

National Child Measurement Programme

Data release 2015/16

November 2016



Produced by

Rachel Kennard: Senior Public Health Analyst (Rachel.Kennard@kent.gov.uk)

Zara Cuccu: Public Health Analyst (Zara.Cuccu@Kent.gov.uk)

Correspondence to: Rachel Kennard

| Contents

1. Executive Summary	4
2. Introduction & Objectives.....	7
3. National Child Measurement Programme	8
3.1 Data Quality & Coverage.....	8
3.2 Reception Year	9
3.2.1 Data release 2015/16.....	9
3.2.2 Trend between 2010/11 and 2015/16.....	10
3.2.3 Districts 2015/16.....	11
3.2.4 Ashford trend between 2010/11 and 2015/16.....	14
3.2.5 Canterbury trend between 2010/11 and 2015/16	15
3.2.6 Dartford trend between 2010/11 and 2015/16	16
3.2.7 Dover trend between 2010/11 and 2015/16.....	17
3.2.8 Gravesham trend between 2010/11 and 2015/16	18
3.2.9 Maidstone trend between 2010/11 and 2015/16	19
3.2.10 Sevenoaks trend between 2010/11 and 2015/16	20
3.2.11 Shepway trend between 2010/11 and 2015/16.....	21
3.2.12 Swale trend between 2010/11 and 2015/16.....	22
3.2.13 Thanet trend between 2010/11 and 2015/16	23
3.2.14 Tonbridge & Malling trend between 2010/11 and 2015/16	24
3.2.15 Tunbridge Wells trend between 2010/11 and 2015/16	25

3.3 Year Six.....	26
3.3.1 Data release 2015/16.....	26
3.3.2 Trend between 2010/11 and 2015/16.....	27
3.3.3 Districts 2015/16.....	28
3.3.4 Ashford trend between 2010/11 and 2015/16.....	30
3.3.5 Canterbury trend between 2010/11 and 2015/16	32
3.3.6 Dartford trend between 2010/11 and 2015/16	33
3.3.7 Dover trend between 2010/11 and 2015/16.....	34
3.3.8 Gravesham trend between 2010/11 and 2015/16	35
3.3.9 Maidstone trend between 2010/11 and 2015/16	36
3.3.10 Sevenoaks trend between 2010/11 and 2015/16	37
3.3.11 Shepway trend between 2010/11 and 2015/16.....	38
3.3.12 Swale trend between 2010/11 and 2015/16.....	39
3.3.13 Thanet trend between 2010/11 and 2015/16	40
3.3.14 Tonbridge & Malling trend between 2010/11 and 2015/16	41
3.3.15 Tunbridge Wells trend between 2010/11 and 2015/16	42
4. Conclusions	42
 Appendix A: Notes on Statistical Methodology	43
A.1.1 Confidence Intervals	43
A.1.2 Statistical Significance	43

| 1. Executive Summary

1.1 Key Findings

- Overall, in 2015/16 13.8% and 9.2% of the reception year pupils living in Kent measured under NCMP were overweight and obese respectively. Whilst obesity levels amongst reception year pupils in Kent were similar to the England average (9.3% in 2015/16), there is evidence to suggest that a slightly higher proportion of Year R pupils were overweight than the England average (of 12.8%).
- In 2015/16, 14.2% and 18.7% of the year six pupils living in Kent measured under NCMP were overweight and obese respectively. Obesity levels amongst year 6 pupils in Kent are slightly lower than the England average (of 19.8%), but similar to the England average (of 14.3%) in respect of the proportion of Year 6 pupils who are overweight.
- For both reception year and year six, the figures are similar to those recorded last year (2014/15) and in 2010/11.
- There haven't been any meaningful changes in obese or overweight for either age group at Kent-level between 2010/11 and 2015/16.

Ashford:

- In 2015/16, levels of excess weight amongst reception year pupils in Ashford were higher than Kent, the South East and England.
- Levels of excess weight amongst year 6 pupils in Ashford are also higher than the South East average, but similar to Kent and England.
- Whilst the prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Ashford remains at a similar level to that recorded in 2010/11, there is some evidence of an increase amongst reception year pupils.
 - 26.1% of the reception year pupils measured in 2015/16 living in Ashford were overweight or obese.

Canterbury:

- Whilst the prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Canterbury remains at a similar level to that recorded in 2010/11, there is some evidence of a decrease amongst reception year pupils.
 - 15.0% of the reception year pupils measured in 2015/16 living in Canterbury were overweight or obese; lower than Kent, the South East and England.
- Excess weight prevalence rates are also lower than the Kent, South East and England averages for year six pupils living in Canterbury.

Dartford:

- The prevalence of overweight, obesity and excess weight amongst both reception year and year 6 pupils living in Dartford remain at similar levels to those recorded in 2010/11.
- Obesity prevalence in both year groups in Dartford is similar to Kent, but higher than the South East average.

Dover:

- The prevalence of overweight, obesity and excess weight amongst both reception year and year 6 pupils living in Dover remain at similar levels to those recorded in 2010/11.
- Obesity prevalence in both year groups is higher in Dover than the Kent and South East averages (and higher than the England average in the case of reception year).

Gravesham:

- The prevalence of overweight, obesity and excess weight amongst both reception year and year 6 pupils living in Gravesham remain at similar levels to those recorded in 2010/11.
- Excess weight prevalence in both year groups is higher in Gravesham than the Kent and South East averages (and higher than the England average in the case of reception year).

Maidstone:

- In 2015/16, levels of obesity, overweight and excess weight amongst reception year pupils in Maidstone were all similar to both Kent and England.
- The same is true for year 6 pupils.
- The prevalence of overweight and obesity amongst both reception year and year 6 pupils living in Maidstone remain at similar levels to those recorded in 2010/11.

Sevenoaks:

- The prevalence of overweight, obesity and excess weight amongst both reception year and year 6 pupils living in Sevenoaks remain at similar levels to those recorded in 2010/11.
- Obesity prevalence in both year groups is lower in Sevenoaks than the Kent, South East and England averages.

Shepway:

- In 2015/16, levels of obesity and excess weight amongst reception year pupils in Shepway were similar to both Kent and England, but higher than the South East average.
- The same is true for year 6 pupils.
- The prevalence of overweight and obesity amongst both reception year and year 6 pupils living in Shepway remain at similar levels to those recorded in 2010/11.

Swale:

- In 2015/16, levels of obesity and excess weight amongst both reception year and year 6 pupils living in Swale were similar to both Kent and England.
- The prevalence of overweight and obesity amongst both reception year and year 6 pupils living in Swale remain at similar levels to those recorded in 2010/11.

Thanet:

- The prevalence of overweight, obesity and excess weight amongst both reception year and year 6 pupils living in Thanet remain at similar levels to those recorded in 2010/11.
- Excess weight prevalence in year six is higher in Thanet than the Kent and South East averages.

Tonbridge & Malling:

- The prevalence of excess weight amongst both reception year and year 6 pupils living in Tonbridge & Malling have decreased since 2010/11, but remained at similar levels in recent years.
 - Excess weight prevalence in year six is lower in Tonbridge & Malling than the Kent and England averages.

Tunbridge Wells:

- Whilst the prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Tunbridge Wells have remained at similar levels since 2011/12, there is some evidence to suggest that the prevalence of obesity and excess weight amongst year R pupils living in Tunbridge Wells has increased over the last couple of years. Obesity prevalence in Tunbridge Wells amongst reception year pupils is now significantly higher than it was in 2010/11.
 - 27.2% of the year six pupils measured living in Tunbridge Wells were overweight or obese; lower than the Kent, South East and England averages.

| 2. Introduction & Objectives

2.1 National Child Measurement Programme

The National Child Measurement Programme (NCMP) measures the heights and weights of children within reception year (ages 4 to 5 years), as well as, children within year 6 (ages 10 to 11). Local authorities collect data on children's height and weight from all state maintained schools within their area. Participation in the programme is not compulsory, but non-participation is on an opt-out basis only. Children's heights and weights are measured and used to calculate a Body Mass Index (BMI) centile. The measurement process is overseen by trained healthcare professionals in schools.

The programme is recognised internationally as a world-class source of public health intelligence and holds UK National Statistics status.

In October 2016, local authorities were provided with data for schools within their area for the 2015/16 academic year. The Kent and District-level results in this document relate to this local data, which was released in advance of the publication of national key findings by NHS Digital (formerly the Health and Social Care Information Centre (HSCIC)) in November. The South East and England-level results in this document relate to this nationally published data. The analysis of our local data is based on pupils both resident within Kent and attending Kent mainstream state schools. The 2015/16 local data has been compared with District and Kent-level figures published nationally by NHS Digital for 2010/11-2014/15.

This report replaces a previous report (published October 2016) that was based on provisional data, and provided results at District and Kent-level only. This report replaces the previous document, and includes comparisons with England and the South East. Kent and District-level results are identical to those published in the provisional report.

Where results have been referred to as being 'higher' or 'lower' than either previous levels or other geographies, this indicates a statistically significant difference (at the 95% level of confidence). See Appendix A for further information on the calculation of confidence intervals and significance levels.

| 3. National Child Measurement Programme

3.1 Data Quality & Coverage

In 2015/16, Kent were identified as an area of good practice in respect of data quality. The Kent County Council participation rates were reported to be 97% for reception year and 96% for year six, in 2015/16. A participation rate of 90% and greater is considered to be of sufficient quality to be representative of the population measured.

The data quality indicators for completeness and accuracy were also of a level (less than 25%) to indicate robust local authority data.

Unfortunately it is not possible to explore the data quality indicators at a district level.

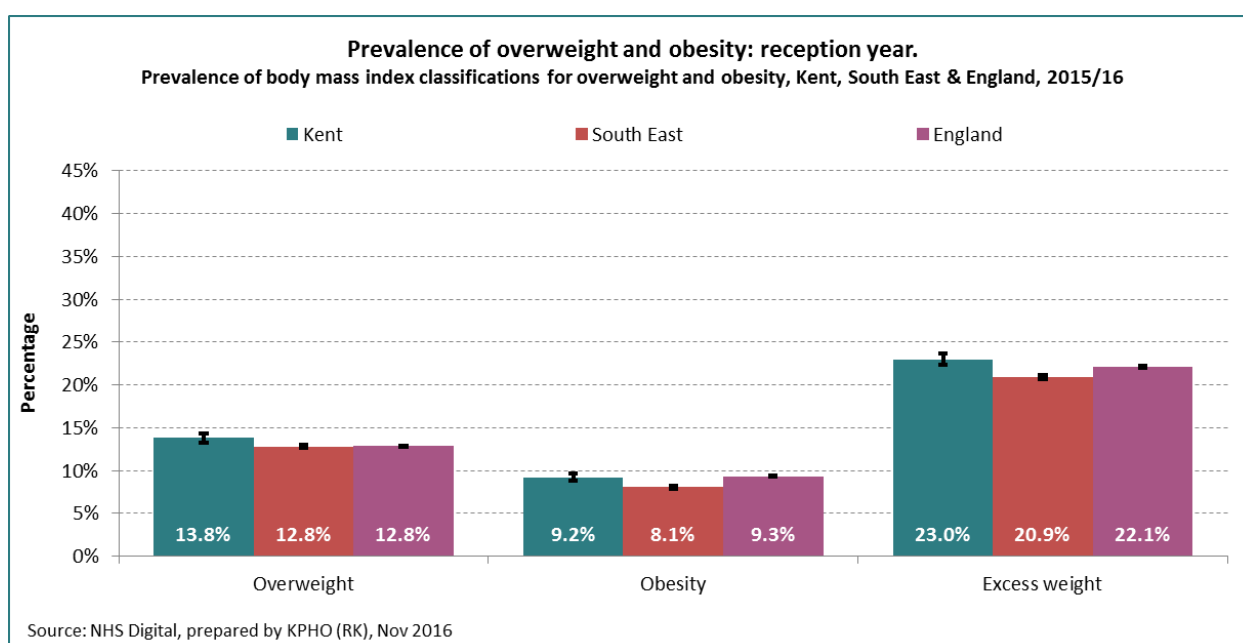
Between 2006/07 and 2009/10, the NHS Digital published data only included local authority level results based on the location of the school. From 2010/11, data has also been published based on the local authority of residence of the pupil. The analysis in this report focusses on where pupils live, and as such refers to figures for the local authority of residence. For this reason, all trend analysis is restricted to 2010/11 onwards.

3.2 Reception Year

3.2.1 Data release 2015/16

In 2015/16, within reception year pupils resident in Kent, the prevalence of overweight, obesity and excess weight¹ in comparison to the South East and England was measured as follows:

- 13.8% were found to be overweight; **higher** than both the South East and England.
- 9.2% were obese; **higher** than the South East, but similar to England.
- 23.0% were overweight or obese, **higher** than both the South East and England.

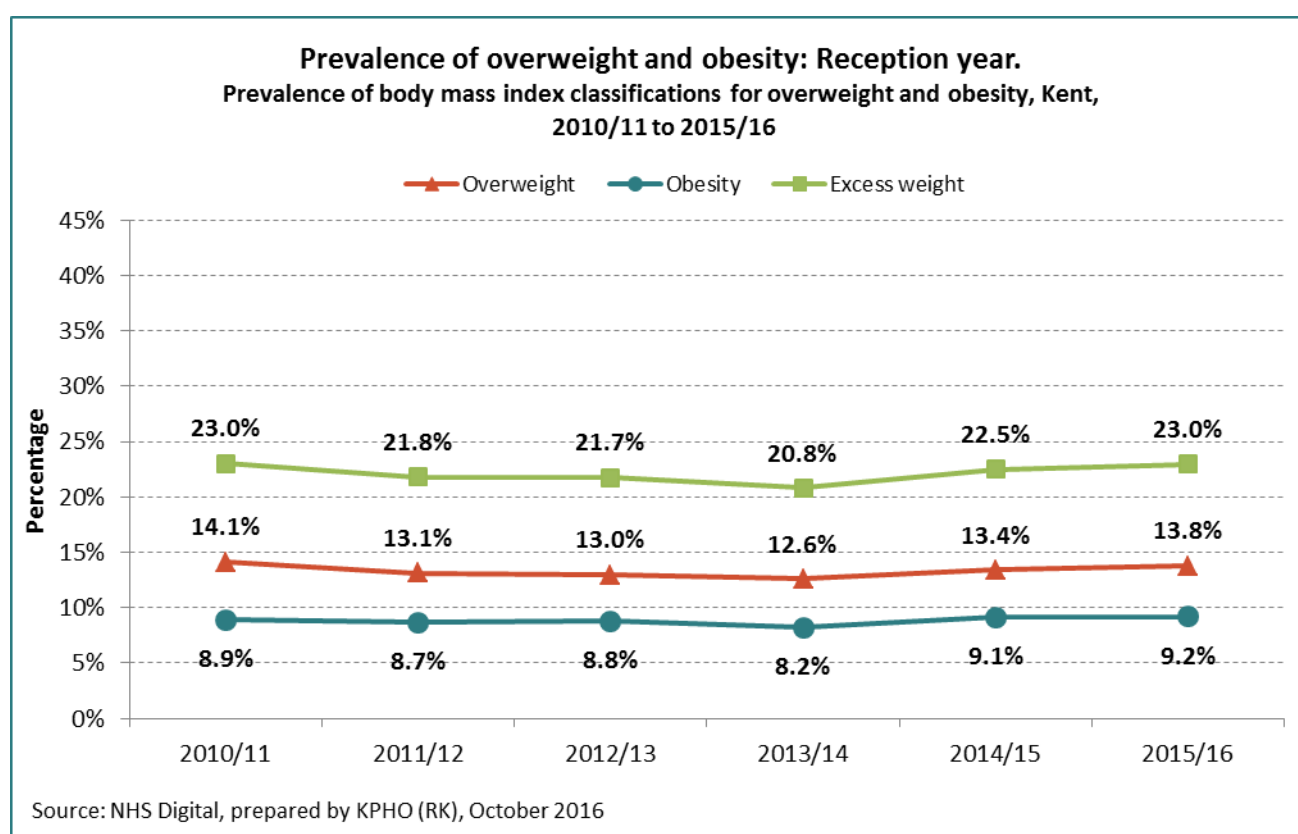


¹ Obese and overweight children combined.

3.2.2 Trend between 2010/11 and 2015/16

The short-term trend in the prevalence of overweight, obesity and excess weight within Kent reception year pupils suggests no overall movement.

- There has been no statistically significant change in the prevalence of obesity or overweight amongst reception year pupils in Kent between 2010/11 and 2015/16, nor between 2014/15 and 2015/16.
- Whilst there was some evidence to suggest that levels of obesity and overweight fell slightly between 2010/11 and 2013/14, they have risen back to 2010/11 levels.

