - 48.7	75.2
Franklin	37.7	35.3 - 40.0	40.0	37.1 - 42.9	66.0	62.7 - 69.2	40.9	38.4 - 43.4	65.9
Gibson	44.1	42.5 - 45.7	43.3	41.6 - 45.0	42.9	41.2 - 44.6	44.0	42.3 - 45.6	81.8
Giles	34.5	32.1 - 36.9	44.4	41.8 - 47.0	45.7	43.2 - 48.2	40.8	38.1 - 43.5	72.7
Grainger	50.0	47.4 - 52.5	51.7	49.1 - 54.3	52.8	50.1 - 55.5	50.4	47.7 - 53.1	87.7
Greene	42.7	41.1 - 44.3	43.8	42.1 - 45.4	42.7	41.0 - 44.3	41.8	40.1 - 43.5	76.9
Grundy	42.0	37.8 - 46.2	37.7	33.5 - 42.0	39.6	35.4 - 43.8	39.2	35.3 - 43.2	68.9
Hamblen	45.6	44.1 - 47.1	46.9	45.4 - 48.5	47.0	45.5 - 48.5	47.6	46.0 - 49.1	80.8
Hamilton	33.1	32.3 - 33.8	34.4	33.7 - 35.1	36.0	35.3 - 36.7	41.2	40.4 - 41.9	78.0
Hancock	51.4	46.7 - 56.2	48.4	43.3 - 53.5	51.2	46.2 - 56.1	45.1	37.2 - 53.0	36.7**
Hardeman	46.0	43.3 - 48.7	44.2	41.3 - 47.2	42.2	38.9 - 45.5	47.9	44.6 - 51.2	58.0
Hardin	48.7	46.2 - 51.3	44.3	41.8 - 46.8	47.2	44.7 - 49.6	47.0	44.5 - 49.5	96.6
Hawkins	44.9	43.1 - 46.8	45.8	44.0 - 47.7	45.6	43.7 - 47.5	43.8	41.8 - 45.8	69.1
Haywood	44.8	42.0 - 47.7	45.1	42.2 - 48.0	42.8	39.9 - 45.7	43.8	40.8 - 46.8	90.8
Henderson	59.4	57.1 - 61.7	42.7	40.5 - 45.0	44.3	42.1 - 46.6	44.2	41.5 - 46.9	58.8
Henry	42.7	40.6 - 44.8	44.2	42.0 - 46.4	42.3	40.0 - 44.5	42.9	40.7 - 45.1	94.4
Hickman	42.8	40.2 - 45.4	42.3	39.8 - 44.9	43.0	40.2 - 45.8	45.6	42.7 - 48.4	77.0
Houston	37.4	32.1 - 42.7	37.6	33.3 - 42.0	32.8	29.0 - 36.7	35.5	31.2 - 39.7	81.9
Humphreys	42.9	39.9 - 46.0	41.9	39.0 - 44.8	39.5	36.7 - 42.3	42.0	38.9 - 45.2	70.5
Jackson	44.0	39.6 - 48.3	43.8	38.6 - 49.0	38.4	33.4 - 43.5	54.5	48.4 - 60.6	41.3**
Jefferson	38.1	34.6 - 41.6	41.5	37.8 - 45.3	41.8	39.2 - 44.3	39.0	36.5 - 41.6	42.7**
Johnson	43.7	40.0 - 47.3	37.6	33.7 - 41.5	41.4	37.7 - 45.1	39.9	36.4 - 43.4	84.0
Knox	30.3	29.6 - 31.0	35.7	35.0 - 36.4	37.6	36.8 - 38.3	34.3	33.5 - 35.1	50.0
Lake	48.4	43.1 - 53.7	48.9	43.6 - 54.3	50.3	42.9 - 57.6	49.5	43.8 - 55.2	94.9
Lauderdale	43.9	41.5 - 46.3	45.2	42.7 - 47.6	47.9	45.1 - 50.6	45.4	42.7 - 48.1	77.4
Lawrence	40.0	38.2 - 41.9	41.4	39.4 - 43.5	42.1	40.1 - 44.1	43.0	41.0 - 45.1	72.8
Lewis	45.2	41.4 - 49.1	46.6	42.7 - 50.4	51.0	47.2 - 54.7	48.4	44.2 - 52.6	69.1

Table 1. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by County, 2016-17, 2017-18, 2018-19 and 2019-20 School Years

