



Tennessee Public Schools:

A Summary of Student Body Mass Index Data 2021-22



Tennessee Department of Health

Created in partnership with the

Tennessee Department of Education

The Tennessee Public Schools Summary of Weight Status Report 2021-22
Prepared by the Tennessee Department of Health
Division of Population Health Assessment

Acknowledgements and Citations

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Introduction

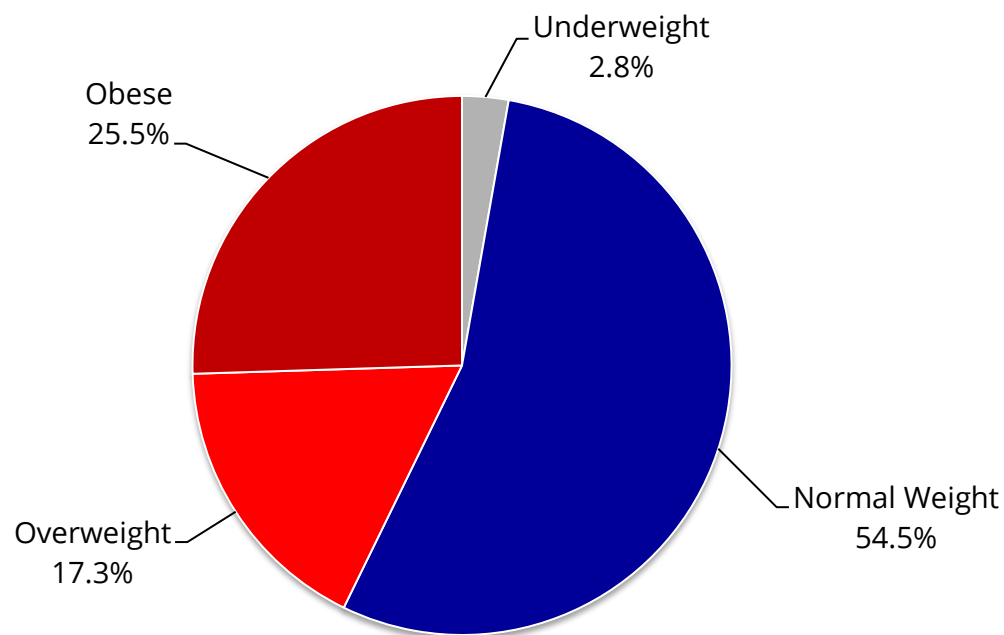
This summary presents weight status results from 221,301 assessed students enrolled in Tennessee public schools during the 2021-22 school year in grades kindergarten, 2, 4, 6, 8, and any one year of high school. This report includes measurements submitted by 111 public school districts in Tennessee ([see Appendix A](#)); a total of 51.2 percent of Tennessee school children in the aforementioned grades were assessed. **Please note:** a valid BMI screening report for the 2020-21 school year could not be generated due to absences incurred by the COVID-19 pandemic. Participation levels for 2021-2022 remain lower than in years prior to 2020-21.

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 to improve student health outcomes and support the connection between good health practices, academic achievement, and lifetime wellness. CSH was expanded to all school districts in 2006, and the first year that all districts collected Body Mass Index (BMI) data was the 2007-08 school year.

Body Mass Index (BMI) is calculated based on the height and weight measurements collected during school screenings 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. **Obesity** is defined as having a BMI in the 95th percentile or greater.

**Figure 1. Body Weight Status
Assessed Students, Tennessee Public Schools, 2021-22**

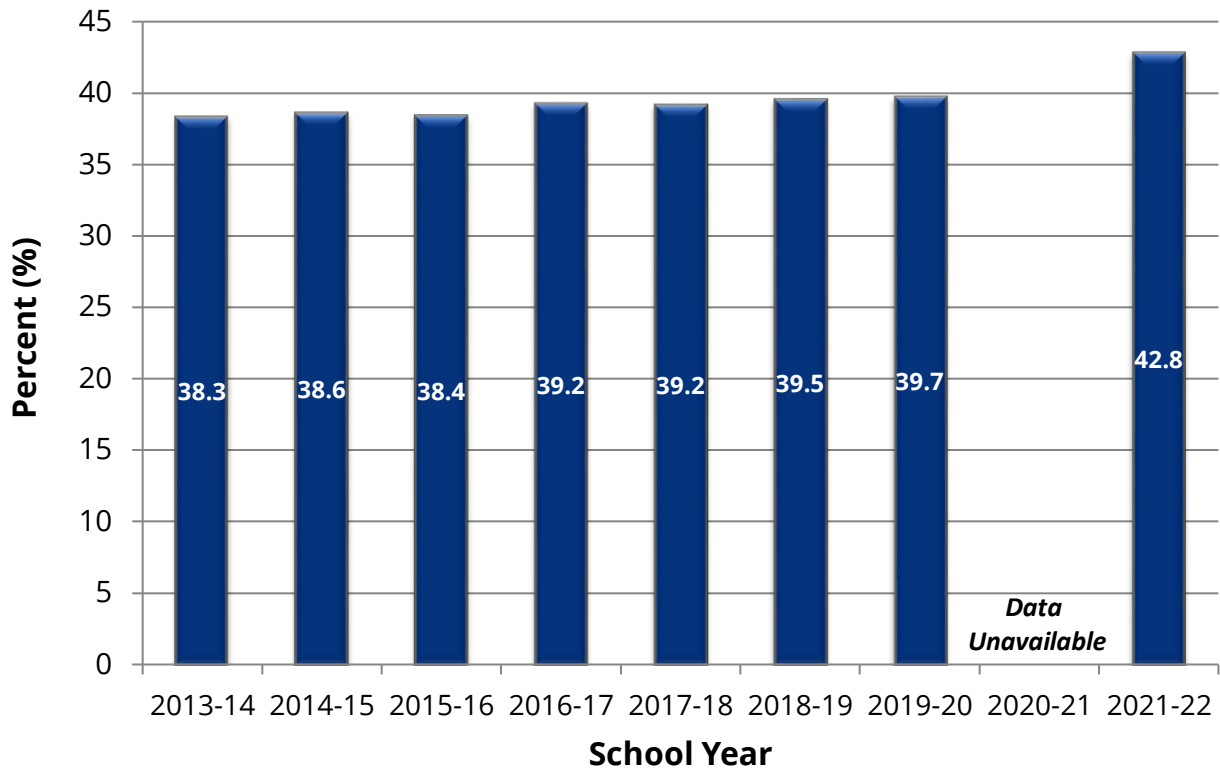


Executive Summary:

- Overall, 54.5% of assessed students had BMI measurements in the normal range, 17.3% were overweight, 25.5% of students were obese, and the remaining 2.8% were underweight ([see Figure 1](#)).
- Rural counties had a lower prevalence of overweight or obese students (41.9%) among students who were assessed compared to those in metropolitan counties (44.6%) (*statistically significant**).
- The prevalence of assessed students who were classified as overweight or obese increased with rising grade levels up through grade 6 (*kindergarten*: 34.4%; *grade 2*: 39.7%; *grade 4*: 46.3%; *grade 6*: 47.4%; *grade 8*: 46.4%; *high school*: 43.8%).
- The prevalence of assessed **students who were classified as overweight or obese in Tennessee public schools increased significantly between the 2019-20 and 2021-22 school years from 39.7% to 42.8%** (*statistically significant*) ([see Figure 2](#)). As a reminder, a report on BMI status could not be generated for the 2020-21 school year due to absences incurred by the COVID-19 pandemic.

*Throughout this report, “statistically significant” corresponds to a 95% confidence level.

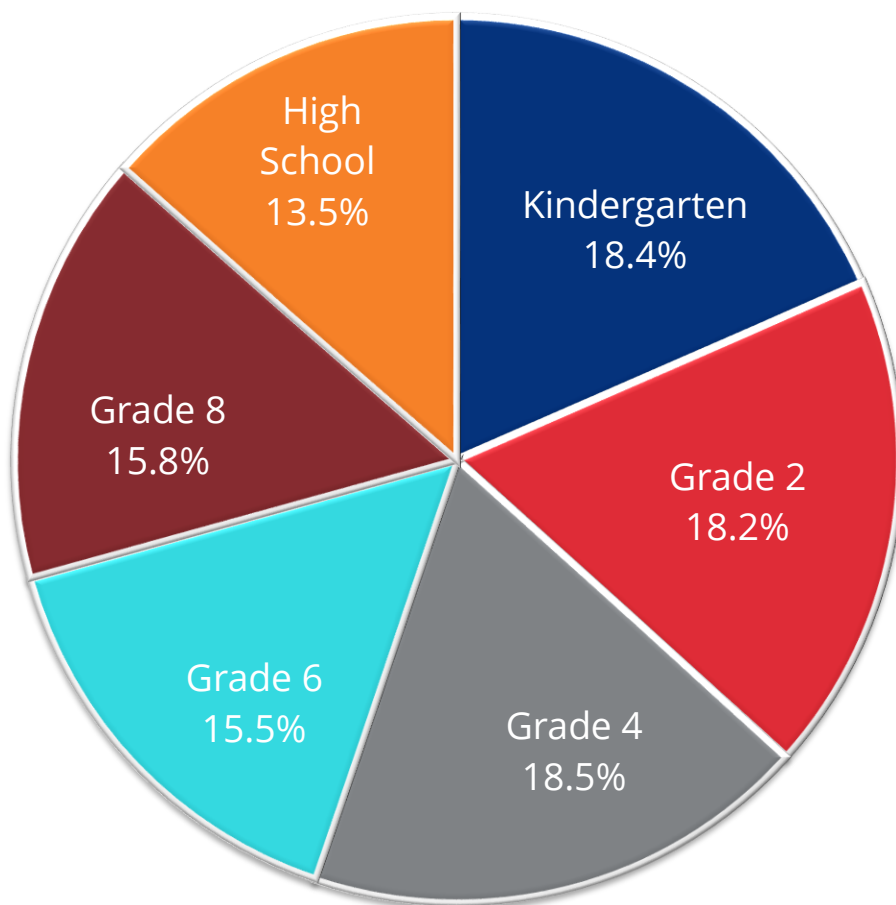
Figure 2. Prevalence Trend of Overweight or Obesity, Assessed Students, Tennessee Public Schools, 2013-14 to 2021-22 School Year



Student Characteristics

A slightly larger proportion of boys (51.5%) than girls (48.5%) were assessed for the 2021-22 school year. Of those assessed – 18.4% were kindergarteners, 18.2% were 2nd graders, 18.5% were 4th graders, 15.5% were 6th graders, 15.8% were 8th graders, and 13.5% were high schoolers ([see Figure 3](#)).

