

Analysis summary

National Child Measurement Programme

Buckinghamshire, 2019/20



Reception (4 to 5 year olds)

One in five (18.2%) Reception children are overweight and obese (based on a population of 4,665).

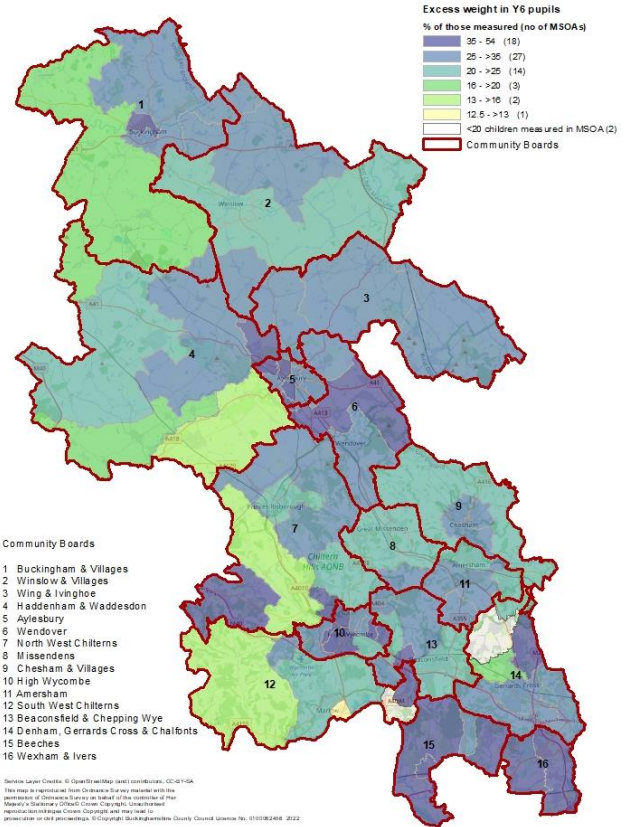
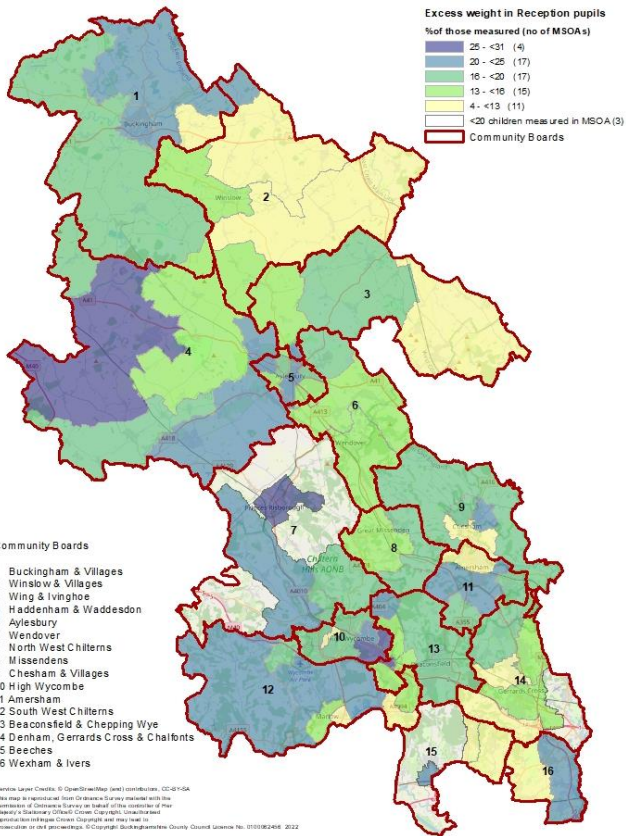
Excess weight in Reception children (aged 4 to 5 years) by MSOA, 2019/20



