

National Child Measurement Programme

Data release 2017/18

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| 1. Executive Summary

1.1 Key Findings

- Overall, in 2017/18 12.4% and 8.3% of the reception year pupils living in Kent and attending Kent schools were overweight and obese respectively.
 - Overweight and obesity levels amongst reception year pupils in Kent were lower than England (12.8% and 9.5%), but similar to the South East (12.4% and 8.2%).
 - Whilst the 2017/18 figures for Kent reception year were lower than the previous year and 2010/11, the overall trend for overweight, obesity and excess weight was stable.
- In 2017/18, 14.4% and 18.8% of the year six pupils living in Kent and attending Kent schools were overweight and obese respectively.
 - Overweight and obesity levels combined amongst year six pupils in Kent were higher than the South East (30.9%) but lower than England (34.3%). In comparison to England, Kent overweight levels amongst year six pupils were similar (14.2%), whereas, obesity levels were lower (20.1%).
 - For year six, the overweight, obesity and excess weight figures are similar to the previous year and 2010/11.

Ashford:

- In 2017/18, 20.9% and 31.9% of reception and year six pupils living in Ashford respectively were overweight or obese, similar to Kent, the South East and England.
 - The prevalence of overweight, obesity and excess weight amongst both reception and year six pupils living in Ashford remains at a similar level to that recorded in 2010/11.

Canterbury:

- In 2017/18, 20.1% and 32.1% of reception and year six pupils living in Canterbury respectively were overweight or obese, similar to Kent, the South East and England.
 - The prevalence of overweight, obesity and excess weight amongst reception year pupils living in Canterbury remains at a similar level to that recorded in 2010/11.
 - There have been some year-on-year fluctuations and the prevalence of obesity and excess weight amongst year six pupils living in Canterbury is now significantly higher than that recorded in 2010/11. However, only the obesity is increasing, due to year on year fluctuations in the excess weight trend.

Dartford:

- In 2017/18, 23.5% and 37.8% of reception and year six pupils living in Dartford respectively were overweight or obese, higher than Kent and the South East. Whilst year six was higher than England, reception year was similar to England.
 - The prevalence of overweight, obesity and excess weight amongst both reception year and year six pupils living in Dartford remains at a similar level to that recorded in 2010/11.

Dover:

- In 2017/18, 23.5% and 35.0% of reception and year six pupils living in Dover respectively were overweight or obese. Whilst reception year was higher than Kent and the South East, year six was higher than Kent but similar to the South East.
 - 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.

Folkestone and Hythe:

- In 2017/18, 22.9% and 32.8% of reception and year six pupils living in Folkestone and Hythe were overweight or obese, similar to Kent, the South East and England.
 - The prevalence of overweight and obesity amongst both reception year and year six pupils living in Folkestone and Hythe remain at similar levels to those recorded in 2010/11.

Gravesham:

- In 2017/18, 21.9% and 37.3% of reception and year six pupils respectively were overweight or obese. Whilst reception year was similar to Kent, the South East and England, year six was higher than Kent, the South East and England.
 - The prevalence of obesity and excess weight amongst reception year pupils living in Gravesham remains at a similar level to that recorded in 2010/11, despite a rise in 2016/17.
 - Whilst the prevalence of obese and excess weight in year six pupils remains similar to 2016/17, the overall trend is increasing between 2010/11 and 2017/18. This places emphasis on the above finding that this district is higher than Kent, the South East and England.

Maidstone:

- In 2017/18, 17.6% and 32.8% of reception and year six pupils living in Maidstone respectively were overweight or obese. Whilst reception year was lower than Kent, the South East and England, year six was similar to Kent, the South East and England.
 - The prevalence of obesity and excess weight amongst reception year pupils living in Maidstone are now significantly lower than those recorded in 2010/11.
 - The prevalence of overweight and obesity amongst year six pupils living in Maidstone remains at a similar level to 2010/11.

Sevenoaks:

- In 2017/18, 19.1% and 27.7% of reception and year six pupils living in Sevenoaks respectively were overweight or obese. Whilst reception was similar to Kent and the South East, but lower than England, year six was lower than Kent, the South East and England.
 - The prevalence of obesity and excess weight amongst reception year pupils living in Sevenoaks in 2017/18 remains at a similar level to that recorded in 2010/11, despite a rise in 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.

Swale:

- In 2017/18, 23.8% and 35.1% of reception and year six pupils living in Swale respectively were overweight or obese. Whilst reception was higher than Kent and the South East, year six was similar to Kent and England, but higher than the South East.
 - The prevalence of overweight and obesity amongst reception year pupils living in Swale remains at a similar level to that recorded in 2010/11.
 - The prevalence of overweight and obesity amongst year six pupils living in Swale remains at a similar level to that recorded in 2010/11. However excess weight is now higher than 2010/11.

Thanet:

- In 2017/18, 16.7% and 29.1% of reception and year six pupils living in Thanet respectively were overweight or obese. Whilst reception was similar to Kent, the South East and England, year six was higher than Kent, the South East and England.
 - The prevalence of overweight and excess weight amongst both reception year and year six pupils living in Thanet remain at similar levels to those recorded in 2010/11. Although, trend analysis shows obesity and excess weight are increasing in year six pupils.

Tonbridge & Malling:

- In 2017/18, 22.2% and 38.6% of reception and year six pupils living in Tonbridge & Malling respectively were overweight or obese. Reception and year six were lower than Kent and England.
 - The prevalence of overweight, obesity and excess weight amongst reception year pupils living in Tonbridge and Malling is significantly lower to that recorded in 2010/11. However, 85% participation should be noted in this area.
 - There is evidence to suggest that levels of excess weight amongst year six pupils in Tonbridge & Malling have decreased since 2010/11.

Tunbridge Wells:

- In 2017/18, 16.3% and 26.8% of reception and year six pupils living in Tunbridge Wells respectively were overweight or obese, lower than Kent, the South East and England.
 - The prevalence of overweight and excess weight amongst reception year pupils living in Tunbridge Wells is significantly lower to that recorded in 2010/11. Whereas, obesity remains similar to 2010/11.
 - The prevalence of excess weight and overweight amongst year six pupils living in Tunbridge Wells was lower in 2017/18 than that recorded in 2010/11. Overall, excess weight demonstrates a decreasing trend.

| 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 2018, local authorities were provided with the provisional enhanced analysis dataset for the 2017/18 academic year. This dataset contains all the NCMP data for pupils resident in Kent and attending mainstream state-maintained Kent schools, therefore, 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. The South East and England-level results in this document relate to the nationally published data.

This report provides an overview of the key findings for Kent with comparisons to England and the South East. This report also provides the key findings for the 12 Districts within Kent. 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

The provisional Kent County Council participation rates were reported to be 93.0% for reception year and 95.6% for year six, in 2017/18. A participation rate of 85% and greater is considered to be of sufficient quality to be representative of the population measured.

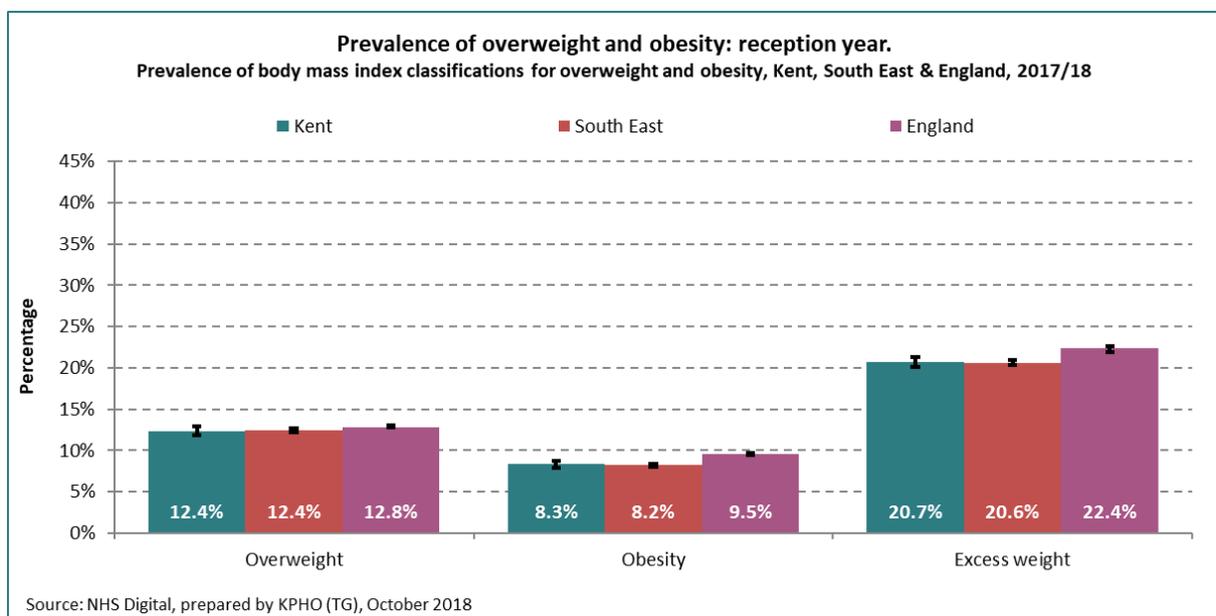
Between 2006/07 and 2009/10, NHS Digital published data only included local authority level results based on the location of the school. From 2010/11, data has also been published based on the local authority of residence of the pupil. The analysis in this report focusses on where pupils live, and as 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 2017/18

In 2017/18, 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:

- 12.4% were found to be overweight; **similar to** the South East and England.
- 8.3% were obese; **similar to** the South East and **lower** than England.
- 20.7% were overweight or obese, **similar to** the South East and **lower than** England.