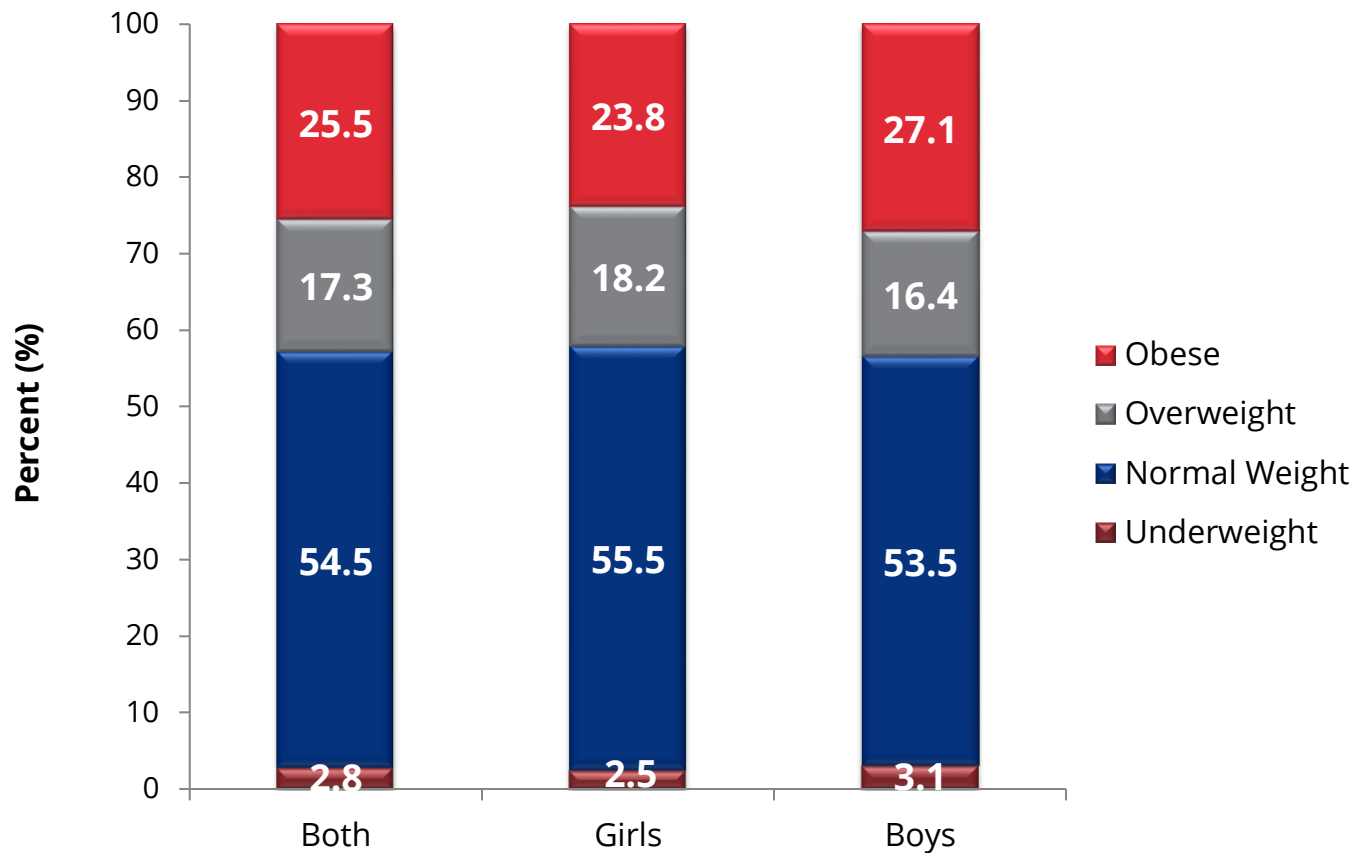
Figure 3. Percentage of Assessed Students by Grade Level, Tennessee Public School Students, 2021-22



Weight Status Distribution by Gender

- Of all screened students, **42.8% were either overweight or obese.**
- Overall, the percentage of assessed girls with normal weight was higher than that of assessed boys; 55.5% vs. 53.5%, respectively (*statistically significant*) ([see Figure 4](#)).
- The overweight or obesity prevalence among assessed boys was higher than that of assessed girls; 43.4% vs. 42.1%, respectively (*statistically significant*) ([see Table 1](#)).
- **Boys** who were assessed **were more likely to be obese** (27.1%) than girls who were assessed (23.8%) (*statistically significant*). However, **girls** who were assessed **were more likely to be overweight** (18.2%) than boys (16.4%) (*statistically significant*).
- Assessed boys were more likely to be underweight (3.1%) than assessed girls (2.5%) (*statistically significant*).

Figure 4. Weight Status Distribution by Gender, Assessed Students, Tennessee Public Schools, 2021-22

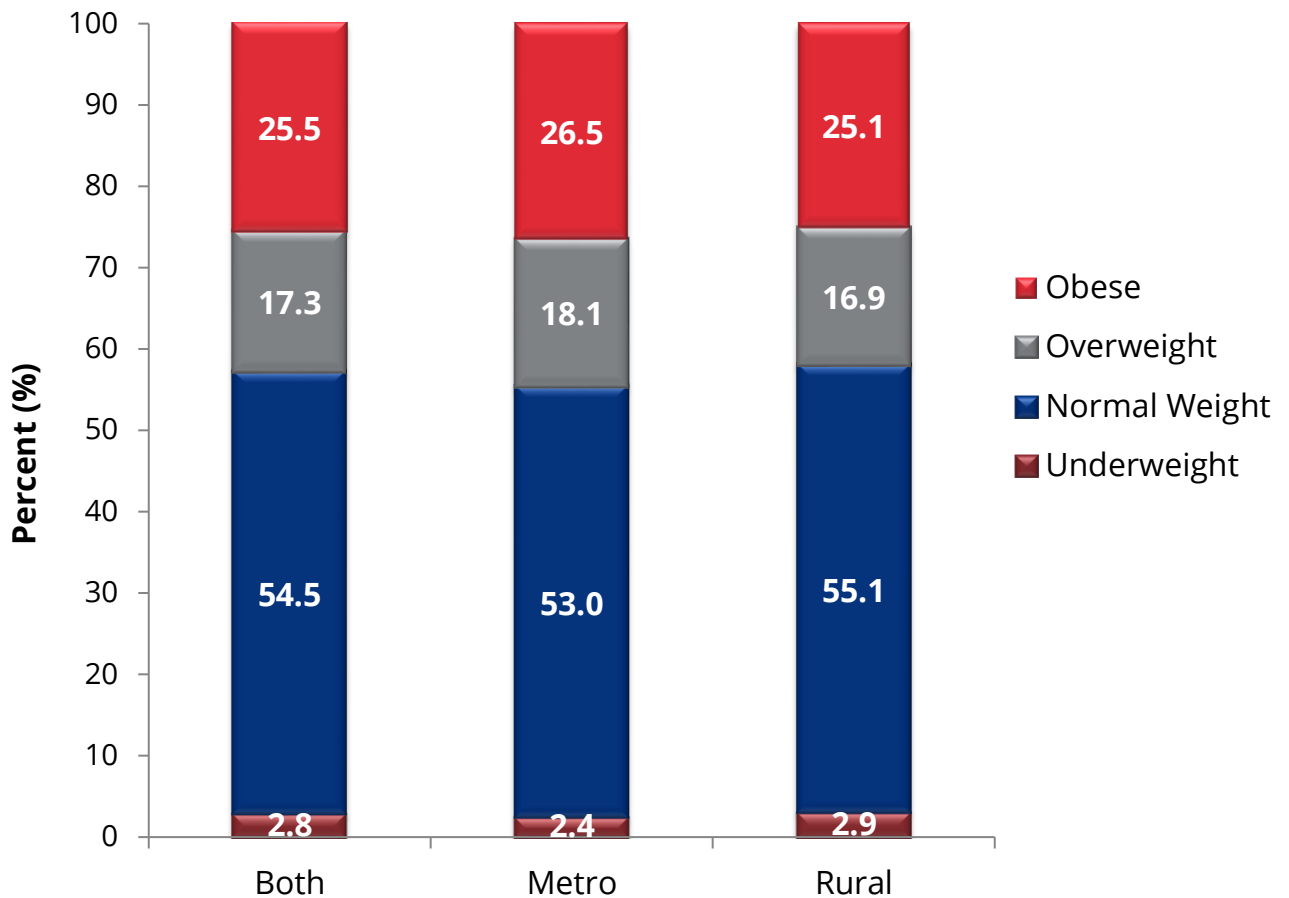


Weight Status Distribution by Metro and Rural Counties

Most students screened (68.8%) were outside metropolitan counties¹.

- **Rural county students** screened **were more likely to be normal weight** (55.1%) compared to metropolitan county students (53.0%) (*statistically significant*) ([see Figure 5](#)).
- **Metro students screened were more likely to be obese** (26.5%) than rural students screened (25.1%) (*statistically significant*).
- Metro students screened were also more likely to be overweight (18.1%) as rural students screened (16.9%) (*statistically significant*).

Figure 5. Weight Status Distribution by Metro and Rural Counties, Assessed Students, Tennessee Public Schools, 2021-22



Coordinated School Health

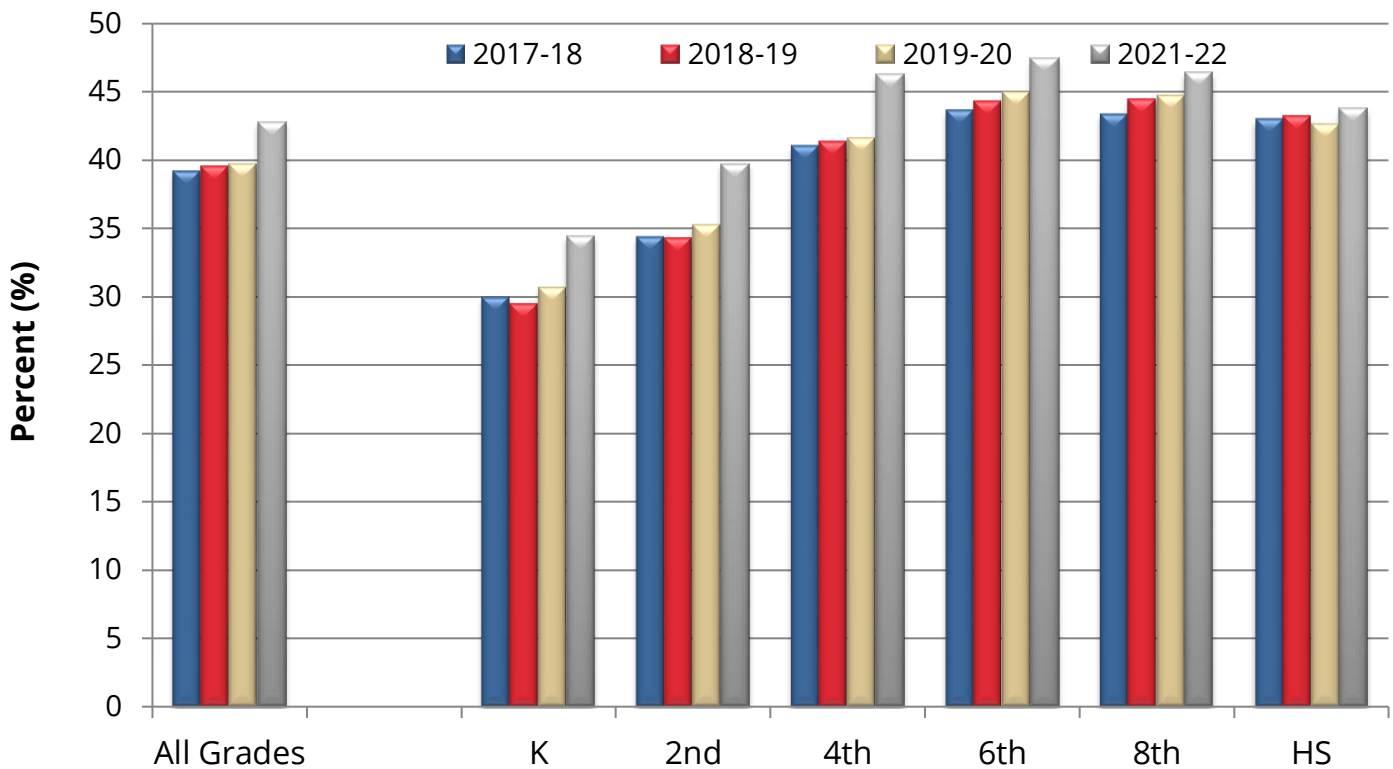
Data Source: Body Mass Index Data, 2021-22, Tennessee Department of Education, Nashville, Tennessee.

