



National Childhood Measurement Programme Briefing Note 2017

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1.0 INTRODUCTION

This briefing note provides an update on:

- Variations in levels of childhood obesity and being overweight in Havering and two comparator areas from 2007/8 to 2015/16.
- Differences in the percentage of overweight and obese Reception and Year 6 children at ward level.
- The relationship between levels of childhood obesity and deprivation at ward level.

The National Childhood Measurement Programme (NCMP) is an annual programme that measures the height and weight of children in Reception (aged 4 -5) and Year 6 (aged 10-11) within state maintained schools in England. These measurements are used to help local and central government to identify childhood obesity trends.

Nearly a third of children aged 2-15 are overweight or obese, and younger generations are becoming obese at earlier ages and as result they are staying obese for longer¹. Nationally, more than 1 in 5 children in Reception are overweight or obese (with just under 1 in 10 being categorised as obese)². This increases to nearly 1 in 3 by the age of 10. Overweight and obese children are more likely to become overweight or obese adults. Reducing the percentage of people that are obese would drastically reduce adult mortality because obesity increases the risk of dying prematurely. Additionally, obese adults are 7 times more likely to become type 2 diabetics which can result in blindness or limb amputation³.

Havering's approach to reducing obesity, and increasing physical activity and healthy eating can be found in our [Prevention of Obesity Strategy](#).

¹ NHS Digital (2016) Health Survey for England 2015: Health, social care and lifestyles, p. 33. Available at: <http://www.content.digital.nhs.uk/catalogue/PUB22610/HSE2015-Sum-bklt.pdf> (Accessed: 19 July 2017).

² Health and Social Care Information Centre (2016) Statistics on Obesity, Physical Activity and Diet, p. 14. Available at: <http://content.digital.nhs.uk/catalogue/PUB20562/obes-phys-acti-diet-eng-2016-rep.pdf> (Accessed: 19 July 2017).

³ Asnawi Abdullah, Anna Peeters, Maximilian de Courten, Johannes Stoelwinder (2010) The magnitude of association between overweight and obesity and the risk of diabetes: A meta-analysis of prospective cohort studies. Diabetes Research and Clinical Practice

