Analysis summary
National Child Measurement Programme
Buckinghamshire, 2019

Reception (4-5 year olds)
Almost a fifth (18.5%) of Reception children are overweight and obese (based on a population of 5,900). There is a significant increasing trend for those overweight.

Year 6 (10-11 year olds)
Over a quarter (28.8%) of Year 6 children are overweight and obese (based on a population of 5,630). There is a significant increasing trend for those overweight.

Excess weight in Reception children (aged 4-5 years) by ward, 2017/18

Excess weight in Year 6 children (aged 10-11 years) by ward, 2017/18

Excess weight for Reception and Year 6 by deprivation quintile, 2017/18

Key facts
- Four fifths (80.5%) of Reception children and seven in ten (69.6%) Year 6 children are a healthy weight.
- 6.7% of Reception and 15.4% of Year 6 are obese.
- Around 1% in both Reception (1.0%) and Year 6 (1.6%) are underweight and this is a statistically significant decreasing trend.
- A fifth of Reception children living in a more deprived area are overweight or obese. (20.1% in DQ5 compared to 16.8% in DQ1).
- More than a third of Year 6 children living in a more deprived area are overweight or obese. This is statistically significant (37.3% in DQ5 compared to 20.4% in DQ1).

Excess weight in Reception pupils
Percentage (of those measured)
- 16 to <46 (1)
- 17 to <56 (4)
- 57 to <77 (13)
- 78 to <92 (60)
- 93 to <126 (33)
- 127 to <165 (1)
- 166 or more (1)
- Local Authority boundary

Excess weight in Year 6 pupils
Percentage (of those measured)
- 16 to <46 (11)
- 47 to <66 (31)
- 67 to <87 (15)
- 88 to <122 (18)
- 123 to <165 (13)
- 166 or more (3)
- Local Authority boundary

% of children overweight or obese

<table>
<thead>
<tr>
<th>Deprivation quintile</th>
<th>Yr R Obese</th>
<th>Yr R Overweight</th>
<th>Yr 6 Obese</th>
<th>Yr 6 Overweight</th>
</tr>
</thead>
<tbody>
<tr>
<td>DQ 1</td>
<td>12.2%</td>
<td>12.2%</td>
<td>12.2%</td>
<td>12.2%</td>
</tr>
<tr>
<td>DQ 2</td>
<td>13.1%</td>
<td>13.1%</td>
<td>13.1%</td>
<td>13.1%</td>
</tr>
<tr>
<td>DQ 3</td>
<td>13.7%</td>
<td>13.7%</td>
<td>13.7%</td>
<td>13.7%</td>
</tr>
<tr>
<td>DQ 4</td>
<td>14.4%</td>
<td>14.4%</td>
<td>14.4%</td>
<td>14.4%</td>
</tr>
<tr>
<td>DQ 5</td>
<td>15.4%</td>
<td>15.4%</td>
<td>15.4%</td>
<td>15.4%</td>
</tr>
</tbody>
</table>
Excess weight in Reception and Year 6

Comparison of cohorts Reception 2011/12 with Year 6 2017/18

Excess weight by gender, 2017/18

One in six Reception girls (18.1%, 533 girls) and one in four Year 6 girls (25.8%, 711 girls) are overweight or obese.

One in six Reception boys (18.9%, 559 boys) and nearly one in three Year 6 boys (31.7%, 912 boys) are overweight or obese.

Children in Reception in 2011/12 were later measured in Year 6 in 2017/18.

There is a smaller proportion of healthy weight children in 2017/18 compared to 2011/12, and a corresponding higher proportion of obese children in 2017/18.