County	2016-17		2017-18		2018-19		2019-20		Percent of Population Assessed 2019-20
	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	39.3	37.1 - 41.5	39.4	37.2 - 41.7	38.7	36.5 - 40.9	41.6	39.3 - 43.9	72.6
Loudon	43.4	41.4 - 45.4	42.2	40.2 - 44.2	43.6	41.5 - 45.6	42.6	40.6 - 44.5	76.2
Macon	42.8	40.3 - 45.2	45.3	42.8 - 47.7	45.5	43.0 - 48.0	44.5	42.2 - 46.9	93.2
Madison	41.1	39.8 - 42.5	41.0	39.6 - 42.3	42.5	41.2 - 43.9	40.8	39.4 - 42.2	78.4
Marion	44.5	42.0 - 46.9	39.2	36.7 - 41.7	42.9	40.3 - 45.5	39.8	37.1 - 42.5	66.8
Marshall	41.7	39.1 - 44.3	40.8	38.2 - 43.5	41.2	39.2 - 43.3	43.1	41.0 - 45.3	84.2
Mauzy	41.7	40.3 - 43.1	41.6	40.3 - 42.9	38.0	36.8 - 39.2	39.6	38.2 - 41.0	80.5
McMinn	44.0	42.2 - 45.8	42.0	40.2 - 43.8	41.5	39.7 - 43.4	42.8	40.9 - 44.6	81.3
McNairy	44.8	42.4 - 47.2	43.0	40.7 - 45.3	43.6	41.3 - 45.9	43.3	40.9 - 45.7	92.3
Meigs	48.4	44.3 - 52.5	56.0	52.1 - 60.0	44.7	41.0 - 48.4	42.7	38.8 - 46.7	82.4
Monroe	47.5	45.7 - 49.3	46.8	45.0 - 48.7	44.7	42.7 - 46.6	40.2	38.2 - 42.2	76.8
Montgomery	37.5	36.6 - 38.5	35.0	34.1 - 35.9	34.0	33.2 - 34.9	29.8	28.9 - 30.7	53.4
Moore	41.6	36.4 - 46.8	32.8	27.8 - 37.7	39.4	34.3 - 44.5	40.1	33.5 - 46.7	54.5
Morgan	39.7	36.7 - 42.7	37.8	34.6 - 41.0	40.4	37.6 - 43.3	38.0	34.7 - 41.3	70.3
Obion	46.1	43.9 - 48.3	45.2	43.0 - 47.4	43.8	41.7 - 45.9	46.3	44.0 - 48.5	90.3
Overton	43.5	40.6 - 46.3	42.6	39.2 - 45.9	41.7	38.5 - 44.9	45.0	41.8 - 48.3	62.3
Perry	29.6	24.5 - 34.6	27.9	22.3 - 33.4	37.6	29.8 - 45.4	35.5	29.7 - 41.2	55.8
Pickett	49.3	43.7 - 55.0	49.2	43.2 - 55.3	44.2	38.5 - 49.9	No Data	-	0.0
Polk	39.8	36.7 - 42.8	42.4	39.0 - 45.8	37.6	34.3 - 41.0	41.9	38.3 - 45.5	71.7
Putnam	37.8	35.6 - 40.1	38.1	35.8 - 40.3	39.6	37.9 - 41.3	38.9	37.2 - 40.6	59.5
Rhea	40.8	38.7 - 43.0	44.3	42.1 - 46.5	44.5	42.3 - 46.7	45.4	43.2 - 47.6	83.6
Roane	38.7	36.7 - 40.7	39.3	37.3 - 41.3	41.0	38.5 - 43.4	41.3	39.4 - 43.3	85.7
Robertson	39.0	36.4 - 41.5	42.0	39.8 - 44.2	44.0	42.1 - 45.9	44.2	42.1 - 46.2	40.1**
Rutherford	40.3	39.6 - 41.0	38.1	37.4 - 38.8	35.9	35.1 - 36.6	38.0	37.3 - 38.8	65.4
Scott	45.1	42.7 - 47.5	46.8	44.4 - 49.2	46.0	43.5 - 48.5	44.8	42.4 - 47.2	83.3
Sequatchie	46.2	42.8 - 49.6	39.3	35.8 - 42.8	44.2	40.9 - 47.6	54.1	49.9 - 58.3	56.1
Sevier	34.3	33.0 - 35.7	37.3	35.9 - 38.6	36.6	35.2 - 37.9	38.2	36.9 - 39.5	76.6
Shelby	38.9	38.4 - 39.4	37.6	37.1 - 38.2	39.3	38.8 - 39.8	38.8	38.3 - 39.3	49.0**
Smith	42.0	39.2 - 44.8	44.1	41.3 - 46.9	42.4	39.5 - 45.3	45.0	42.3 - 47.8	86.3
Stewart	39.1	36.2 - 42.0	42.1	38.5 - 45.7	40.6	37.1 - 44.1	40.7	37.4 - 43.9	94.4
Sullivan	37.2	36.1 - 38.2	36.6	35.5 - 37.7	37.7	36.6 - 38.9	39.4	38.2 - 40.6	68.7
Sumner	37.7	36.8 - 38.6	35.8	34.9 - 36.6	35.8	35.0 - 36.7	36.7	35.8 - 37.6	76.7
Tipton	39.2	37.6 - 40.8	40.6	38.9 - 42.2	37.9	36.2 - 39.5	37.4	35.7 - 39.1	65.2
Trousdale	57.0	52.5 - 61.4	45.0	40.8 - 49.3	43.4	39.3 - 47.5	42.9	39.0 - 46.8	98.6
Unicoi	45.3	42.1 - 48.5	44.0	40.6 - 47.4	44.5	41.1 - 47.9	45.4	41.4 - 49.4	59.8
Union	39.7	36.6 - 42.8	42.3	39.3 - 45.4	40.9	37.4 - 44.3	42.9	39.2 - 46.6	30.6**
Van Buren	43.3	37.2 - 49.4	46.6	40.6 - 52.6	38.7	32.9 - 44.5	43.1	37.1 - 49.0	85.0
Warren	45.0	43.2 - 46.8	46.2	44.3 - 48.2	44.7	42.8 - 46.6	43.0	41.1 - 44.9	89.1
Washington	35.3	34.0 - 36.7	36.8	35.5 - 38.2	36.8	35.4 - 38.2	35.7	34.4 - 37.0	66.5
Wayne	44.8	41.4 - 48.1	43.3	39.9 - 46.8	37.5	33.8 - 41.1	46.4	43.0 - 49.8	85.3
Weakley	44.6	42.2 - 46.9	44.5	42.2 - 46.8	45.1	42.8 - 47.5	52.6	45.2 - 60.0	9.2**
White	47.0	44.4 - 49.5	45.3	42.7 - 47.9	46.7	44.1 - 49.4	45.7	42.9 - 48.6	68.4
Williamson	23.8	22.6 - 24.9	24.4	23.3 - 25.4	24.7	23.5 - 25.9	24.0	22.3 - 25.7	11.2**
Wilson	37.3	36.2 - 38.3	36.7	35.6 - 37.7	36.5	35.5 - 37.6	37.0	36.0 - 38.0	80.9

*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 2019-20, Tennessee Department of Education, Nashville Tennessee

** Results for counties with less than a 50% response rate should be interpreted with caution.

Two counties are missing data due to the COVID-19 pandemic.