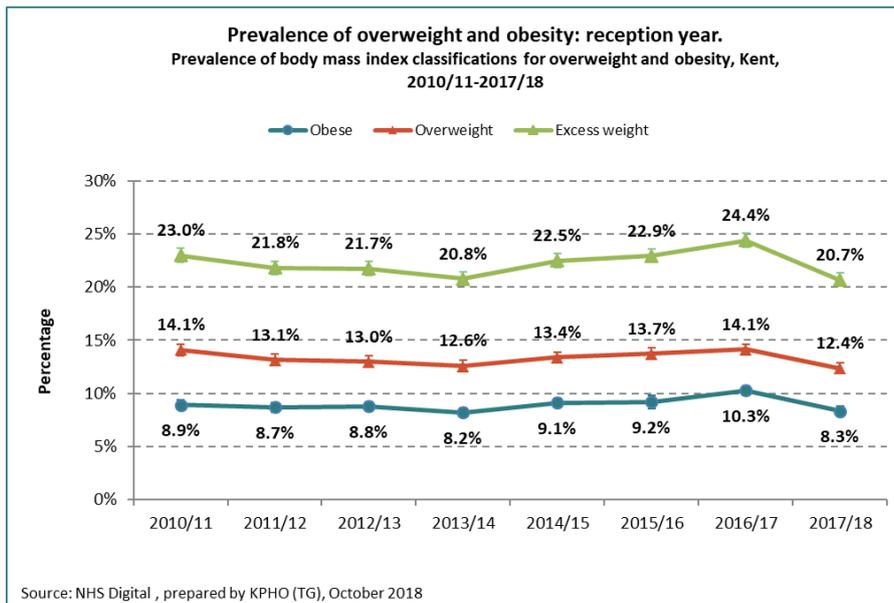


¹ Obese and overweight children combined.

3.2.1 Trend between 2010/11 and 2017/18

The trend in the prevalence of overweight, obesity and excess weight amongst reception year pupils in Kent:

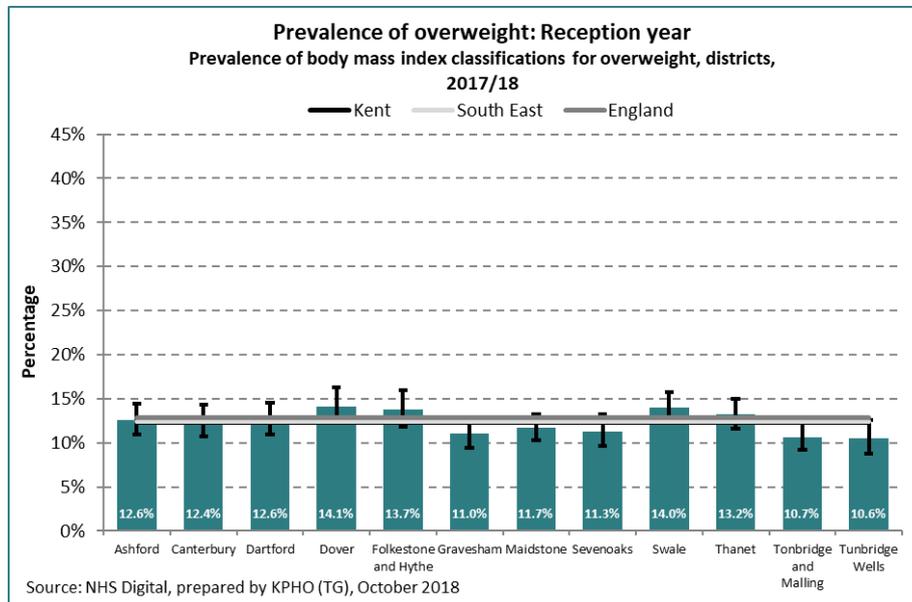
- The prevalence of overweight, obesity and excess weight increased between 2013/14 and 2016/17, alongside a decrease in the latest year 2017/18.
- Interpretation of the overall trend, whilst the 2017/18 figures were lower than the previous year and 2010/11, the overall trend for overweight, obesity and excess weight was stable.



3.2.2 Districts 2017/18

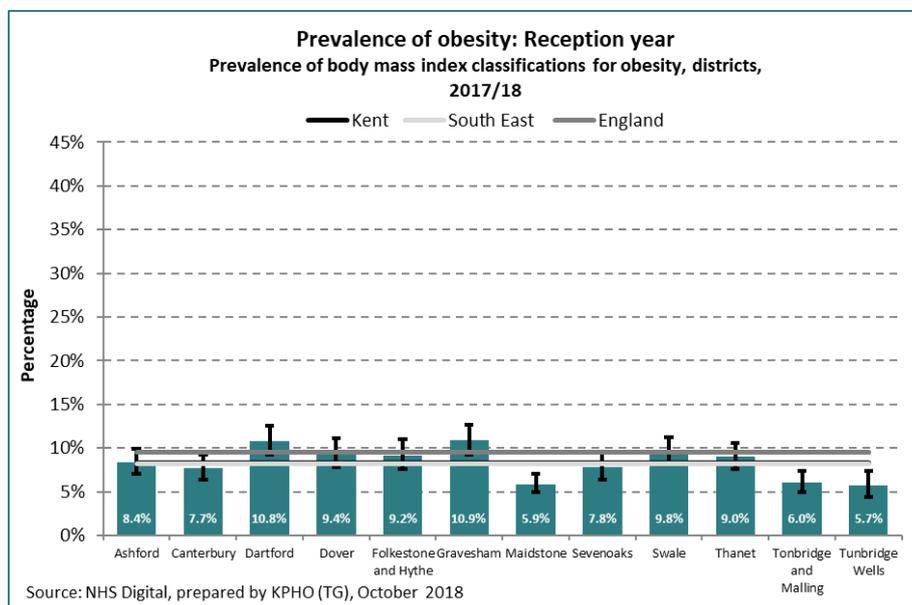
In 2017/18, for the majority of Districts, the prevalence of overweight was similar to Kent.

- The exception to this is Swale, where a higher proportion of reception year pupils were measured as being overweight (14.0%).



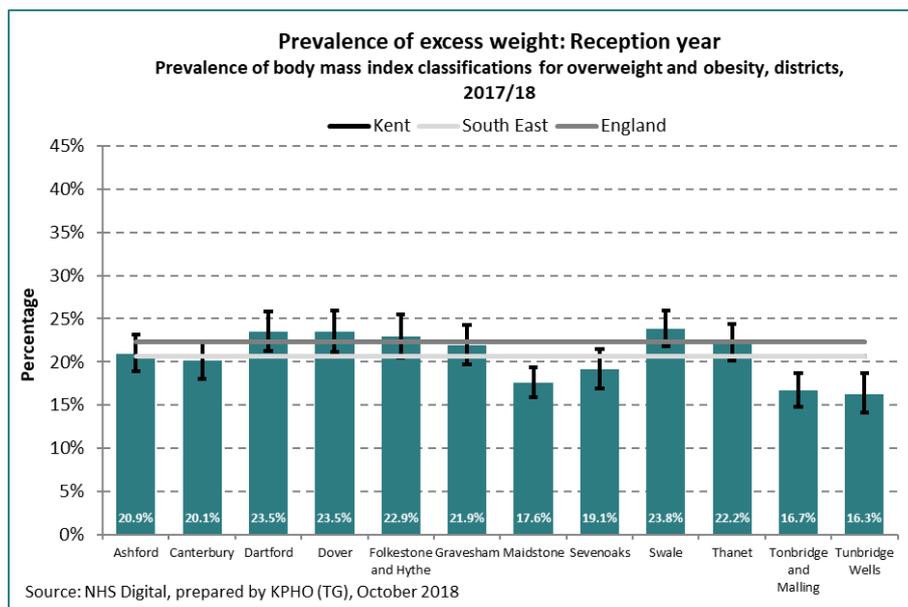
For many Districts the prevalence of obesity amongst reception year pupils was similar to Kent in 2017/18.