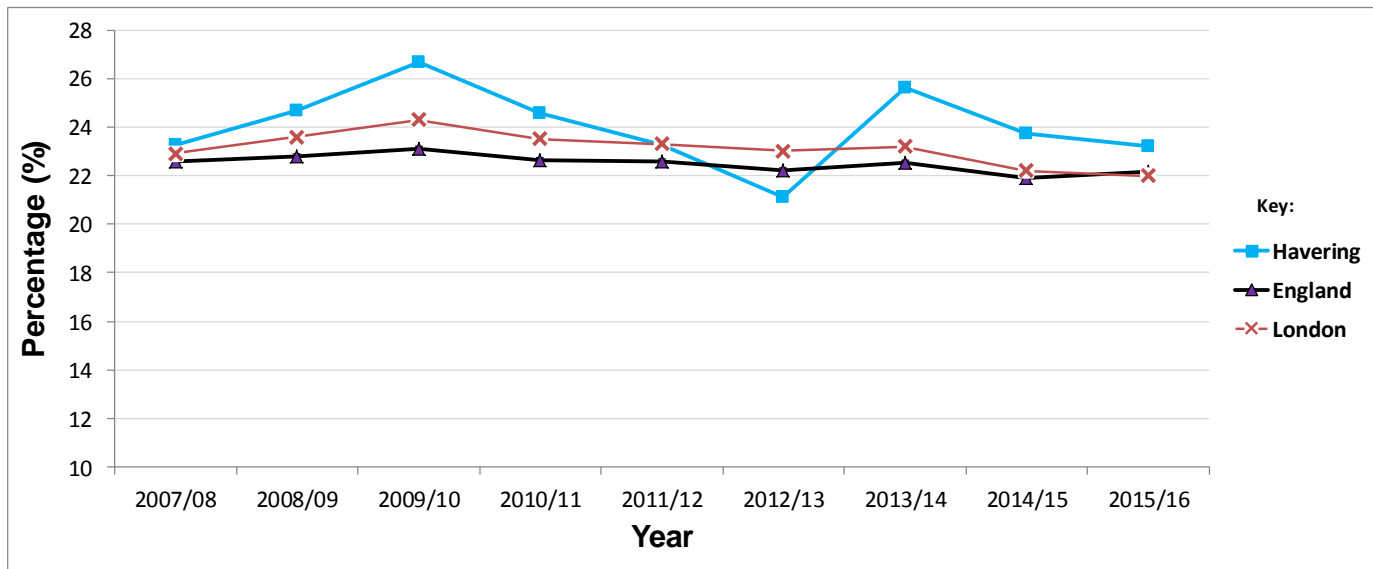
2.0 RESULTS

2.1 National and local contexts

Reception

In the last decade the proportion of overweight and obese children in Reception class in Havering has remained higher than the London and England average except for the years 2011/12 and 2012/13. In 2015/16, 23% of children in Reception were either overweight or obese as compared to 22% in London and England (see Figure 1).

Figure 1: Percentage of overweight and obese children in Reception across England, London and Havering 2007/8-2015/16*



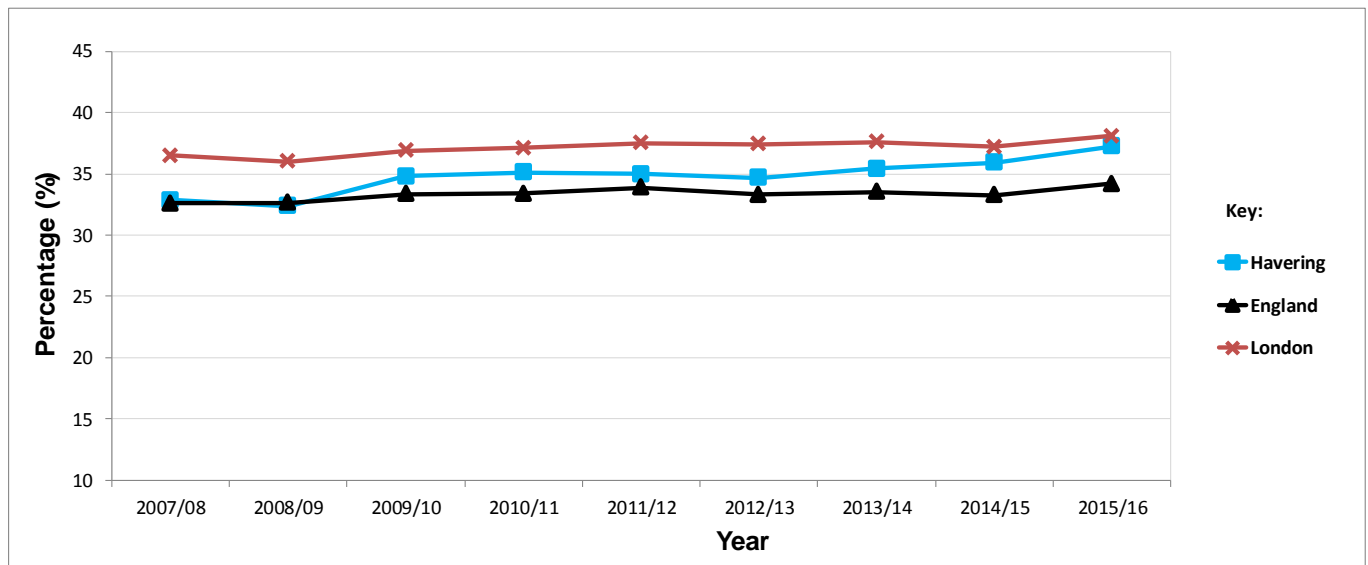
Source: Public Health England

* The scale of the y-axis has been adjusted to start from 10

Year 6

The percentage of overweight and obese children increases significantly in the seven year period between Reception and Year 6. In 2007/8, 23% of Reception children were either overweight or obese (Figure 1). By the time this same cohort of children reached Year 6 in 2013/14 the percentage had increased to 35% (Figure 2).

