



**Analysis summary –  
National Child  
Measurement Programme  
Buckinghamshire  
2021/22**

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## Overview

The National Child Measurement Programme (NCMP) measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools.

### Excess weight in reception children aged 4 to 5 years by MSOA 2021/22

One in five (18.0%) Reception children are overweight and obese (based on a population of 5,208) and this is a **significant increasing trend** (compared to England 22.3%).

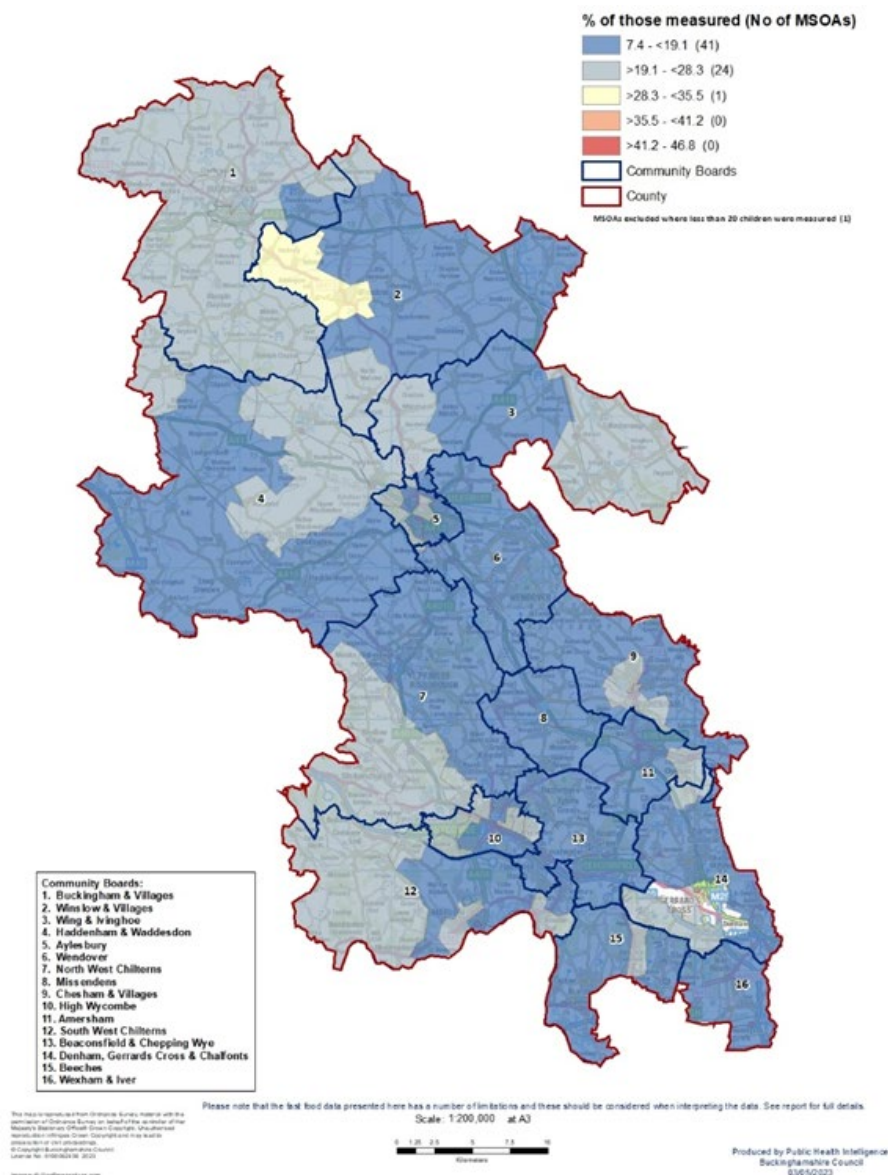


Figure 1 Excess weight in reception children aged 4 to 5 years by MSOA 2021/22

## Excess weight in Year 6 children (aged 10 to 11 years) by MSOA, 2021/22

One in three (31.6%) Year 6 children are overweight and obese (based on a population of 5,758) and this is a **significant increasing trend** (compared to England 37.8%).

