

Alternative High School Students: Prevalence and Correlates of Overweight

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Objective: To determine prevalence and correlates of overweight among adolescents attending alternative high schools (AHS). **Methods:** AHS students (n=145) from 6 schools completed surveys and anthropometric measures. Cross-sectional associations were assessed using mixed model multivariate logistic regression. **Results:** Among students, 42% were overweight, with female, low-income and racial/ethnic minorities disproportionately affected. The odds of be-

ing overweight were significantly associated with self-described health status, social support, family meals, intentions to eat healthy at school, and use of healthy weight management strategies. **Conclusions:** Overweight was prevalent among AHS students and requires further study. Correlates provide targets for future research.

Key words: overweight, adolescents, alternative high schools, at risk youth

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