



Public Health
England

Patterns and trends in child obesity in London

A presentation of the latest data on child obesity at regional level
February 2018



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England

National Child Measurement Programme

The data in this slide pack is from the National Child Measurement Programme (NCMP).

The NCMP is an annual programme that measures the height and weight of children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years) in England. Although the NCMP only covers certain age groups, it includes the majority of children in those year groups.

The number of children measured in London in 2016/17 was 98,604 in Reception, and 86,274 in Year 6. The participation rate in London in 2016/17 was 95.6% in Reception children and 95.6% for children in Year 6.

NCMP website:

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



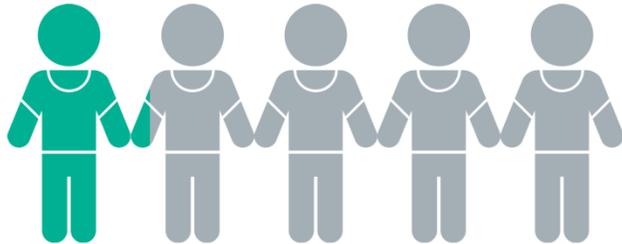
Child obesity in London

Prevalence of excess weight by age

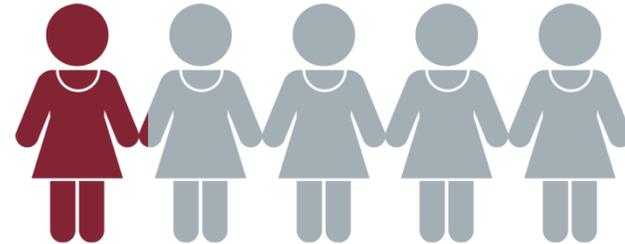
Reception (aged 4-5 years) and Year 6 (aged 10-11 years)

Over 1 in 5 children in Reception are overweight or obese

Boys: 23.1%



Girls: 21.5%



Around 2 in 5 children in Year 6 are overweight or obese

Boys: 41.1%



Girls: 35.9%



Child excess weight (overweight including obesity): BMI greater than or equal to the 85th centile of the UK90 growth reference
Source: National Child Measurement Programme 2016/17

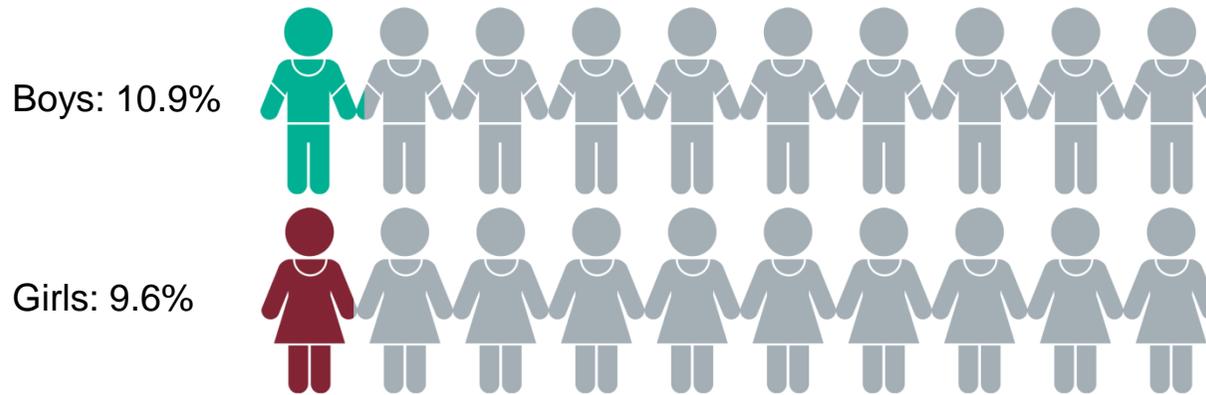


Child obesity in London

Prevalence of obesity by age

Reception (aged 4-5 years) and Year 6 (aged 10-11 years)

