



**Analysis summary –
National Child
Measurement Programme
Buckinghamshire
2022/23**

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Excess weight in Year 6 children (aged 10 to 11 years) by Ward, 2022/23

One in three (31.4%) Year 6 children are overweight or obese (based on a population of 6,166) and this is a significant increasing trend compared to England 36.6%. (2021/22 31.6% Buckinghamshire and 37.8% England).

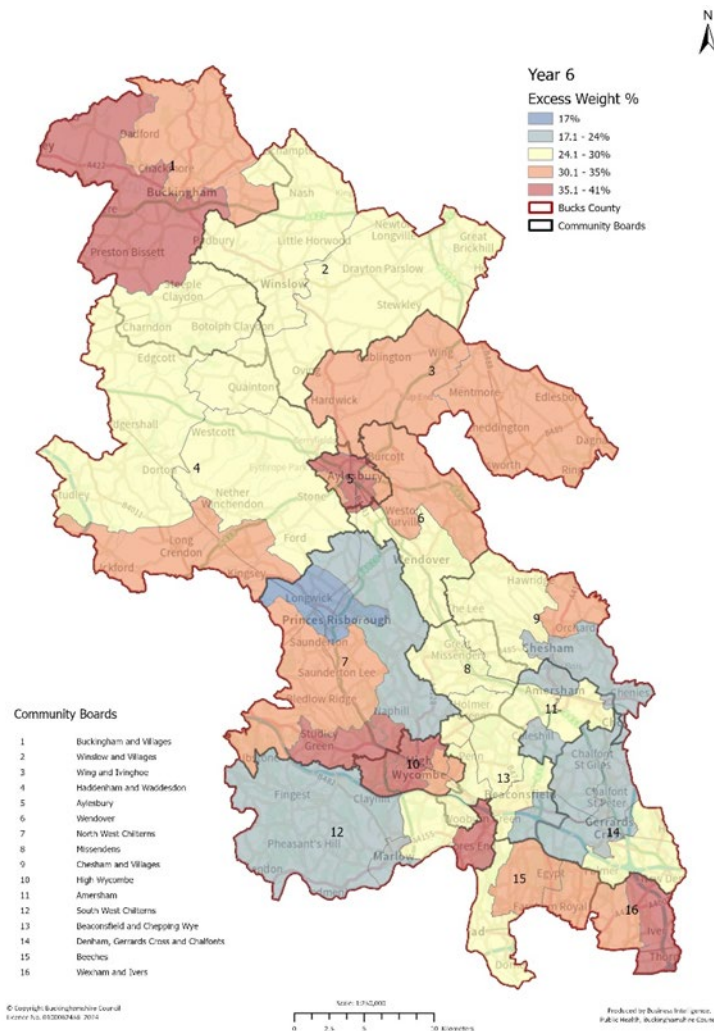


Figure 2 Excess weight in Year 6 children (aged 10 to 11 years) by Ward, 2022/23

The above maps show the increase in excess weight from children aged 4-5 years old to children aged 10-11 years old.

Key facts

Healthy weight

- Four out of five (80.6%) Reception children and two out of three (67.0%) 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 (7.1%) Reception children and almost one in five (17.3%) Year 6 children are living with obesity. This is a significant increasing trend for Year 6 children who are obese.
- 1.4% of Reception children and 3.7% Year 6 are severely obese.

Underweight

- 1.0% in Reception are underweight. 1.6% of children in Year 6 are underweight.

- Excess weight for Reception and Year 6 by deprivation quintile, 2022/23

More than a fifth of Year 6 children living in the most deprived areas are obese. This is statistically significantly higher than those in the least deprived areas (22% in DQ5 compared to 12% 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 (9% in DQ5 compared to 4% in DQ1).

