

**Isle of Wight National Child Measurement Programme (NCMP)
2017 to 2018**

Isle of Wight Public Health

Summary:

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception and Year 6 annually.

On the Isle of Wight:

- A fifth of Year 6 pupils are obese (20.0%) on the Isle of Wight and nearly 1 in 10 of Reception aged children (8.4%). A further 13.4% in Year 6 were overweight and 14.9% in Reception. This is the first time overweight prevalence in Reception has overtaken that in Year 6;
- Overweight prevalence in Reception is now statistically significantly higher than the national average (14.9% as compared 12.8%) and the South East (12.4%);
- Obesity prevalence in Year 6 is statistically significantly higher than the average for the South East region (17.3%)
- Over a third (33.4%) of Year 6 pupils and over a fifth (23.3%) of Reception pupils are either overweight or obese. The combined figure for Reception is now statistically significantly higher than the South East:
- Combined overweight and obesity prevalence was found to be higher among males than females in both Reception and Year 6 (see Report for figures);
- For both Reception and Year 6 the more deprived deciles tend to have higher levels of overweight and obesity prevalence;
- In comparison with our statistical neighbours, although the Isle of Wight has the third lowest obesity prevalence figure for Reception it is not statistically significantly lower than any of the group including England. For Year 6, the Isle of Wight is statistically significantly higher than three of the comparator group;

Introduction:

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception and Year 6. Around one million school children are measured in England every year, providing a detailed picture of the prevalence of child obesity.

In England 2017 to 2018 obesity prevalence has remained similar to 2016 to 2017 for Reception and Year 6. For Reception it decreased from 9.6% to 9.5%. For year 6 it increased from 20.0% to 20.1%. Over a longer time period, obesity prevalence is lower for Reception year compared to 2009/10, but it is higher for Year 6 compared to 2009/10.

The World Health Organization (WHO) regards childhood obesity as one of the most serious global public health challenges for the 21st century. Obese children and adolescents are at an increased risk of developing various health problems such as asthma, type 2 diabetes, heart disease and certain types of cancer and are also more likely to become obese adults. In England, the health problems associated with being overweight or obese cost the NHS more than £5 billion every year. (See: http://www.noo.org.uk/NOO_about_obesity/child_obesity, https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/298297/cmo-report-2012.pdf and <https://www.gov.uk/government/policies/reducing-obesity-and-improving-diet#background>)

Isle of Wight National Child Measurement Programme (NCMP) Findings 2017 to 2018*:

2017/18	Region and Local Authority	BMI Category						Participation rate %
		Underweight	Healthy weight	Overweight	Obese (including severely obese)	Severely obese	Overweight and obese combined	
		Prevalence	Prevalence	Prevalence	Prevalence	Prevalence	Prevalence	
Reception	ENGLAND	1.0	76.6	12.8	9.5	2.4	22.4	95.2
	SOUTH EAST	0.8	78.5	12.4	8.2	1.9	20.6	93.1
	Isle of Wight	0.5	76.2	14.9	8.4	1.7	23.3	94.0
Year 6	ENGLAND	1.4	64.3	14.2	20.1	4.2	34.3	94.3
	SOUTH EAST	1.3	67.8	13.6	17.3	3.3	30.9	94.7
	Isle of Wight	1.6	65.0	13.4	20.0	4.8	33.4	93.5

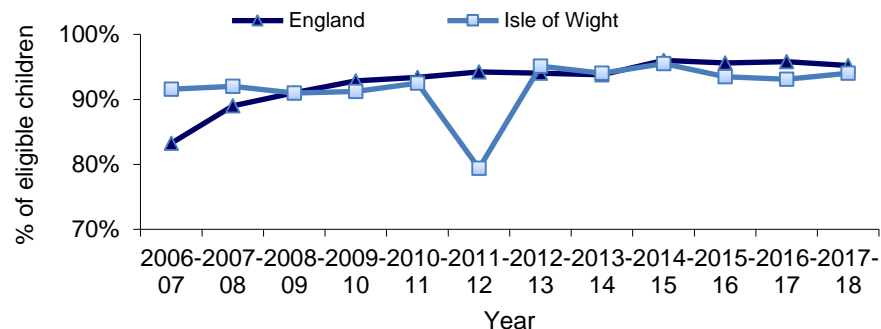
Copyright © 2018, re-used with the permission of The Health and Social Care Information Centre. All rights reserved NHS Digital is the trading name of the Health and Social Care Information Centre

* The NCMP published prevalence data use the British 1990 growth reference (UK90) for BMI and the 2nd, 85th and 95th centiles to define children as underweight, overweight or obese according to age and sex. It is important to note that the 85th and 95th centiles used in the NCMP are intended for population monitoring use only, and do not provide the number or percentage of individual children clinically defined as overweight or obese

Participation:

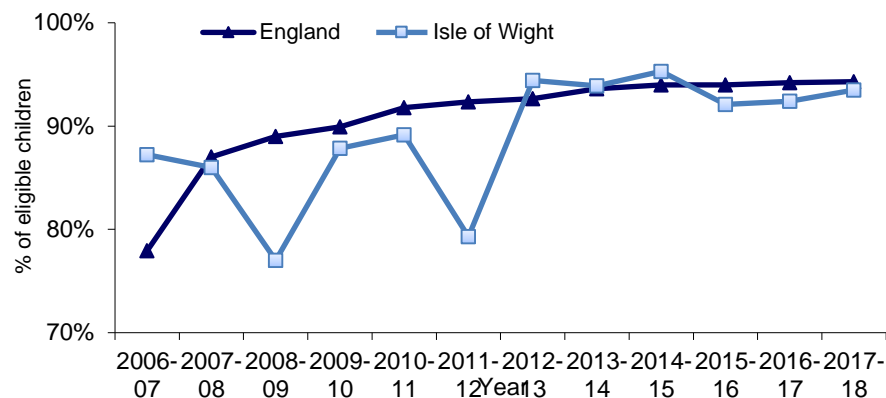
Local and national participation rates have remained relatively constant over the last few years for both Reception and Year 6 following a dip in 2011 to 2012. A high participation rate is important to ensure the findings are representative. On the Isle of Wight Reception participation rates were 94.0% (compared to 93.1% in 2016/17) and 93.5% for Year 6 (as compared to 92.4% in 2016/17). These figures are slightly below the England averages:

PARTICIPATION (% of children measured)
RECEPTION YEAR:
Isle of Wight compared with England