Table 2. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by Grade, 2016-17, 2017-18, 2018-19 and 2019-20 School Years

Grade	Gender	2016-17		2017-18		2018-19		2019-20		Change from 2016-17 to 2019-20
		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	39.2	39.1 - 39.4	39.2	39.0 - 39.3	39.5	39.4 - 39.7	39.7	39.5 - 39.9	Increase
	Girls	39.4	39.1 - 39.6	39.2	38.9 - 39.4	39.5	39.2 - 39.7	39.5	39.3 - 39.8	
	Boys	39.1	38.8 - 39.3	39.2	38.9 - 39.4	39.6	39.3 - 39.8	39.8	39.6 - 40.1	Increase
K	Both	29.7	29.3 - 30.1	30.0	29.6 - 30.4	29.6	29.2 - 29.9	30.7	30.3 - 31.1	Increase
	Girls	30.2	29.6 - 30.8	30.5	29.9 - 31.1	30.0	29.4 - 30.5	30.9	30.3 - 31.5	
	Boys	29.2	28.6 - 29.7	29.6	29.0 - 30.1	29.2	28.6 - 29.7	30.4	29.9 - 31.0	Increase
2nd	Both	34.4	34.0 - 34.8	34.4	34.0 - 34.8	34.3	33.9 - 34.7	35.3	34.9 - 35.7	Increase
	Girls	34.3	33.7 - 34.9	34.5	33.9 - 35.1	34.1	33.5 - 34.7	35.3	34.7 - 35.9	
	Boys	34.5	33.9 - 35.0	34.3	33.7 - 34.9	34.6	34.0 - 35.1	35.2	34.7 - 35.8	
4th	Both	40.5	40.1 - 40.9	41.0	40.6 - 41.4	41.3	41.0 - 41.7	41.6	41.2 - 42.0	Increase
	Girls	40.1	39.5 - 40.6	40.4	39.8 - 40.9	40.7	40.1 - 41.2	40.5	39.9 - 41.1	
	Boys	40.9	40.4 - 41.5	41.7	41.1 - 42.3	42.0	41.4 - 42.5	42.7	42.1 - 43.2	Increase
6th	Both	43.9	43.4 - 44.3	43.6	43.2 - 44.1	44.3	43.9 - 44.7	45.0	44.6 - 45.4	Increase
	Girls	43.6	43.0 - 44.2	42.6	42.0 - 43.2	43.6	43.0 - 44.2	44.2	43.6 - 44.9	
	Boys	44.1	43.5 - 44.7	44.6	44.0 - 45.2	44.9	44.4 - 45.5	45.7	45.1 - 46.3	Increase
8th	Both	44.2	43.8 - 44.7	43.3	42.9 - 43.8	44.4	44.0 - 44.9	44.7	44.3 - 45.2	
	Girls	45.6	44.9 - 46.2	44.3	43.7 - 45.0	45.6	45.0 - 46.2	45.7	45.0 - 46.4	
	Boys	42.9	42.3 - 43.6	42.5	41.8 - 43.1	43.4	42.8 - 44.0	43.9	43.2 - 44.5	
High School	Both	43.2	42.7 - 43.6	43.0	42.5 - 43.4	43.2	42.7 - 43.7	42.6	42.1 - 43.1	
	Girls	43.4	42.7 - 44.0	43.6	42.9 - 44.2	43.5	42.8 - 44.1	42.8	42.0 - 43.5	
	Boys	42.9	42.3 - 43.6	42.4	41.8 - 43.0	42.9	42.3 - 43.0	42.5	41.7 - 43.2	

*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 2016-17 to 2019-20.

Data source: Body Mass Index Data, 2007-08 to 2019-20, Tennessee Department of Education, Nashville Tennessee

Table 3. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by School District 2016-17, 2017-18, 2018-19 and 2019-20 School Years