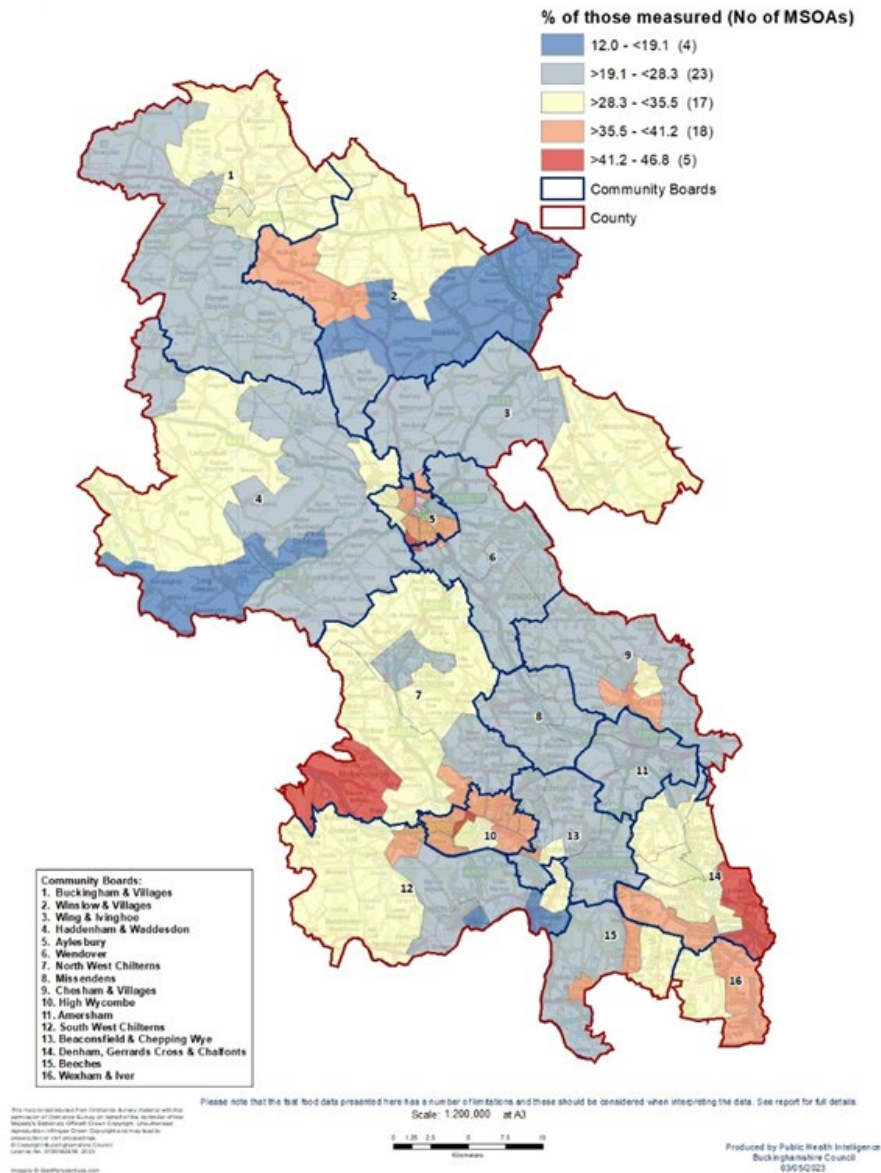


Figure 2 Excess weight in Year 6 children (aged 10 to 11 years) by MSOA, 2021/22

The above maps show the increase in excess weight from children aged 4-5 to children aged 10-11 years old and shows 23 Middle Super Output areas (MSOA's) have more than 35.5% of Year 6 children who are overweight or obese.

## Key facts

### Healthy weight

Four out of five (80.7%) Reception children and two out of three (66.2%) Year 6 children are a healthy weight.

There is a significant decreasing trend for Year 6 children who are a healthy weight.

### Obesity

Almost one in ten (8.3%) Reception children and almost one in five (18.0%) Year 6 children are living with obesity and these are both significant increasing trends.

2.2% of Reception children are severely obese and this is a significant increasing trend.

### Underweight

1.3% in Reception are underweight. 2.2% of children in Year 6 are underweight which is significantly worse than the England average (1.5%).

## Excess weight for Reception and Year 6 by deprivation quintile, 2021/22

A quarter of Year 6 children living in the most deprived areas are obese. This is statistically significantly higher than those in the least deprived areas (25% in DQ5 compared to 11% in DQ1).

One in ten reception children living in the most deprived areas are obese. This is statistically significantly higher than those in the least deprived areas (11% in DQ5 compared to 6% in DQ1).