Data Source: National Child Measurement Programme

PARTICIPATION (% of children measured)
YEAR 6:
Isle of Wight compared with England



Data Source: National Child Measurement Programme

Prevalence:

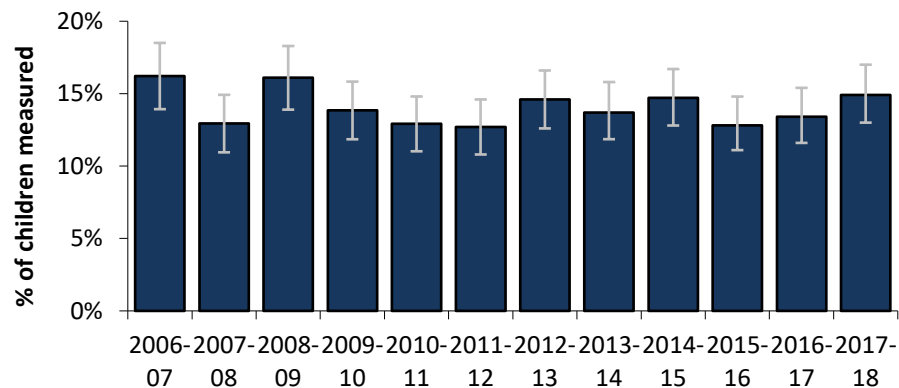
2017 to 2018 figures for the Isle of Wight show that 20.0% of Year 6 pupils were obese and a further 13.4% were overweight. For children in Reception 8.4% were obese with a further 14.9% classed as overweight. There is no statistically significant difference from the previous year's figures in terms of both overweight and obesity prevalence for Reception and Year 6 or in comparison to the national averages except for Reception overweight prevalence which is statistically significantly higher than the national average (12.8%). Obesity in Year 6 is statistically significantly higher than the average for the South East region (17.3%) as well as overweight prevalence in Reception (12.4%):

- A fifth of Year 6 pupils are obese on the Isle of Wight and nearly 1 in 10 of Reception aged children (8.4%);
- Overweight prevalence in Reception is now statistically significantly higher than the national average (14.9% as compared 12.8%)

Isle of Wight Overweight Prevalence:

RECEPTION YEAR

trends over time

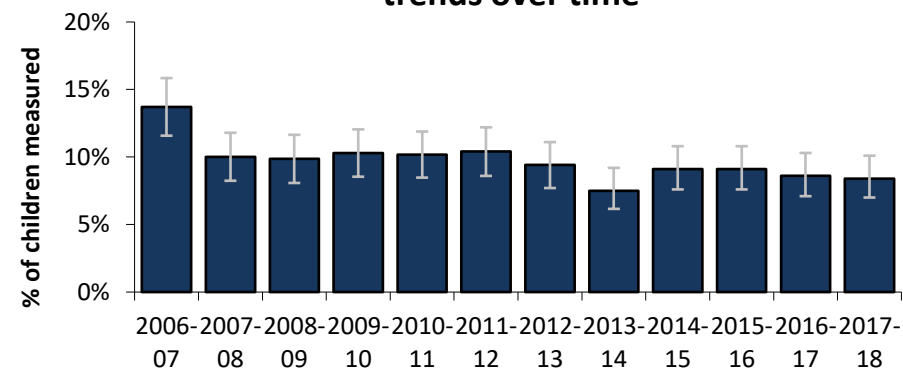


Data Source: National Child Measurement Programme

Isle of Wight Obesity Prevalence:

RECEPTION YEAR

trends over time

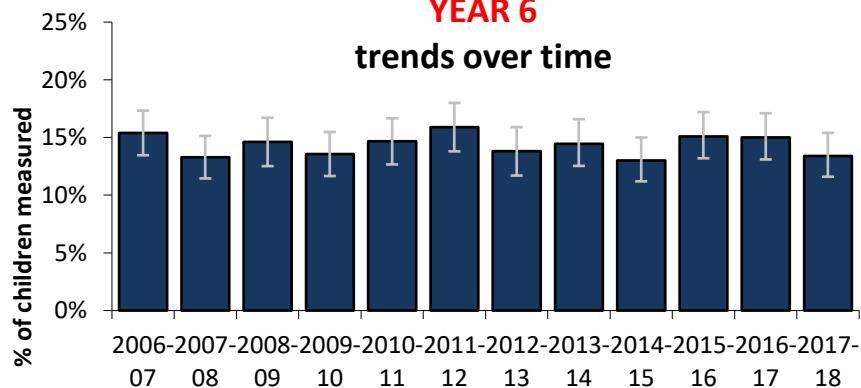


Data Source: National Child Measurement Programme

Isle of Wight Overweight Prevalence:

YEAR 6

trends over time

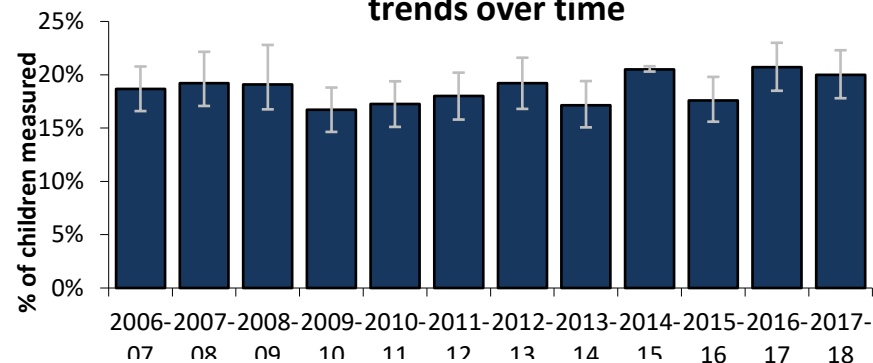


Data Source: National Child Measurement Programme

Isle of Wight Obesity Prevalence:

YEAR 6

trends over time



Data Source: National Child Measurement Programme

Regionally Obesity prevalence varies by local authority. For reception this ranged from 4.9% in Kingston-upon-Thames to 14.4% in Knowsley and for Year 6 the range was from 11.4% in Richmond upon Thames, to 29.7% in Barking and Dagenham.

