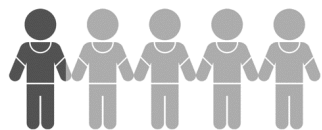


Analysis summary

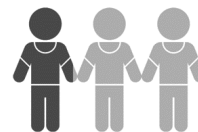
National Child Measurement Programme

Buckinghamshire, 2021/22



Reception (4 to 5 year olds)

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

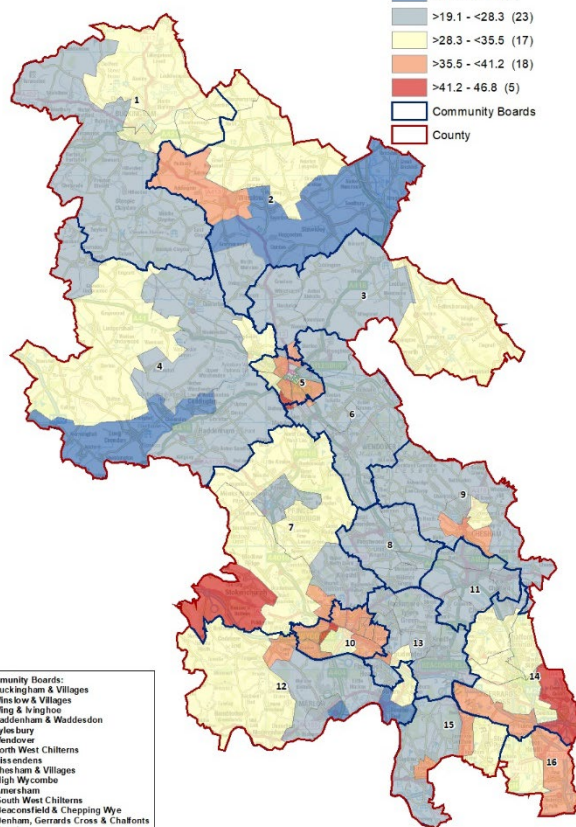
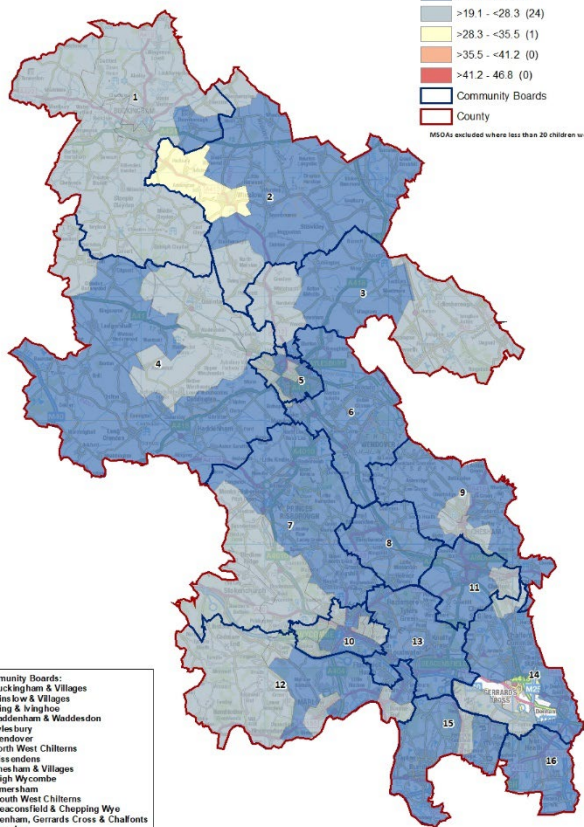
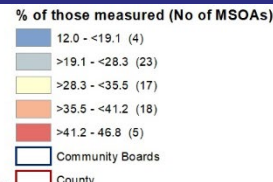
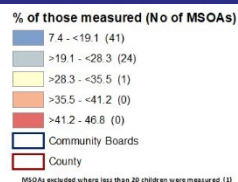


Year 6 (10 to 11 year olds)

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

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



Community Boards:
 1. Buckingham & Villages
 2. Winslow & Villages
 3. Wing & Ivinghoe
 4. Haddenham & Waddesdon
 5. Aylesbury
 6. Wendover
 7. North West Chilterns
 8. Missenden
 9. Chesham & Villages
 10. High Wycombe
 11. Amersham
 12. South West Chilterns
 13. Beaconsfield & Chipping Wye
 14. Denham, Gerrards Cross & Chalfonts
 15. Beecotes
 16. Wexham & Iver

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 15. Beecotes
 16. Wexham & Iver

Please note that the first food data presented here has a number of limitations and these should be considered when interpreting the data. See report for full details.
 Scale: 1:200,000 at A3
 Produced by Public Health Intelligence
 Buckinghamshire Council
 03092022

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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

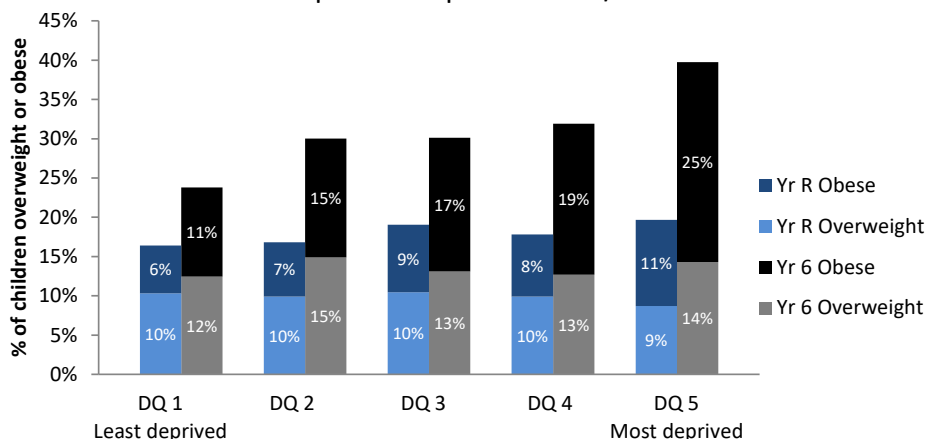
- Almost one in ten (**8.3%**) Reception children and almost one in five (**18.0%**) Year 6 children are living with obesity and these are both **significant increasing trends**.
- **2.2%** of Reception children are severely obese and this is a **significant increasing trend**.

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%).

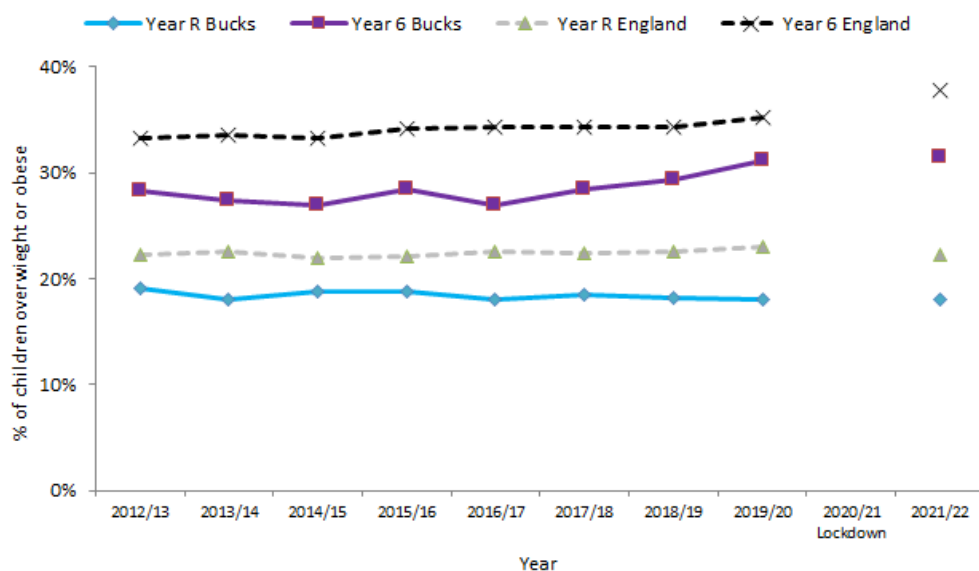
Excess weight for Reception and Year 6 by deprivation quintile, 2021/22

Year R and Year 6 children who are obese or overweight 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).

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

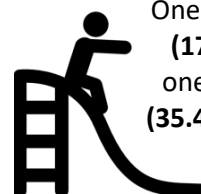


There is a **significant increasing** trend for Year 6 children who are obese or overweight.

Excess weight by gender, 2021/22

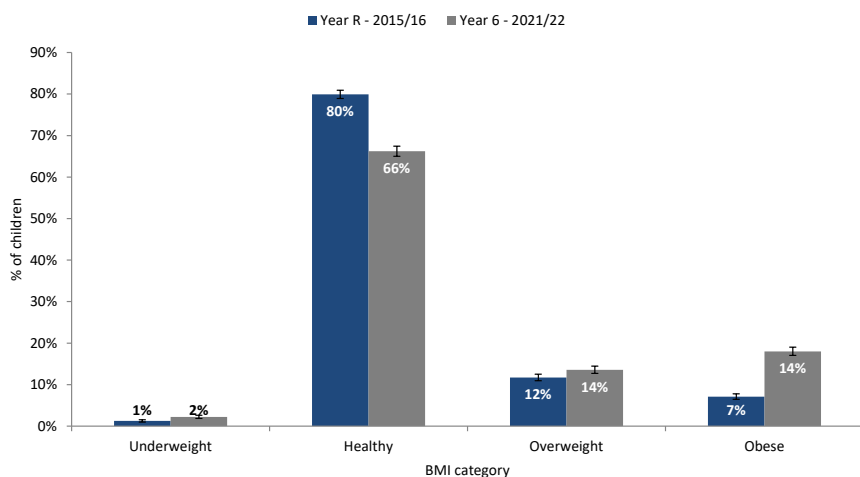


One in five Reception girls (**18.7%**) and more than a quarter of Year 6 girls (**27.5%**) are overweight or obese.



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

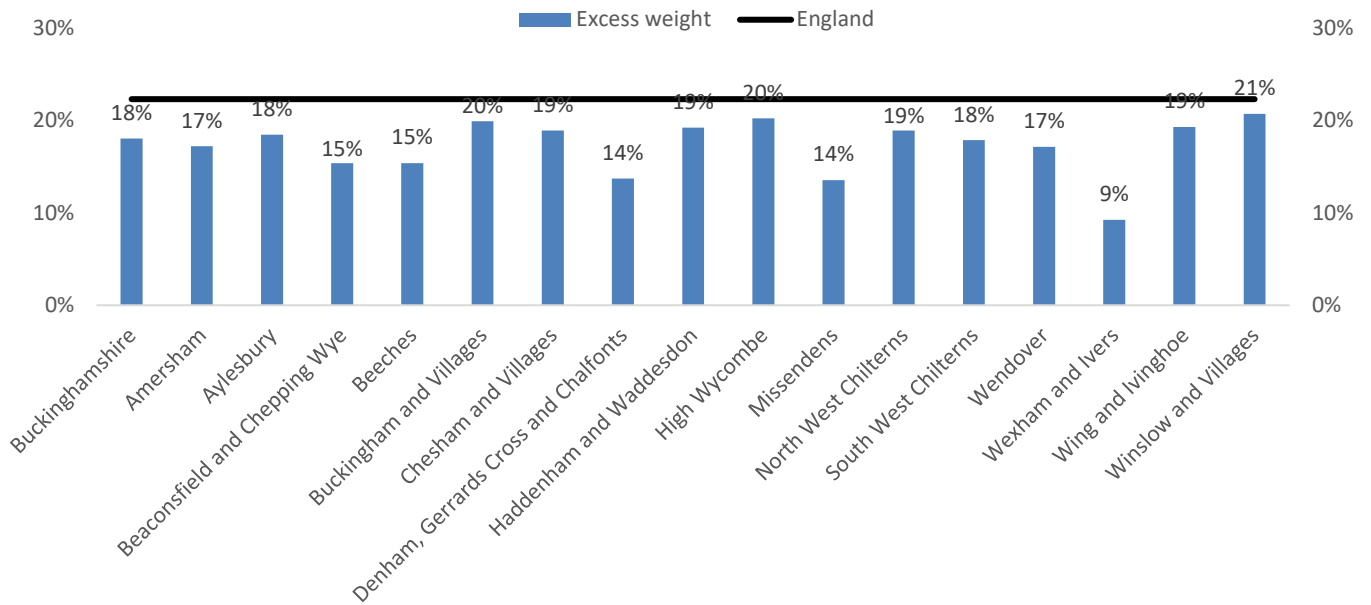
Comparison of cohorts Reception 2015/16 with Year 6 2021/22



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.