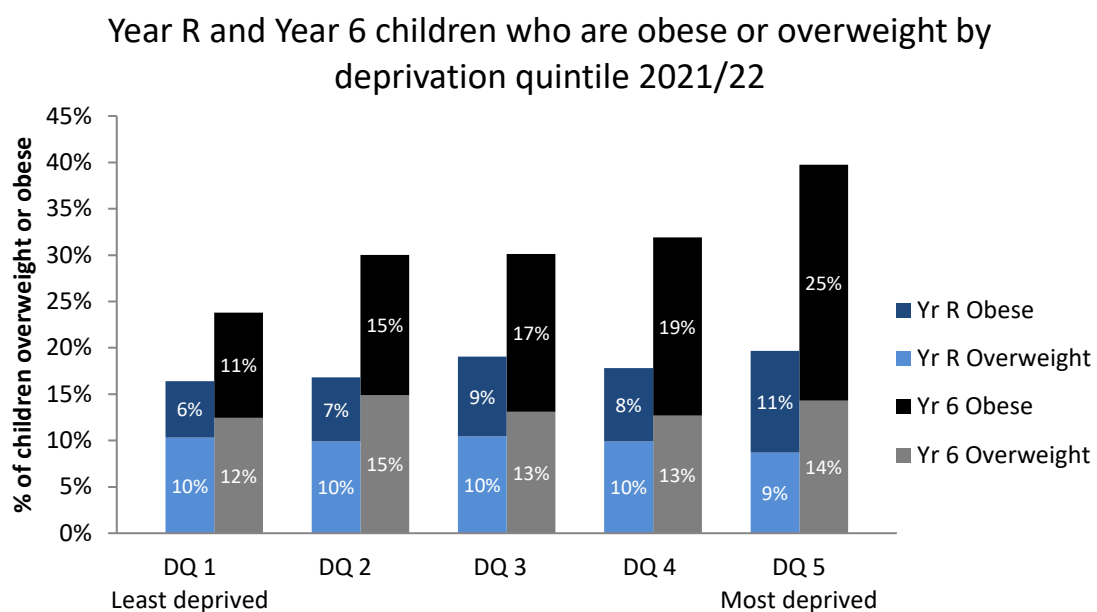


Figure 3 Year R and Year 6 children who are obese or overweight by deprivation quintile 2021/22

## Excess weight in Reception and Year 6 2012/13 – 2021/22

There is a significant increasing trend for Year 6 children who are obese or overweight.

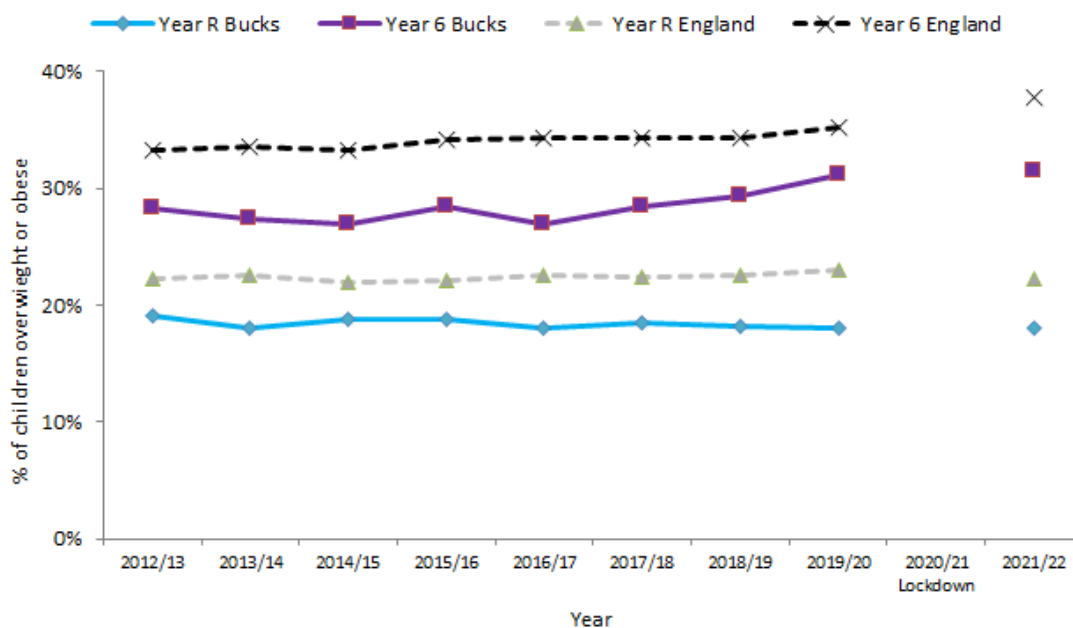


Figure 4 Excess weight in Reception and Year 6 2012/13 – 2021/22

## Excess weight by gender, 2021/22

One in five Reception girls (18.7%) and more than a quarter of Year 6 girls (27.5%) are overweight or obese.