Combined overweight and obesity prevalence:

Isle of Wight:

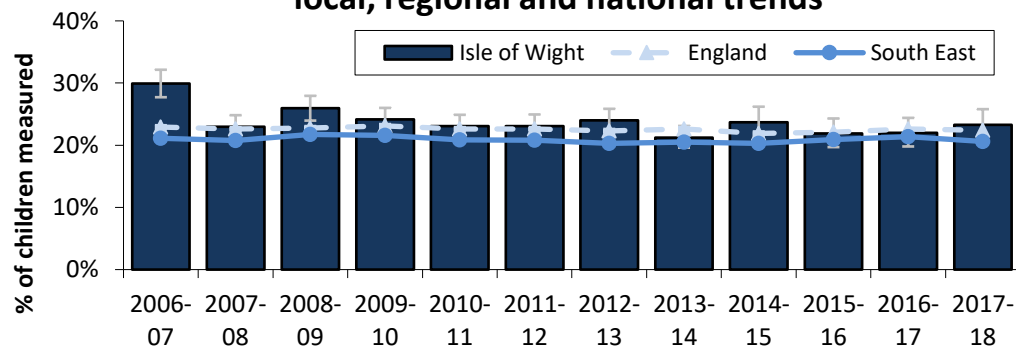
Combined overweight and obesity prevalence for Year 6 is at 33.4% which is a reduction on last year’s figure (35.6%) but not statistically significantly so. It is lower than England (34.3%) but higher than the South East (30.9%) but not statistically significantly different to either. Of note is that both England and the South East has seen a very slight increase from the previous year whereas the Isle of Wight figure has decreased. In contrast combined overweight and obesity prevalence for Reception has seen an increase to 23.3% (from 22.0%) although not statistically significant. Both England and the South East have seen a decrease (22.4% from 22.6% and 20.6% from 21.4% respectively) and the Isle of Wight is now statistically significantly higher than the South East:

- On the Isle of Wight over a third of Year 6 pupils and over a fifth of Reception pupils are either overweight or obese;
- Combined overweight and obesity prevalence for Reception on the Isle of Wight is now statistically significantly higher than the South East

Obesity + Overweight Prevalence:

RECEPTION YEAR

local, regional and national trends

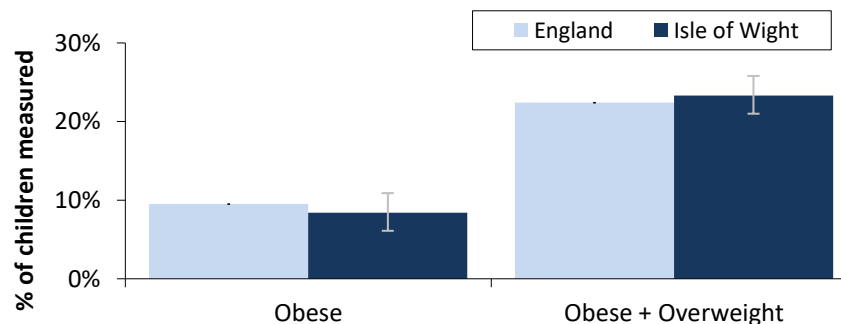


Data Source: National Child Measurement Programme

Obesity & Overweight Prevalence 2017-18

RECEPTION YEAR:

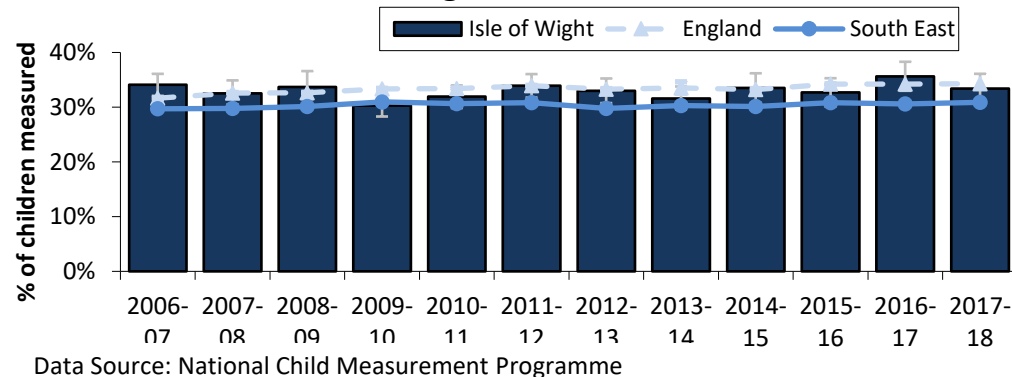
IW compared with England



Data Source: National Child Measurement Programme

**Obesity + Overweight Prevalence:
YEAR 6**

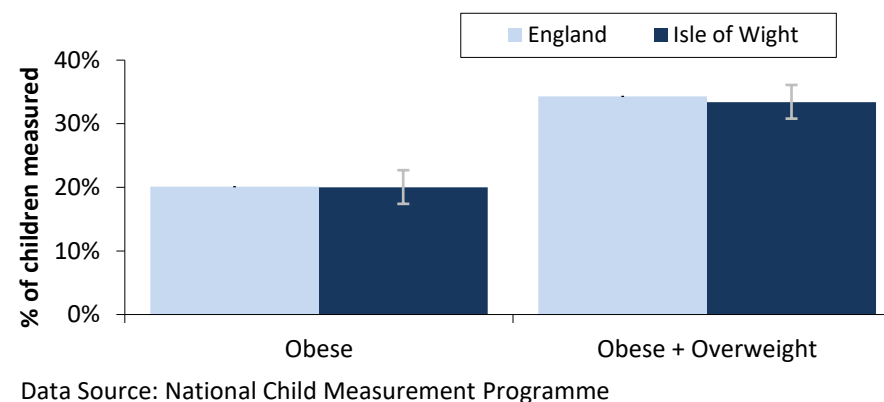
Local, regional and national trends



Obesity & Overweight Prevalence 2017 -18

YEAR 6:

IW compared with England



Healthy Weight:

Locally 76.2% of pupils in Reception are classed as being of healthy weight. This is a slight reduction on the 2016 to 2017 figure (77.1%) but not statistically significantly so. The Island is below both the England figure (76.6%) and the South East (78.5%) but not statistically significantly so. 65.0% of pupils in Year 6 are classed as being of healthy weight, this is an increase on the 2016 to 2017 figure (63.2%) but not statistically significantly so. The Island figure is below the South East (67.8%) but above the national average (64.4%) but there is no statistically significant difference.

Underweight

0.5% of Reception and 1.6% of Year 6 are classed as underweight locally. These figures are not statistically significantly different to previous year's figures (0.9% and 1.2% respectively) nor to the current England average (1.0% for reception and 1.4% for Year 6) nor the South East figures of 0.8% for reception and 1.3% for Year 6.