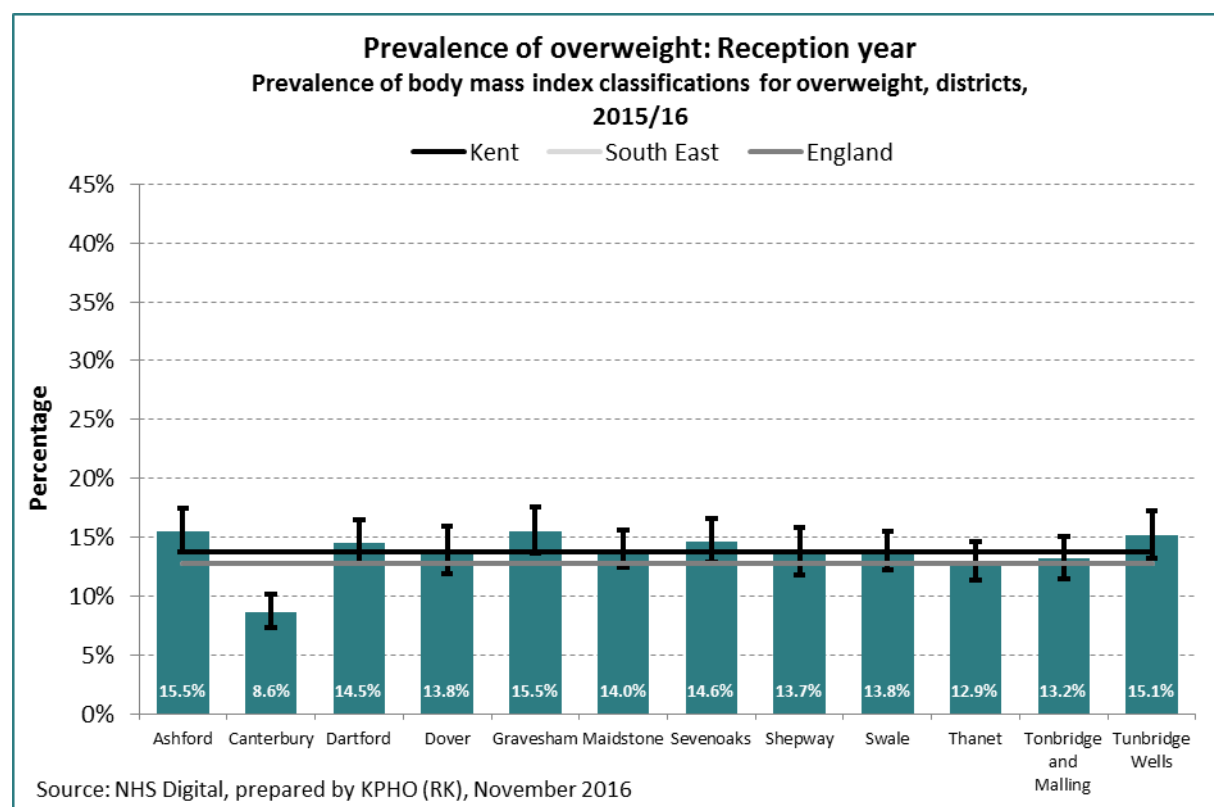


3.2.3 Districts 2015/16

In 2015/16, for the majority of Districts, the prevalence of overweight was similar to Kent. The exception to this is Canterbury, where a lower proportion of year R pupils were measured as being overweight (8.6%).

The majority of Districts were also similar to the South East and England in terms of the prevalence of overweight. The exceptions are as follows:

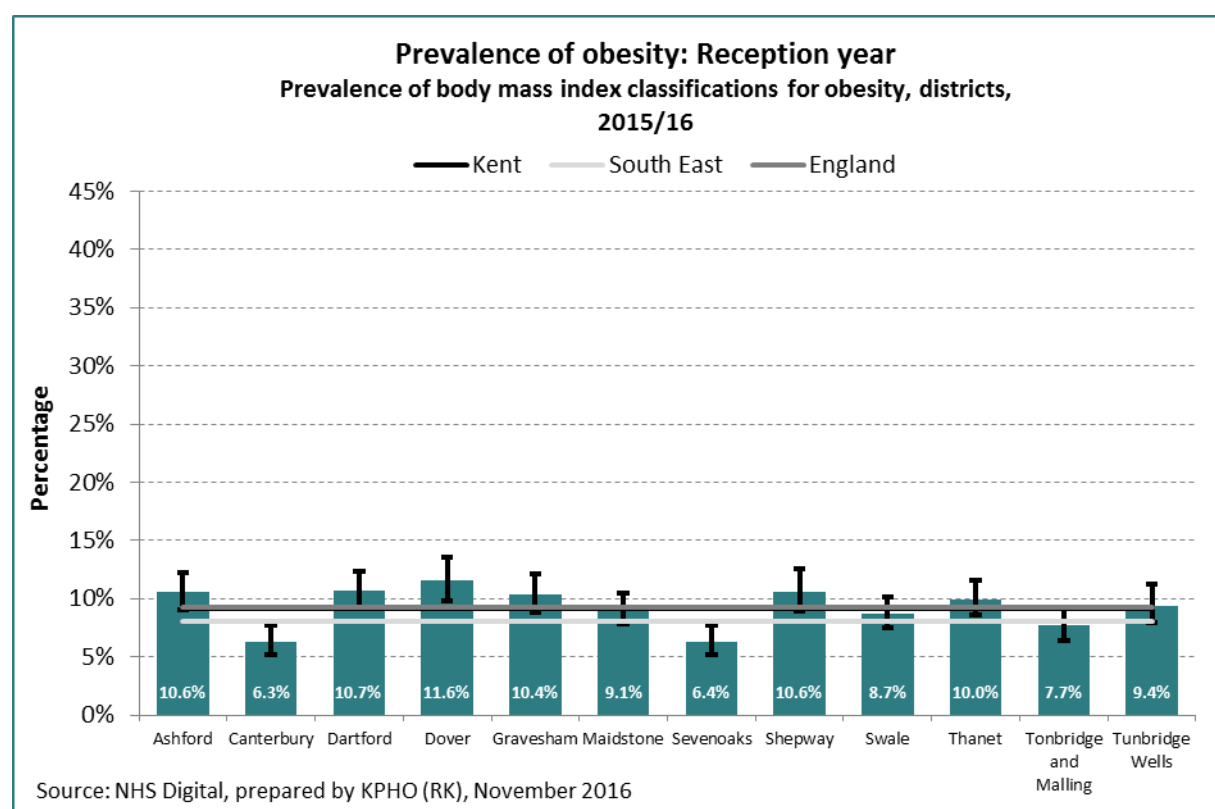
- Ashford
 - 15.5% were overweight in Ashford; **higher** than both the South East and England.
- Canterbury
 - 8.6% were overweight in Canterbury; **lower** than both the South East and England.
- Gravesham
 - 15.5% were overweight in Gravesham; **higher** than both the South East and England.
- Sevenoaks
 - 14.6% were overweight in Sevenoaks; **higher** than both the South East and England.
- Tunbridge Wells
 - 15.3% were overweight in Tunbridge Wells; **higher** than both the South East and England.



As with overweight, for the majority of Districts the prevalence of obesity was similar to Kent. The exceptions are as follows:

- Dover
 - 11.6% of those measured living in Dover were obese; **higher** than Kent, the South East and England.
- Canterbury and Sevenoaks
 - 6.3% of those measured living in Canterbury and 6.4% of those measured living in Sevenoaks were obese; **lower** than Kent, the South East and England.

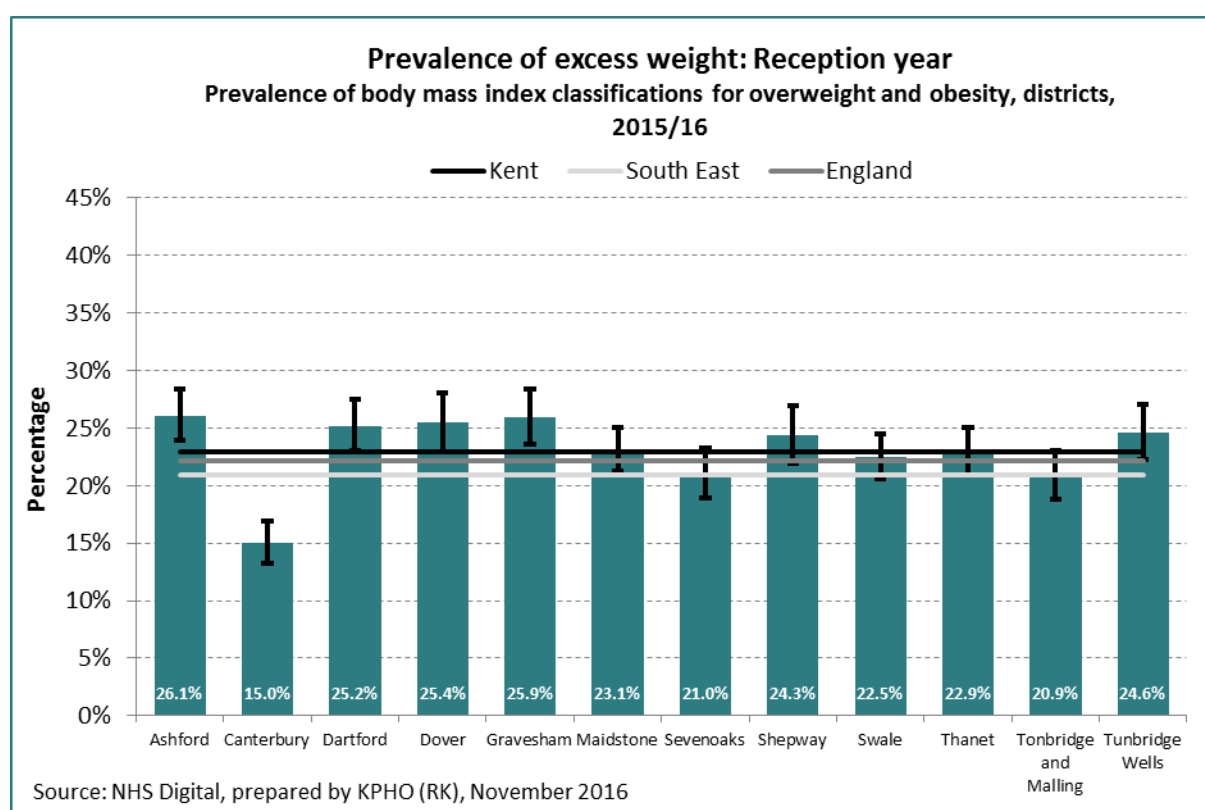
Whilst obesity levels in Ashford, Dartford, Gravesham, Shepway and Thanet were found to be similar to the Kent average, they were all higher than the South East.



For the majority of Districts, the prevalence of excess weight was also similar to Kent. The exceptions to this are as follows:

- Ashford and Gravesham
 - 26.1% of those measured living in Ashford and 25.9% of those measured living in Gravesham were overweight or obese; **higher** than Kent, the South East and England.
- Canterbury
 - 15.0% of those measured living in Canterbury were overweight or obese; **lower** than Kent, the South East and England.

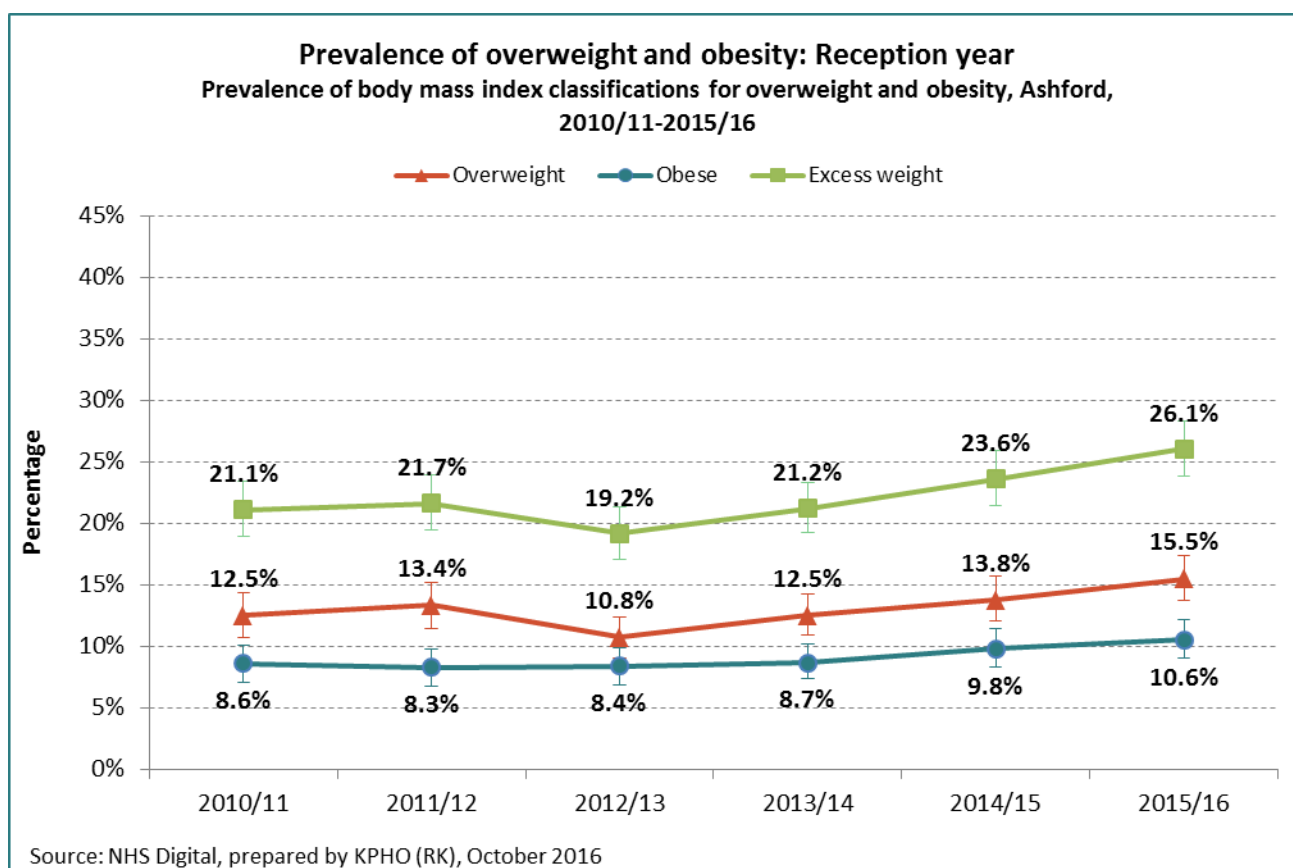
Whilst levels of excess weight in Dartford, Dover, Maidstone, Shepway and Tunbridge Wells were found to be similar to the Kent average, they were all higher than the South East (and also higher than England in the case of Dartford, Dover and Tunbridge Wells).



3.2.4 Ashford trend between 2010/11 and 2015/16

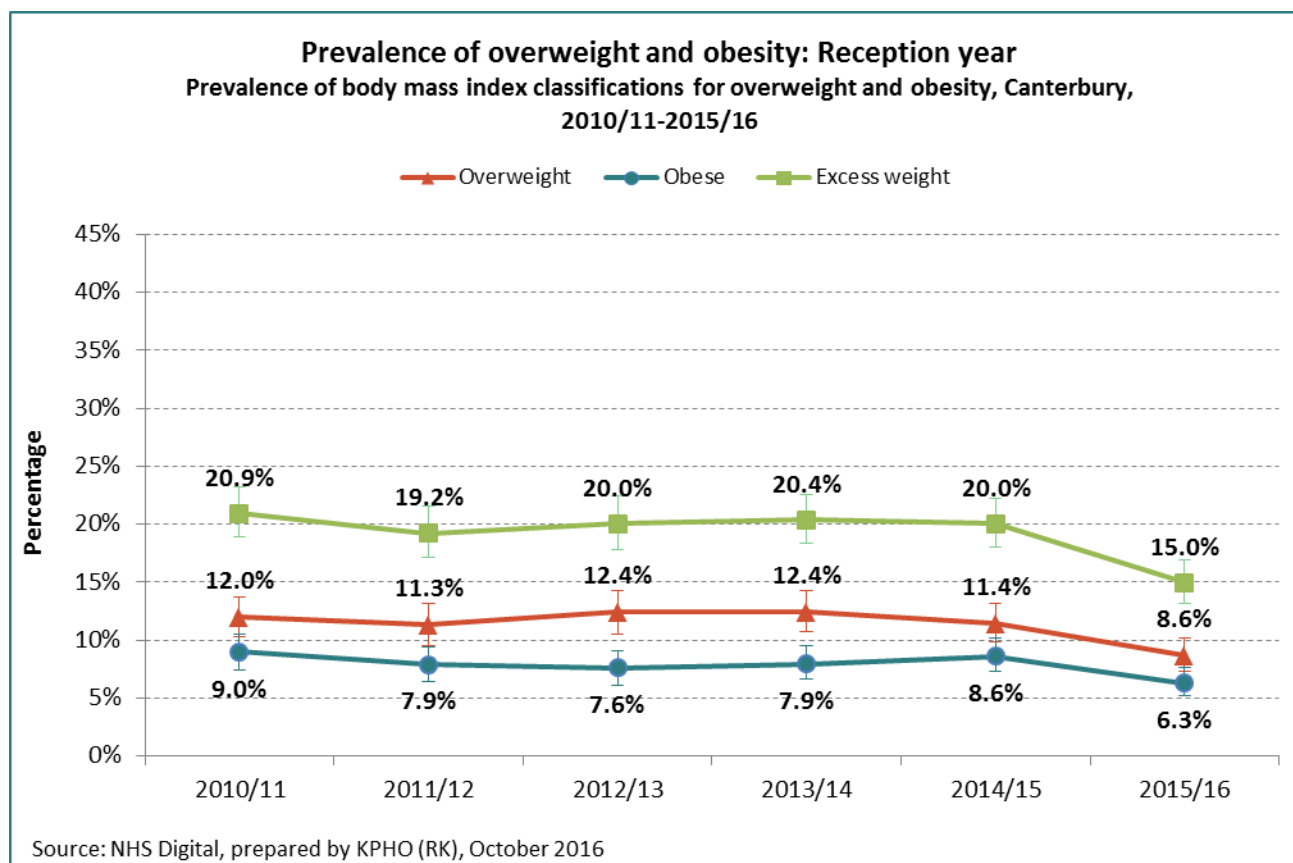
There is some evidence to suggest that the prevalence of overweight and excess weight amongst year R pupils living in Ashford is increasing.

