

# National Child Measurement Programme

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# | 1. Executive Summary

## 1.1 Key Findings

- Overall, in 2016/17 14.1% and 10.3% of the reception year pupils living in Kent measured under NCMP were overweight and obese respectively.
- In 2016/17, 14.4% and 18.4% of the year six pupils living in Kent measured under NCMP were overweight and obese respectively.
- For year six, the figures are similar to those recorded last year (2015/16) and in 2010/11. There haven't been any meaningful changes in obese or overweight in the year 6 figures at Kent-level between 2010/11 and 2015/16.
- The short-term trend in the prevalence of obesity and excess weight within Kent reception year pupils suggests that there has been a significant increase between 2013/14 and 2016/17.
  - There has been a statistically significant increase in the prevalence of obesity amongst reception year pupils in Kent between 2015/16 and 2016/17. This means that excess weight levels have also statistically significantly increased between 2015/16 and 2016/17.

### Ashford:

- Whilst the prevalence of overweight, obesity and excess weight amongst year six 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.
  - 25.7% of the reception year pupils measured in 2016/17 living in Ashford were overweight or obese; similar than Kent.
  - 32.2% of the year six pupils measured in 2016/2017 living in Ashford were overweight or obese; similar to Kent.

### Canterbury:

- The prevalence of overweight, obesity and excess weight amongst both reception year and year six pupils living in Canterbury remains at a similar level to that recorded in 2010/11.
  - 19.4% of the reception year pupils measured in 2016/17 living in Canterbury were overweight or obese; lower than Kent.
  - 31.4% of the year six pupils measured in 2016/17 living in Canterbury were overweight or obese; similar to Kent.

#### Dartford:

- The prevalence of overweight, obesity and excess weight amongst both reception year and year six pupils living in Dartford remain at similar levels to those recorded in 2010/11.
  - 24.9% of the reception year pupils measured in Dartford were overweight or obese; similar to Kent.
  - 36.7% of the year six pupils measured living in Dartford were overweight or obese; higher than Kent.

#### Dover:

- The prevalence of overweight and obesity amongst both reception year and year six pupils living in Dover remain at similar levels to those recorded in 2010/11.
  - 25.6% of the reception year pupils measured in Dover were overweight or obese; similar to Kent.
  - 34.6% of the year six pupils measured living in Dover were overweight or obese; similar to Kent.

#### Gravesham:

- The prevalence of obesity and excess weight amongst both reception year and year six pupils are now higher than 2010/11 levels.
- It is also the case that excess weight and obesity prevalence in both year groups is higher in Gravesham than the Kent average.
  - 28.0% of reception year pupils measured in Gravesham were overweight or obese; higher than Kent.
  - 38.2% of the year six pupils measured living in Gravesham were overweight or obese; higher than Kent.

#### Maidstone:

- The prevalence of overweight and obesity amongst both reception year and year six pupils living in Maidstone remain at similar levels to those recorded in 2010/11.
  - The prevalence of obesity amongst year six pupils is 16.3% lower than the Kent average. However, excess weight prevalence is similar to Kent at 31.5%.
  - 24.0% of reception year pupils measured living in Maidstone were overweight or obese; similar to Kent.

#### Sevenoaks:

- The prevalence of overweight, obesity and excess weight amongst year six pupils living in Sevenoaks remain at similar levels to those recorded in 2010/11.
- There is some evidence to suggest that the prevalence of excess weight and obesity amongst reception year pupils living in Sevenoaks is increasing.
  - 25.3% of reception year pupils measured living in Sevenoaks were overweight or obese; similar to Kent.
  - 27.8% of the year six pupils measured in 2016/17 living in Sevenoaks were overweight or obese; lower than Kent. 15.6% of the year six pupils measured in 2016/17 living in Sevenoaks were obese; also lower than Kent.

#### Shepway:

- The prevalence of overweight and obesity amongst both reception year and year six pupils living in Shepway remain at similar levels to those recorded in 2010/11.
  - The prevalence of overweight and obesity amongst reception year pupils is 24.8%; similar to Kent.
  - 35.9% of the year six pupils measured in 2016/17 living in Shepway were overweight or obese; higher than Kent.

#### Swale:

- The prevalence of overweight and obesity amongst both reception year and year six pupils living in Swale remains at a similar level to that recorded in 2010/11.
  - 21.1% of reception year pupils measured in Swale were overweight or obese; lower than Kent.
  - 32.6% of the year six pupils measured living in Swale were overweight or obese; similar to Kent.

#### Thanet:

- The prevalence of overweight and excess weight amongst year six pupils living in Thanet remain at similar levels to those recorded in 2010/11. The prevalence of excess weight amongst reception year pupils living in Thanet has increased since 2011/12.
  - Excess weight prevalence in reception year in Thanet is 26.7%; similar to Kent.
  - 37.1% of the year six pupils measured living in Thanet were overweight or obese; higher than Kent.

#### Tonbridge & Malling:

- The prevalence of excess weight amongst both reception year and year six pupils living in Tonbridge & Malling are still lower than the levels recorded in 2010/11. Whilst excess weight prevalence amongst year six pupils has been static over recent years, both obesity and excess weight prevalence in reception year pupils has begun to increase.
  - 23.7% of reception year pupils measured living in Tonbridge and Malling were overweight or obese; similar to Kent.
  - 29.2% of the year six pupils measured living in Tonbridge and Malling were overweight or obese; lower than Kent. 14.7% of the year six pupils measured living in Tonbridge and Malling were obese; lower than Kent.

#### Tunbridge Wells:

- Whilst excess weight prevalence amongst reception year pupils living in Tunbridge Wells has increased over the last few years, the opposite is true of excess weight prevalence amongst year 6 pupils.
  - 25.3% of the reception year pupils measured living in Tunbridge Wells were overweight or obese; similar to Kent.
  - 25.8% of the year six pupils measured living in Tunbridge Wells were overweight or obese; lower than Kent. 12.4% of the year six pupils measured living in Tunbridge Wells were obese; again lower than the Kent average.

## | 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 September 2017, local authorities were provided with provisional data for schools within their area for the 2016/17 academic year. This document provides an analysis of this provisional data, which has been released in advance of the publication of national key findings by NHS Digital (formerly the Health and Social Care Information Centre (HSCIC)) in November. All analysis is based on pupils both resident within Kent and attending Kent mainstream state schools. The 2016/17 provisional data has been compared with figures published by NHS Digital for 2010/11-2015/16.

This report provides an overview of the key findings for Kent and for each of the 12 Districts within Kent. Comparisons with England and the South East will only be possible when the national key findings are published in November.

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 provisional Kent County Council participation rates were reported to be 97% for reception year and 96% for year six, in 2016/17. A participation rate of 85% and greater is considered to be of sufficient quality to be representative of the population measured.

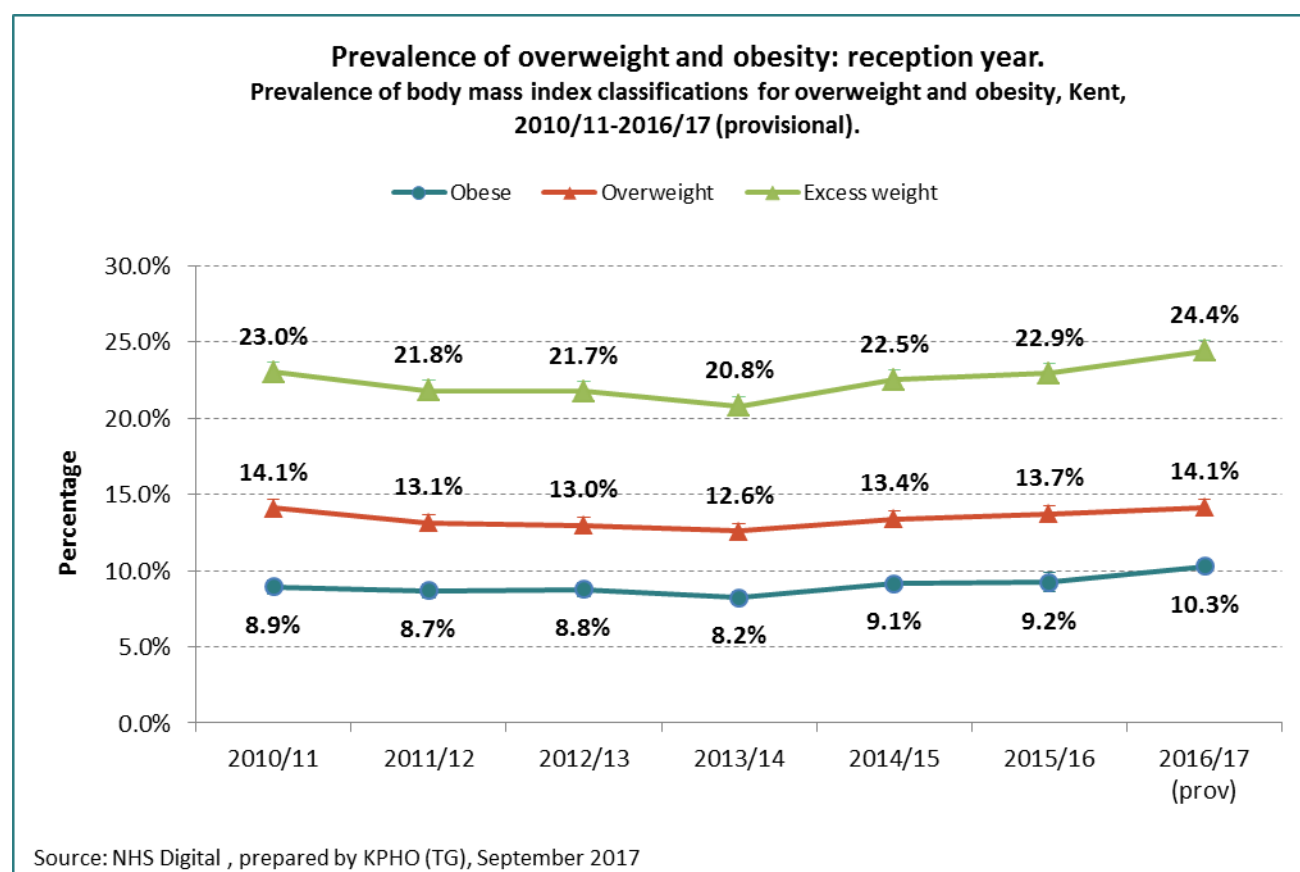
Between 2006/07 and 2009/10, the NHS Digital published data only included local authority level results based on the location of the school. From 2010/11, data has also been published based on the local authority of residence of the pupil. The analysis in this report focusses on where pupils live, and 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 Trend between 2010/11 and 2016/17

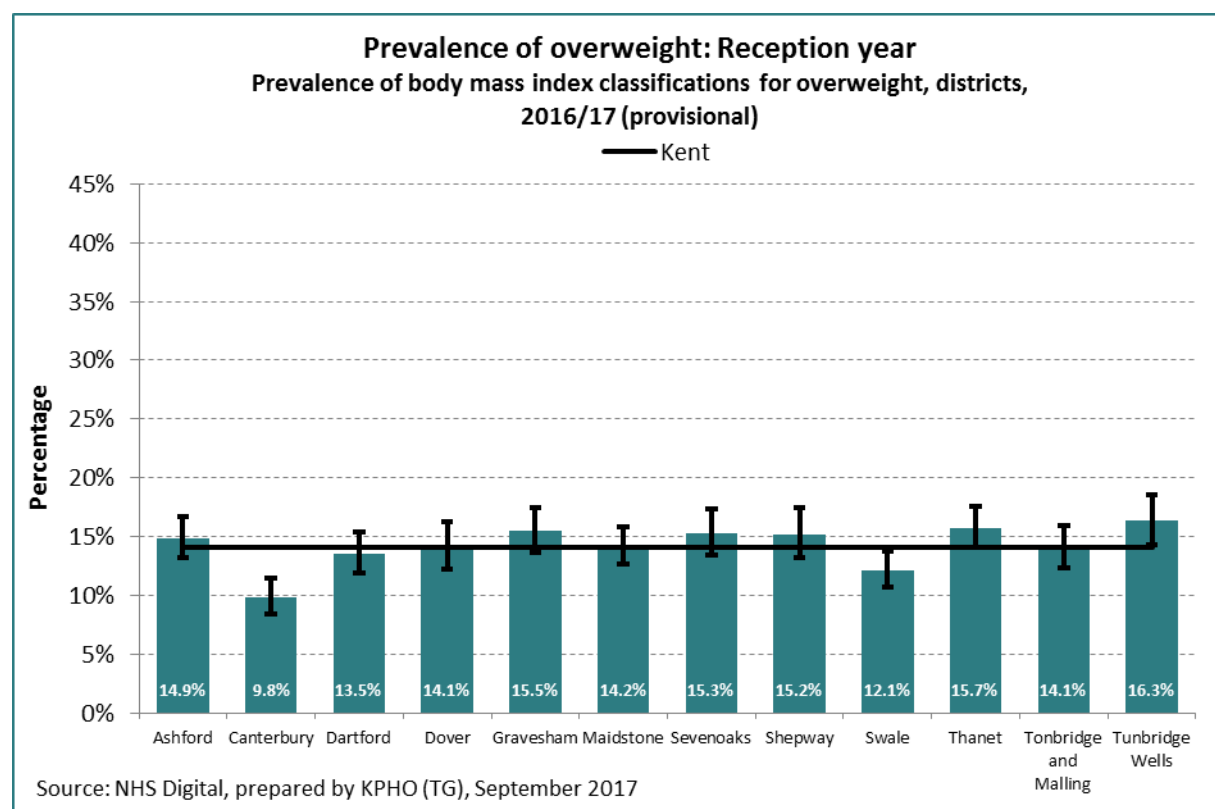
The short-term trend in the prevalence of obesity and excess weight within Kent reception year pupils suggests that there has been a significant increase between 2013/14 and 2016/17.

- There has been a statistically significant increase in the prevalence of obesity amongst reception year pupils in Kent between 2015/16 and 2016/17. This means that excess weight levels have also statistically significantly increased between 2015/16 and 2016/17.
- There has been no statistically significant change in the prevalence of overweight amongst reception year pupils in Kent between 2010/11 and 2016/17, or between 2015/16 and 2016/17.

