



Public Health
England

Childhood obesity: the picture in England and Yorkshire and Humber

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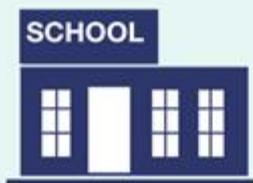


Obesity harms children and young people



Emotional and
behavioural

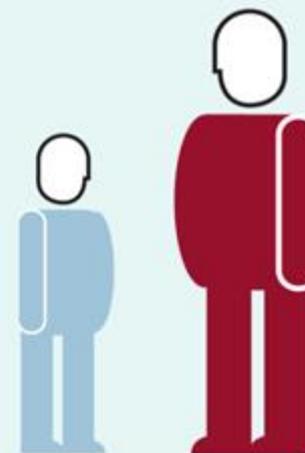
- Stigmatisation
- bullying
- low self-esteem



School absence



- High cholesterol
- high blood pressure
- pre-diabetes
- bone & joint problems
- breathing difficulties



Increased risk of
becoming overweight
adults

Risk of ill-health and
premature mortality in
adult life



28%
of children
aged 2 to 15 are
**overweight
or obese**

Younger generations are becoming **obese at earlier ages** and staying obese into adulthood



Of every 100 4 & 5 year olds in England there are...



Of every 100 10 & 11 year olds in England there are...





NCMP

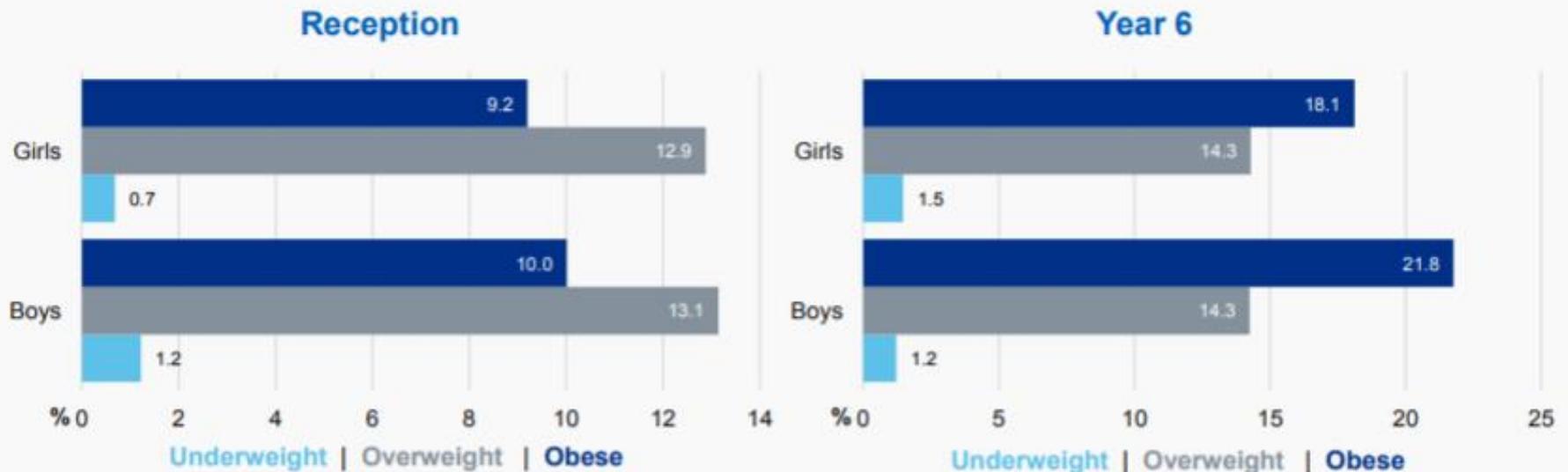
- Delivery of programme is mandated for local authorities
- Provides robust picture of childhood obesity
- Surveillance programme identifying the proportion of underweight, healthy weight, overweight and obese children in Reception and Year 6
- NOT a screening programme or a weight management intervention
- Feedback to parents on child's weight status – non-mandatory
- Can inform local policy and action
 - Published data at upper tier authority level
 - Three-year averages published at upper and lower tier LA, CCG, ward and MSOA levels on www.localhealth.org.uk
 - School-level data available to LAs – not published



Sex

The difference in obesity prevalence between boys and girls was larger in year 6 than reception.

Underweight prevalence was higher for boys in reception but higher for girls in year 6.



The proportion of children in the healthy weight category is not shown as it would lengthen the scale making the differences for the other categories harder to see. **For more information:** [Table 1a National Child Measurement Programme, England, 2016/17 school year](#).