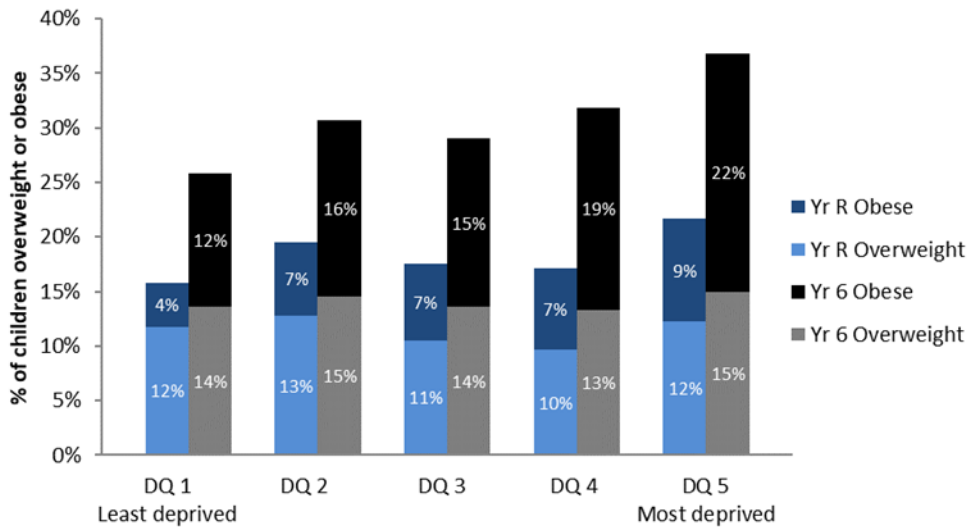


Figure 3 Year R and Year 6 children who are obese or overweight by deprivation quintile 2022/23

Excess weight in Reception and Year 6 2012/13 – 2022/23

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

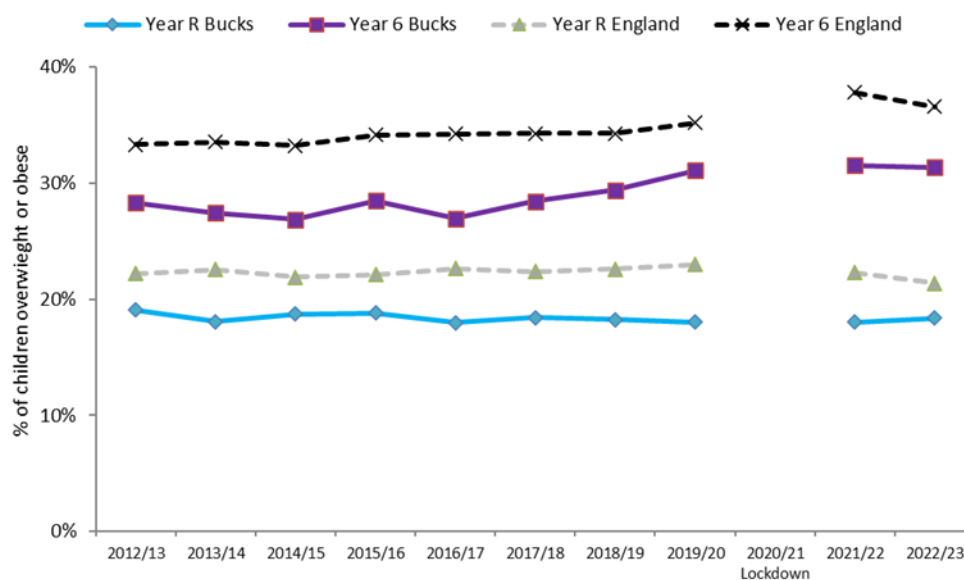


Figure 4 Excess weight in Reception and Year 6 2012/13 – 2021/22

Excess weight by gender, 2022/23

One in six Reception girls (17.4%) and almost a third of Year 6 girls (29.6%) are overweight or obese.

One in five Reception boys (19.3%) and more than one in three Year 6 boys (33.1%) are overweight or obese.

Comparison of cohorts Reception 2016/17 with Year 6 2022/23

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 2016/17 were measured again in Year 6 in 2022/23.

There is a smaller proportion of healthy weight children in 2022/23 (67%) compared to 2016/17 (81%). There is a corresponding higher proportion in both overweight children (11% v 14%) and obese children in 2022/23 (7% v 14%).

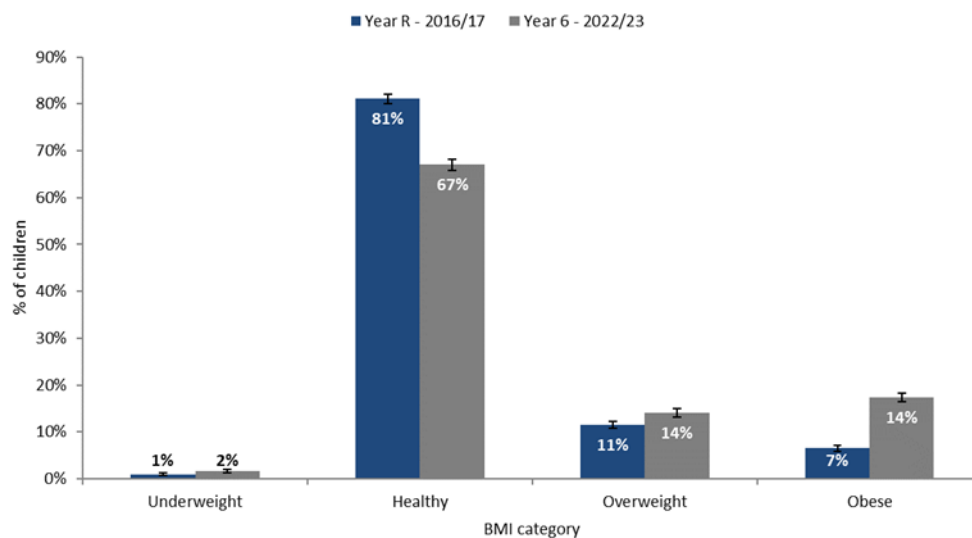


Figure 5 Comparison of cohorts Reception 2016/17 with Year 6 2022/23

Excess weight in children by ethnicity and school year, 2022/23

More than a third (35.6%) Year 6 children from an Asian ethnic group are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (30.3%).

Almost a third (29.2%) of Year 6 children from a White ethnic group are overweight or obese. This is statistically significantly lower than the other ethnic groups combined (35.4%).

Half (50.0%) of Year 6 children from a Black ethnic group are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (30.8%).

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.

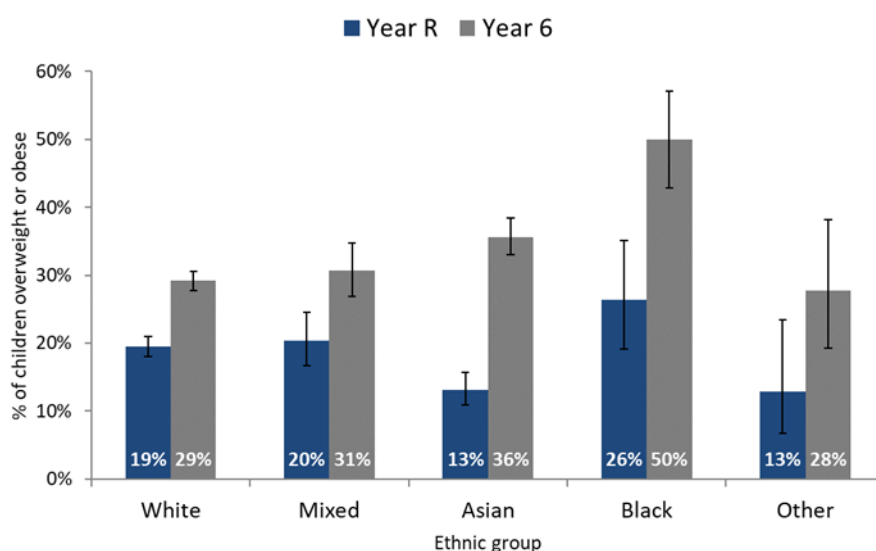


Figure 6 Excess weight in children by ethnicity and school year, 2022/2023

Excess weight in Reception by community board, 2022/23

The chart shows Buckingham and Villages (21.9%) and North West Chilterns (21.3%) as the community boards with the highest percentage of Reception children who were overweight or obese. Overall 18.4% (1,054 Reception children) are classified as overweight or obese in Buckinghamshire (compared to England 21.4%).

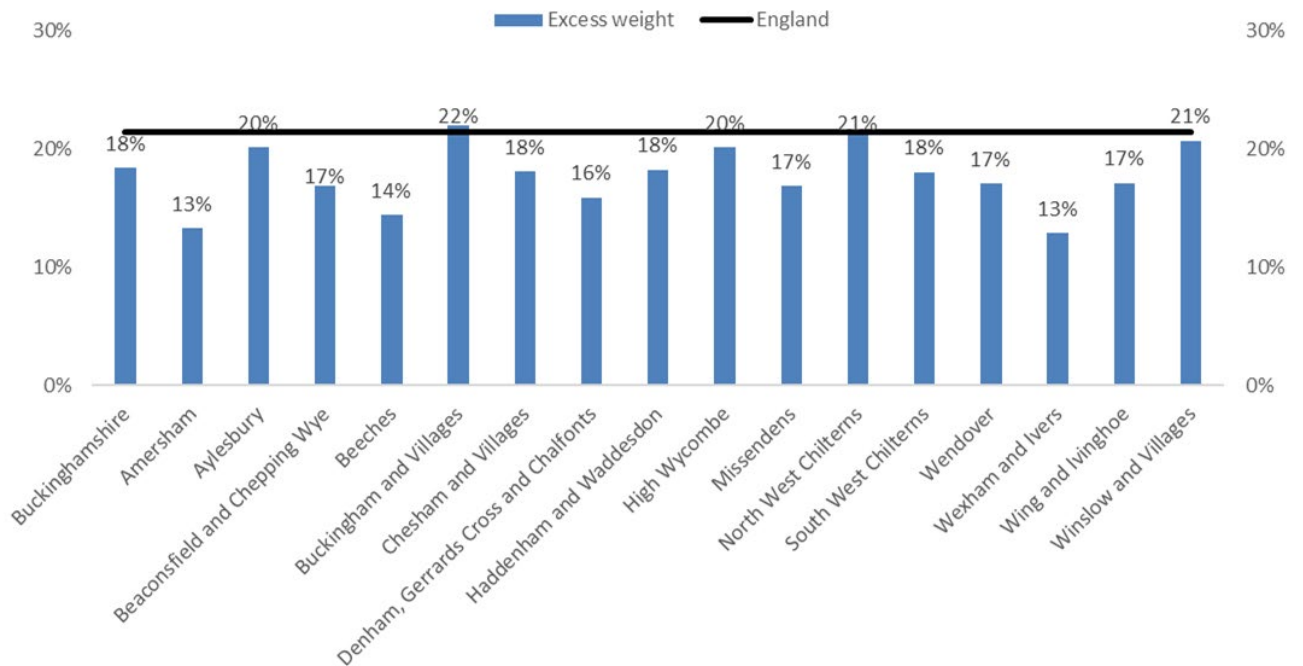


Figure 7 Excess weight in Reception by community board, 2022/23

Excess weight in Year 6 children by community board, 2022/23

The chart shows Beeches (37.2%), High Wycombe (39.2%) and Wexham and Ivers (39.8%) as the community boards with the highest percentage of Year 6 children who

were overweight or obese. Overall 31.4% (1,934 Year 6 children) are classified as overweight or obese in Buckinghamshire compared to England (36.6%).

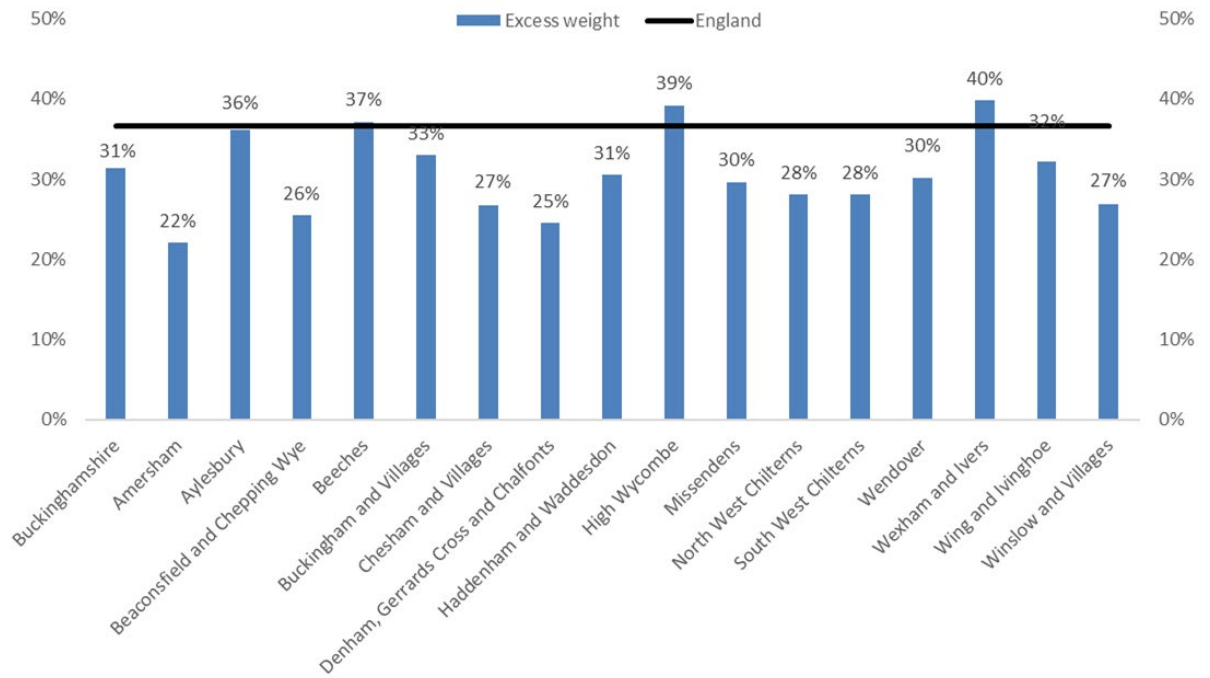


Figure 8 Excess weight in Year 6 children by community board, 2022/23

National Picture 2022/23

Obesity

The prevalence of obesity in Reception children decreased from 10.1% in 2021/22 to 9.2% in 2022/23. (This is lower than in 2018/19 and 2019/20).

The prevalence of obesity in Year 6 children decreased from 23.4% in 2021/22 to 22.7% in 2022/23. (This is still higher than in 2018/19 and 2019/20).

Deprivation

For children living in the most deprived areas, obesity prevalence was twice as high compared with those living in the least deprived areas. For Reception children living in the most deprived areas the prevalence of obesity was 12.4%, compared with 5.8% of those living in the least deprived areas. For children in Year 6 living in the most deprived areas, the prevalence of obesity was 30.2%, compared with 13.1% of those living in the least deprived areas.

Gender

Obesity prevalence in boys is higher than girls for both age groups. For boys in Reception, obesity prevalence was 9.3%, compared with 9.0% of girls. For boys in Year 6, obesity prevalence was 25.1%, compared with 20.1% of girls.

Underweight prevalence in Year 6 children has increased. From 1.5% in 2021/22 to 1.6% in 2022/23 and is the highest recorded rate in NCMP, since 2009/10.

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.

Significance methodology – Chi square test for trend calculated using last five data points excluding 2020/21 as there was no data available due to Covid-19 (2017/18, 2018/19, 2019/20, 2021/22, 2022/23).

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