Around 1 in 10 children in Reception are obese



Over 1 in 5 children in Year 6 are obese

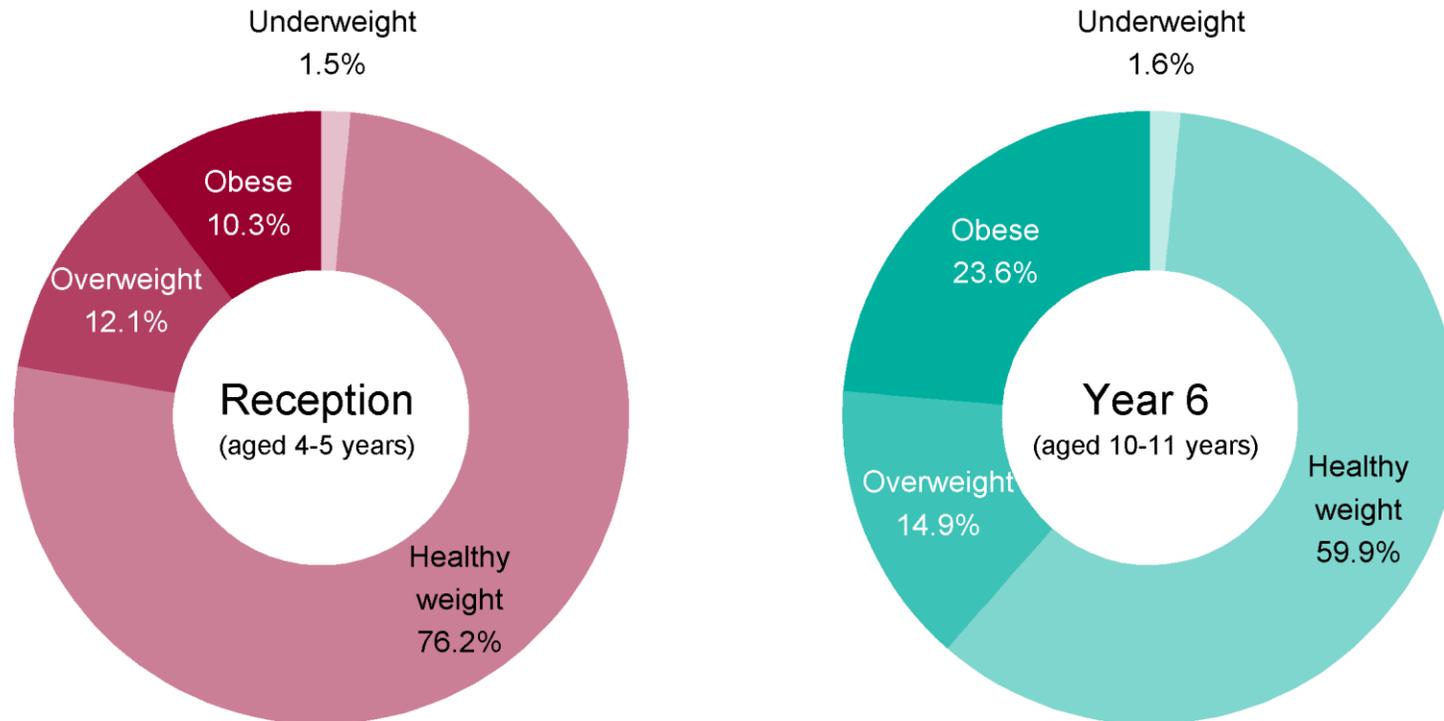


Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference
Source: National Child Measurement Programme 2016/17



Child obesity in London

BMI status of children by age



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 and obese. These thresholds are the most frequently used for population monitoring within England

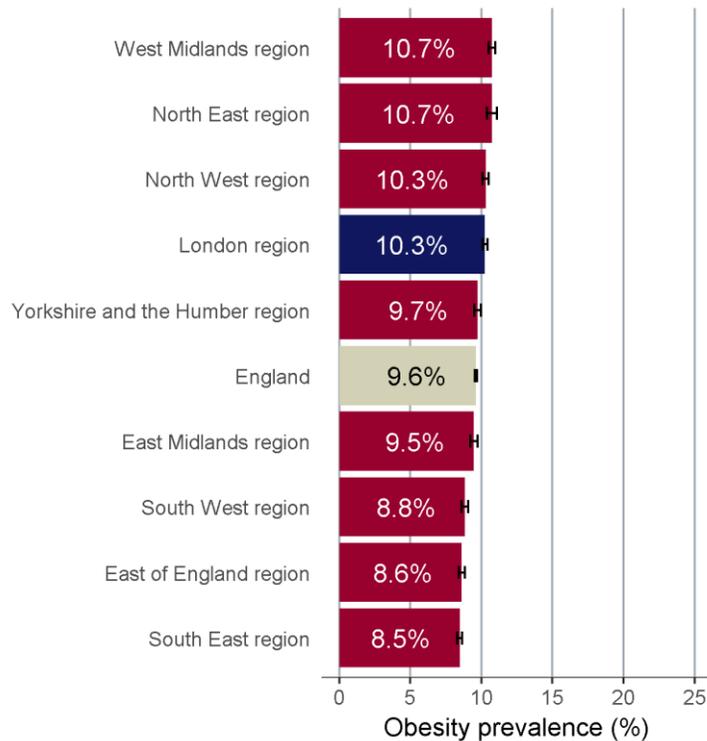
Source: National Child Measurement Programme 2016/17