Region

In general, obesity prevalence was highest in the North East, West Midlands and London.

It was lowest in the East of England, South East and South West.

London had the highest prevalence of underweight children in reception (not shown on chart).



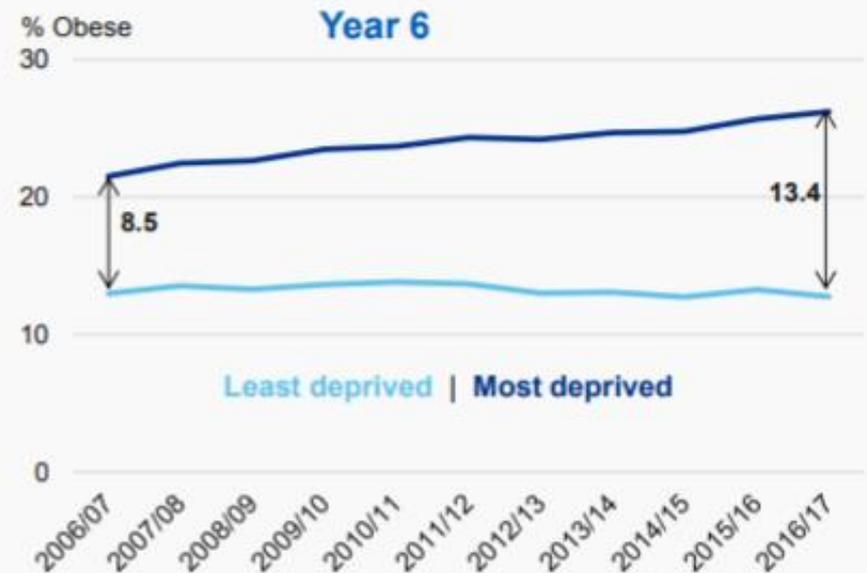
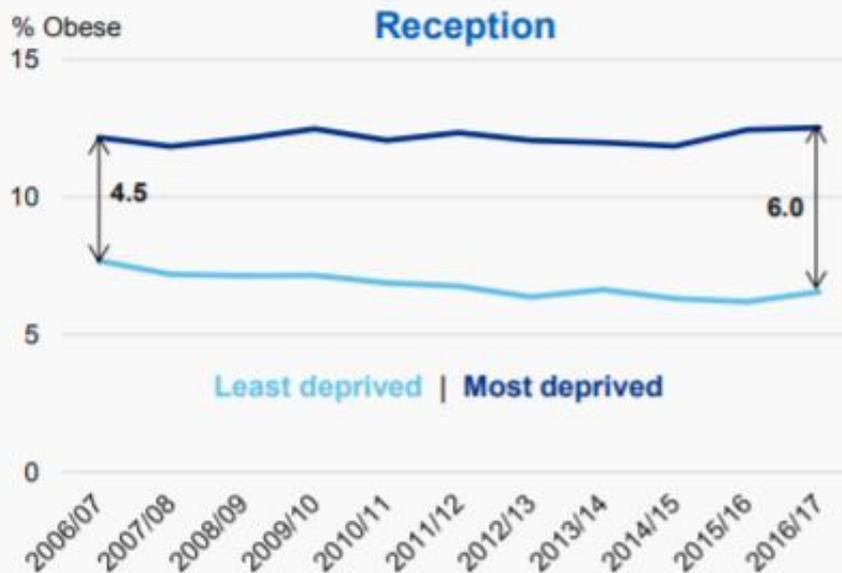
For more information: [Table 3b \(region based on postcode of the child\), National Child Measurement Programme: England, 2016/17 school year.](#)



Deprivation gap

The gap between obesity prevalence for the most and least deprived areas¹ has increased over time in both school years.

Between 2006/07 and 2016/17 the gap increased by 1.5 percentage points for reception and 4.9 percentage points for year 6.