- Maidstone, Tonbridge & Malling and Tunbridge Wells
 - 5.9% in Maidstone, 6.0% in Tonbridge & Malling and 5.7% in Tunbridge Wells were obese; **lower** than Kent.
 - Obesity levels were also lower than England and the South East in these Districts.
- Dartford, Gravesham and Swale
 - 10.8% in Dartford, 10.9% in Gravesham and 9.8% in Swale were obese; **higher** than Kent.
 - Obesity levels were also higher than the England average in Dartford, Gravesham and Swale.



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

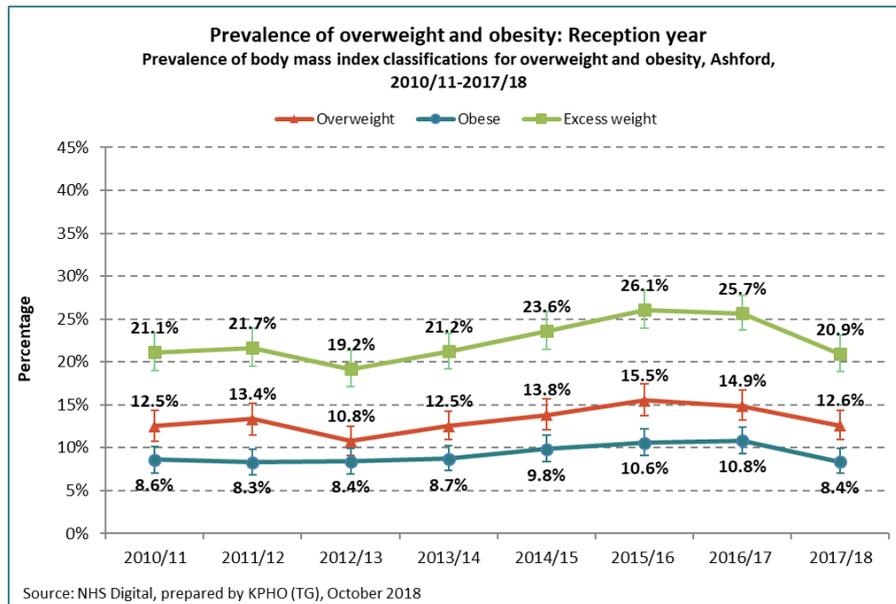
- Dartford, Dover and Swale
 - 23.5% of those measured living in Dartford, 23.5% in Dover and 23.8% in Swale were overweight or obese; **higher** than Kent and the South East.
- Maidstone, Tonbridge & Malling and Tunbridge Wells
 - 17.6% of those measured living in Maidstone, 16.7% in Tonbridge & Malling and 16.3% of those measured living in Tunbridge Wells were overweight or obese; **lower** than Kent, the South East and England.



3.2.3 Ashford trend between 2010/11 and 2017/18

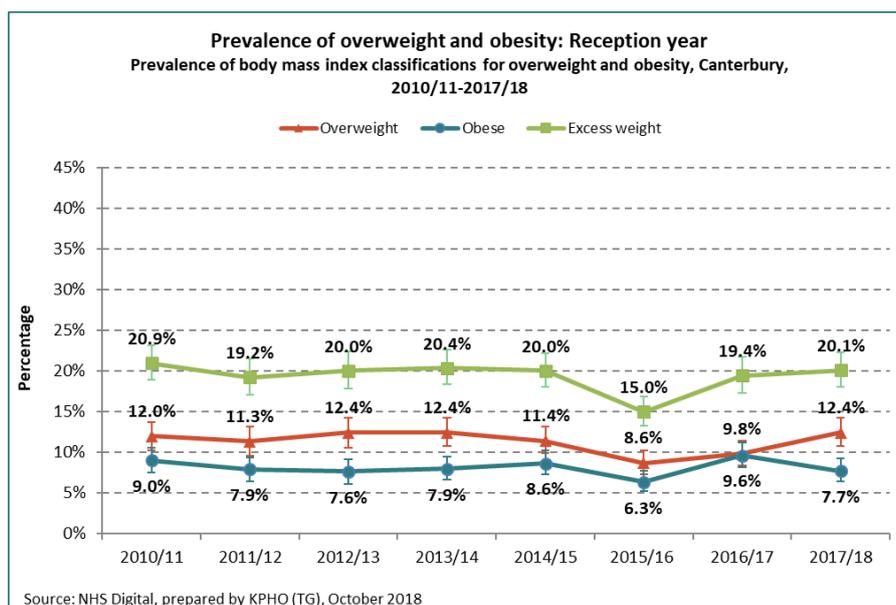
The prevalence of overweight, obesity and excess weight amongst year R pupils living in Ashford remains at a similar level to that recorded in 2010/11.

- There is a significant drop in obesity and excess weight between 2016/17 and 2017/18. However, this follows an increase in both of these between 2013/14 and 2015/16.



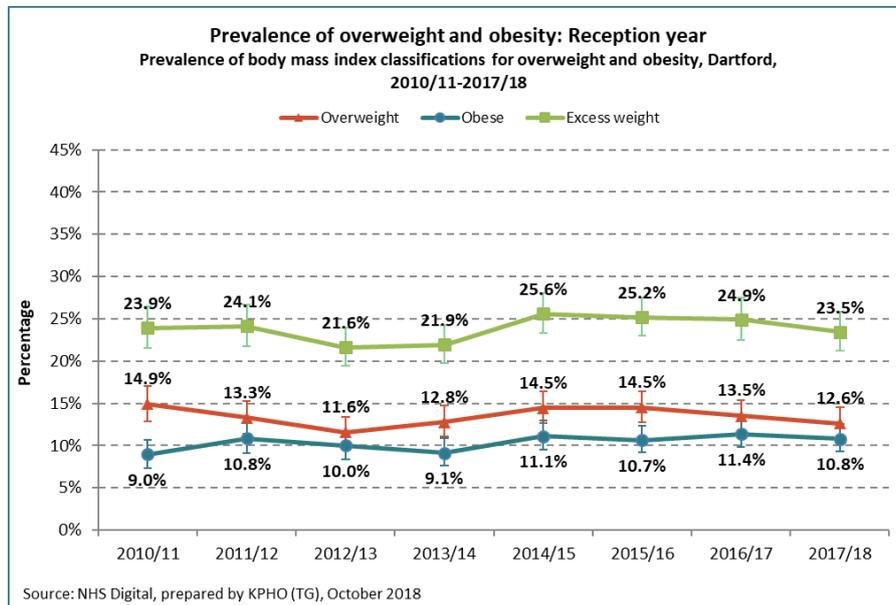
3.2.4 Canterbury trend between 2010/11 and 2017/18

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, despite a decrease in 2015/16, they have all increased in 2016/17. Whilst overweight continued to increase in 2017/18, obesity and excess weight remained similar to 2016/17.



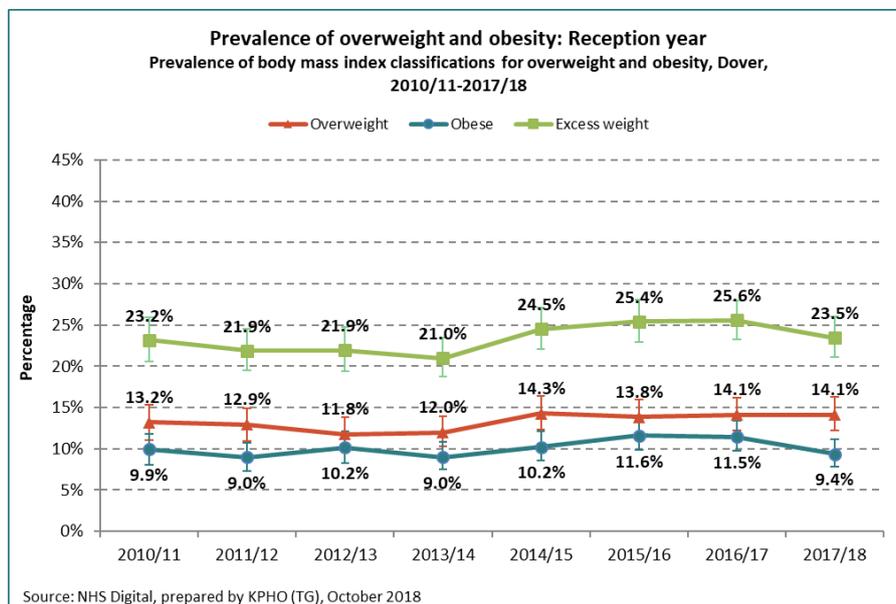
3.2.5 Dartford trend between 2010/11 and 2017/18

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.