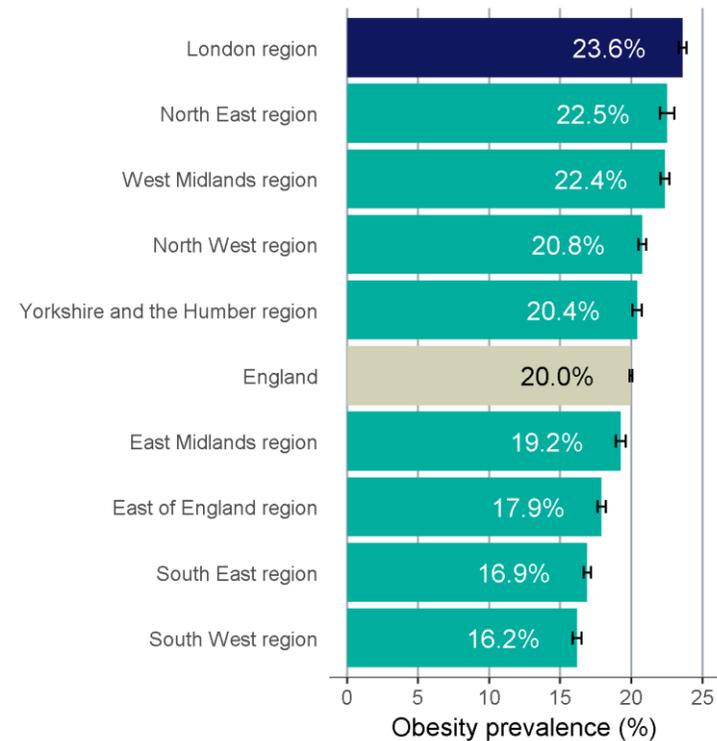
Child obesity in London

Prevalence of obesity by age England and Regions

Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



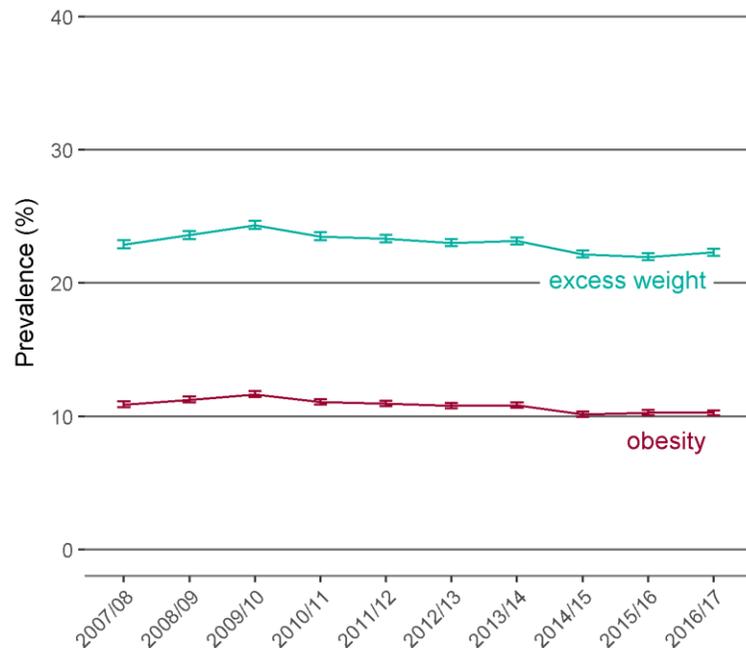
Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference. 95% confidence intervals are displayed on the chart
Source: National Child Measurement Programme 2016/17



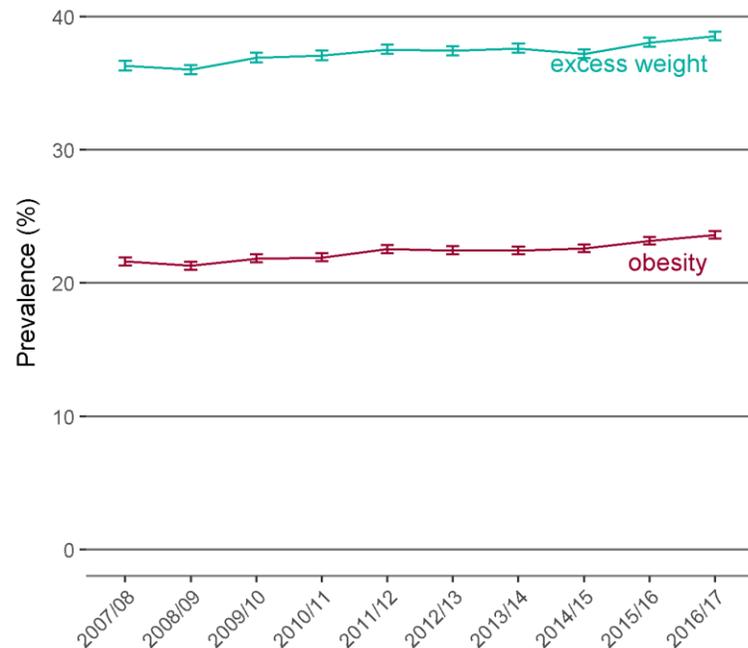
Child obesity in London

Trend in the prevalence of obesity and excess weight by age Reception and Year 6

Children in Reception (aged 4-5 years)
Prevalence (%)



Children in Year 6 (aged 10-11 years)
Prevalence (%)



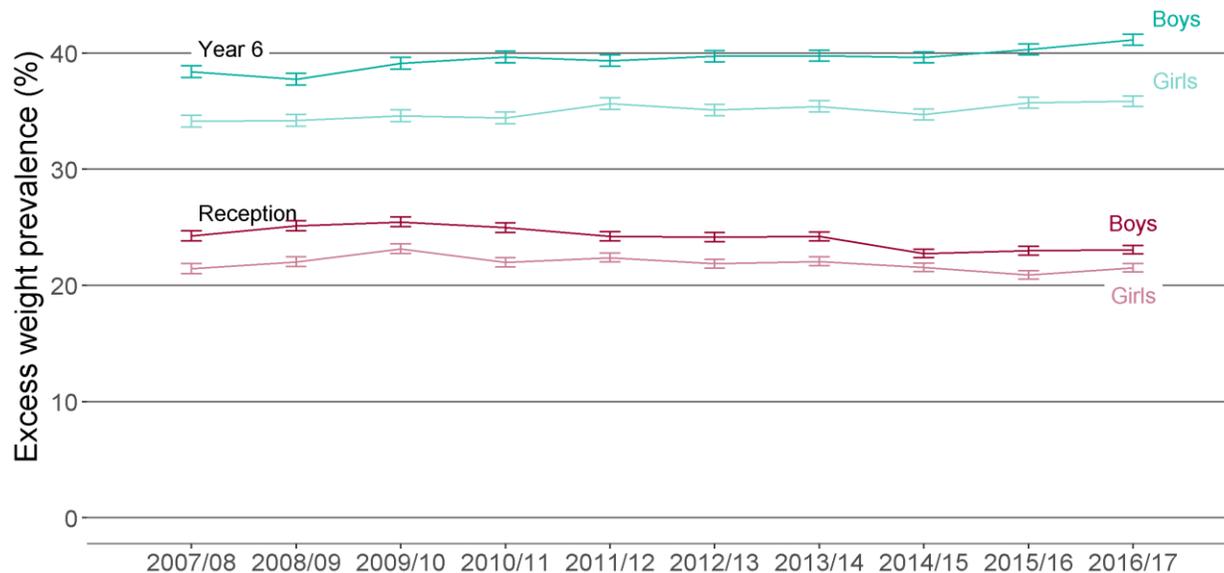
Child excess weight (overweight including obesity): BMI greater than or equal to the 85th centile of the UK90 growth reference;
Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference
95% confidence intervals are displayed on the chart
Source: National Child Measurement Programme 2016/17



Child obesity in London

Trend in the prevalence of excess weight by sex and age Reception and Year 6

Prevalence of excess weight (%)



Child excess weight (overweight including obesity): BMI greater than or equal to the 85th centile of the UK90 growth reference. 95% confidence intervals are displayed on the chart