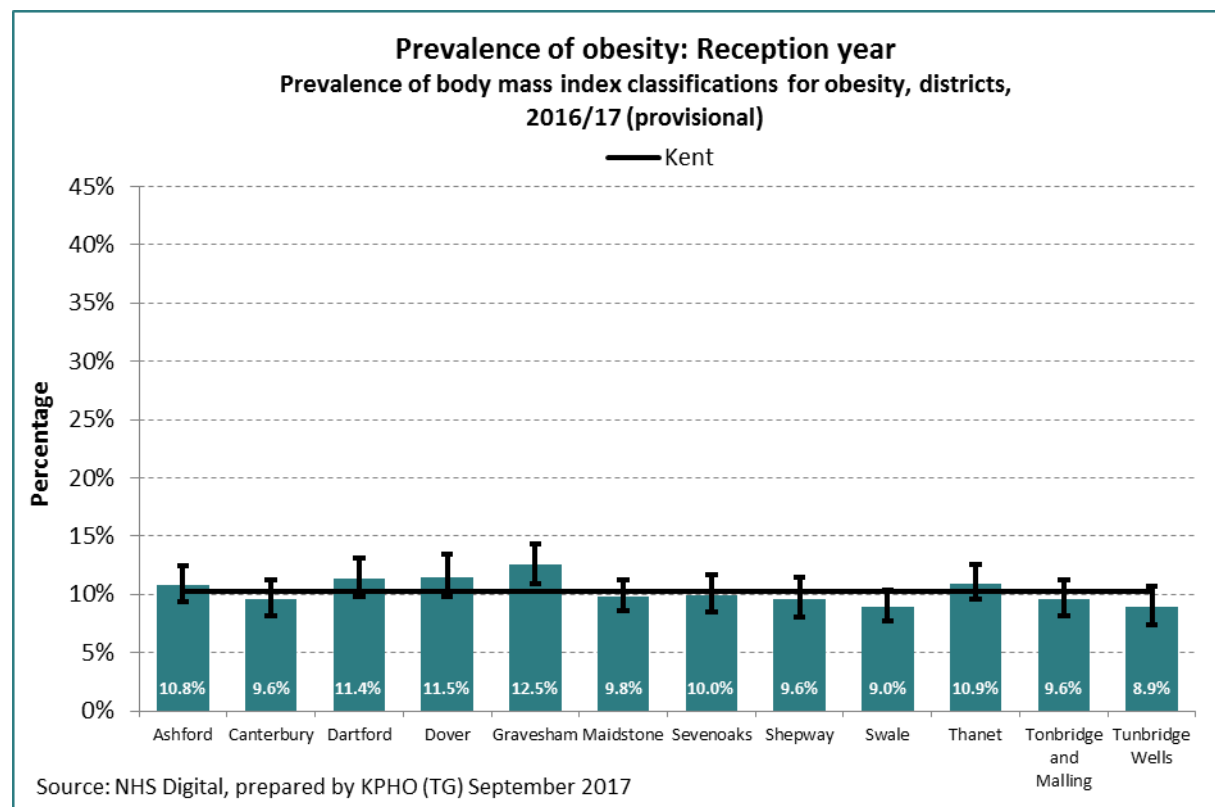


### 3.2.2 Districts 2016/17

In 2016/17, for the majority of Districts, the prevalence of overweight was similar to Kent. The exception to this is Canterbury and Swale, where a lower proportion of reception year pupils were measured as being overweight (9.8% and 12.1% respectively).

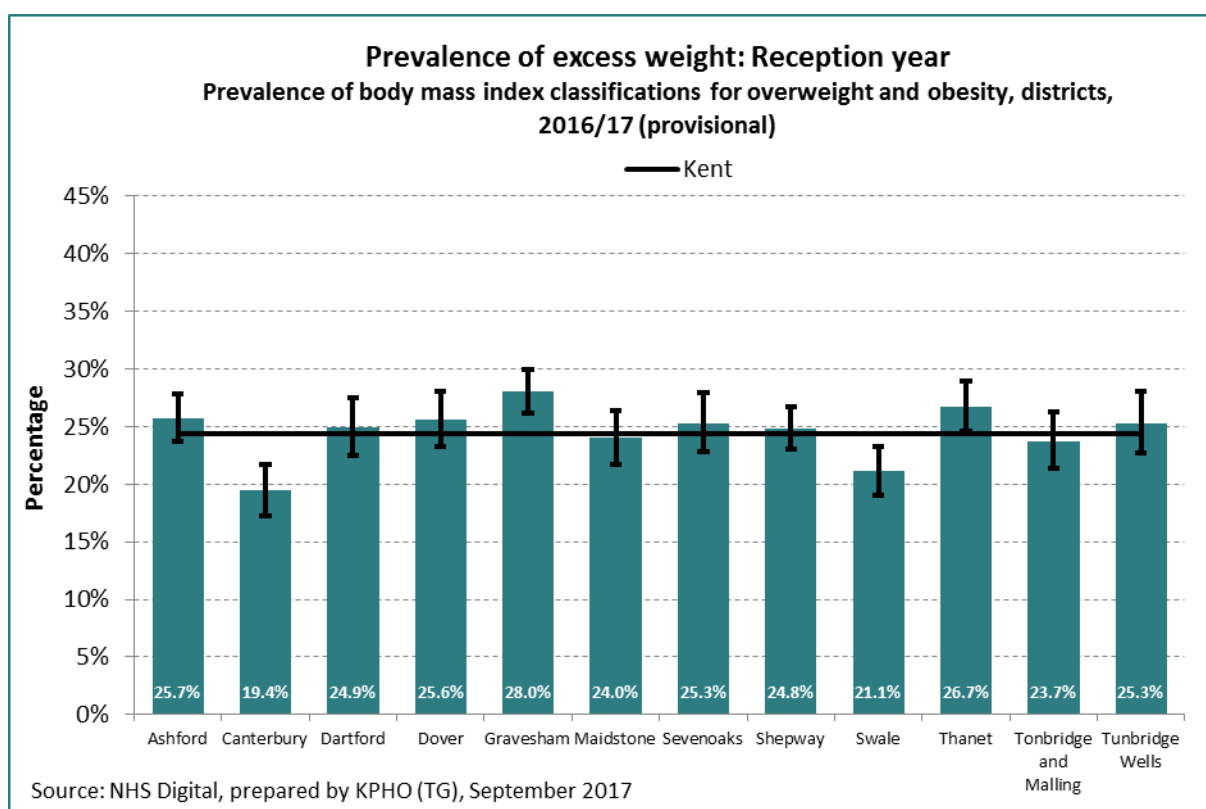


As with overweight, for the majority of Districts the prevalence of obesity was similar to Kent. The exception is Gravesham where 12.5% of those measured were obese; **higher** than Kent.



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

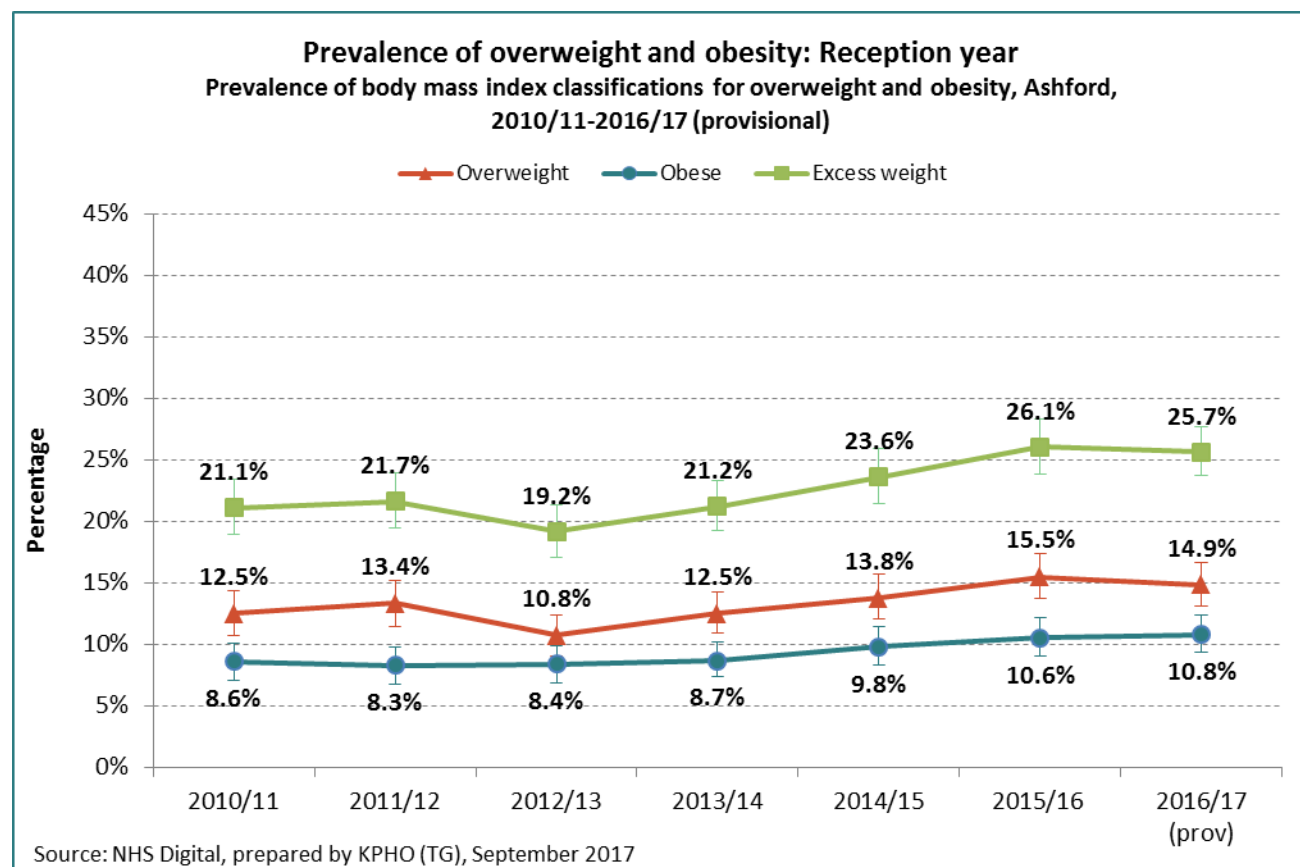
- Gravesham
  - 28.0% of those measured living in Gravesham were overweight or obese; **higher** than Kent.
- Canterbury and Swale
  - 19.4% of those measured living in Canterbury and 21.1% of those measured living in Swale were overweight or obese; **lower** than Kent.



### 3.2.3 Ashford trend between 2010/11 and 2016/17

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

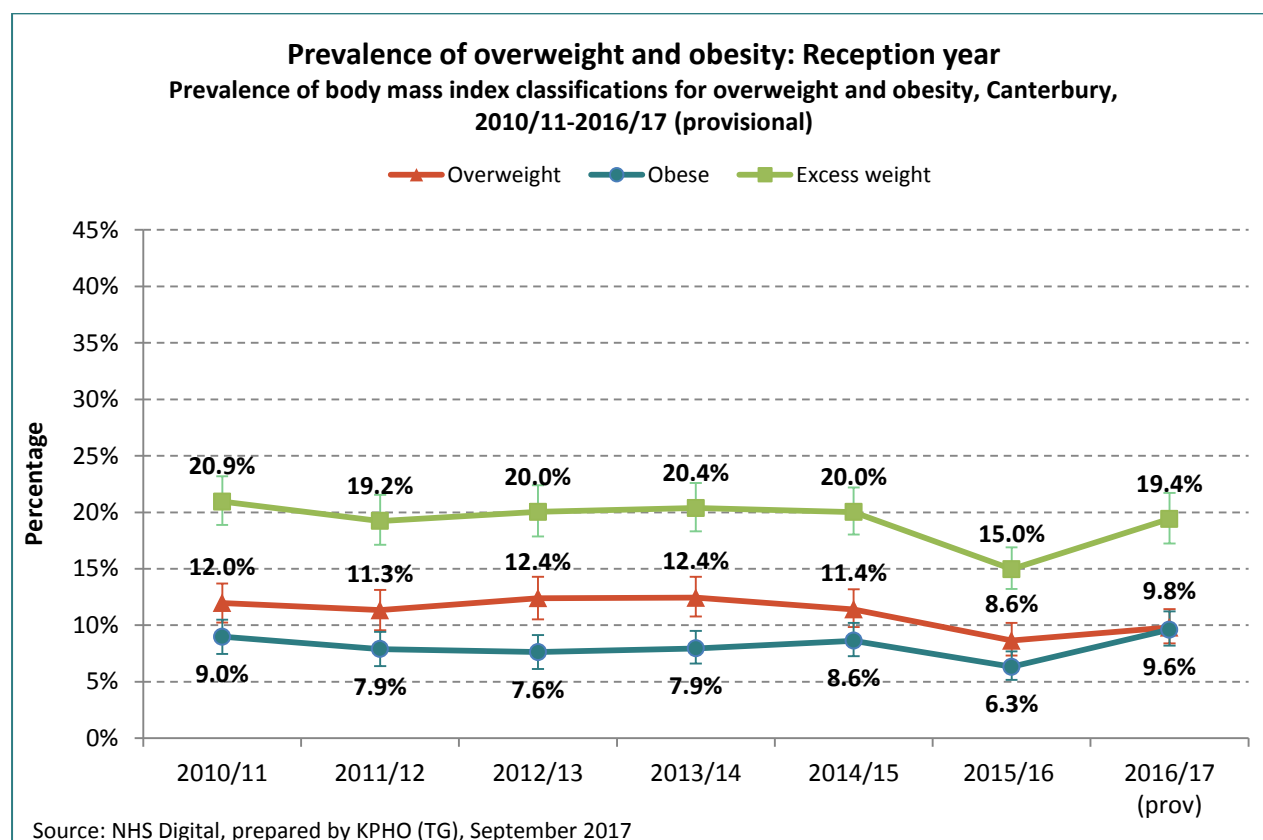
- The prevalence of obesity amongst reception year pupils living in Ashford is now significantly higher than in 2010/11. Whilst excess weight levels in Ashford have remained relatively stable between 2015/16 and 2016/17, excess weight in 2016/17 is still above 2010/11 levels.



### 3.2.4 Canterbury trend between 2010/11 and 2016/17

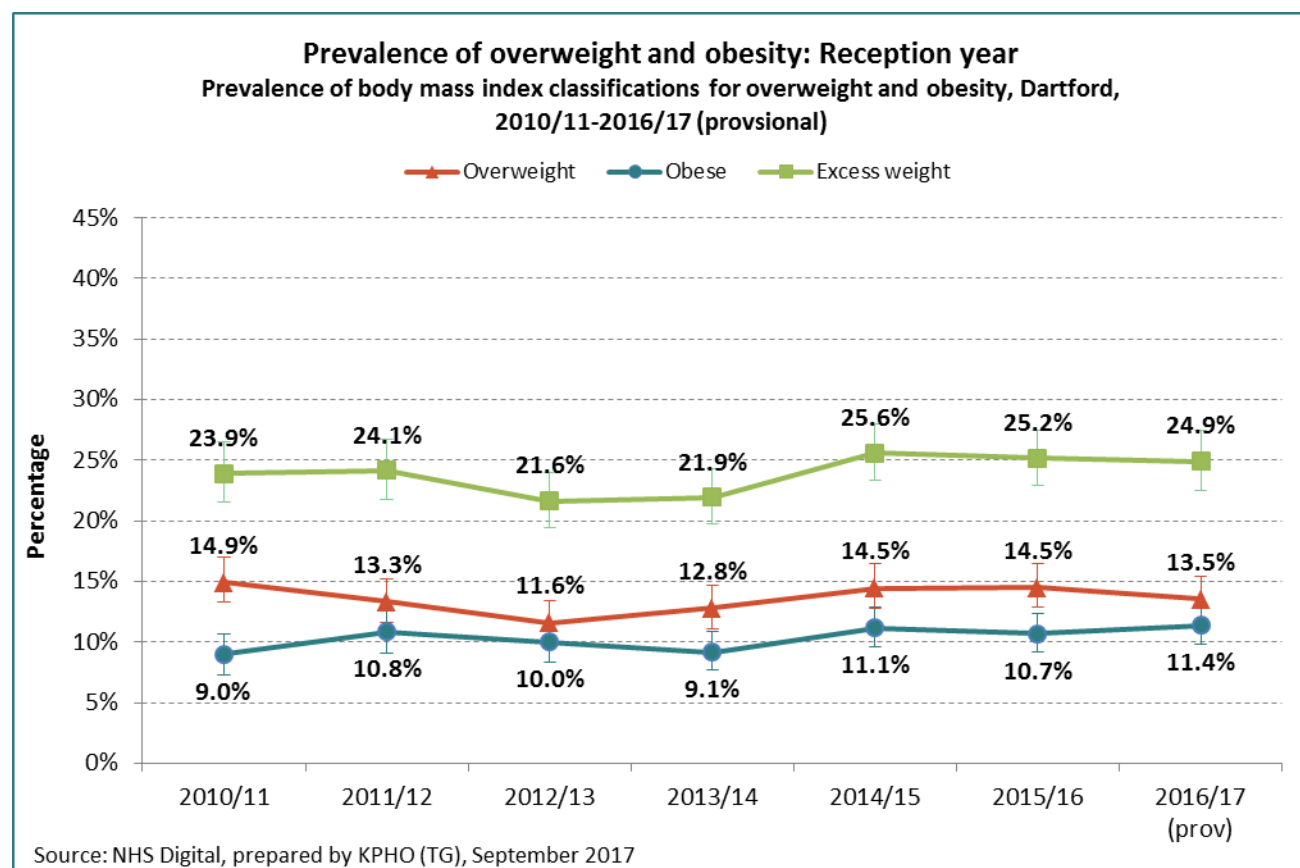
The prevalence of overweight, obesity and excess weight amongst year R pupils living in Canterbury remains at a similar level to that recorded in 2010/11.