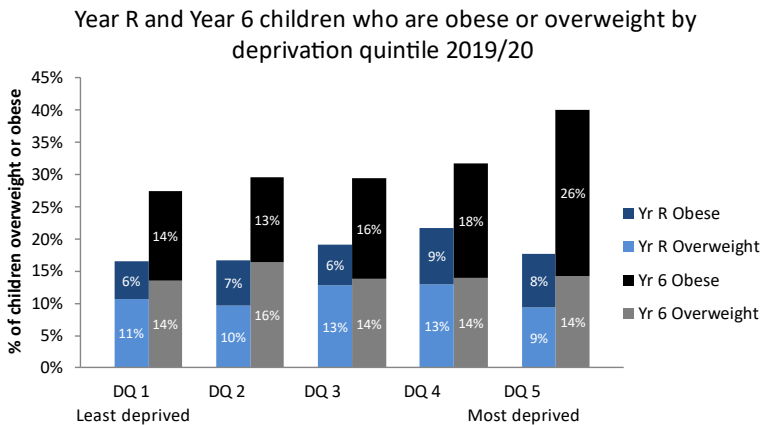
Year 6 (10 to 11 year olds)

One in three (31.1%) Year 6 children are overweight and obese (based on a population of 4,994).

Excess weight in Year 6 children (aged 10 to 11 years) by MSOA, 2019/20



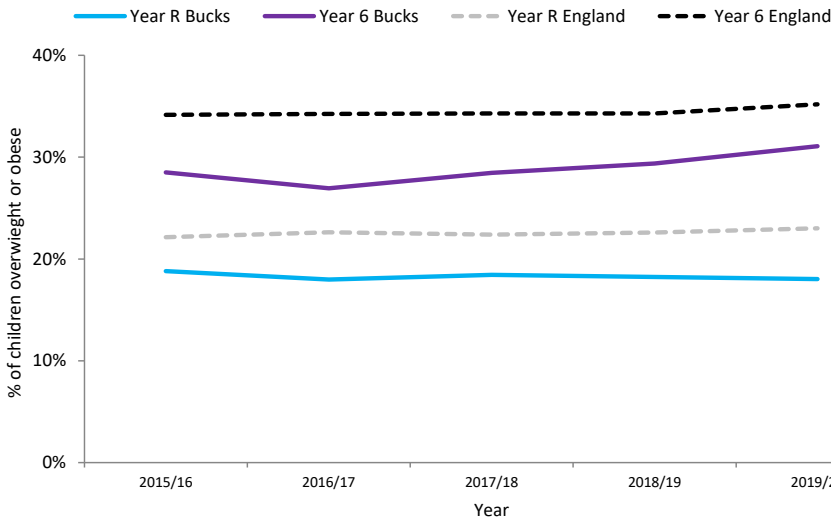
Excess weight for Reception and Year 6 by deprivation quintile, 2019/20



Key facts

- Four out of five (80.5%) Reception children and two out of three (67.5%) Year 6 children are a healthy weight.
- There is a significant decreasing trend for Year 6 children who are a healthy weight.
- Almost 1 in 10 Reception children (7.3%) and almost 1 in 5 Year 6 children (16.8%) are living with obesity.
- 1.3% in Reception are underweight (which is significantly worse than the England average of 0.9%). 1.5% of children in Year 6 are underweight similar to England (1.4%).
- A quarter of Year 6 children living in more deprived areas are obese. This is statistically significant (26% in DQ5 compared to 14% in DQ1).

Excess weight in Reception and Year 6 2015/16 – 2019/20



Excess weight by gender, 2019/20



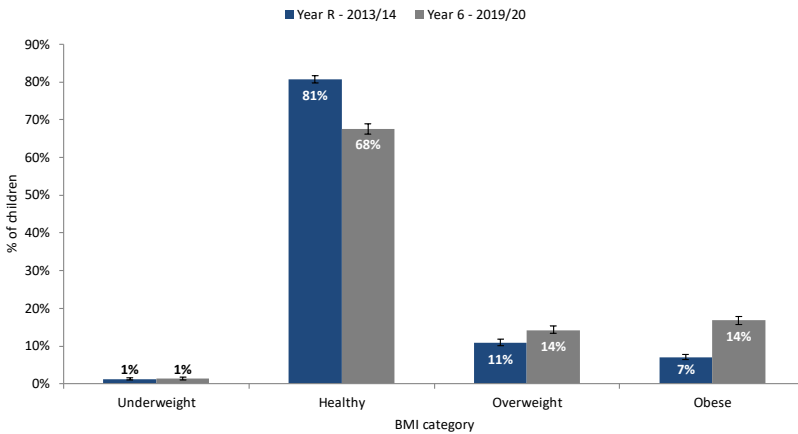
One in six Reception girls (17.5%) and more than a quarter of Year 6 girls (28.1%) are overweight or obese.



One in five Reception boys (18.6%) and a one in three Year 6 boys (33.9%) are overweight or obese.

There is a **significant increasing** trend for Year 6 children who are obese and severely obese.

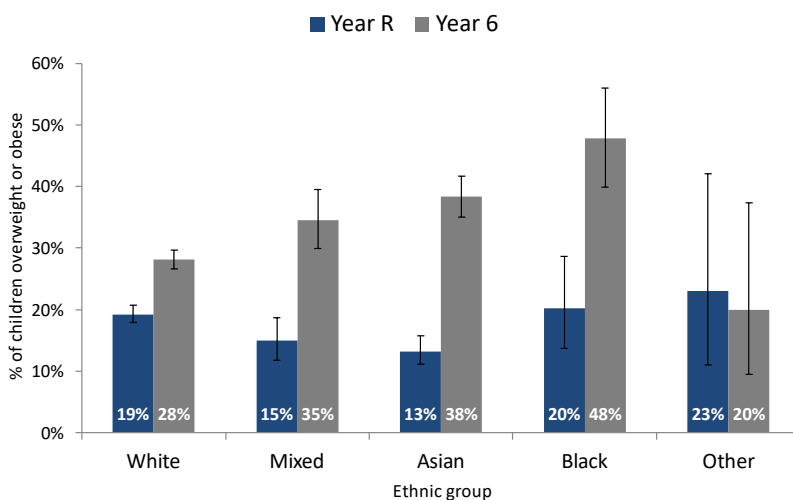
Comparison of cohorts Reception 2013/14 with Year 6 2019/20



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 2013/14 were measured again in Year 6 in 2019/20.

There is a smaller proportion of healthy weight children in 2019/20 (68%) compared to 2013/14 (81%). There is a corresponding higher proportion in both overweight children (11% v 14%) and obese children in 2019/20 (7% v 14%).