District	2016-17			2017-18			2018-19			2019-20			Percent of Population Assessed 2019-20
	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		
Tennessee	39.2	39.1	39.4	39.2	39.0	39.3	39.5	39.3	39.7	39.7	39.5	39.9	62.2
Alamo	44.1	38.4	49.9	48.5	42.6	54.5	42.8	37.3	48.3	45.2	39.6	50.7	92.5
Alcoa City	34.3	31.2	37.3	36.7	32.9	40.5	38.3	34.1	42.4	37.0	32.3	41.7	43.4**
Alvin York	53.9	46.0	61.9	49.6	41.1	58.2	44.3	35.3	53.4	38.8	29.1	48.4	67.1
Anderson County	42.9	40.9	45.0	43.2	41.1	45.2	43.1	41.0	45.2	44.2	42.0	46.4	69.9
Arlington Community	32.4	30.2	34.7	30.7	28.5	32.9	33.1	31.0	35.3	30.6	28.6	32.7	91.2
Athens City	37.5	33.9	41.1	33.9	30.6	37.2	39.6	36.0	43.1	37.2	33.8	40.6	85.2
Bartlett City Schools	32.5	30.9	34.0	34.2	32.7	35.8	33.8	32.2	35.4	33.4	31.8	35.0	76.5
Bedford County	43.4	39.9	47.0	46.6	44.9	48.4	48.5	46.7	50.3	43.5	41.0	46.0	36.0**
Bells City	34.1	26.1	42.1	33.1	25.4	40.8	36.1	28.3	44.0	38.7	31.3	46.1	93.9
Benton County	43.3	39.5	47.1	50.2	46.6	53.8	46.6	43.1	50.1	48.5	44.7	52.2	73.6
Bledsoe County	43.1	37.8	48.5	41.8	37.4	46.1	41.5	36.8	46.3	39.8	35.0	44.7	53.5
Blount County	40.2	38.8	41.7	42.0	40.5	43.5	41.1	39.6	42.6	41.4	39.9	43.0	81.3
Bradford SSD	46.6	40.2	53.0	38.6	32.1	45.1	43.8	37.4	50.1	41.0	34.7	47.4	83.6
Bradley County	38.2	36.7	39.8	41.0	39.4	42.6	40.5	38.9	42.1	41.2	39.6	42.9	75.2
Bristol City	34.3	31.8	36.9	32.6	30.2	35.1	35.3	32.9	37.6	33.0	30.6	35.4	82.0
Campbell County	45.0	42.1	47.9	47.5	44.1	50.8	45.6	42.3	48.9	48.6	46.2	51.0	68.2
Cannon County	43.5	39.9	47.0	44.9	41.2	48.6	40.3	36.7	43.8	43.6	40.0	47.2	82.2
Carter County	43.9	41.4	46.3	43.8	41.2	46.4	46.1	43.6	48.6	43.9	41.4	46.3	71.0
Cheatham County	34.3	32.1	36.6	33.1	30.9	35.3	32.2	30.0	34.5	No Data	-	-	0.0
Chester County	36.1	32.2	40.0	37.1	34.0	40.3	41.3	38.1	44.5	41.4	38.2	44.6	70.0
Claiborne County	48.2	45.6	50.8	48.5	45.8	51.2	47.7	44.8	50.6	47.1	44.2	50.0	62.4
Clay County	39.2	34.7	43.8	42.3	37.9	46.6	41.5	37.0	46.1	39.8	35.0	44.6	78.4
Cleveland	39.7	37.7	41.8	39.4	37.4	41.4	39.8	37.8	41.7	40.0	38.0	42.0	84.9
Clinton City	40.2	35.2	45.1	30.6	26.2	35.0	36.9	32.4	41.4	35.1	30.6	39.6	86.2
Cocke County	48.2	46.0	50.4	46.9	44.5	49.3	48.2	46.1	50.3	46.2	43.8	48.5	85.4
Coffee County	45.1	42.7	47.5	43.0	40.5	45.5	44.1	41.5	46.6	43.9	41.4	46.4	78.7
Collierville	25.3	23.7	26.9	22.5	20.9	24.0	22.9	21.5	24.2	25.8	23.5	28.1	32.8**
Crockett County	51.4	48.0	54.7	45.0	41.5	48.4	49.3	45.3	53.2	48.3	44.6	51.9	82.5
Cumberland County	44.7	42.7	46.6	44.6	43.0	46.3	46.9	45.2	48.6	43.9	42.0	45.7	82.1
Davidson County	36.6	36.0	37.2	36.8	36.2	37.4	37.1	36.5	37.7	35.9	35.3	36.5	56.2
Dayton City	36.5	31.6	41.3	37.0	31.8	42.1	39.9	35.0	44.8	41.5	36.6	46.4	82.4
Decatur County	47.5	43.9	51.2	48.8	45.9	51.7	46.2	43.3	49.1	47.8	44.0	51.6	94.9
DeKalb County	46.8	44.0	49.6	44.9	41.2	48.6	45.1	41.2	48.9	46.9	44.0	49.8	84.3
Dickson County	37.6	35.9	39.3	39.0	37.2	40.8	41.3	39.5	43.1	38.1	35.9	40.4	49.3**
Dyer County	38.9	36.5	41.3	42.6	40.2	45.0	38.4	36.0	40.7	40.3	37.8	42.9	82.2
Dyersburg City	43.0	40.0	45.9	39.8	36.5	43.0	40.0	37.0	43.0	49.7	44.3	55.1	28.4**
Elizabethton	42.9	35.2	50.7	38.3	34.5	42.1	41.2	37.9	44.6	43.1	39.8	46.5	75.4
Etowah City	39.3	36.4	42.2	32.2	25.2	39.1	32.3	25.0	39.6	42.9	35.2	50.7	72.9
Fayette County	54.6	51.4	57.7	43.0	40.1	45.9	46.0	43.2	48.8	42.0	39.3	44.8	81.3
Fayetteville City	36.7	32.7	40.8	33.1	29.2	37.0	34.3	30.2	38.4	44.8	40.5	49.1	80.9
Fentress County	48.5	45.4	51.7	46.3	43.0	49.6	50.1	46.8	53.4	46.3	42.8	49.7	76.4
Franklin County	37.7	35.3	40.0	40.0	37.1	42.9	66.0	62.7	69.2	40.9	38.4	43.4	65.9
Franklin SSD	33.2	30.7	35.8	35.4	33.0	37.8	30.8	28.5	33.0	No Data	-	-	0.0
Germantown	25.4	23.5	27.4	22.5	20.8	24.3	21.7	20.0	23.5	21.8	20.0	23.5	78.6
Gibson County SSD	41.4	39.0	43.7	40.1	37.4	42.7	38.8	36.2	41.4	42.0	39.3	44.7	72.0
Giles County	34.5	32.1	36.9	44.4	41.8	47.0	45.7	43.2	48.2	40.8	38.1	43.5	72.7
Grainger County	50.0	47.4	52.5	51.7	49.1	54.3	52.8	50.1	55.5	50.4	47.7	53.1	87.7
Greene County	43.5	41.5	45.5	44.9	43.0	46.9	43.3	41.3	45.3	42.3	40.1	44.4	71.5
Greeneville City	41.0	38.1	43.9	41.2	38.4	44.1	41.4	38.5	44.2	41.0	38.2	43.8	88.2
Grundy County	42.0	37.8	46.2	37.7	33.5	42.0	39.6	35.4	43.8	39.2	35.3	43.2	68.9
Hamblen County	45.6	44.1	47.1	46.9	45.4	48.5	47.0	45.5	48.5	47.6	46.0	49.1	80.8
Hamilton County	33.1	32.3	33.8	34.4	33.7	35.1	36.0	35.3	36.7	41.2	40.4	41.9	78.0
Hancock County	51.4	46.7	56.2	48.4	43.3	53.5	51.2	46.2	56.1	45.1	37.2	53.0	36.7**

Table 3. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by School District 2016-17, 2017-18, 2018-19 and 2019-20 School Years