- Whilst there was some evidence to suggest that levels of obesity, overweight and excess weight fell between 2014/15 and 2015/16, they have all risen in 2016/17.



### 3.2.5 Dartford trend between 2010/11 and 2016/17

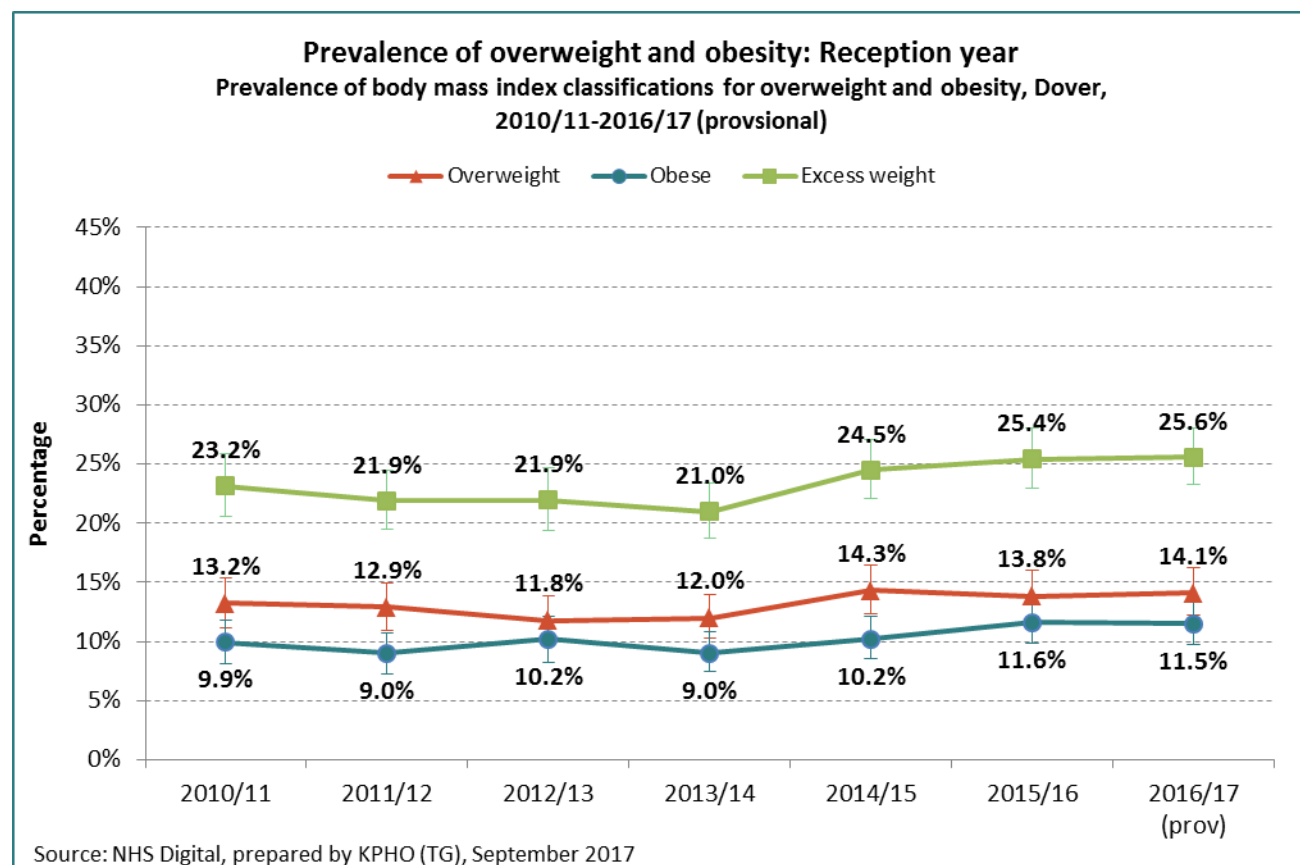
The prevalence of overweight, obesity and excess weight amongst reception year pupils living in Dartford remains at a similar level to that recorded in 2010/11.





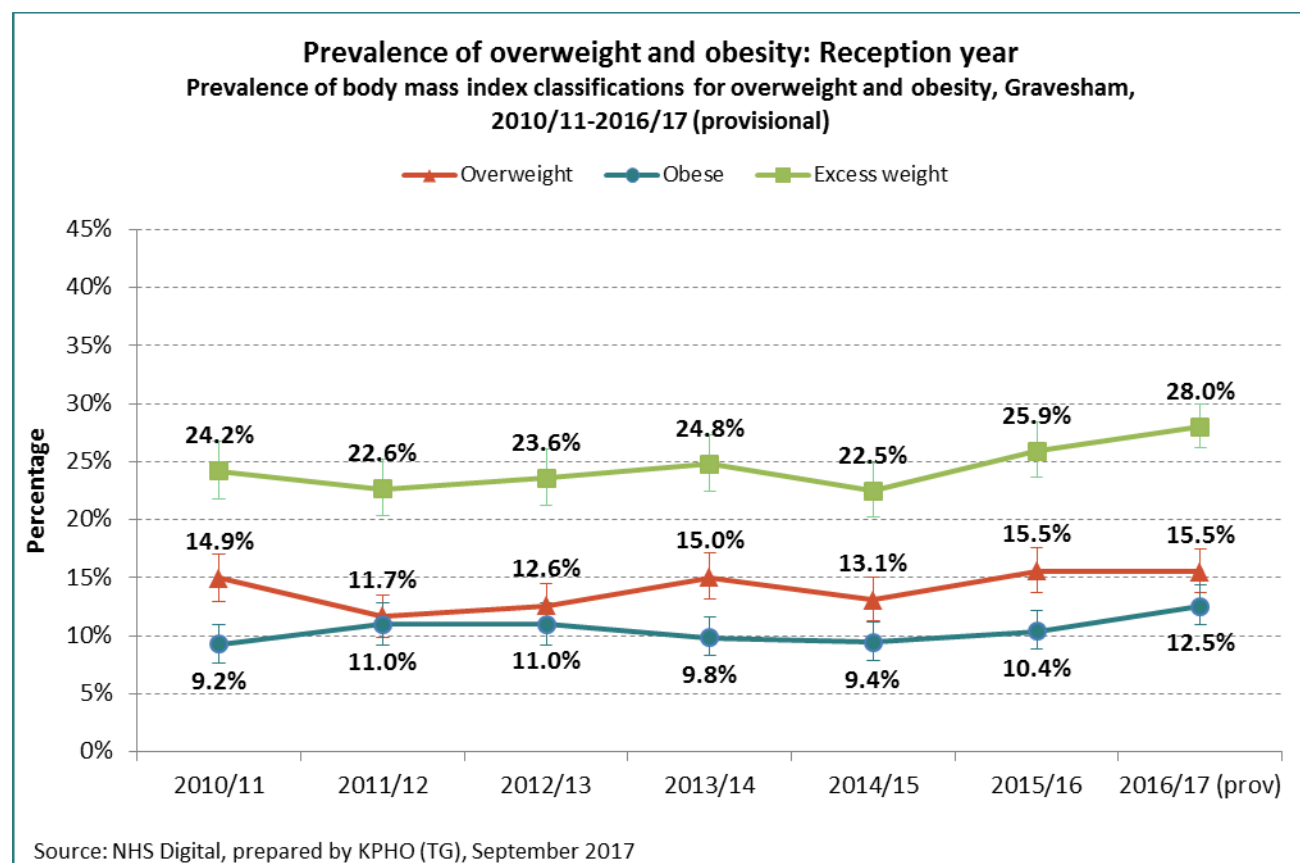
### 3.2.6 Dover trend between 2010/11 and 2016/17

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



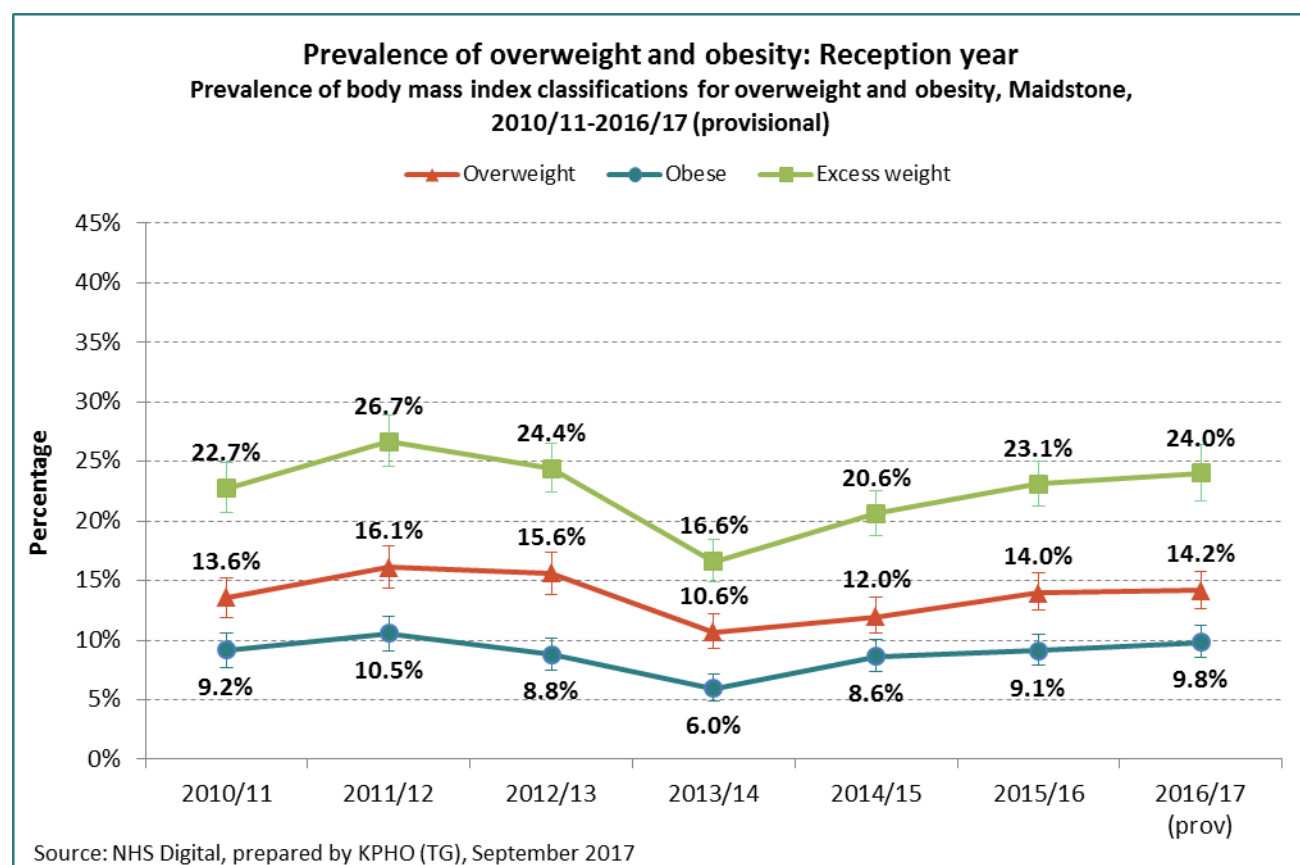
### 3.2.7 Gravesham trend between 2010/11 and 2016/17

Both obesity and excess weight amongst reception year pupils living in Gravesham are now higher than in 2010/11.



### 3.2.8 Maidstone trend between 2010/11 and 2016/17

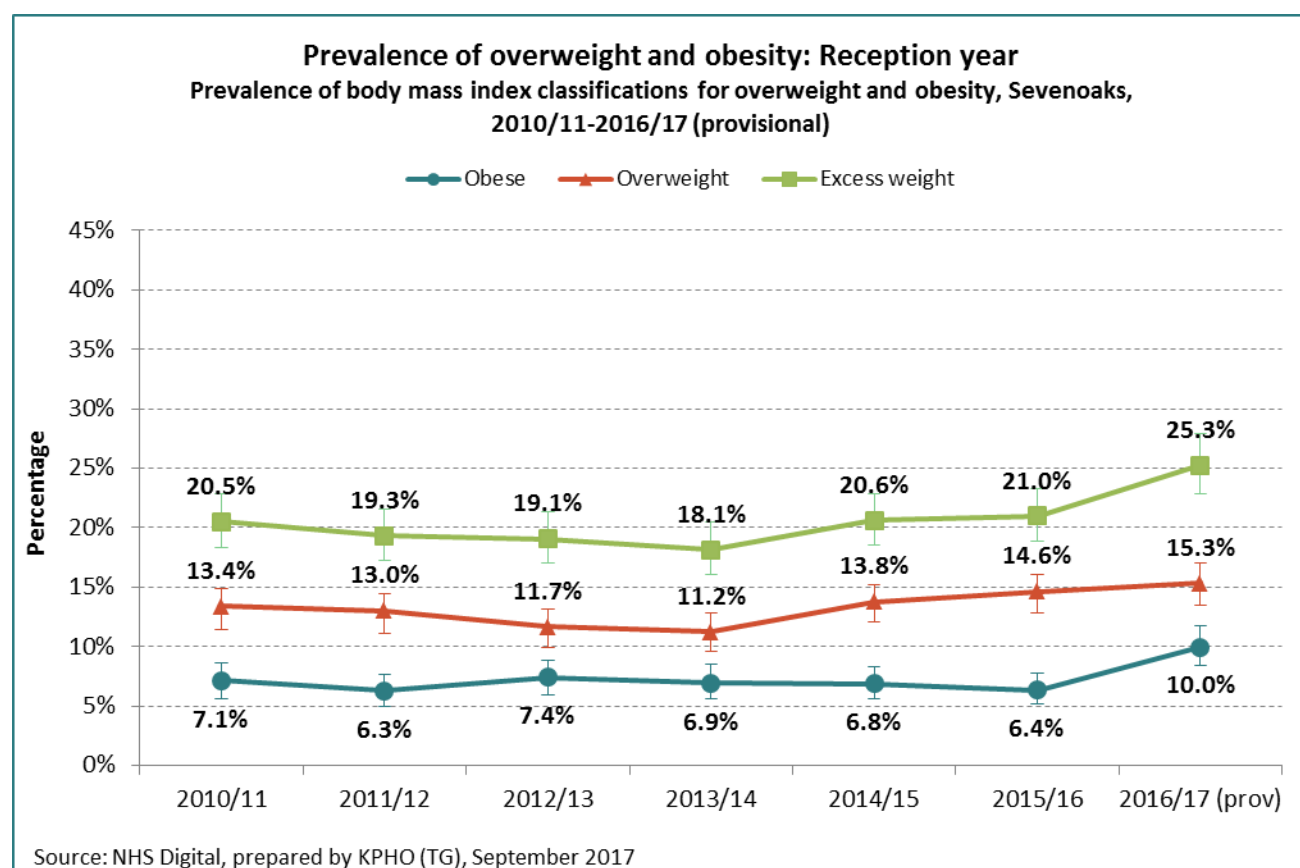
Whilst there have been rises and falls in the prevalence of overweight, obesity and excess weight amongst reception year pupils living in Maidstone levels are now similar to those recorded in 2010/11.