1. Deprivation is based on postcode of the school in this chart as postcode of the child was of poor quality in the early years of the NCMP.
For more information: [Table 6b \(deprivation based on postcode of the school\), National Child Measurement Programme, England, 2016/17 school year.](#)

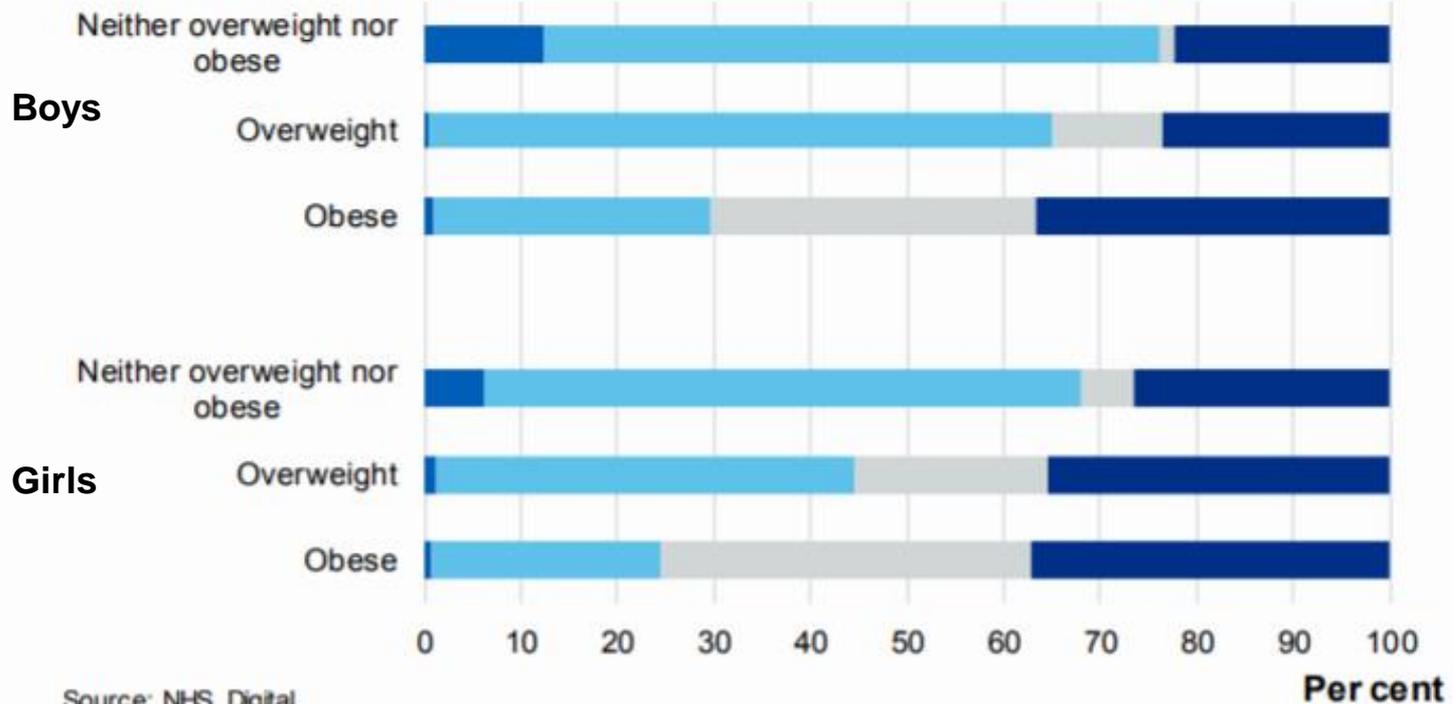


Figure 4 Perception of own weight, by BMI status