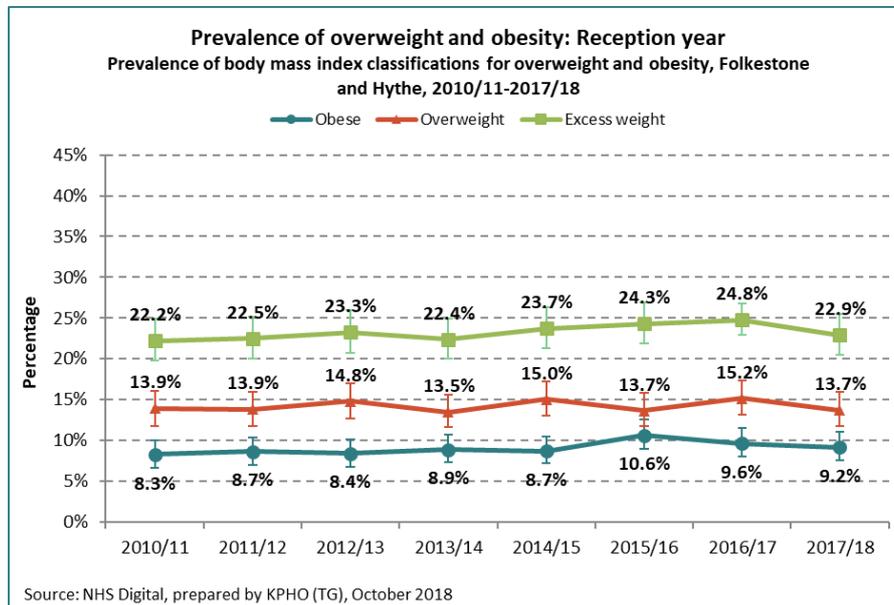
3.2.6 Dover trend between 2010/11 and 2017/18

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.



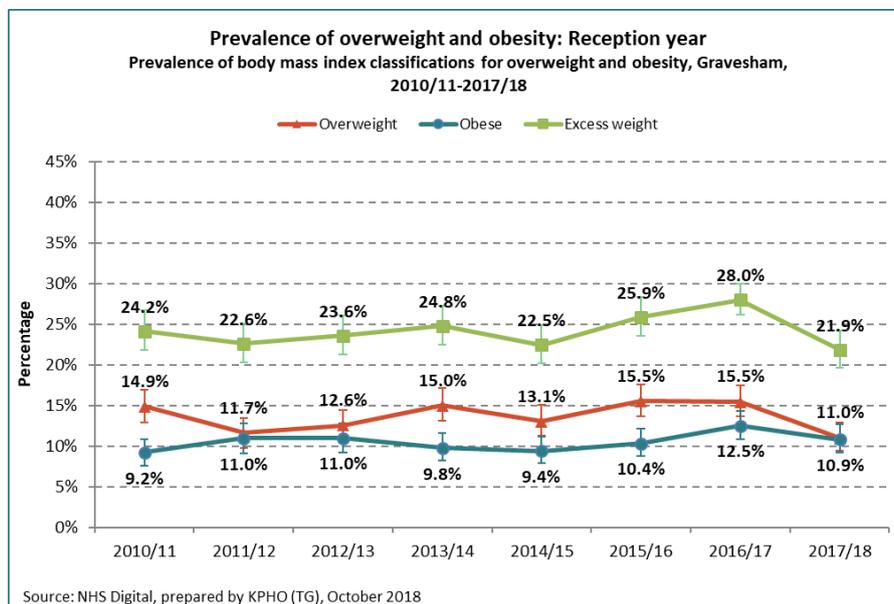
3.2.7 Folkestone and Hythe trend between 2010/11 and 2017/18

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



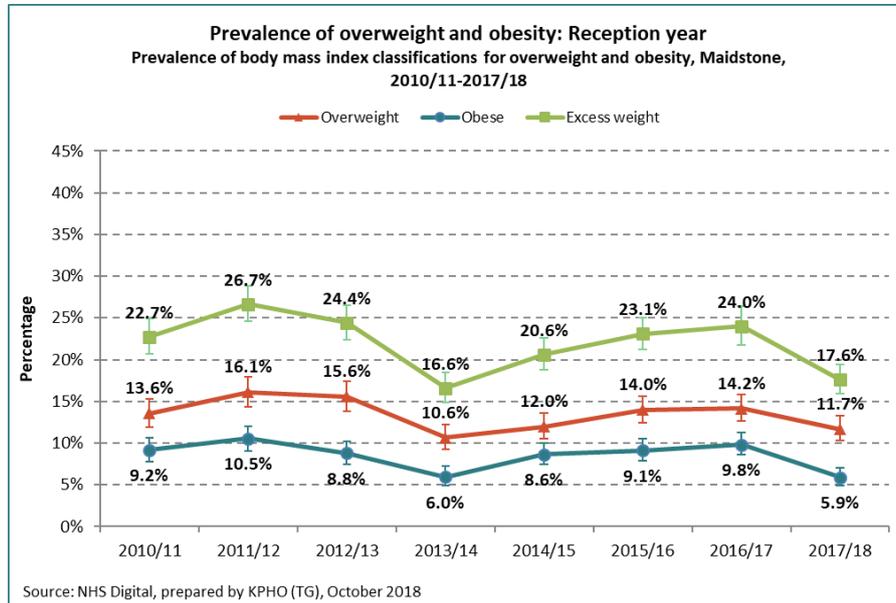
3.2.8 Gravesham trend between 2010/11 and 2017/18

The prevalence of obesity and excess weight amongst reception year pupils living in Gravesham remains at a similar level to that recorded in 2010/11, despite a rise in 2016/17.



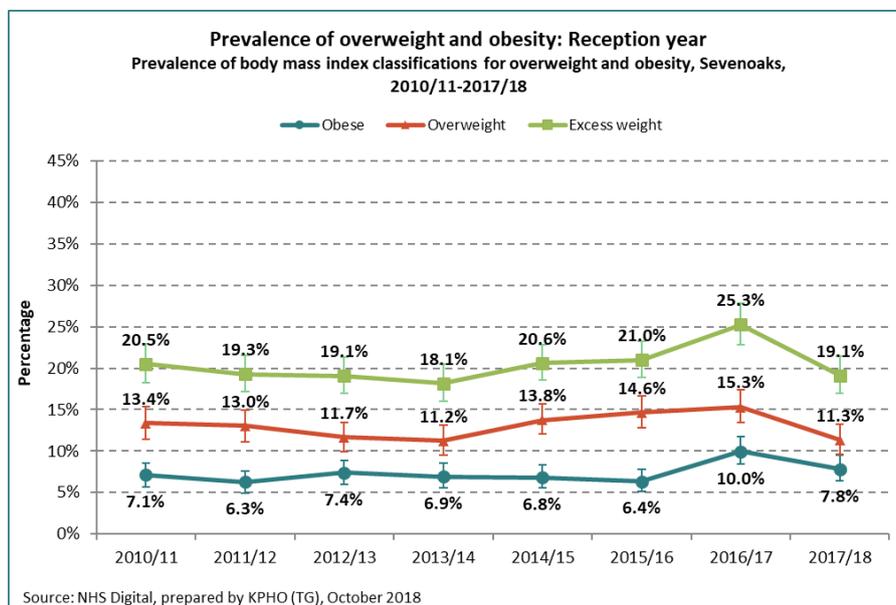
3.2.9 Maidstone trend between 2010/11 and 2017/18

Whilst there has been fluctuation in the prevalence of overweight, obesity and excess weight amongst reception year pupils living in Maidstone, levels of both obesity and excess weight are now lower than recorded in 2010/11.



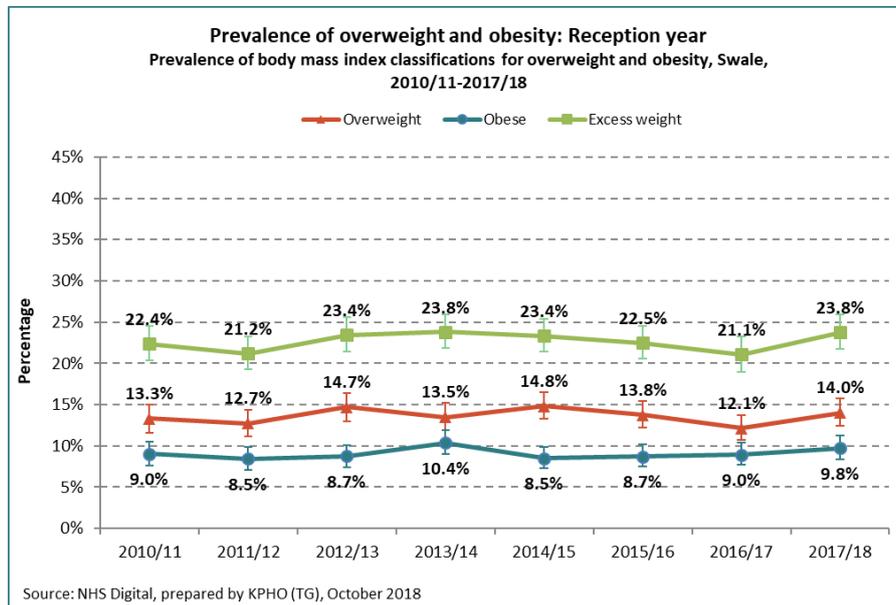
3.2.10 Sevenoaks trend between 2010/11 and 2017/18

The prevalence of obesity and excess weight amongst reception year pupils living in Sevenoaks remains at a similar level to that recorded in 2010/11, despite a rise in 2016/17.