### 3.2.9 Sevenoaks trend between 2010/11 and 2016/17

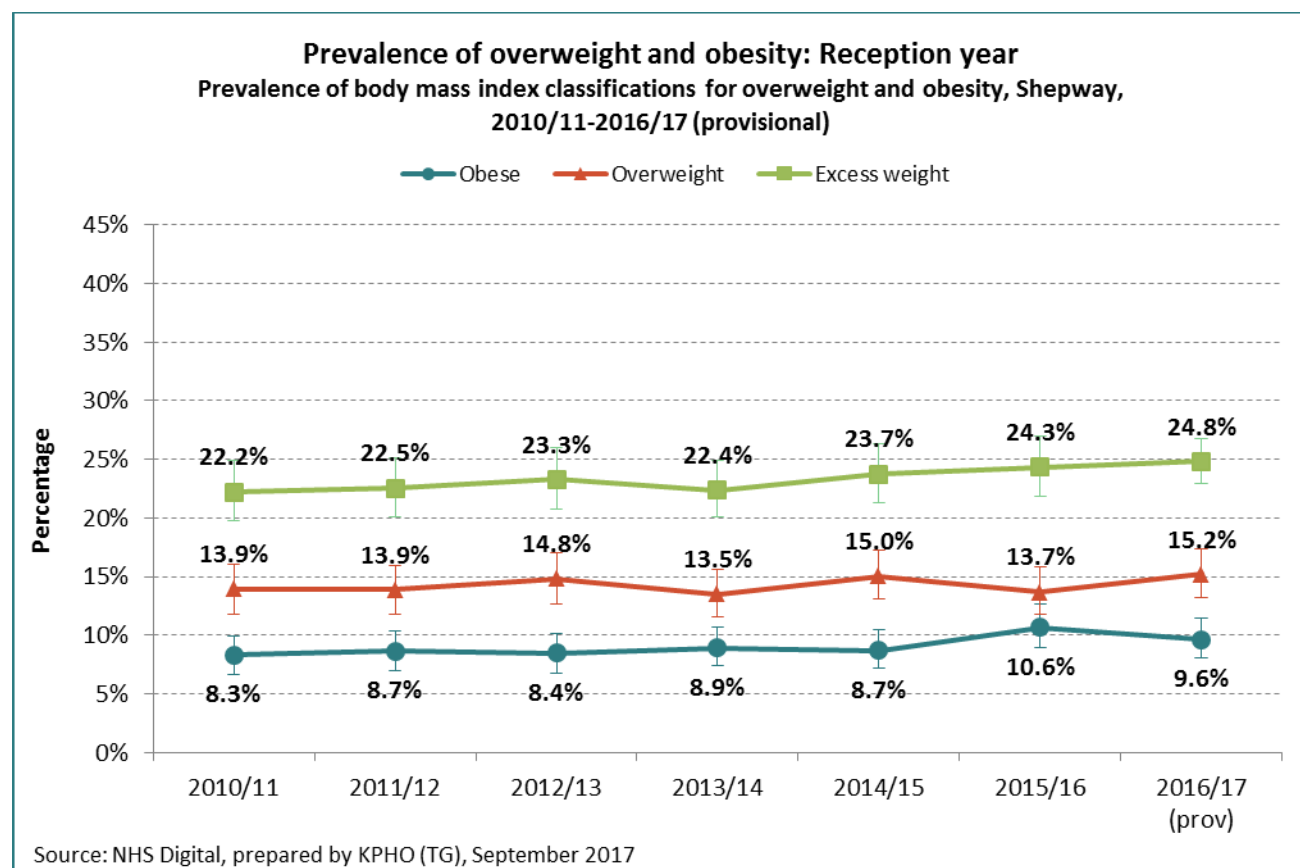
There is some evidence to suggest that the prevalence of excess weight and obesity amongst reception year pupils living in Sevenoaks is increasing.

- The prevalence of both obesity and excess weight amongst reception year pupils living in Sevenoaks are now significantly higher than they were in 2010/11. There has been a statistically significant increase of both obesity and excess weight from 2015/16 to 2016/17.



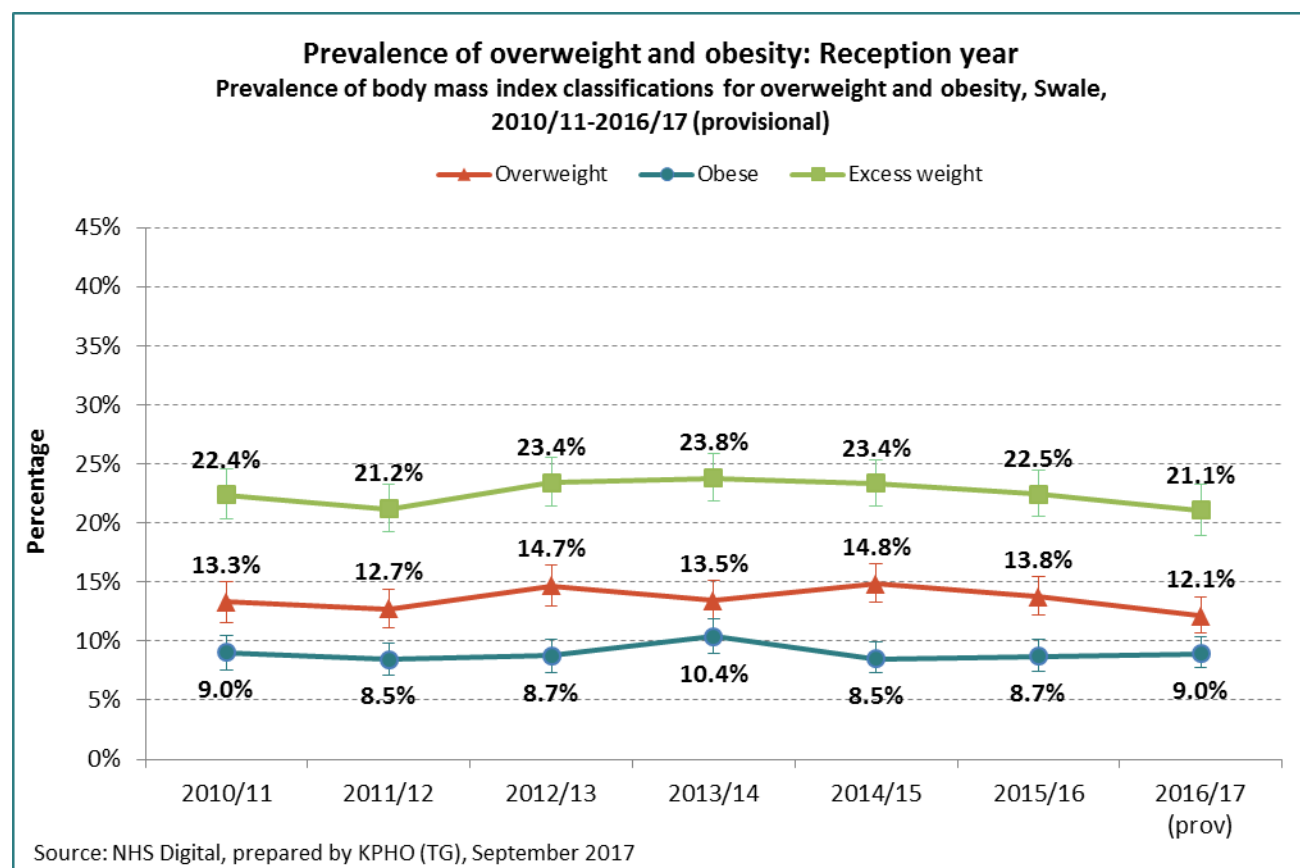
### 3.2.10 Shepway trend between 2010/11 and 2016/17

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



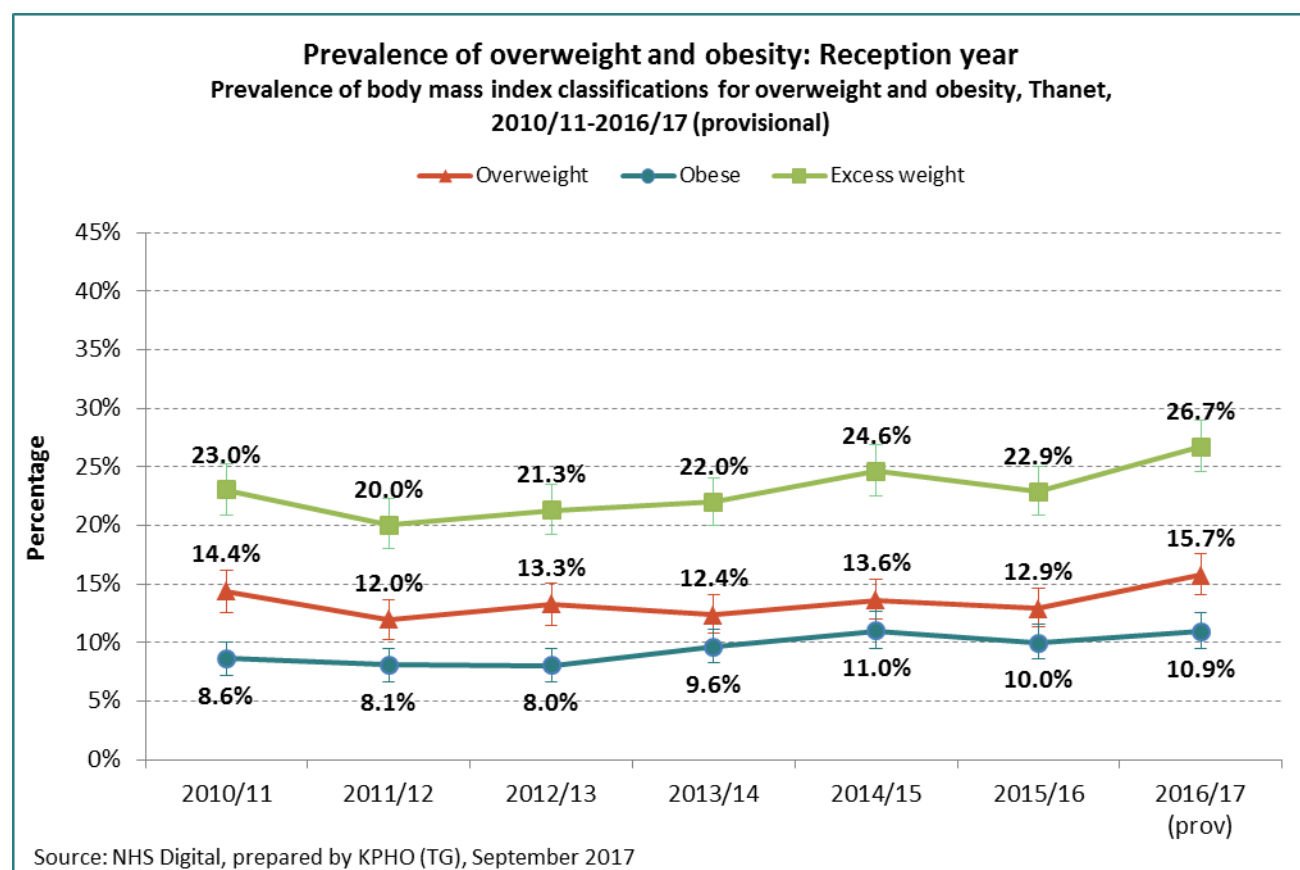
### 3.2.11 Swale trend between 2010/11 and 2016/17

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



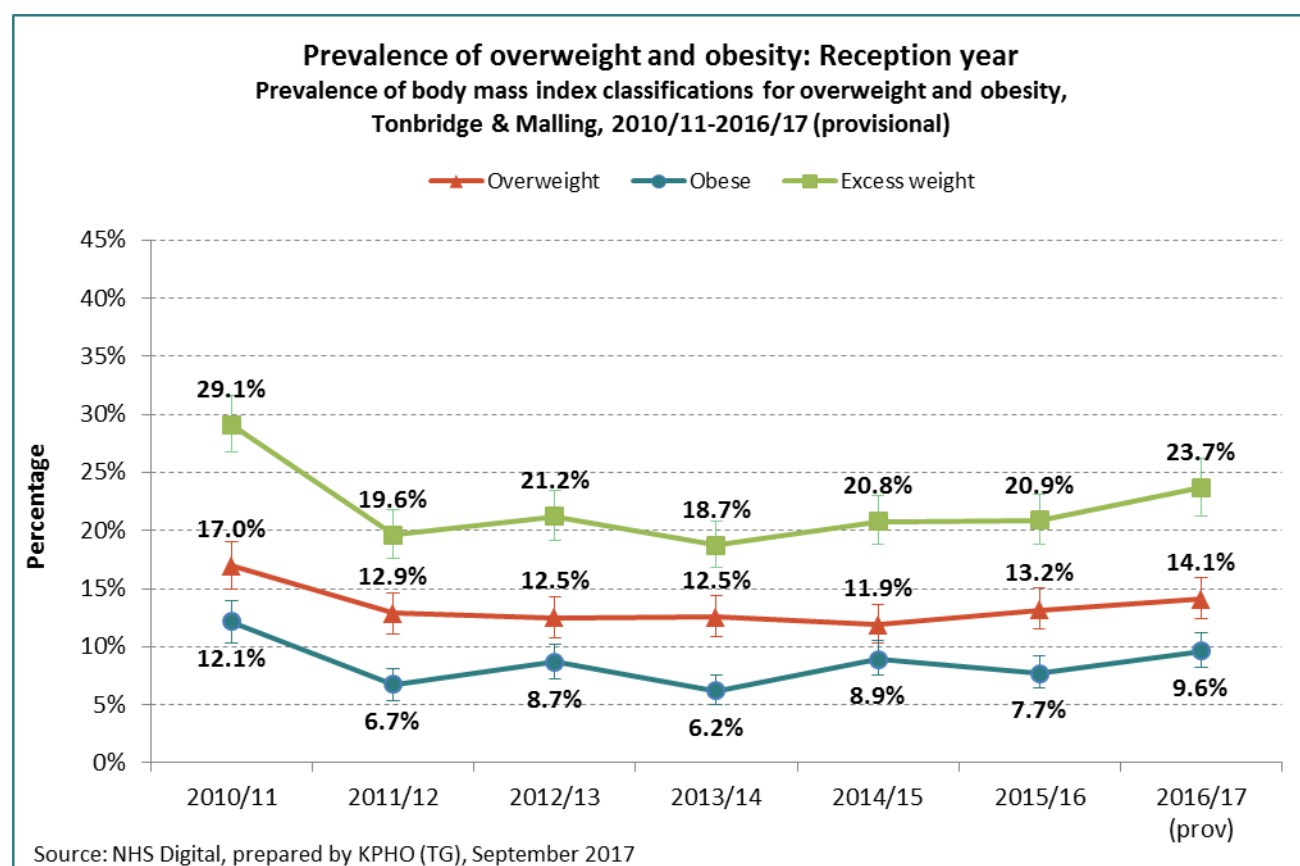
### 3.2.12 Thanet trend between 2010/11 and 2016/17

There is some evidence to suggest that the prevalence of excess weight has increased significantly since 2011/12.