Base: Aged 8 to 15 with valid height and weight measurements

- Too light
- About the right weight
- Too heavy
- Not sure

BMI status

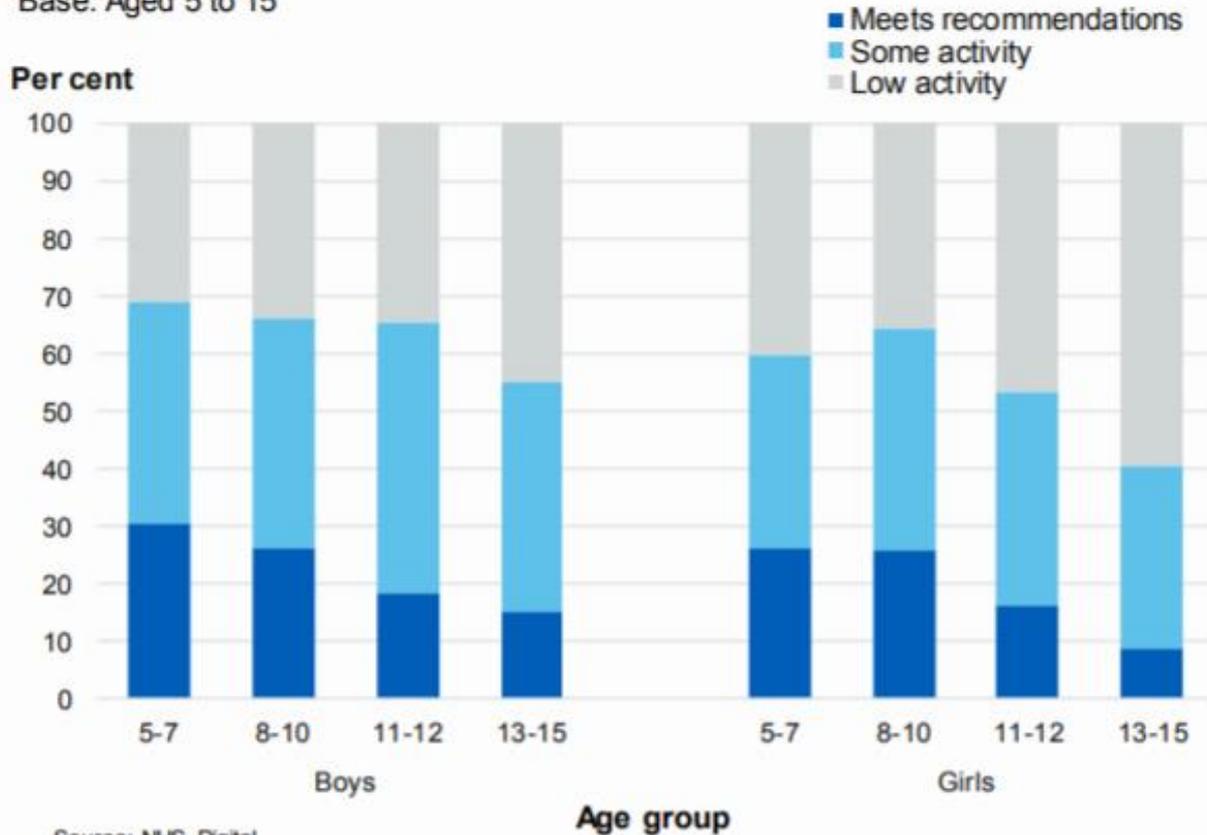


Source: NHS Digital



Figure 1 Proportion of children aged 5 to 15 meeting physical activity recommendations (excluding activities in school lessons), by age and sex