Figure 2: Percentage of overweight and obese children in Year 6 across England, London and Havering 2007/8-2015/16*



Source: Public Health England

In 2007/08 the percentage of overweight and obese Year 6 children in Havering was similar to England. However, over the last 8 years Havering has surpassed the national average increasing from 32% to 37% (see Figure 2). Overweight and obesity levels in London have also increased slightly from 36% to 38% but have consistently remained higher than the England average.

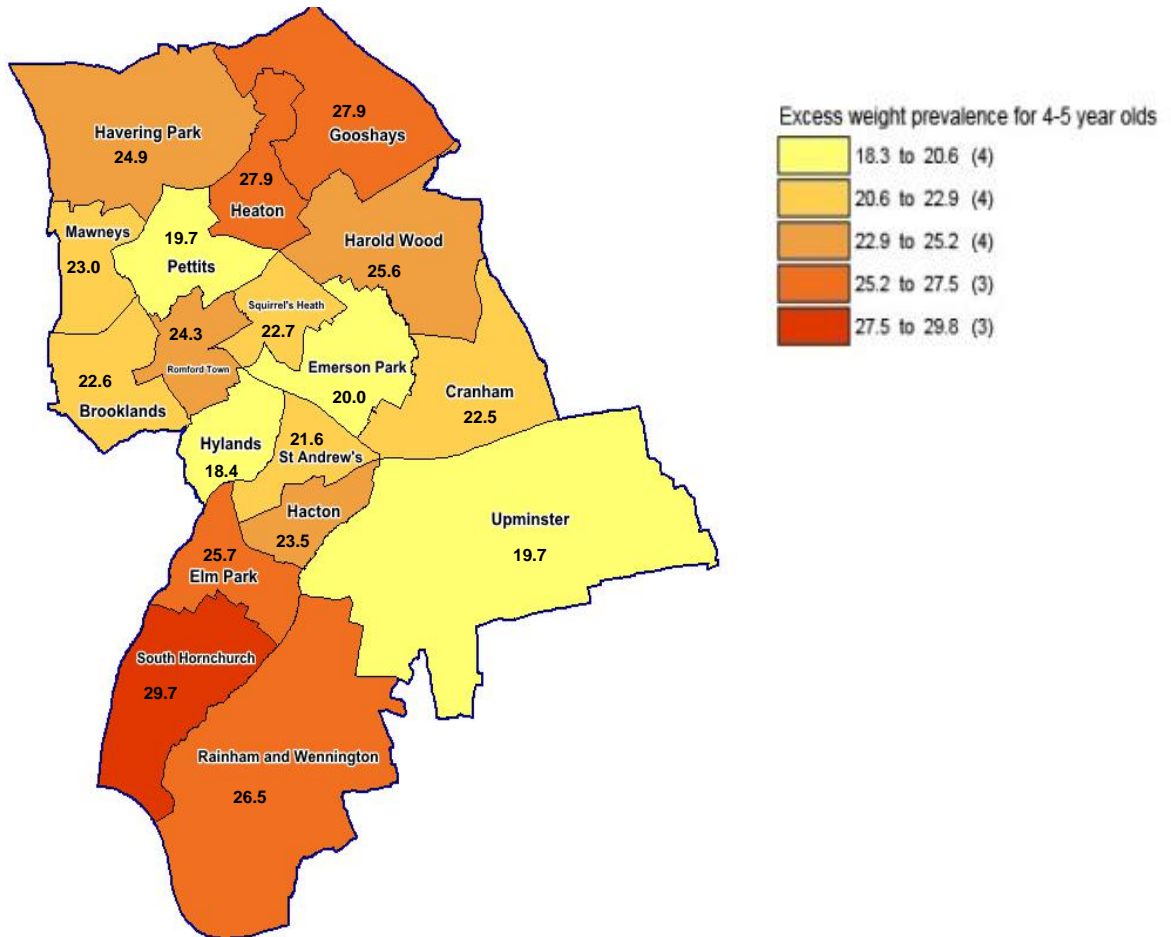
2.2 Havering wards

Reception

The percentage of overweight and obese Reception children in Havering varies significantly between wards (see Figure 3). There is a strong association between levels of deprivation and the percentage of overweight and obese children in Reception class at ward level (see Figure 4). More deprived wards such as Gooshays and South Hornchurch have a significantly higher proportion of overweight and obese reception children (approx. 30%) than more affluent wards in the Centre and East of the borough (around 20%).