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: 2017-18 vs 2021-22

- **Since the 2017-18 school year**, there has been a **statistically significant increase** in the overall prevalence **of those who were overweight or obese in grades K, 2, 4, 6 and 8.** ([see Table 1](#))
- The largest increases between these two time periods in overweight or obesity status were among 2nd and 4th grade boys. Overweight/obesity among 2nd grade boys increased from 34.3% in 2017-18 to 40.4% in 2021-22. The percentage for 4th grade boys increased from 41.7% to 47.8% in the same time period.
- There was a slight decrease in prevalence of those who were overweight or obese among high school girls from 2017-18 (43.6%) to 2019-20 (43.0%), though not statistically significant.

Figure 6. Prevalence of Overweight or Obese by Grade, Assessed Students, Tennessee Public Schools, 2017-18, 2018-19, 2019-20 and 2021-22



Data are unavailable for the 2020-21 school year.



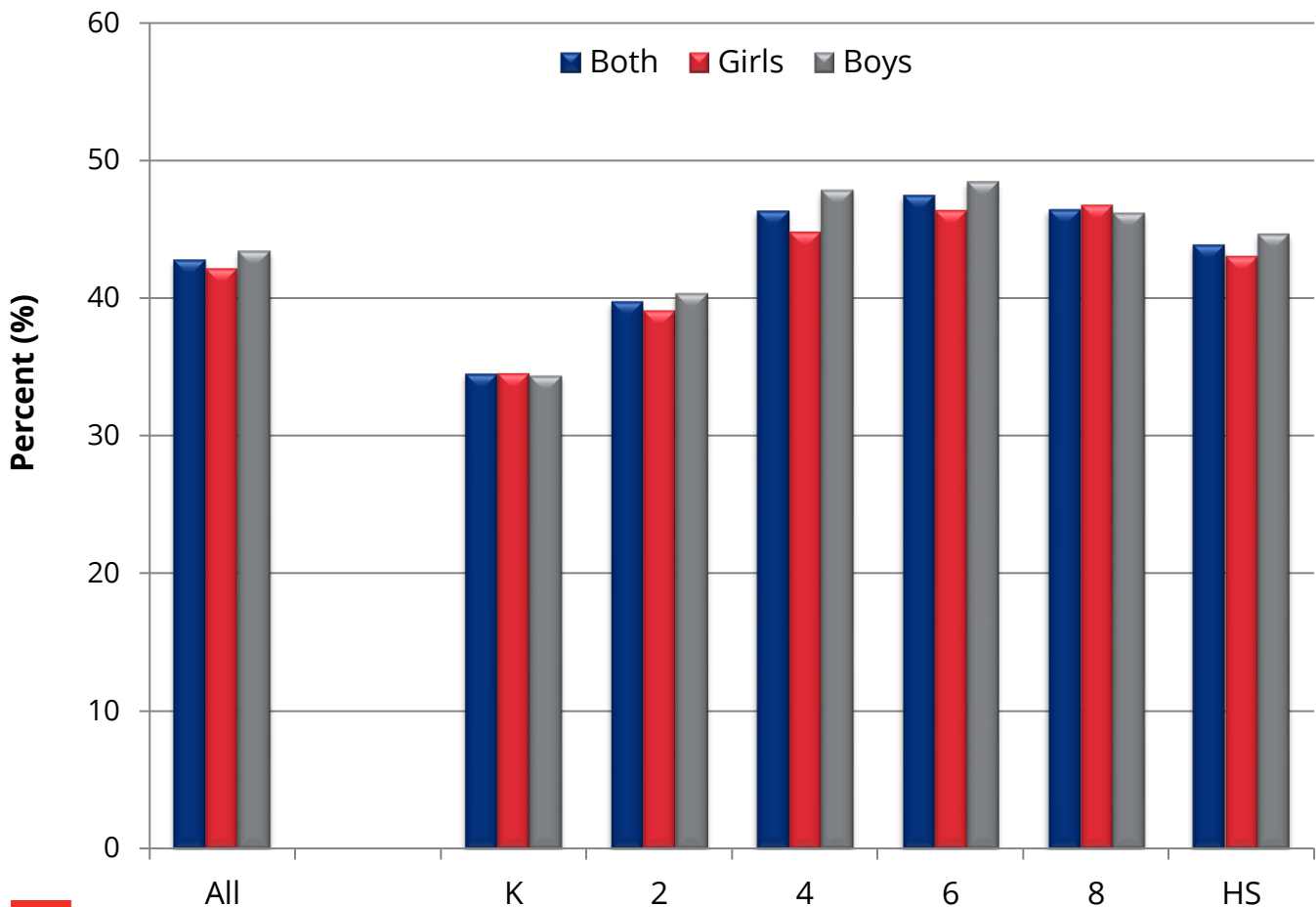
Data Source: Body Mass Index Data, 2017-18 to 2021-22, Tennessee Department of Education, Nashville, Tennessee.

Prevalence of Overweight or Obese Students by Gender and Grade

Of screened students, the percentage who were overweight or obese was 40% or higher in grade 4, grade 6, grade 8, and high school for both girls and boys as well as for boys in grade 2 ([see Figure 7](#)).

- Boys assessed had the highest percentage of overweight or obese students in grade 6 (48.5%).
- Girls assessed had the highest percentage of overweight or obese students in grade 8 (46.7%).
- 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 higher percentage than girls: 42.8% vs. 41.1%, respectively.

Figure 7. Prevalence of Overweight or Obese by Gender and Grade, Assessed Students, Tennessee Public Schools, 2021-22

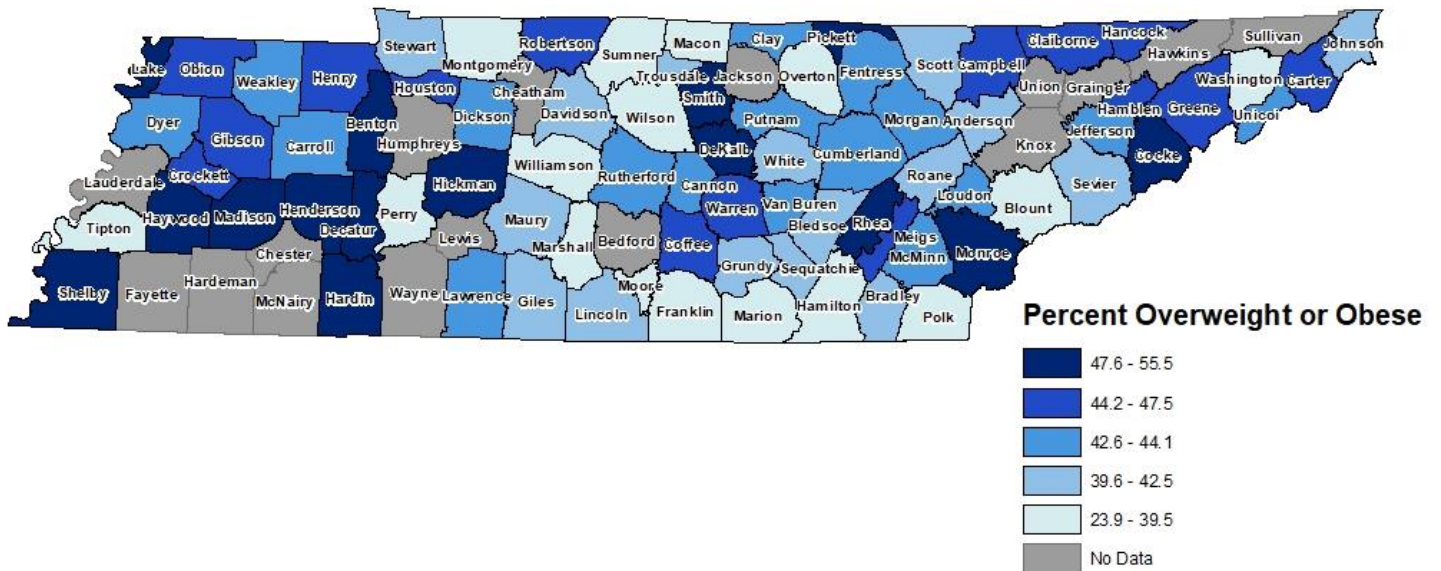


Prevalence of Overweight or Obese Students by County

Of the students screened, the prevalence of overweight or obese students varied by county, ranging from Moore County (23.9%) to Pickett County (55.5%) for the 2021-22 school year * (see Figure 8).

- The **five counties with the highest percentage of overweight or obese students** among those screened for BMI for the 2021-22 school year were **Pickett County (55.5%), Lake County (53.9%), Haywood County (51.4%), Coker County (49.4%), and Decatur County (48.8%)** * (see Table 2).
- The **five counties with the lowest percentage of overweight or obese students** among those screened for BMI for the 2021-22 school year were **Moore County (23.9%), Sumner County (35.7%), Perry County (36.7%), Marion County (36.9%) and Wilson County (37.1%)** *.

Figure 8 Prevalence of Overweight or Obese by County, Assessed Students, Tennessee Public Schools, 2021-22



* Only counties with at least 50% participation are ranked

Data Source: Body Mass Index Data, 2021-22, 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 Moore County (23.9%) to Pickett County (55.5%) for the 2021-22 school year * ([see Table 3](#)).

- The **school districts with the highest percentage of overweight or obese students** among those screened for the 2021-22 school year were **Pickett County** (55.5%), **Lake County** (53.9%), **Humboldt City** (53.2%), **Clinton City** (53.2%), and **Bells City** (52.7%) *.
- The **five school districts with the lowest percentage of overweight or obese students** among those screened for the 2021-22 school year were **Moore County** (23.9%), **Lakeland** (29.3%), **Arlington Community** (33.8%), **Maryville City** (34.9%) and **Sumner County** (35.7%) *.