Base: Aged 5 to 15



Source: NHS Digital

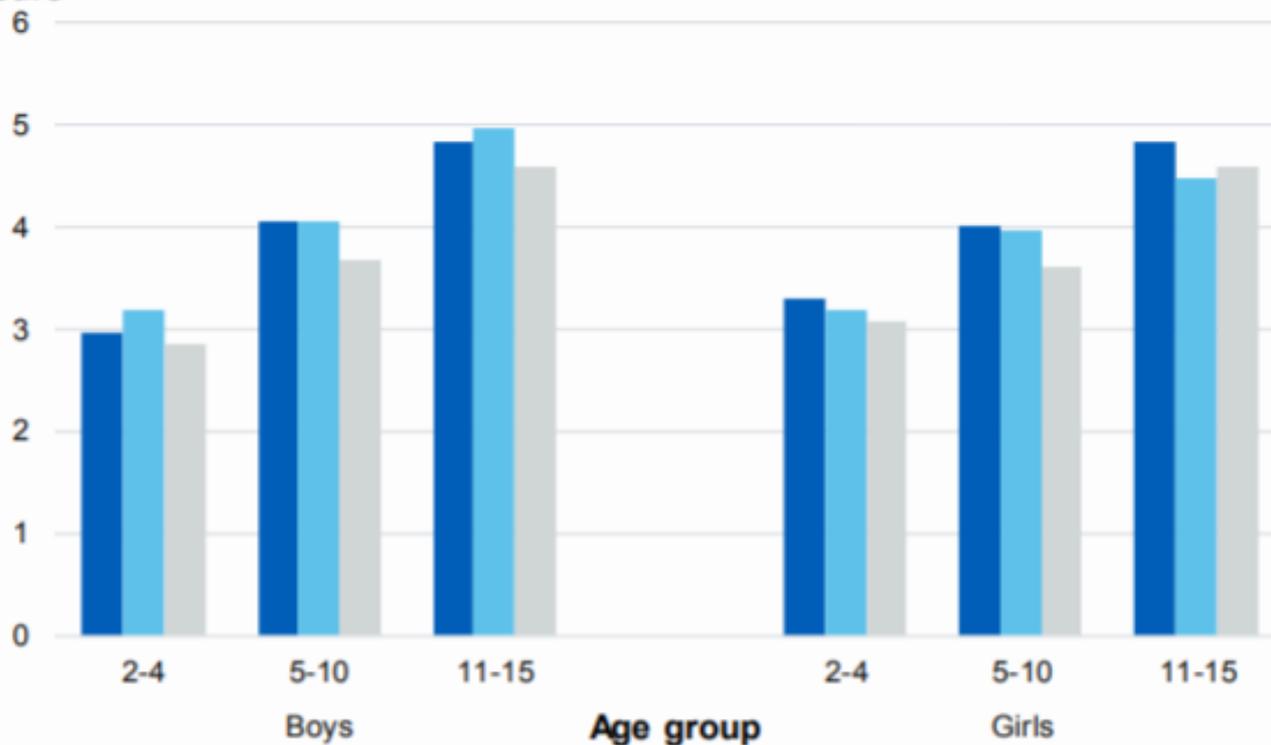


Figure 15 Mean hours spent sedentary on weekend days in 2008, 2012 and 2015, by age and sex