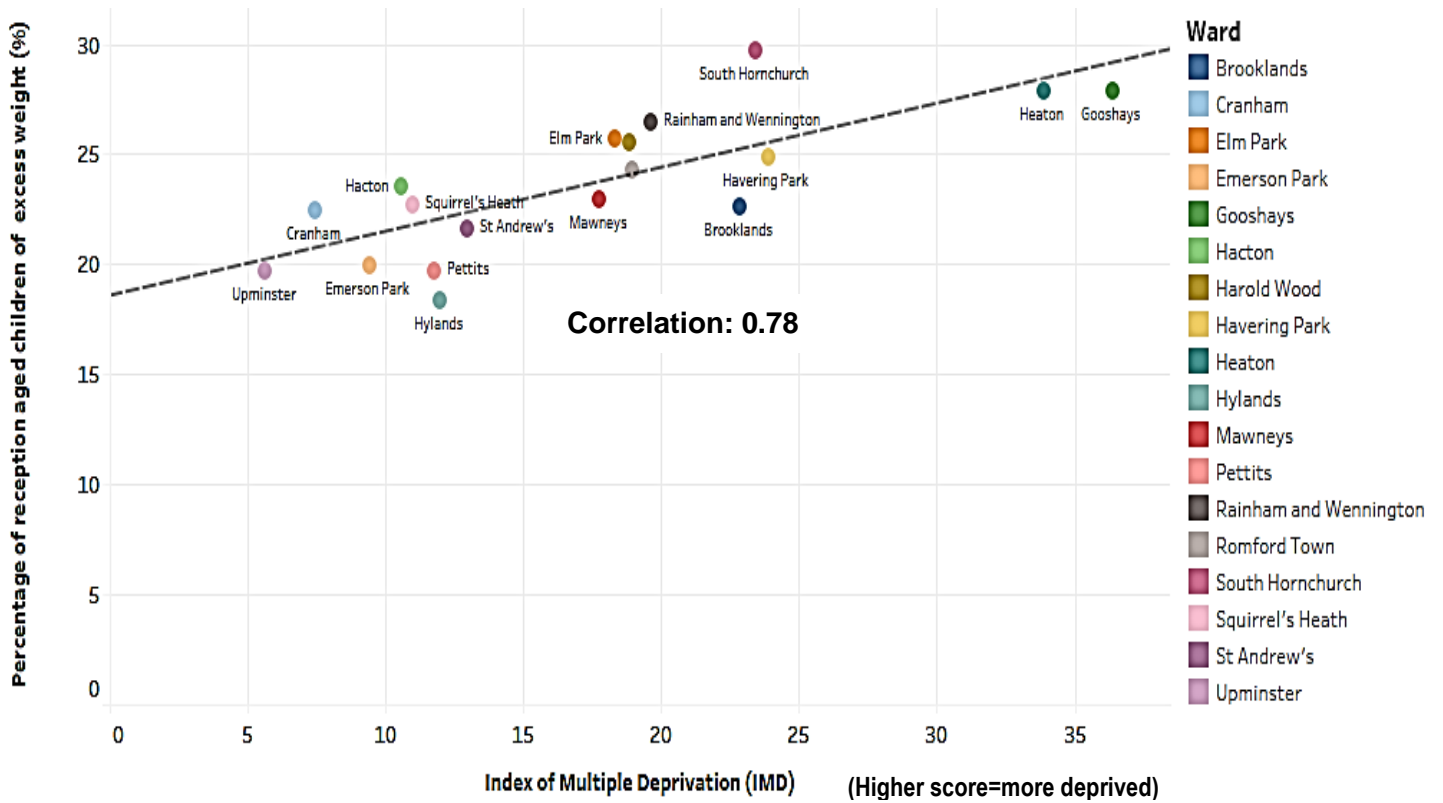
*The scale of the y-axis has been adjusted to start from 10