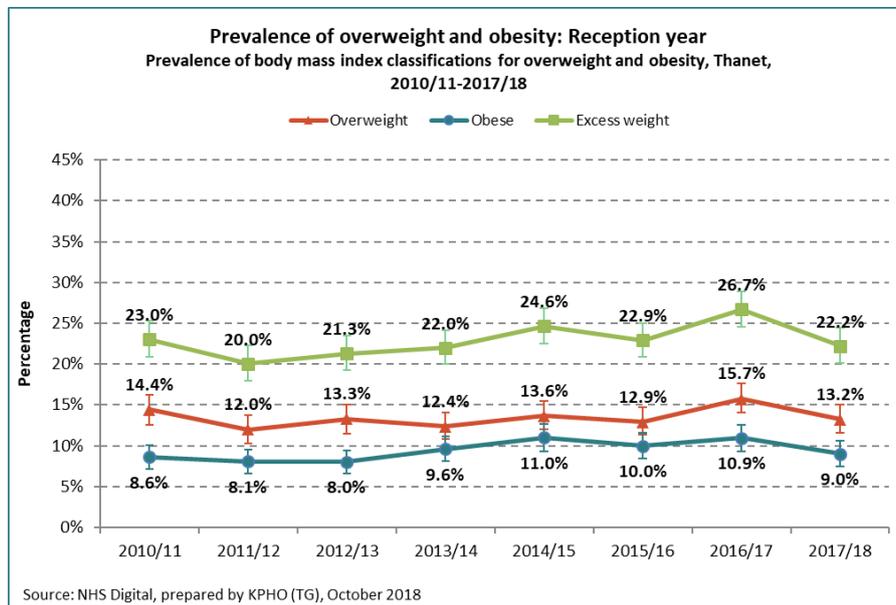
3.2.11 Swale trend between 2010/11 and 2017/18

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.



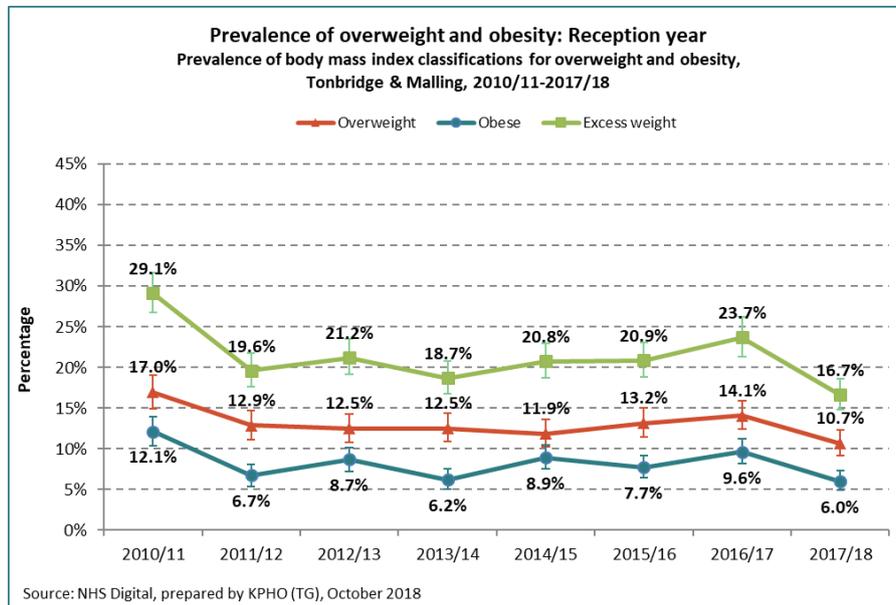
3.2.12 Thanet trend between 2010/11 and 2016/17

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



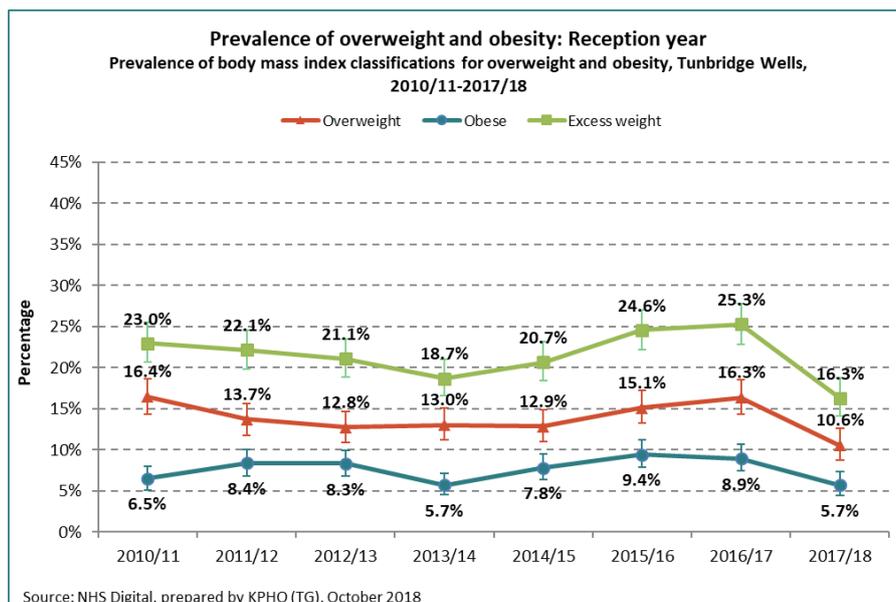
3.2.13 Tonbridge & Malling trend between 2010/11 and 2017/18

The prevalence of overweight, obesity and excess weight amongst reception year pupils living in Tonbridge and Malling is significantly lower to that recorded in 2010/11. However, the prevalence of overweight and obesity remains at a similar level to that recorded in 2011/12.



3.2.14 Tunbridge Wells trend between 2010/11 and 2017/18

The prevalence of overweight and excess weight amongst reception year pupils living in Tunbridge Wells is lower than recorded in 2010/11.² The prevalence of obesity amongst reception year pupils living in Tunbridge Wells remains similar to that in 2010/11, although is significantly lower in 2017/18 to 2016/17.



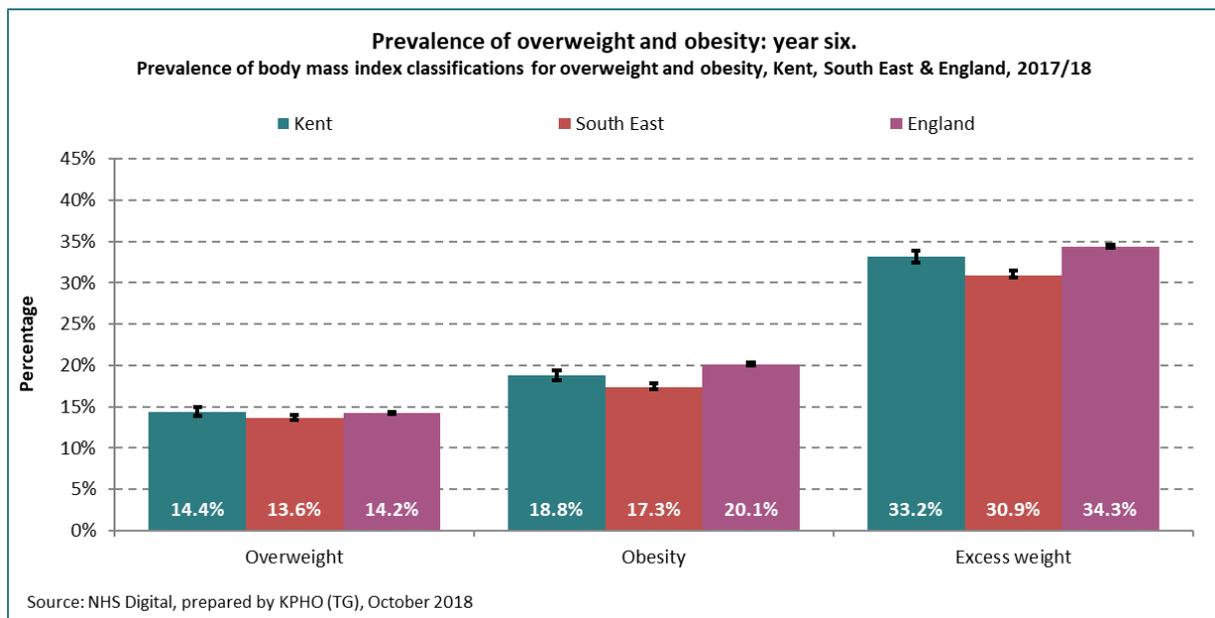
² Note that participation was flagged for this district at 85.0%

3.3 Year Six

3.3.1 Data release 2017/18

In 2017/18, 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:

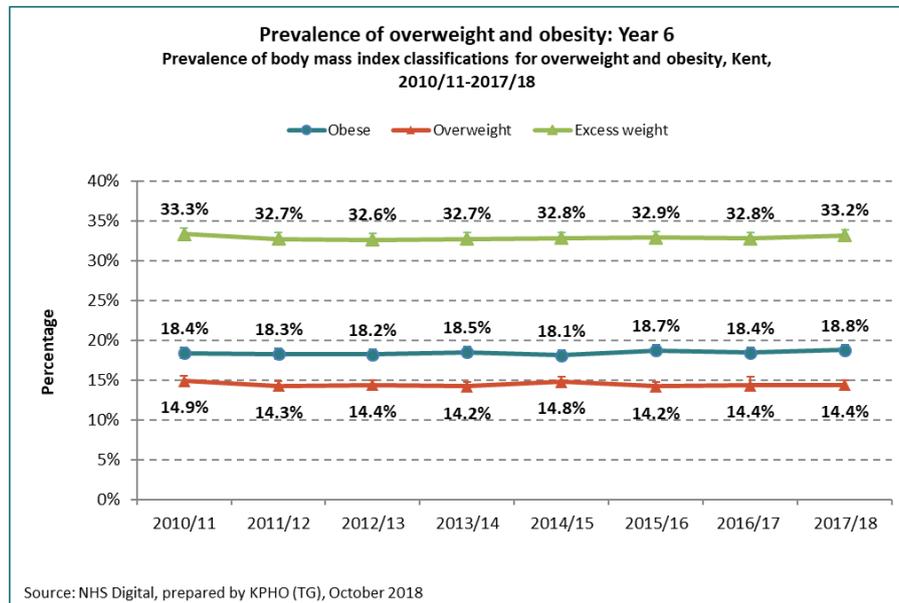
- 14.4% were overweight; **higher** than the South East and **similar** to England
- 18.8% were obese; **higher** than the South East but **lower than** England.
- 33.2% were overweight or obese; **higher** than the South East, but **lower than** England.



Levels of overweight, obesity and excess weight amongst year 6 pupils are all higher than the levels measured in year R. The difference in terms of obesity show the proportion of Year 6 pupils measured as obese almost twice that of year R pupils.

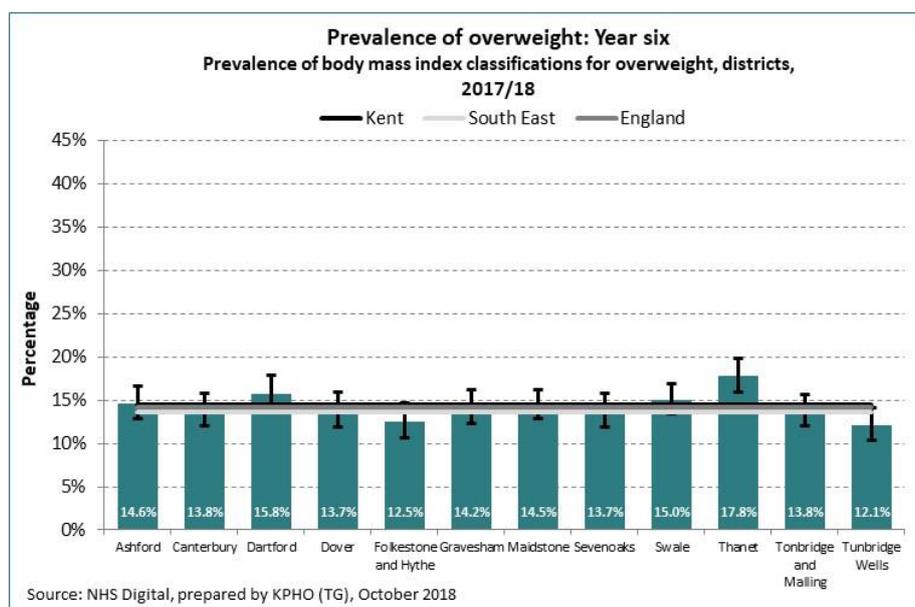
3.3.1 Trend between 2010/11 and 2017/18

The prevalence of overweight, obesity and excess weight within Kent year six pupils has been stable within the latest year, as well as, in comparison to the levels reported in 2010/11.



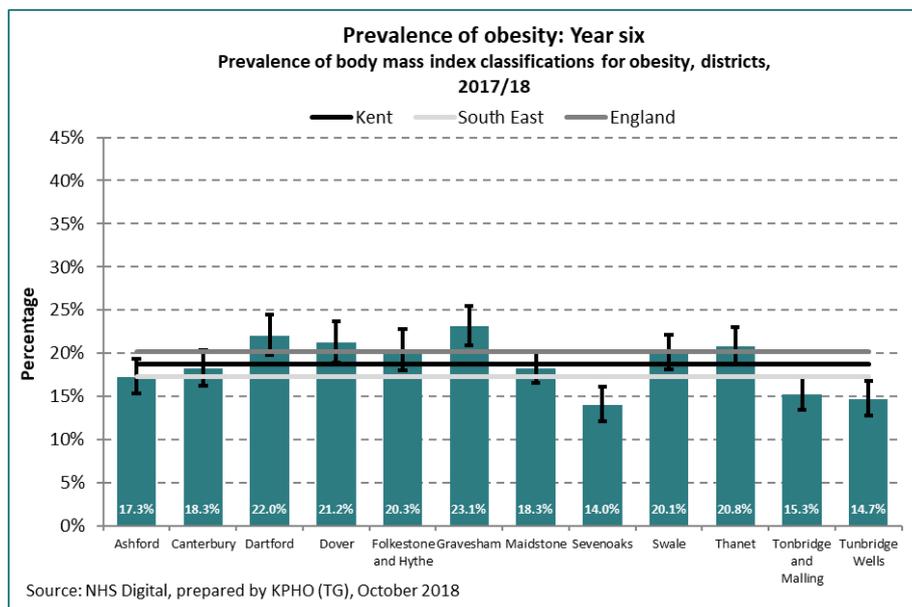
3.3.2 Districts 2017/18

In 2016/17, for the majority of Districts the prevalence of overweight amongst year six pupils was similar to Kent, the South East and England. The exception to this is year six pupils living in Thanet, where a higher proportion (17.8%) was measured as being overweight; **higher** than both Kent and England. Year six pupils living in Tunbridge Wells have a lower proportion (12.1%) measured as being overweight in comparison to Kent.



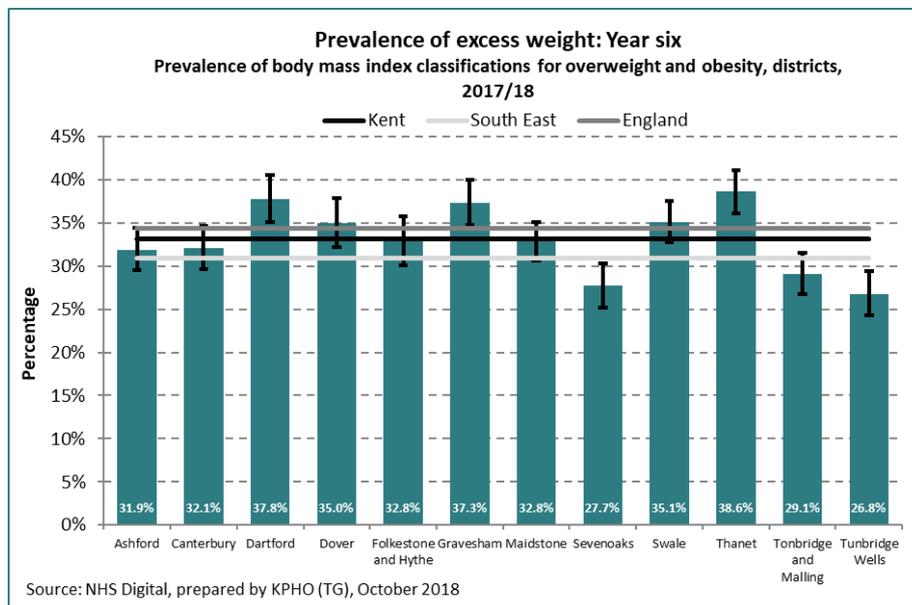
For many Districts the prevalence of obesity amongst year six pupils was similar to Kent.

- Sevenoaks, Tonbridge & Malling and Tunbridge Wells
 - 14.0% of those measured in Sevenoaks, 15.3% in Tonbridge & Malling and 14.7% 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.
- Dartford, Dover and Gravesham
 - 22.0% of those measured living in Dartford, 21.2% in Dover and 23.1% in Gravesham were obese; **higher** than Kent.
 - Obesity levels were also **higher** than the South East in these Districts, and **higher** than England in Gravesham.