District	2016-17			2017-18			2018-19			2019-20			Percent of Population Assessed 2019-20
	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	46.0	43.3	48.7	44.2	41.3	47.2	42.2	38.9	45.5	47.9	44.6	51.2	58.0
Hardin County	48.7	46.2	51.3	44.3	41.8	46.8	47.2	44.7	49.6	47.0	44.5	49.5	96.6
Hawkins County	44.6	42.6	46.6	45.6	43.6	47.6	46.0	44.0	48.1	44.4	42.2	46.5	69.8
Haywood County	44.8	42.0	47.7	45.1	42.2	48.0	42.8	39.9	45.7	43.8	40.8	46.8	90.8
Henderson County	64.3	61.8	66.9	43.8	41.2	46.4	44.8	42.2	47.4	43.9	40.6	47.2	48.7**
Henry County	41.5	38.8	44.2	44.4	41.6	47.3	42.6	39.8	45.4	44.7	42.0	47.5	98.6
Hickman County	42.8	40.2	45.4	42.3	39.8	44.9	43.0	40.2	45.8	45.6	42.7	48.4	77.0
Hollow Rock-Bruceston	43.4	36.1	50.8	38.7	32.5	45.0	45.9	39.2	52.7	33.3	22.0	44.7	23.2**
Houston County	37.4	32.1	42.7	37.6	33.3	42.0	32.8	29.0	36.7	35.5	31.2	39.7	81.9
Humboldt City	51.1	46.7	55.5	49.0	44.4	53.6	50.9	46.3	55.5	53.1	48.3	57.9	78.5
Humphreys County	42.9	39.9	46.0	41.9	39.0	44.8	39.5	36.7	42.3	42.0	38.9	45.2	70.5
Huntingdon SSD	43.1	38.7	47.4	44.9	40.7	49.1	41.5	37.4	45.7	50.3	46.1	54.5	87.6
Jackson County	44.0	39.6	48.3	43.8	38.6	49.0	38.4	33.4	43.5	54.5	48.4	60.6	41.3**
Jefferson County	38.1	34.6	41.6	41.5	37.8	45.3	41.8	39.2	44.3	39.0	36.5	41.6	42.7**
Johnson City	43.7	40.0	47.3	36.2	34.4	37.9	36.3	34.5	38.1	36.5	34.8	38.3	79.9
Johnson County	34.5	32.6	36.4	37.6	33.7	41.5	41.4	37.7	45.1	39.9	36.4	43.4	84.0
Kingsport City	35.3	33.6	37.0	34.0	32.3	35.7	33.7	31.8	35.6	34.4	32.0	36.7	46.1**
Knox County	30.3	29.6	31.0	35.7	35.0	36.4	37.6	36.8	38.3	34.3	33.5	35.1	50.0
Lake County	48.4	43.1	53.7	48.9	43.6	54.3	50.3	42.9	57.6	49.5	43.8	55.2	94.9
Lakeland	20.1	16.3	23.9	25.0	21.7	28.3	22.4	19.3	25.4	29.5	25.6	33.4	52.4
Lauderdale County	43.9	41.5	46.3	45.2	42.7	47.6	47.9	45.1	50.6	45.4	42.7	48.1	77.4
Lawrence County	40.0	38.2	41.9	41.4	39.4	43.5	42.1	40.1	44.1	43.0	41.0	45.1	72.8
Lebanon SSD	48.0	45.2	50.9	43.0	40.3	45.7	43.9	41.3	46.6	43.3	40.8	45.8	70.5
Lenoir City	46.5	42.4	50.6	46.3	41.7	50.9	48.2	43.2	53.2	49.0	44.9	53.0	59.4
Lewis County	45.2	41.4	49.1	46.6	42.7	50.4	51.0	47.2	54.7	48.4	44.2	52.6	69.1
Lexington City	44.6	40.0	49.3	39.5	35.0	44.0	42.9	38.2	47.6	44.8	40.2	49.4	97.6
Lincoln County	40.4	37.7	43.0	42.3	39.5	45.0	40.4	37.8	43.1	40.2	37.5	43.0	69.6
Loudon County	42.4	40.1	44.7	41.2	39.0	43.4	42.6	40.4	44.8	40.7	38.5	42.9	83.0
Macon County	42.8	40.3	45.2	45.3	42.8	47.7	45.5	43.0	48.0	44.5	42.2	46.9	93.2
Madison County	41.1	39.8	42.5	41.0	39.6	42.3	42.5	41.2	43.9	40.8	39.4	42.2	78.4
Manchester City	37.4	33.4	41.3	42.8	38.2	47.5	37.5	32.6	42.4	39.5	34.8	44.2	54.3
Marion County	44.3	41.8	46.8	38.8	36.2	41.4	42.3	39.7	45.0	39.8	37.1	42.5	70.9
Marshall County	41.7	39.1	44.3	40.8	38.2	43.5	41.2	39.2	43.3	43.1	41.0	45.3	84.2
Maryville City	32.7	30.3	35.1	33.7	31.8	35.7	33.7	31.7	35.6	33.0	31.1	34.9	94.4
Maurry County	41.7	40.3	43.1	41.6	40.3	42.9	38.0	36.8	39.2	39.6	38.2	41.0	80.5
McKenzie SSD	40.1	35.8	44.4	38.9	34.4	43.5	50.8	46.4	55.2	37.1	32.7	41.4	81.0
McMinn County	46.4	44.2	48.5	46.1	43.9	48.3	43.1	40.8	45.3	45.1	42.9	47.4	80.5
McNairy County	44.8	42.4	47.2	43.0	40.7	45.3	43.6	41.3	45.9	43.3	40.9	45.7	92.3
Meigs County	48.4	44.3	52.5	56.0	52.1	60.0	44.7	41.0	48.4	42.7	38.8	46.7	82.4
Milan SSD	41.3	38.0	44.7	43.7	40.3	47.0	43.2	39.9	46.6	42.8	39.5	46.2	94.5
Millington	35.8	32.5	39.1	45.7	41.2	50.1	44.0	40.7	47.3	42.7	37.3	48.2	28.0**
Monroe County	48.2	46.1	50.2	48.0	45.9	50.2	45.2	43.0	47.4	39.4	37.2	41.6	85.4
Montgomery County	37.5	36.6	38.5	35.0	34.1	35.9	34.0	33.2	34.9	29.8	28.9	30.7	53.4
Moore County	41.6	36.4	46.8	32.8	27.8	37.7	39.4	34.3	44.5	40.1	33.5	46.7	54.5
Morgan County	39.7	36.7	42.7	37.8	34.6	41.0	40.4	37.6	43.3	38.0	34.7	41.3	70.3
Murfreesboro City	35.7	34.1	37.3	36.4	34.7	38.1	35.8	34.2	37.3	37.1	35.5	38.6	82.1
Newport City	47.9	42.9	52.9	42.9	37.6	48.1	48.8	43.7	53.9	46.2	40.9	51.6	97.9
Oak Ridge City	33.9	31.3	36.5	35.5	32.9	38.1	30.9	27.7	34.2	36.5	34.2	38.7	84.6
Obion County	47.6	45.0	50.3	46.6	43.9	49.3	45.3	42.7	47.9	46.2	43.4	48.9	91.0
Oneida SSD	42.0	37.8	46.1	42.7	38.6	46.7	43.5	39.2	47.8	42.1	37.9	46.2	100.2
Overton County	43.5	40.6	46.3	42.6	39.2	45.9	41.7	38.5	44.9	45.0	41.8	48.3	62.3
Paris SSD	44.7	41.2	48.2	43.8	40.2	47.3	41.6	37.8	45.4	39.9	36.3	43.4	88.1
Perry County	29.6	24.5	34.6	27.9	22.3	33.4	37.6	29.8	45.4	35.5	29.7	41.2	55.8
Pickett County	49.3	43.7	55.0	49.2	43.2	55.6	44.2	38.5	49.9	No Data	-	-	0.0