One in six Reception boys (17.4%) and a one in three Year 6 boys (35.4%) are overweight or obese.

## Comparison of cohorts Reception 2015/16 with Year 6 2021/22

It is assumed that most children will start and finish education at the same school. It is therefore estimated a high proportion of those measured in Reception in 2015/16 were measured again in Year 6 in 2021/22.

There is a smaller proportion of healthy weight children in 2021/22 (66%) compared to 2015/16 (80%). There is a corresponding higher proportion in both overweight children (12% v 14%) and obese children in 2021/22 (7% v 14%).

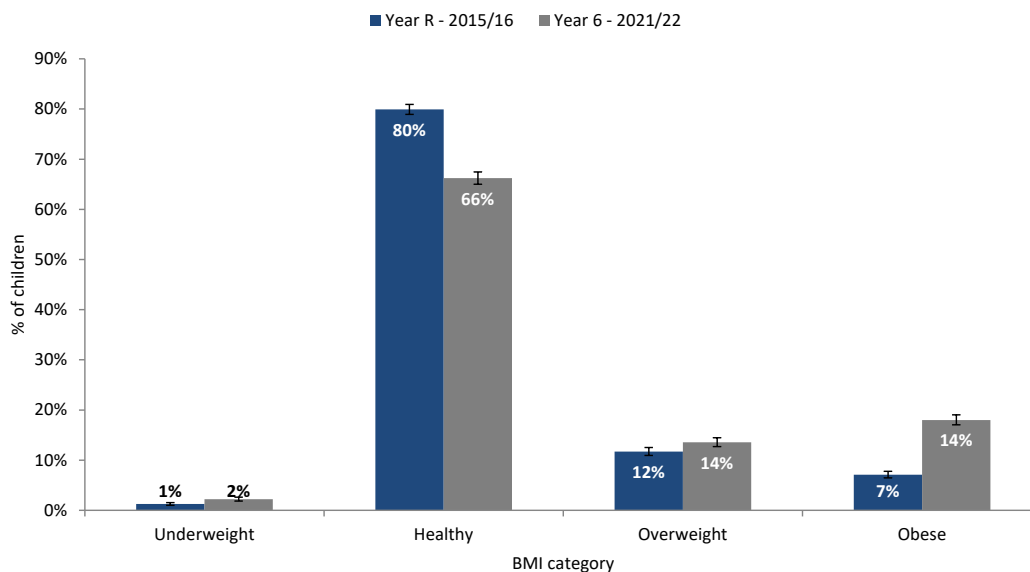


Figure 5 Comparison of cohorts Reception 2015/16 with Year 6 2021/22

## Excess weight in children by ethnicity and school year, 2021/22

More than one in three (36.6%) Year 6 children from an Asian ethnic group are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (30.4%).

More than a quarter (28.4%) of Year 6 children from a White ethnic group are overweight or obese. This is statistically significantly lower than the other ethnic groups combined (38.0%).

Almost half (45.9%) of Year 6 children from a Black ethnic group are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (31.2%).

More than a third (37.5%) of Year 6 children from a Mixed ethnic group are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (31.1%).

Some of the differences above may be due to the influence of other factors such as area deprivation. Physiological differences and body composition can be confounding factors when making comparisons between groups. NCMP follow NICE and RCPCH guidance regarding assessing BMI in children.