Source: National Child Measurement Programme 2016/17

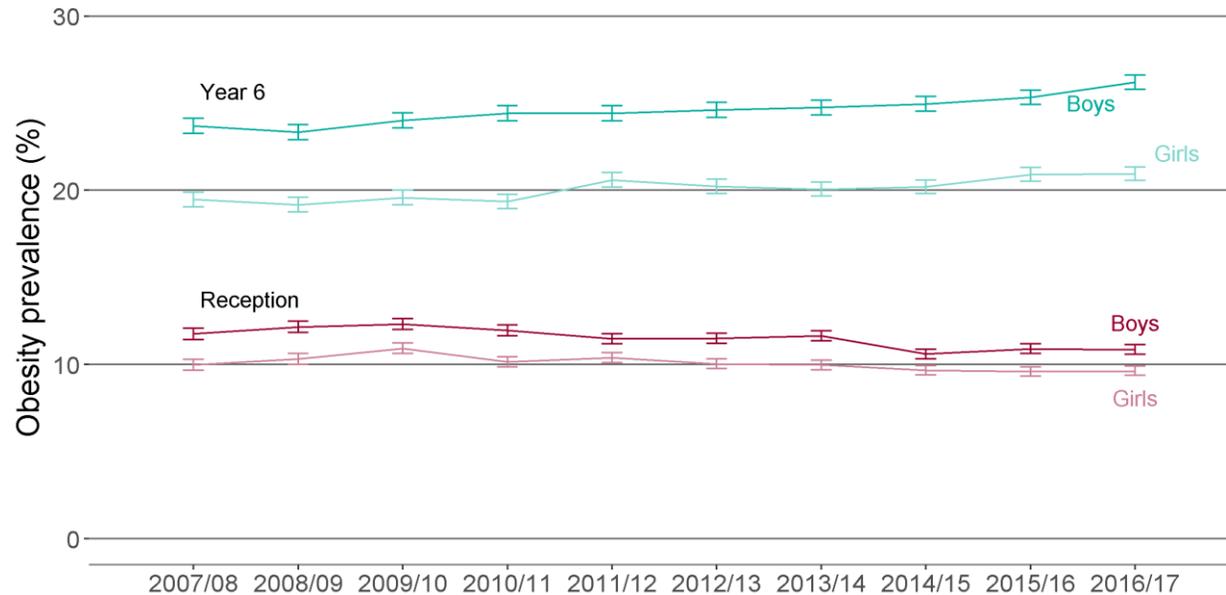


Child obesity in London

Trend in the prevalence of obesity

by sex and age (Reception and Year 6), London

Prevalence of obesity (%)



Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference. 95% confidence intervals are displayed on the chart
Source: National Child Measurement Programme 2016/17

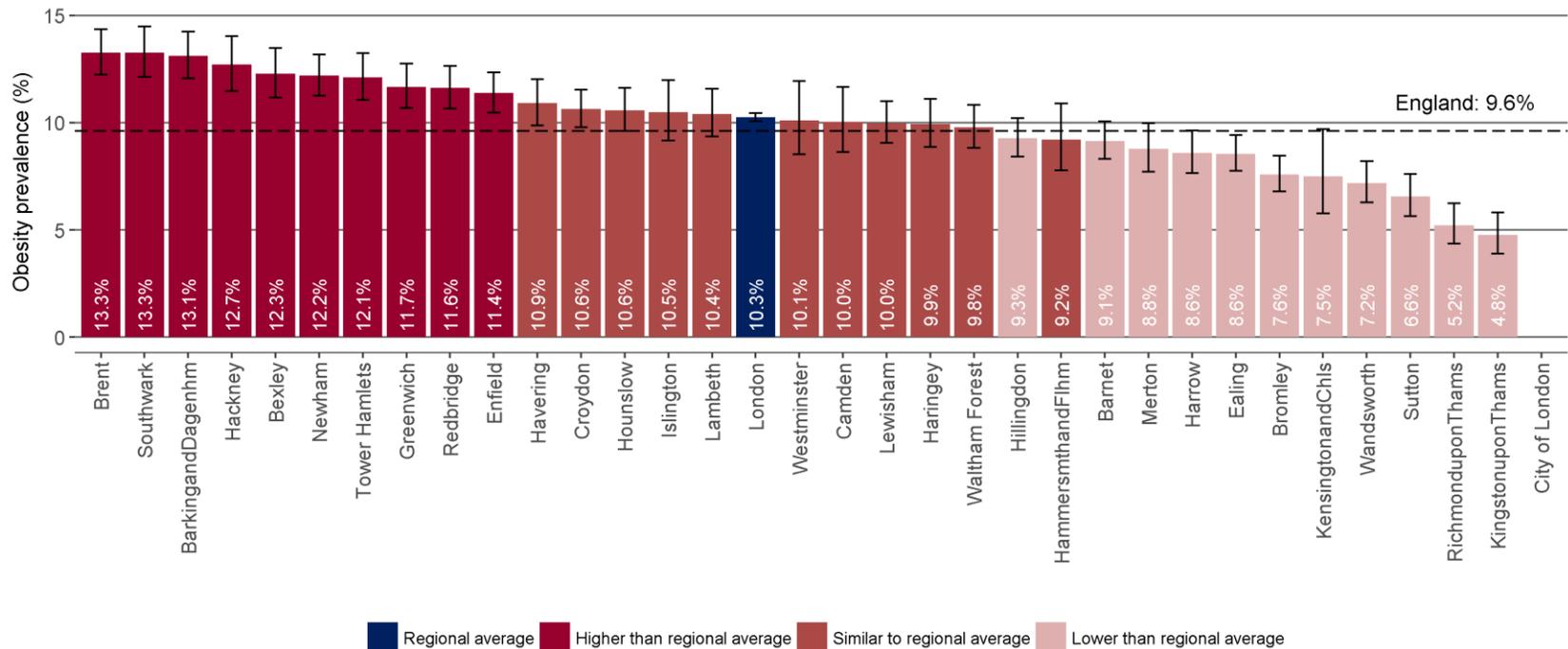


Child obesity in London

Prevalence of obesity 2016/17

London District and Unitary Authorities

Children in Reception (aged 4-5 years)