Gender:

Combined overweight and obesity prevalence was found to be higher among males than females in both Reception and Year 6:

Female overweight and obese prevalence %	
6	28.5
R	22.0
Male	
6	38.1
R	24.6

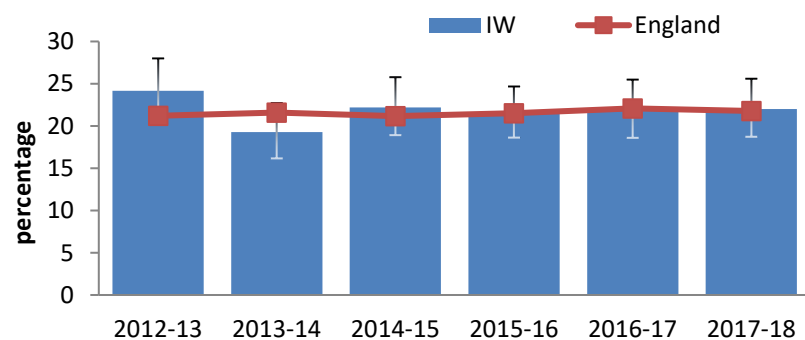
For males in Reception combined prevalence has increased (but not statistically significantly) from 22.1% to 24.6%. this is now above the national average (22.9%) but not statistically significantly so. Combined prevalence for females in Reception is 22.0%. this is a slight increase on 2016 to 2017 figure (21.9%) but not statistically significantly so. This figure is now above the England average which has reduced to 21.8% but not statistically significantly so.

Combined overweight and obesity prevalence for females in Year 6 has seen a decrease locally from 33.8% to 28.5%. this is more in line with 2015 to 2016 figures but is not statistically significantly different from last year or from the national average (32.2%). Combined prevalence for Year 6 males has seen an increase (from 37.2% to 38.1%). Although not a statistical significant rise this is part of an increasing trend from 2014 to 2015. The national average has seen a slight rise from last year (36.4% from 36.0%) and the Island figure is now above this but not statistically significantly so:

Obesity and Overweight prevalence:

YEAR R Female

Isle of Wight compared to England

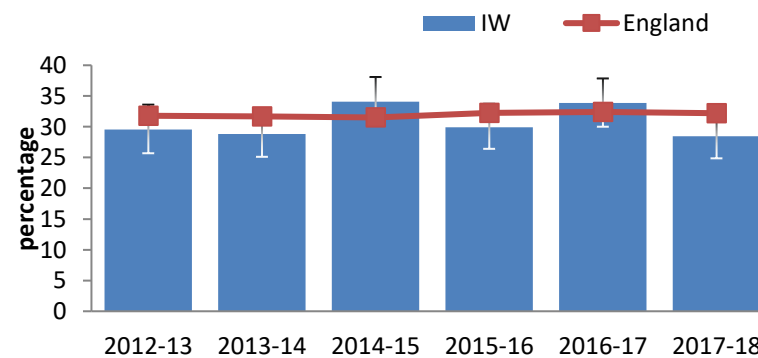


Data Source: National Child Measurement

Obesity and Overweight prevalence:

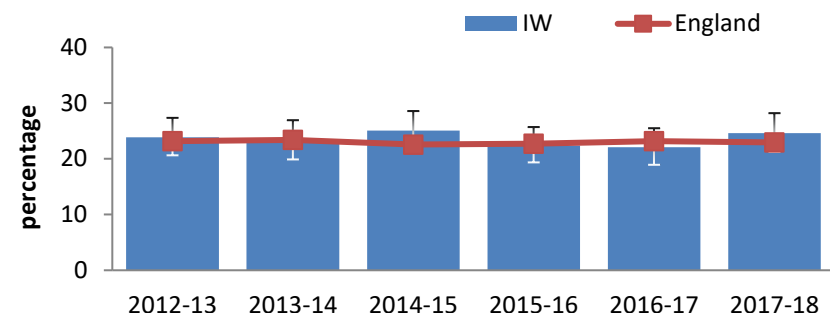
YEAR 6 Female

Isle of Wight compared to England



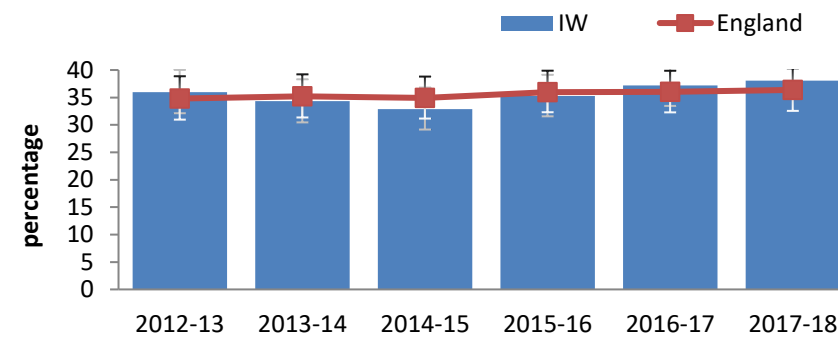
Data Source: National Child Measurement

**Obesity and Overweight prevalence:
YEAR R Male
Isle of Wight compared to England**



Data Source: National Child Measurement

**Obesity and Overweight prevalence:
YEAR 6 Male
Isle of Wight compared to England**



Data Source: National Child Measurement

Locally, obesity and overweight levels in both years are higher among boys, in contrast to last year's figures which saw females with higher overweight figures as compared to males. In Year R 7.8% of females and 9.0% of males are obese. This is a reduction for both groups on last year's figures (7.9% of females and 9.2% respectively). Year R figures for both boys and girls are below the national average but not statistically significantly so.

In Year 6 16.6% of females and 23.2% of males are obese. This is a reduction on last year's figures for females (18.4%) but not statistically significantly so and an increase for males (from 22.7%) but not statistically significantly so. In terms of Year 6 females, local figures are below the national average (18.0%) but not statistically significantly so. For males, local figures are above the national average (22.2%) but again, not statistically significantly so.

In Year R 14.2% of females are overweight and 15.6% of males. This is an increase for both groups from 2016 to 2017 figures (14.0% and 12.9% respectively) but not statistically significantly so. Both groups are above the England average (12.7% for girls and 13.0% for boys) but not statistically significantly so.