- The prevalence of both overweight and excess weight amongst year R pupils living in Ashford are now significantly higher than they were in 2010/11.



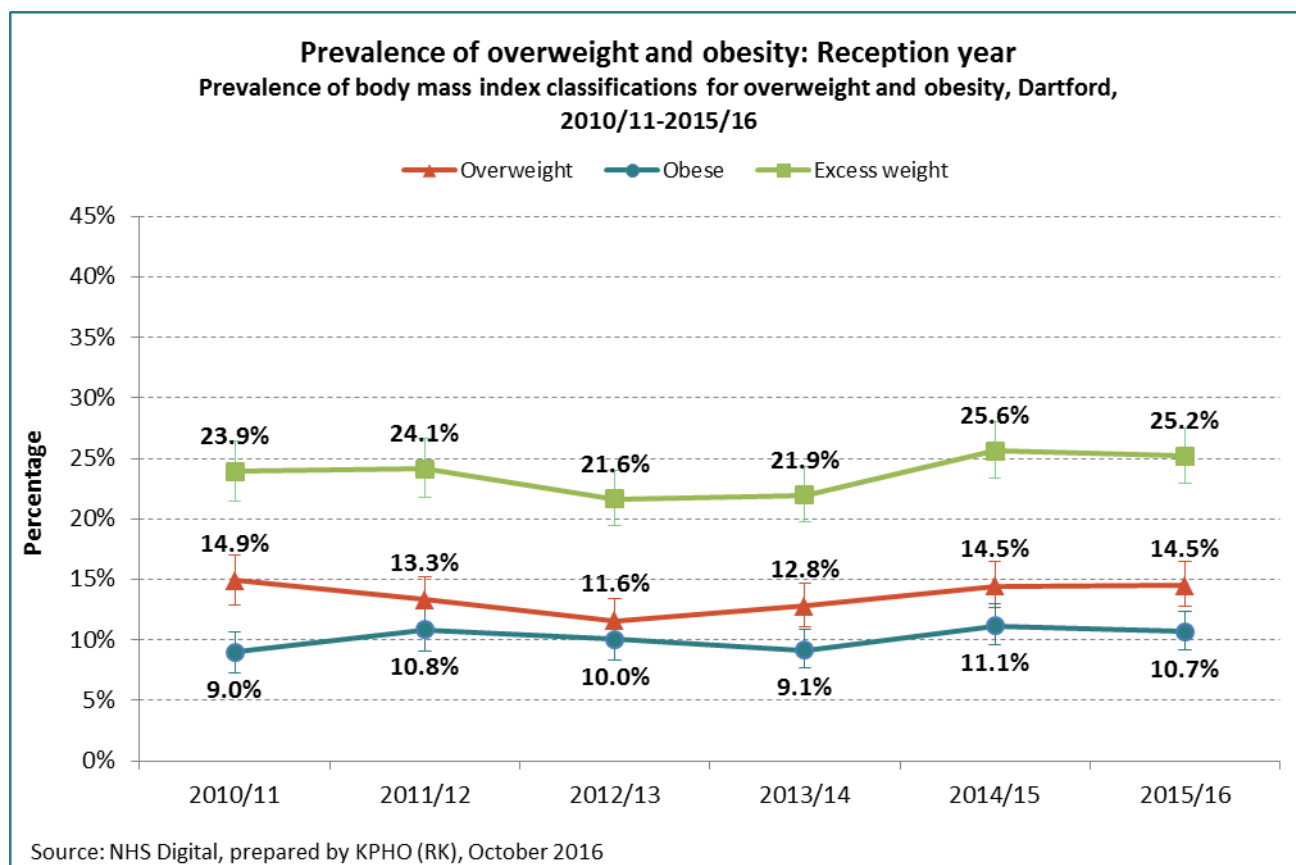
3.2.5 Canterbury trend between 2010/11 and 2015/16

There is some evidence to suggest that the prevalence of obesity, overweight and excess weight amongst year R pupils living in Canterbury has decreased in 2015/16.



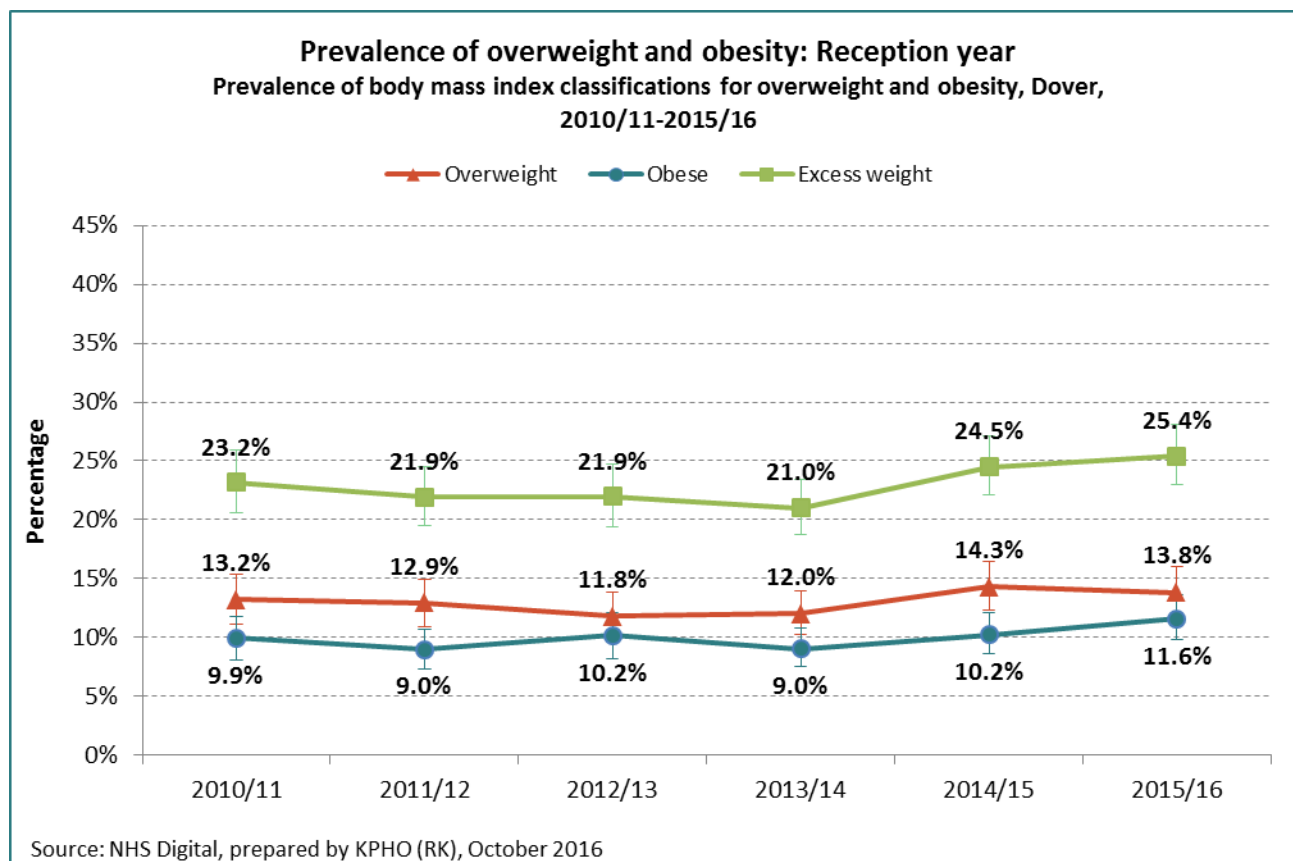
3.2.6 Dartford trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Dartford remains at a similar level to that recorded in 2010/11.



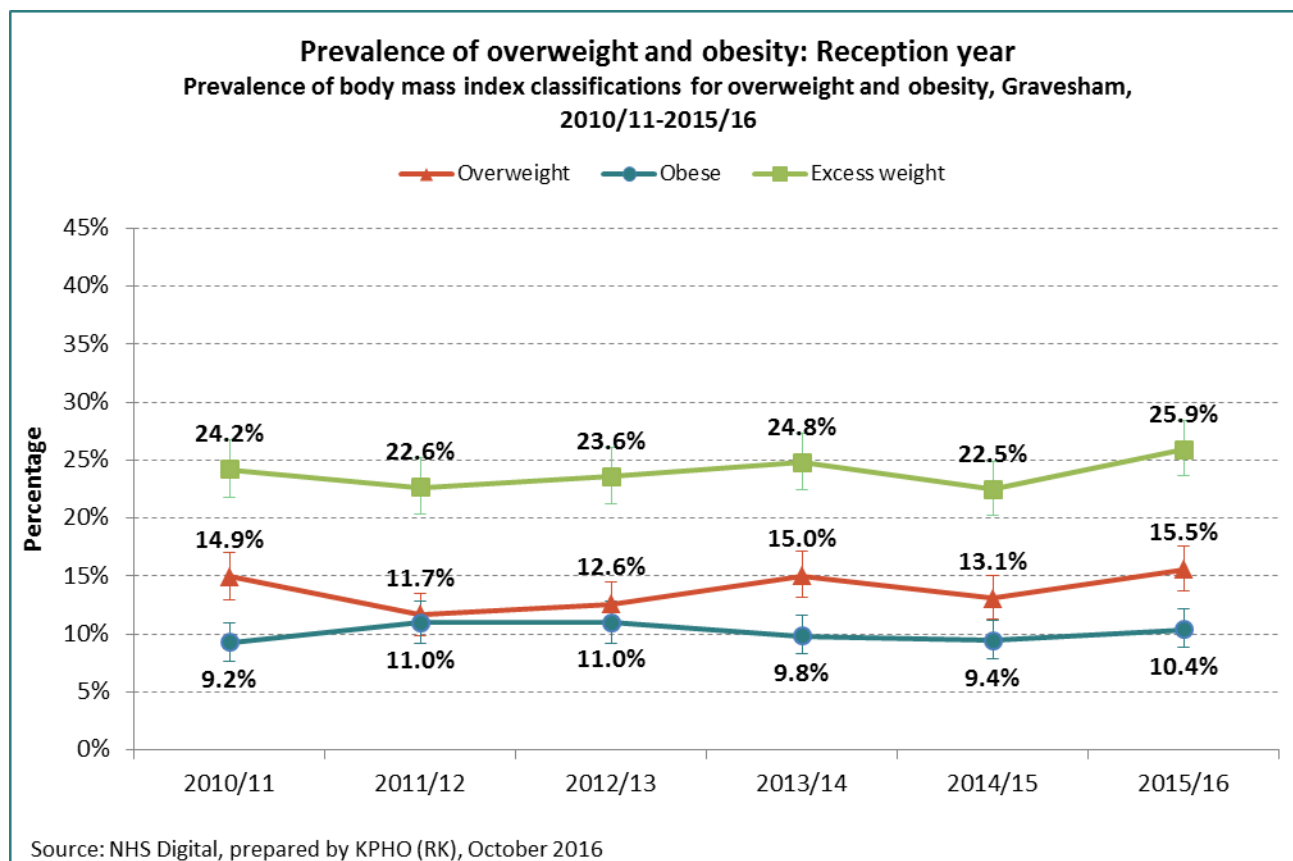
3.2.7 Dover trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Dover remains at a similar level to that recorded in 2010/11.



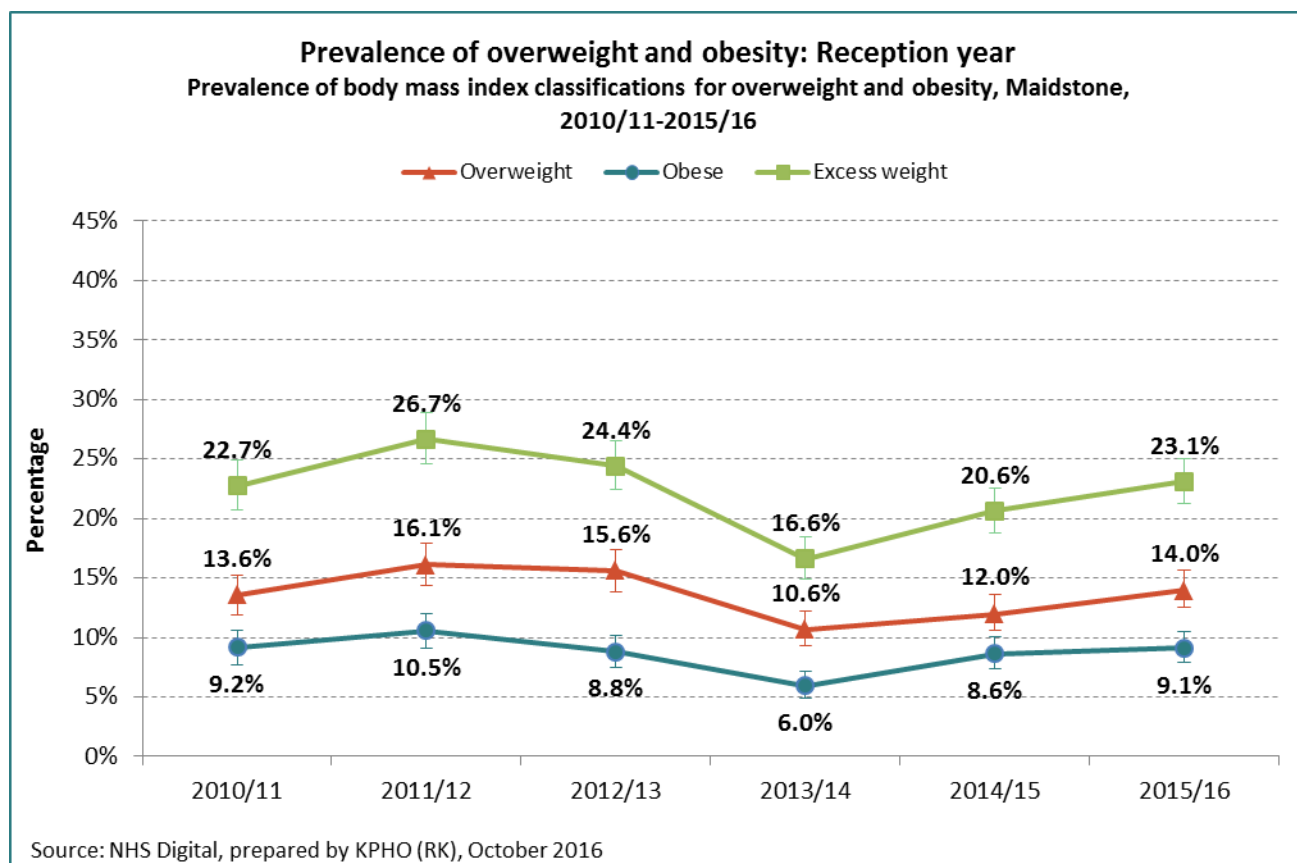
3.2.8 Gravesham trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Gravesham remains at a similar level to that recorded in 2010/11.