Note: value for Hackney and City of London combined

Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference. 95% confidence intervals are displayed on the chart
Source: National Child Measurement Programme 2016/17

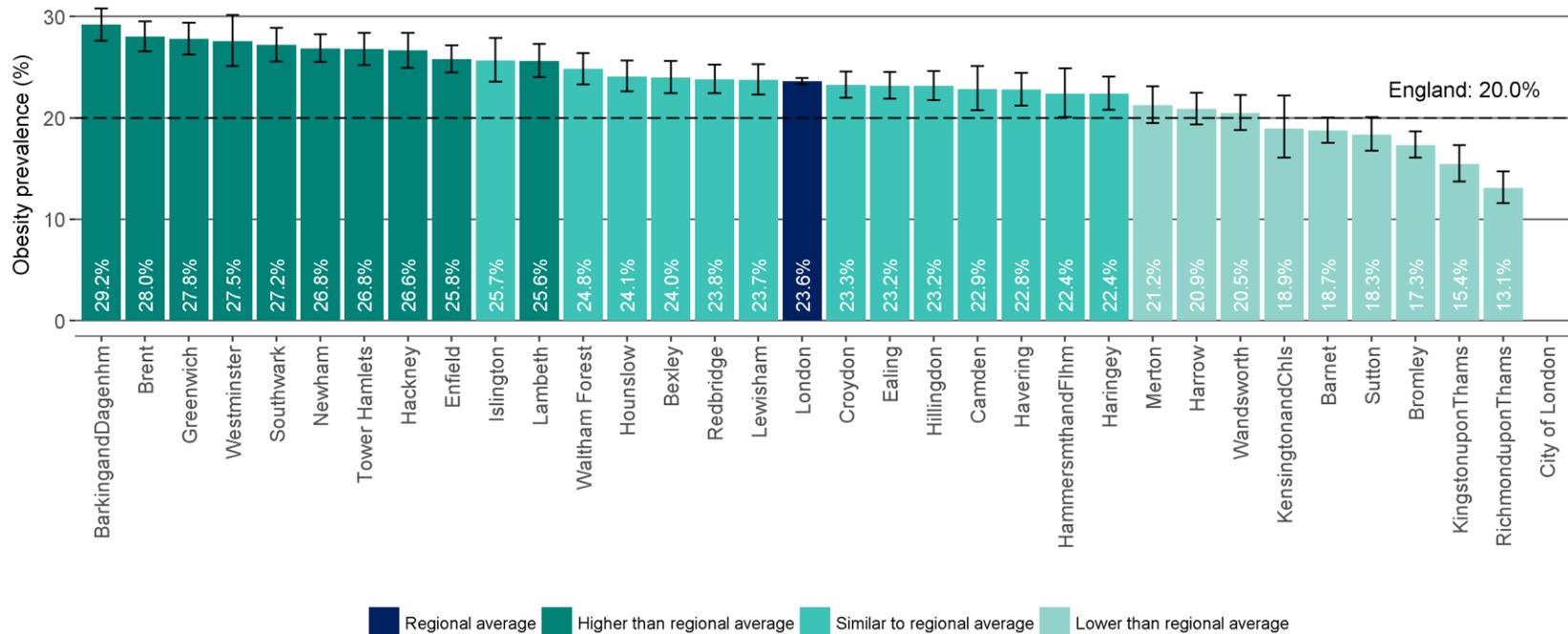


Child obesity in London

Prevalence of obesity 2016/17

London District and Unitary Authorities

Children in Year 6 (aged 10-11 years)



Note: value for Hackney and City of London combined

Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference. 95% confidence intervals are displayed on the chart
Source: National Child Measurement Programme 2016/17



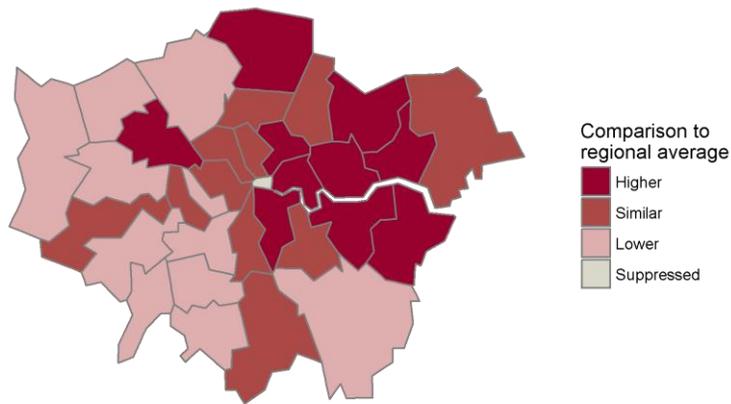
Child obesity in London

Prevalence of obesity by age

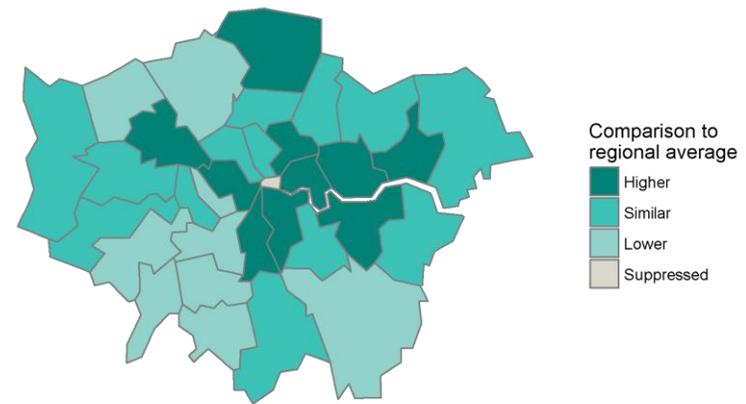
London District and Unitary Authorities

Children in Reception (aged 4-5 years)

Children in Year 6 (aged 10-11 years)