For Year 6 11.9% of females and 14.9% of males are overweight. This is a decrease on last year's figures for girls (15.5%) but not statistically significantly so and an increase for boys (from 14.5%) but again, not statistically significantly so. In terms of local figures Year 6 females are below the national average (14.2%) but Year 6 males are above (14.2%). Neither difference is statistically significant.

Both locally and nationally a higher proportion of boys and girls in Year R were of healthy weight as compared to Year 6. Locally 77.5% of Year R females and 74.9% of Year R males are of healthy weight. Compared to last year both figures have reduced (females 77.8% and males 76.5%) but not significantly so. Local figures for Year R females match national figures but are slightly lower for boys (nationally 75.8%) but not significantly so.

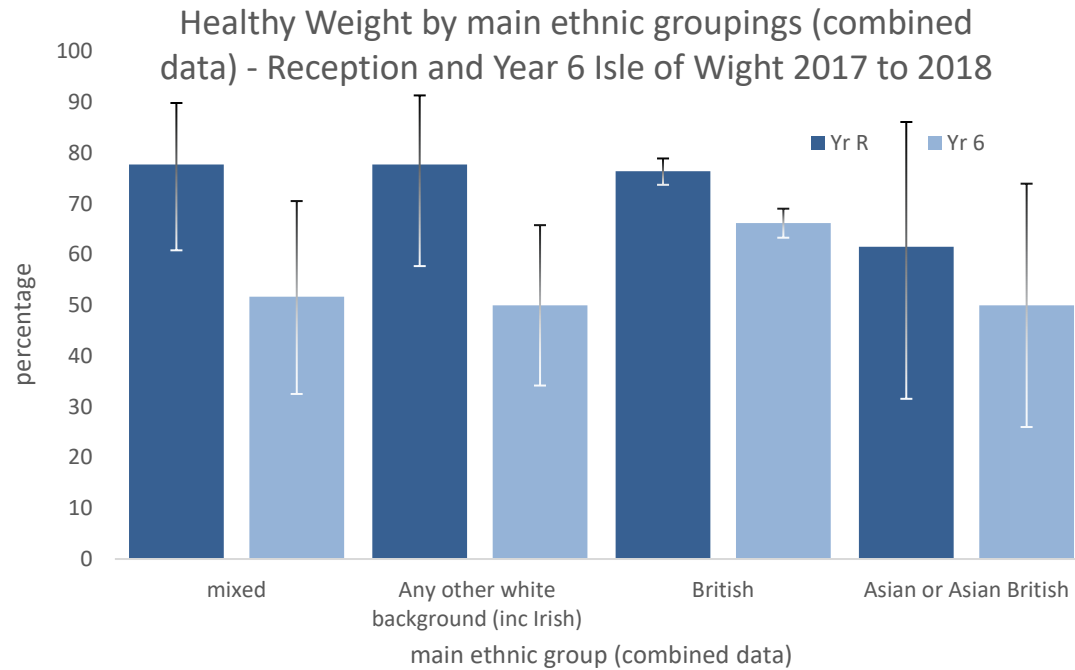
Locally 69.7% of females in Year 6 and 60.6% of Year 6 males were of healthy weight. This is an increase for Year 6 girls compared to last year's figure (64.4%) but a decrease for boys (from 62.0%). No changes are statistically significant. Nationally 62.4% of Year 6 boys and 66.2% of Year 6 girls are of healthy weight. National figures are slightly higher for boys but lower for girls. Neither difference is statistically significant.

On the Isle of Wight, 0.5% of girls and boys in reception are underweight. This is a slight increase for girls on 2016 to 2017 figures (0.3%) and a reduction for boys from 1.4%, neither changes is statistically significant. Nationally, 0.7% of Year R girls and 1.3% of Year R boys are underweight. Both figures are above the local percentages for Year R but the difference is not statistically significant. 1.9% of Year 6 females and 1.3% of Year 6 males are underweight on the Island. This is an increase for both sexes on last year's figures (1.7% of girls and 0.8% of boys), but not statistically significantly so. Nationally 1.6% of Year 6 girls and 1.2% of Year 6 boys are underweight. These figures are below the local percentages but not statistically significantly so.

Ethnicity

Locally, 89.0% were British; forming the largest group (although reduced from 92.3% in 2016 to 2017). Within this group 76.4% of Reception and 66.2% of Year 6 were of healthy weight. This is a reduction on 2016 to 17 figures for Reception and an increase for Year 6, however, neither change is statistically significantly different. 23.3% of Reception were classed as overweight or obese in the British category with 32.2% of Year 6. 0.3% of Reception and 1.6% of Year 6 in the 'British' category were classed as underweight. This is a reduction for Reception (0.9%) as compared to 2016 to 2017 but an increase for Year 6 (1.2%), however neither change is statistically significant. All other groups were very small numbers so groupings have been combined to allow for some comparison. The second largest group at 2.9% is 'any other white background' (including Irish). 77.8% in Reception and 50.0% in Year 6 were of healthy weight compared to 70.7% in Reception and 72.7% Year 6 in 2016 to 2017. Due to such small numbers no change is statistically significantly different. The third largest group at 2.7% is 'mixed' (including white and black African, white and Asian and any other mixed background). 77.8% of Reception were classed as of healthy weight and 51.7% of Year 6 compared to 73.1% of Reception in 2016 to 17 and 62.2% of Year 6 – with no statistically significant difference. The fourth largest grouping is Asian or Asian British (including Bangladeshi and any other Asian background) at 1.3% with 61.5% of Reception classed as healthy weight and 50.0% of Year 6 compared to 77.8% in Reception in

2016 to 17 and 54.4% of Year 6. No change is of statistical significance. Of note in all the main groups is the reduction of healthy weight from Reception to Year 6 however, this is only of statistical significance with white British where larger numbers allow for more robust findings:



Nationally, obesity prevalence was highest for Black children in both reception and Year 6 and lowest for Chinese children in Reception and White and Chinese in Year 6. Underweight prevalence was highest for Asian in both reception and Year 6. (NHS Digital, 2018).