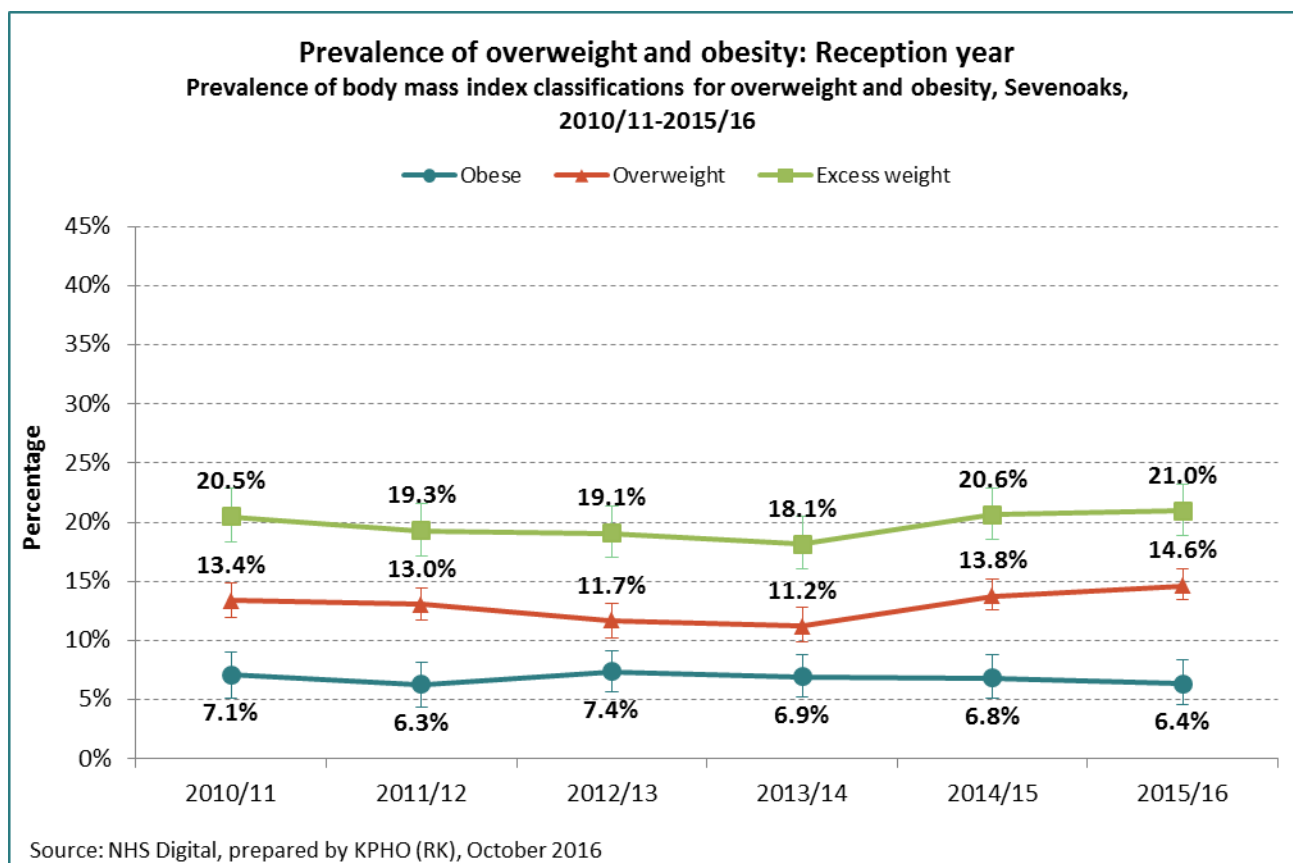
3.2.9 Maidstone trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Maidstone remains at a similar level to that recorded in 2010/11.



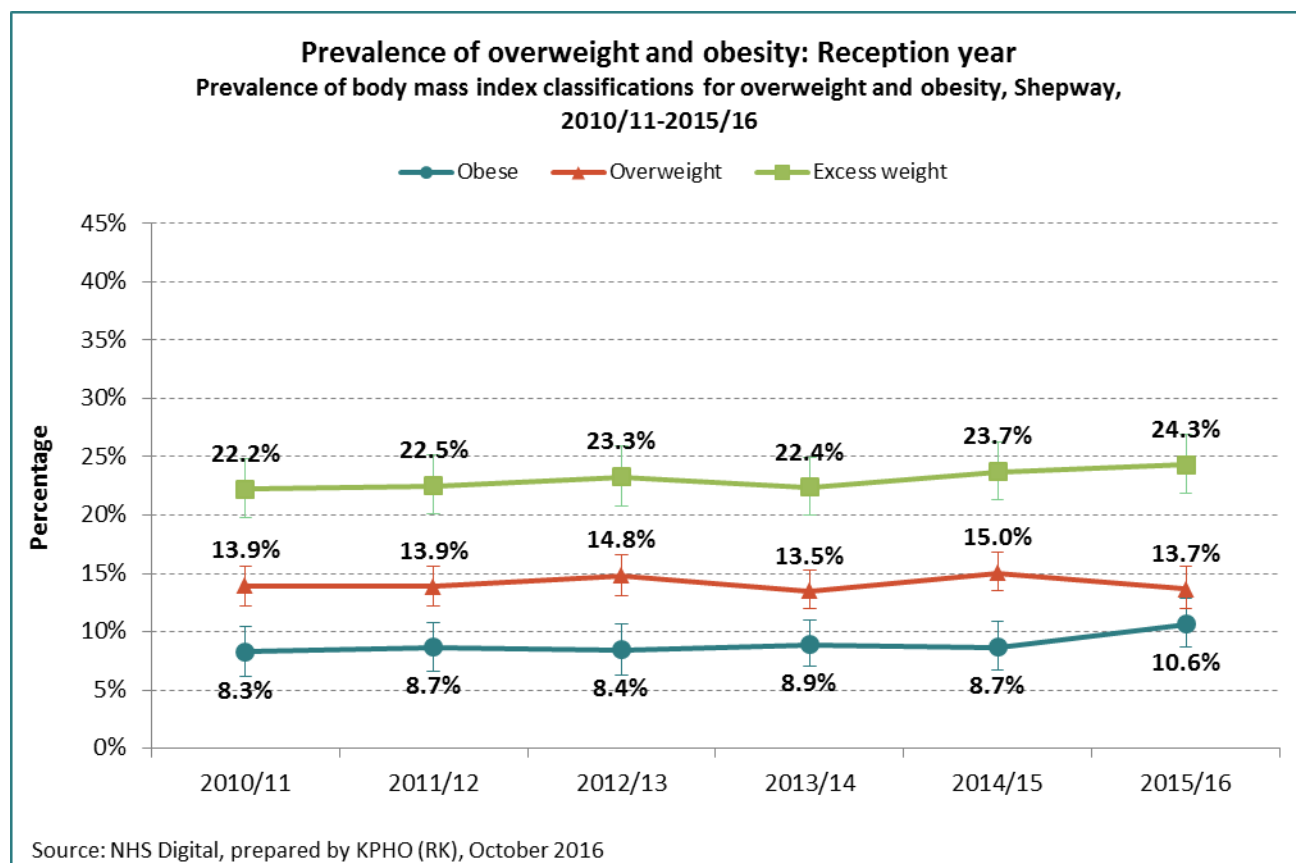
3.2.10 Sevenoaks trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Sevenoaks remains at a similar level to that recorded in 2010/11.



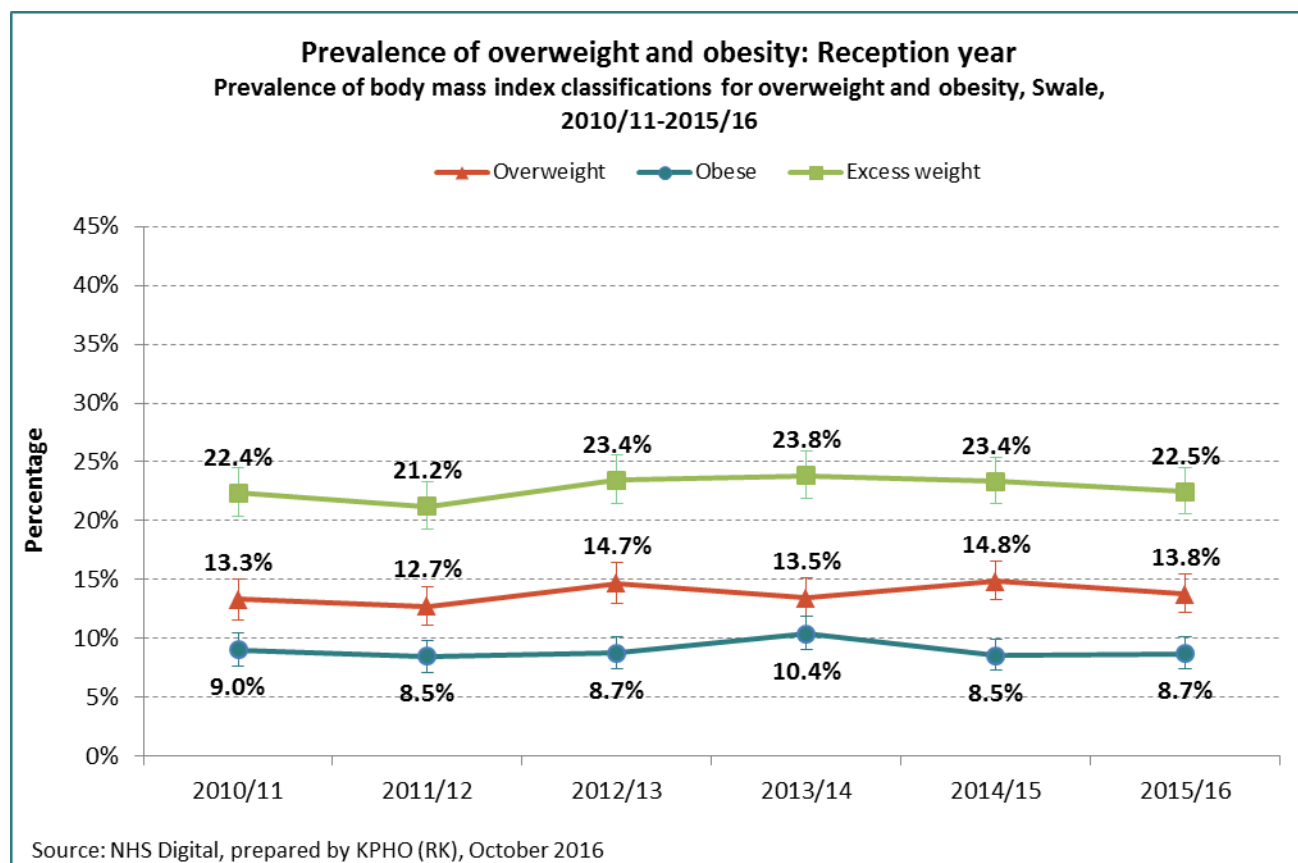
3.2.11 Shepway trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Shepway remains at a similar level to that recorded in 2010/11.



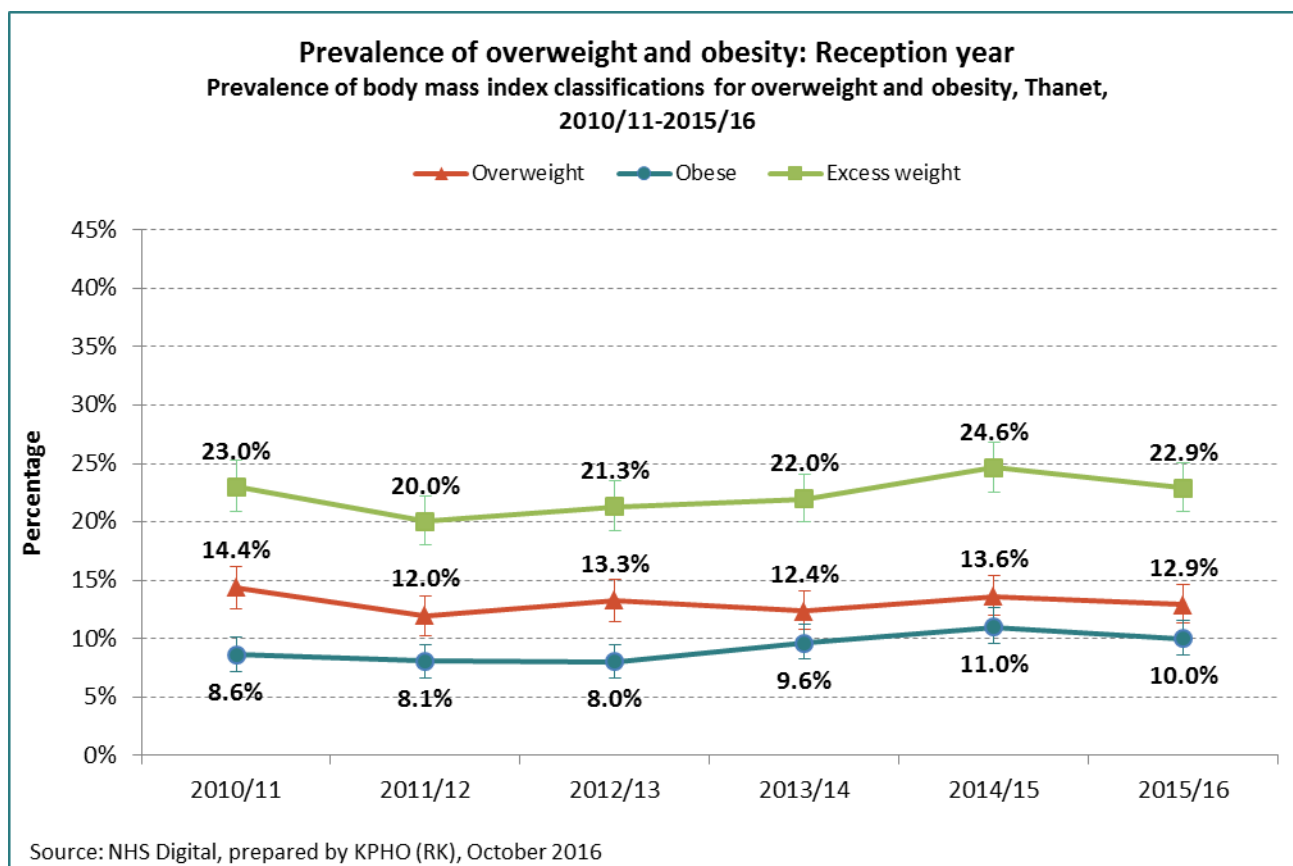
3.2.12 Swale trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Swale remains at a similar level to that recorded in 2010/11.



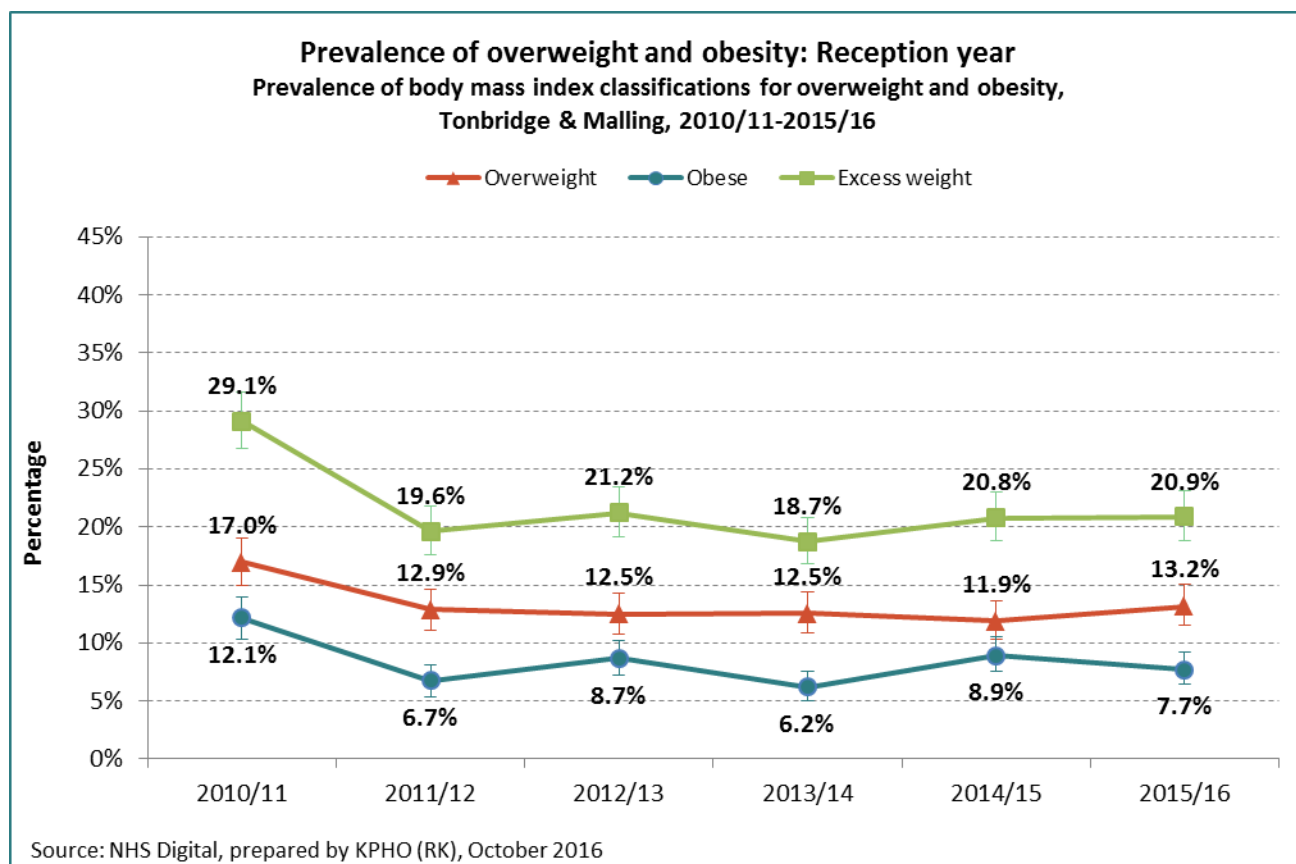
3.2.13 Thanet trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Thanet remains at a similar level to that recorded in 2010/11.