* Only districts with at least 50% participation are ranked

Table 1. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by Grade, 2017-18, 2018-19, 2019-20 and 2021-22^ School Years

Grade	Gender	2017-18		2018-19		2019-20		2021-22		Change from 2017-18 to 2021-22
		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	39.0 - 39.3	39.5	39.4 - 39.7	39.7	39.5 - 39.9	42.8	42.6 - 43.0	Increase
	Girls	39.2	38.9 - 39.4	39.5	39.2 - 39.7	39.5	39.3 - 39.8	42.1	41.8 - 42.4	Increase
	Boys	39.2	38.9 - 39.4	39.6	39.3 - 39.8	39.8	39.6 - 40.1	43.4	43.1 - 43.7	Increase
K	Both	30.0	29.6 - 30.4	29.6	29.2 - 29.9	30.7	30.3 - 31.1	34.4	34.0 - 34.9	Increase
	Girls	30.5	29.9 - 31.1	30.0	29.4 - 30.5	30.9	30.3 - 31.5	34.5	33.9 - 35.2	Increase
	Boys	29.6	29.0 - 30.1	29.2	28.6 - 29.7	30.4	29.9 - 31.0	34.4	33.7 - 35.0	Increase
2nd	Both	34.4	34.0 - 34.8	34.3	33.9 - 34.7	35.3	34.9 - 35.7	39.7	39.3 - 40.2	Increase
	Girls	34.5	33.9 - 35.1	34.1	33.5 - 34.7	35.3	34.7 - 35.9	39.1	38.4 - 39.8	Increase
	Boys	34.3	33.7 - 34.9	34.6	34.0 - 35.1	35.2	34.7 - 35.8	40.4	39.7 - 41.0	Increase
4th	Both	41.0	40.6 - 41.4	41.3	41.0 - 41.7	41.6	41.2 - 42.0	46.3	45.8 - 46.8	Increase
	Girls	40.4	39.8 - 40.9	40.7	40.1 - 41.2	40.5	39.9 - 41.1	44.7	44.1 - 45.4	Increase
	Boys	41.7	41.1 - 42.3	42.0	41.4 - 42.5	42.7	42.1 - 43.2	47.8	47.1 - 48.5	Increase
6th	Both	43.6	43.2 - 44.1	44.3	43.9 - 44.7	45.0	44.6 - 45.4	47.4	46.9 - 47.9	Increase
	Girls	42.6	42.0 - 43.2	43.6	43.0 - 44.2	44.2	43.6 - 44.9	46.3	45.5 - 47.1	Increase
	Boys	44.6	44.0 - 45.2	44.9	44.4 - 45.5	45.7	45.1 - 46.3	48.5	47.7 - 49.2	Increase
8th	Both	43.3	42.9 - 43.8	44.4	44.0 - 44.9	44.7	44.3 - 45.2	46.4	45.9 - 46.9	Increase
	Girls	44.3	43.7 - 45.0	45.6	45.0 - 46.2	45.7	45.0 - 46.4	46.7	45.9 - 47.4	Increase
	Boys	42.5	41.8 - 43.1	43.4	42.8 - 44.0	43.9	43.2 - 44.5	46.1	45.4 - 46.9	Increase
High School	Both	43.0	42.5 - 43.4	43.2	42.7 - 43.7	42.6	42.1 - 43.1	43.8	43.3 - 44.4	
	Girls	43.6	42.9 - 44.2	43.5	42.8 - 44.1	42.8	42.0 - 43.5	43.0	42.2 - 43.8	
	Boys	42.4	41.8 - 43.0	42.9	42.3 - 43.0	42.5	41.7 - 43.2	44.6	43.9 - 45.4	Increase

^Please note: a report was not generated for the 2020-21 school year due to low screening numbers as a result of the COVID-19 pandemic

*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 2017-18 to 2021-22.

Data source: Body Mass Index Data, 2017-18 to 2021-22, Tennessee Department of Education, Nashville Tennessee

Table 2. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by County, 2017-18, 2018-19, 2019-20 and 2021-22^ School Years

County	2017-18		2018-19		2019-20		2021-22		Percent of Population Assessed 2021-22
	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	39.0 - 39.3	39.5	39.4 - 39.7	39.7	39.5 - 39.9	42.8	42.6 - 43.0	51.2
Anderson	39.3	37.8 - 40.8	39.5	37.8 - 41.1	40.0	38.5 - 41.5	41.1	39.4 - 42.8	65.7
Bedford	46.6	44.9 - 48.4	48.5	46.7 - 50.3	43.5	41.0 - 46.0	No Data	-	0.0
Benton	50.2	46.6 - 53.8	46.6	43.1 - 50.1	48.5	44.7 - 52.2	47.7	44.1 - 51.3	80.2
Bledsoe	41.8	37.4 - 46.1	41.5	36.8 - 46.3	39.8	35.0 - 44.7	40.6	35.6 - 45.6	53.3
Blount	38.9	37.7 - 40.0	38.5	37.4 - 39.6	38.2	37.0 - 39.3	39.5	38.3 - 40.8	72.6
Bradley	40.4	39.1 - 41.6	40.2	39.0 - 41.4	40.8	39.5 - 42.0	42.0	40.6 - 43.3	77.9
Campbell	47.5	44.1 - 50.8	45.6	42.3 - 48.9	48.6	46.2 - 51.0	45.1	42.4 - 47.9	57.9
Cannon	44.9	41.2 - 48.6	40.3	36.7 - 43.8	43.6	40.0 - 47.2	42.6	38.2 - 47.0	61.8
Carroll	42.9	40.5 - 45.3	47.0	44.7 - 49.3	45.9	43.4 - 48.3	44.1	41.6 - 46.5	83.9
Carter	42.1	40.0 - 44.3	44.3	42.3 - 46.3	43.6	41.7 - 45.6	47.5	45.1 - 49.9	51.2
Cheatham	33.1	30.9 - 35.3	32.2	30.0 - 34.5	No Data	-	No Data	-	0.0
Chester	37.1	34.0 - 40.3	41.3	38.1 - 44.5	41.4	38.2 - 44.6	No Data	-	0.0
Claiborne	48.5	45.8 - 51.2	47.7	44.8 - 50.6	47.1	44.2 - 50.0	44.6	41.7 - 47.4	66.9
Clay	42.3	37.9 - 46.6	41.5	37.0 - 46.1	39.8	35.0 - 44.6	43.2	38.6 - 47.7	95.8
Cocke	46.2	44.0 - 48.4	48.3	46.4 - 50.2	46.2	44.0 - 48.3	49.4	47.0 - 51.7	74.9
Coffee	41.6	39.9 - 43.3	41.5	39.8 - 43.2	42.8	41.2 - 44.5	45.1	43.0 - 47.2	53.8
Crockett	44.3	41.6 - 47.1	45.6	42.6 - 48.6	46.1	43.3 - 48.9	46.5	43.5 - 49.4	84.3
Cumberland	44.6	43.0 - 46.3	46.9	45.2 - 48.6	43.9	42.0 - 45.7	43.5	41.6 - 45.5	82.7
Davidson	36.8	36.2 - 37.4	37.1	36.5 - 37.7	35.9	35.3 - 36.5	41.7	41.0 - 42.3	61.6
DeKalb	48.8	45.9 - 51.7	46.2	43.3 - 49.1	46.9	44.0 - 49.8	48.8	45.9 - 51.8	85.7
Decatur	44.9	41.2 - 48.6	45.1	41.2 - 48.9	47.8	44.0 - 51.6	48.8	44.5 - 53.1	80.4
Dickson	39.0	37.2 - 40.8	41.3	39.5 - 43.1	38.1	35.9 - 40.4	43.6	41.5 - 45.6	61.8
Dyer	41.6	39.7 - 43.6	39.0	37.1 - 40.8	42.1	39.8 - 44.4	42.9	40.7 - 45.1	68.5
Fayette	43.0	40.1 - 45.9	46.0	43.2 - 48.8	42.0	39.3 - 44.8	No Data	-	0.0
Fentress	46.8	43.7 - 49.9	49.4	46.3 - 52.6	45.5	42.2 - 48.7	43.8	40.7 - 46.9	89.5
Franklin	40.0	37.1 - 42.9	66.0	62.7 - 69.2	40.9	38.4 - 43.4	36.3	31.2 - 41.3	15.6**
Gibson	43.3	41.6 - 45.0	42.9	41.2 - 44.6	44.0	42.3 - 45.6	46.1	44.3 - 47.9	77.4
Giles	44.4	41.8 - 47.0	45.7	43.2 - 48.2	40.8	38.1 - 43.5	42.1	39.5 - 44.6	85.4
Grainger	51.7	49.1 - 54.3	52.8	50.1 - 55.5	50.4	47.7 - 53.1	No Data	-	0.0
Greene	43.8	42.1 - 45.4	42.7	41.0 - 44.3	41.8	40.1 - 43.5	44.8	42.8 - 46.9	60.7
Grundy	37.7	33.5 - 42.0	39.6	35.4 - 43.8	39.2	35.3 - 43.2	41.1	36.8 - 45.4	63.8
Hamblen	46.9	45.4 - 48.5	47.0	45.5 - 48.5	47.6	46.0 - 49.1	46.9	45.1 - 48.7	62.0
Hamilton	34.4	33.7 - 35.1	36.0	35.3 - 36.7	41.2	40.4 - 41.9	38.6	37.9 - 39.4	84.8
Hancock	48.4	43.3 - 53.5	51.2	46.2 - 56.1	45.1	37.2 - 53.0	47.5	41.9 - 53.1	71.5
Hardeman	44.2	41.3 - 47.2	42.2	38.9 - 45.5	47.9	44.6 - 51.2	No Data	-	0.0
Hardin	44.3	41.8 - 46.8	47.2	44.7 - 49.6	47.0	44.5 - 49.5	48.8	46.2 - 51.4	93.7
Hawkins	45.8	44.0 - 47.7	45.6	43.7 - 47.5	43.8	41.8 - 45.8	No Data	-	0.0
Haywood	45.1	42.2 - 48.0	42.8	39.9 - 45.7	43.8	40.8 - 46.8	51.4	48.0 - 54.8	66.5
Henderson	42.7	40.5 - 45.0	44.3	42.1 - 46.6	44.2	41.5 - 46.9	52.5	47.9 - 57.1	22.1**
Henry	44.2	42.0 - 46.4	42.3	40.0 - 44.5	42.9	40.7 - 45.1	46.4	43.4 - 49.4	52.2
Hickman	42.3	39.8 - 44.9	43.0	40.2 - 45.8	45.6	42.7 - 48.4	48.2	45.3 - 51.2	76.8
Houston	37.6	33.3 - 42.0	32.8	29.0 - 36.7	35.5	31.2 - 39.7	44.4	37.7 - 51.2	36.2**
Humphreys	41.9	39.0 - 44.8	39.5	36.7 - 42.3	42.0	38.9 - 45.2	No Data	-	0.0
Jackson	43.8	38.6 - 49.0	38.4	33.4 - 43.5	54.5	48.4 - 60.6	No Data	-	0.0
Jefferson	41.5	37.8 - 45.3	41.8	39.2 - 44.3	39.0	36.5 - 41.6	43.7	41.0 - 46.3	43.4**
Johnson	37.6	33.7 - 41.5	41.4	37.7 - 45.1	39.9	36.4 - 43.4	42.0	38.4 - 45.7	71.4
Knox	35.7	35.0 - 36.4	37.6	36.8 - 38.3	34.3	33.5 - 35.1	No Data	-	0.0
Lake	48.9	43.6 - 54.3	50.3	42.9 - 57.6	49.5	43.8 - 55.2	53.9	48.3 - 59.5	85.0
Lauderdale	45.2	42.7 - 47.6	47.9	45.1 - 50.6	45.4	42.7 - 48.1	No Data	-	0.0
Lawrence	41.4	39.4 - 43.5	42.1	40.1 - 44.1	43.0	41.0 - 45.1	42.7	40.6 - 44.8	74.8
Lewis	46.6	42.7 - 50.4	51.0	47.2 - 54.7	48.4	44.2 - 52.6	No Data	-	0.0