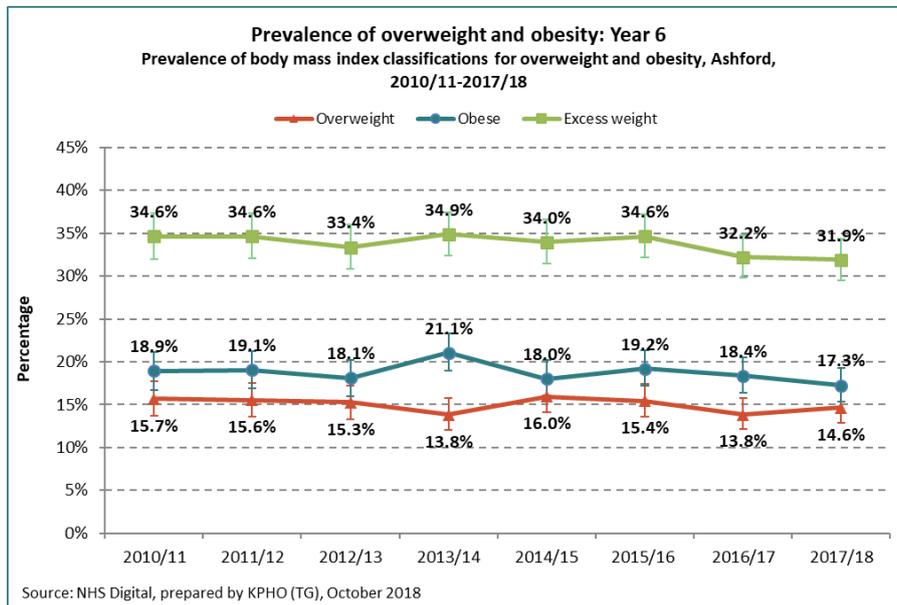
The findings for excess weight amongst year six pupils are similar to those for obesity. Whilst for a number of Districts the prevalence of excess weight was similar to Kent, there are a number of exceptions:

- Sevenoaks, Tonbridge & Malling and Tunbridge Wells
 - 27.7% of those measured in Sevenoaks, 29.1% in Tonbridge & Malling and 26.8% 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 Sevenoaks and Tunbridge Wells.
- Dartford, Gravesham and Thanet
 - 37.8% of those measured living in Dartford, 37.3% in Gravesham and 38.6% in Thanet were overweight or obese; **higher** than Kent.
 - Excess weight levels were also **higher** than the South East and England in these Districts.



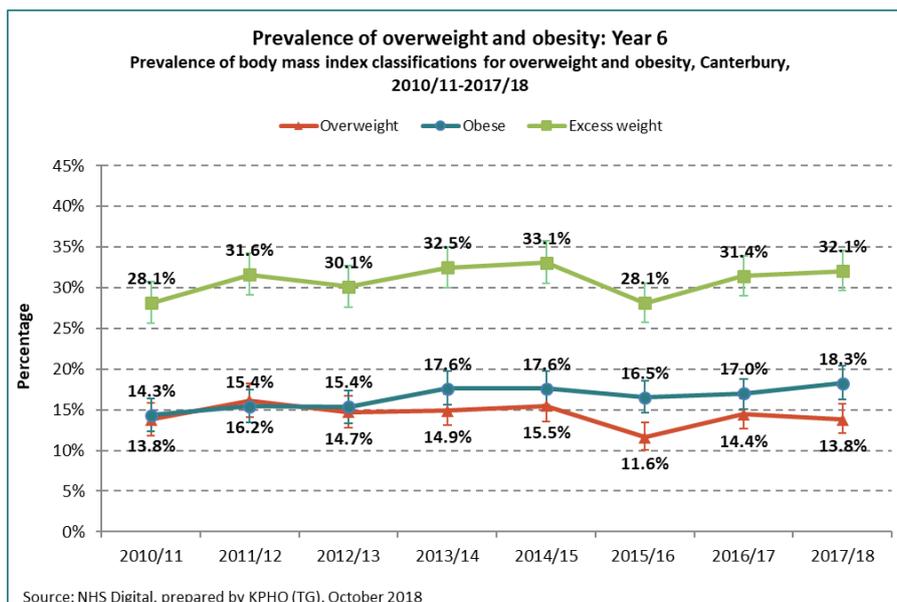
3.3.3 Ashford trend between 2010/11 and 2017/18

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.



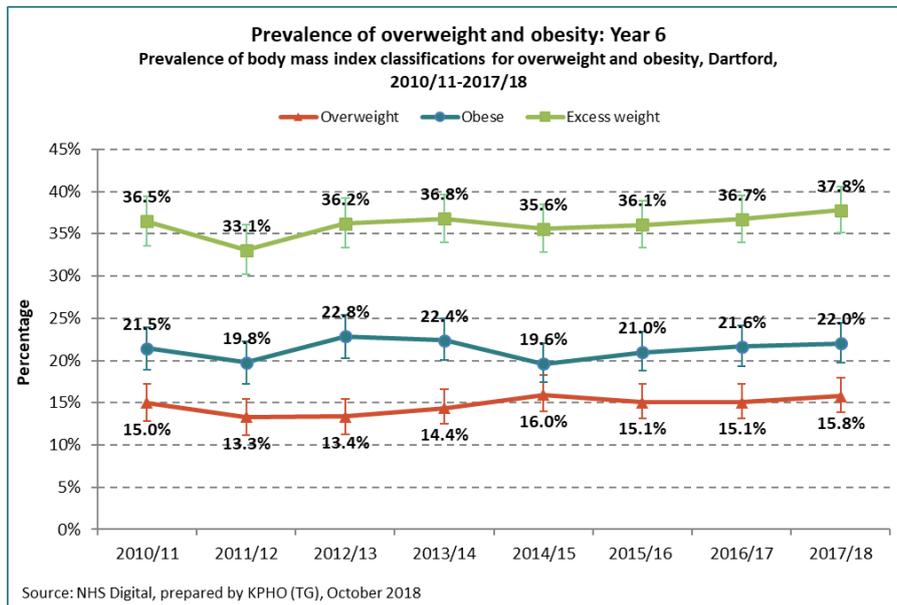
3.3.4 Canterbury trend between 2010/11 and 2017/18

There have been some year-on-year fluctuations, however the prevalence of obesity, and excess weight amongst year six pupils living in Canterbury is now significantly higher than to that recorded in 2010/11. Although, due to these fluctuations only the obesity trend is increasing for the period analysed. In 2015/16 the prevalence of overweight amongst year six pupils living in Canterbury decreased to 11.6%, however, returned to previous levels in 2016/17 and remains similar to the latest year and 2010/11.



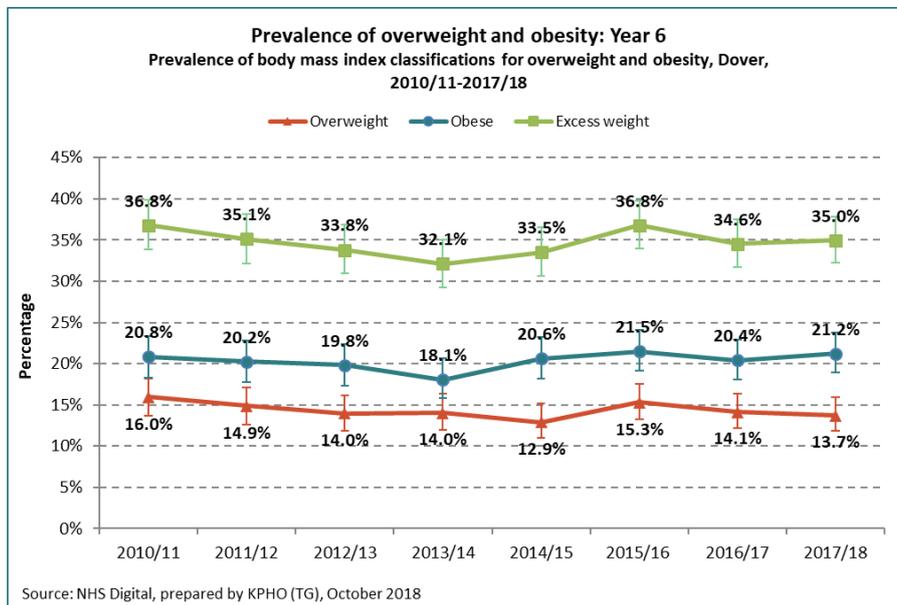
3.3.5 Dartford trend between 2010/11 and 2017/18

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.