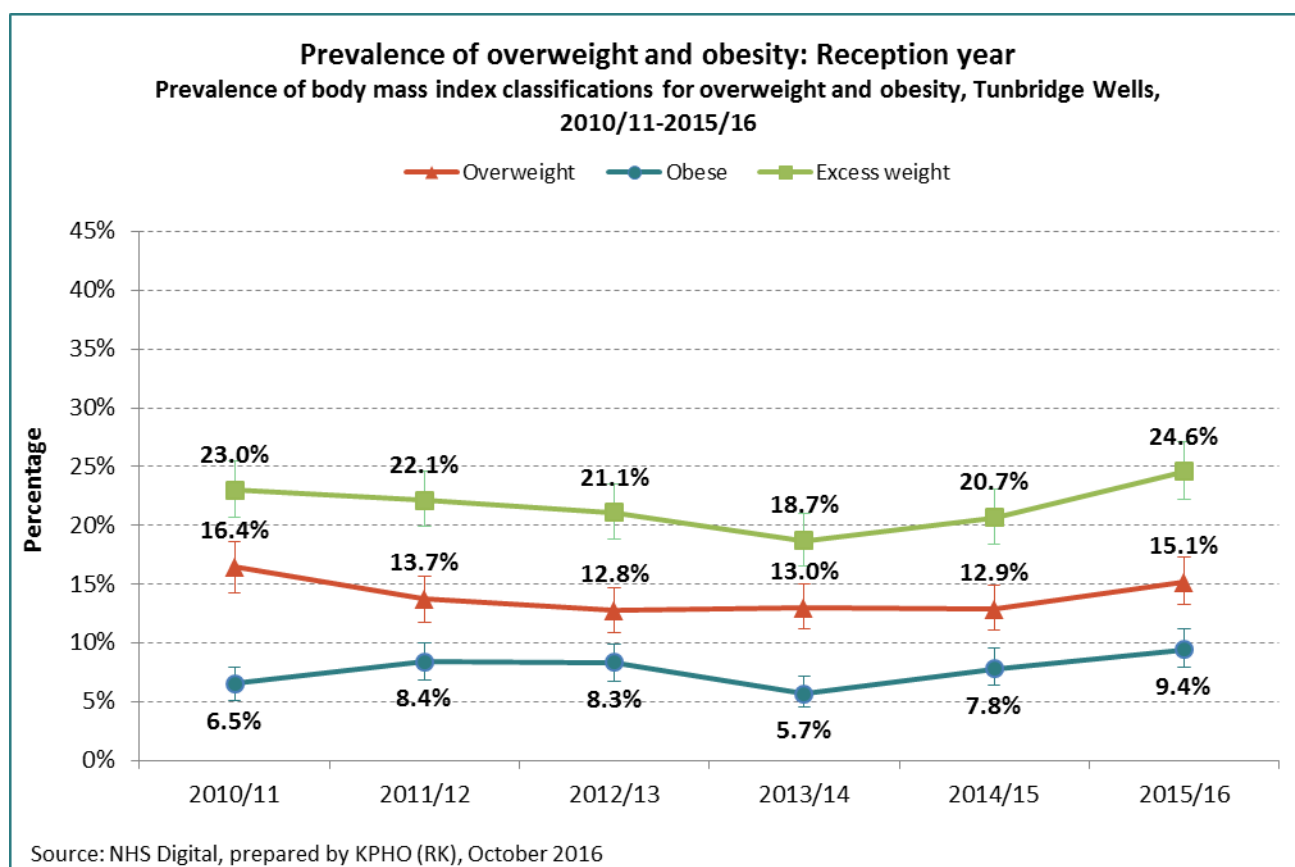
3.2.14 Tonbridge & Malling trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year R pupils living in Tonbridge & Malling has remained at a similar level since 2011/12.



3.2.15 Tunbridge Wells trend between 2010/11 and 2015/16

There is some evidence to suggest that the prevalence of obesity and excess weight amongst year R pupils living in Tunbridge Wells has increased over the last couple of years. Obesity prevalence is now significantly higher than it was in 2010/11.

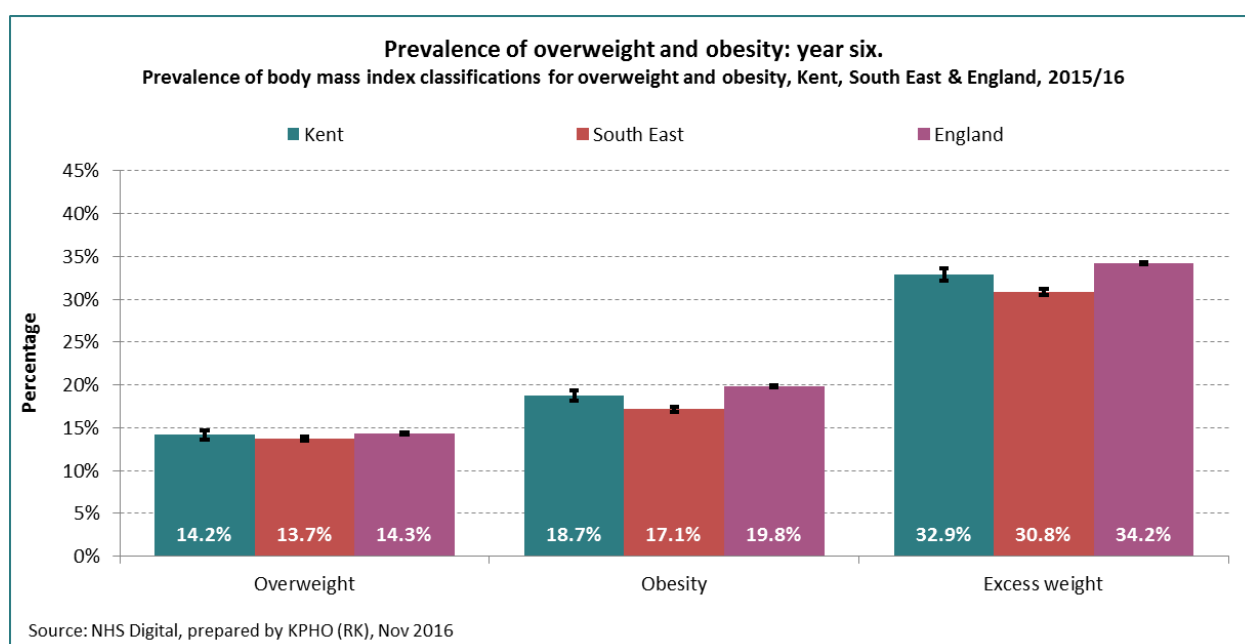


3.3 Year Six

3.3.1 Data release 2015/16

In 2015/16, within year six pupils resident in Kent, the prevalence of overweight, obesity and excess weight in comparison to the South East and England was measured as follows:

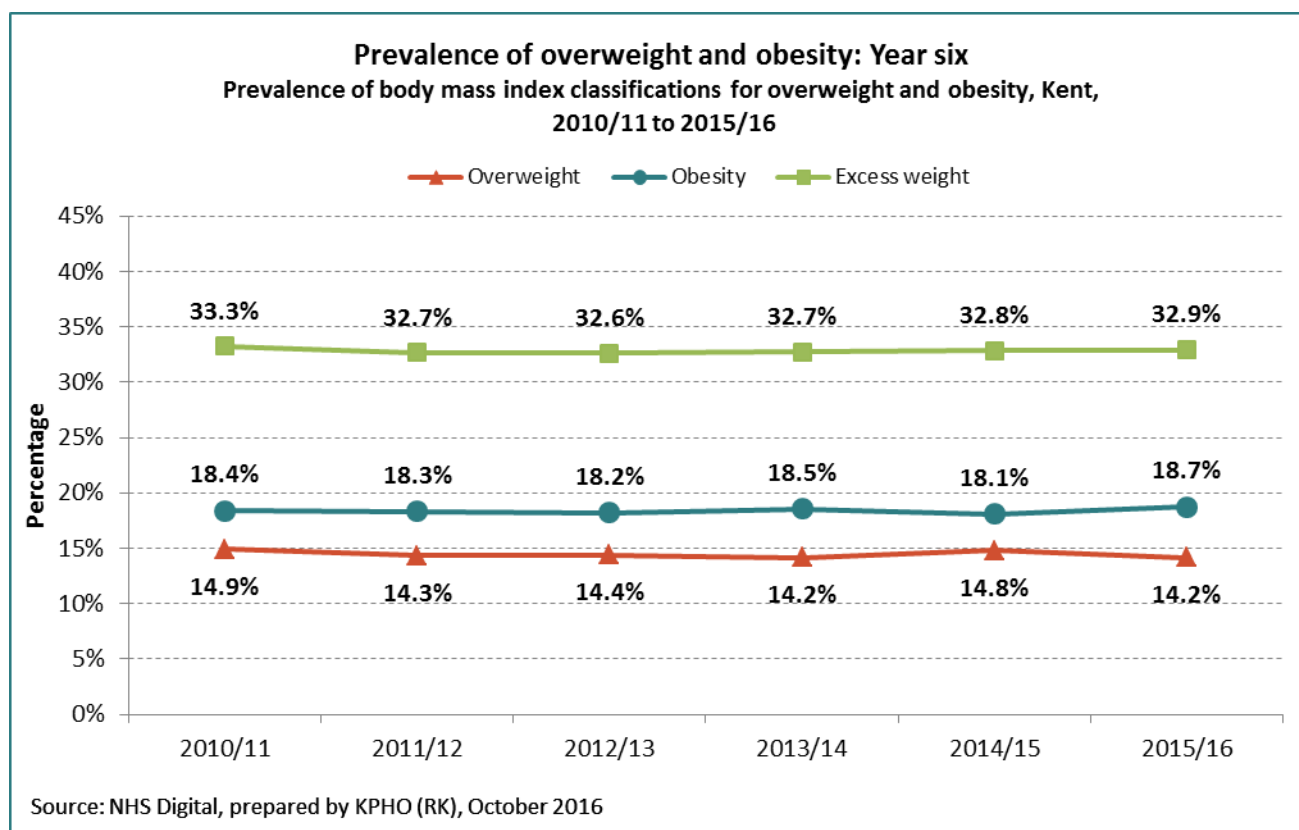
- 14.2% were overweight; **similar to** the South East and England.
- 18.7% were obese; **higher** than the South East, but **lower** than England.
- 32.9% were overweight or obese; **higher** than the South East, but **lower** than England.



Whilst levels of overweight amongst year 6 pupils in Kent are fairly similar to those found in Year R, there is a striking difference in terms of obesity with the proportion of Year 6 pupils measured as obese amongst twice that of year R pupils.

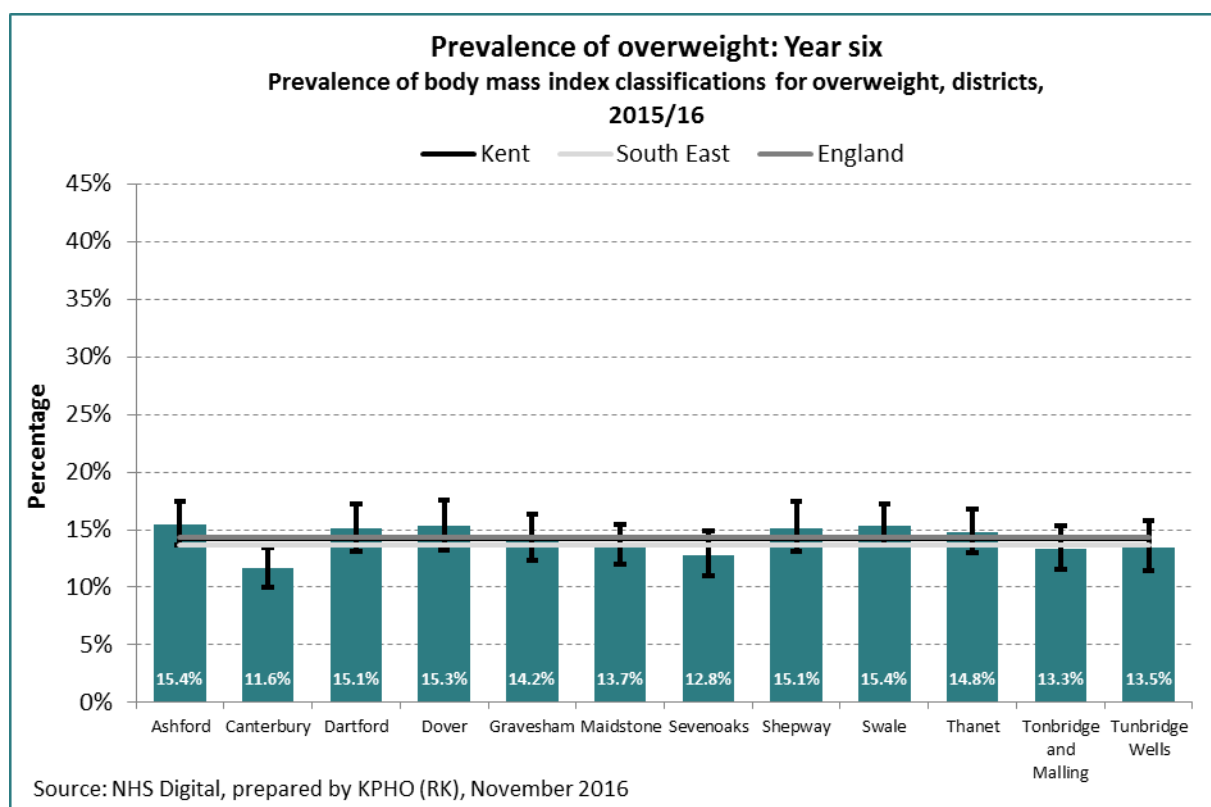
3.3.2 Trend between 2010/11 and 2015/16

The short-term trend in the prevalence of overweight, obesity and excess weight within Kent year six pupils suggests no movement. The prevalence of overweight, obesity and excess weight are all similar to the levels reported in 2010/11.



3.3.3 Districts 2015/16

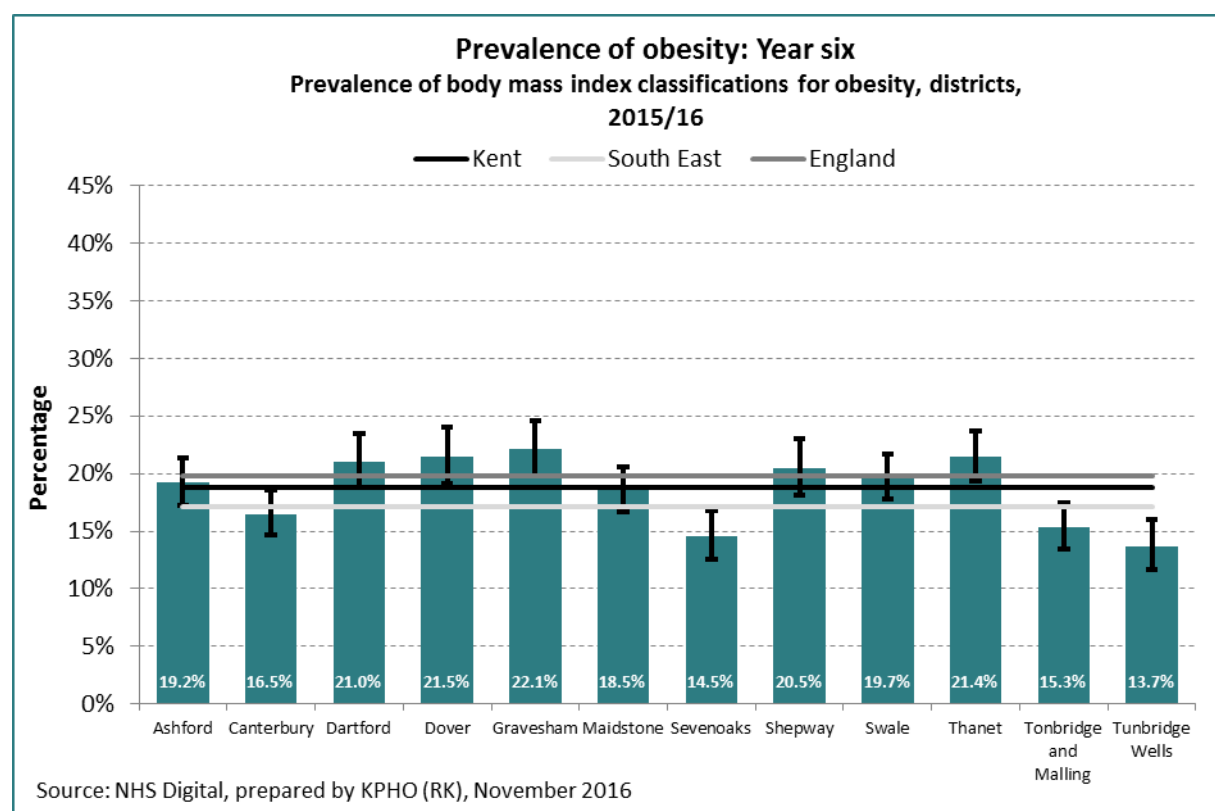
The findings for year 6 echo those for reception year in respect of overweight pupils. In 2015/16, for the majority of Districts the prevalence of overweight was similar to Kent. The exception to this is year 6 pupils living in Canterbury, where a lower proportion were measured as being overweight (11.6%). Levels of overweight pupils in Canterbury are also **lower** than the South East and England.