Table 2. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by County, 2017-18, 2018-19, 2019-20 and 2021-22^ School Years

County	2017-18		2018-19		2019-20		2021-22		Percent of Population Assessed 2021-22
	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	39.4	37.2 - 41.7	39.4	37.2 - 41.7	41.6	39.3 - 43.9	41.4	39.2 - 43.7	80.8
Loudon	42.2	40.2 - 44.2	42.2	40.2 - 44.2	42.6	40.6 - 44.5	43.7	41.9 - 45.6	85.7
Macon	45.3	42.8 - 47.7	45.3	42.8 - 47.7	44.5	42.2 - 46.9	34.4	28.0 - 40.9	11.2**
Madison	41.0	39.6 - 42.3	41.0	39.6 - 42.3	40.8	39.4 - 42.2	48.6	44.5 - 52.7	10.5**
Marion	39.2	36.7 - 41.7	39.2	36.7 - 41.7	39.8	37.1 - 42.5	36.9	34.1 - 39.6	62.5
Marshall	40.8	38.2 - 43.5	40.8	38.2 - 43.5	43.1	41.0 - 45.3	39.0	36.7 - 41.2	74.1
Mauzy	41.6	40.3 - 42.9	41.6	40.3 - 42.9	39.6	38.2 - 41.0	41.2	39.8 - 42.6	86.6
McMinn	42.0	40.2 - 43.8	42.0	40.2 - 43.8	42.8	40.9 - 44.6	42.6	40.6 - 44.6	72.3
McNairy	43.0	40.7 - 45.3	43.0	40.7 - 45.3	43.3	40.9 - 45.7	No Data	-	0.0
Meigs	56.0	52.1 - 60.0	56.0	52.1 - 60.0	42.7	38.8 - 46.7	46.6	42.8 - 50.3	84.5
Monroe	46.8	45.0 - 48.7	46.8	45.0 - 48.7	40.2	38.2 - 42.2	48.2	44.5 - 51.9	24.0**
Montgomery	35.0	34.1 - 35.9	35.0	34.1 - 35.9	29.8	28.9 - 30.7	37.4	36.5 - 38.4	60.3
Moore	32.8	27.8 - 37.7	32.8	27.8 - 37.7	40.1	33.5 - 46.7	23.9	19.8 - 28.0	105.1
Morgan	37.8	34.6 - 41.0	37.8	34.6 - 41.0	38.0	34.7 - 41.3	43.3	40.1 - 46.5	74.1
Obion	45.2	43.0 - 47.4	45.2	43.0 - 47.4	46.3	44.0 - 48.5	45.8	43.5 - 48.1	81.2
Overton	42.6	39.2 - 45.9	42.6	39.2 - 45.9	45.0	41.8 - 48.3	39.0	35.6 - 42.3	60.8
Perry	27.9	22.3 - 33.4	27.9	22.3 - 33.4	35.5	29.7 - 41.2	36.7	31.6 - 41.9	76.7
Pickett	49.2	43.2 - 55.3	49.2	43.2 - 55.3	No Data	-	55.5	49.0 - 62.0	76.4
Polk	42.4	39.0 - 45.8	42.4	39.0 - 45.8	41.9	38.3 - 45.5	37.5	33.8 - 41.2	68.4
Putnam	38.1	35.8 - 40.3	38.1	35.8 - 40.3	38.9	37.2 - 40.6	42.7	40.0 - 45.4	25.2**
Rhea	44.3	42.1 - 46.5	44.3	42.1 - 46.5	45.4	43.2 - 47.6	48.1	45.9 - 50.4	84.6
Roane	39.3	37.3 - 41.3	39.3	37.3 - 41.3	41.3	39.4 - 43.3	42.3	40.4 - 44.2	91.5
Robertson	42.0	39.8 - 44.2	42.0	39.8 - 44.2	44.2	42.1 - 46.2	45.2	43.4 - 46.9	52.4
Rutherford	38.1	37.4 - 38.8	38.1	37.4 - 38.8	38.0	37.3 - 38.8	42.7	42.0 - 43.5	59.7
Scott	46.8	44.4 - 49.2	46.8	44.4 - 49.2	44.8	42.4 - 47.2	42.5	38.6 - 46.5	34.5**
Sequatchie	39.3	35.8 - 42.8	39.3	35.8 - 42.8	54.1	49.9 - 58.3	41.0	37.4 - 44.6	80.0
Sevier	37.3	35.9 - 38.6	37.3	35.9 - 38.6	38.2	36.9 - 39.5	41.7	40.3 - 43.1	77.0
Shelby	37.6	37.1 - 38.2	37.6	37.1 - 38.2	38.8	38.3 - 39.3	50.1	49.6 - 50.7	45.8**
Smith	44.1	41.3 - 46.9	44.1	41.3 - 46.9	45.0	42.3 - 47.8	48.7	45.6 - 51.7	80.5
Stewart	42.1	38.5 - 45.7	42.1	38.5 - 45.7	40.7	37.4 - 43.9	40.8	37.4 - 44.1	98.3
Sullivan	36.6	35.5 - 37.7	36.6	35.5 - 37.7	39.4	38.2 - 40.6	No Data	-	0.0
Sumner	35.8	34.9 - 36.6	35.8	34.9 - 36.6	36.7	35.8 - 37.6	35.7	34.8 - 36.6	83.9
Tipton	40.6	38.9 - 42.2	40.6	38.9 - 42.2	37.4	35.7 - 39.1	37.4	35.4 - 39.3	51.4
Trousdale	45.0	40.8 - 49.3	45.0	40.8 - 49.3	42.9	39.0 - 46.8	41.0	37.2 - 44.8	109.3
Unicoi	44.0	40.6 - 47.4	44.0	40.6 - 47.4	45.4	41.4 - 49.4	42.7	39.0 - 46.4	73.6
Union	42.3	39.3 - 45.4	42.3	39.3 - 45.4	42.9	39.2 - 46.6	No Data	-	0.0
Van Buren	46.6	40.6 - 52.6	46.6	40.6 - 52.6	43.1	37.1 - 49.0	42.6	36.7 - 48.5	81.8
Warren	46.2	44.3 - 48.2	46.2	44.3 - 48.2	43.0	41.1 - 44.9	46.1	44.1 - 48.1	85.0
Washington	36.8	35.5 - 38.2	36.8	35.5 - 38.2	35.7	34.4 - 37.0	39.5	38.1 - 40.9	67.1
Wayne	43.3	39.9 - 46.8	43.3	39.9 - 46.8	46.4	43.0 - 49.8	No Data	-	0.0
Weakley	44.5	42.2 - 46.8	44.5	42.2 - 46.8	52.6	45.2 - 60.0	44.1	41.7 - 46.5	93.5
White	45.3	42.7 - 47.9	45.3	42.7 - 47.9	45.7	42.9 - 48.6	39.8	35.6 - 44.0	30.5**
Williamson	24.4	23.3 - 25.4	24.4	23.3 - 25.4	24.0	22.3 - 25.7	36.4	33.7 - 39.1	6.3**
Wilson	36.7	35.6 - 37.7	36.7	35.6 - 37.7	37.0	36.0 - 38.0	37.1	35.9 - 38.3	66.6

^Please note: a report was not generated for the 2020-21 school year due to low screening numbers as a result of the COVID-19 pandemic

*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 submitted for the school year.

Data source: Body Mass Index Data, 2017-18 to 2021-22, Tennessee Department of Education, Nashville Tennessee

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

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

Table 3. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by School District 2017-18, 2018-19, 2019-20 and 2021-22^ School Years