Base: Aged 2 to 15

Mean no. of
hours

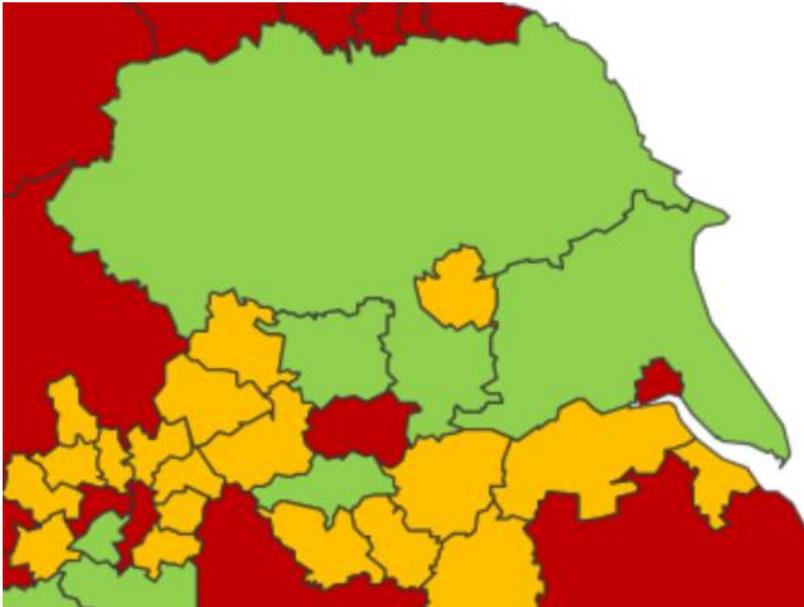
■ 2008 ■ 2012 ■ 2015



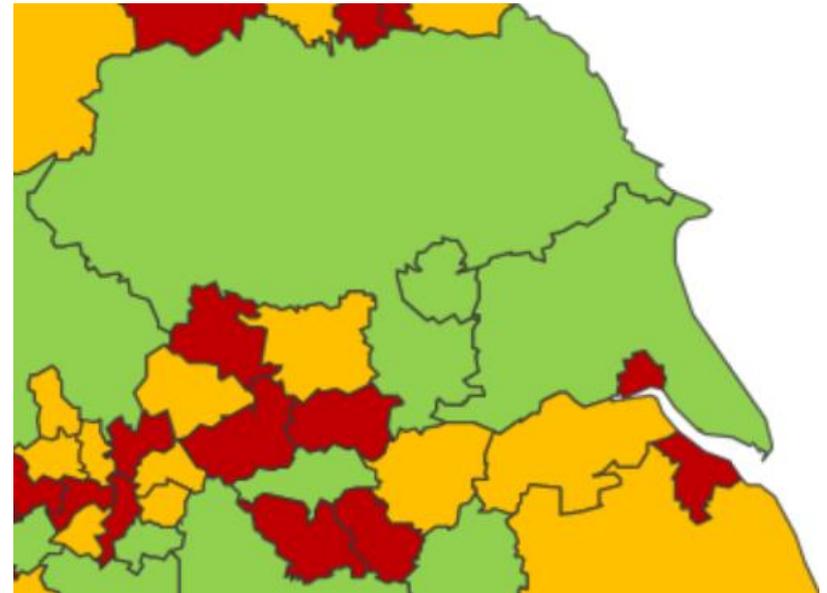
Source: NHS Digital



Overweight including obesity: Reception



Overweight including obesity: Year 6

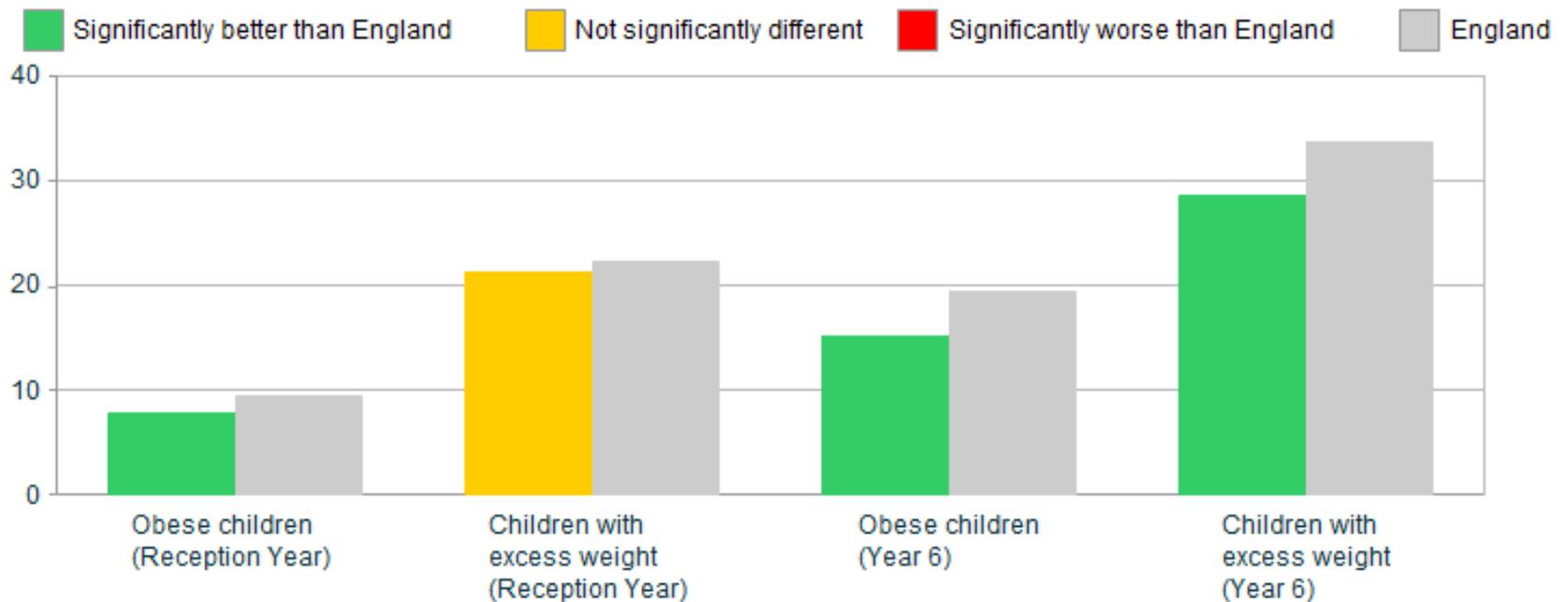


Source: fingertips.phe.org.uk 2016/17 data



NCMP - York

Children's weight indicators, %, Selection (comparing to England average)