Figure 3: Percentage of excess weight children in Reception in Havering wards 2013-16



Source: Public Health England

Figure 4: The association between obesity and level of deprivation for children in Reception

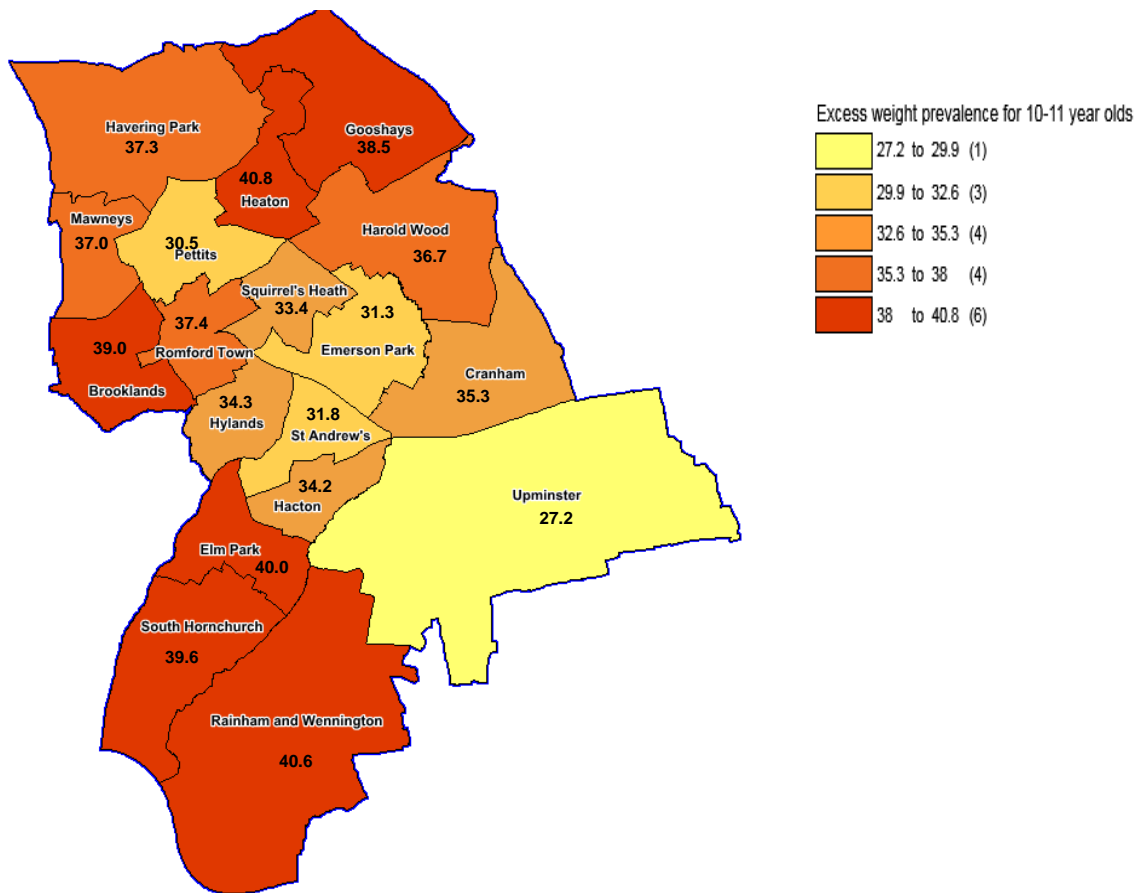


Source: Public Health England

Year 6

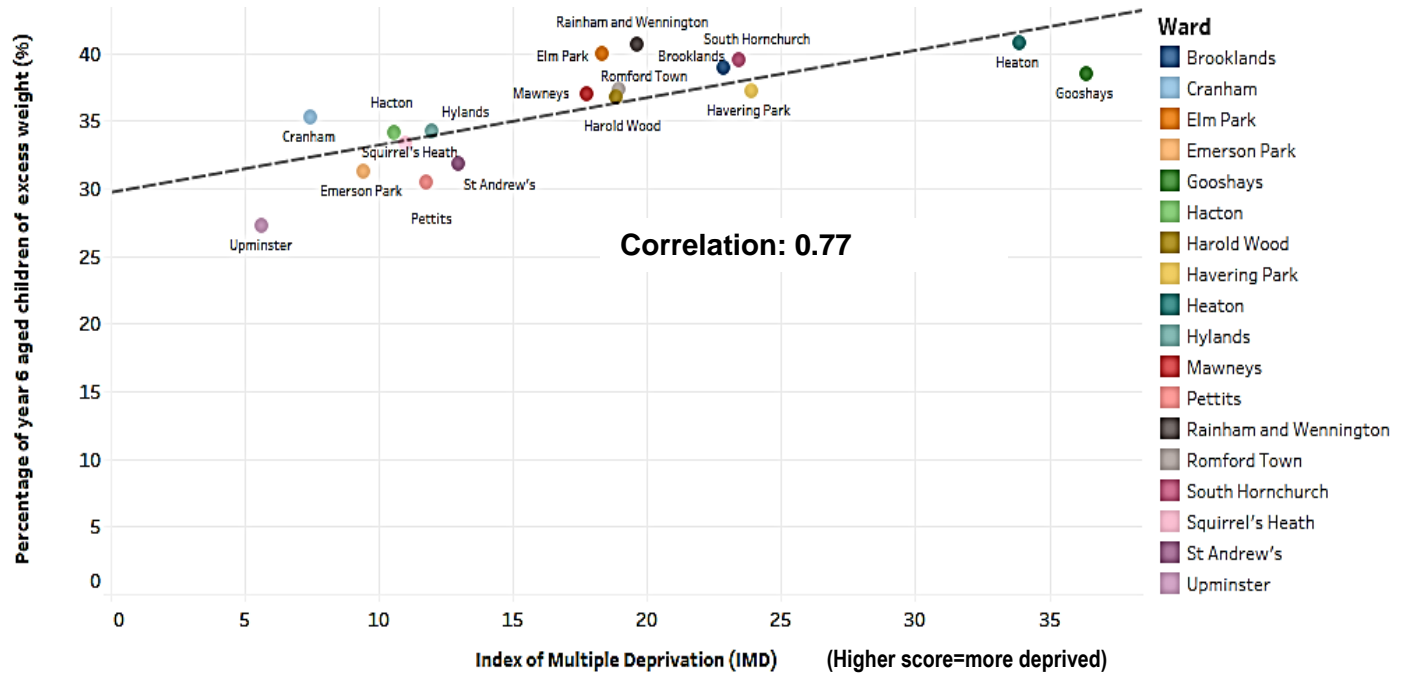
A similar inequality is evident amongst Year 6 children with roughly 30% of children in more affluent wards being overweight or obese compared with roughly 40% in more disadvantaged areas in the borough (see Figures 5 and 6).

Figure 5: Percentage of excess weight for Year 6 children in Havering wards 2013-16



Source: Public Health England

Figure 6: The association between obesity and level of deprivation among Year 6 children



Source: Public Health England

3.0 CONCLUSION

The results from the national childhood measurement programme show that the proportion of overweight and obese children in Havering is high. Therefore, a continuing effort is needed to reduce levels of obesity overall and narrow inequalities associated with deprivation. Havering's [Prevention of Obesity Strategy](#), which is consistent with national guidance, sets out the actions we are taking at local level to tackle obesity in more deprived areas. This includes working with Early Help services to promote the Healthy Start Scheme and working with Kitchen Social to develop a healthy food and social development programme during the school holidays. This will be situated in the more deprived areas of Havering, making it more accessible to low-income families.