



Public Health  
England

Protecting and improving the nation's health

# UK Committee on Children & Young People 7 June 2016

## Child Obesity & the Use of Nutrition Measurement Tools England Perspective and Update

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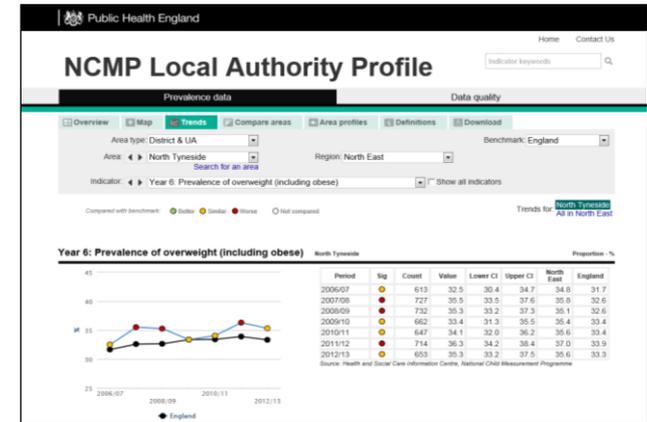
# PHE Priorities

- **Tackling child obesity (*PHE priority 1*)**
  - An increase in the proportion of children leaving primary school with a healthy weight
  - An increase in the number of women starting pregnancy a healthy weight.
- **Ensuring every child has the best start in life (*PHE priority 4*)**
  - An increase in the proportion of children 'ready to learn at two and ready for school at five'.
- **Reducing health inequalities (*Health and Social Care Act 2012*)**
  - A reduction in health inequalities in relation to obesity including ethnicity, gender, disability and deprivation.
- **National Child Measurement Programme**
  - Strengthen and enhance England's NCMP National Statistics, which is seen as a world-class source of information, measuring around 1.1 million children per year.



# National Child Measurement Programme

- Height and weight measurements of **1 million** 4-5 and 10-11 year old children in **17,000** schools across England every year
- **Mandated** public health function of LAs
- Provides robust **public health surveillance** data on child weight status
  - Excess weight PHOF indicator
  - Tool for H&WB Boards
- **Engages with parents** through feedback on their child's weight status
  - Result letter for parents plus follow up advice and support



The screenshot shows a parent feedback letter from the NHS. It includes the 'change 4 life' logo and the NHS logo. The letter is titled 'Private and confidential' and contains personal information about the child and parent. It explains the National Child Measurement Programme and provides advice on how to support the child's weight status. A table shows the child's first census results for height, weight, BMI, and date of measurement. The letter concludes with a note that the child is overweight and provides contact information for further support.

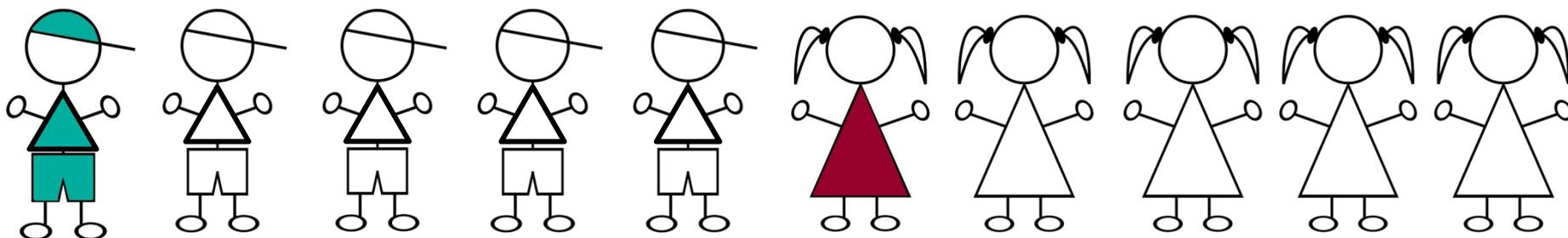
»Child's first census» results	
Height (cm)	»Height»
Weight (kg)	»Weight»
Date of measurement	»Date»