### 3.2.13 Tonbridge & Malling trend between 2010/11 and 2016/17

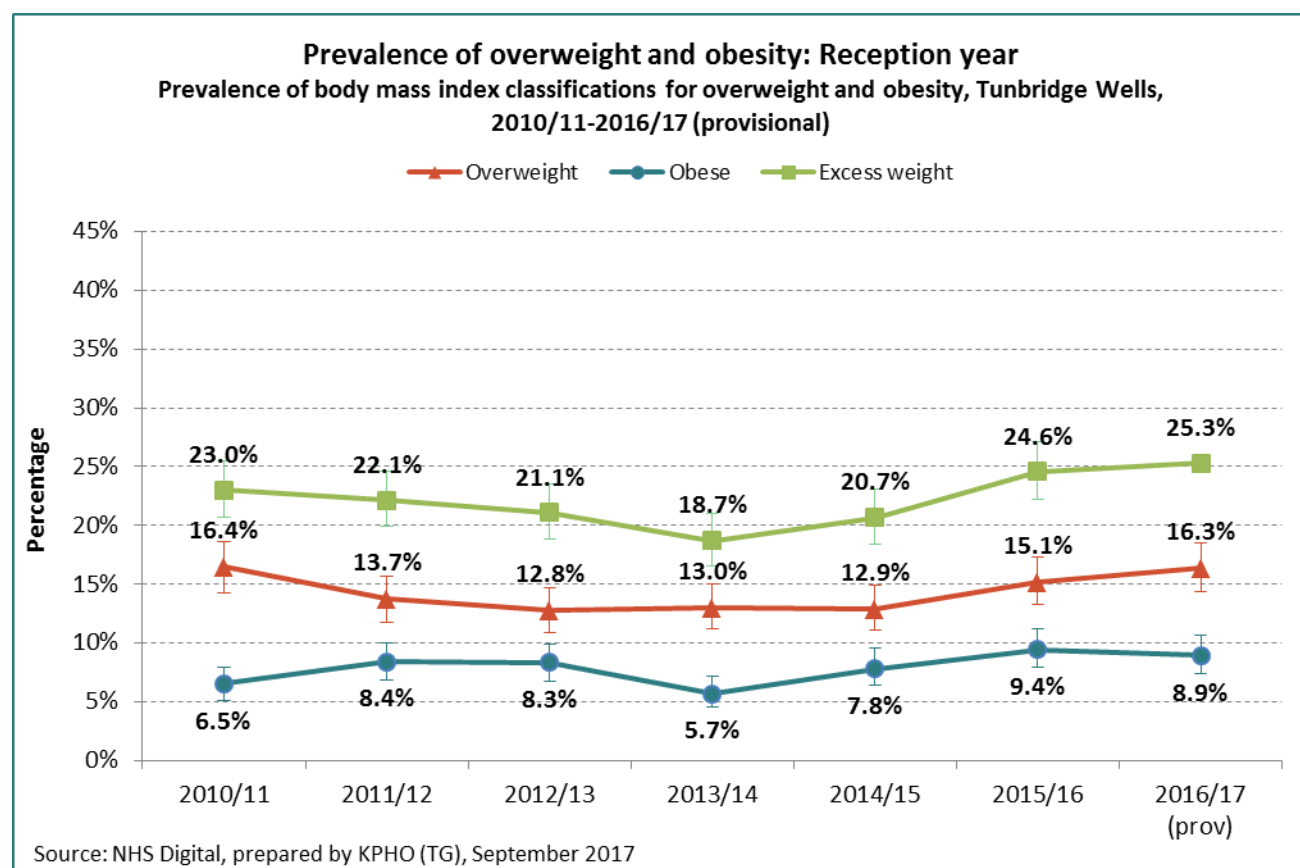
There is some evidence to suggest that the prevalence of excess weight has started to increase, following a large drop between 2010/11 and 2011/12. The prevalence of both obesity and excess weight is now higher than it was in 2011/12.





### 3.2.14 Tunbridge Wells trend between 2010/11 and 2016/17

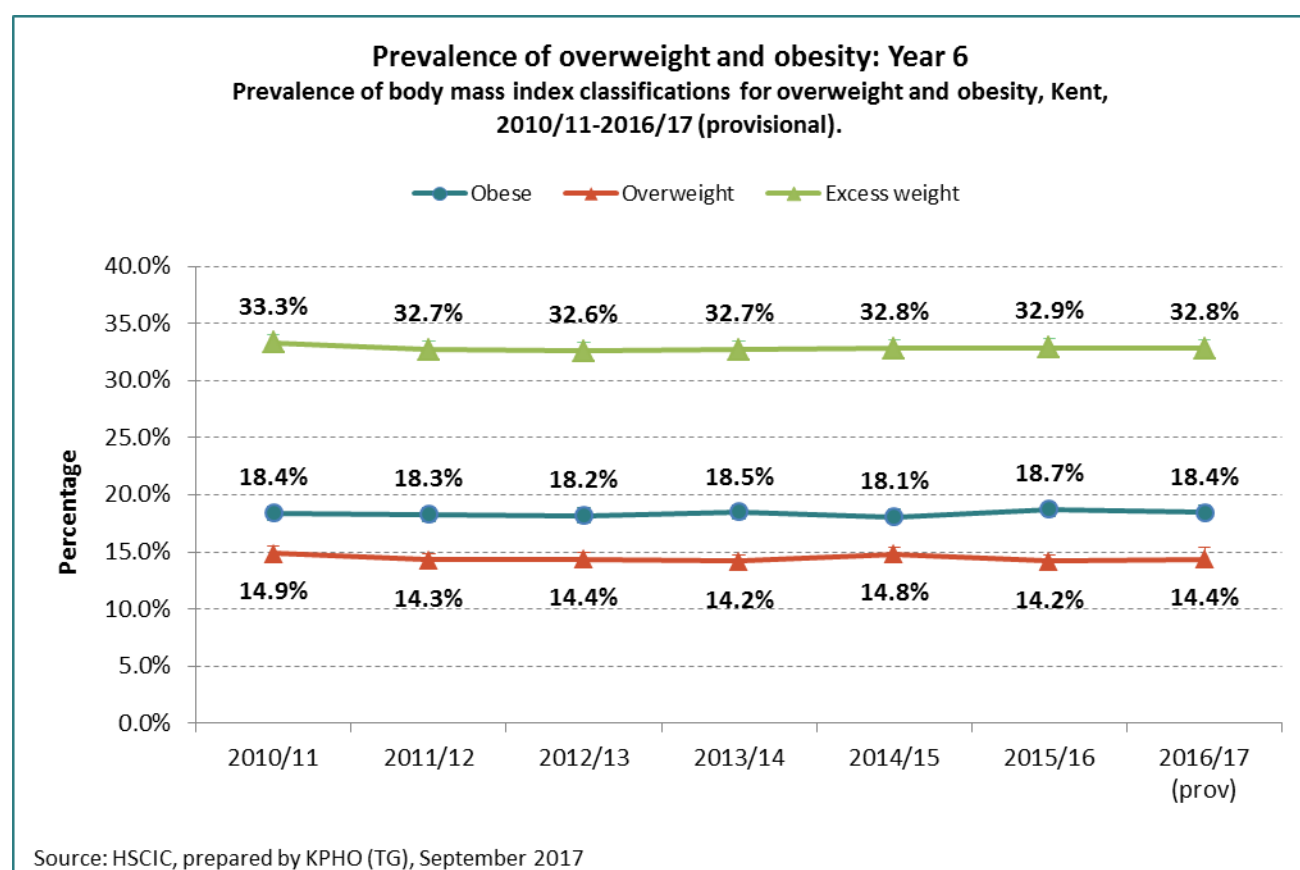
There is some evidence to suggest that the prevalence of obesity and excess weight amongst reception year pupils living in Tunbridge Wells has increased over the last few years. Obesity and excess weight are now higher than in 2010/11.



### 3.3 Year Six

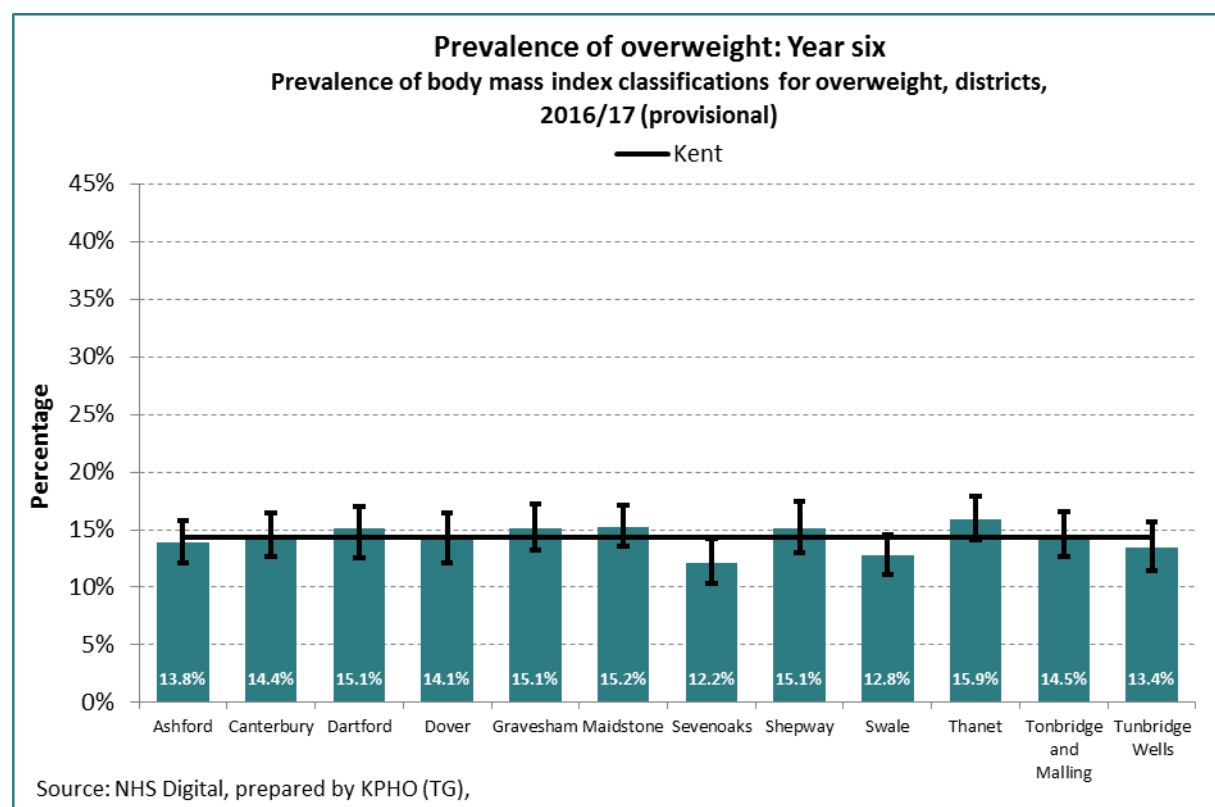
#### 3.3.1 Trend between 2010/11 and 2016/17

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.



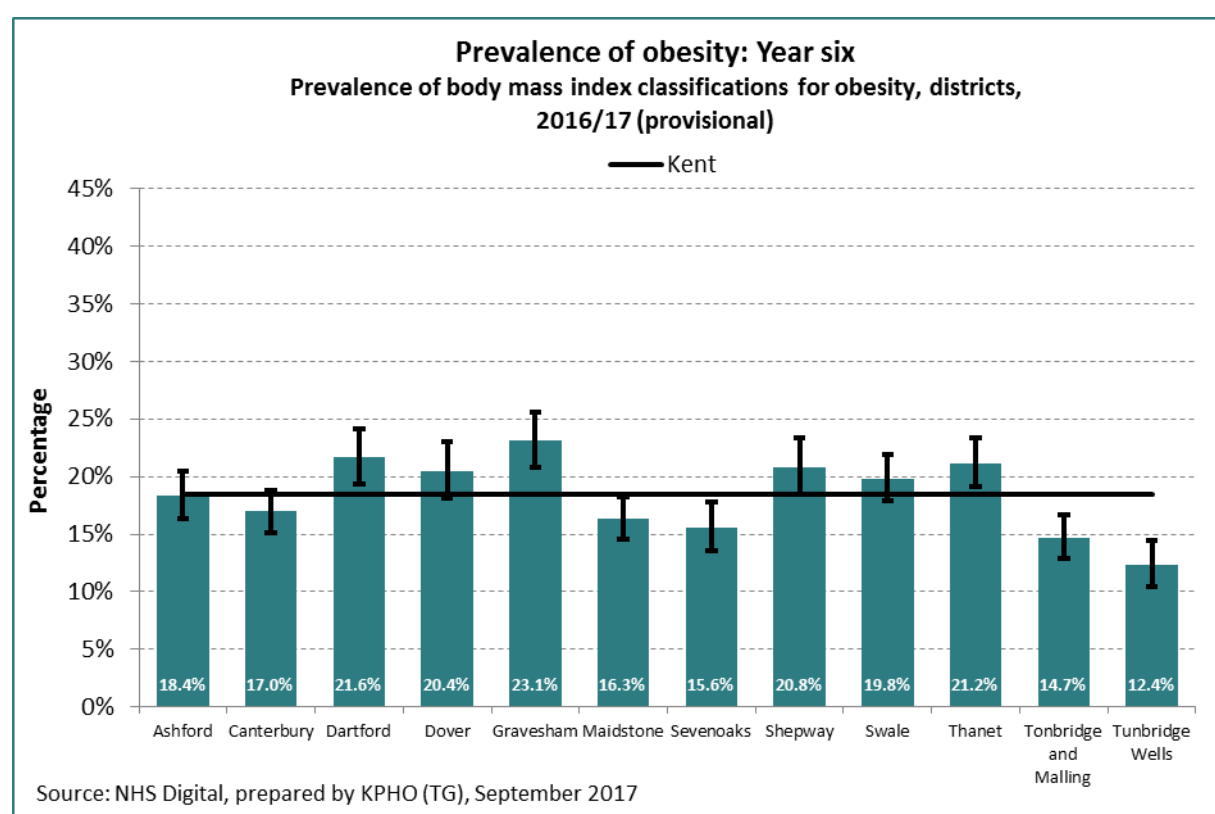
### 3.3.2 Districts 2016/17

The findings for year six echo those for reception year in respect of overweight pupils. In 2016/17, for the majority of Districts the prevalence of overweight was similar to Kent. The exception to this is year six pupils living in Sevenoaks, where a lower proportion (12.2%) was measured as being overweight.



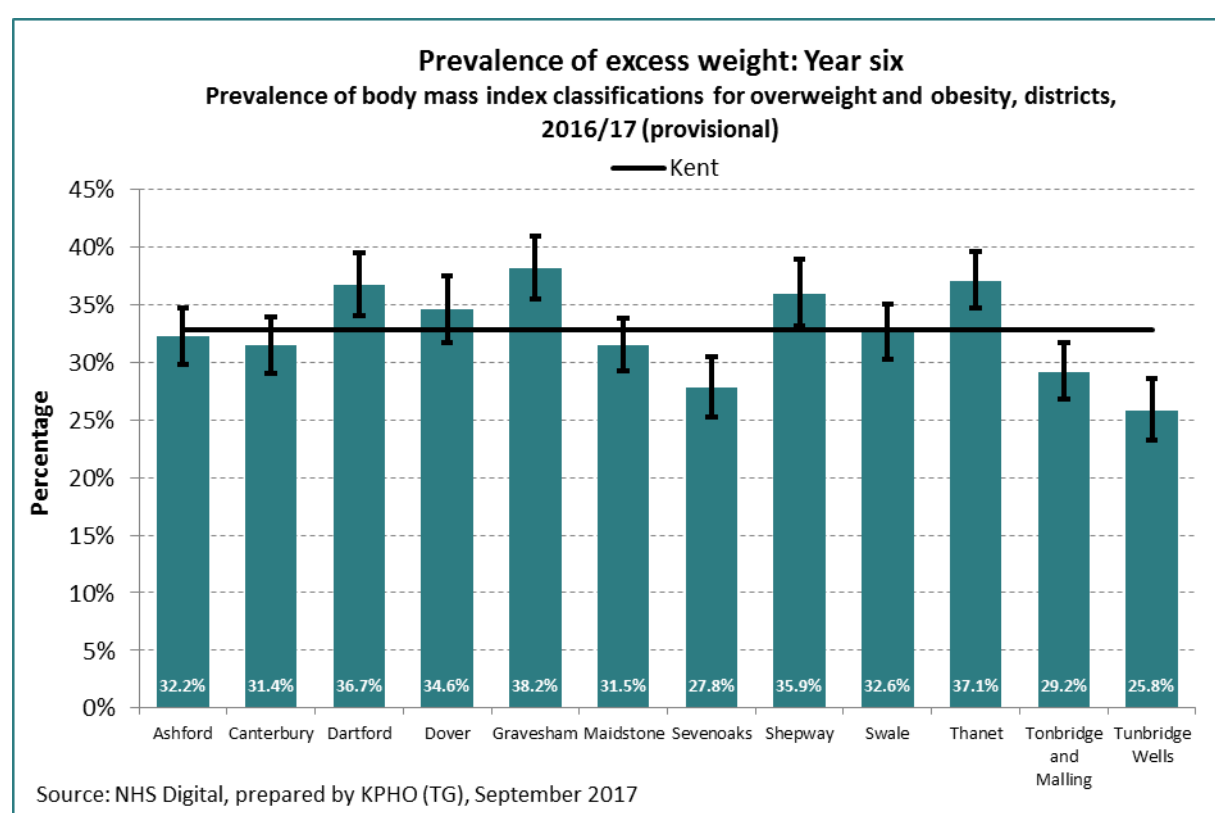
For many Districts the prevalence of obesity amongst year six pupils was similar to Kent, however there is more variation in obesity levels across the Districts than with overweight levels.