District	2017-18			2018-19			2019-20			2021-22			Percent of Population Assessed 2021-22
	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	39.0	- 39.3	39.5	39.3	- 39.7	39.7	39.5	- 39.9	42.8	42.6	- 43.0	51.2
Alamo	48.5	42.6	- 54.5	42.8	37.3	- 48.3	45.2	39.6	- 50.7	40.1	34.4	- 45.7	105.4
Alcoa City	36.7	32.9	- 40.5	38.3	34.1	- 42.4	37.0	32.3	- 41.7	34.2	23.7	- 44.6	8.3**
Alvin York	49.6	41.1	- 58.2	44.3	35.3	- 53.4	38.8	29.1	- 48.4	50.0	41.1	- 58.9	96.8
Anderson County	43.2	41.1	- 45.2	43.1	41.0	- 45.2	44.2	42.0	- 46.4	44.7	41.9	- 47.5	49.8**
Arlington Community	30.7	28.5	- 32.9	33.1	31.0	- 35.3	30.6	28.6	- 32.7	33.8	31.0	- 36.7	52.9
Athens City	33.9	30.6	- 37.2	39.6	36.0	- 43.1	37.2	33.8	- 40.6	44.4	41.0	- 47.9	96.9
Bartlett City Schools	34.2	32.7	- 35.8	33.8	32.2	- 35.4	33.4	31.8	- 35.0	No Data	.	- .	0.0
Bedford County	46.6	44.9	- 48.4	48.5	46.7	- 50.3	43.5	41.0	- 46.0	No Data	.	- .	0.0
Bells City	33.1	25.4	- 40.8	36.1	28.3	- 44.0	38.7	31.3	- 46.1	52.7	44.6	- 60.8	78.5
Benton County	50.2	46.6	- 53.8	46.6	43.1	- 50.1	48.5	44.7	- 52.2	47.7	44.1	- 51.3	80.2
Bledsoe County	41.8	37.4	- 46.1	41.5	36.8	- 46.3	39.8	35.0	- 44.7	40.6	35.6	- 45.6	53.3
Blount County	42.0	40.5	- 43.5	41.1	39.6	- 42.6	41.4	39.9	- 43.0	43.1	41.4	- 44.8	71.6
Bradford SSD	38.6	32.1	- 45.1	43.8	37.4	- 50.1	41.0	34.7	- 47.4	44.4	34.2	- 54.7	34.2**
Bradley County	41.0	39.4	- 42.6	40.5	38.9	- 42.1	41.2	39.6	- 42.9	40.9	39.3	- 42.5	81.7
Bristol City	32.6	30.2	- 35.1	35.3	32.9	- 37.6	33.0	30.6	- 35.4	No Data	.	- .	0.0
Campbell County	47.5	44.1	- 50.8	45.6	42.3	- 48.9	48.6	46.2	- 51.0	45.1	42.4	- 47.9	57.9
Cannon County	44.9	41.2	- 48.6	40.3	36.7	- 43.8	43.6	40.0	- 47.2	42.6	38.2	- 47.0	61.8
Carter County	43.8	41.2	- 46.4	46.1	43.6	- 48.6	43.9	41.4	- 46.3	47.7	44.5	- 50.8	45.8**
Cheatham County	33.1	30.9	- 35.3	32.2	30.0	- 34.5	No Data	.	- .	No Data	.	- .	0.0
Chester County	37.1	34.0	- 40.3	41.3	38.1	- 44.5	41.4	38.2	- 44.6	No Data	.	- .	0.0
Claiborne County	48.5	45.8	- 51.2	47.7	44.8	- 50.6	47.1	44.2	- 50.0	44.6	41.7	- 47.4	66.9
Clay County	42.3	37.9	- 46.6	41.5	37.0	- 46.1	39.8	35.0	- 44.6	43.2	38.6	- 47.7	95.8
Cleveland	39.4	37.4	- 41.4	39.8	37.8	- 41.7	40.0	38.0	- 42.0	43.9	41.7	- 46.2	71.4
Clinton City	30.6	26.2	- 35.0	36.9	32.4	- 41.4	35.1	30.6	- 39.6	53.2	47.2	- 59.1	55.9
Cocke County	46.9	44.5	- 49.3	48.2	46.1	- 50.3	46.2	43.8	- 48.5	49.4	47.0	- 51.7	90.2
Coffee County	43.0	40.5	- 45.5	44.1	41.5	- 46.6	43.9	41.4	- 46.4	42.5	38.0	- 47.1	27.9**
Collierville	22.5	20.9	- 24.0	22.9	21.5	- 24.2	25.8	23.5	- 28.1	No Data	.	- .	0.0
Crockett County	45.0	41.5	- 48.4	49.3	45.3	- 53.2	48.3	44.6	- 51.9	48.0	44.1	- 51.8	78.5
Cumberland County	44.6	43.0	- 46.3	46.9	45.2	- 48.6	43.9	42.0	- 45.7	43.5	41.6	- 45.5	82.7
Davidson County	36.8	36.2	- 37.4	37.1	36.5	- 37.7	35.9	35.3	- 36.5	41.7	41.0	- 42.3	61.6
Dayton City	37.0	31.8	- 42.1	39.9	35.0	- 44.8	41.5	36.6	- 46.4	48.4	43.6	- 53.3	90.3
DeKalb County	44.9	41.2	- 48.6	45.1	41.2	- 48.9	46.9	44.0	- 49.8	48.8	45.9	- 51.8	85.7
Decatur County	48.8	45.9	- 51.7	46.2	43.3	- 49.1	47.8	44.0	- 51.6	48.8	44.5	- 53.1	80.4
Dickson County	39.0	37.2	- 40.8	41.3	39.5	- 43.1	38.1	35.9	- 40.4	43.6	41.5	- 45.6	61.8
Dyer County	42.6	40.2	- 45.0	38.4	36.0	- 40.7	40.3	37.8	- 42.9	42.7	40.2	- 45.2	91.1
Dyersburg City	39.8	36.5	- 43.0	40.0	37.0	- 43.0	49.7	44.3	- 55.1	43.4	38.8	- 48.0	37.3**
Elizabethton	38.3	34.5	- 42.1	41.2	37.9	- 44.6	43.1	39.8	- 46.5	47.3	43.7	- 51.0	60.8
Etowah City	32.2	25.2	- 39.1	32.3	25.0	- 39.6	42.9	35.2	- 50.7	42.9	34.9	- 50.9	83.1
Fayette County	43.0	40.1	- 45.9	46.0	43.2	- 48.8	42.0	39.3	- 44.8	No Data	.	- .	0.0
Fayetteville City	33.1	29.2	- 37.0	34.3	30.2	- 38.4	44.8	40.5	- 49.1	38.6	33.9	- 43.2	71.3
Fentress County	46.3	43.0	- 49.6	50.1	46.8	- 53.4	46.3	42.8	- 49.7	42.9	39.6	- 46.2	88.6
Franklin County	40.0	37.1	- 42.9	66.0	62.7	- 69.2	40.9	38.4	- 43.4	36.3	31.2	- 41.3	15.6**
Franklin SSD	35.4	33.0	- 37.8	30.8	28.5	- 33.0	No Data	.	- .	36.4	33.7	- 39.1	69.5
Germantown	22.5	20.8	- 24.3	21.7	20.0	- 23.5	21.8	20.0	- 23.5	No Data	.	- .	0.0
Gibson County SSD	40.1	37.4	- 42.7	38.8	36.2	- 41.4	42.0	39.3	- 44.7	42.6	39.7	- 45.4	67.9
Giles County	44.4	41.8	- 47.0	45.7	43.2	- 48.2	40.8	38.1	- 43.5	42.1	39.5	- 44.6	85.4
Grainger County	51.7	49.1	- 54.3	52.8	50.1	- 55.5	50.4	47.7	- 53.1	No Data	.	- .	0.0
Greene County	44.9	43.0	- 46.9	43.3	41.3	- 45.3	42.3	40.1	- 44.4	44.8	42.8	- 46.9	89.2
Greeneville City	41.2	38.4	- 44.1	41.4	38.5	- 44.2	41.0	38.2	- 43.8	No Data	.	- .	0.0
Grundy County	37.7	33.5	- 42.0	39.6	35.4	- 43.8	39.2	35.3	- 43.2	41.1	36.8	- 45.4	63.8
Hamblen County	46.9	45.4	- 48.5	47.0	45.5	- 48.5	47.6	46.0	- 49.1	46.9	45.1	- 48.7	62.0
Hamilton County	34.4	33.7	- 35.1	36.0	35.3	- 36.7	41.2	40.4	- 41.9	38.6	37.9	- 39.4	84.8
Hancock County	48.4	43.3	- 53.5	51.2	46.2	- 56.1	45.1	37.2	- 53.0	47.5	41.9	- 53.1	71.5

Table 3. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by School District 2017-18, 2018-19, 2019-2020 and 2021-22[^] School Years