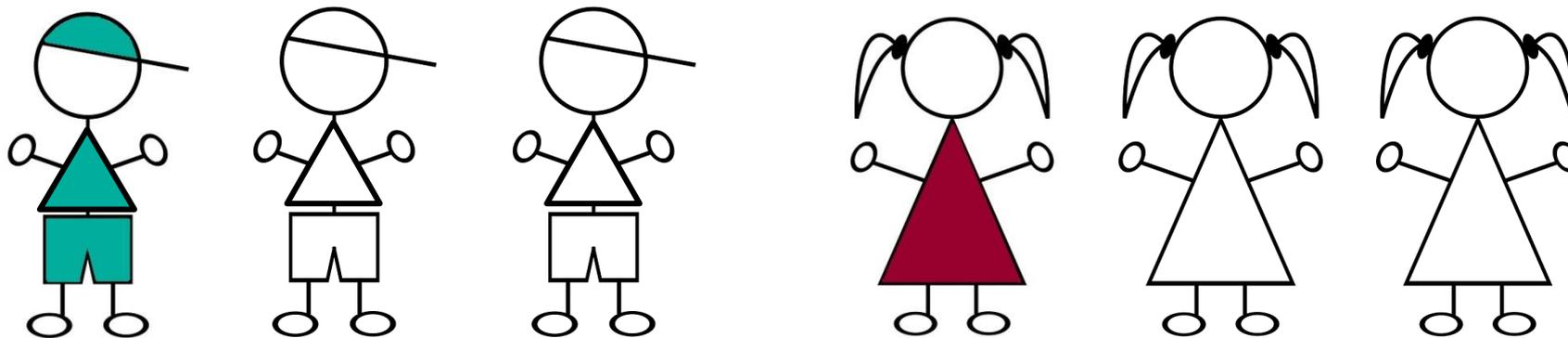
# Prevalence of excess weight among children

National Child Measurement Programme

**One in five children in Reception is overweight or obese**



**One in three children in Year 6 is overweight or obese**



Child overweight (including obesity)/ excess weight: BMI  $\geq$  85<sup>th</sup> centile of the UK90 growth reference