- Maidstone, Sevenoaks, Tonbridge & Malling and Tunbridge Wells
  - 16.3% of those measured in Maidstone, 15.6% in Sevenoaks, 14.7% in Tonbridge & Malling and 12.4% in Tunbridge Wells were obese; **lower** than Kent.
- Dartford, Gravesham and Thanet
  - 21.6% of those measured living in Dartford, 23.1% in Gravesham and 21.2% in Thanet were obese; **higher** than Kent.



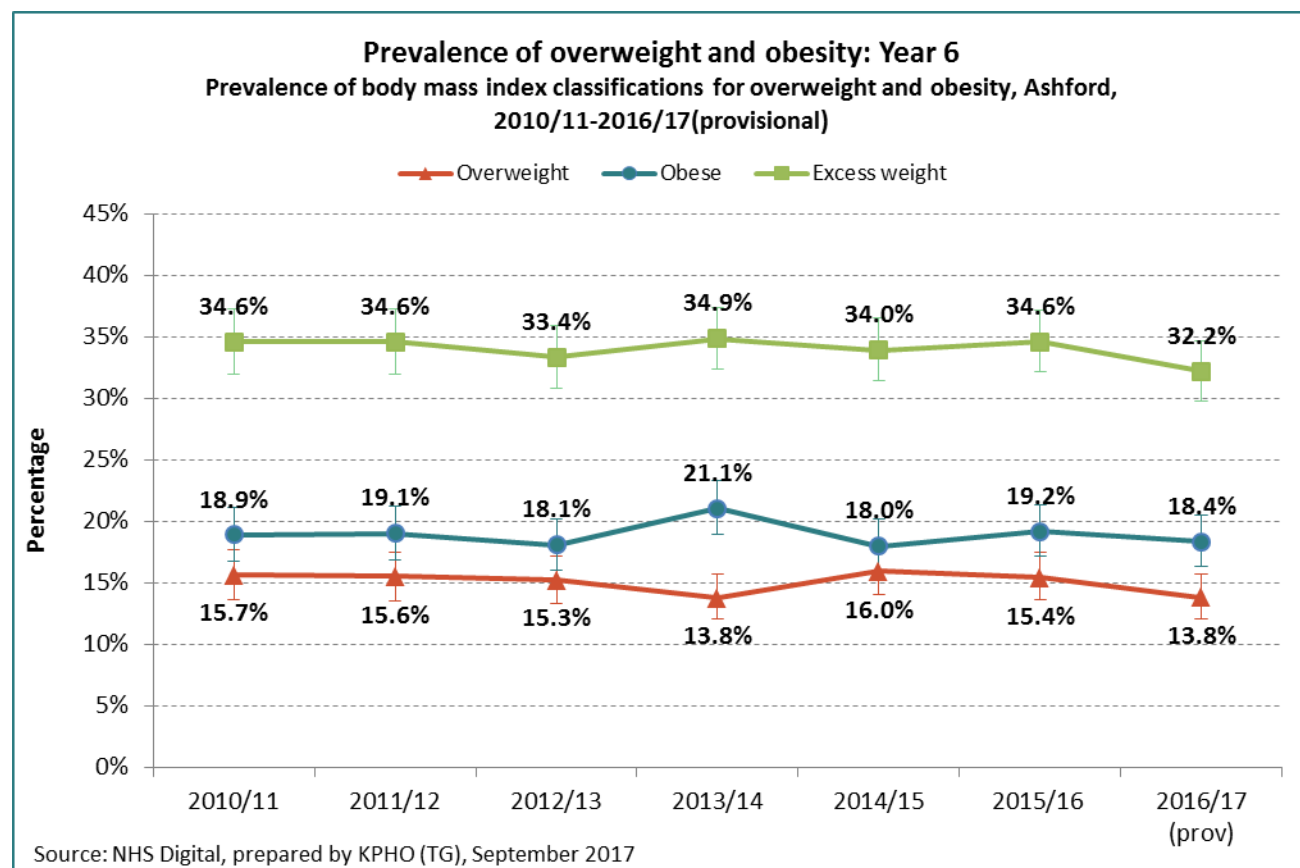
The findings for excess weight amongst year six pupils are very similar to those for obesity. Whilst for a number of Districts the prevalence of excess weight was similar to Kent, there are a number of exceptions:

- Sevenoaks, Tonbridge & Malling and Tunbridge Wells
  - 27.8% of those measured in Sevenoaks, 29.2% in Tonbridge & Malling and 25.8% in Tunbridge Wells were overweight or obese; **lower** than Kent.
- Dartford, Gravesham, Shepway and Thanet
  - 36.7% of those measured living in Dartford, 38.2% in Gravesham, 35.9% in Shepway and 37.1% in Thanet were overweight or obese; **higher** than Kent.



### 3.3.3 Ashford trend between 2010/11 and 2016/17

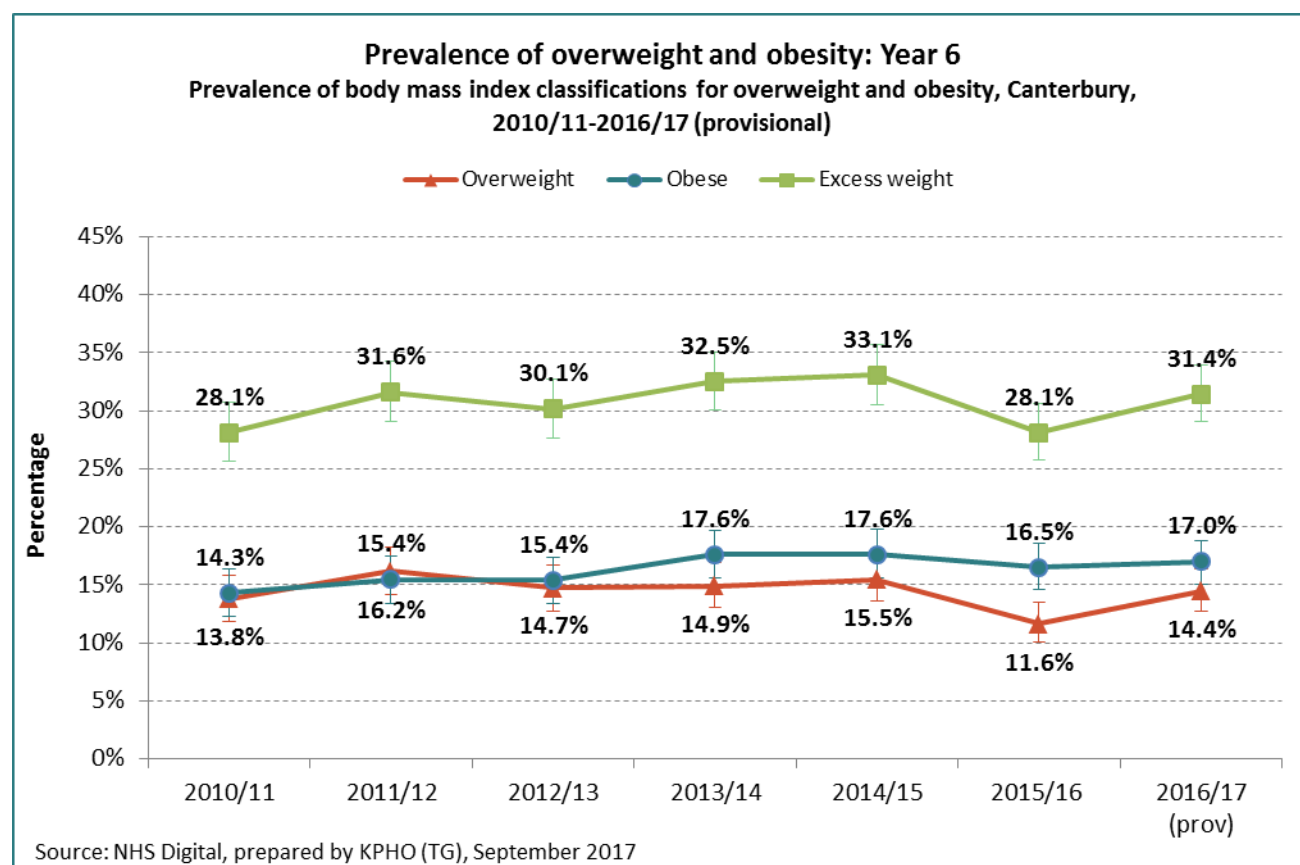
The prevalence of overweight, obesity and excess weight amongst year six pupils living in Ashford remains at a similar level to that recorded in 2010/11.



### 3.3.4 Canterbury trend between 2010/11 and 2016/17

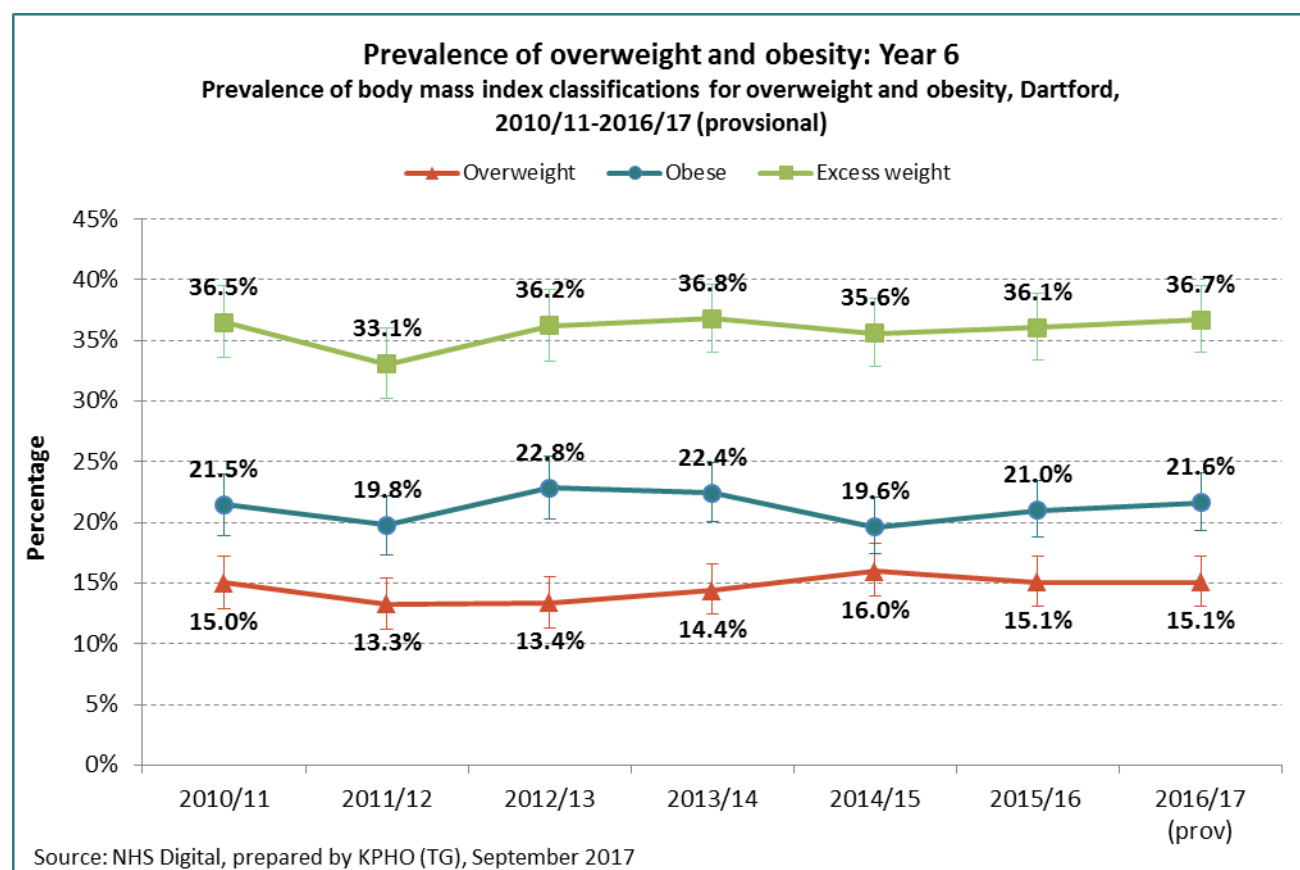
Whilst there have been some year-on-year fluctuations, the prevalence of overweight, obesity and excess weight amongst year six pupils living in Canterbury remains at a similar level to that recorded in 2010/11.

- In 2015/16 the prevalence of overweight amongst year six pupils living in Canterbury was lowest at 11.6%, however the prevalence of overweight has returned to previous levels in 2016/17.



### 3.3.5 Dartford trend between 2010/11 and 2016/17

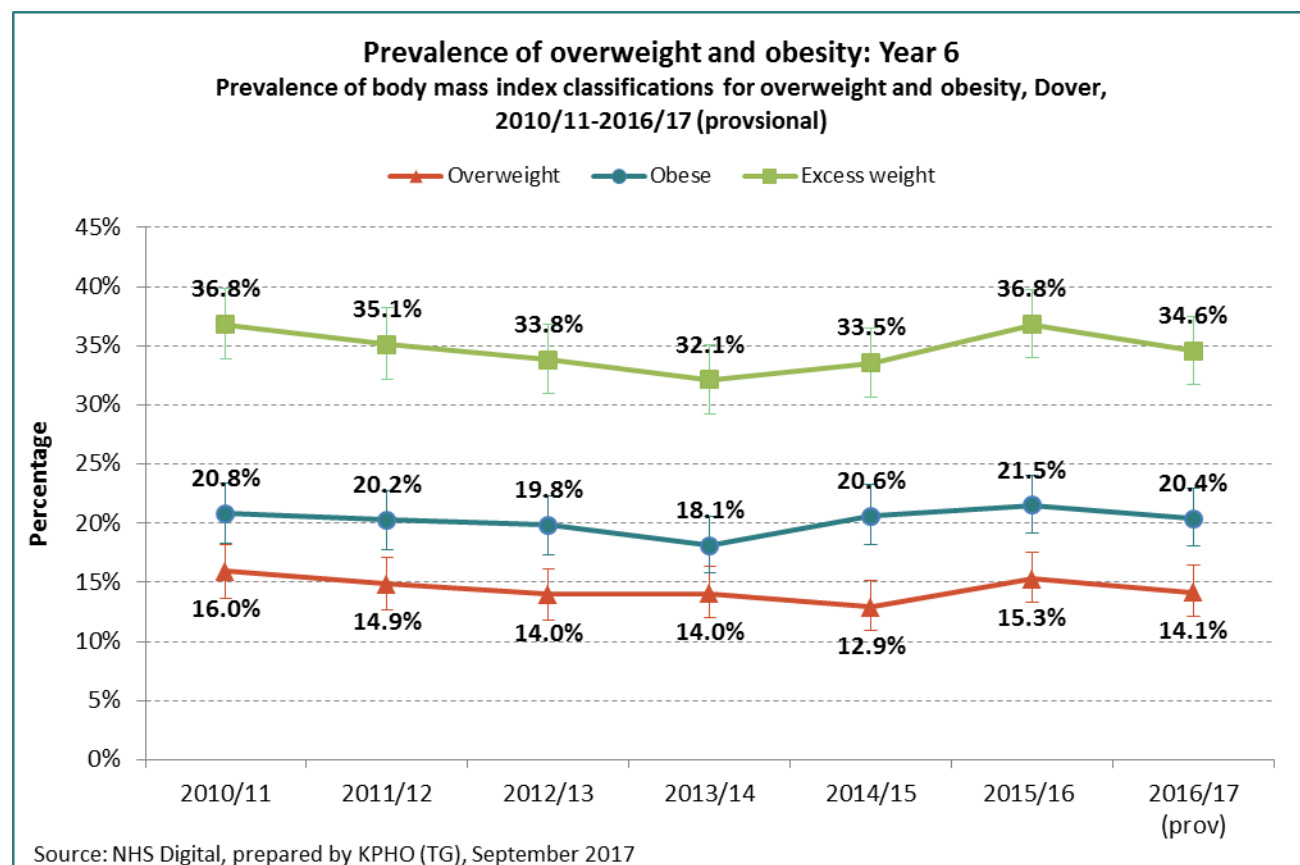
The prevalence of overweight, obesity and excess weight amongst year six pupils living in Dartford remains at a similar level to that recorded in 2010/11.