District	2017-18		2018-19		2019-20		2021-22		Percent of Population Assessed 2021-22
	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	44.2	41.3 - 47.2	42.2	38.9 - 45.5	47.9	44.6 - 51.2	No Data	. - .	0.0
Hardin County	44.3	41.8 - 46.8	47.2	44.7 - 49.6	47.0	44.5 - 49.5	48.8	46.2 - 51.4	93.7
Hawkins County	45.6	43.6 - 47.6	46.0	44.0 - 48.1	44.4	42.2 - 46.5	No Data	. - .	0.0
Haywood County	45.1	42.2 - 48.0	42.8	39.9 - 45.7	43.8	40.8 - 46.8	51.4	48.0 - 54.8	66.5
Henderson County	43.8	41.2 - 46.4	44.8	42.2 - 47.4	43.9	40.6 - 47.2	No Data	. - .	0.0
Henry County	44.4	41.6 - 47.3	42.6	39.8 - 45.4	44.7	42.0 - 47.5	46.4	43.4 - 49.4	90.9
Hickman County	42.3	39.8 - 44.9	43.0	40.2 - 45.8	45.6	42.7 - 48.4	48.2	45.3 - 51.2	76.8
Hollow Rock-Bruceton	38.7	32.5 - 45.0	45.9	39.2 - 52.7	33.3	22.0 - 44.7	42.6	34.1 - 51.2	44.0**
Houston County	37.6	33.3 - 42.0	32.8	29.0 - 36.7	35.5	31.2 - 39.7	44.4	37.7 - 51.2	36.2**
Humboldt City	49.0	44.4 - 53.6	50.9	46.3 - 55.5	53.1	48.3 - 57.9	53.2	48.3 - 58.0	77.9
Humphreys County	41.9	39.0 - 44.8	39.5	36.7 - 42.3	42.0	38.9 - 45.2	No Data	. - .	0.0
Huntingdon SSD	44.9	40.7 - 49.1	41.5	37.4 - 45.7	50.3	46.1 - 54.5	43.6	39.3 - 47.9	89.4
Jackson County	43.8	38.6 - 49.0	38.4	33.4 - 43.5	54.5	48.4 - 60.6	No Data	. - .	0.0
Jefferson County	41.5	37.8 - 45.3	41.8	39.2 - 44.3	39.0	36.5 - 41.6	43.7	41.0 - 46.3	43.4**
Johnson City	36.2	34.4 - 37.9	36.3	34.5 - 38.1	36.5	34.8 - 38.3	40.1	38.3 - 41.8	84.0
Johnson County	37.6	33.7 - 41.5	41.4	37.7 - 45.1	39.9	36.4 - 43.4	42.0	38.4 - 45.7	71.4
Kingsport City	34.0	32.3 - 35.7	33.7	31.8 - 35.6	34.4	32.0 - 36.7	No Data	. - .	0.0
Knox County	35.7	35.0 - 36.4	37.6	36.8 - 38.3	34.3	33.5 - 35.1	No Data	. - .	0.0
Lake County	48.9	43.6 - 54.3	50.3	42.9 - 57.6	49.5	43.8 - 55.2	53.9	48.3 - 59.5	85.0
Lakeland	25.0	21.7 - 28.3	22.4	19.3 - 25.4	29.5	25.6 - 33.4	29.3	26.0 - 32.6	70.9
Lauderdale County	45.2	42.7 - 47.6	47.9	45.1 - 50.6	45.4	42.7 - 48.1	No Data	. - .	0.0
Lawrence County	41.4	39.4 - 43.5	42.1	40.1 - 44.1	43.0	41.0 - 45.1	42.7	40.6 - 44.8	74.8
Lebanon SSD	43.0	40.3 - 45.7	43.9	41.3 - 46.6	43.3	40.8 - 45.8	No Data	. - .	0.0
Lenoir City	46.3	41.7 - 50.9	48.2	43.2 - 53.2	49.0	44.9 - 53.0	46.8	42.4 - 51.1	52.5
Lewis County	46.6	42.7 - 50.4	51.0	47.2 - 54.7	48.4	44.2 - 52.6	No Data	. - .	0.0
Lexington City	39.5	35.0 - 44.0	42.9	38.2 - 47.6	44.8	40.2 - 49.4	52.5	47.9 - 57.1	107.7
Lincoln County	42.3	39.5 - 45.0	40.4	37.8 - 43.1	40.2	37.5 - 43.0	42.3	39.7 - 44.9	84.1
Loudon County	41.2	39.0 - 43.4	42.6	40.4 - 44.8	40.7	38.5 - 42.9	43.0	40.9 - 45.1	100.6
Macon County	45.3	42.8 - 47.7	45.5	43.0 - 48.0	44.5	42.2 - 46.9	34.4	28.0 - 40.9	11.2**
Madison County	41.0	39.6 - 42.3	42.5	41.2 - 43.9	40.8	39.4 - 42.2	48.6	44.5 - 52.7	10.5**
Manchester City	42.8	38.2 - 47.5	37.5	32.6 - 42.4	39.5	34.8 - 44.2	49.7	44.5 - 55.0	47.4**
Marion County	38.8	36.2 - 41.4	42.3	39.7 - 45.0	39.8	37.1 - 42.5	36.0	33.2 - 38.8	61.3
Marshall County	40.8	38.2 - 43.5	41.2	39.2 - 43.3	43.1	41.0 - 45.3	39.0	36.7 - 41.2	74.1
Maryville City	33.7	31.8 - 35.7	33.7	31.7 - 35.6	33.0	31.1 - 34.9	34.9	33.0 - 36.8	98.8
Maurycy County	41.6	40.3 - 42.9	38.0	36.8 - 39.2	39.6	38.2 - 41.0	41.2	39.8 - 42.6	86.6
McKenzie SSD	38.9	34.4 - 43.5	50.8	46.4 - 55.2	37.1	32.7 - 41.4	40.2	36.0 - 44.4	98.1
McMinn County	46.1	43.9 - 48.3	43.1	40.8 - 45.3	45.1	42.9 - 47.4	41.5	38.9 - 44.1	62.0
McNairy County	43.0	40.7 - 45.3	43.6	41.3 - 45.9	43.3	40.9 - 45.7	No Data	. - .	0.0
Meigs County	56.0	52.1 - 60.0	44.7	41.0 - 48.4	42.7	38.8 - 46.7	46.6	42.8 - 50.3	84.5
Milan SSD	43.7	40.3 - 47.0	43.2	39.9 - 46.6	42.8	39.5 - 46.2	46.4	42.9 - 49.8	95.4
Millington	45.7	41.2 - 50.1	44.0	40.7 - 47.3	42.7	37.3 - 48.2	41.0	35.1 - 46.9	23.2**
Monroe County	48.0	45.9 - 50.2	45.2	43.0 - 47.4	39.4	37.2 - 41.6	No Data	. - .	0.0
Montgomery County	35.0	34.1 - 35.9	34.0	33.2 - 34.9	29.8	28.9 - 30.7	37.4	36.5 - 38.4	60.3
Moore County	32.8	27.8 - 37.7	39.4	34.3 - 44.5	40.1	33.5 - 46.7	23.9	19.8 - 28.0	105.4
Morgan County	37.8	34.6 - 41.0	40.4	37.6 - 43.3	38.0	34.7 - 41.3	43.3	40.1 - 46.5	74.1
Murfreesboro City	36.4	34.7 - 38.1	35.8	34.2 - 37.3	37.1	35.5 - 38.6	43.1	41.4 - 44.7	75.2
Newport City	42.9	37.6 - 48.1	48.8	43.7 - 53.9	46.2	40.9 - 51.6	No Data	. - .	0.0
Oak Ridge City	35.5	32.9 - 38.1	30.9	27.7 - 34.2	36.5	34.2 - 38.7	36.7	34.4 - 38.9	87.6
Obion County	46.6	43.9 - 49.3	45.3	42.7 - 47.9	46.2	43.4 - 48.9	46.1	43.2 - 48.9	85.0
Oneida SSD	42.7	38.6 - 46.7	43.5	39.2 - 47.8	42.1	37.9 - 46.2	42.5	38.6 - 46.5	112.6
Overton County	42.6	39.2 - 45.9	41.7	38.5 - 44.9	45.0	41.8 - 48.3	39.0	35.6 - 42.3	60.8
Paris SSD	43.8	40.2 - 47.3	41.6	37.8 - 45.4	39.9	36.3 - 43.4	No Data	. - .	0.0
Perry County	27.9	22.3 - 33.4	37.6	29.8 - 45.4	35.5	29.7 - 41.2	36.7	31.6 - 41.9	76.7
Pickett County	49.2	43.2 - 55.3	44.2	38.5 - 49.9	No Data	-	55.5	49.0 - 62.0	76.4

Table 3. Prevalence of Overweight or Obese* Assessed Students in Tennessee Public Schools, by School District 2017-18, 2018-19, 2019-20 and 2021-22[^] School Years

District	2017-18			2018-19			2019-20			2021-22			Percent of Population Assessed 2021-22
	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	42.4	39.0	- 45.8	37.6	34.3	- 41.0	41.9	38.3	- 45.5	37.5	33.8	- 41.2	68.4
Putnam County	38.1	35.8	- 40.3	39.6	37.9	- 41.3	38.9	37.2	- 40.6	42.7	40.0	- 45.4	25.2**
Rhea County	45.8	43.4	- 48.3	45.6	43.1	- 48.1	46.4	43.9	- 48.8	48.1	45.5	- 50.6	83.1
Richard City	44.6	34.4	- 54.7	50.5	40.5	- 60.6	<i>No Data</i>	-		49.4	38.2	- 60.5	88.5
Roane County	39.3	37.3	- 41.3	41.0	38.5	- 43.4	41.3	39.4	- 43.3	42.3	40.4	- 44.2	91.5
Robertson County	42.0	39.8	- 44.2	44.0	42.1	- 45.9	44.2	42.1	- 46.2	45.2	43.4	- 46.9	52.4
Rogersville City	47.5	42.1	- 52.8	41.5	35.6	- 47.4	38.7	32.3	- 45.1	<i>No Data</i>	.	- .	0.0
Rutherford County	38.5	37.7	- 39.2	35.9	35.1	- 36.7	38.3	37.5	- 39.2	42.6	41.7	- 43.6	56.2
Scott County	48.9	46.0	- 51.9	47.2	44.2	- 50.3	46.2	43.2	- 49.2	<i>No Data</i>	.	- .	0.0
Sequatchie County	39.3	35.8	- 42.8	44.2	40.9	- 47.6	54.1	49.9	- 58.3	41.0	37.4	- 44.6	80.0
Sevier County	37.3	35.9	- 38.6	36.6	35.2	- 37.9	38.2	36.9	- 39.5	41.7	40.3	- 43.1	77.0
Shelby County	43.4	42.6	- 44.1	45.1	44.4	- 45.7	42.7	42.1	- 43.4	51.4	50.8	- 52.0	55.5
Smith County	44.1	41.3	- 46.9	42.4	39.5	- 45.3	45.0	42.3	- 47.8	48.7	45.6	- 51.7	80.5
South Carroll Co SSD	51.1	42.6	- 59.6	48.1	40.2	- 55.9	51.1	42.8	- 59.4	51.6	42.9	- 60.2	89.5
Stewart County	42.1	38.5	- 45.7	40.6	37.1	- 44.1	40.7	37.4	- 43.9	40.8	37.4	- 44.1	98.3
Sullivan County	40.4	38.8	- 42.0	41.8	40.1	- 43.5	44.6	42.9	- 46.3	<i>No Data</i>	.	- .	0.0
Sumner County	35.8	34.9	- 36.6	35.8	35.0	- 36.7	36.7	35.8	- 37.6	35.7	34.8	- 36.6	83.9
Sweetwater City	43.4	39.7	- 47.0	42.8	38.8	- 46.7	44.3	39.2	- 49.4	48.2	44.5	- 51.9	88.0
Tipton County	40.6	38.9	- 42.2	37.9	36.2	- 39.5	37.4	35.7	- 39.1	37.4	35.4	- 39.3	51.4
Trenton SSD	47.5	43.4	- 51.7	45.5	41.3	- 49.7	44.5	40.4	- 48.7	48.2	44.1	- 52.3	98.6
Trousdale County	45.0	40.8	- 49.3	43.4	39.3	- 47.5	42.9	39.0	- 46.8	41.0	37.2	- 44.8	109.3
Tullahoma City	39.6	36.9	- 42.2	39.8	37.2	- 42.4	42.7	40.2	- 45.3	44.8	42.0	- 47.5	85.9
Unicoi County	44.0	40.6	- 47.4	44.5	41.1	- 47.9	45.4	41.4	- 49.4	42.7	39.0	- 46.4	73.6
Union City	42.5	38.7	- 46.3	40.8	37.2	- 44.5	46.5	42.6	- 50.5	45.3	41.2	- 49.4	74.1
Union County	42.3	39.3	- 45.4	40.9	37.4	- 44.3	42.9	39.2	- 46.6	<i>No Data</i>	.	- .	0.0
Van Buren County	46.6	40.6	- 52.6	38.7	32.9	- 44.5	43.1	37.1	- 49.0	42.6	36.7	- 48.5	81.8
Warren County	46.2	44.3	- 48.2	44.7	42.8	- 46.6	43.0	41.1	- 44.9	46.1	44.1	- 48.1	85.0
Washington County	37.9	35.7	- 40.1	37.6	35.4	- 39.7	34.5	32.4	- 36.5	38.5	36.3	- 40.8	50.5
Wayne County	43.3	39.9	- 46.8	37.5	33.8	- 41.1	46.4	43.0	- 49.8	<i>No Data</i>	.	- .	0.0
Weakley County	44.5	42.2	- 46.8	45.1	42.8	- 47.5	52.6	45.2	- 60.0	44.1	41.7	- 46.5	93.5
West Carroll Co SSD	44.7	38.9	- 50.5	50.0	44.9	- 55.1	50.9	45.9	- 56.0	48.7	43.2	- 54.2	84.1
White County	45.3	42.7	- 47.9	46.7	44.1	- 49.4	45.7	42.9	- 48.6	39.8	35.6	- 44.0	30.5**
Williamson County	20.9	19.8	- 22.1	22.0	20.6	- 23.3	24.0	22.3	- 25.7	<i>No Data</i>	.	- .	0.0
Wilson County	35.5	34.4	- 36.6	35.1	34.0	- 36.2	35.7	34.6	- 36.8	37.1	35.9	- 38.3	81.9

[^]Please note: a report was not generated for the 2020-21 school year due to low screening numbers as a result of the COVID-19 pandemic

*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 submitted for the school year.