Table 3. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by School District 2016-17, 2017-18, 2018-19 and 2019-20 School Years

District	2016-17			2017-18			2018-19			2019-20			Percent of Population Assessed 2019-20
	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	39.8	36.7	- 42.8	42.4	39.0	- 45.8	37.6	34.3	- 41.0	41.9	38.3	- 45.5	71.7
Putnam County	37.8	35.6	- 40.1	38.1	35.8	- 40.3	39.6	37.9	- 41.3	38.9	37.2	- 40.6	59.5
Rhea County	41.8	39.4	- 44.2	45.8	43.4	- 48.3	45.6	43.1	- 48.1	46.4	43.9	- 48.8	83.9
Richard City	47.2	36.8	- 57.6	44.6	34.4	- 54.7	50.5	40.5	- 60.6	<i>No Data</i>	-	-	0.0
Roane County	38.7	36.7	- 40.7	39.3	37.3	- 41.3	41.0	38.5	- 43.4	41.3	39.4	- 43.3	85.7
Robertson County	39.0	36.4	- 41.5	42.0	39.8	- 44.2	44.0	42.1	- 45.9	44.2	42.1	- 46.2	40.1**
Rogersville City	47.8	42.2	- 53.5	47.5	42.1	- 52.8	41.5	35.6	- 47.4	38.7	32.3	- 45.1	63.1
Rutherford County	41.3	40.6	- 42.1	38.5	37.7	- 39.2	35.9	35.1	- 36.7	38.3	37.5	- 39.2	61.7
Scott County	46.7	43.7	- 49.7	48.9	46.0	- 51.9	47.2	44.2	- 50.3	46.2	43.2	- 49.2	76.6
Sequatchie County	46.2	42.8	- 49.6	39.3	35.8	- 42.8	44.2	40.9	- 47.6	54.1	49.9	- 58.3	56.1
Sevier County	34.3	33.0	- 35.7	37.3	35.9	- 38.6	36.6	35.2	- 37.9	38.2	36.9	- 39.5	76.6
Shelby County	43.5	42.9	- 44.1	43.4	42.6	- 44.1	45.1	44.4	- 45.7	42.7	42.1	- 43.4	45.2**
Smith County	42.0	39.2	- 44.8	44.1	41.3	- 46.9	42.4	39.5	- 45.3	45.0	42.3	- 47.8	86.3
South Carroll Co SSD	44.9	35.1	- 54.7	51.1	42.6	- 59.6	48.1	40.2	- 55.9	51.1	42.8	- 59.4	94.6
Stewart County	39.1	36.2	- 42.0	42.1	38.5	- 45.7	40.6	37.1	- 44.1	40.7	37.4	- 43.9	94.4
Sullivan County	39.9	38.3	- 41.6	40.4	38.8	- 42.0	41.8	40.1	- 43.5	44.6	42.9	- 46.3	82.3
Sumner County	37.7	36.8	- 38.6	35.8	34.9	- 36.6	35.8	35.0	- 36.7	36.7	35.8	- 37.6	76.7
Sweetwater City	45.2	41.5	- 48.9	43.4	39.7	- 47.0	42.8	38.8	- 46.7	44.3	39.2	- 49.4	50.2
Tipton County	39.2	37.6	- 40.8	40.6	38.9	- 42.2	37.9	36.2	- 39.5	37.4	35.7	- 39.1	65.2
Trenton SSD	48.8	44.8	- 52.8	47.5	43.4	- 51.7	45.5	41.3	- 49.7	44.5	40.4	- 48.7	95.5
Trousdale County	57.0	52.5	- 61.4	45.0	40.8	- 49.3	43.4	39.3	- 47.5	42.9	39.0	- 46.8	98.6
Tullahoma City	38.3	35.7	- 41.0	39.6	36.9	- 42.2	39.8	37.2	- 42.4	42.7	40.2	- 45.3	84.9
Unicoi County	45.3	42.1	- 48.5	44.0	40.6	- 47.4	44.5	41.1	- 47.9	45.4	41.4	- 49.4	59.8
Union City	43.0	39.2	- 46.8	42.5	38.7	- 46.3	40.8	37.2	- 44.5	46.5	42.6	- 50.5	88.7
Union County	39.7	36.6	- 42.8	42.3	39.3	- 45.4	40.9	37.4	- 44.3	42.9	39.2	- 46.6	30.6**
Van Buren County	43.3	37.2	- 49.4	46.6	40.6	- 52.6	38.7	32.9	- 44.5	43.1	37.1	- 49.0	85.0
Warren County	45.0	43.2	- 46.8	46.2	44.3	- 48.2	44.7	42.8	- 46.6	43.0	41.1	- 44.9	89.1
Washington County	36.3	34.3	- 38.2	37.9	35.7	- 40.1	37.6	35.4	- 39.7	34.5	32.4	- 36.5	53.6
Wayne County	44.8	41.4	- 48.1	43.3	39.9	- 46.8	37.5	33.8	- 41.1	46.4	43.0	- 49.8	85.3
Weakley County	44.6	42.2	- 46.9	44.5	42.2	- 46.8	45.1	42.8	- 47.5	52.6	45.2	- 60.0	9.2**
West Carroll Co SSD	47.5	42.4	- 52.7	44.7	38.9	- 50.5	50.0	44.9	- 55.1	50.9	45.9	- 56.0	88.6
White County	47.0	44.4	- 49.5	45.3	42.7	- 47.9	46.7	44.1	- 49.4	45.7	42.9	- 48.6	68.4
Williamson County	20.6	19.4	- 21.9	20.9	19.8	- 22.1	22.0	20.6	- 23.3	24.0	22.3	- 25.7	12.3**
Wilson County	35.4	34.3	- 36.5	35.5	34.4	- 36.6	35.1	34.0	- 36.2	35.7	34.6	- 36.8	83.5

*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 2019-20, Tennessee Department of Education, Nashville Tennessee

** Results for districts with less than a 50% response rate should be interpreted with caution.

Four districts are missing data due to the COVID-19 pandemic.