Note: value for Hackney and City of London combined



Note: value for Hackney and City of London combined

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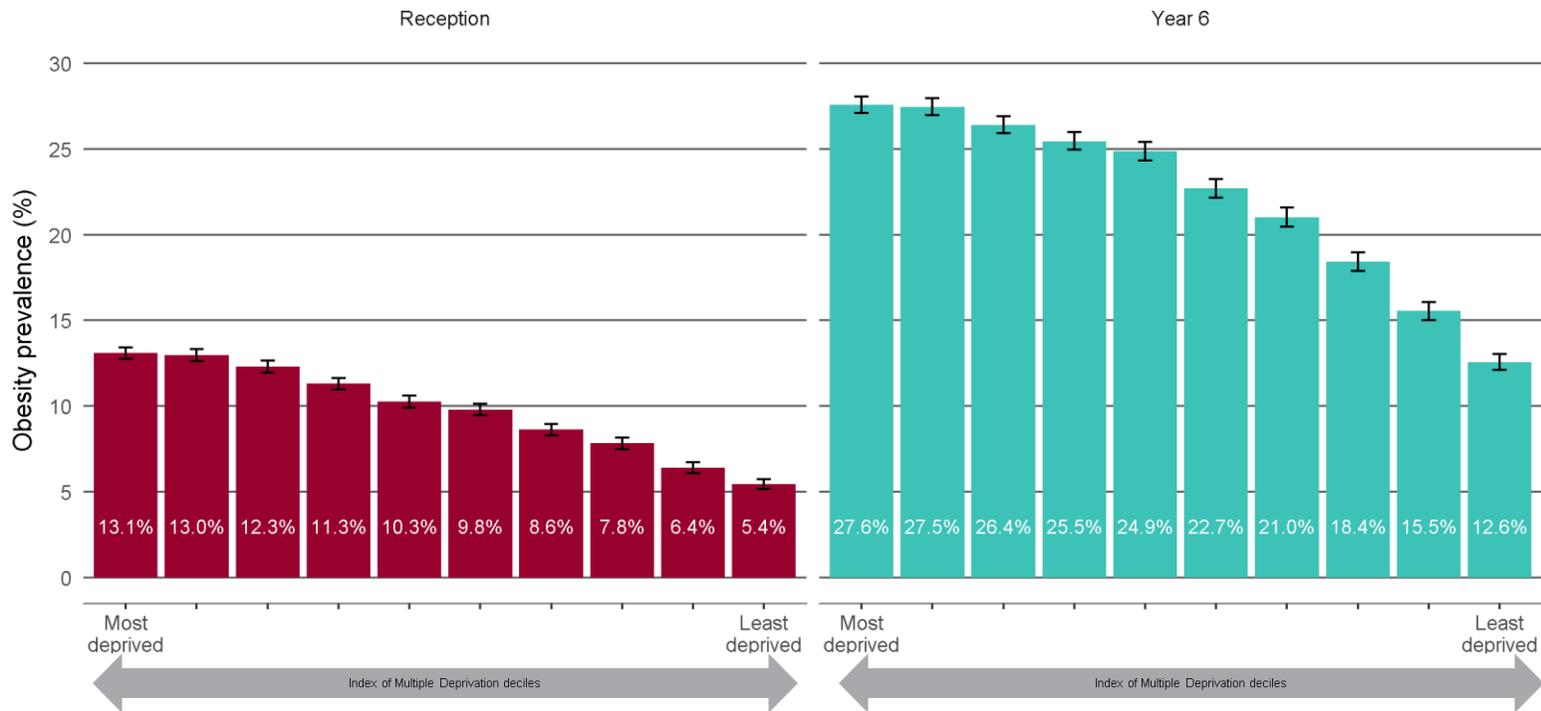
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Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference
Source: National Child Measurement Programme 2016/17



Child obesity in London

Obesity prevalence by regional deprivation and age Reception and Year 6



Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference
95% confidence intervals are displayed on the chart
Source: National Child Measurement Programme 2014/15-2016/17

Data grouped over 3 years
Region-specific deprivation deciles displayed

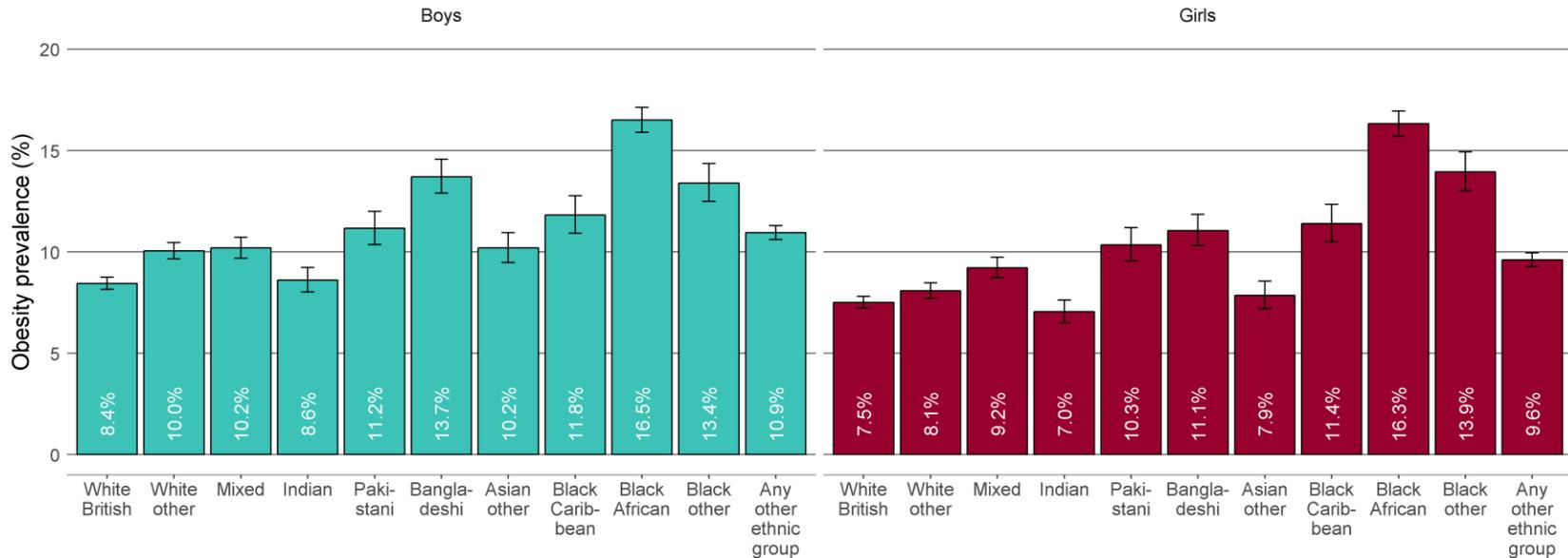


Child obesity in London

Obesity prevalence by ethnic group: Reception

Aged 4-5 years

Children in Reception



Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference

95% confidence intervals are displayed on the chart

Source: National Child Measurement Programme 2014/15-2016/17

Data grouped over 3 years

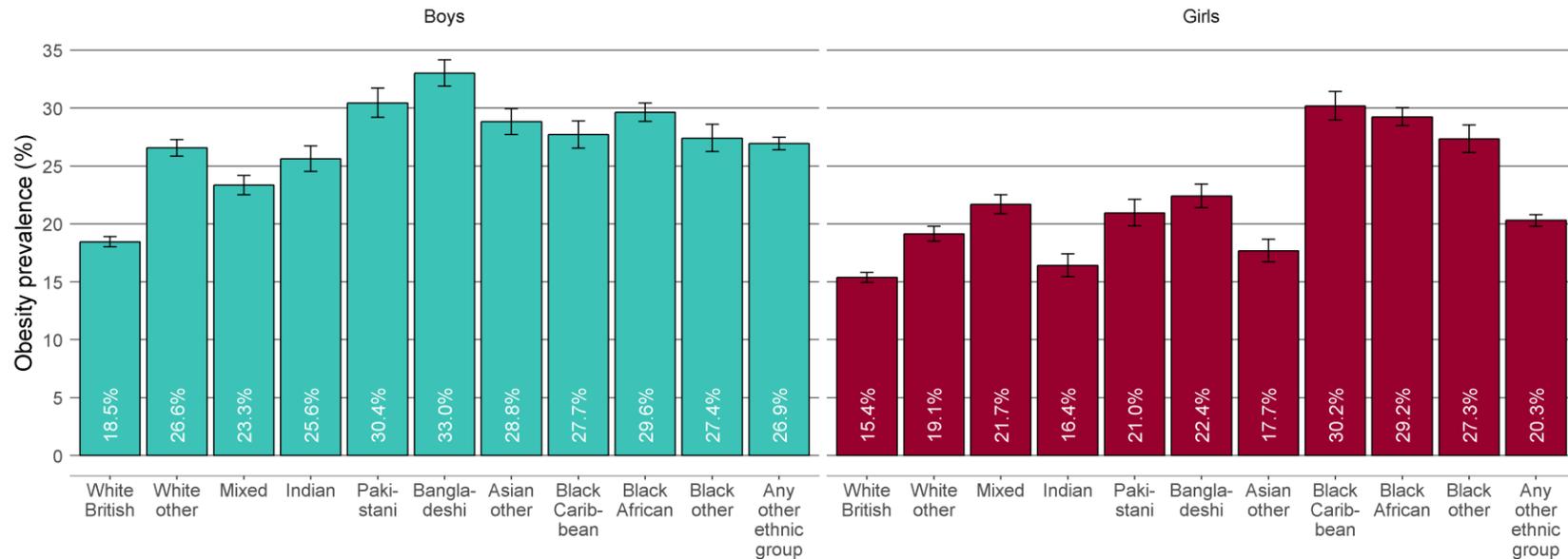


Child obesity in London

Obesity prevalence by ethnic group: Year 6

Aged 10-11 years

Children in Year 6



Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference

95% confidence intervals are displayed on the chart

Source: National Child Measurement Programme 2014/15-2016/17

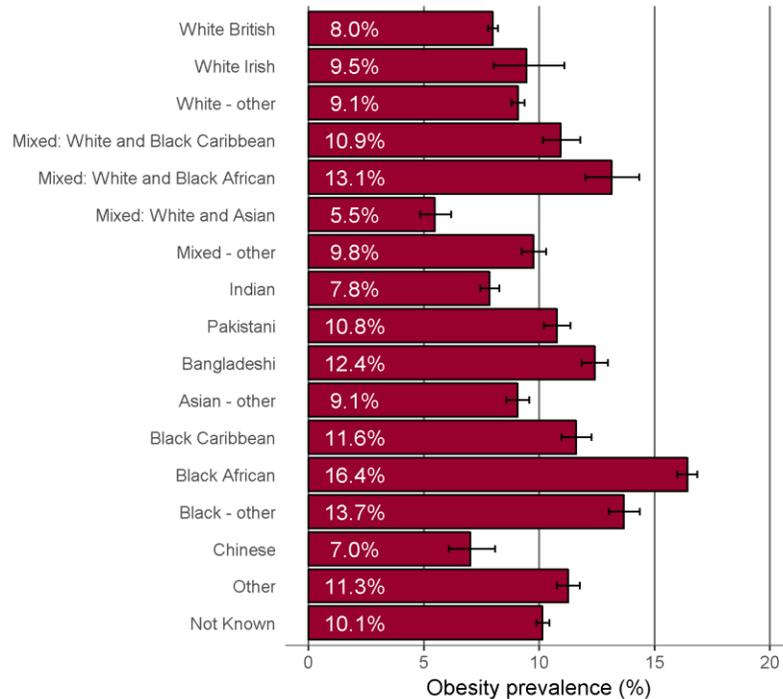
Data grouped over 3 years



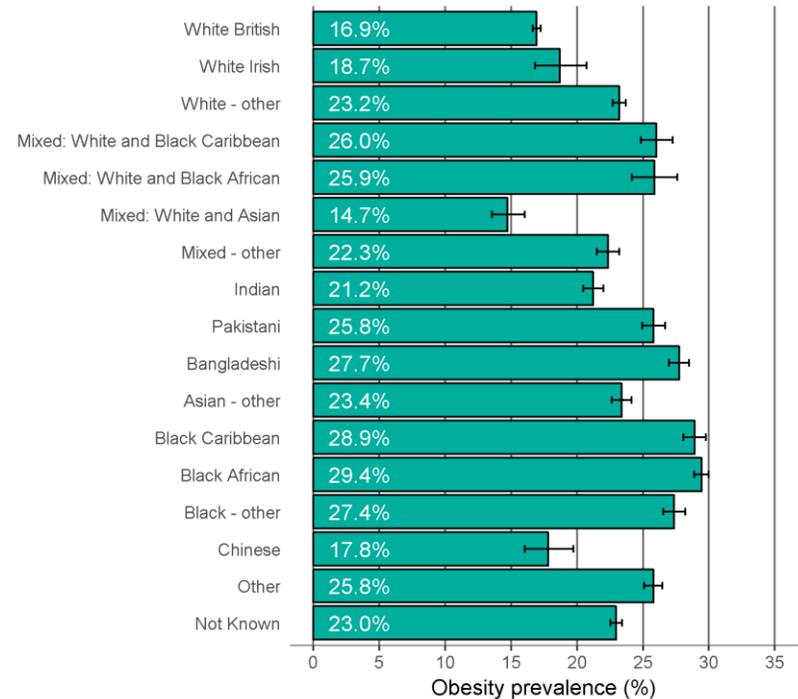
Child obesity in London

Obesity prevalence by ethnic group

Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



Child obesity: BMI greater than or equal to the 95th centile of the UK90 growth reference.

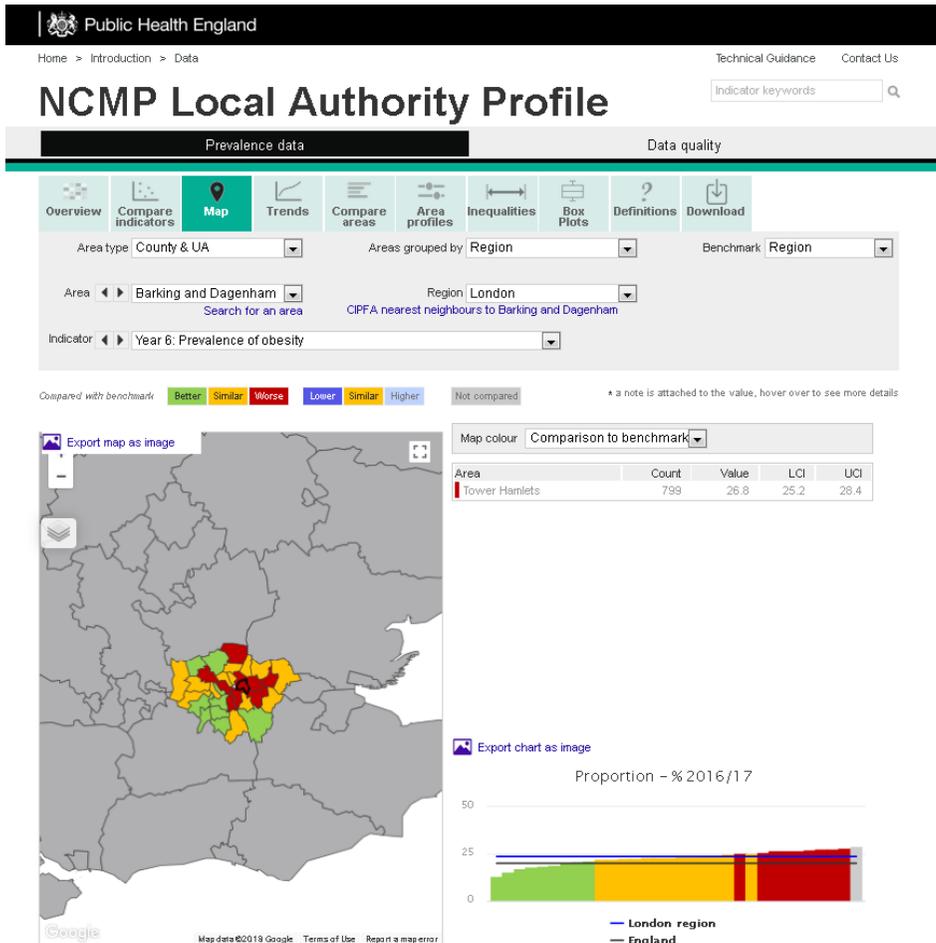
95% confidence intervals are displayed on the chart

Source: National Child Measurement Programme 2014/15-2016/17

Data grouped over 3 years



NCMP Local Authority Profile - an online tool



Screenshot of webpage

Child obesity data from the NCMP 2006/07 to 2016/17 is available in an online tool.

The tool provides local authority level child data (underweight, healthy weight, overweight, obesity, severe obesity and excess weight - overweight including obesity) for Reception (aged 4-5 years) and Year 6 (aged 10-11 years).

The tool also presents trend data and enables easy comparison of local authority data, allowing users to compare regional neighbours and local authorities with similar characteristics. Inequalities data (sex, deprivation and ethnic group) is also available by local authority.

View the online tool:

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



Public Health
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For more information:

PHE Obesity Intelligence Knowledge Hub:

[Sign up on https://khub.net/](https://khub.net/) and join the PHE Obesity Intelligence group

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

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

PHE Web:

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

noo.org.uk website archive:

<http://webarchive.nationalarchives.gov.uk/20170110165428/https://www.noo.org.uk/>

(snapshot as of Jan 2017, will not be updated)

Email: obesity-riskfactorsintelligence@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. It does this through world-class science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. PHE is an operationally autonomous executive agency of the Department of Health.

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