Data source: Body Mass Index Data, 2017-18 to 2021-22, Tennessee Department of Education, Nashville Tennessee

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

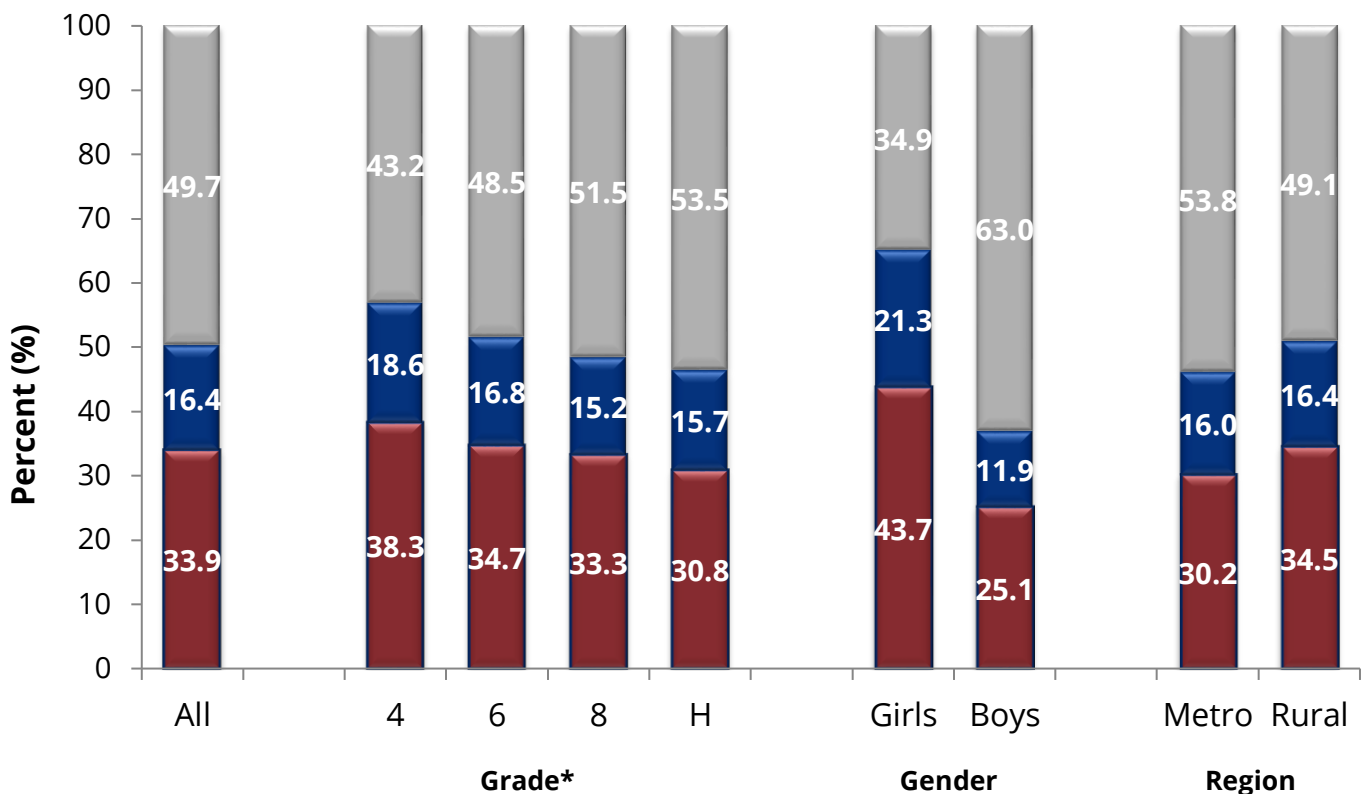
30 districts are missing data due to the COVID-19 pandemic.

Supplement – PACER Data Analysis

The Progressive Aerobic Cardiovascular Endurance Run (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 in progressively shorter time intervals. The number of laps a student completes in the allotted time, combined with their BMI, age and gender, determines which of three fitness zones they fall into – Healthy Fitness, Needs Improvement, or Needs Improvement–Health Risk ([see Figure 9](#)). Approximately 13.0% of the target population, children in grades 4, 6, 8, and any one year of high school, were assessed.

- **For the 2021-22 school year, there was a statically significant increase in the percentage of students falling into the Healthy Fitness Zone** between each successive grade level, rising from 43.2% in grade 4* up to 53.5% in high school.
- **Boys were much more likely than girls to be in the Healthy Fitness Zone** – 63.0% vs. 34.9%, respectively (*statistically significant*).
- **Children in metro areas were more likely to be in the Healthy Fitness Zone than children in rural areas** – 53.8% vs. 49.1%, respectively (*statistically significant*).

Figure 9. Fitness Zone by Grade Level, Gender and Region, Assessed Students, Tennessee Public Schools, 2021-22



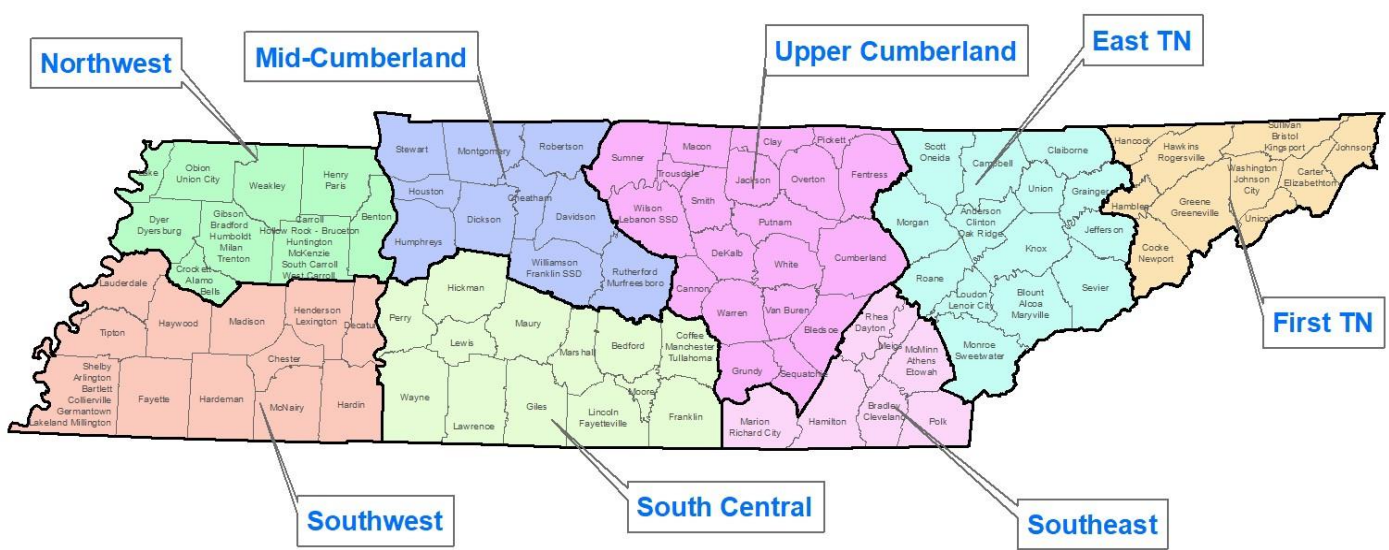
■ Needs Improvement - Health Risk ■ Needs Improvement ■ Healthy Fitness Zone



*Kindergarteners and Grade 2 were not included in the analysis
 Data Source: Body Mass Index Data, 2021-22, Tennessee Department of Education, Nashville, Tennessee.

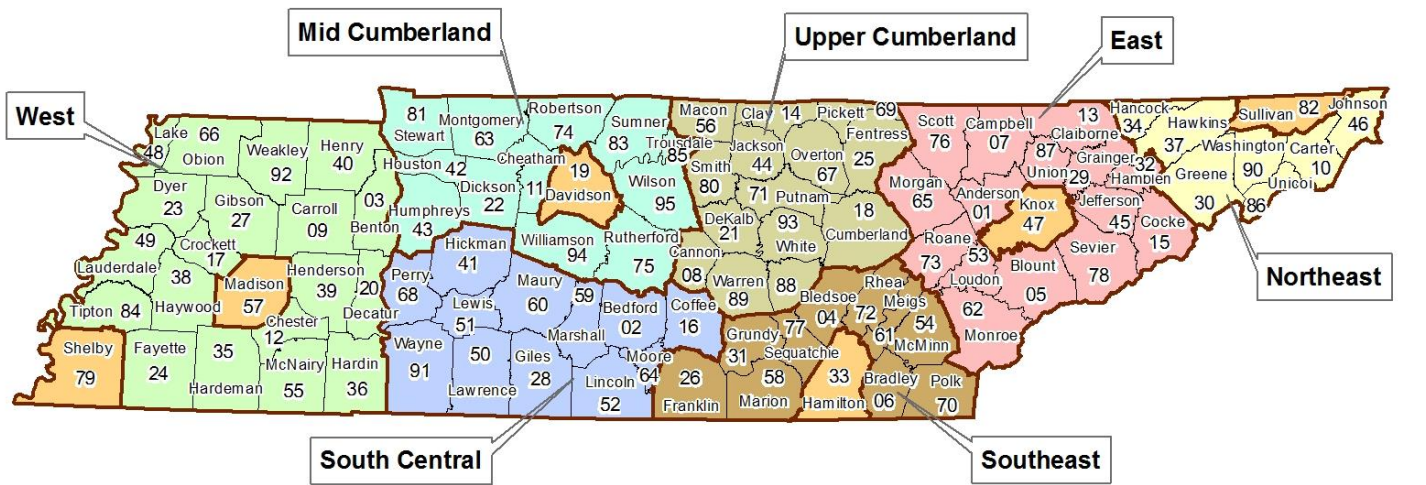
Appendix A

Tennessee's CORE Regions



Appendix B

Tennessee Counties and Health Department Regions



West	Mid-Cumberland	South Central	Metros	Southeast	Upper Cumberland	East	Northeast
03 Benton	11 Cheatham	02 Bedford	19 Davidson	04 Bledsoe	08 Cannon	01 Anderson	10 Carter
09 Carroll	22 Dickson	16 Coffee	33 Hamilton	06 Bradley	14 Clay	05 Blount	30 Greene
12 Chester	40 Henry	28 Giles	47 Knox	26 Franklin	18 Cumberland	07 Campbell	34 Hancock
17 Crockett	48 Lake	43 Humphreys	57 Madison	31 Grundy	21 DeKalb	13 Claiborne	37 Hawkins
20 Decatur	49 Lauderdale	63 Montgomery	79 Shelby	54 McMinn	25 Fentress	15 Coker	46 Johnson
23 Dyer	55 McNairy	74 Robertson	82 Sullivan	58 Marion	44 Jackson	29 Grainger	86 Unicoi
24 Fayette	66 Obion	75 Rutherford		61 Meigs	56 Macon	32 Hamblen	90 Washington
27 Gibson	84 Tipton	81 Stewart		70 Polk	67 Overton	45 Jefferson	
35 Hardeman	92 Weakley	83 Sumner		72 Rhea	69 Pickett	53 Loudon	
36 Hardin		85 Trousdale		77 Sequatchie	71 Putnam	62 Monroe	
		94 Williamson			80 Smith	65 Morgan	
		91 Wayne			88 Van Buren	73 Roane	
					89 Warren	76 Scott	
					93 White	78 Sevier	
						87 Union	