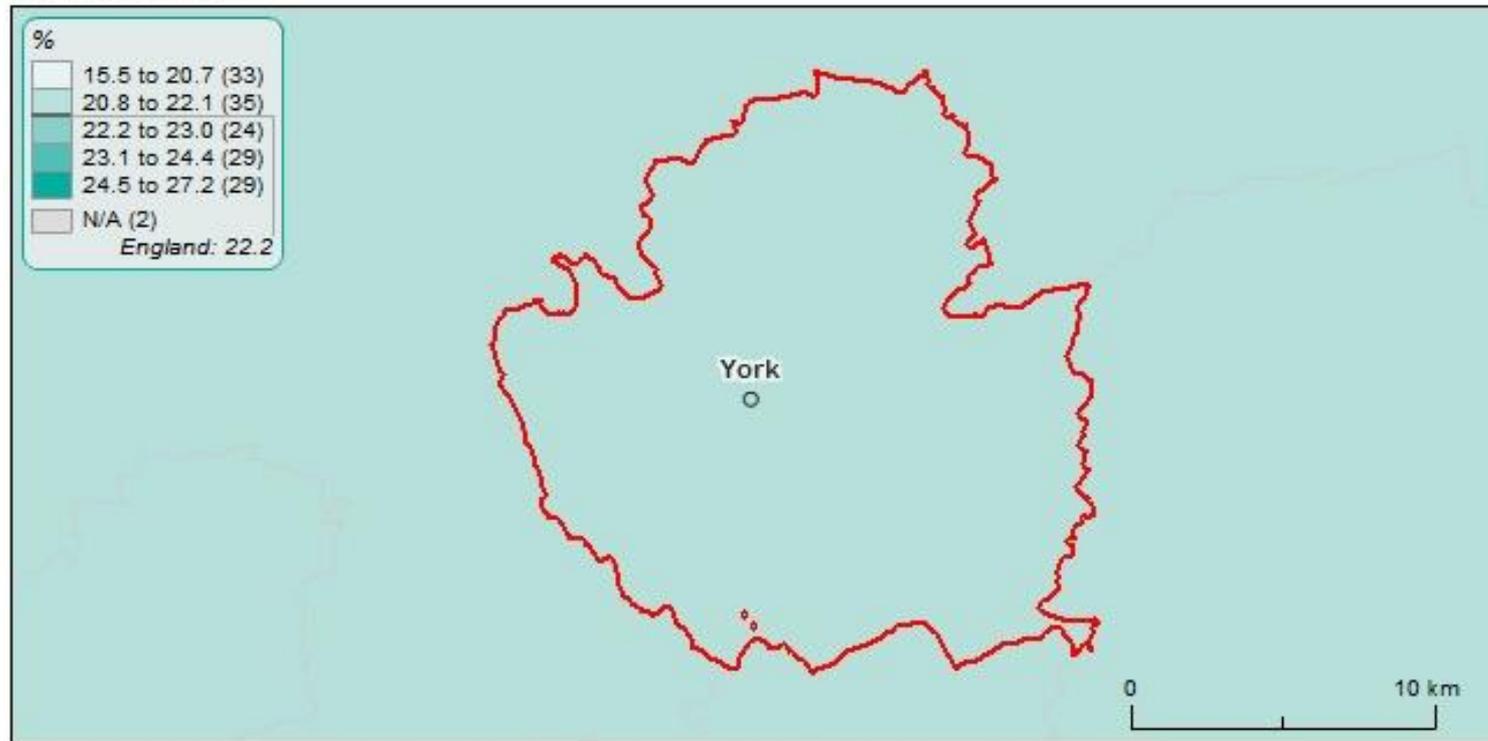


Source: National Child Measurement Programme, NHS Digital © 2013-2016



Local Health

Percentage of measured children in Reception Year who were classified as overweight or obese, 2013/14-2015/16