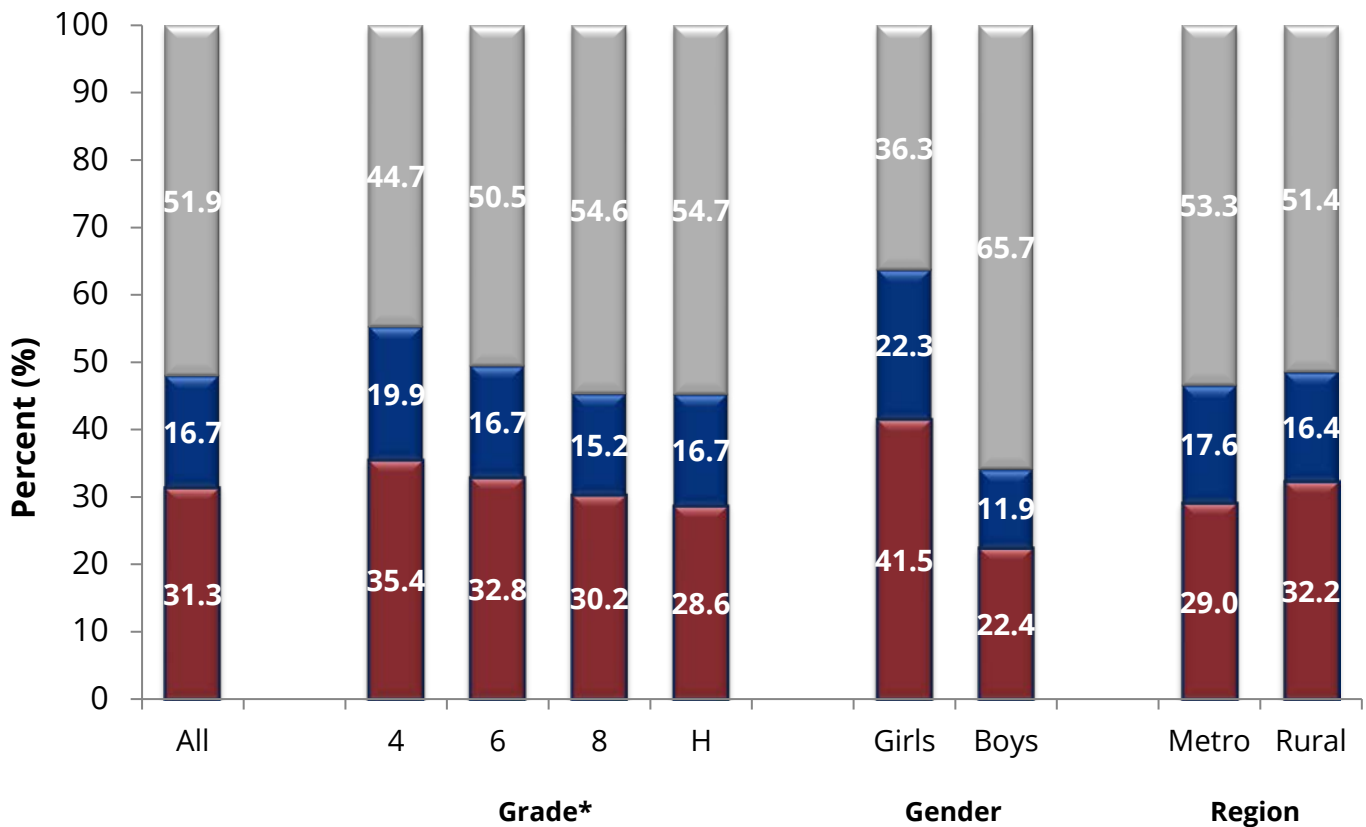
Supplement – PACER Data Analysis

The Progressive Aerobic Cardiovascular Endurance Run (or PACER) is a fitness test designed to estimate a child’s aerobic capacity or VO₂ 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 21.0% of the target population, children in grades 4, 6, 8, and any one year of high school, were assessed.

- For the 2019-20 school year, the percentage of students falling into the Healthy Fitness Zone increased by grade level from 44.7 percent in grade 4* up to 54.7 percent in high school, though the increase from grade 8 to high school was not statistically significant.
- Boys were much more likely than girls to be in the Healthy Fitness Zone – 65.7 vs. 36.3 percent, respectively (statistically significant).
- Children in metro areas were slightly more likely to be in the Healthy Fitness Zone than children in rural areas – 53.3 vs. 51.4 percent, respectively (statistically significant).

Figure 9. Fitness Zone by Grade Level, Gender and Region, Assessed Students, Tennessee Public Schools, 2019-20