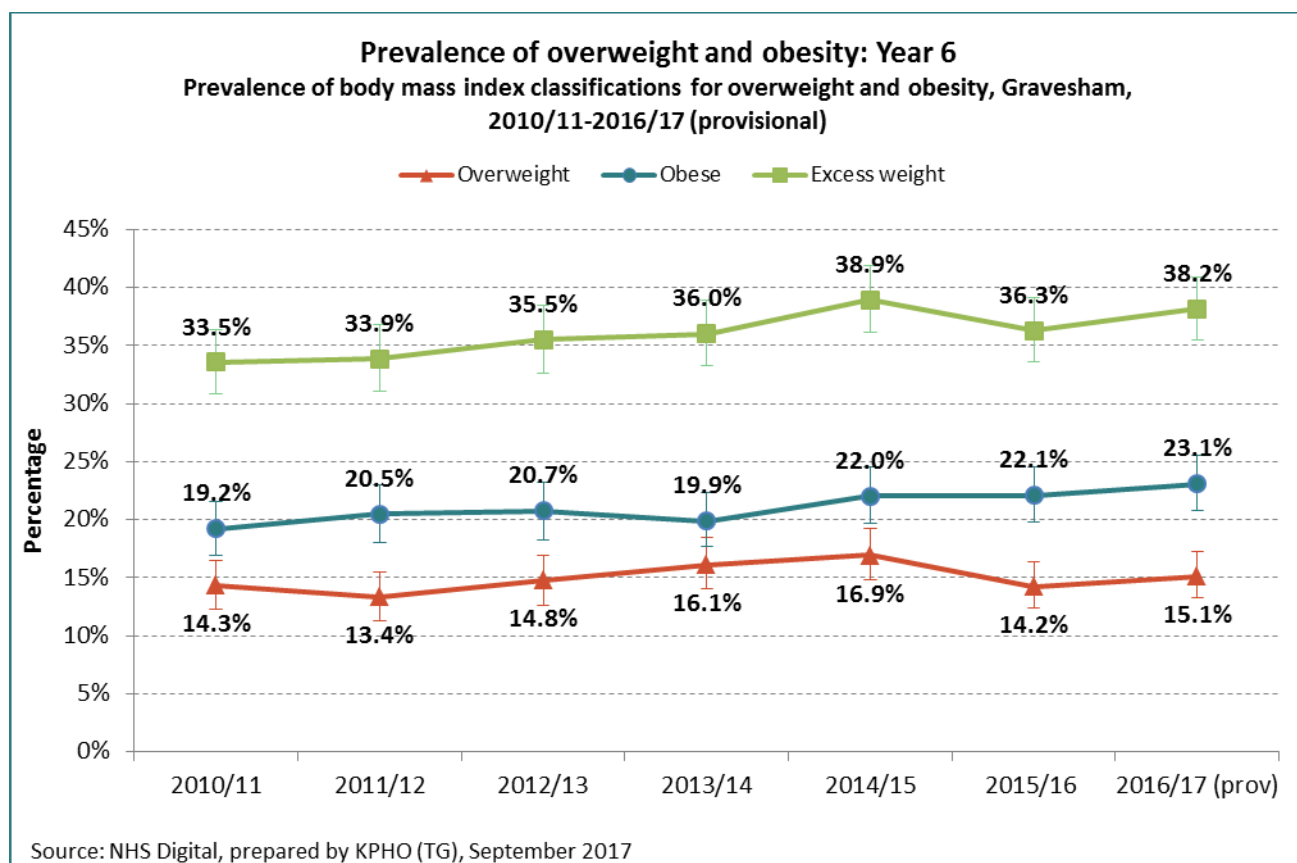
### 3.3.6 Dover trend between 2010/11 and 2016/17

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



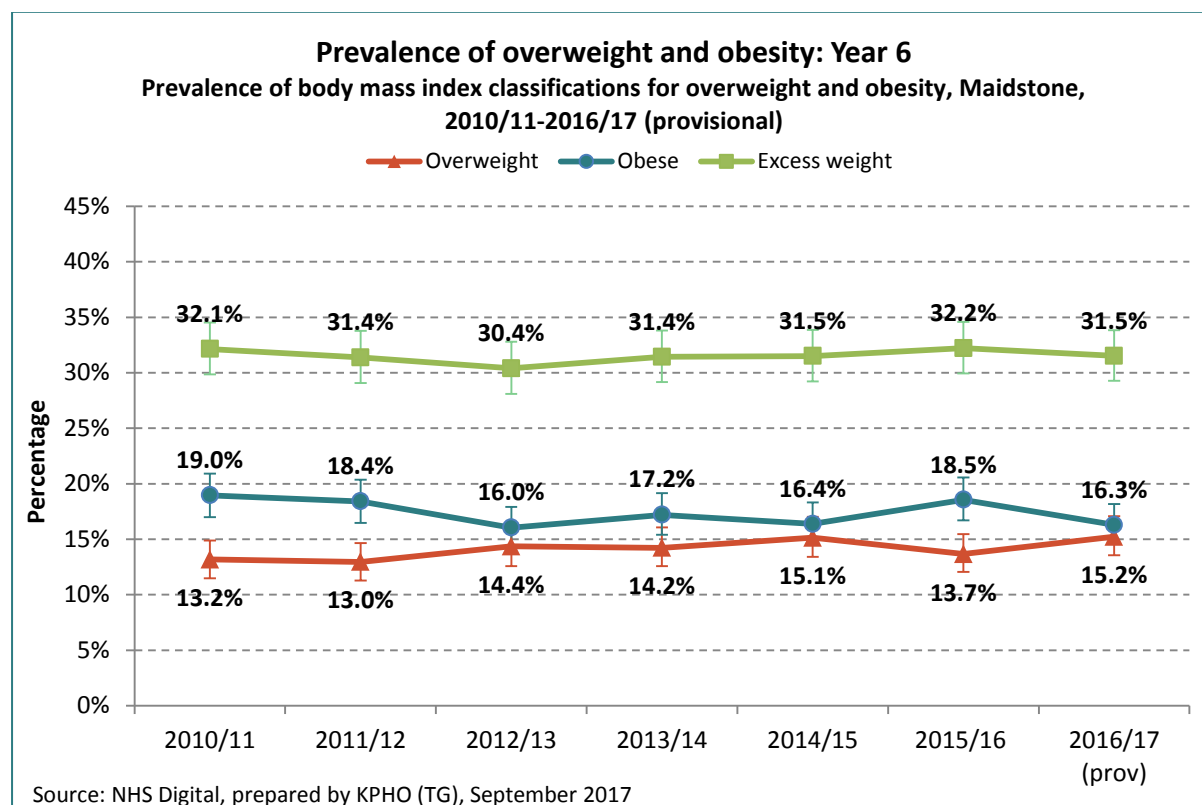
### 3.3.7 Gravesham trend between 2010/11 and 2016/17

There has been a statistically significant increase in both obesity and excess weight amongst year six pupils living in Gravesham in 2016/17 from 2010/11 levels.



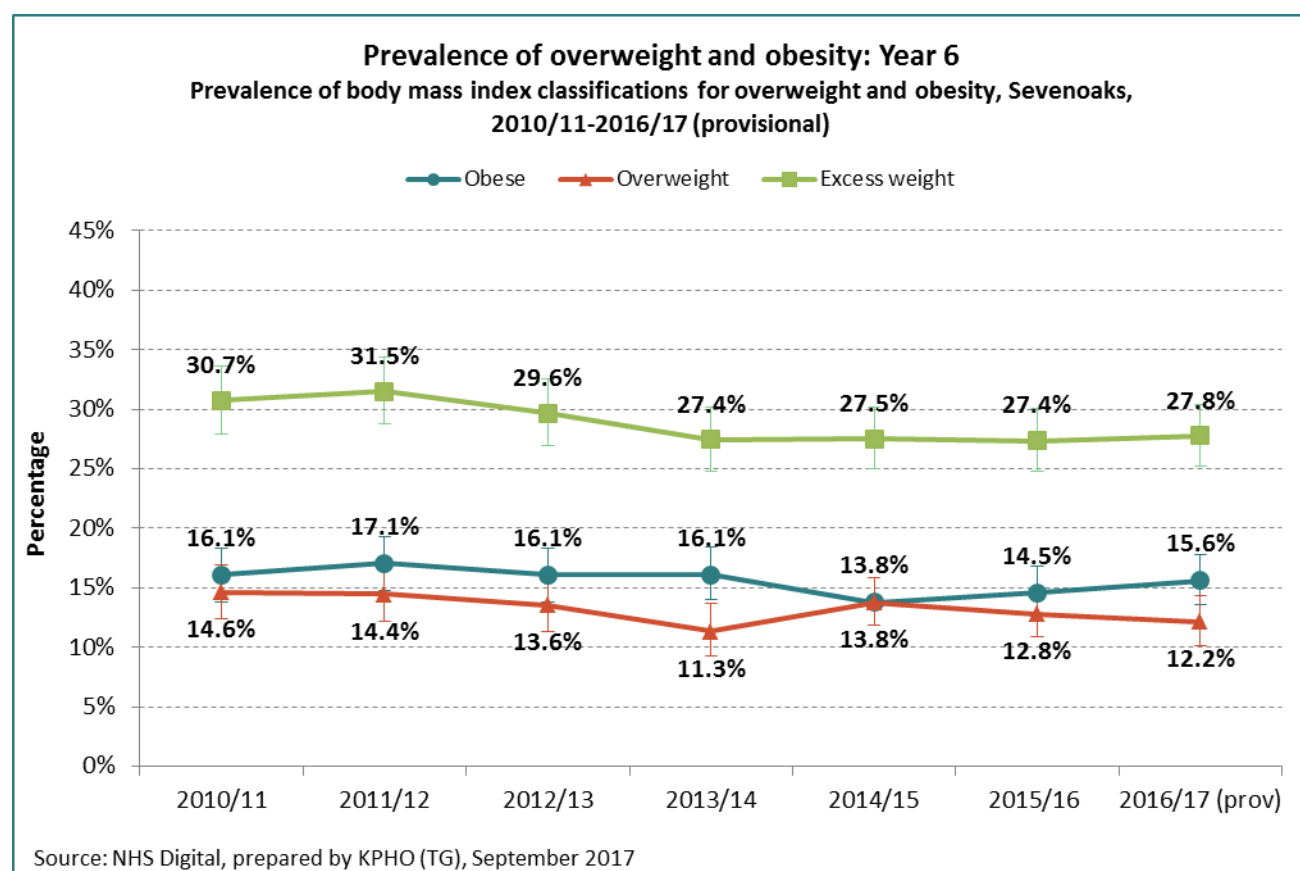
### 3.3.8 Maidstone trend between 2010/11 and 2016/17

The prevalence of excess weight amongst year six pupils living in Maidstone remains at a similar level to that recorded in 2010/11.



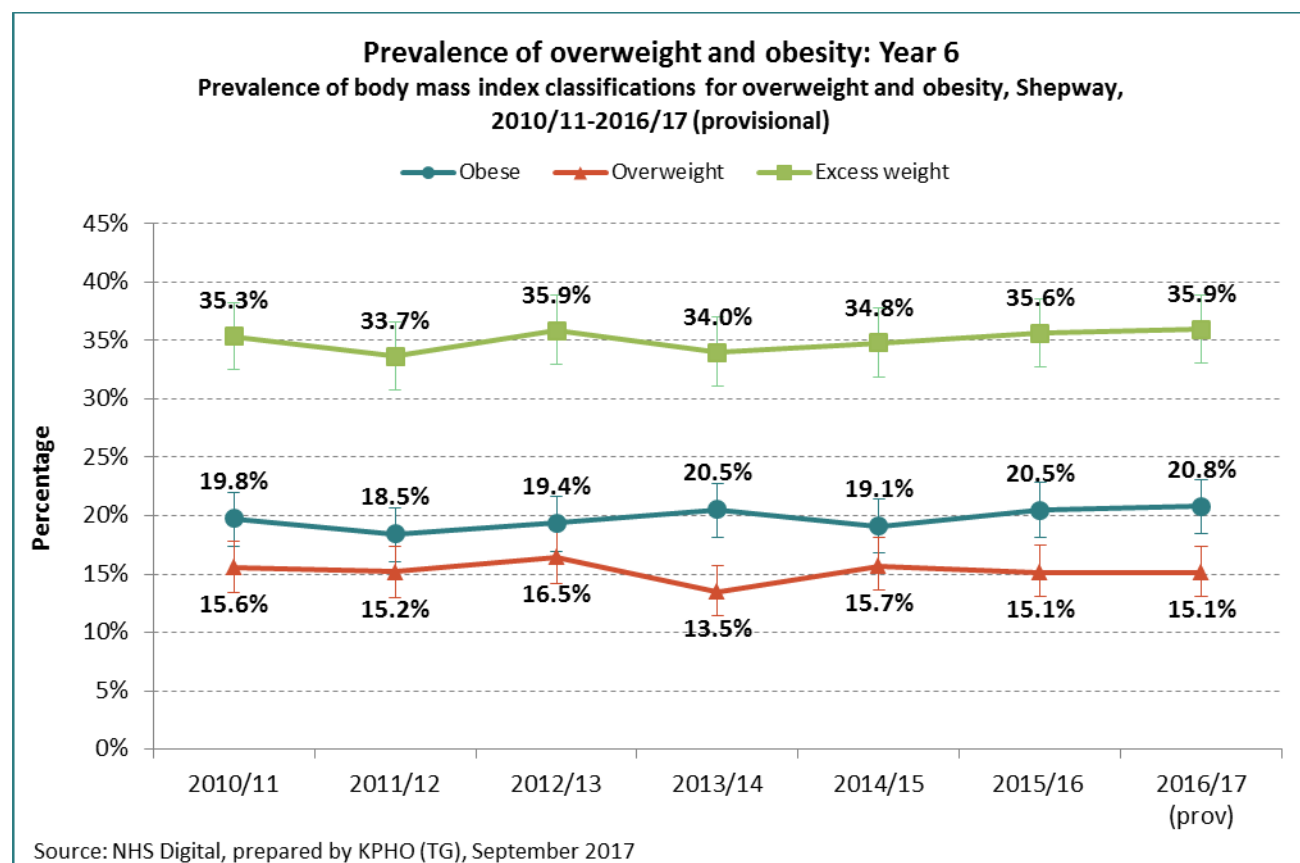
### 3.3.9 Sevenoaks trend between 2010/11 and 2016/17