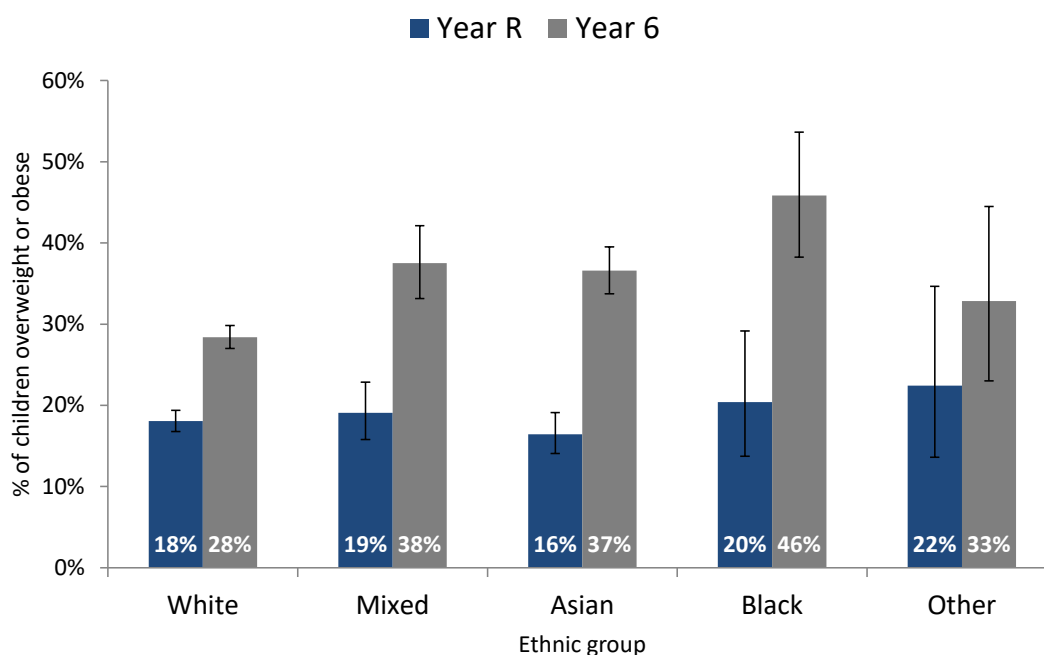


Figure 6 Excess weight in children by ethnicity and school year, 2021/22



### Excess weight in Reception by community board, 2021/22

The chart shows Buckingham and Villages (19.9%), High Wycombe (20.2%) and Winslow and Villages (20.7%) as the community boards with the highest percentage of Reception children who were overweight or obese. Overall 18% (940 Reception children) are classified as overweight or obese in Buckinghamshire (compared to England 22.3%).

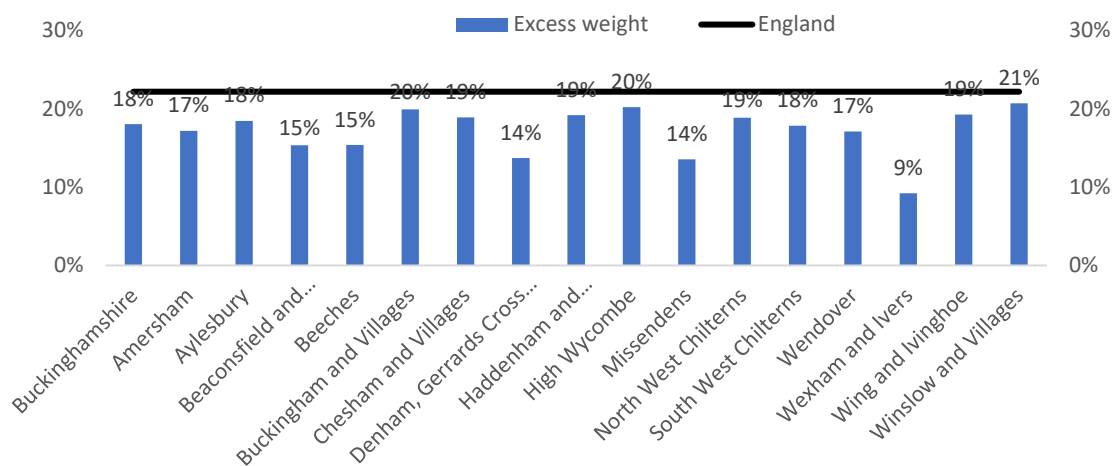


Figure 7 Excess weight in Reception by community board, 2021/22

### Excess weight in Year 6 children by community board, 2021/22

The chart shows Aylesbury (38.6%) and High Wycombe (38.5%) as the community boards with the highest percentage of Year 6 children who were overweight or obese. Overall 31.6% (1,817 Year 6 children) are classified as overweight or obese in Buckinghamshire compared to England (37.8%).