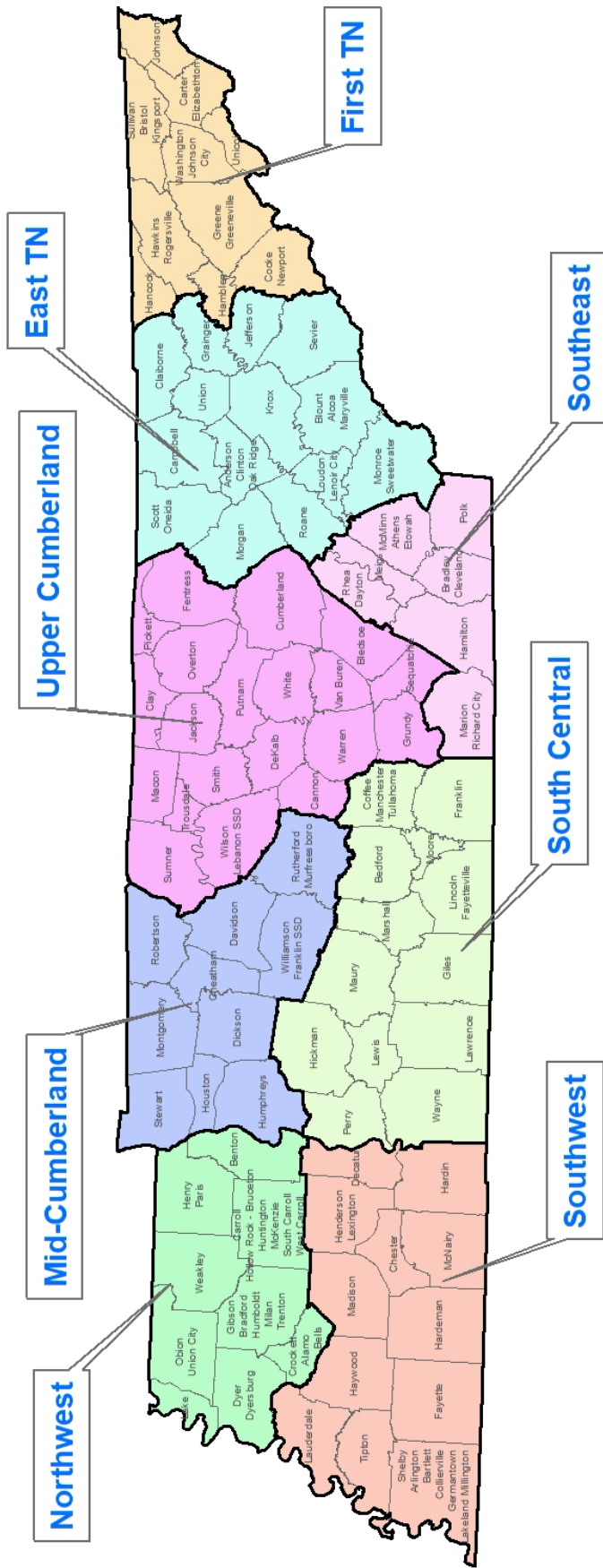


Needs Improvement - Health Risk Needs Improvement Healthy Fitness Zone

*Kindergarteners and Grade 2 were not included in the analysis
Data Source: Body Mass Index Data, 2019-20, Tennessee Department of Education, Nashville, Tennessee.

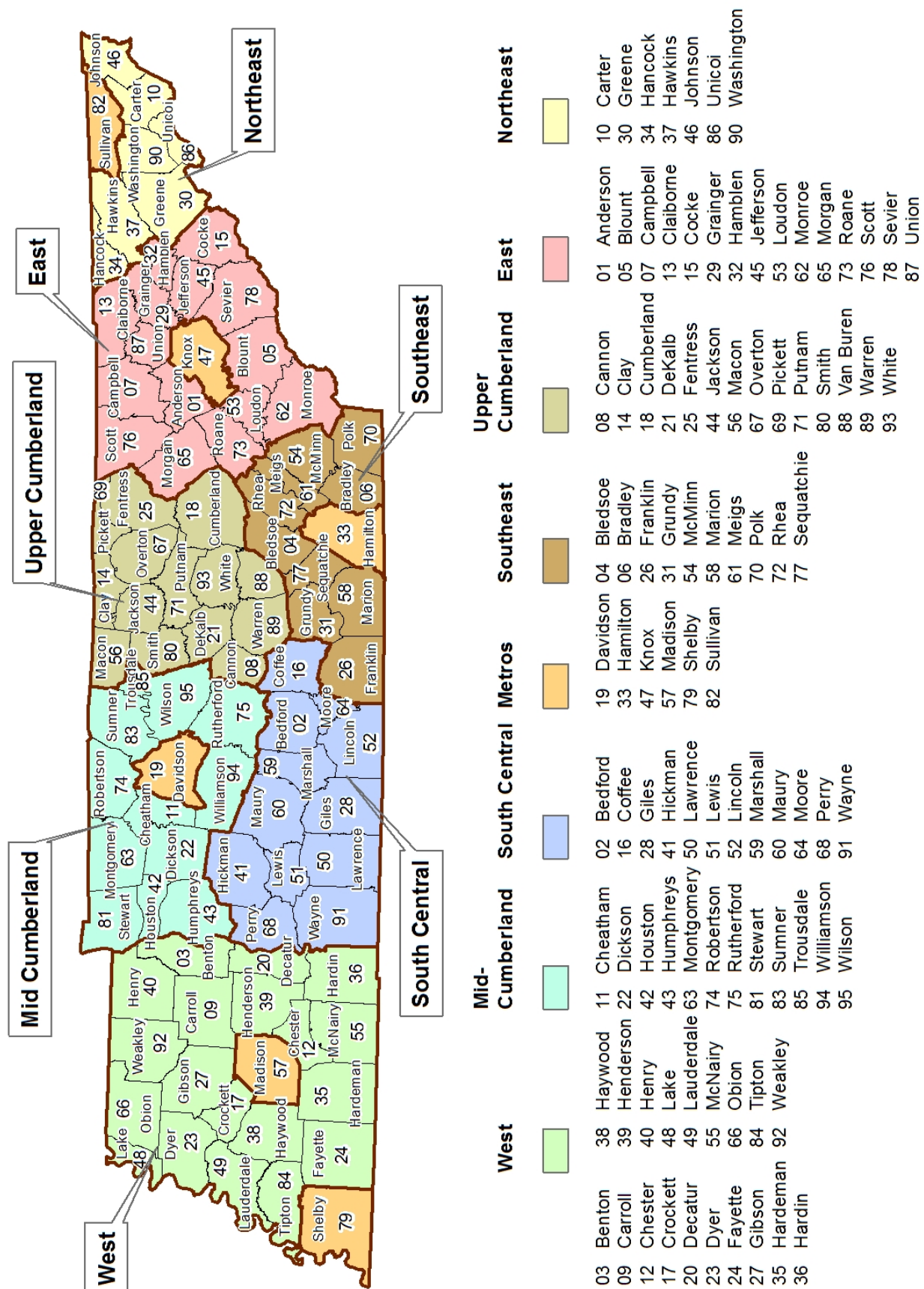
Appendix A

Tennessee's CORE Regions



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](#)

Special thanks to the following individuals for data analysis and report writing:

Fred Croom, MD

Generosa Kakoti, Ph.D.

Tennessee Department of Health, Division of Population Health Assessment

For more information:

Mark Bloodworth

Wellness Resource Coordinator

Student Readiness

Tennessee Department of Education

Mark.Bloodworth@tn.gov

(615) 806-0217

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