Excess weight in children by ethnicity and school year, 2017/18

- More than a quarter of Reception children from a Black ethnic group (27.4%, 26 children) are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (18.6%).
- A quarter of Year 6 children from a White ethnic group (25.9%, 1,030 children) are overweight or obese. This is statistically significantly lower than the other ethnic groups combined (36.5%).
- Over a third of Year 6 children from an Asian ethnic group (37.0%, 334 children) are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (27.2%).
- Almost half of Year 6 children from a Black ethnic group (44.9%, 66 children) are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (28.4%).
Summary by county and district, 2017/18

<table>
<thead>
<tr>
<th>Measurement</th>
<th>England</th>
<th>Bucks</th>
<th>Aylesbury Vale</th>
<th>Chiltern</th>
<th>South Bucks</th>
<th>Wycombe</th>
</tr>
</thead>
<tbody>
<tr>
<td>%</td>
<td></td>
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<td></td>
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<td></td>
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</tr>
<tr>
<td>Reception</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Participation</td>
<td>95.2%</td>
<td>95.5%</td>
<td>96.5%</td>
<td>95.2%</td>
<td>94.4%</td>
<td>94.7%</td>
</tr>
<tr>
<td>Healthy</td>
<td>76.6%</td>
<td>80.5%</td>
<td>80.4%</td>
<td>80.3%</td>
<td>79.9%</td>
<td>81.0%</td>
</tr>
<tr>
<td>Obese</td>
<td>9.5%</td>
<td>6.7%</td>
<td>7.0%</td>
<td>6.9%</td>
<td>6.4%</td>
<td>6.3%</td>
</tr>
<tr>
<td>Overweight</td>
<td>12.8%</td>
<td>11.8%</td>
<td>11.8%</td>
<td>12.2%</td>
<td>12.3%</td>
<td>13.3%</td>
</tr>
<tr>
<td>Underweight</td>
<td>1.0%</td>
<td>1.0%</td>
<td>0.8%</td>
<td>0.6%</td>
<td>1.4%</td>
<td>1.2%</td>
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<tr>
<td>Year 6</td>
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</tr>
<tr>
<td>Participation</td>
<td>94.3%</td>
<td>93.6%</td>
<td>94.6%</td>
<td>93.6%</td>
<td>93.3%</td>
<td>92.4%</td>
</tr>
<tr>
<td>Healthy</td>
<td>64.3%</td>
<td>69.6%</td>
<td>69.2%</td>
<td>74.3%</td>
<td>67.3%</td>
<td>68.1%</td>
</tr>
<tr>
<td>Obese</td>
<td>20.1%</td>
<td>15.4%</td>
<td>15.8%</td>
<td>12.0%</td>
<td>17.5%</td>
<td>16.2%</td>
</tr>
<tr>
<td>Overweight</td>
<td>14.2%</td>
<td>13.4%</td>
<td>13.7%</td>
<td>12.5%</td>
<td>14.1%</td>
<td>13.3%</td>
</tr>
<tr>
<td>Underweight</td>
<td>1.4%</td>
<td>1.6%</td>
<td>1.3%</td>
<td>1.2%</td>
<td>1.1%</td>
<td>2.3%</td>
</tr>
</tbody>
</table>

Excess weight in children by county and district, 2017/18

- A fifth (18.5%) of Reception children in Bucks are overweight or obese and this is similar in each district.
- A quarter (24.6%) of Year 6 children in Chiltern are overweight or obese which is statistically significantly lower than the other districts combined of 29.8%.

Abbreviations

BMI Body mass index
Bucks Buckinghamshire
DQ Deprivation quintile. The most deprived quintile is the most deprived 20% of the population.
IMD Index of Multiple Deprivation
NCMP National Child Measurement Programme

Definitions

Data from Public Health England, and Office for National Statistics.
Icons made by Freepik from www.flaticon.com

Black and minority ethnic. Percentage of people stating their ethnicity as not White. Source: ONS Census 2011.

Excess weight in children. Proportion of children aged 4-5 years (Reception) and 10-11 years (Year 6) classified as overweight or obese. Children are classified as overweight (including obese) if their BMI 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: Public Health England, NCMP 2017/18.

Index of Multiple Deprivation 2015. The English Indices of Deprivation 2015 are based on 37 separate indicators, organised across seven distinct domains of deprivation which are combined, using appropriate weights, to calculate the IMD 2015. 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: Public Health England, Department of Communities and Local Government 2015.

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