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



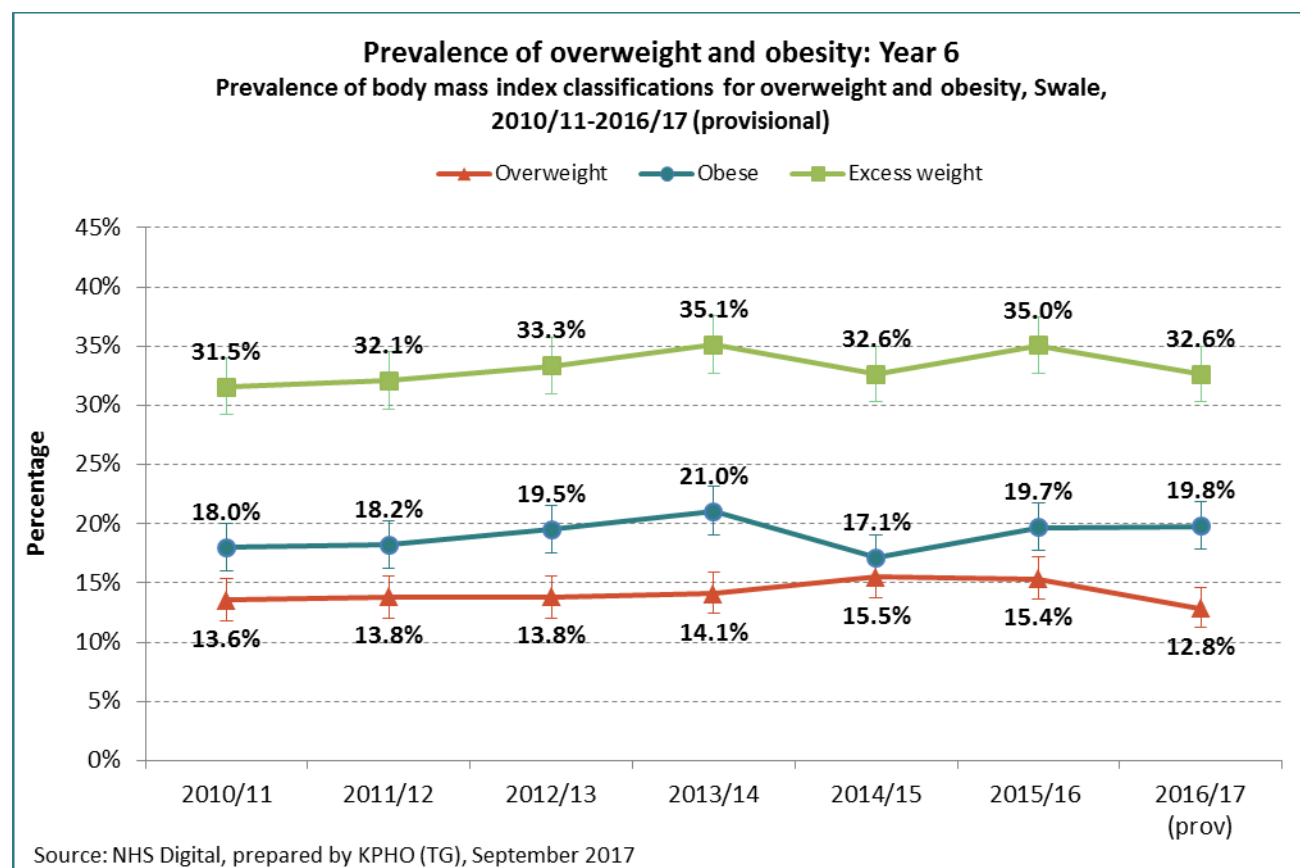
### 3.3.10 Shepway trend between 2010/11 and 2016/17

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



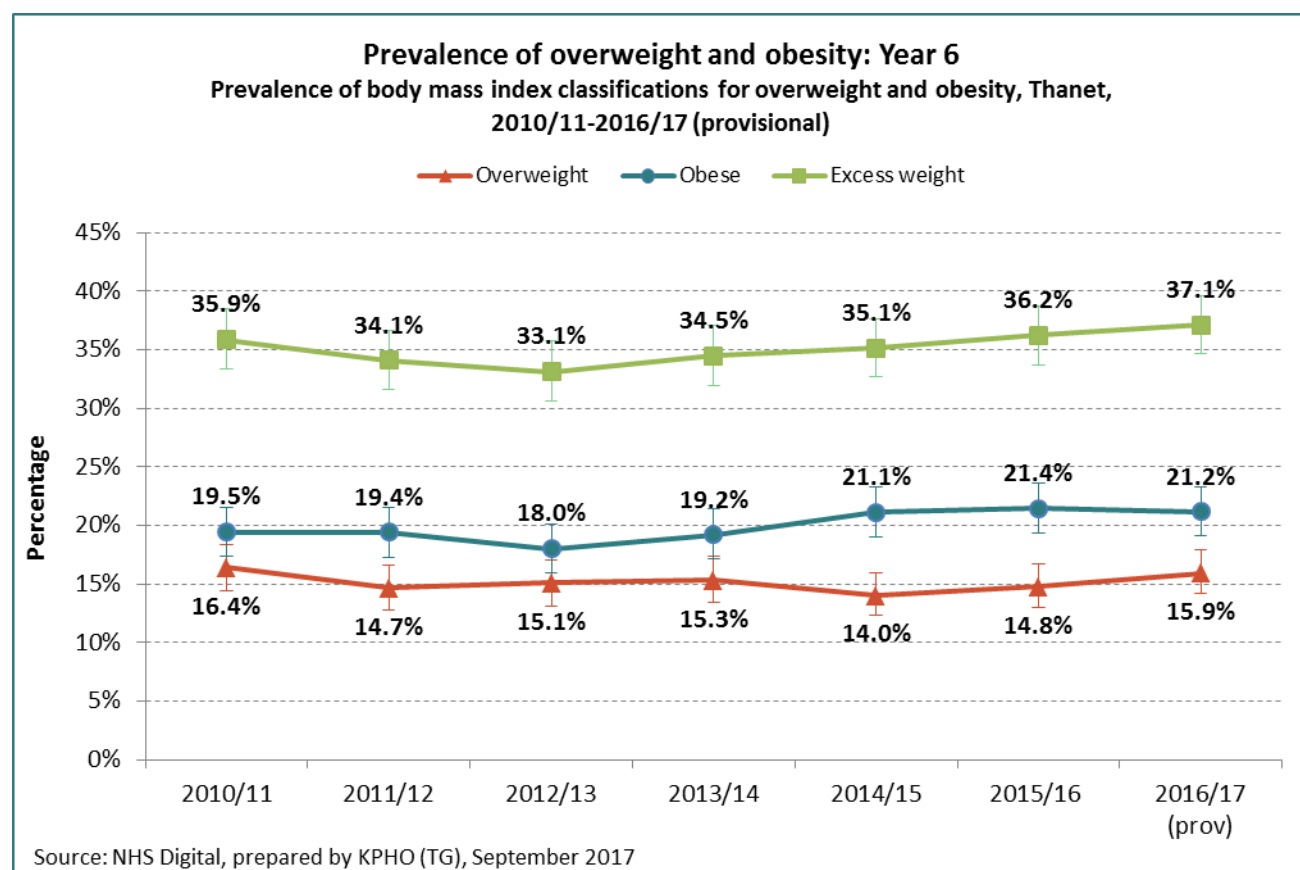
### 3.3.11 Swale trend between 2010/11 and 2016/17

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



### 3.3.12 Thanet trend between 2010/11 and 2016/17

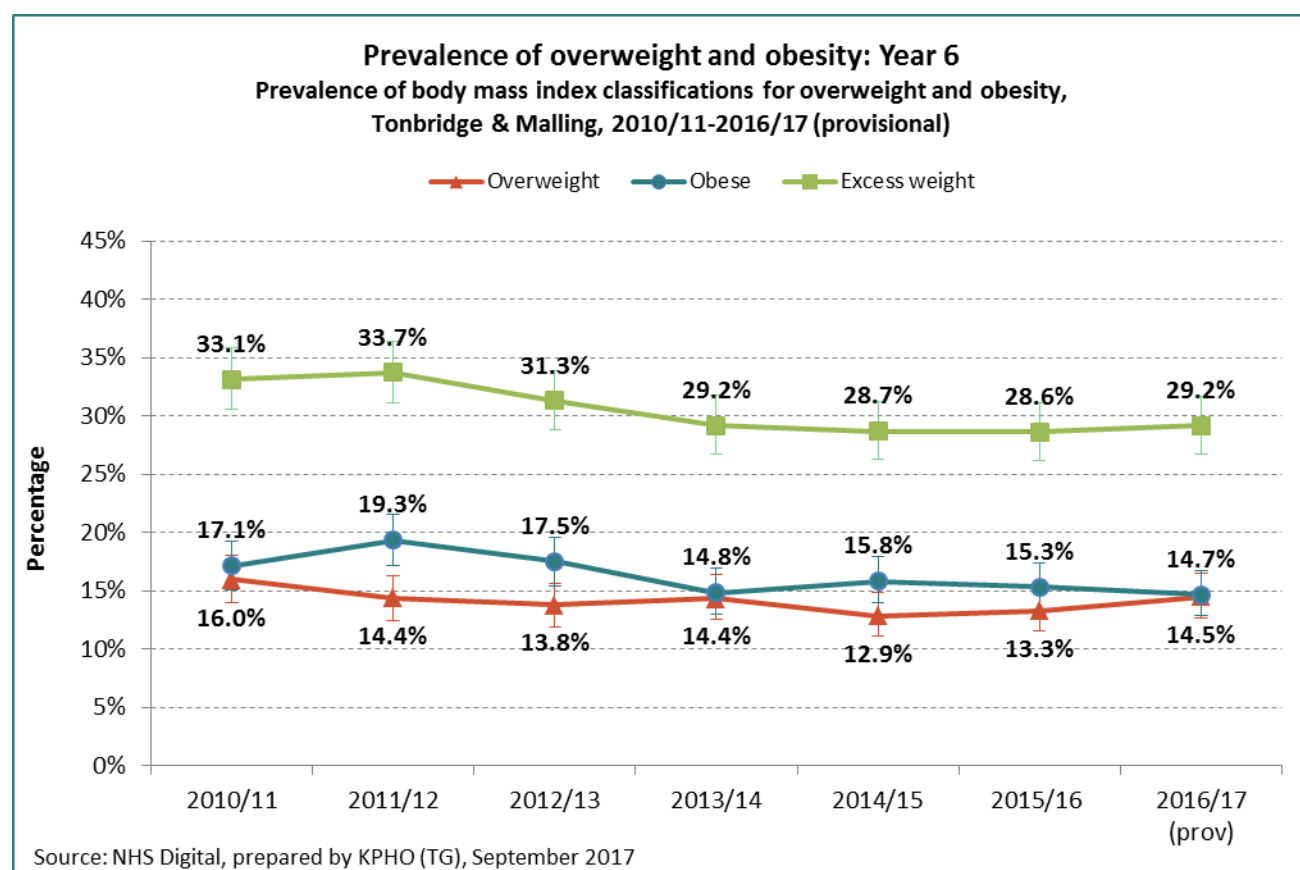
The prevalence of overweight, obesity and excess weight amongst year six pupils living in Thanet remains at a similar level to that recorded in 2010/11.



### 3.3.13 Tonbridge & Malling trend between 2010/11 and 2016/17

There is evidence to suggest that levels of excess weight amongst year six 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.

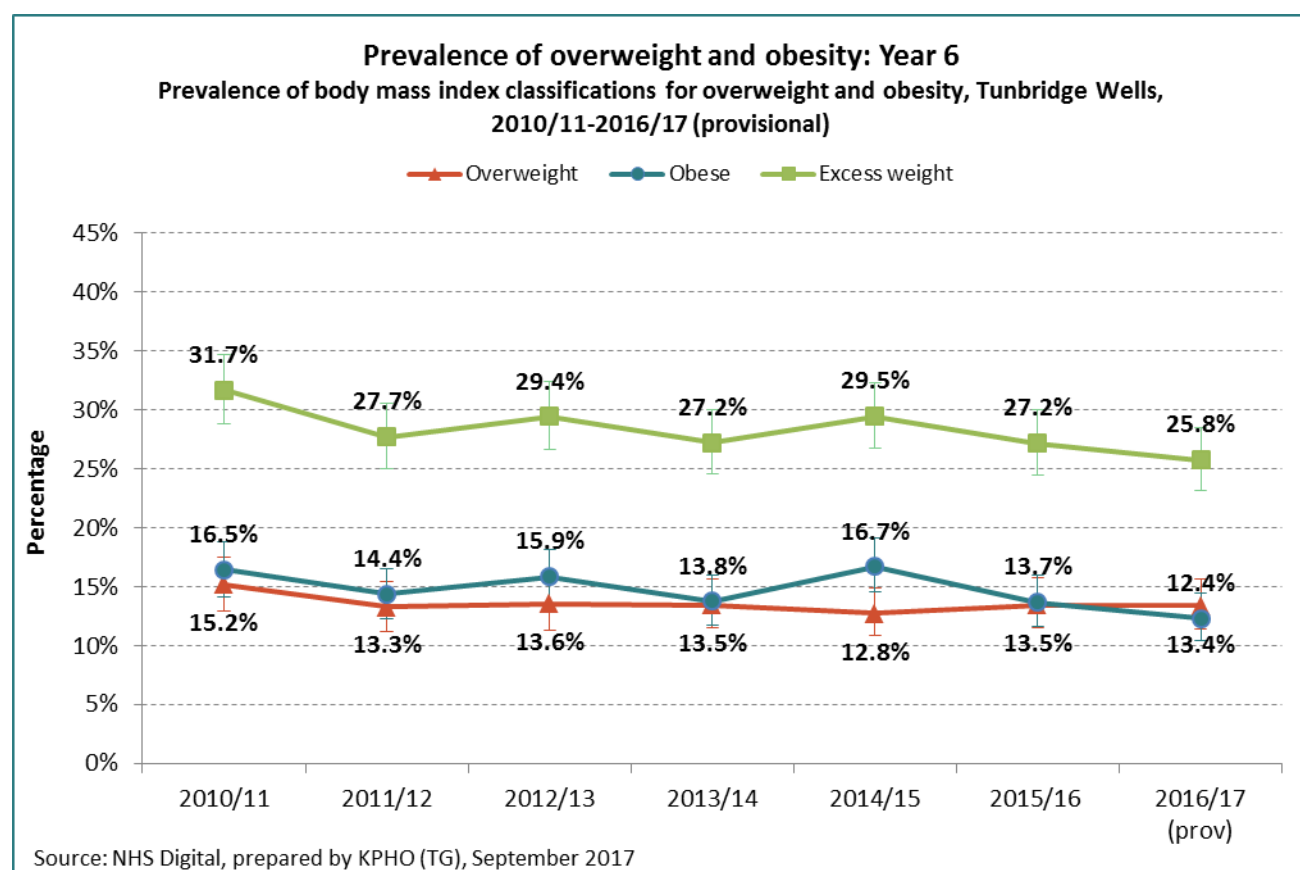




### 3.3.14 Tunbridge Wells trend between 2010/11 and 2016/17

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

- In 2016/17 there has been a further decrease in the prevalence of excess weight.



## | 4. Conclusions

### 4.1 Conclusions

Overall, in 2015/16, 14.1% and 10.3% of the reception year pupils living in Kent measured under NCMP were overweight and obese respectively. The equivalent figures for year six pupils are 14.4% and 18.4% respectively.

For year six, figures are similar to those recorded in both 2015/16 and 2010/11, with no meaningful changes in obese or overweight at Kent-level.

The short-term trend in the prevalence of obesity and excess weight within Kent reception year pupils suggests that there has been a significant increase between 2013/14 and 2016/17.

- There has been a statistically significant increase in the prevalence of obesity amongst reception year pupils in Kent between 2015/16 and 2016/17. This means that excess weight levels have also statistically significantly increased between 2015/16 and 2016/17.

## | 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, 2015/16](#).

### 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, 2015/16](#). It should be noted here that overlapping confidence intervals do not necessarily indicate no significant difference.