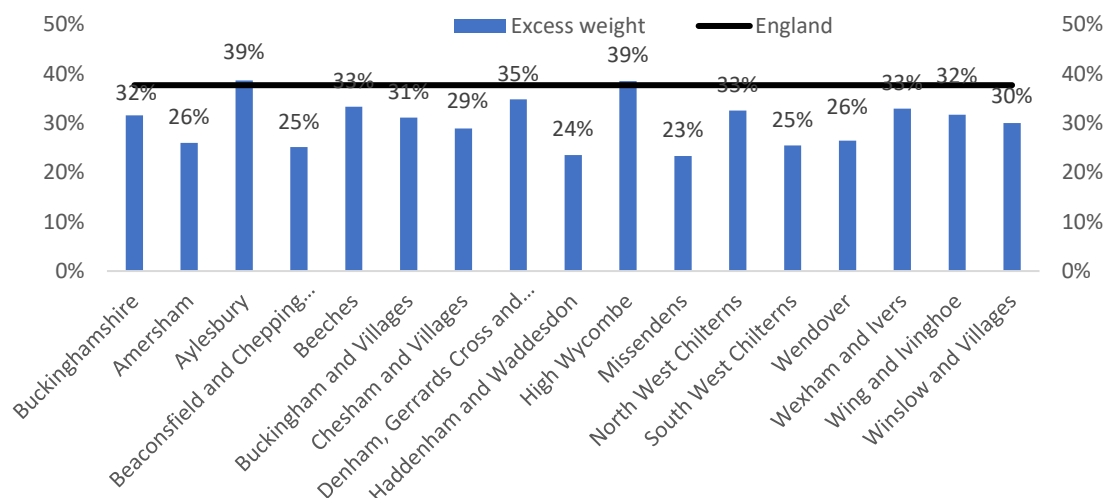


Figure 8 Excess weight in Year 6 children by community board, 2021/22

## **National Picture 2021/22**

The analysis compares 2021/22 with 2019/20 before the pandemic.

### **Obesity**

In England, obesity prevalence has increased in Reception children from 9.9% (2019/20) to 10.1% (2021/22) and increased in Year 6 children from 21.0% (2019/20) to 23.4% (2021/22).

### **Deprivation**

Children living in the most deprived areas were more than twice as likely to be living with obesity, than those living in the least deprived areas. 13.6% of Reception children living in the most deprived areas were living with obesity compared to 6.2% of those living in the least deprived areas. 31.3% of Year 6 children living in the most deprived areas were living with obesity compared to 13.5% of those living in the least deprived areas.

### **Gender**

Boys have a higher prevalence of living with obesity than girls for both age groups. In Reception, 10.3% of boys were living with obesity compared to 9.9% of girls. In Year 6, 26.4% of boys were living with obesity compared to 20.4% of girls.

## Abbreviations

**MSOA** Middle Layer Super Output Area – have an average population of 7,500 residents or 4,000 households.

**DQ** Deprivation quintile. The most deprived quintile is the most deprived 20% of the population.

**NCMP** National Child Measurement Programme

**NICE** The National Institute for Health and Care Excellence

**RCGPH** Royal College of General Practitioners

## Definitions

Data from Office for Health Improvement and Disparities, and Office for National Statistics.

**Excess weight in children.** Proportion of children aged 4 to 5 years (Reception) and 10 to 11 years (Year 6) classified as overweight or obese. Children are classified as overweight (including obese) if their BMI (Body Mass Index) is on or above the 85th centile of the British 1990 growth reference (UK90) according to age and sex expressed as a percentage, with 95% confidence intervals. Children are classified as severely obese if their BMI greater than or equal to the 99.6th centile of the UK90 growth reference. Map and deprivation quintile chart is based on pupil residence. Infographics by gender and ethnicity are based on local authority of school. Source: Office for Health Improvement and Disparities, NCMP 2021/22.

**Index of Multiple Deprivation 2019.** The English Indices of Deprivation 2019 are based on 37 separate indicators, organised across seven distinct domains of deprivation which are combined, using appropriate weights, to calculate the IMD 2019. This is the official measure of relative deprivation for small areas (or neighbourhoods) in England. It ranks every LSOA in England from 1 (most deprived area) to 32,844 (least deprived area). Within Buckinghamshire there are 319 LSOAs which have been ranked and allocated to a quintile. Source: Office for Health Improvement and Disparities, Department of Communities and Local Government 2019.

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