For many Districts the prevalence of obesity was similar to Kent. The exceptions are as follows:

- Canterbury, Sevenoaks, Tonbridge & Malling and Tunbridge Wells
 - 16.5% of those measured living in Canterbury, 14.5% in Sevenoaks, 15.3% in Tonbridge & Malling and 13.7% in Tunbridge Wells were obese; **lower** than Kent.
 - Obesity levels were also **lower** than England in these Districts, and **lower** than the South East in Sevenoaks and Tunbridge Wells.
- Dover, Gravesham and Thanet
 - 21.5% of those measured living in Dover, 22.1% in Gravesham and 21.4% in Thanet were obese; **higher** than Kent and the South East.

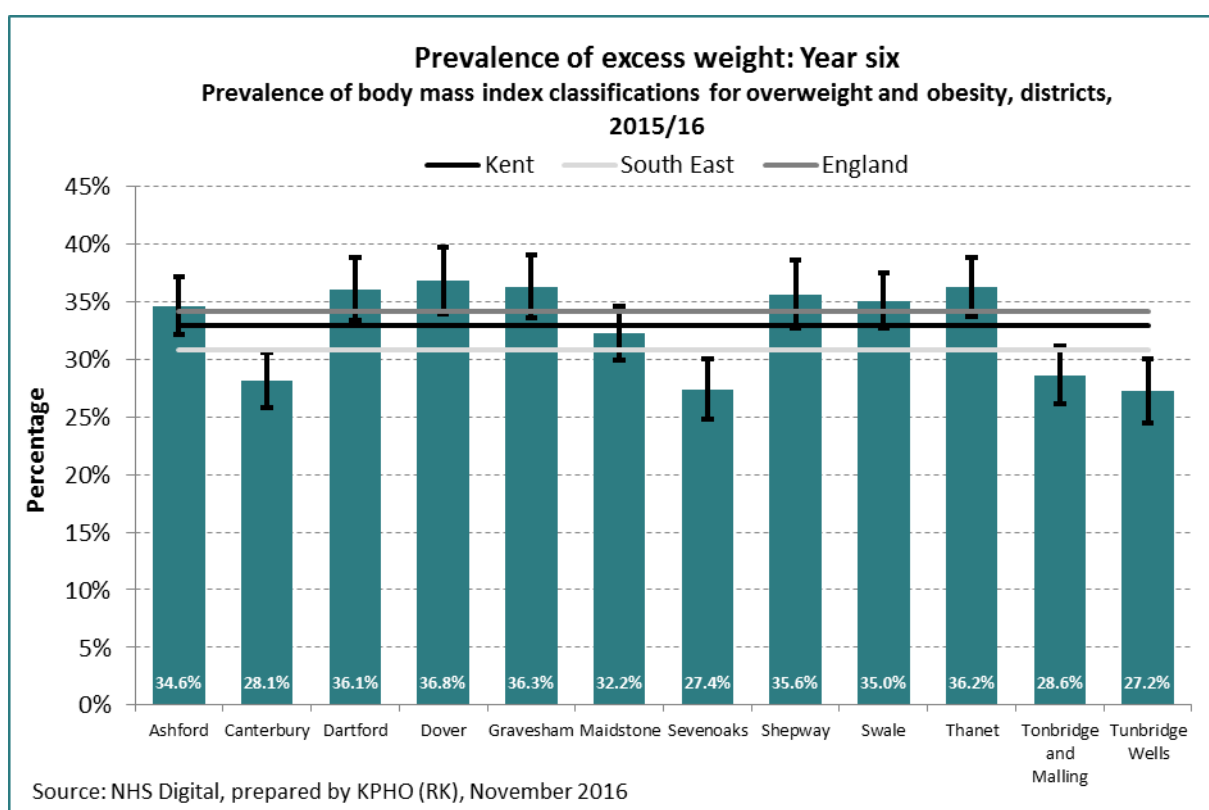
Obesity levels were also found to be **higher** than the South East in Ashford, Dartford, Shepway and Swale (but similar to Kent).



The findings for excess weight amongst year 6 pupils are very similar to those for obesity. Whilst for a number of Districts the prevalence of excess weight was similar to Kent, there are a number of exceptions:

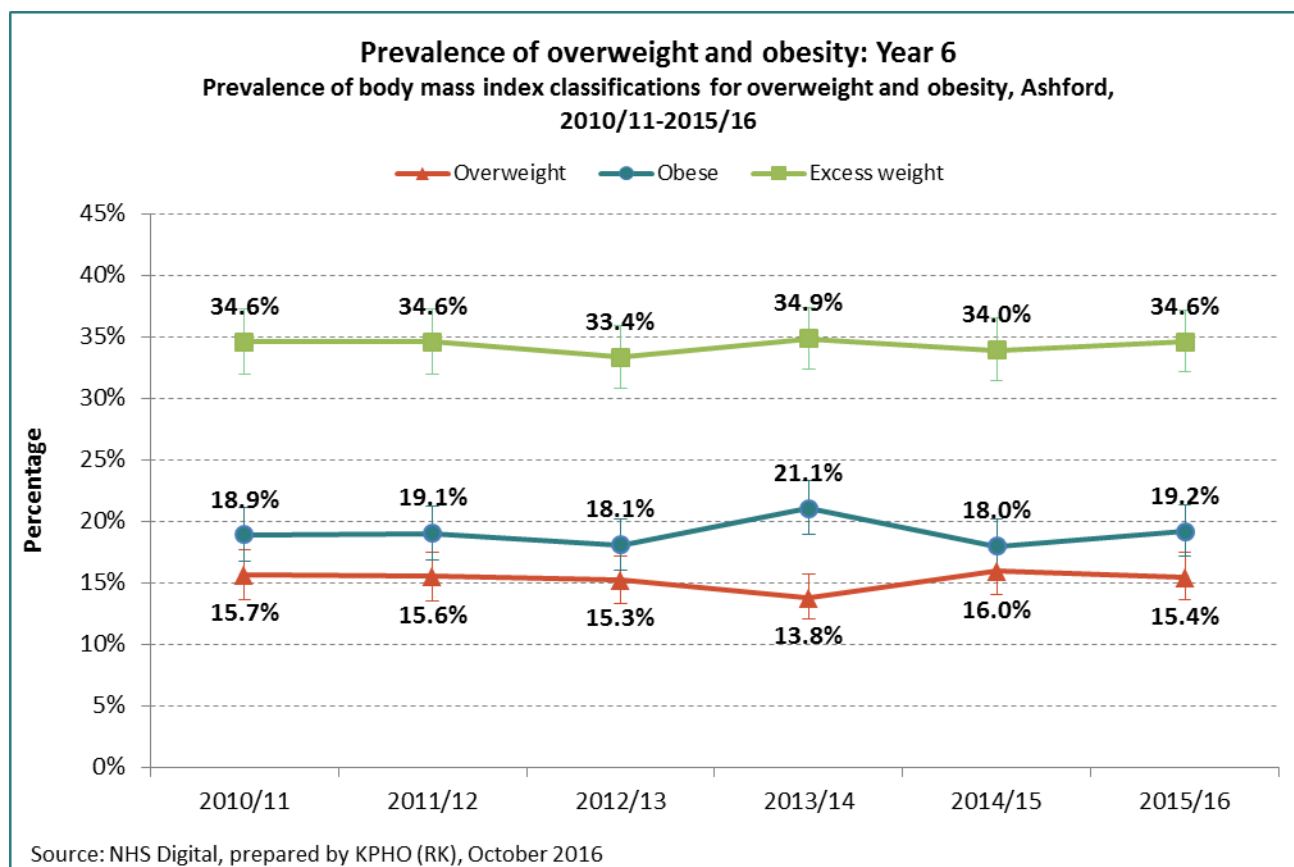
- Canterbury, Sevenoaks, Tonbridge & Malling and Tunbridge Wells
 - 28.1% of those measured living in Canterbury, 27.4% in Sevenoaks, 28.6% in Tonbridge & Malling and 27.2% in Tunbridge Wells were overweight or obese; **lower** than Kent.
 - Excess weight levels were also **lower** than England in these Districts, and **lower** than the South East in Canterbury, Sevenoaks and Tunbridge Wells.
- Dartford, Dover, Gravesham and Thanet
 - 36.1% of those measured living in Dartford, 36.8% in Dover, 36.3% in Gravesham and 36.2% in Thanet were overweight or obese; **higher** than Kent and the South East.

Levels of excess weight were also found to be **higher** than the South East in Ashford, Shepway and Swale (but similar to Kent).



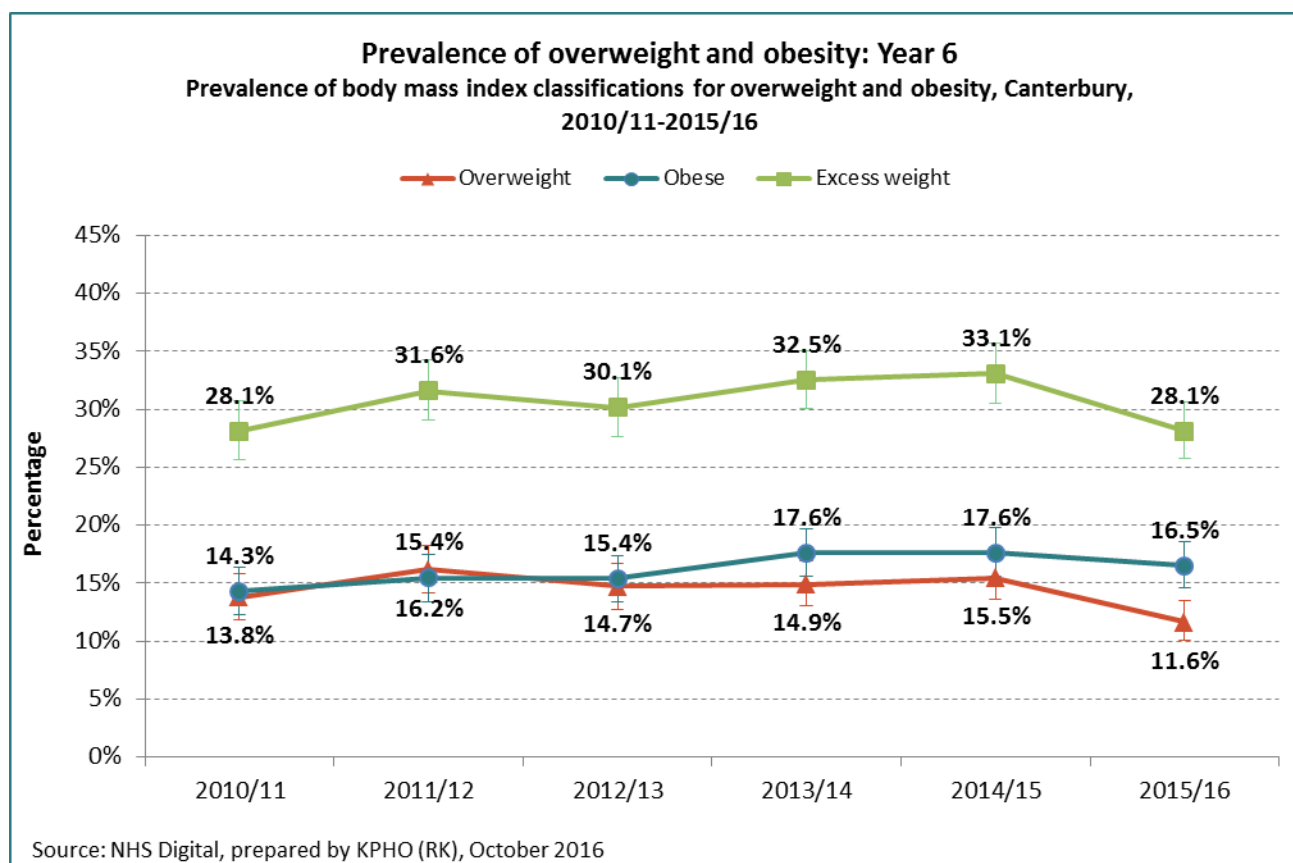
3.3.4 Ashford trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Ashford remains at a similar level to that recorded in 2010/11.



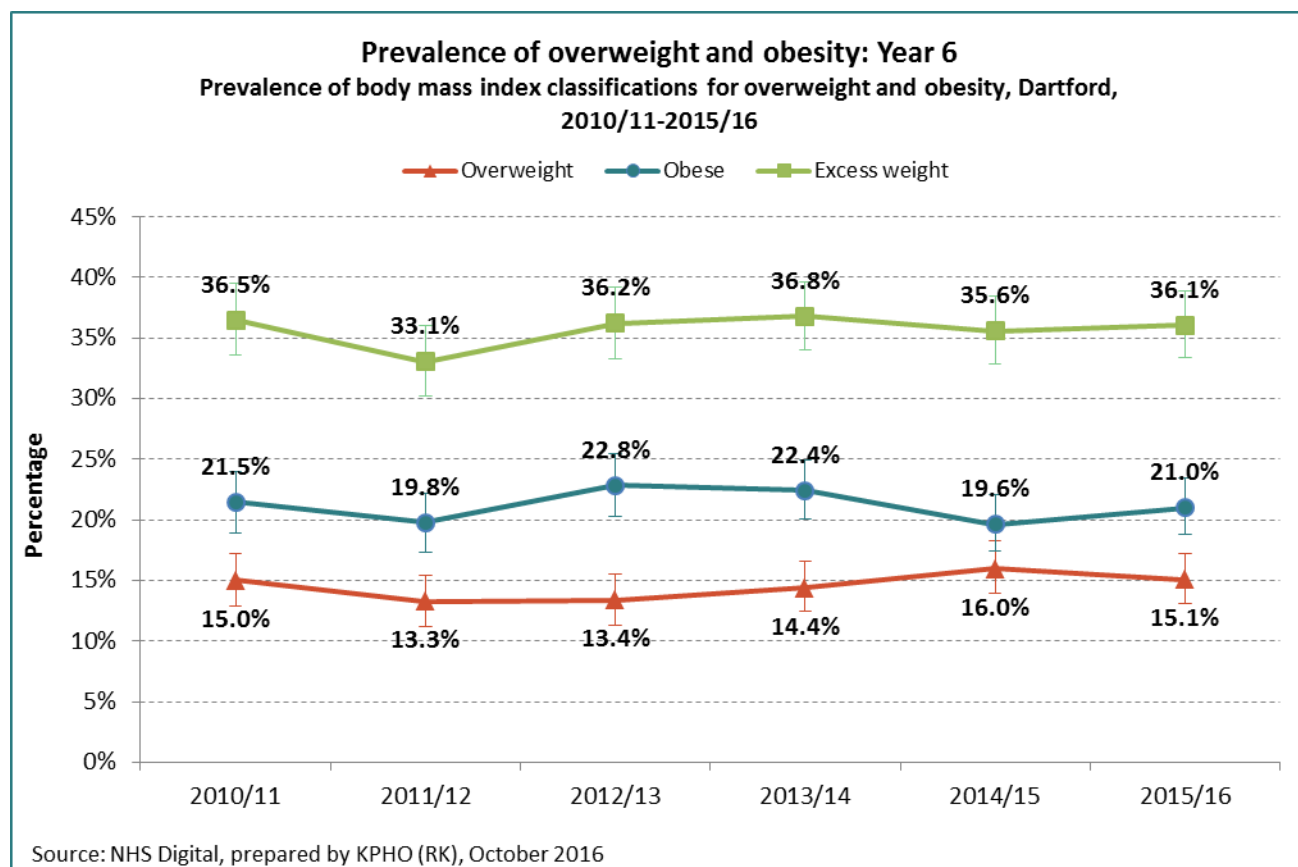
3.3.5 Canterbury trend between 2010/11 and 2015/16

Whilst there have been some year-on-year fluctuations, the prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Canterbury remains at a similar level to that recorded in 2010/11.