Excess weight in children by ethnicity and school year, 2019/20

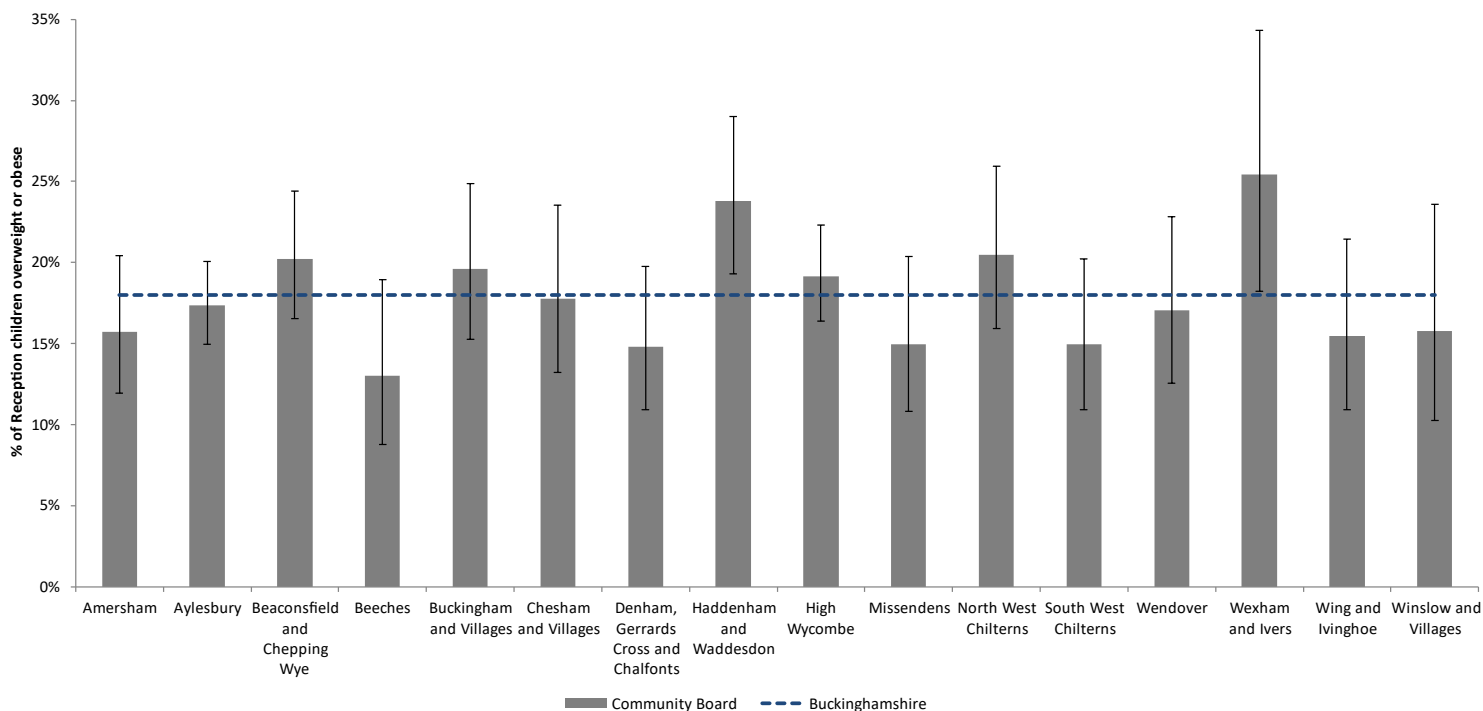


- 13.2% of Reception children from an Asian ethnic group are overweight or obese. This is statistically significantly lower than the other ethnic groups combined (19.0%).
- Almost one in four (38.4%) Year 6 children from an Asian ethnic group are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (29.7%).
- 28.1% of Year 6 children from a White ethnic group are overweight or obese. This is statistically significantly lower than the other ethnic groups combined (37.1%).
- Almost half (47.9%) of Year 6 children from a Black ethnic group are overweight or obese. This is statistically significantly higher than the other ethnic groups combined (30.6%).
- 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.

Excess weight % of children with ethnic group assigned	Buckinghamshire	England
Reception	18.0%	22.6%
Year 6	31.1%	35.1%

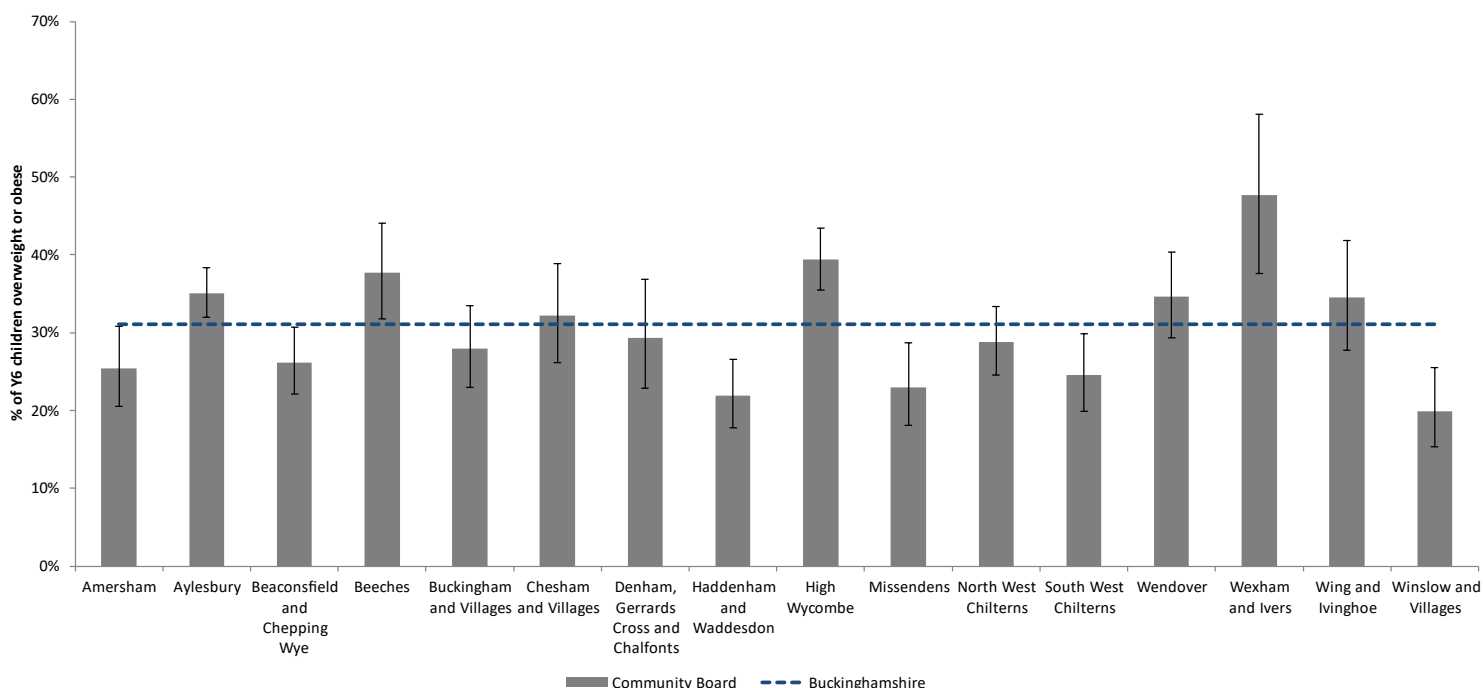
Around 95% of data had an ethnic group assigned