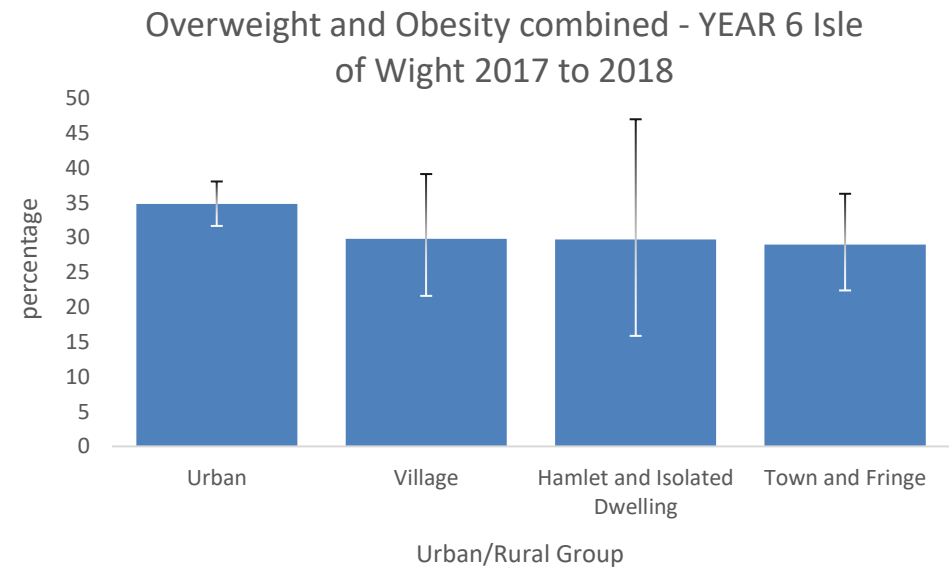
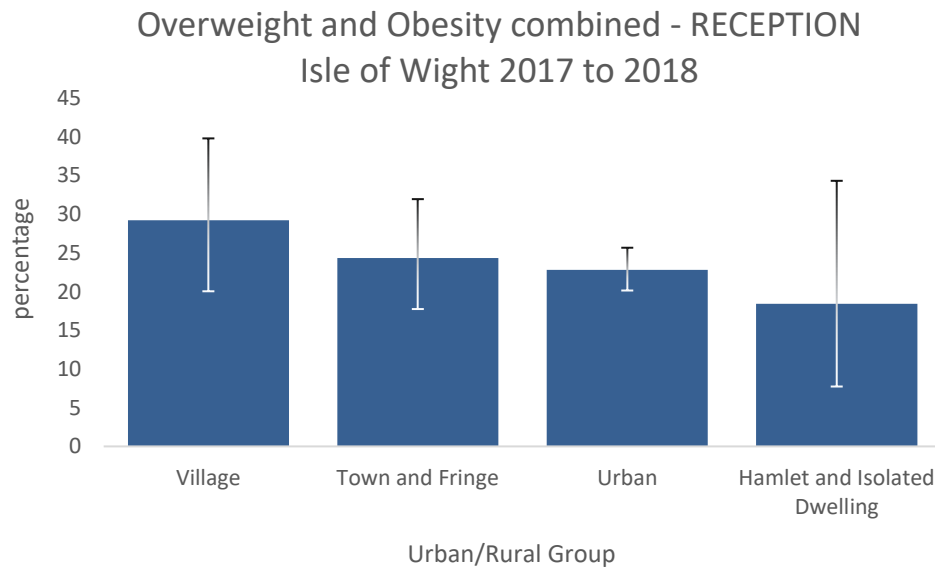
Geography:

Nationally, 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 with London having the highest prevalence of underweight children in reception (NHS Digital, 2018).

Urban/ Rural split

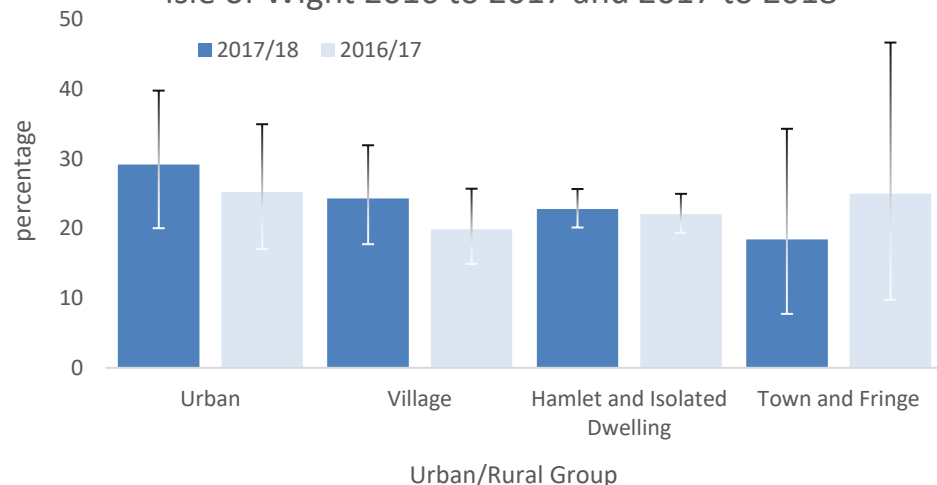
Nationally, obesity prevalence in urban areas was highest in both age groups – 9.8% in Reception and 21.0% in Year 6 with underweight prevalence also highest in urban areas (NHS Digital, 2018).

Locally, for Reception aged children, overweight and obesity combined sees ‘village’ and ‘town and fringe’ with the highest prevalence although no difference is statistically significant. For Year 6, prevalence is higher for ‘urban’ and ‘village’ but again, no difference is statistically significant:

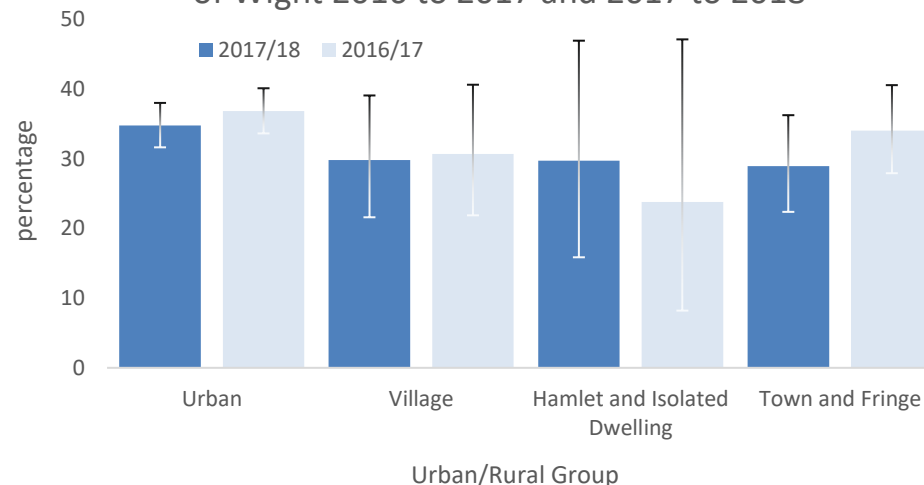


In comparison to 2016 to 2017, combined prevalence has increased for Reception in all urban/rural groups except ‘town and fringe’ where there has been a decrease. However, due to small numbers, no difference is statistically significant. For Year 6, ‘hamlet and isolated dwelling’ has seen an increase, with all other areas seeing a decrease, however, no difference is statistically significant:

Overweight and Obesity combined - RECEPTION
Isle of Wight 2016 to 2017 and 2017 to 2018



Overweight and Obesity combined - YEAR 6 Isle of Wight 2016 to 2017 and 2017 to 2018

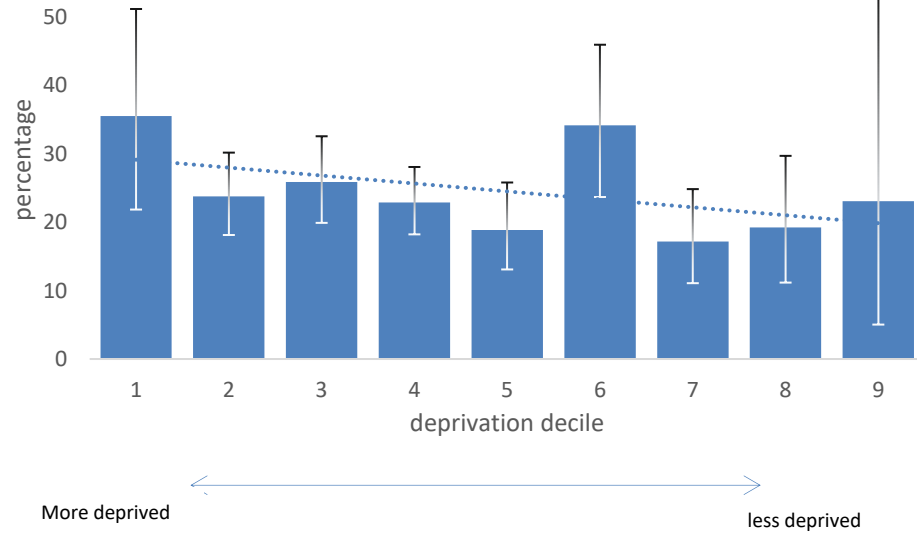


By Deprivation:

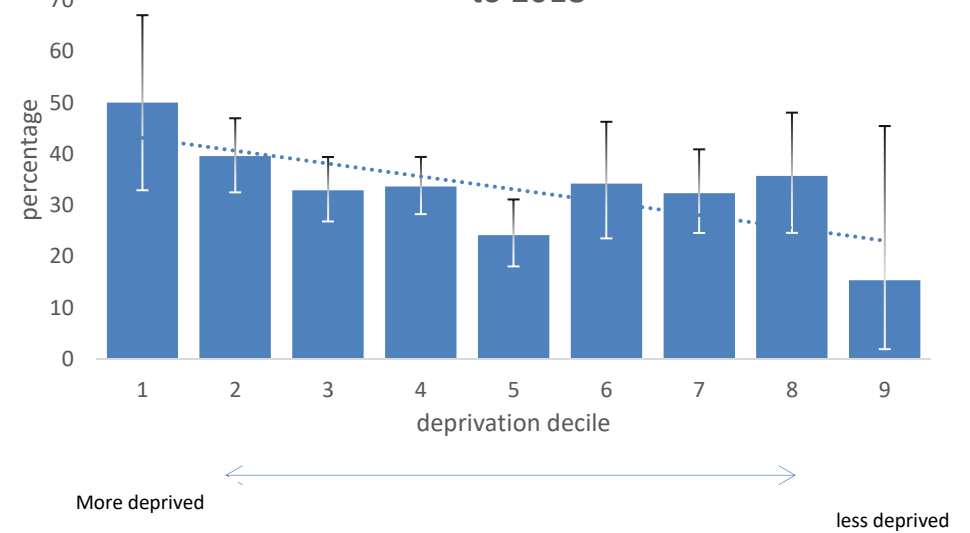
Nationally, child obesity prevalence shows a close association with socioeconomic deprivation. Obesity prevalence for children living in the most deprived areas in both age groups was more than twice as high as those living in the least deprived areas. This gap has increased over time. Obesity prevalence for Reception aged children ranged from 12.8% in the most deprived areas to 5.7% in the least deprived. For Year 6, 26.8% of children living in the most deprived areas were obese compared to 11.7% in the least deprived. Severe obesity prevalence was almost four times as high in the most deprived areas (3.8% for Reception and 7.0% for Year 6) compared to the least deprived (1.0% for Reception and 1.6% for Year 6). Combined overweight and obesity prevalence ranged from 41.4% in the most deprived areas to 24.5% in the least deprived areas (NHSDigital, 2018).

On the Isle of Wight, the trend is similar although less pronounced due to small numbers, but for both Reception and Year 6 the more deprived deciles tend to have higher levels of overweight and obesity prevalence:

Isle of Wight Overweight and Obesity combined prevalence - RECEPTION - by deprivation decile 2017 to 2018

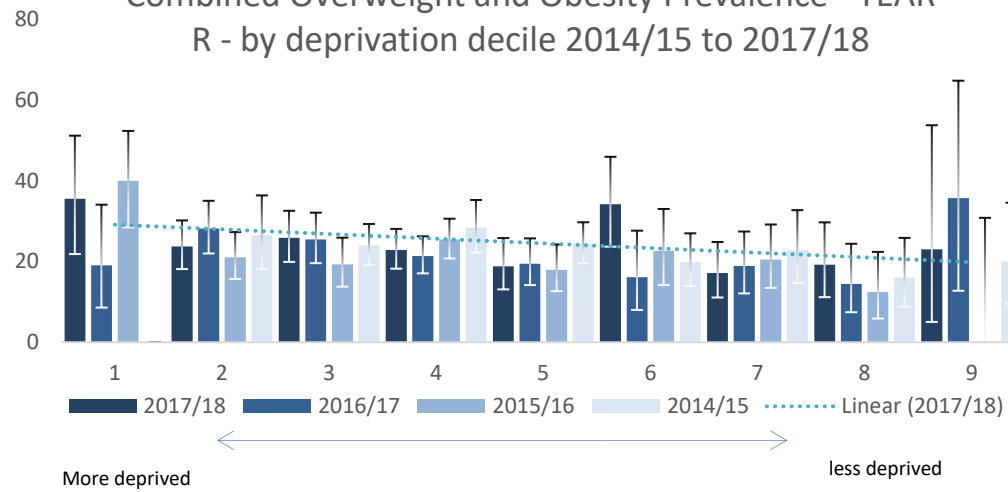


Isle of Wight Overweight and Obesity combined prevalence - YEAR 6 - by deprivation decile 2017 to 2018