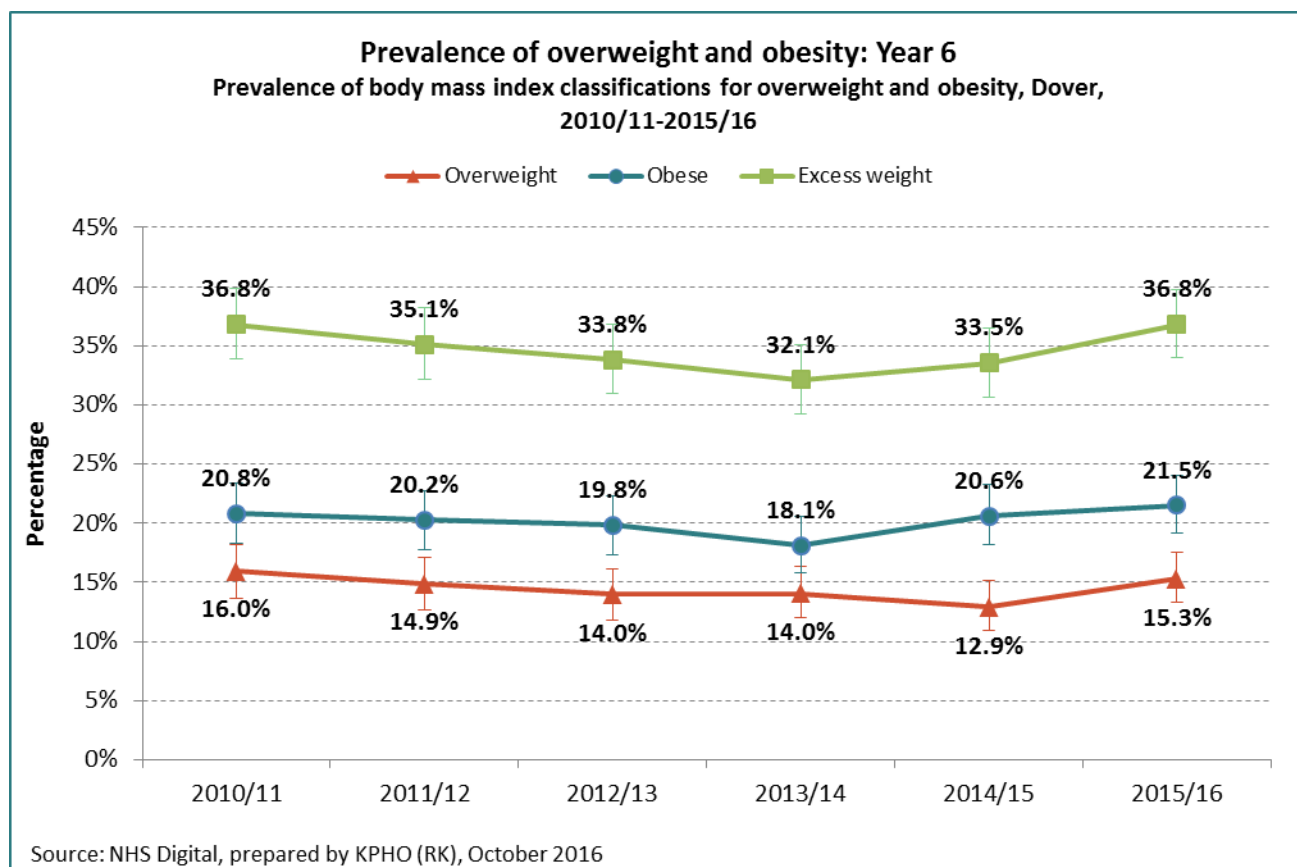
3.3.6 Dartford trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Dartford remains at a similar level to that recorded in 2010/11.



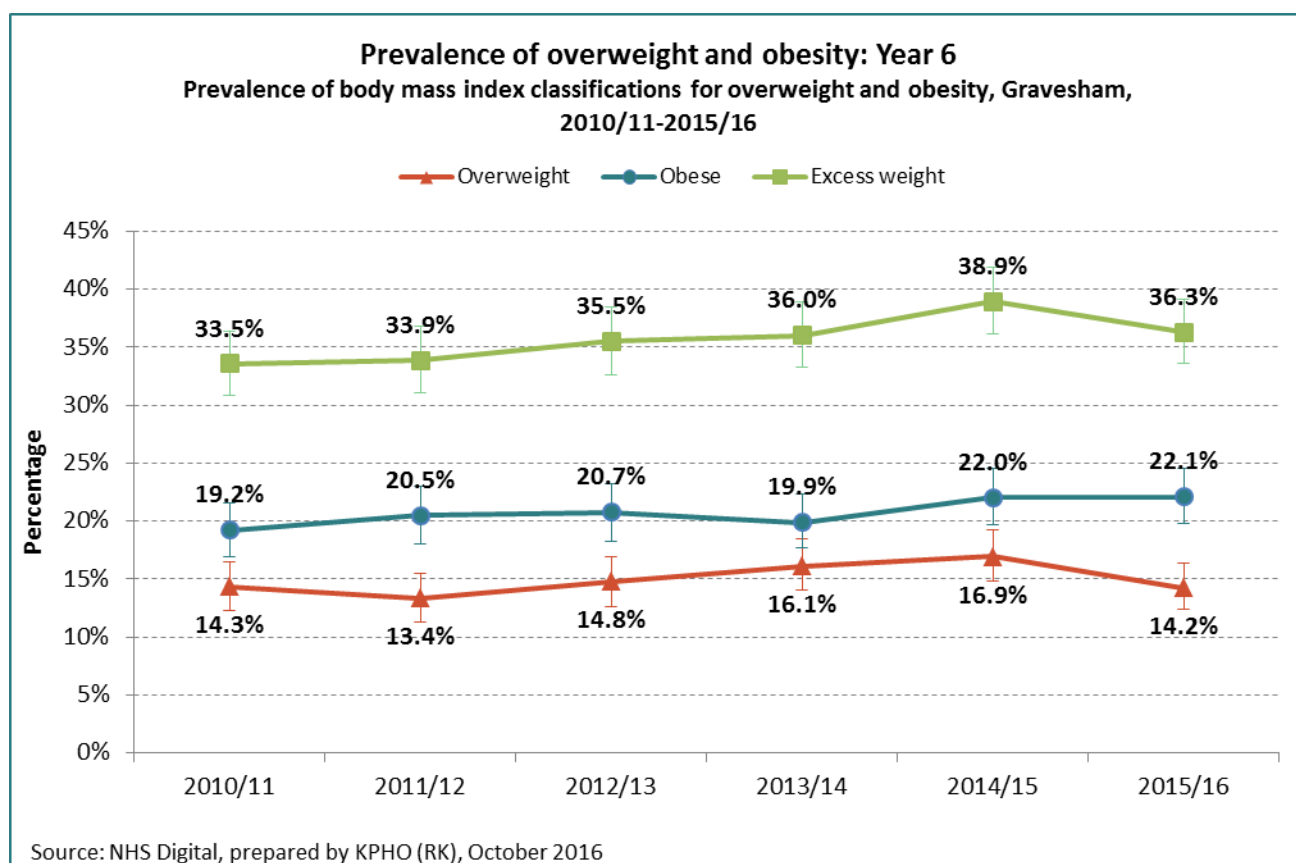
3.3.7 Dover trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Dover remains at a similar level to that recorded in 2010/11.



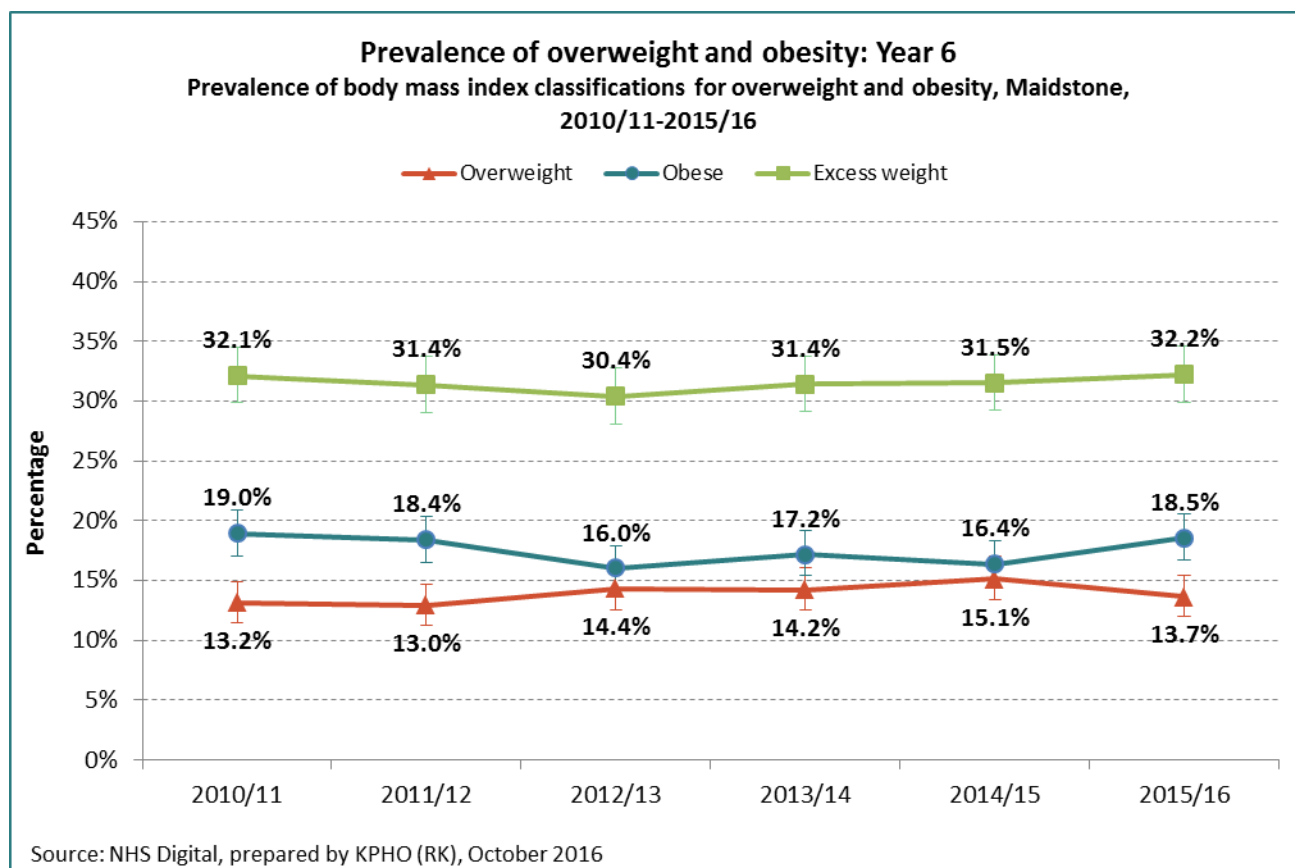
3.3.8 Gravesham trend between 2010/11 and 2015/16

Whilst there have been some year-on-year fluctuations, the prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Gravesham remains at a similar level to that recorded in 2010/11.



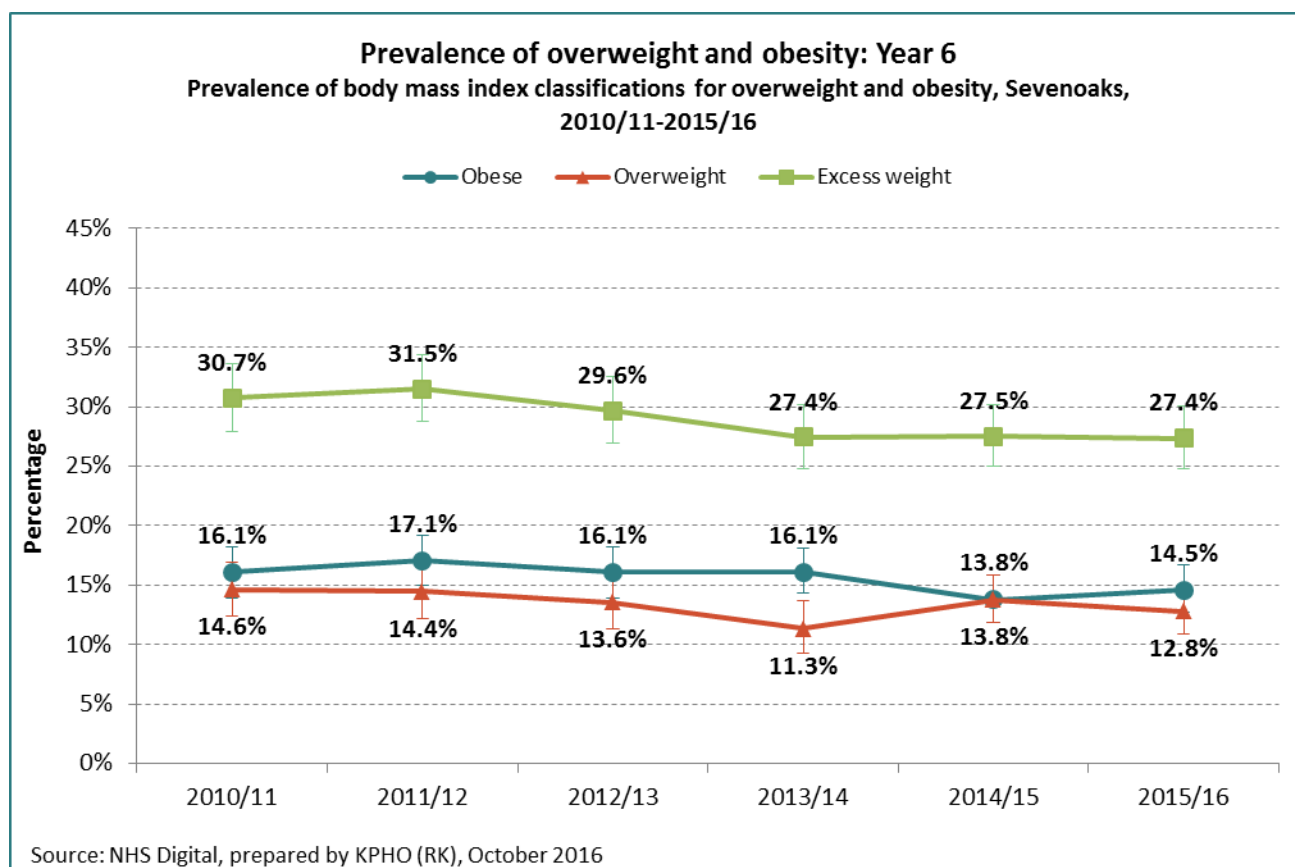
3.3.9 Maidstone trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Maidstone remains at a similar level to that recorded in 2010/11.



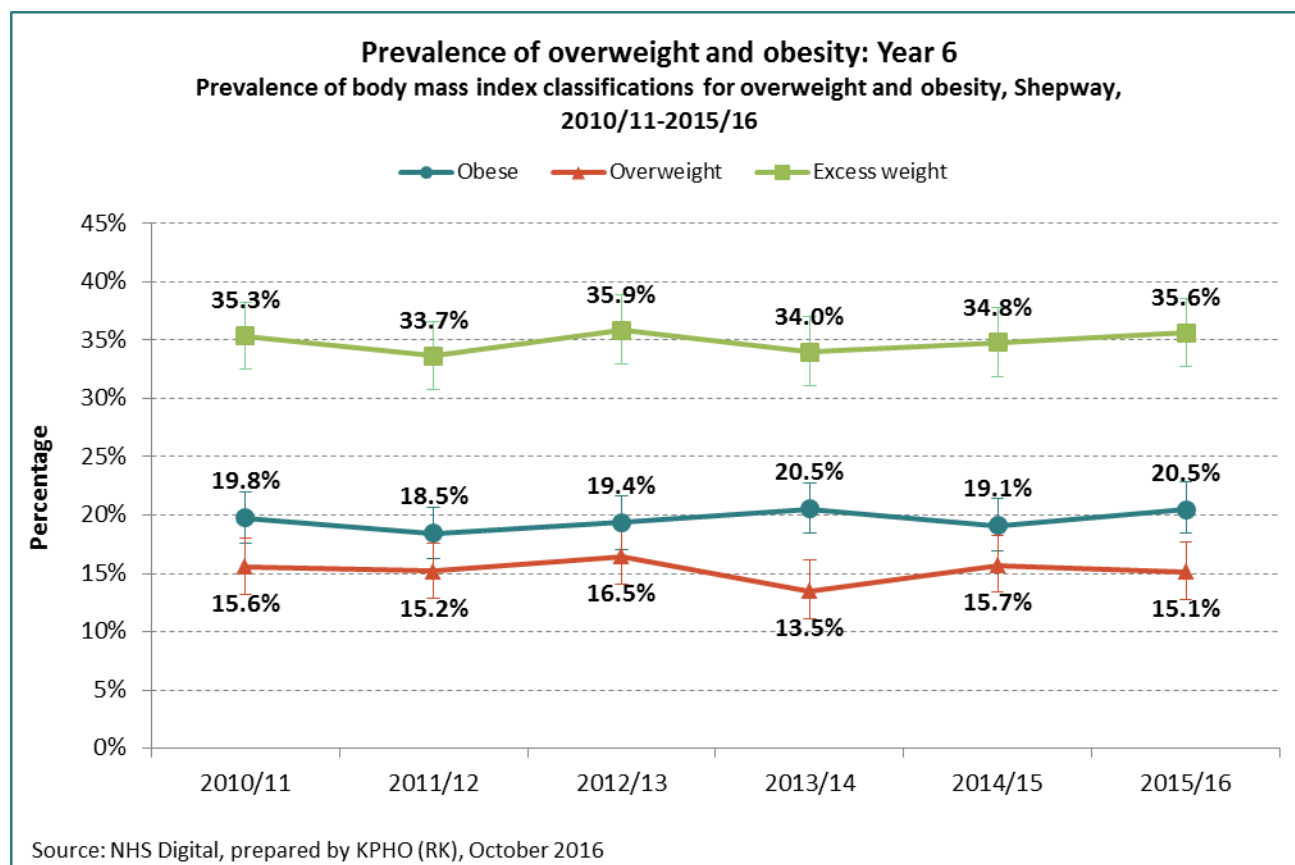
3.3.10 Sevenoaks trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Sevenoaks remains at a similar level to that recorded in 2010/11.