Excess weight in Reception by community board, 2019/20



The above chart shows Haddenham & Waddesdon with 23.8% (70 children) and Wexham & Ivers with 25.5% (28 children) as the community boards with the highest percentage of Reception children who were overweight or obese. Overall 18.2% (841 Reception children) are classified as overweight or obese in Buckinghamshire.

Excess weight in Year 6 children by community board, 2019/20



The above chart shows Aylesbury with 35.1% (307 children); Beeches with 37.7% (89 children); High Wycombe with 39.4% (230 children) and Wexham and Ivers with 47.7% (42 children) as the community boards with the highest percentage of Year 6 children who were overweight or obese. Overall 31.1% (1,552 Year 6 children) are classified as overweight or obese in Buckinghamshire.

Due to the impact of Covid-19 a large enough sample was not able to be collected in schools for Buckinghamshire for 2020/21.



Obesity

In England, **obesity prevalence has increased** in Reception children from 9.9% (2019/20) to 14.4% (2020/21) and increased in Year 6 children from 21.0% (2019/20) to 25.5% (2020/21). Prior to 2020 to 2021 prevalence of obesity and severe obesity has seen only small annual changes that have not exceeded 1.1 percentage points, since the start of the NCMP in 2006. In 2020 to 2021 unprecedented increases were seen in the prevalence of obesity of 4.7 percentage points in Reception boys, 4.4 percentage points in Reception girls, 5.6 percentage points in Year 6 boys and 3.3 percentage points in Year 6 girls. These increases in child obesity and severe obesity prevalence in 2020 to 2021 follow the COVID-19 pandemic which resulted in school closures and other public health measures. More data is needed to know whether this is a long-term increase.



Deprivation

The largest increases in the prevalence of obesity and severe obesity in boys and girls have occurred in the most deprived areas of England, resulting in the large and persistent disparities in child obesity having worsened. **Children living in the most deprived areas were more than twice as likely to be obese**, than those living in the least deprived areas. One in five (**20.3%**) Reception children in 2020/21 living in the most deprived areas were obese compared to 7.8% of those living in the least deprived areas (12.5 percentage point gap). One in three (**33.8%**) Year 6 children in 2020/21 living in the most deprived areas were obese compared to 14.3% of those living in the least deprived areas (19.5 percentage point gap). This gap between most and least deprived is increasing, 13.3% of Reception children in 2019/20 living in the most deprived areas were obese compared to 6.0% of those living in the least deprived areas (7.3 percentage point gap). 27.5% of Year 6 children in 2019/20 living in the most deprived areas were obese compared to 11.9% of those living in the least deprived areas (15.6 percentage point gap).



Gender

In England, **boys have a higher obesity prevalence than girls for both age groups**. In Reception **14.8%** of boys in 2020/21 were obese compared to 14.1% of girls (0.7 percentage point gap). In Year 6 **29.2%** of boys in 2020/21 were obese compared to 21.7% of girls (7.5 percentage point gap). This gap between gender is increasing, in Reception 10.1% of boys in 2019/20 were obese compared to 9.7% of girls (0.4 percentage point gap). In Year 6, 23.6% of boys in 2019/20 were obese compared to 18.4% of girls (5.2 percentage point gap).



Ethnicity

Disparities in **obesity prevalence between ethnic groups have also increased** with the ethnic groups that previously had the highest obesity prevalence, in the most part, experiencing the largest increases.

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 Public Health England, 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: Public Health England, NCMP 2019/20.

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: Public Health England, Department of Communities and Local Government 2019.