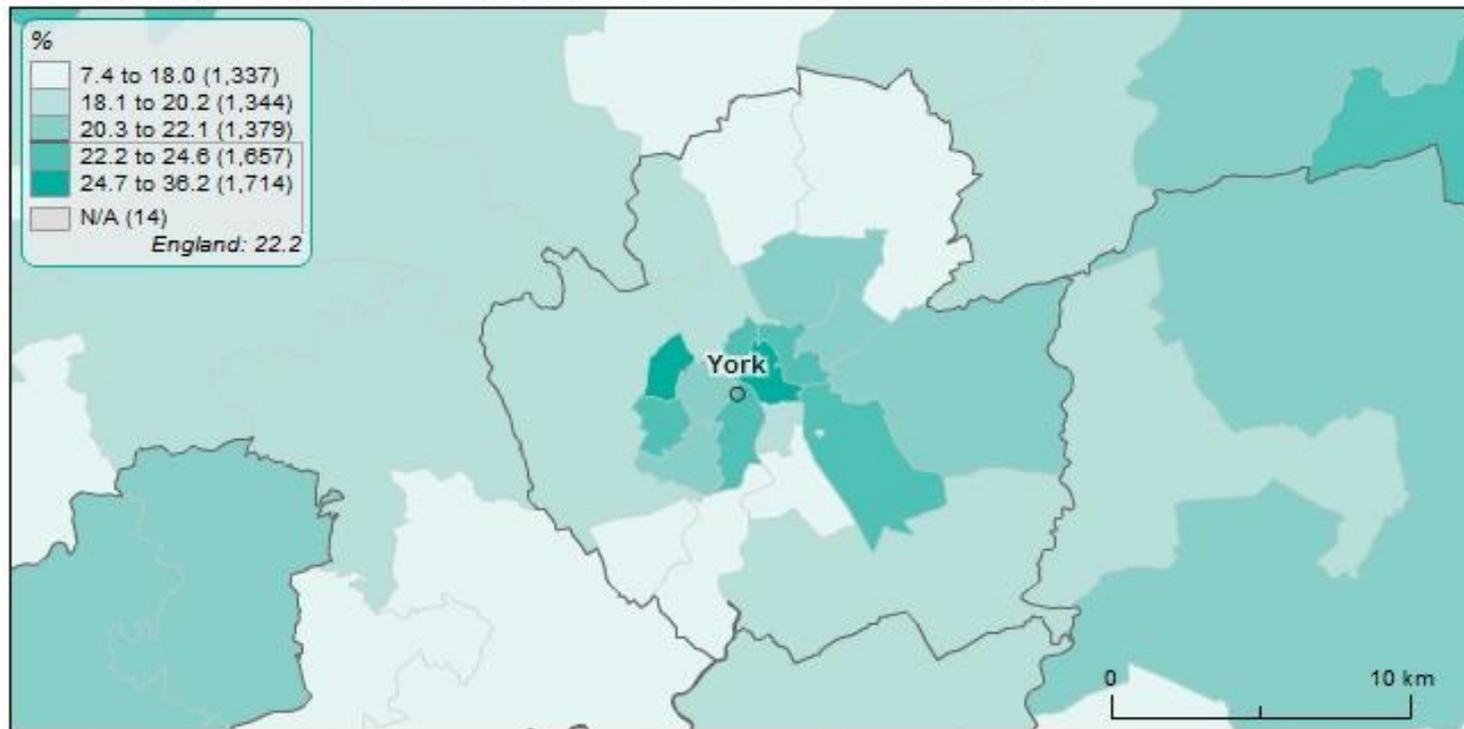


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Ward-level data

Percentage of measured children in Reception Year who were classified as overweight or obese, 2013/14-2015/16 - source: National Child Measurement Programme, NHS Digital



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School feedback letters

National Child Measurement Programme

2017 summary of results for Example Primary School

These results are based, where possible, on the 2013/14, 2014/15 and 2015/16 years combined to give a sample large enough to produce reliable estimates of overweight and obesity.

Nationally, schools achieve an average participation rate of 96% in Reception and 94% in Year 6.

In your school **93.3% of children in Reception** and **93.7% of children in Year 6** were measured.

High participation rates (over 90%) ensure that the estimates of overweight and obese children in your school are reliable. Participation rates below 90% may result in unreliable estimates.

Proportion of Reception children in your school who were overweight or obese

NCMP 2013/14, 2014/15, and 2015/16 combined



The proportion of Reception children who were overweight or obese (33.5%) is higher in your school than in most other schools across England (22%). 27% of Reception children were overweight or obese in Example local authority.

Proportion of Year 6 children in your school who were overweight or obese

NCMP 2013/14, 2014/15, and 2015/16 combined



The proportion of Year 6 children who were overweight or obese (35.9%) is statistically similar compared to other schools across England (34%). 42% of Year 6 children were overweight or obese in Example local authority.

In any population of children of all ages, it would be expected that 10% would be overweight and a further 5% would be obese. However current levels across England are far higher.



Trends in obesity

	Reception		Year 6	
	Boys	Girls	Boys	Girls
<u>Prevalence of obesity</u>	Downward trend, decreasing at a slower rate compared with last year 	No upward or downward trend 	Upward trend, rate of increase speeding up compared with last year 	
<u>Prevalence of excess weight</u>	Downward trend, decreasing at a faster rate compared with last year 	No upward or downward trend 	Upward trend, rate of increase speeding up compared to last year 	Upward trend, rate of increase slowing down compared to last year 

<https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi>



Trends in obesity

	Reception		Year 6	
	Boys	Girls	Boys	Girls
<u>Prevalence of overweight</u>	Downward trend, decreasing at a faster rate compared with last year 	No upward or downward trend 	No upward or downward trend 	
<u>Prevalence of underweight</u>	Downward trend 		No upward or downward trend 	Downward trend 
<u>Changes by deprivation quintile</u>	Widening inequality in excess weight, obesity and overweight prevalence 		Widening inequality in excess weight, obesity and overweight prevalence 	

<https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi>



Trends in obesity

	Reception		Year 6	
	Boys	Girls	Boys	Girls
Weight category prevalence by ethnic group¹	Downward trends in excess weight and obesity prevalence in Black Caribbean, Indian and White British boys; and in excess weight prevalence in Pakistani boys 	Downward trends in underweight prevalence in Black African, Pakistani and White British girls 	Upward trends in obesity prevalence in Bangladeshi, Black African, Indian, Pakistani and White British boys 	Upward trends in excess weight and obesity prevalence in Bangladeshi, Black African, Indian, Pakistani and White British girls; and in excess weight in Black Caribbean Girls 
Mean BMI for age	Downward trend 	No upward or downward trend 	No upward or downward trend 	Upward trend 

<https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi>