



Public Health
England

Protecting and improving the nation's health

Patterns and trends in child obesity

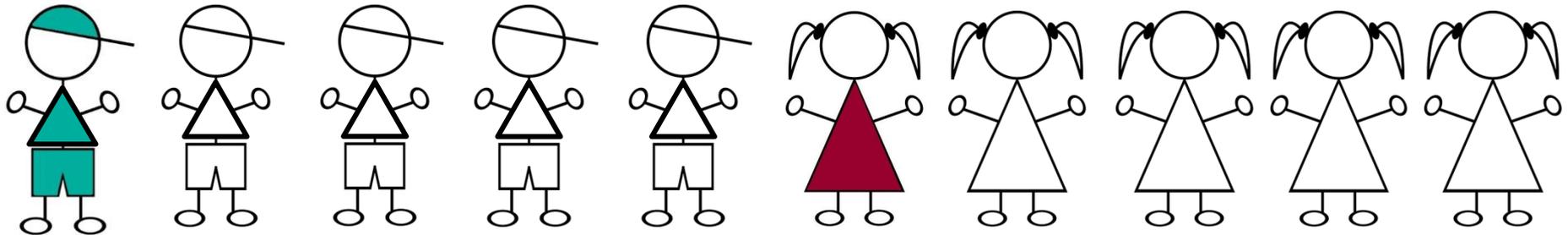
A presentation of the latest data on child obesity
Updated February 2018



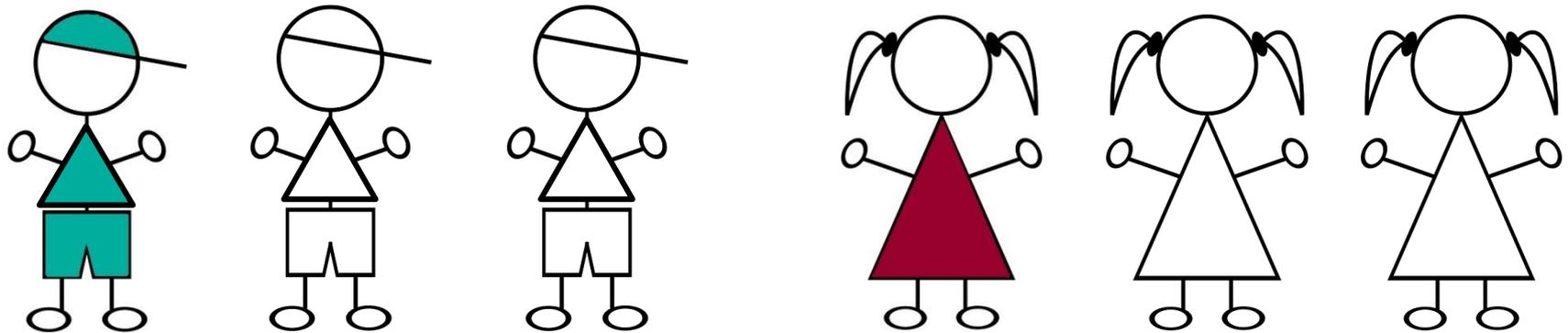
Prevalence of excess weight among children

National Child Measurement Programme 2016/17

One in five children in Reception is overweight or obese (boys 23.2%, girls 22.1%)



One in three children in Year 6 is overweight or obese (boys 36.0%, girls 32.4%)



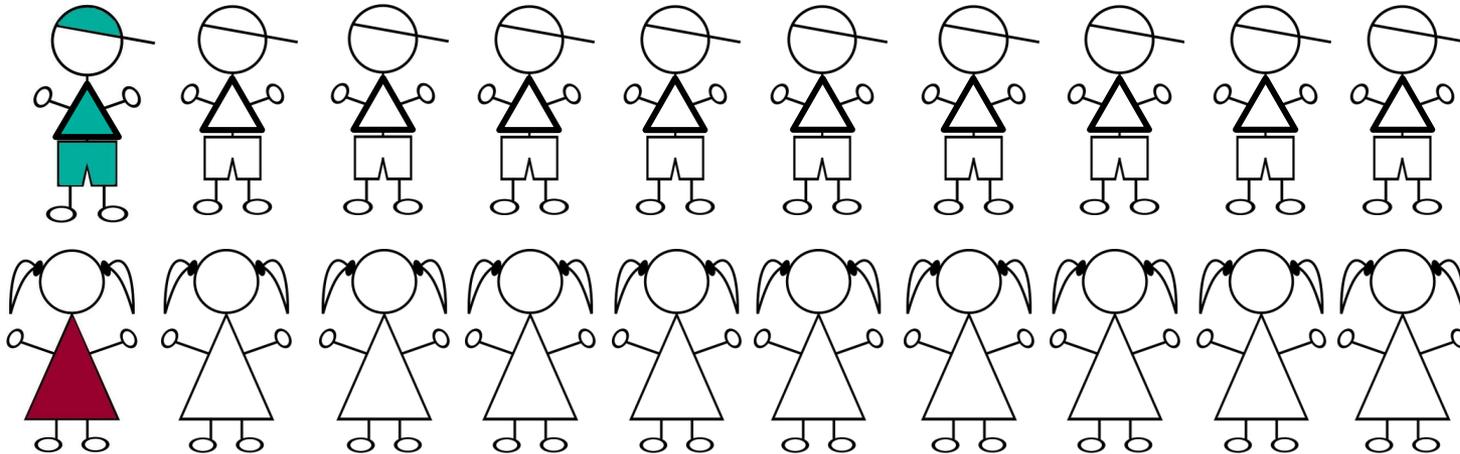
Child overweight (including obesity)/excess weight: BMI \geq 85th centile of the UK90 growth reference.



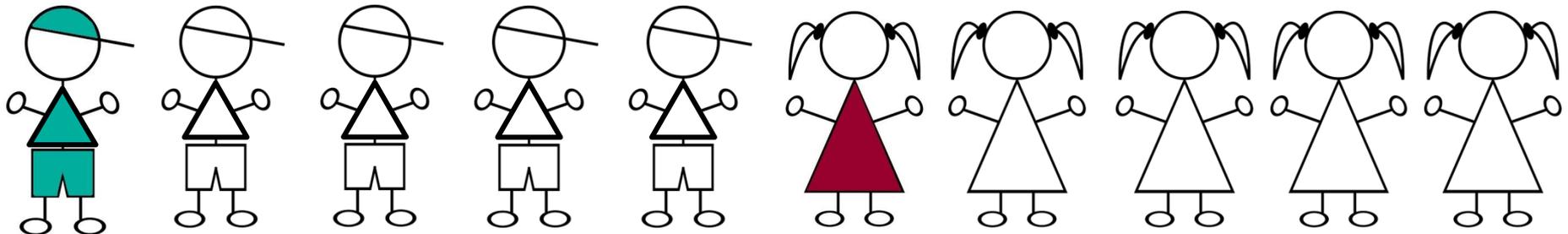
Prevalence of obesity among children

National Child Measurement Programme 2016/17

Around one in ten children in Reception is obese (boys 10.0%, girls 9.2%)



Around one in five children in Year 6 is obese (boys 21.8%, girls 18.1%)

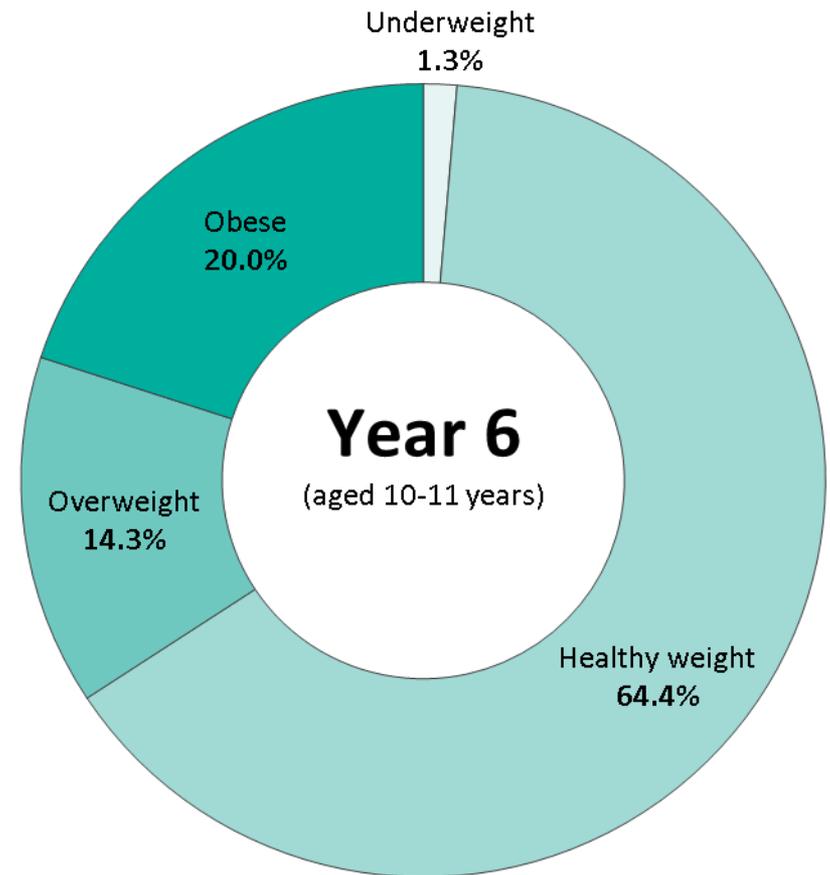
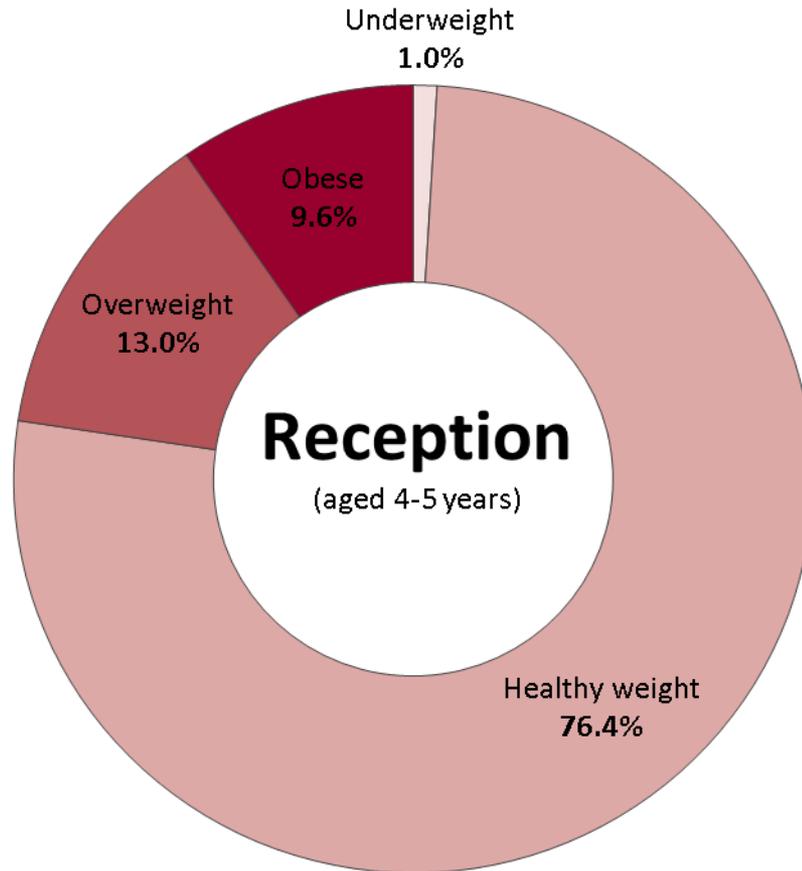


Child obesity: BMI \geq 95th centile of the UK90 growth reference.



BMI status of children by age

National Child Measurement Programme 2016/17

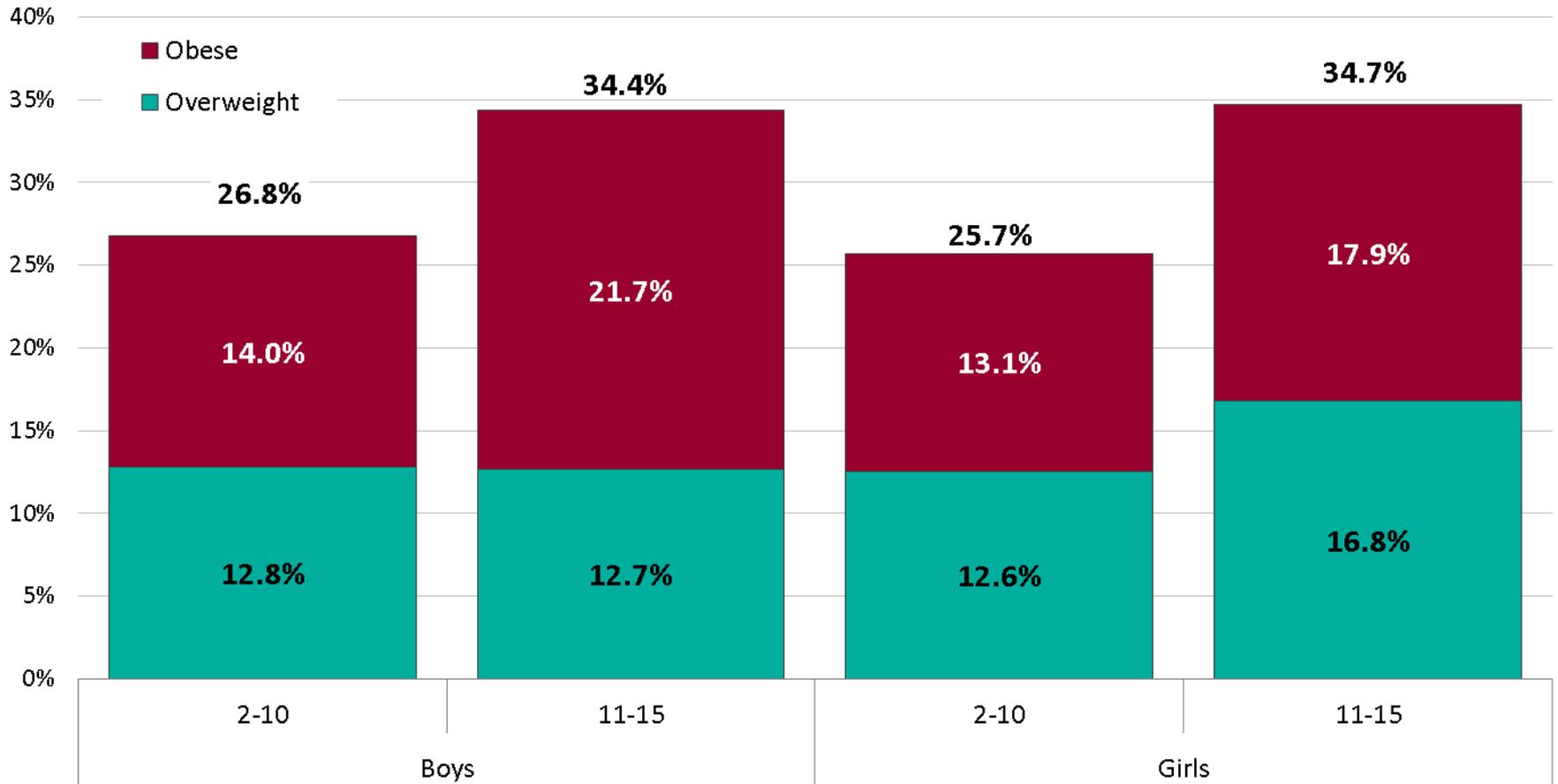


This analysis uses the 2nd, 85th and 95th centiles of the British 1990 growth reference (UK90) for BMI to classify children as underweight, healthy weight, overweight or obese. These thresholds are the most frequently used for population monitoring within England.



Prevalence of overweight and obesity

Children aged 2-10 and 11-15 years; Health Survey for England 2014-2016

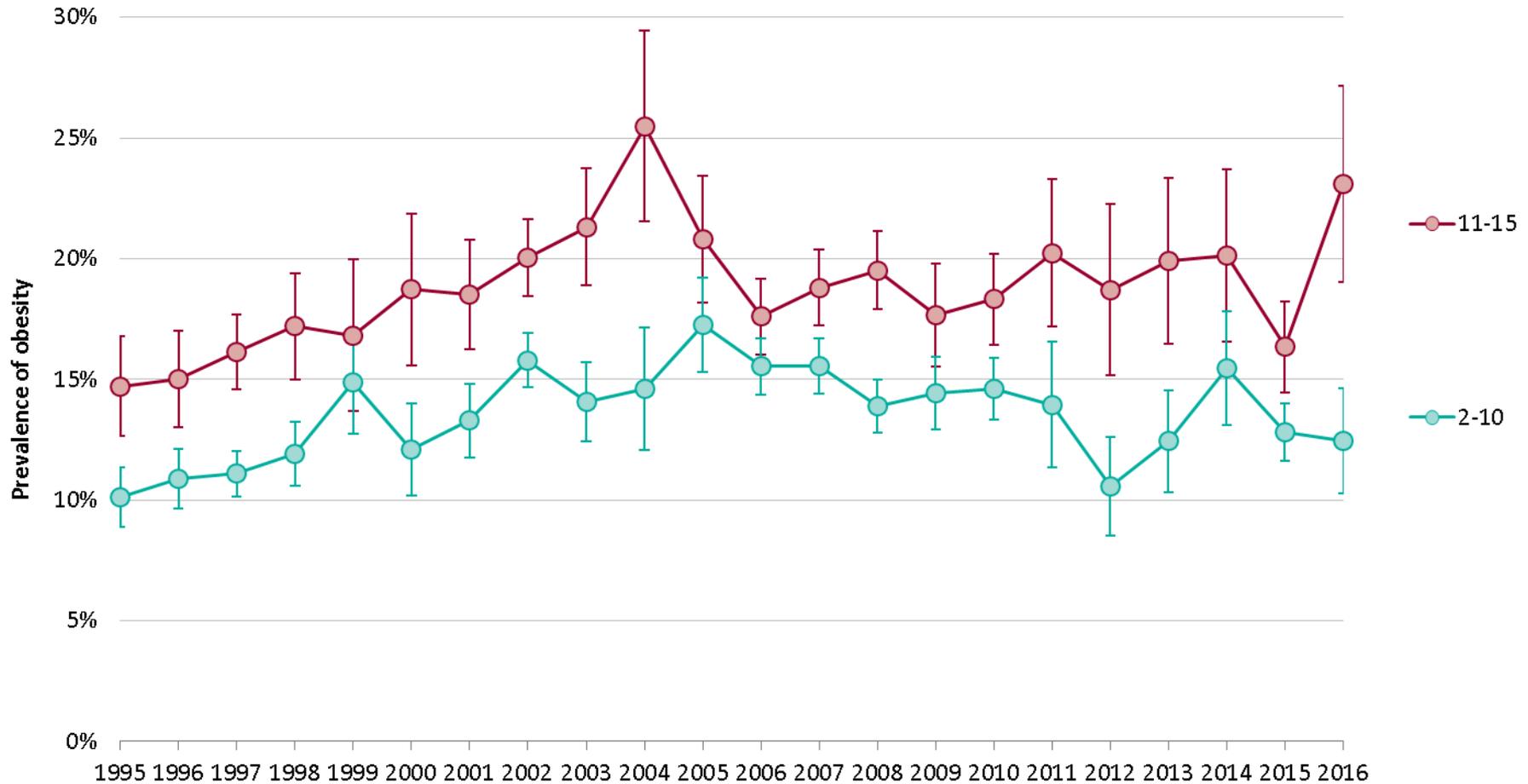


Child overweight BMI between $\geq 85^{\text{th}}$ centile and $< 95^{\text{th}}$ centile, child obesity BMI $\geq 95^{\text{th}}$ centile of the UK90 growth reference.



Trend in the prevalence of obesity

Children aged 2-10 and 11-15 years; Health Survey for England 1995-2016

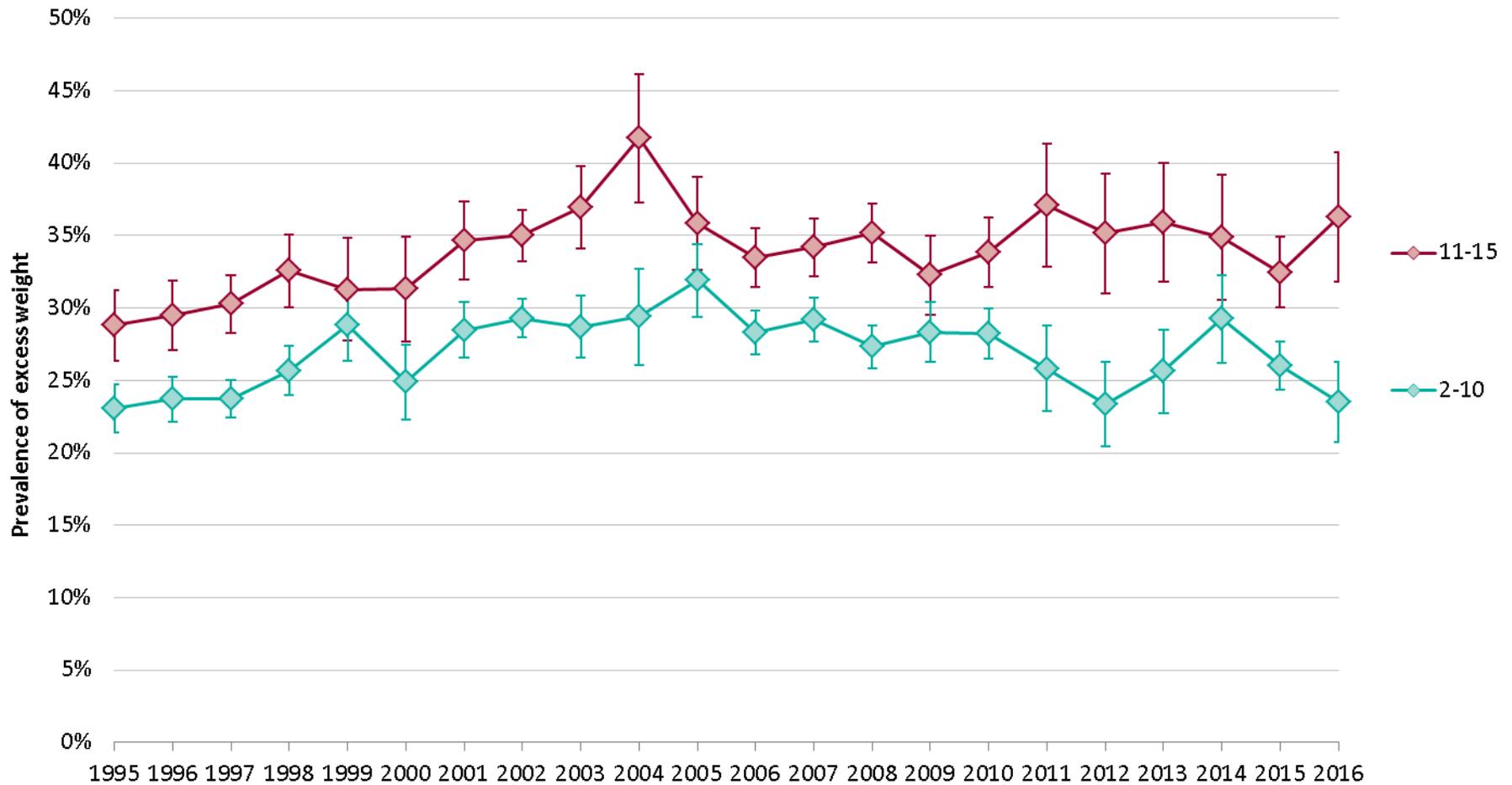


Child obesity: BMI ≥ 95th centile of the UK90 growth reference. 95% confidence intervals are displayed on the chart.



Trend in the prevalence of excess weight

Children aged 2-10 and 11-15 years; Health Survey for England 1995-2016

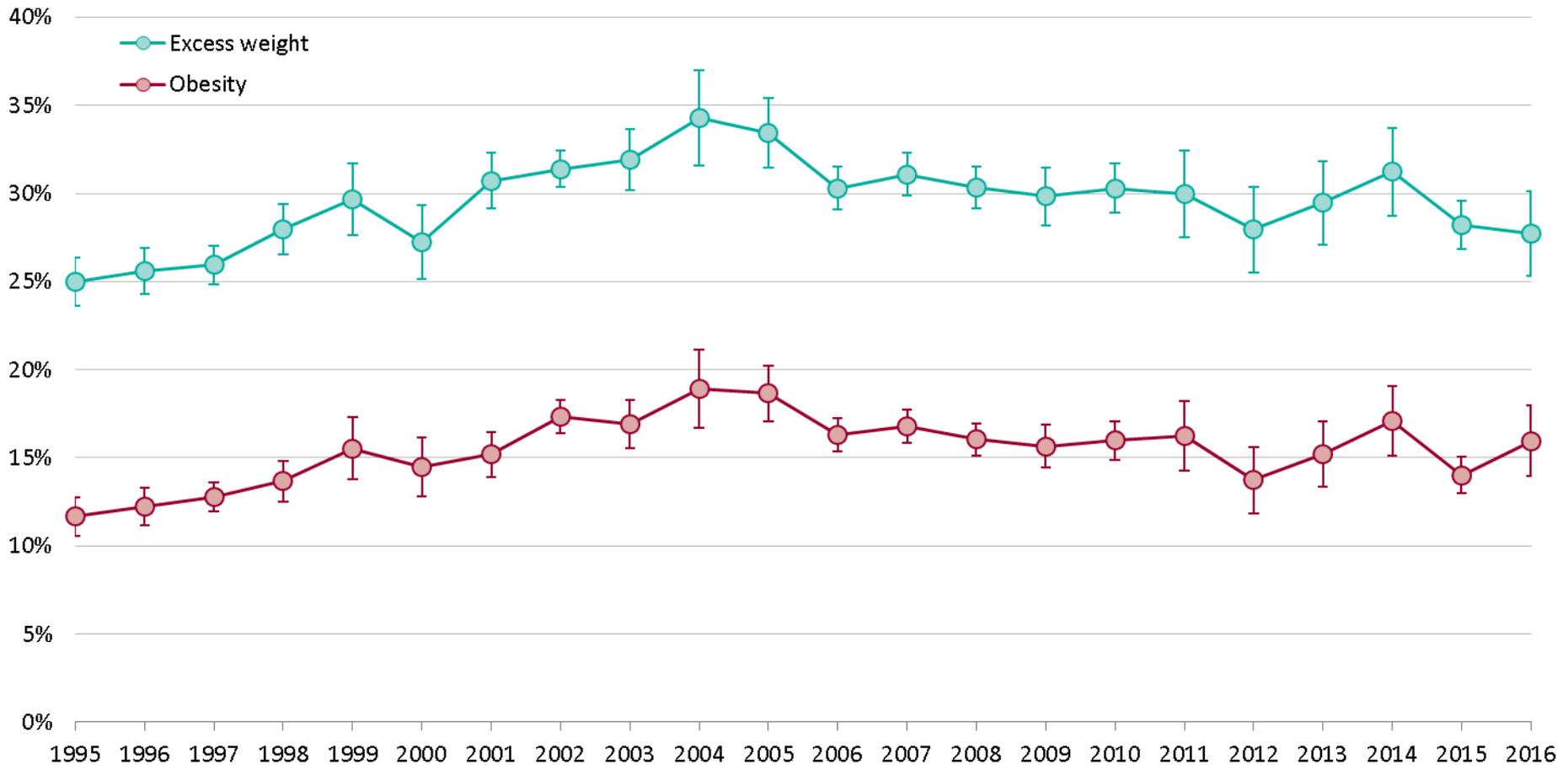


Child excess weight: BMI \geq 85th centile of the UK90 growth reference. 95% confidence intervals are displayed on the chart.



Trend in the prevalence of obesity and excess weight

Children aged 2-15 years; Health Survey for England 1995-2016

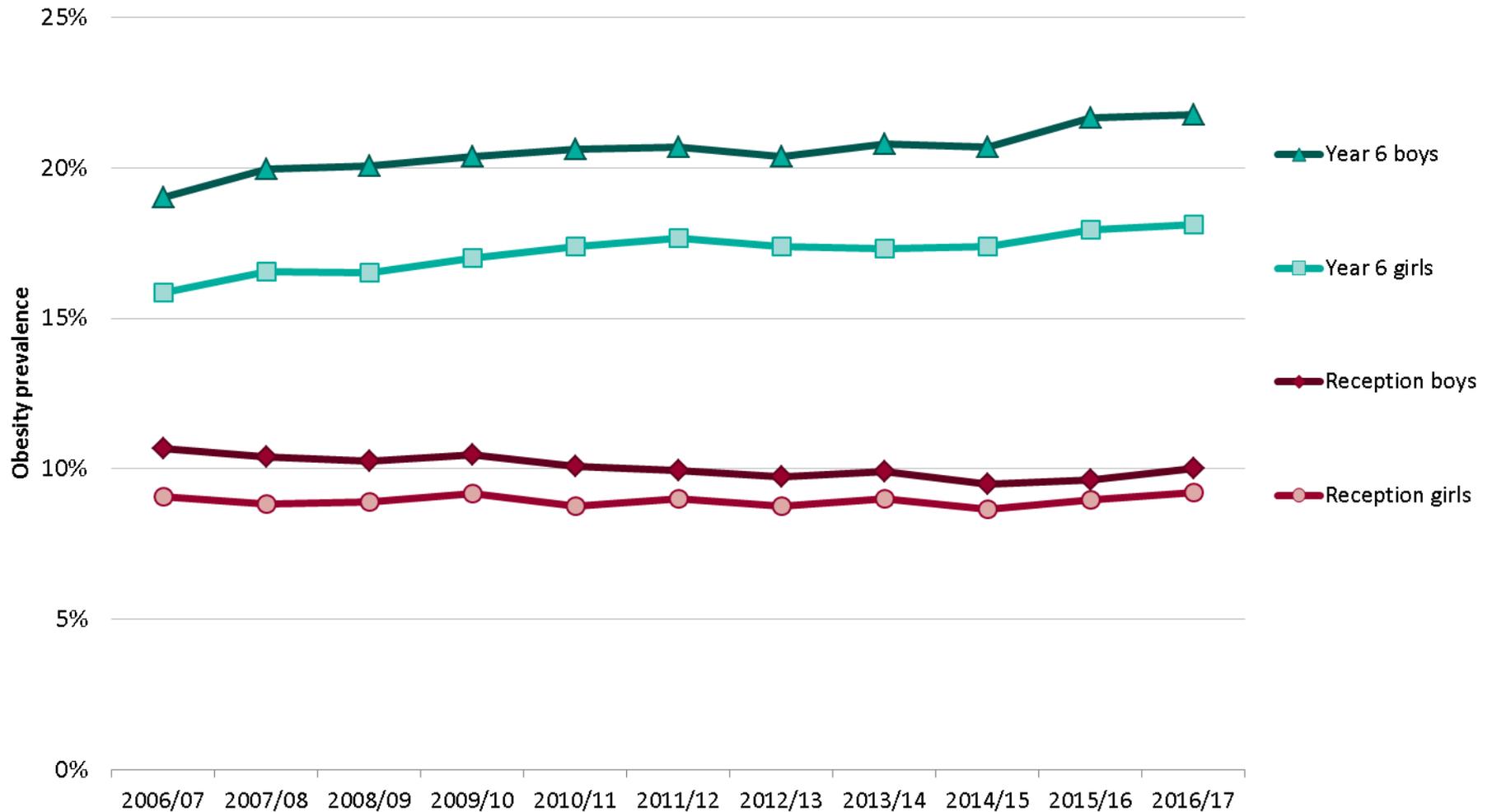


Child excess weight BMI \geq 85th centile, child obesity BMI \geq 95th centile of the UK90 growth reference. 95% confidence intervals are displayed on the chart.



Prevalence of obesity by age and sex

National Child Measurement Programme 2006/07 to 2016/17

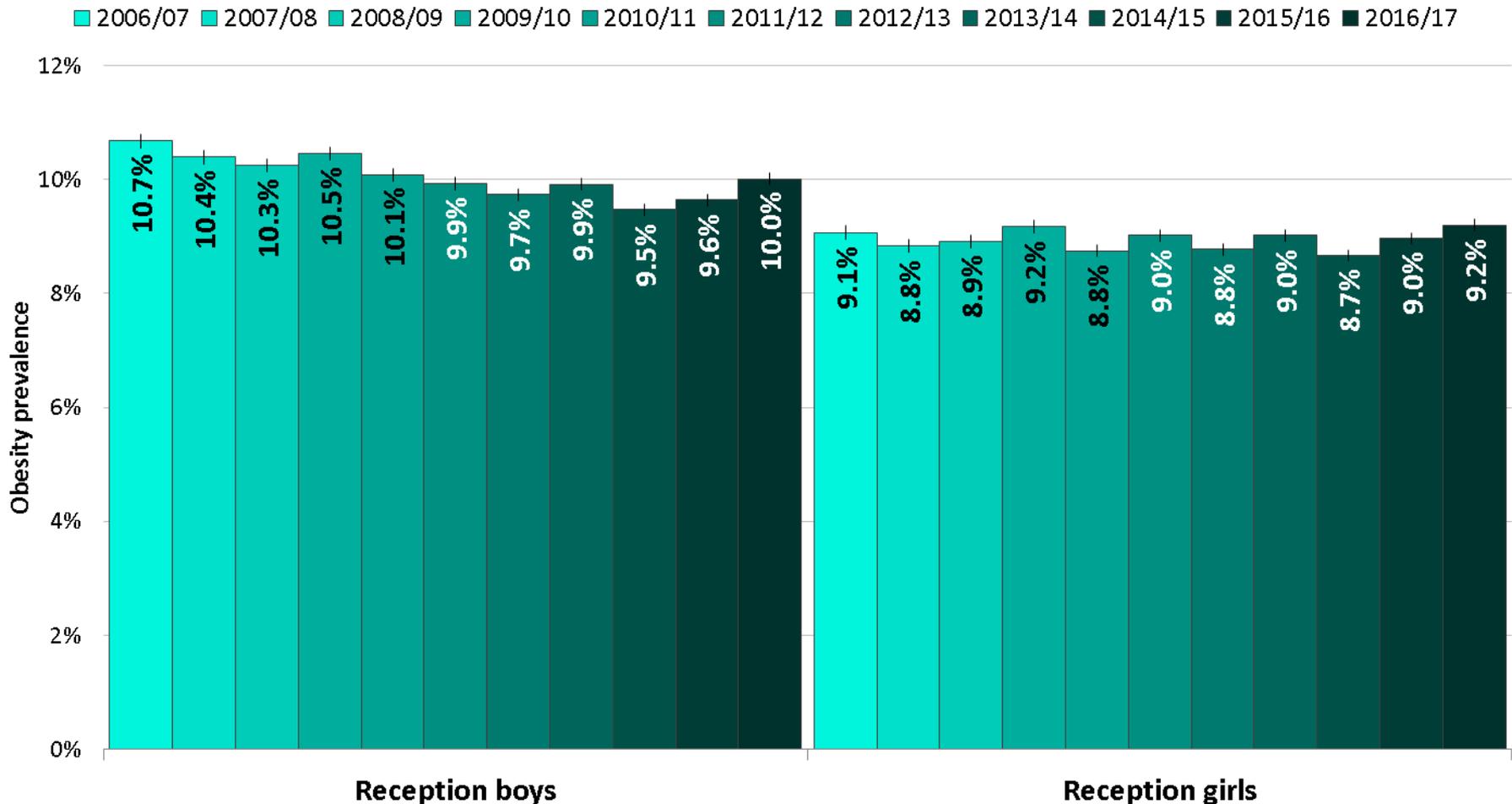


Child obesity: BMI \geq 95th centile of the UK90 growth reference.



Prevalence of obesity by sex: Reception

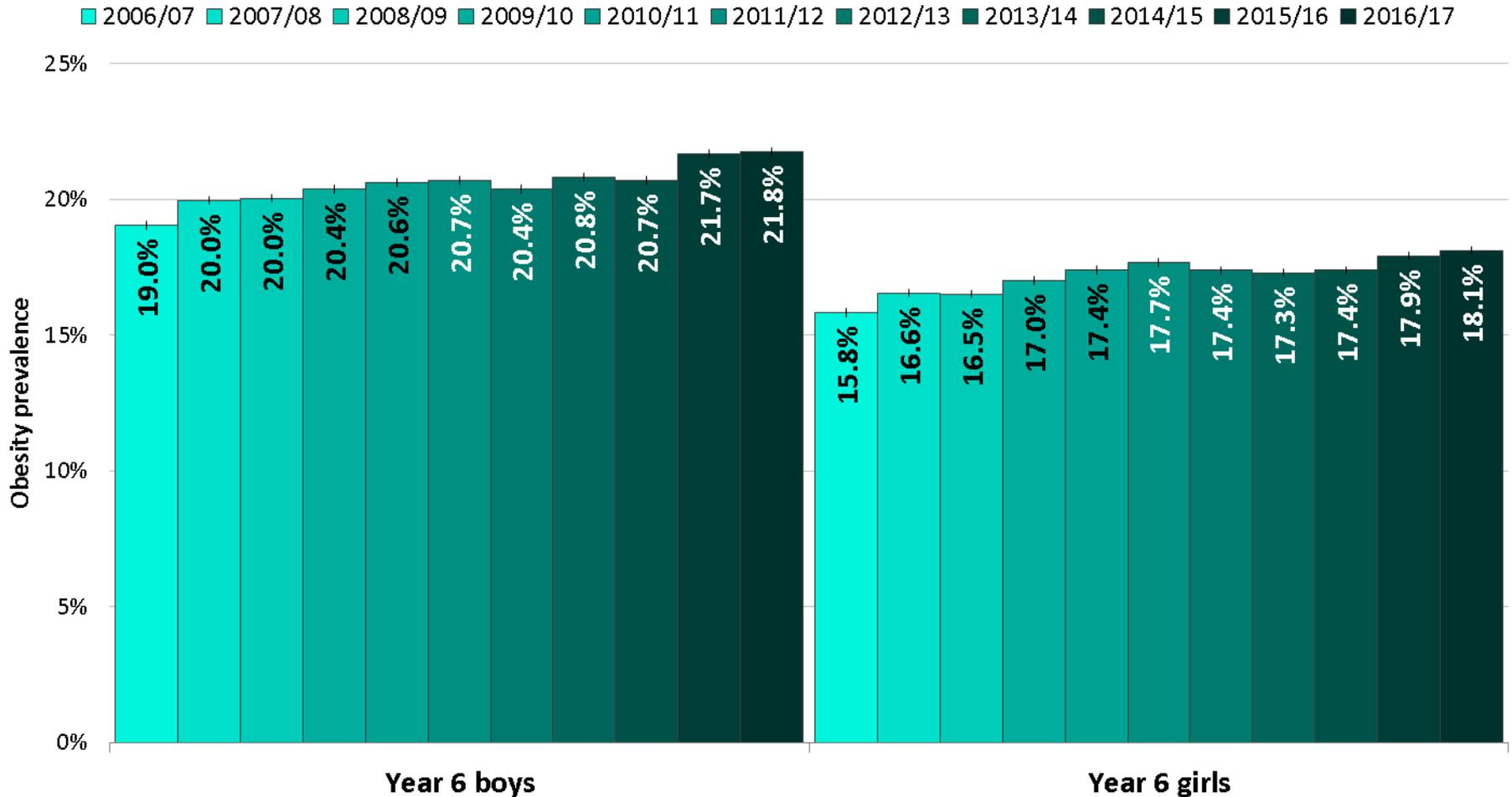
National Child Measurement Programme 2006/07 to 2016/17





Prevalence of obesity by sex: Year 6

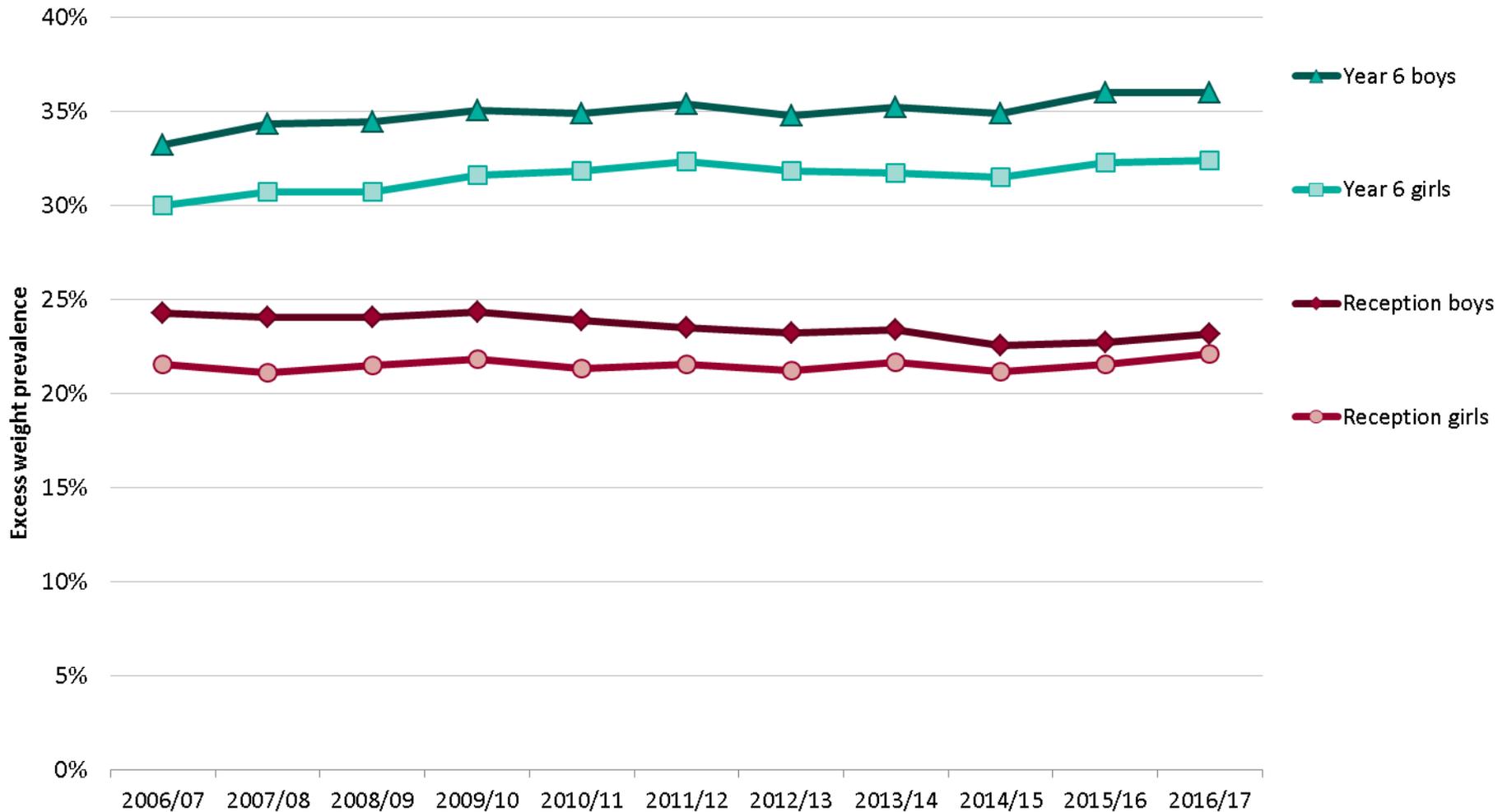
National Child Measurement Programme 2006/07 to 2016/17





Prevalence of excess weight by age and sex

National Child Measurement Programme 2006/07 to 2016/17

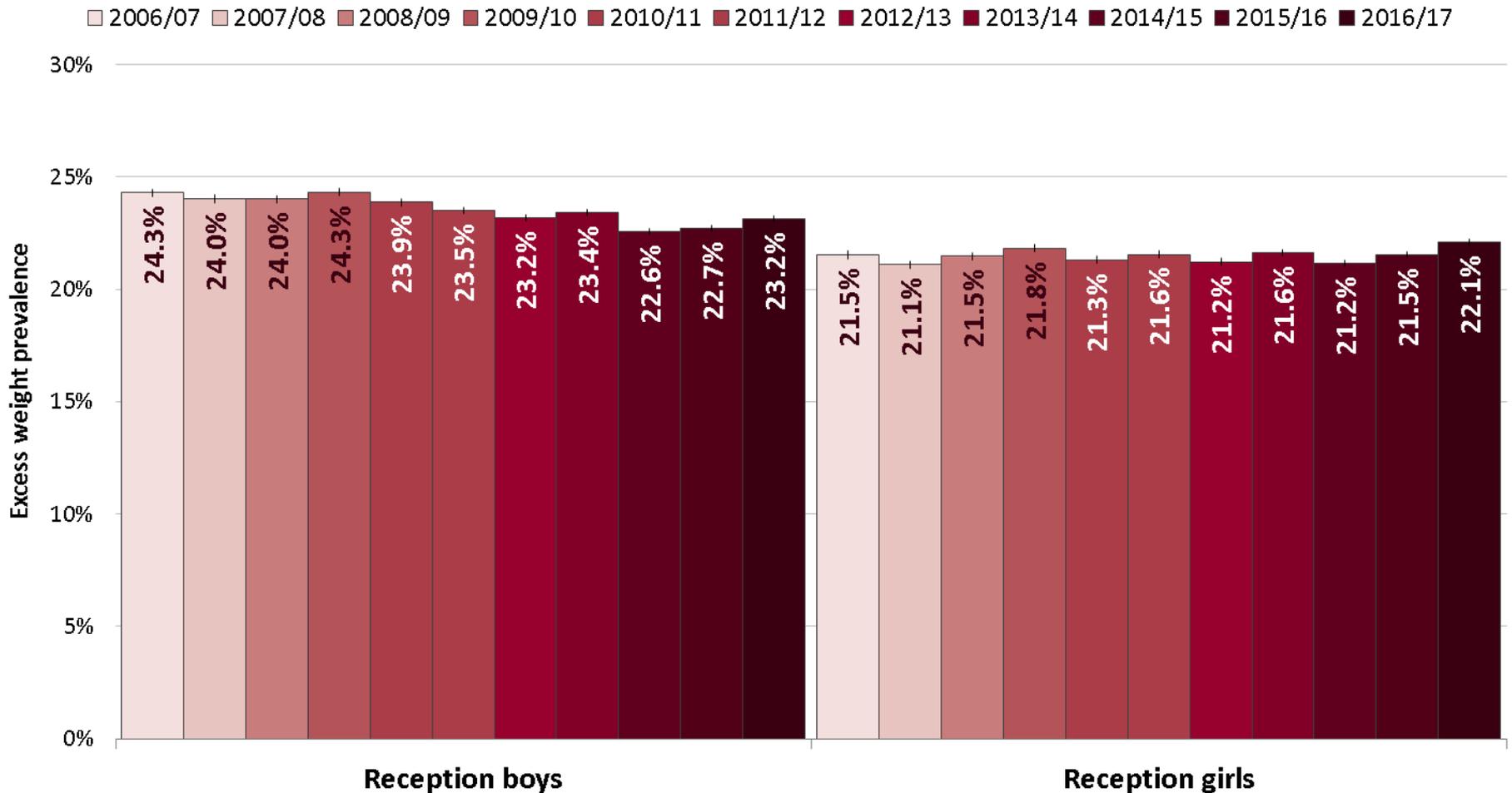


Child excess weight: BMI \geq 85th centile of the UK90 growth reference.



Prevalence of excess weight by sex: Reception

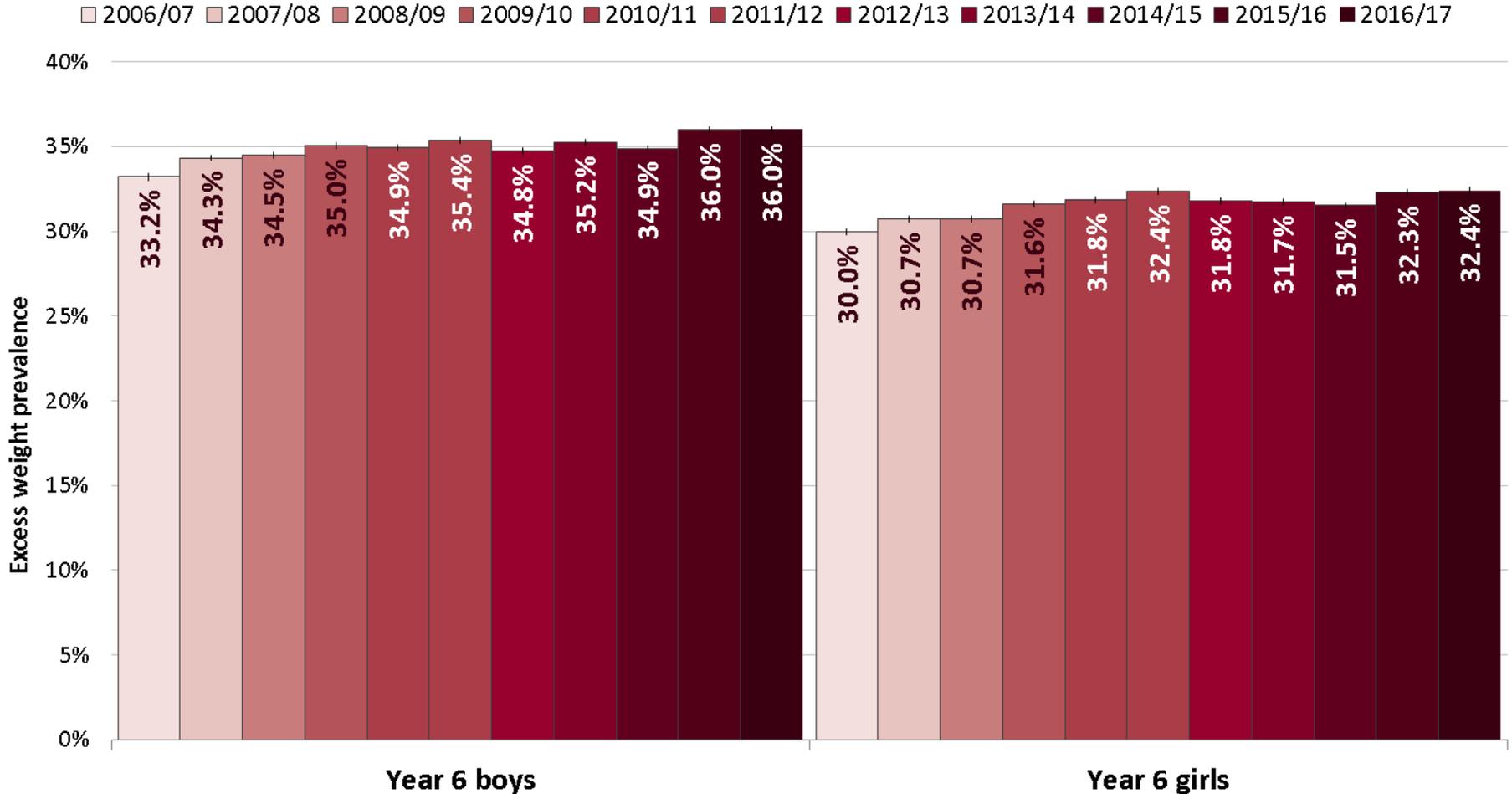
National Child Measurement Programme 2006/07 to 2016/17





Prevalence of excess weight by sex: Year 6

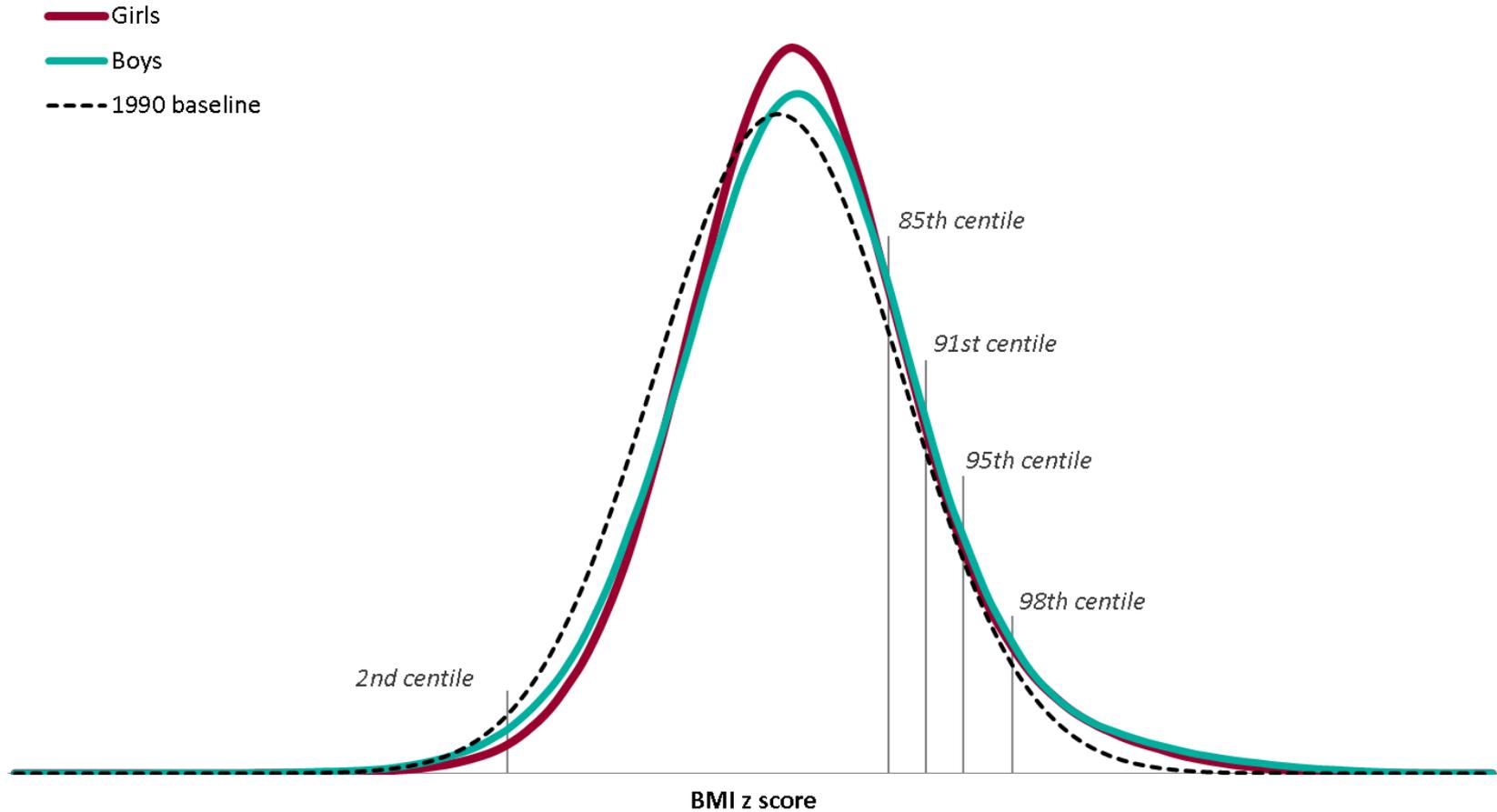
National Child Measurement Programme 2006/07 to 2016/17





BMI distribution: Reception children

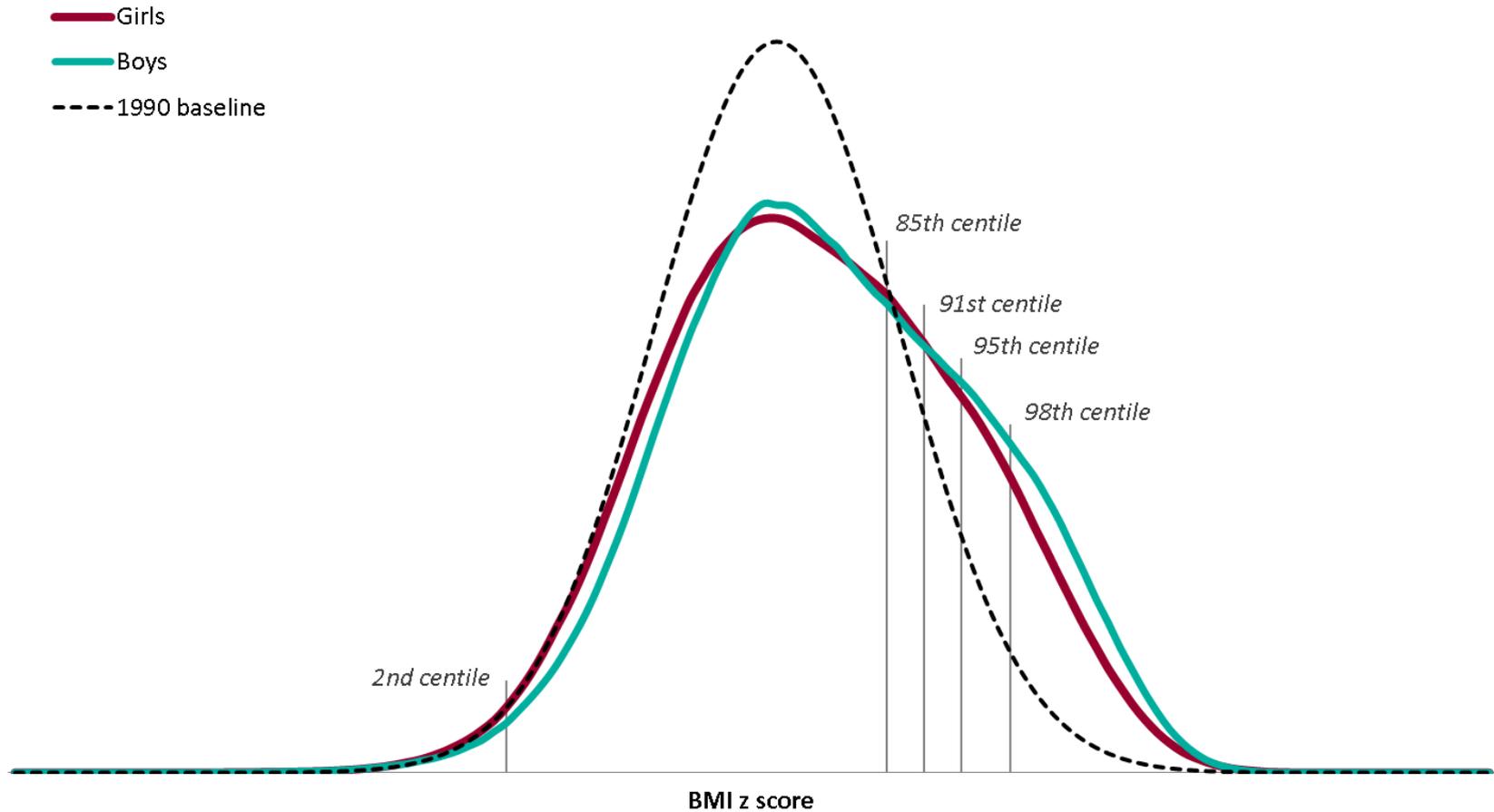
National Child Measurement Programme 2016/17





BMI distribution: Year 6 children

National Child Measurement Programme 2016/17

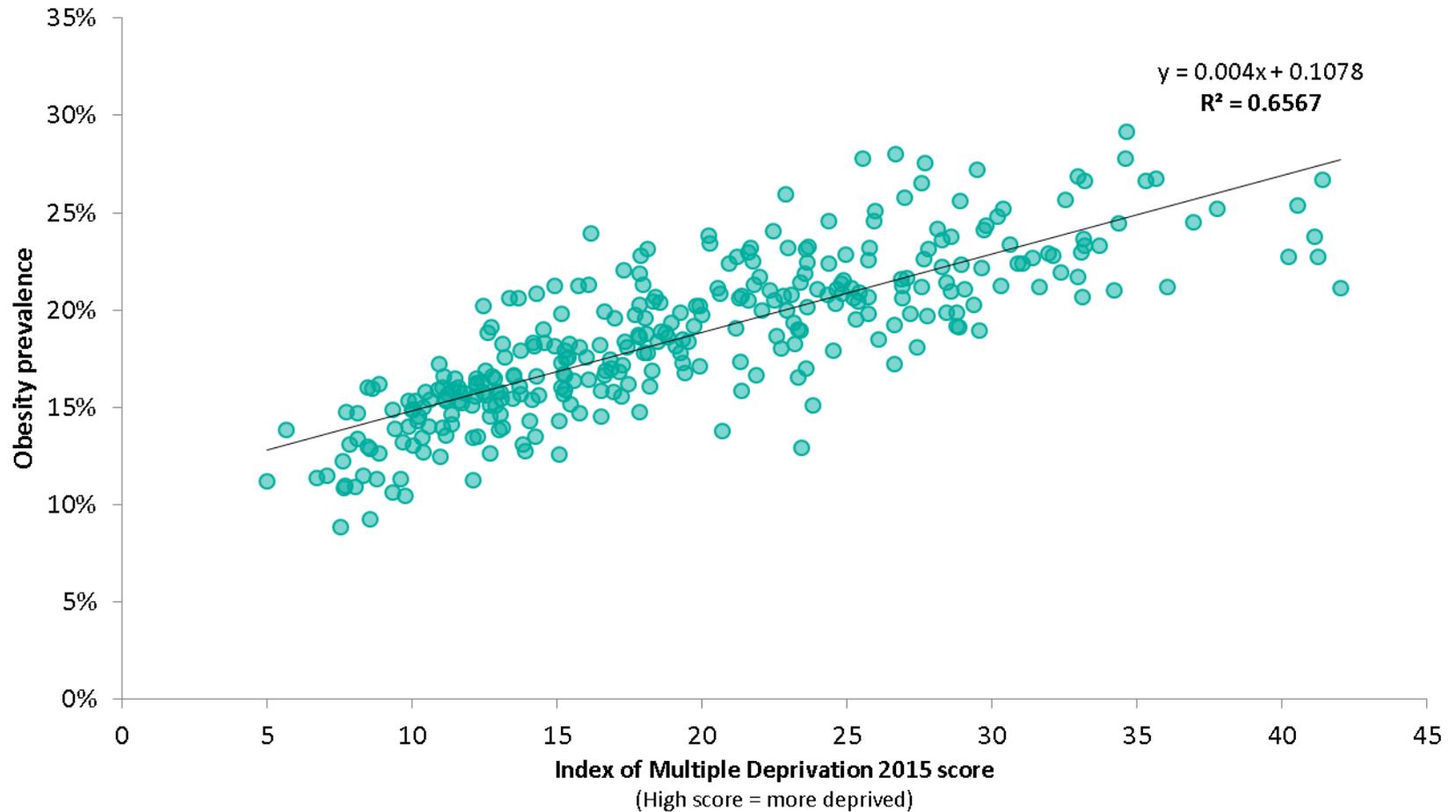




Obesity prevalence and deprivation

National Child Measurement Programme 2016/17 – Year 6 children

Local authorities in England

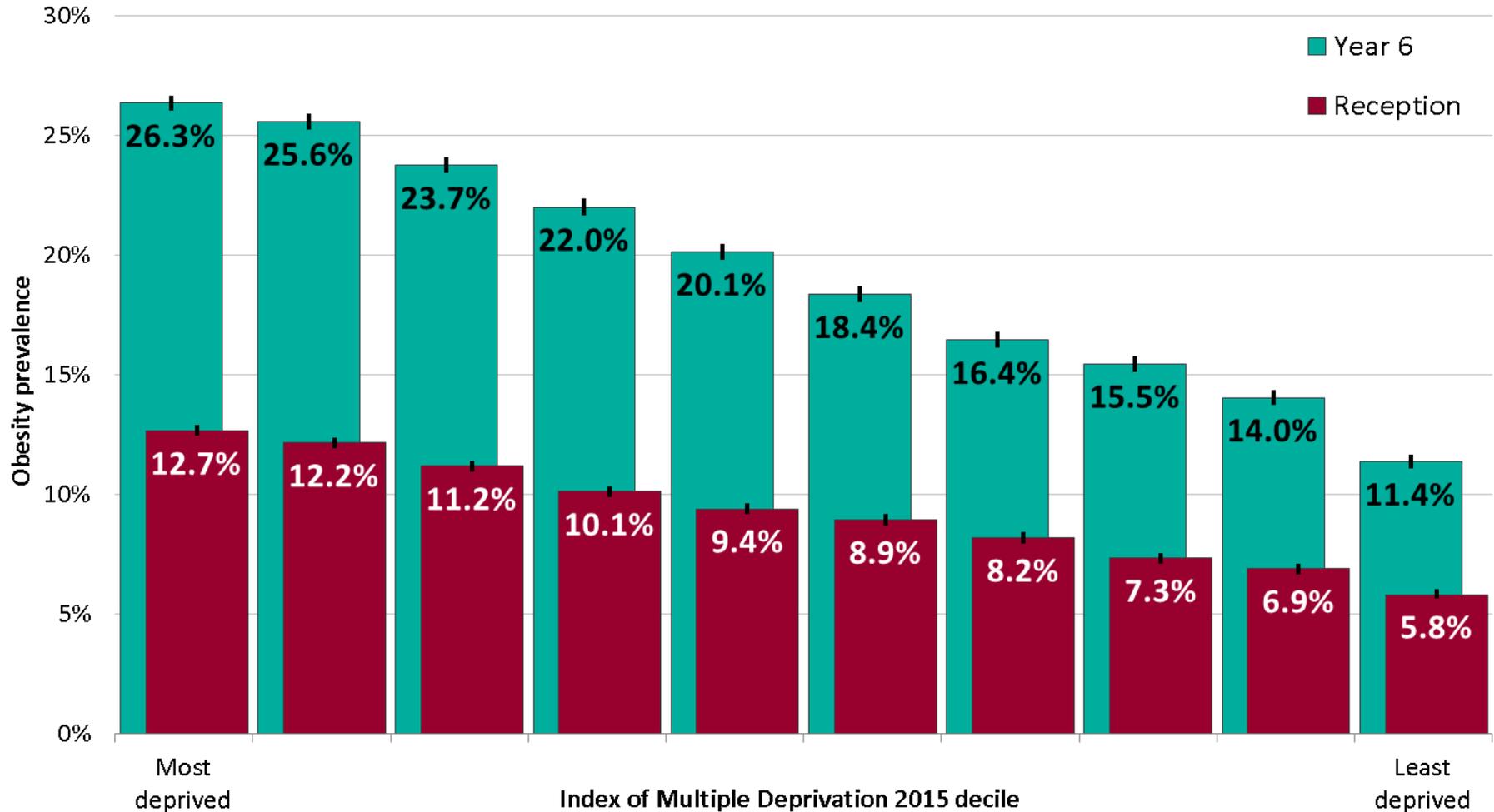


Child obesity: BMI \geq 95th centile of the UK90 growth reference.



Obesity prevalence by deprivation decile

National Child Measurement Programme 2016/17

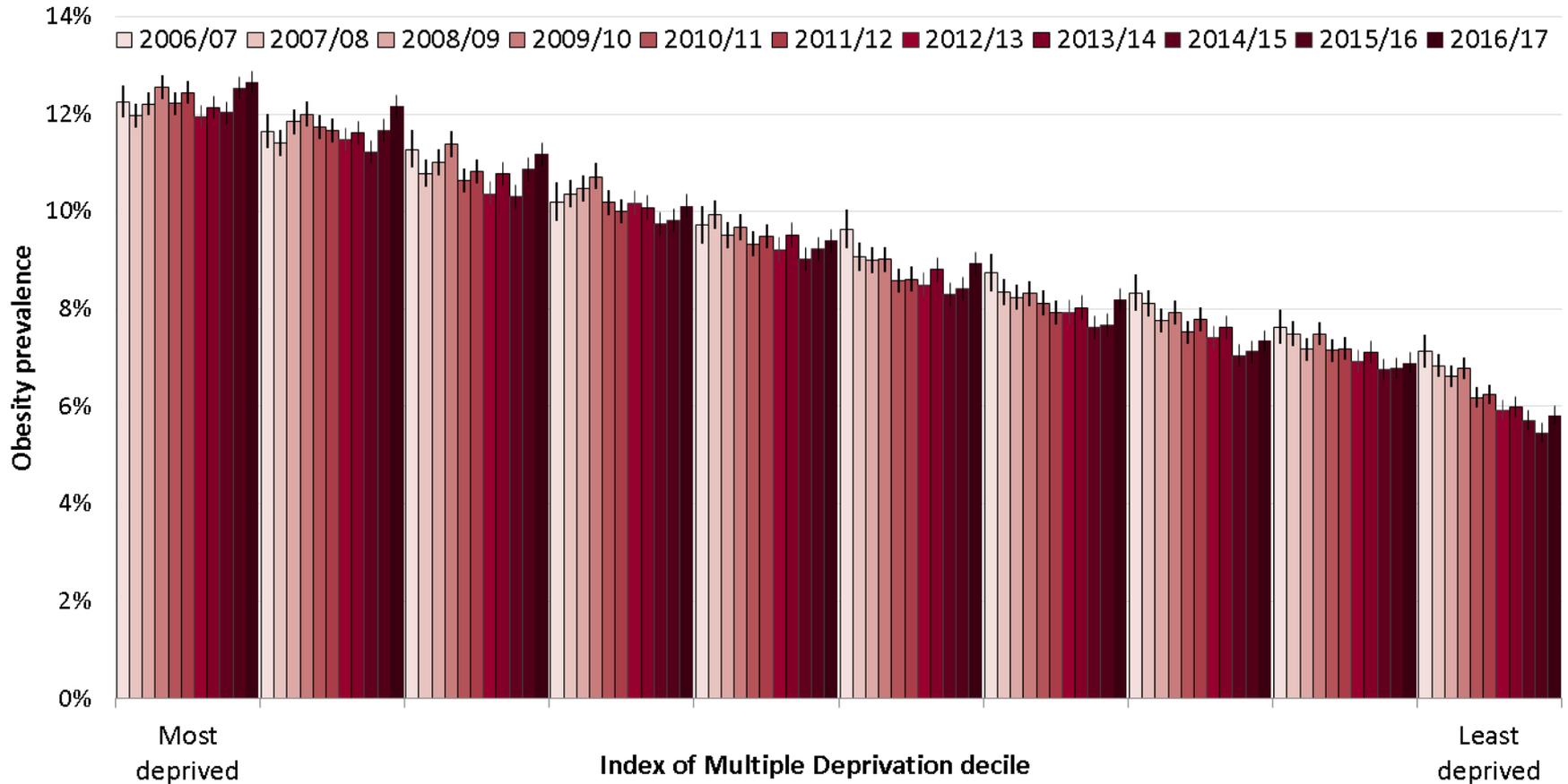


Child obesity: BMI \geq 95th centile of the UK90 growth reference.



Obesity prevalence by deprivation decile: Reception

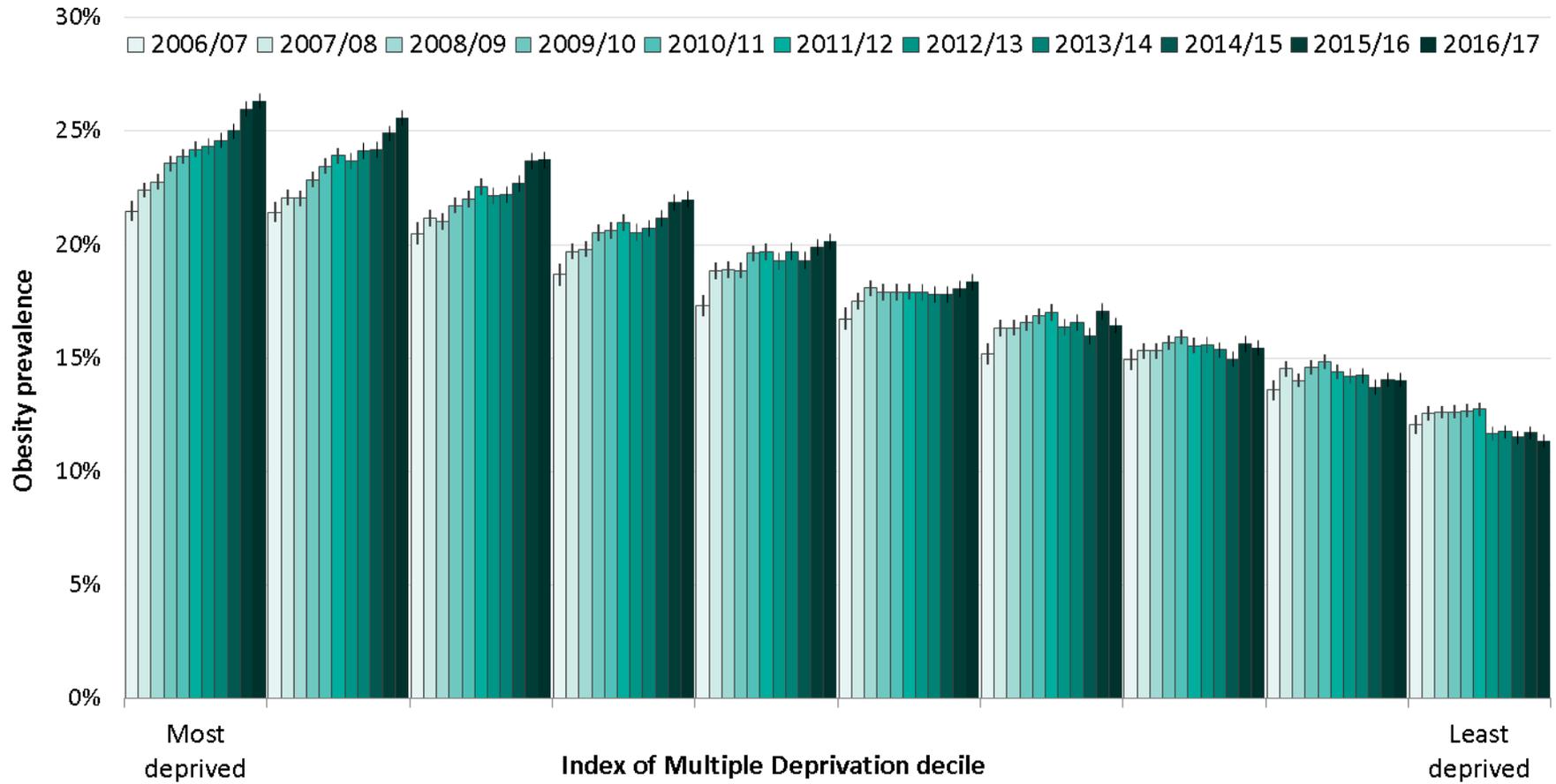
National Child Measurement Programme 2006/07 to 2016/17





Obesity prevalence by deprivation decile: Year 6

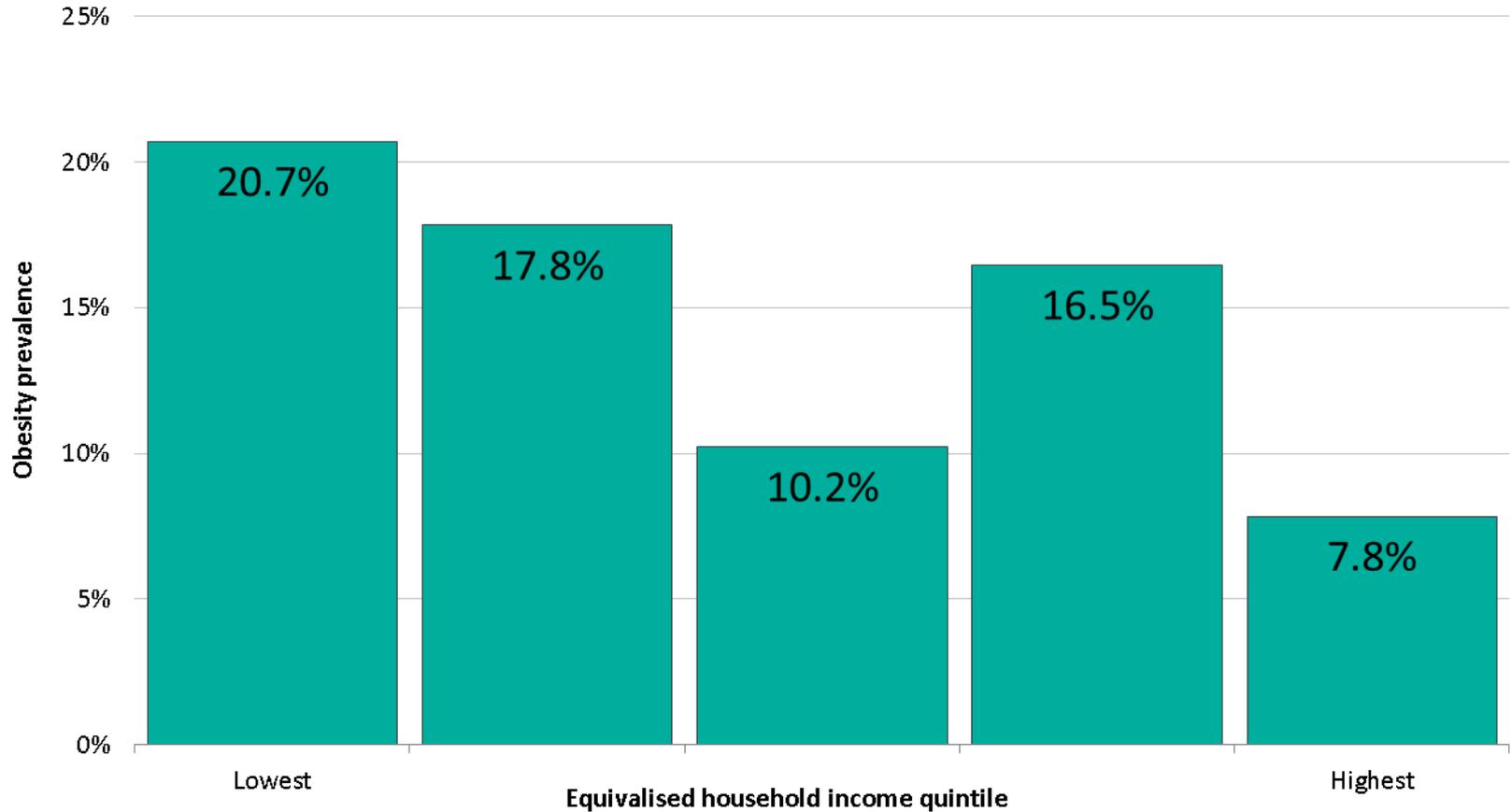
National Child Measurement Programme 2006/07 to 2016/17





Obesity prevalence by household income

Health Survey for England 2016

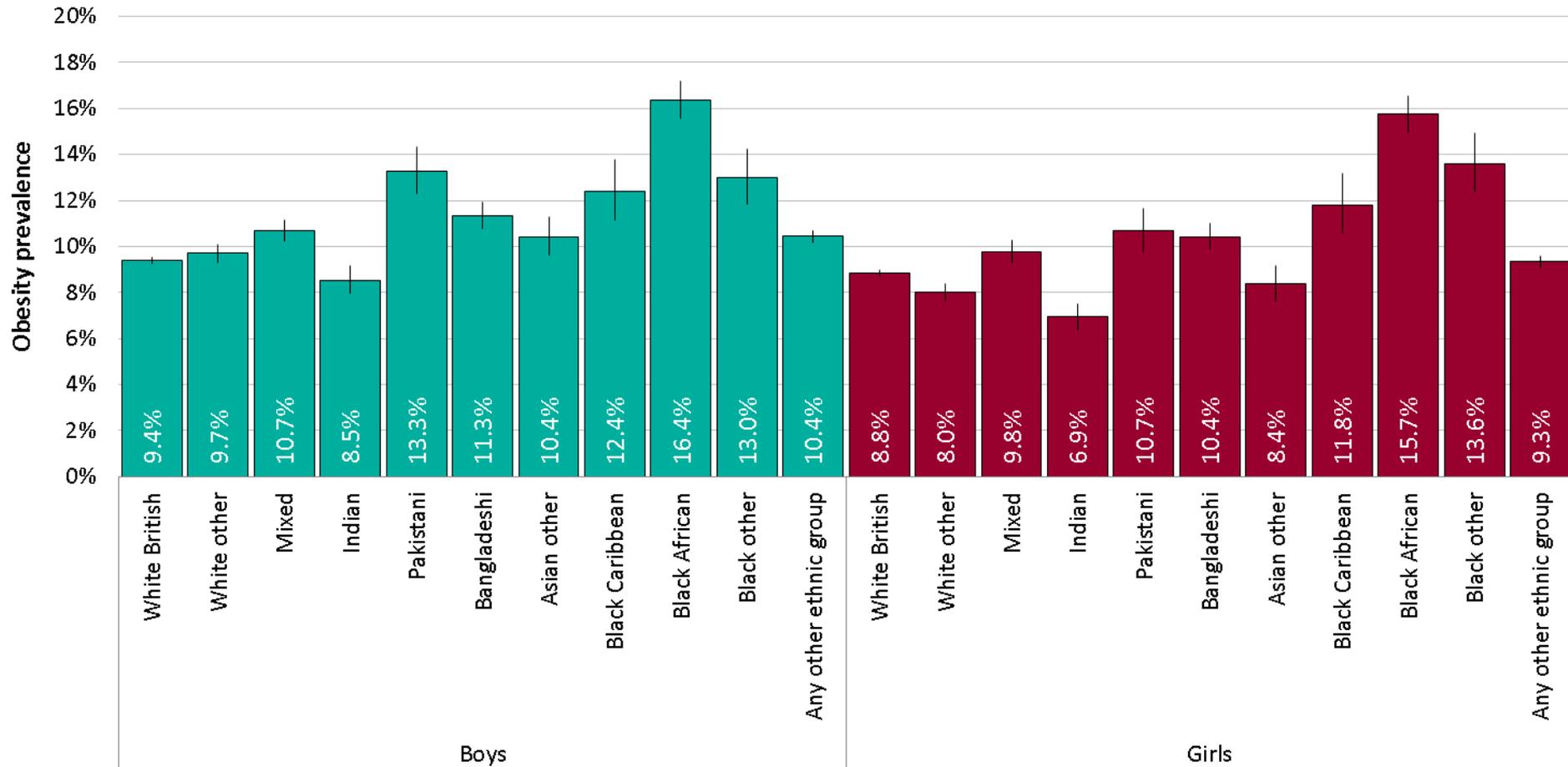


Child obesity: BMI \geq 95th centile of the UK90 growth reference.



Obesity prevalence by ethnic group: Reception

National Child Measurement Programme 2016/17

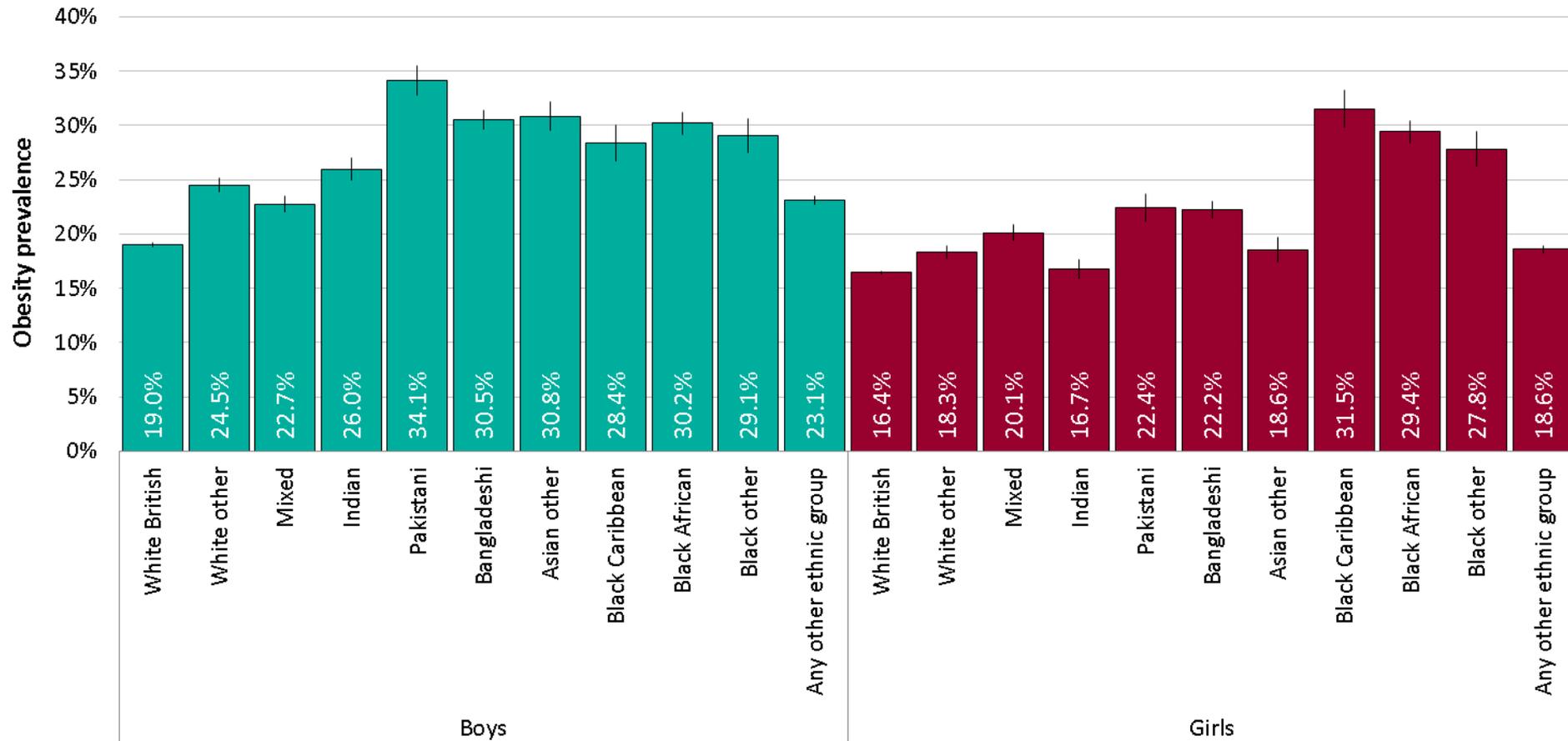


Child obesity: BMI \geq 95th centile of the UK90 growth reference.



Obesity prevalence by ethnic group: Year 6

National Child Measurement Programme 2016/17



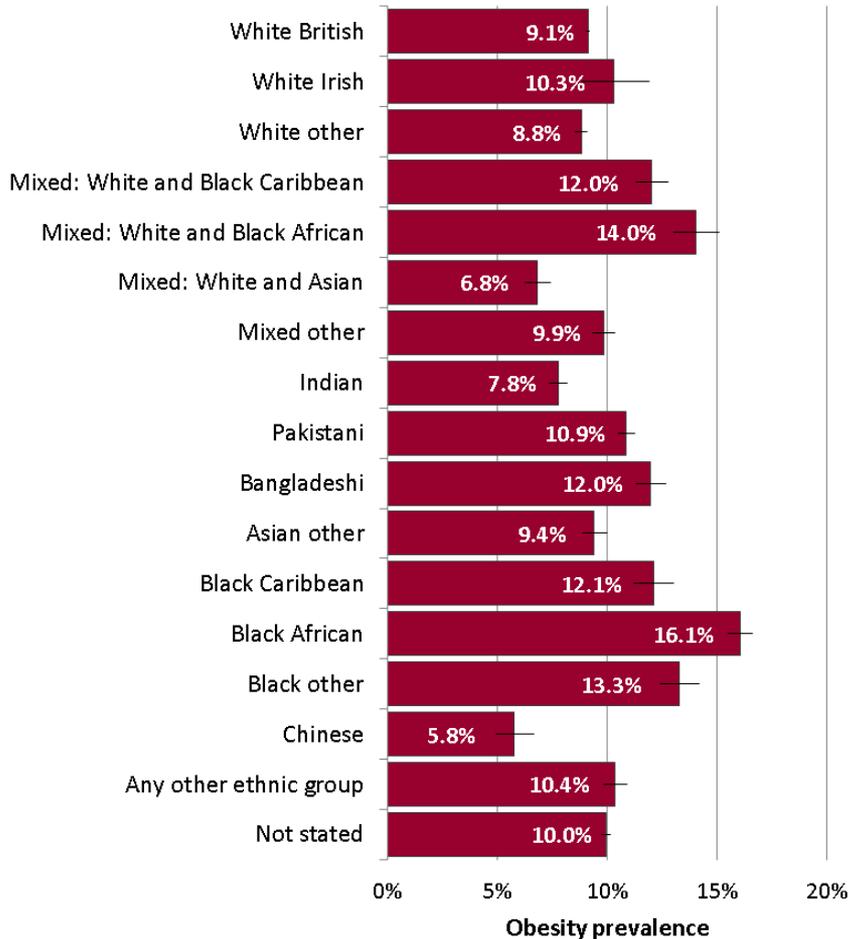
Child obesity: BMI \geq 95th centile of the UK90 growth reference.



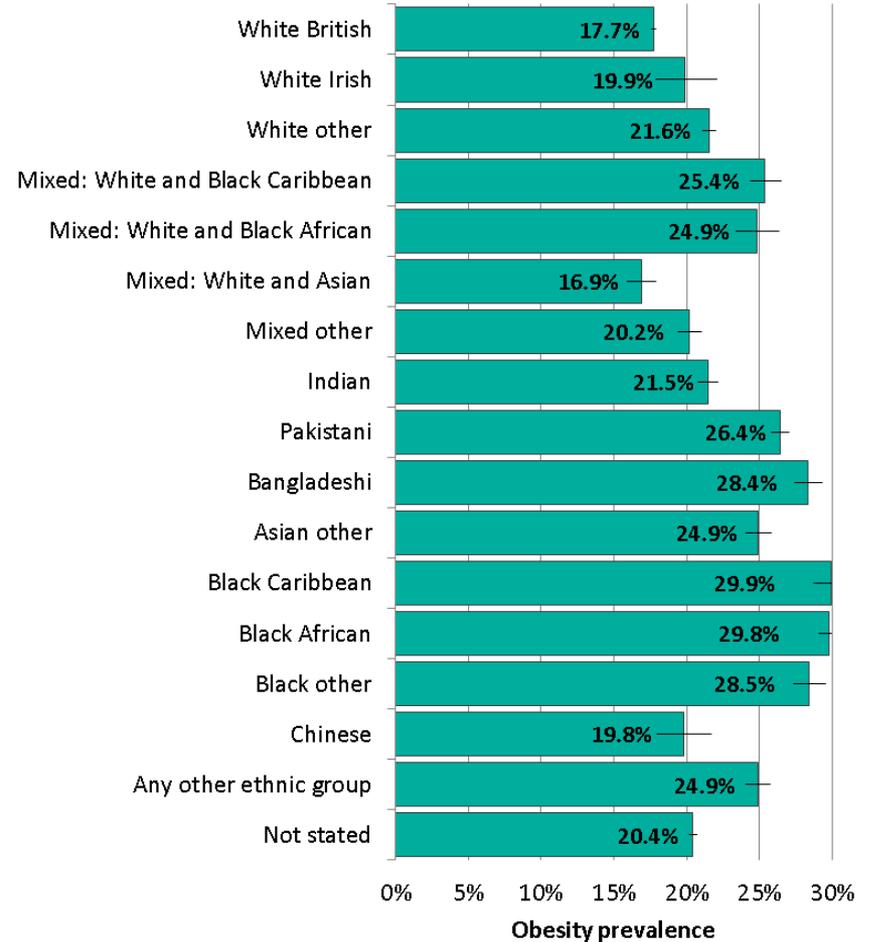
Obesity prevalence by ethnic group

National Child Measurement Programme 2016/17

Children in Reception (aged 4-5 years)



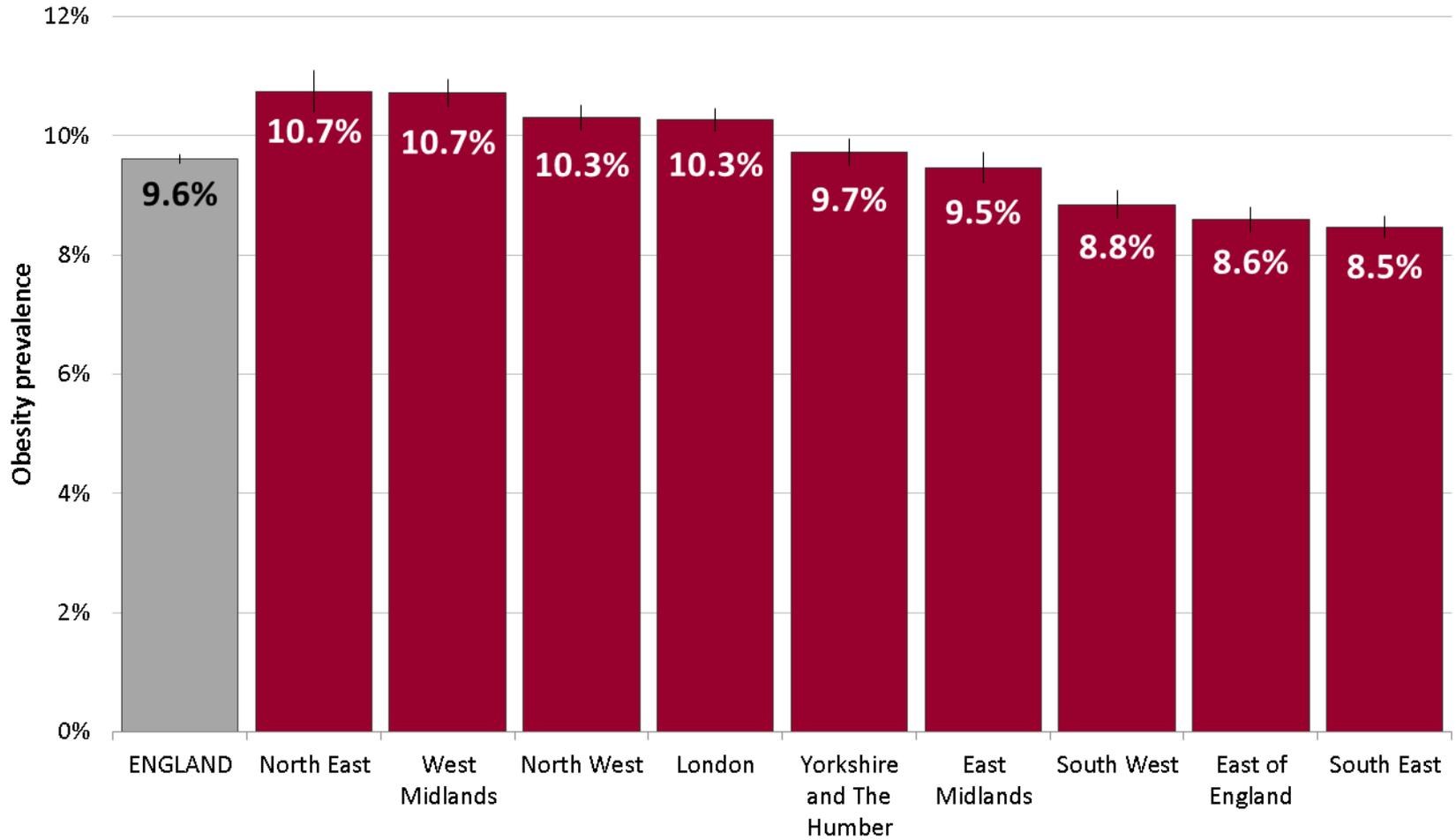
Children in Year 6 (aged 10-11 years)





Obesity prevalence by region: Reception

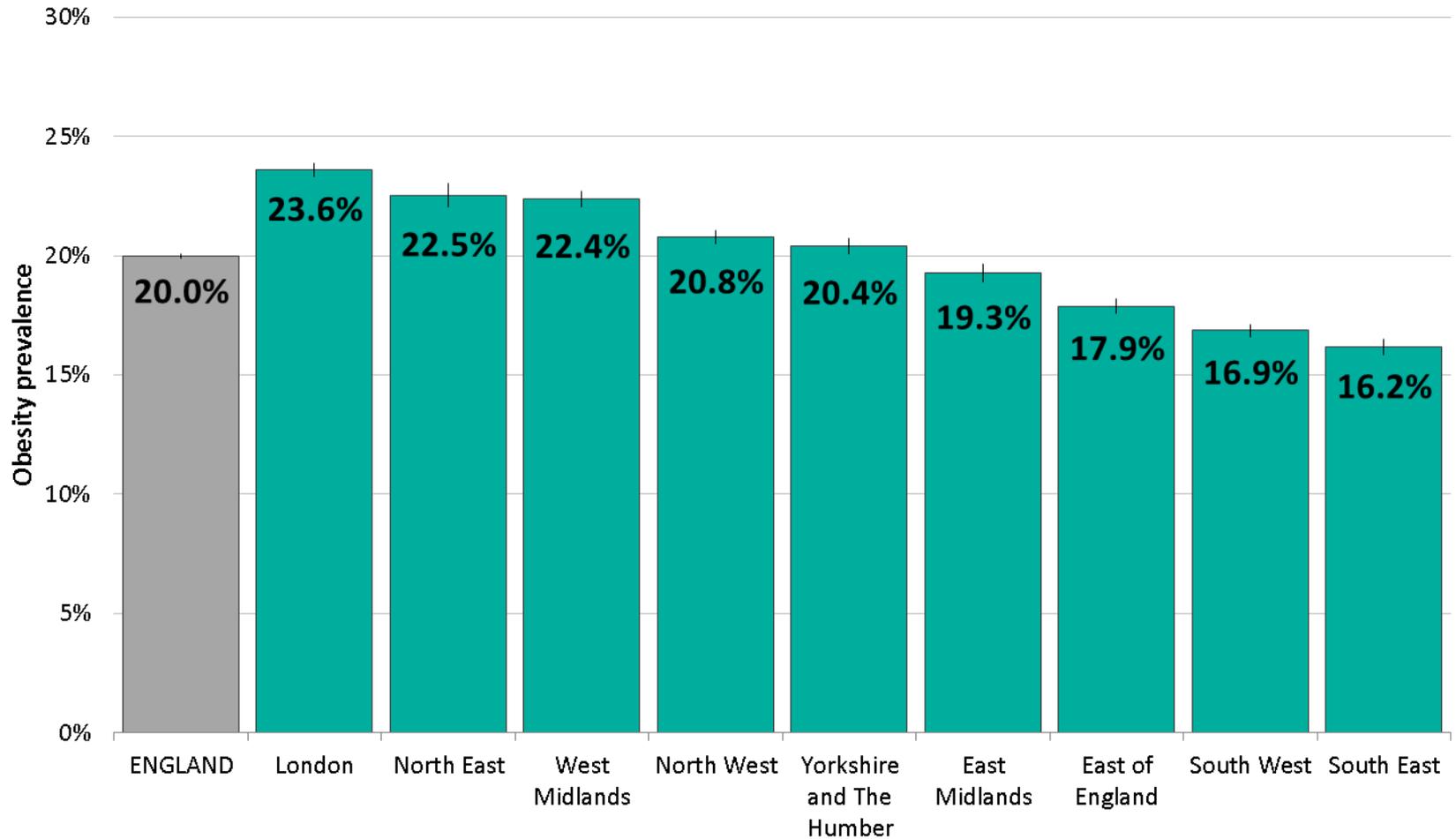
National Child Measurement Programme 2016/17





Obesity prevalence by region: Year 6

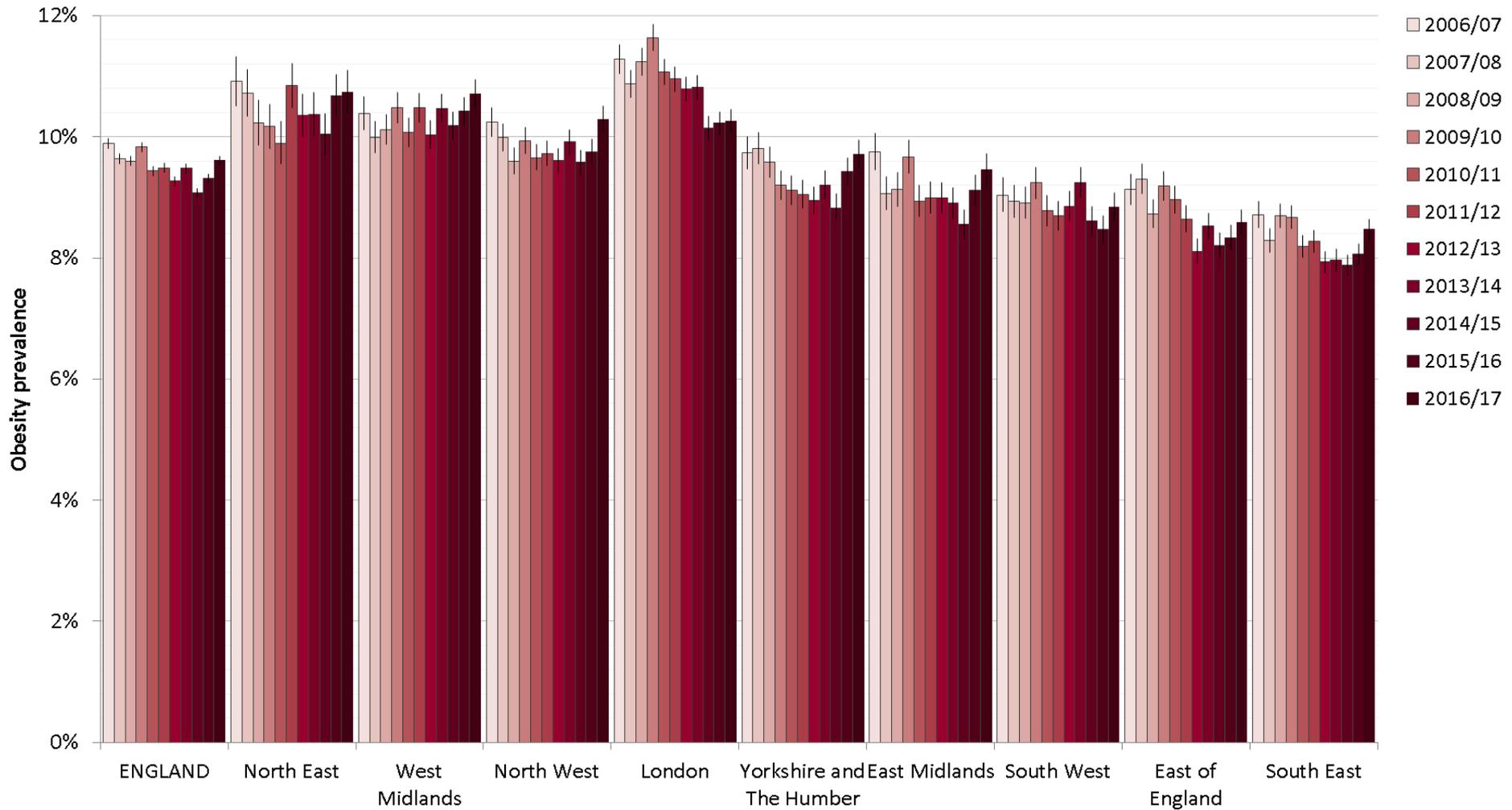
National Child Measurement Programme 2016/17





Trend in obesity prevalence by region: Reception

National Child Measurement Programme

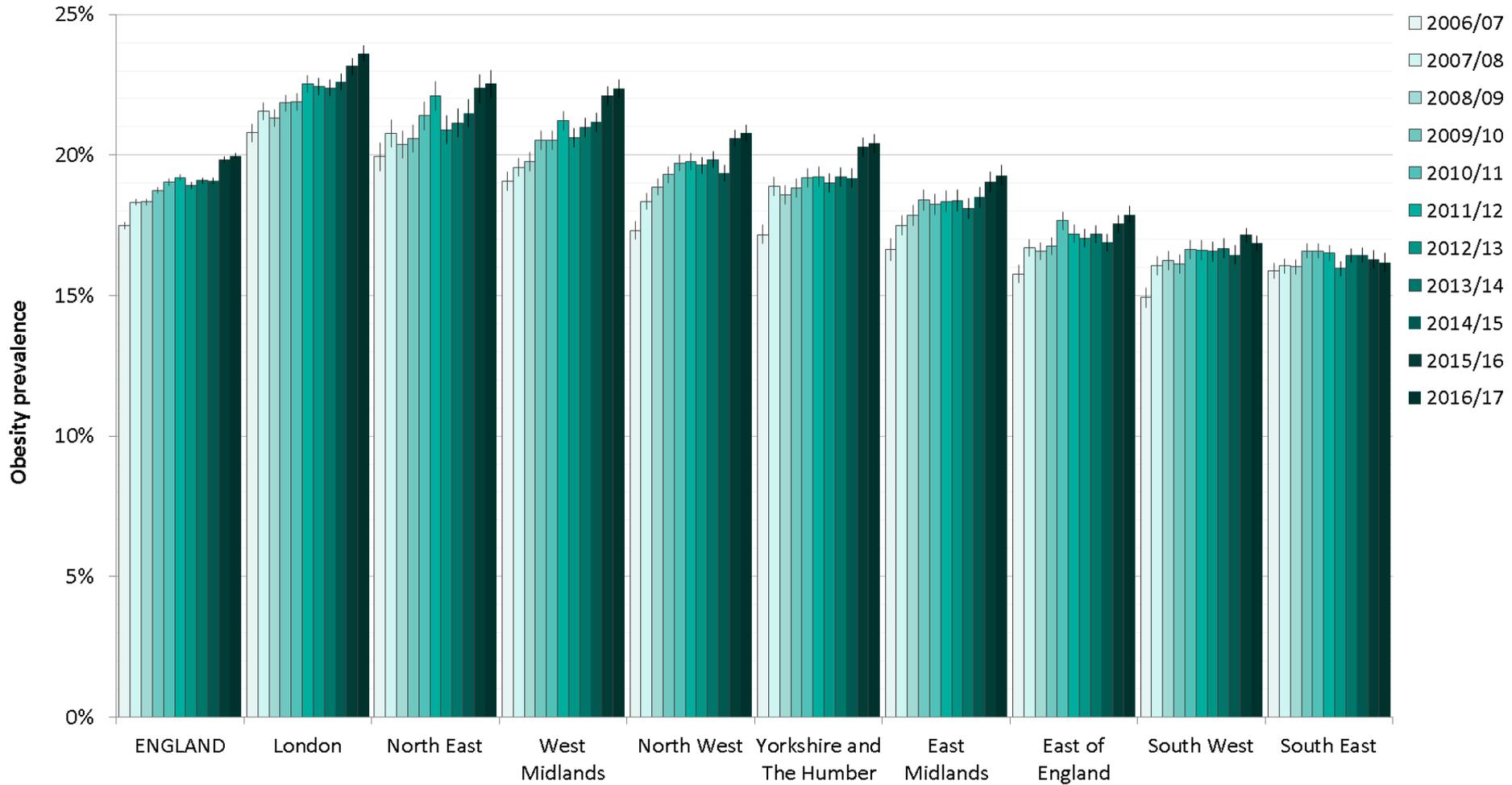


Child obesity: BMI ≥ 95th centile of the UK90 growth reference.



Trend in obesity prevalence by region: Year 6

National Child Measurement Programme



NCMP Local Authority Profile

Indicator keywords

Prevalence data

Data quality

Overview Compare indicators Map **Trends** Compare areas Area profiles Inequalities Box Plots Definitions Download

Area type: Areas grouped by: Benchmark:

Area: Region:

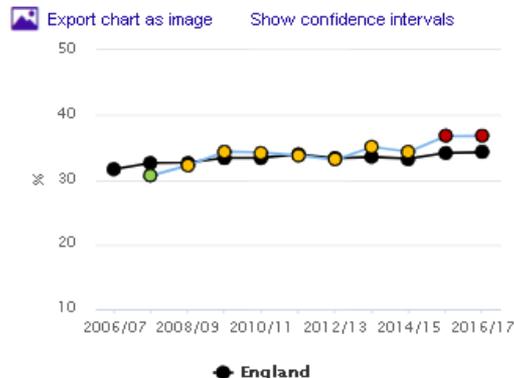
Indicator:

Compared with benchmark: ● Better ● Similar ● Worse ● Lower ● Similar ● Higher ○ Not Compared * a note is attached to the value, hover over to see more details

Recent trends: ○ Could not be calculated ▲ Increasing / Getting worse ▲ Increasing / Getting better ▼ Decreasing / Getting worse ▼ Decreasing / Getting better ○ No significant change ▲ Increasing ▼ Decreasing

Trends for **Derby** All in East Midlands region Display **Selected indicator** All indicators

Year 6: Prevalence of overweight (including obese) Derby Proportion - %



Recent trend: ▲

Period	Count	Value	Lower CI	Upper CI	East Midlands	England
2006/07	-	*	-	-	*	31.7
2007/08	778	30.7	28.9	32.5	31.7	32.6
2008/09	794	32.2	30.4	34.1	32.3	32.6
2009/10	882	34.4	32.5	36.2	32.9	33.4
2010/11	861	34.2	32.4	36.1	32.4	33.4
2011/12	856	33.8	32.0	35.6	33.2	33.9
2012/13	824	33.1	31.2	34.9	32.7	33.3
2013/14	933	35.0	33.3	36.9	32.2	33.5
2014/15	976	34.3	32.6	36.1	32.4	33.2
2015/16	1,059	36.7	35.0	38.5	33.3	34.2
2016/17	1,104	36.8	35.0	38.5	33.5	34.2

Source: NHS Digital, National Child Measurement Programme

Screenshot of webpage.

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

NCMP Local Authority Profile

Indicator keywords

Prevalence data

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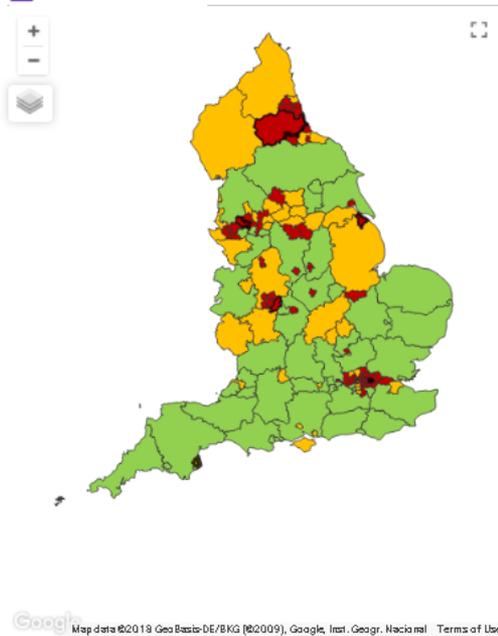
Area type:
 Areas grouped by:
 Benchmark:

Area:
 Region:

Indicator:

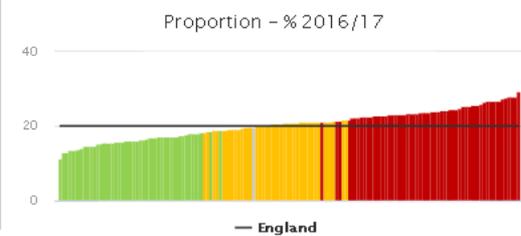
* a note is attached to the value, hover over to see more details

Compared with benchmark: Better Similar Worse Lower Similar Higher Low High Not



Map colour:

Area	Count	Value	LCI	UCI
Wigan	737	21.5	20.2	22.9
County Durham	1,211	22.6	21.5	23.7
North East Lincolnshire	398	22.4	20.5	24.4
Birmingham	3,647	25.2	24.5	25.9
Newham	1,068	26.8	25.5	28.2
Torbay	240	19.9	17.7	22.2



Map data ©2019 Geo Basis-DE/BKG (©2009), Google, Inst. Geogr. Nacional Terms of Use

Screenshot of webpage.

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



Health Survey for England (HSE)

<http://content.digital.nhs.uk/healthsurveyengland>

The HSE is a cross-sectional survey which samples a representative proportion of the population. The next report on the HSE 2017 is due to be published online in December 2018. The data should be available from the UK Data Archive during the year following publication of the report.

National Child Measurement Programme (NCMP)

<http://content.digital.nhs.uk/ncmp>

The NCMP is an annual programme that measures the height and weight of children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) in England. Although the NCMP only covers certain age groups, it includes the majority of children in those year groups. The participation rate in 2016/17 was 95.0%. NHS Digital will report NCMP data for the 2017/18 school year in October 2018.



Public Health
England

For more information:

PHE Web:

<https://www.gov.uk/guidance/phe-data-and-analysis-tools#obesity-diet-and-physical-activity>

NCMP trends report:

<https://www.gov.uk/government/publications/national-child-measurement-programme-ncmp-trends-in-child-bmi>

PHE Obesity Intelligence Knowledge Hub public library (no need to join):

<https://khub.net/web/phe-obesity-intelligence/public-library>

Email: ncmp@phe.gov.uk

Twitter: [@PHE_Obesity](https://twitter.com/PHE_Obesity)

About Public Health England

Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-leading science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health and Social Care, and a distinct delivery organisation with operational autonomy. We provide government, local government, the NHS, Parliament, industry and the public with evidence-based professional, scientific and delivery expertise and support.

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