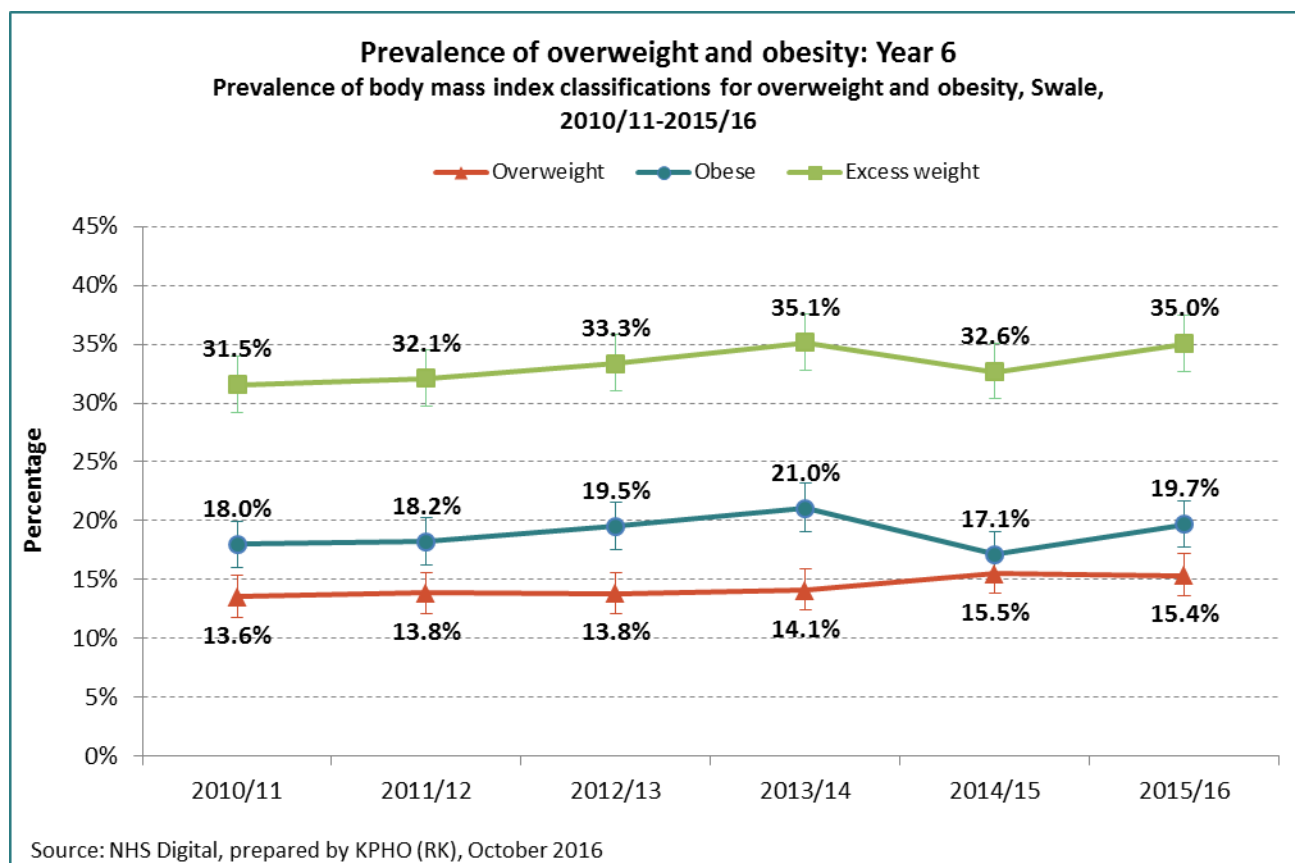
3.3.11 Shepway trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Shepway remains at a similar level to that recorded in 2010/11.



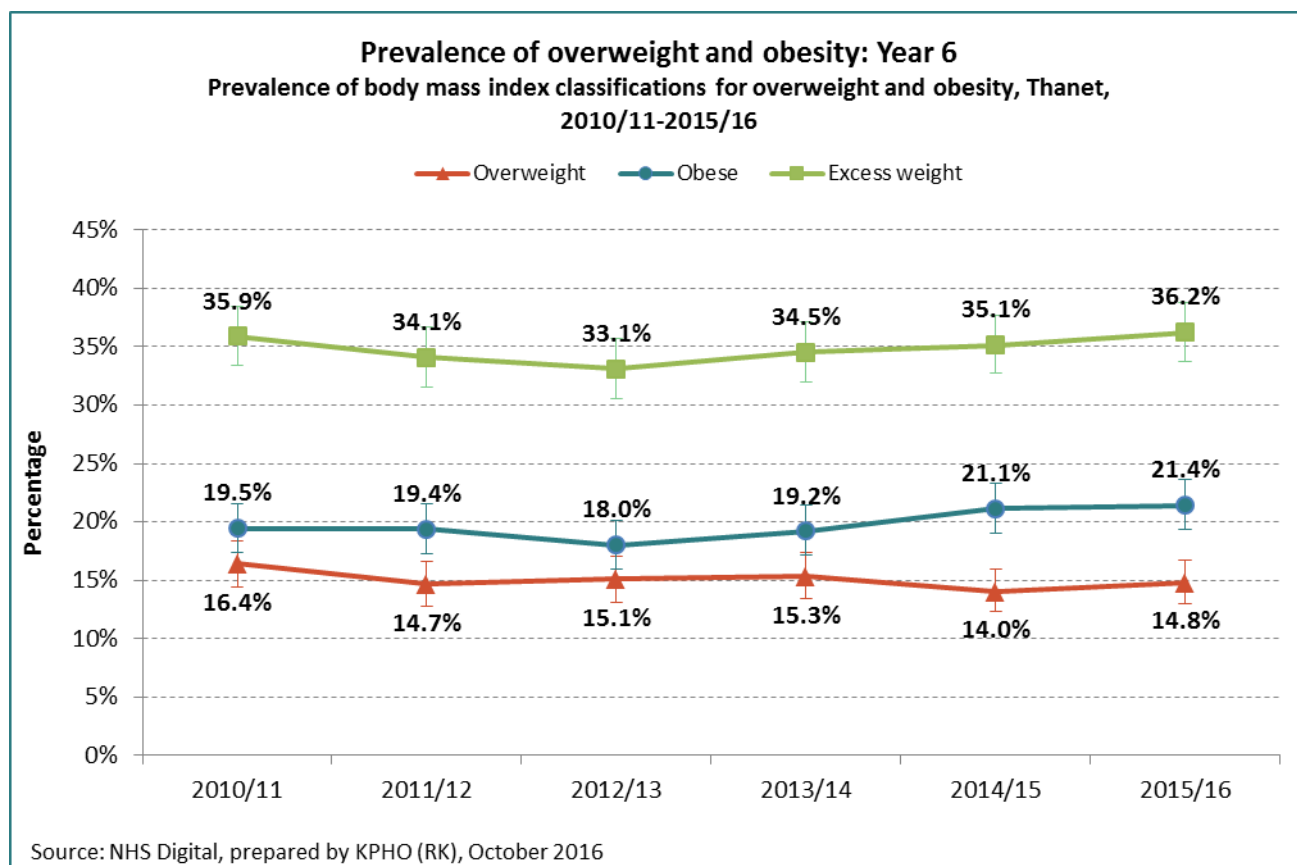
3.3.12 Swale trend between 2010/11 and 2015/16

The prevalence of overweight and obesity amongst year 6 pupils living in Swale remains at a similar level to that recorded in 2010/11.



3.3.13 Thanet trend between 2010/11 and 2015/16

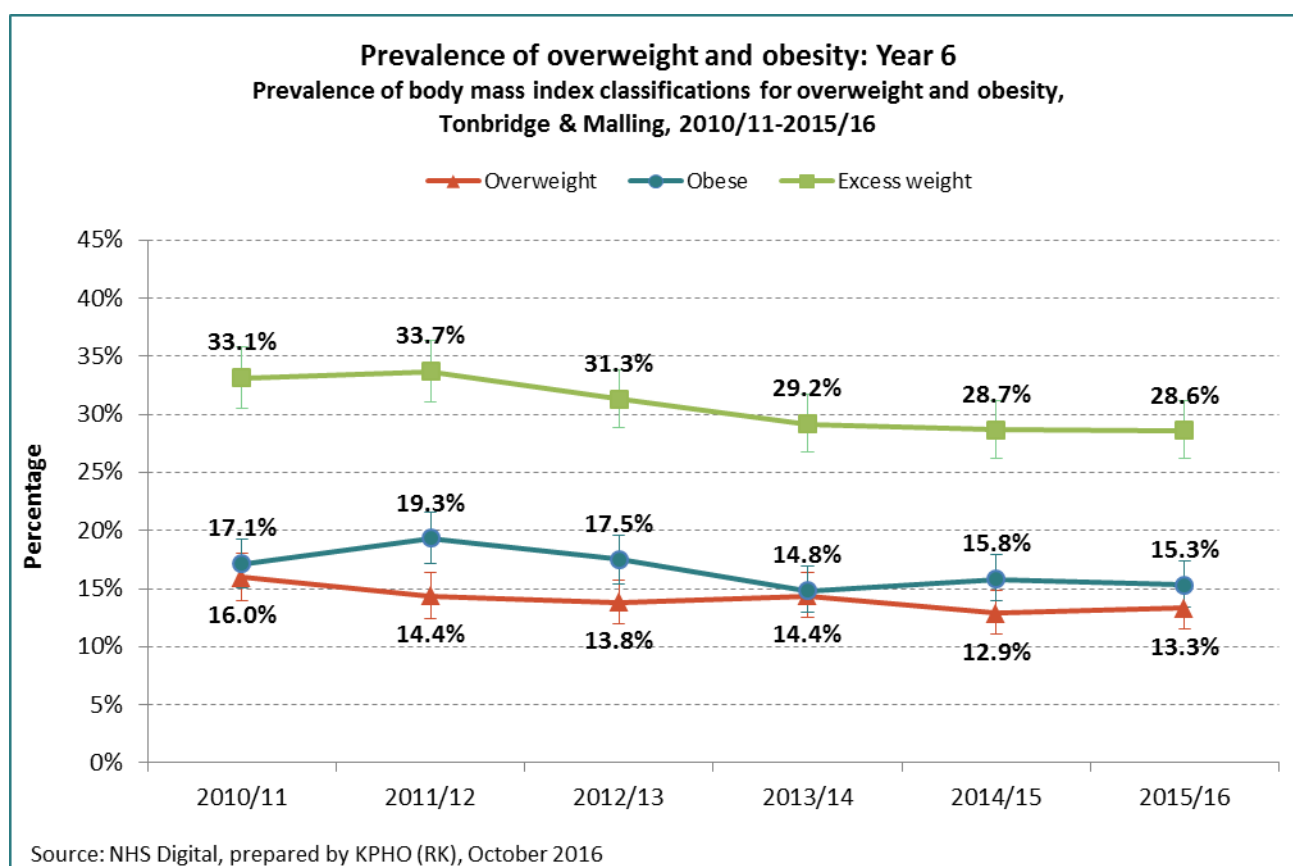
The prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Thanet remains at a similar level to that recorded in 2010/11.



3.3.14 Tonbridge & Malling trend between 2010/11 and 2015/16

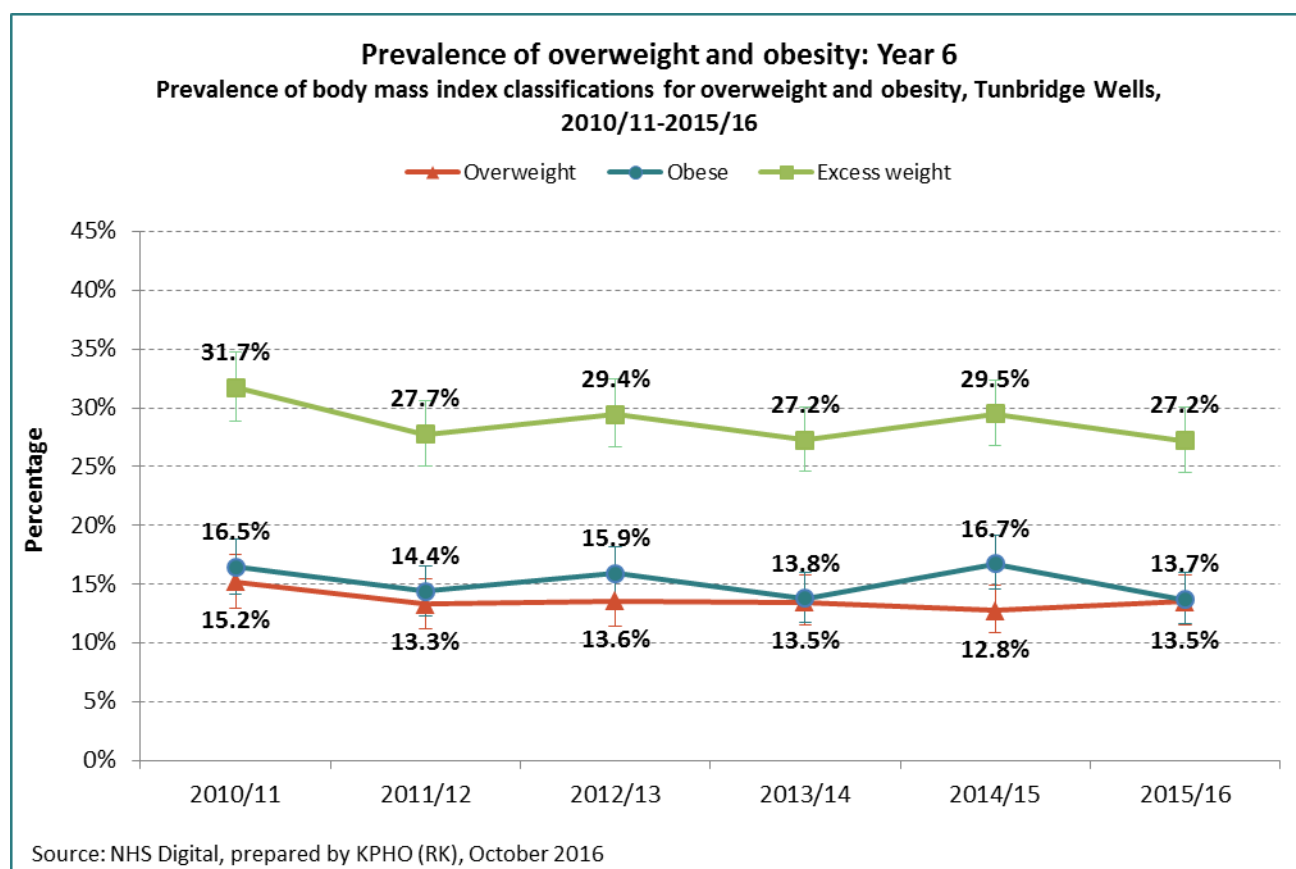
There is evidence to suggest that levels of excess weight amongst year 6 pupils in Tonbridge & Malling have decreased since 2010/11, although all of this decrease came between 2010/11 and 2013/14.

- The prevalence of excess weight has decreased from 33.1% to 29.2% between 2010/11 and 2013/14, but has remained fairly static since.



3.3.15 Tunbridge Wells trend between 2010/11 and 2015/16

The prevalence of overweight, obesity and excess weight amongst year 6 pupils living in Tunbridge Wells remains at a similar level to that recorded in 2011/12.



4. Conclusions

4.1 Conclusions

Overall, in 2015/16, 13.8% and 9.2% of reception year pupils were overweight and obese respectively. Whilst obesity levels amongst reception year pupils in Kent were similar to the England average (9.3% in 2015/16), there is evidence to suggest that a slightly higher proportion of Year R pupils were overweight than the England average (of 12.8%).

Overall, in 2015/16, 14.2% and 18.7% of year six pupils were overweight and obese respectively. Obesity levels amongst year 6 pupils in Kent are slightly lower than the England average (of 19.8%), but similar to the England average (of 14.3%) in respect of the proportion of Year 6 pupils who are overweight.

For both year groups figures are similar to those recorded in both 2014/15 and 2010/11. Indeed, there haven't been any meaningful changes in obese or overweight for either age group at Kent-level between 2010/11 and 2015/16.

Appendix A: Notes on Statistical Methodology

A.1.1 Confidence Intervals

Confidence intervals have been presented throughout this report. NHS Digital report that they use the Wilson and Newcombe method to calculate confidence intervals. A detailed description of the approach can be found within the report from the [Government's National Child Measurement Programme for England, 2014/15](#).

A.1.2 Statistical Significance

Statistical significance has been referred to throughout this report. NHS Digital report that they use the Altman method to explore statistical significance. A detailed description of the approach can be found within the report from the [Government's National Child Measurement Programme for England, 2014/15](#). It should be noted here that overlapping confidence intervals do not necessarily indicate no significant difference.