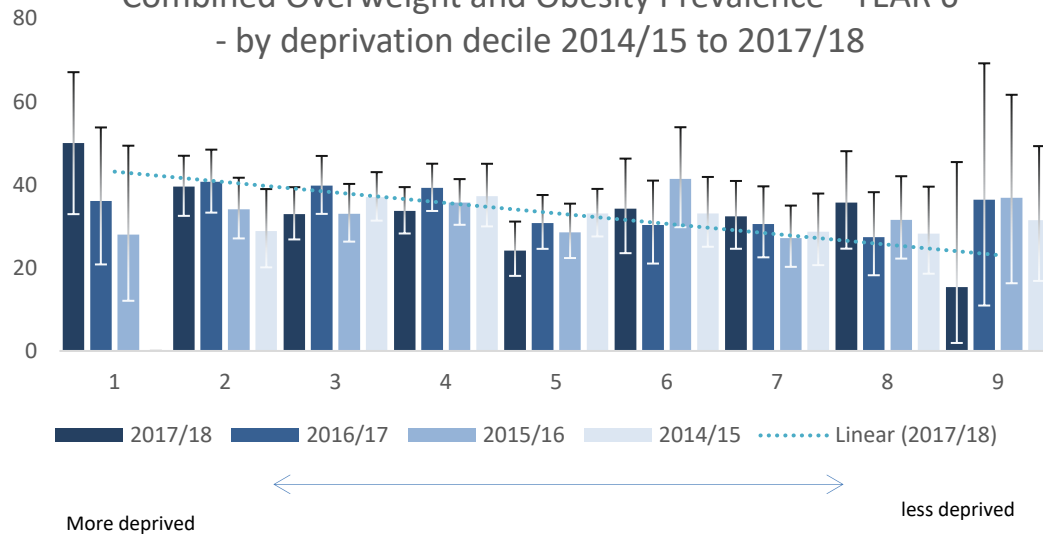


This trend can also be seen over time, however due to small numbers comparisons are less robust:

Combined Overweight and Obesity Prevalence - YEAR
R - by deprivation decile 2014/15 to 2017/18



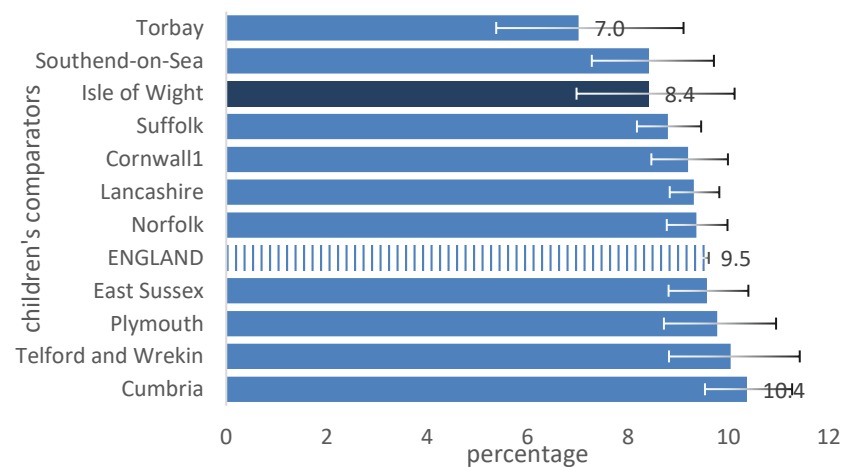
Combined Overweight and Obesity Prevalence - YEAR 6
- by deprivation decile 2014/15 to 2017/18



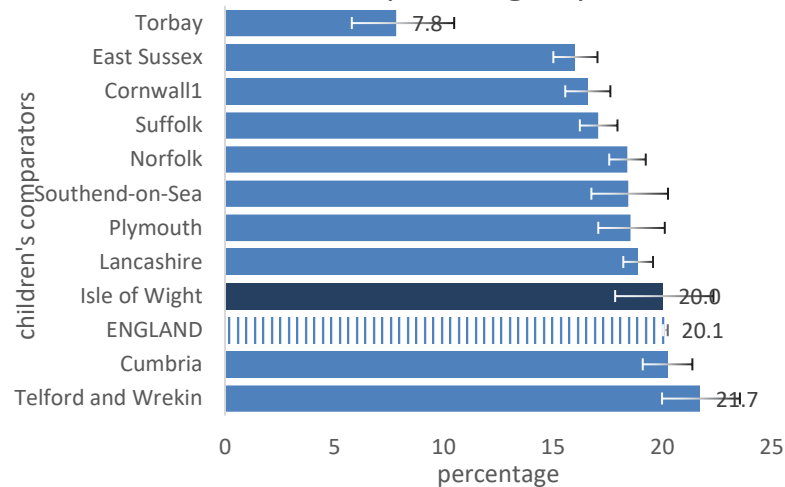
Comparison with children’s comparator group:

In comparison with our statistical neighbours, although the Isle of Wight has the third lowest obesity prevalence figure for Reception it is not statistically significantly lower than any of the group including England. For Year 6, the Isle of Wight is statistically significantly higher than three of the comparator group:

Obesity Prevalence - RECEPTION - 2017 to 2018 - England, Isle of Wight and children's comparator group



Obesity Prevalence - YEAR 6 - 2017 to 2018 - England, Isle of Wight and children's comparator group



References:

- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/744234/PHE_NCMP_guidance_for_analysis_2018.pdf
- <https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2017-18-school-year>
- <http://digital.nhs.uk/pubs/ncmpeng1718>
- http://www.noo.org.uk/NOO_about_obesity/child_obesity,
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/298297/cmo-report-2012.pdf
- <https://www.gov.uk/government/policies/reducing-obesity-and-improving-diet#background>