<table>
<thead>
<tr>
<th></th>
<th>4th Grade Girls</th>
<th>4th Grade Boys</th>
<th>5th Grade Girls</th>
<th>5th Grade Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre Score</td>
<td>2.32</td>
<td>2.28</td>
<td>2.30</td>
<td>2.28</td>
</tr>
<tr>
<td>Post Score</td>
<td>2.22</td>
<td>2.16</td>
<td>2.25</td>
<td>2.20</td>
</tr>
</tbody>
</table>

- **N**:
  - 4th Grade Girls: 118
  - 4th Grade Boys: 110
  - 5th Grade Girls: 116
  - 5th Grade Boys: 103

- **BMI-for-Age Z Score**
  - **P** < 0.0001
  - **P** < 0.0001
  - **P** = 0.0003
  - **P** < 0.0001

- **Categories**:
  - Obese
  - Overweight
  - Normal weight