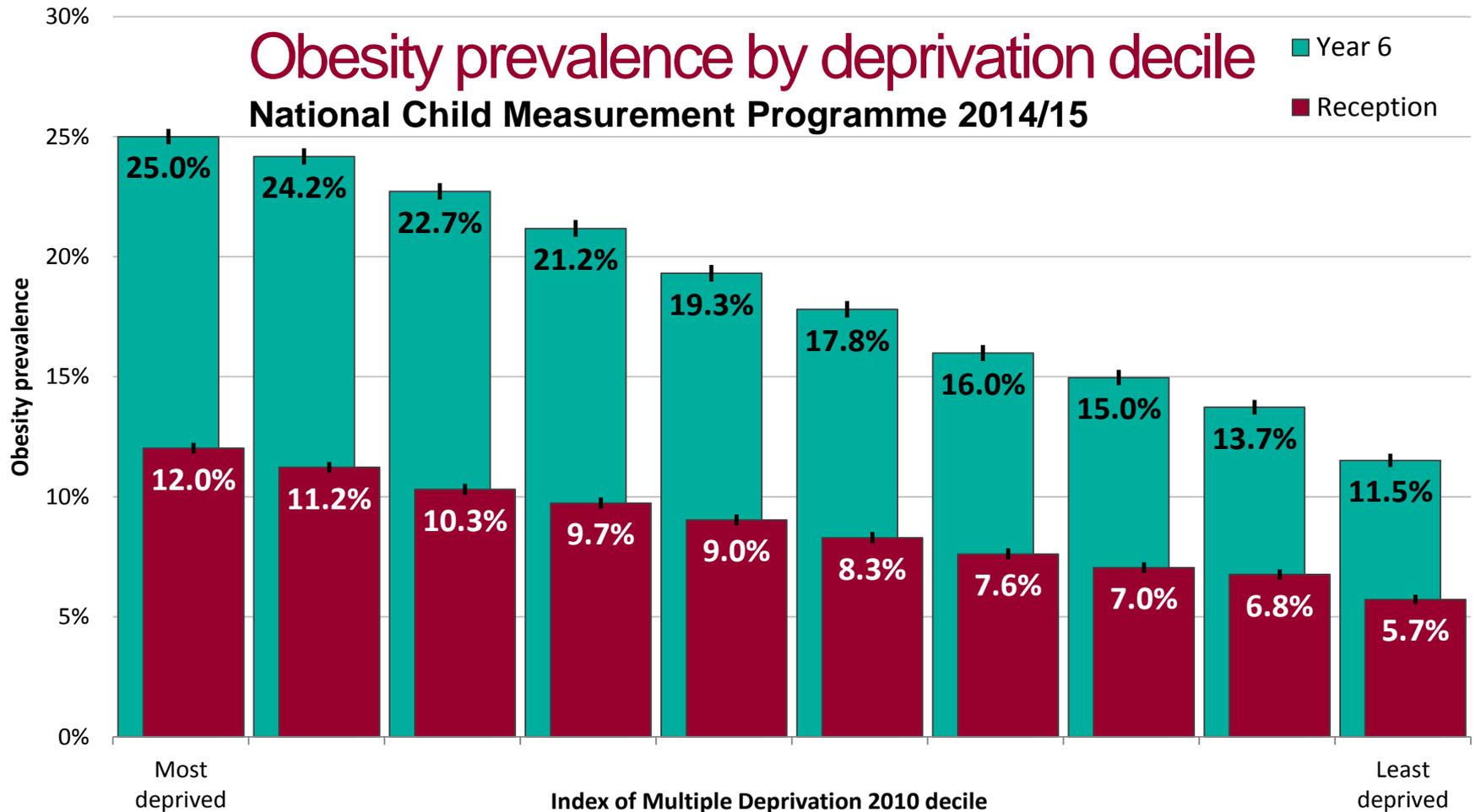
# Latest NCMP findings



- There has been a relatively **small overall change** in overweight and obesity prevalence over the last 5 years; levels remain unacceptably high.
- As in previous years, prevalence of obesity increases between Reception and Year 6, and is **more than double in Year 6** compared with Reception.
- Prevalence of obesity in the most deprived 10% of areas in England is double that of the 10% least deprived areas – **the gap is widening**.
- Substantial **variation in obesity prevalence between ethnic groups** - higher among children of Black and Asian ethnicities, compared to White children.
- Prevalence of obesity is **higher in boys than in girls** for both Reception and Year 6.



# Scale of the challenge



Child obesity: BMI  $\geq$  95<sup>th</sup> centile of the UK90 growth reference

# NCMP Local Authority Profile

Indicator keywords

Prevalence data

Data quality

- Overview
- Map**
- Trends
- Compare areas
- Area profiles
- Definitions
- Download

Area type: LA/UA

Area: Sunderland

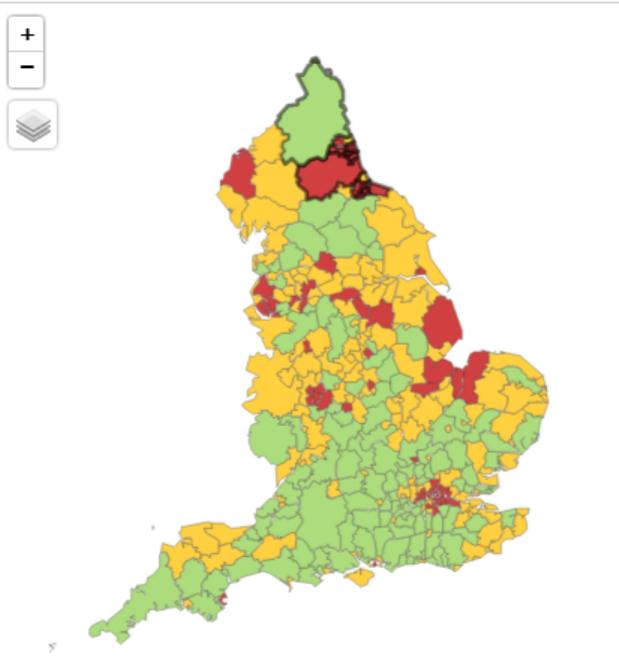
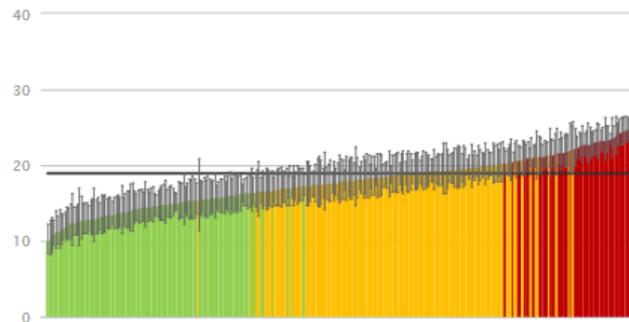
Benchmark: England

Indicator: Year 6: Prevalence of obesity

Compared with benchmark: Better Similar Worse

Map colour: Comparison to benchmark

Area	Count	Value	LCI	UCI
County Durham	986	21.0	19.9	22.2
Gateshead	396	21.9	20.1	23.9
Hartlepool	212	21.2	18.8	23.8
Middlesbrough	338	23.2	21.1	25.4
North Tyneside	344	18.6	16.9	20.4
Northumberland	529	17.4	16.1	18.7
Redcar and Cleveland	307	23.1	20.9	25.4
South Tyneside	289	22.7	20.5	25.1
Stockton-on-Tees	407	20.9	19.2	22.8
Sunderland	546	21.3	19.8	22.9



Screenshot of webpage

<http://fingertips.phe.org.uk/profile/national-child-measurement-programme>



## NCMP Priorities 16/17

- Improve the breadth and depth of **NCMP data** which is provided to local areas
  - NCMP Tracking
  - GP IT systems – growth charts
  - KIT/ HSCIC data analysis – reports, online tools and infographics
- Further enhance support to local **partners and schools**.
  - Annual guidance refresh – comms packs/ elected member briefings
  - Schools results letter
  - Insight work with local partners



## NCMP Priorities 16/17

- To further support the **engagement with parents**.
  - Build upon NCMP and C4L as a key opportunity to engage **families**
  - Further development of parent results letter – incorporating behavioural insight
  - Collation of local examples of good practice
- **NCMP Correspondence** – public/stakeholders/PHE centres
  - Supporting stakeholders with specific information in response to enquiries
  - Support with regular media enquiries.
  - Monthly audit of enquiries



# Nutrition Measurement Tools



Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Foods Standards Agency in Northern Ireland

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