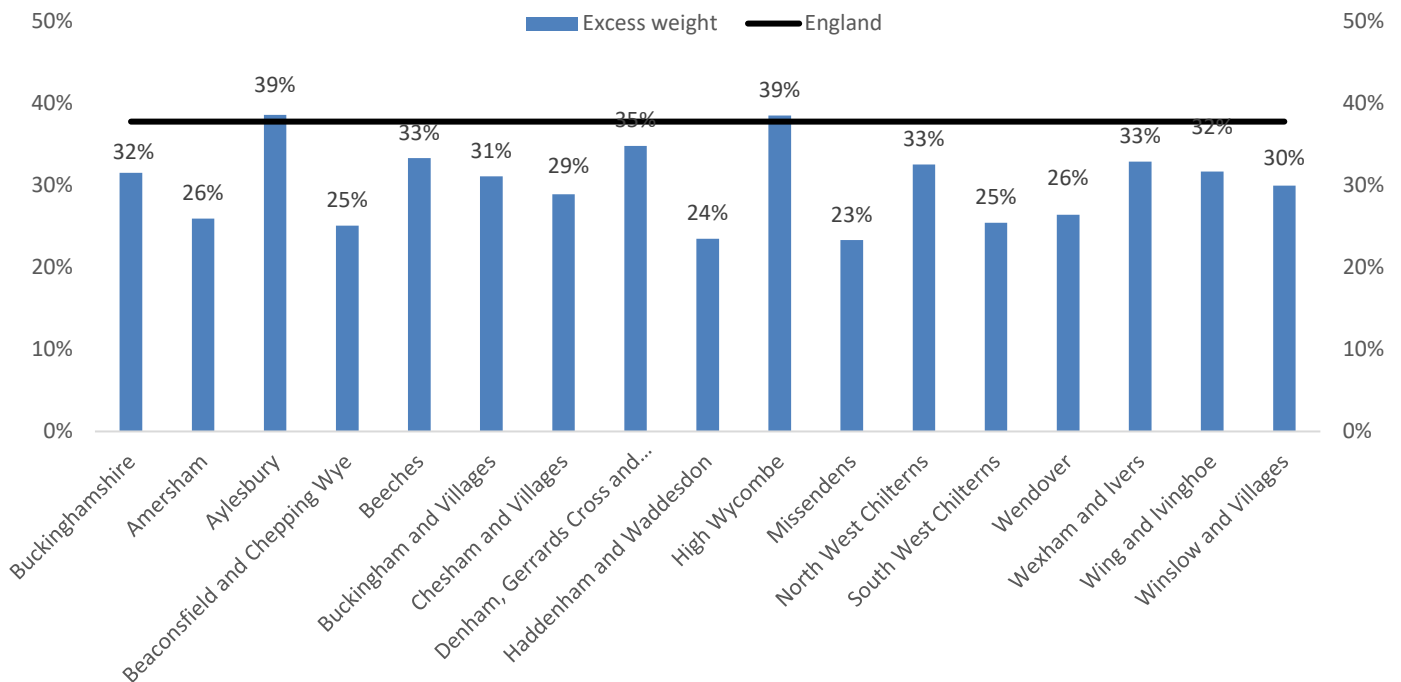
There is a smaller proportion of healthy weight children in 2021/22 (66%) compared to 2015/16 (80%). There is a corresponding higher proportion in both overweight children (12% v 14%) and obese children in 2021/22 (7% v 14%).

Excess weight in Reception by community board, 2021/22



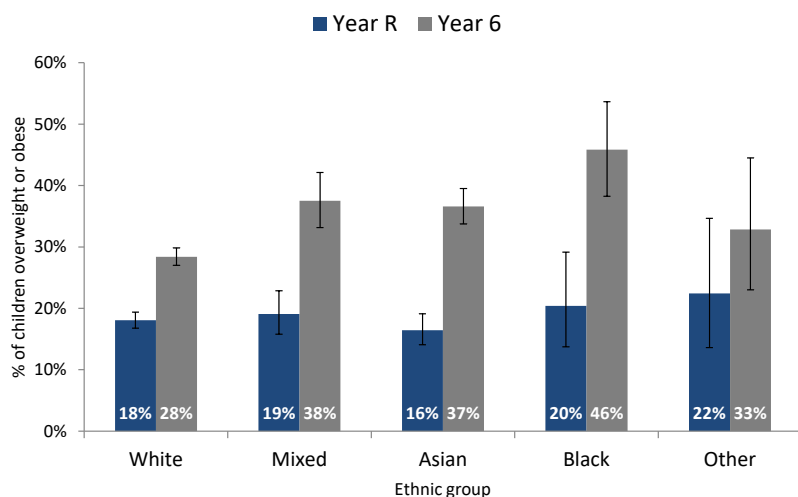
The above chart shows Buckingham and Villages (19.9%), High Wycombe (20.2%) and Winslow and Villages (20.7%) as the community boards with the highest percentage of Reception children who were overweight or obese. Overall 18% (940 Reception children) are classified as overweight or obese in Buckinghamshire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

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



The above 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%).

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



Excess weight % of children with ethnic group assigned	Buckinghamshire	England
Reception	18.0%	22.3%
Year 6	31.6%	37.8%

Around 95% of data had an ethnic group assigned

- 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.

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.

Icons made by Freepik from www.flaticon.com

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.