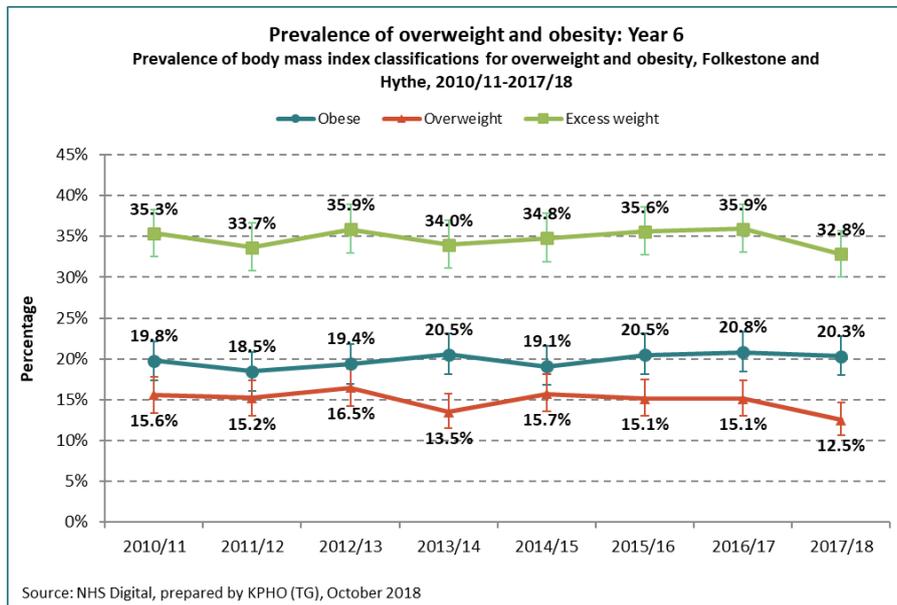
3.3.6 Dover trend between 2010/11 and 2017/18

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.



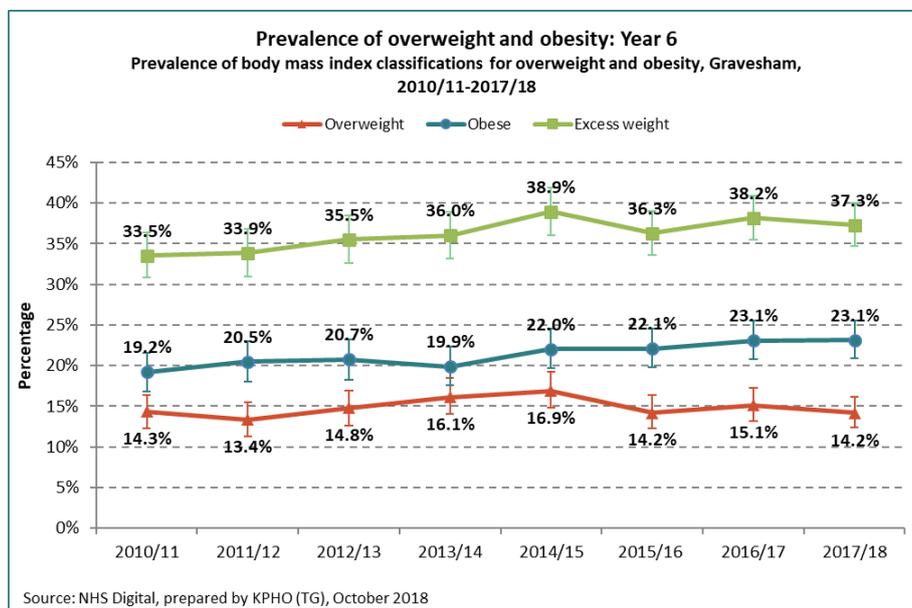
3.3.7 Folkestone and Hythe trend between 2010/11 and 2017/18

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



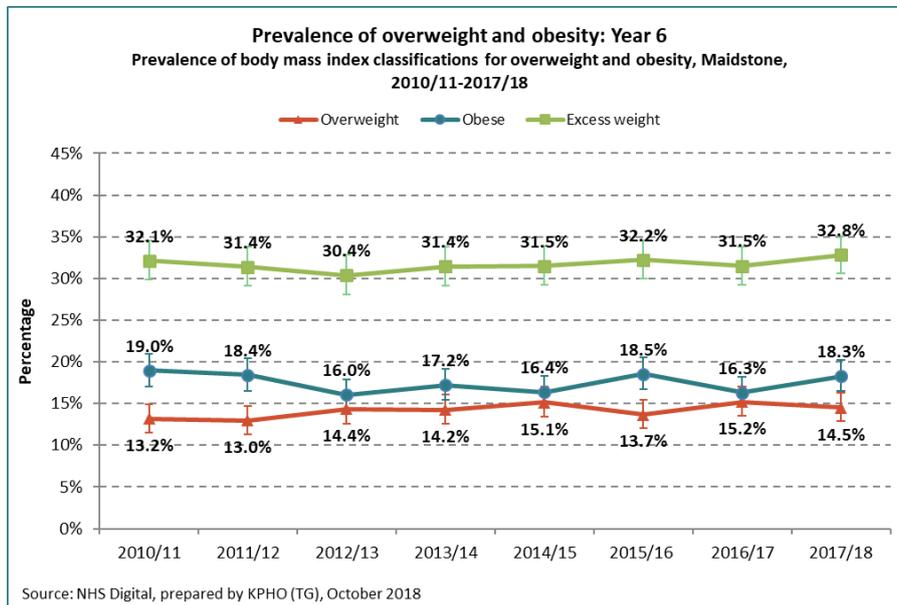
3.3.8 Gravesham trend between 2010/11 and 2017/18

There has been an increase in obesity and excess weight levels amongst year six pupils living in Gravesham since 2010/11. The prevalence of obesity has remained similar between 2016/17 to 2017/18.



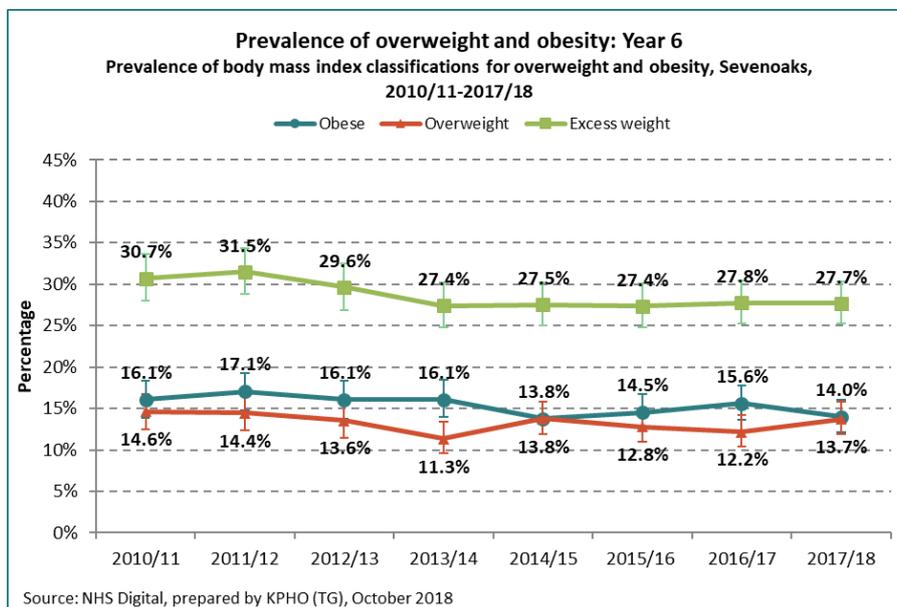
3.3.9 Maidstone trend between 2010/11 and 2017/18

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



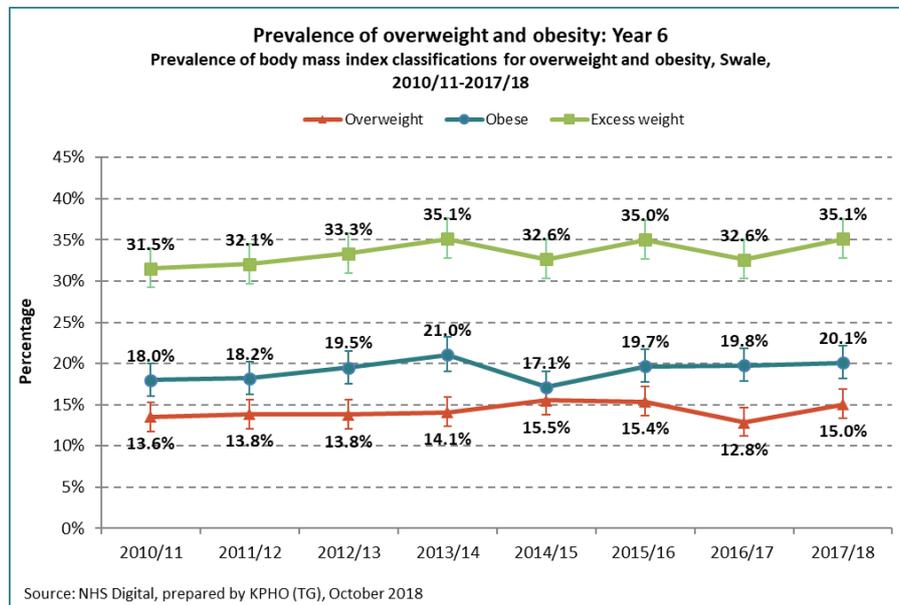
3.3.10 Sevenoaks trend between 2010/11 and 2017/18

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.



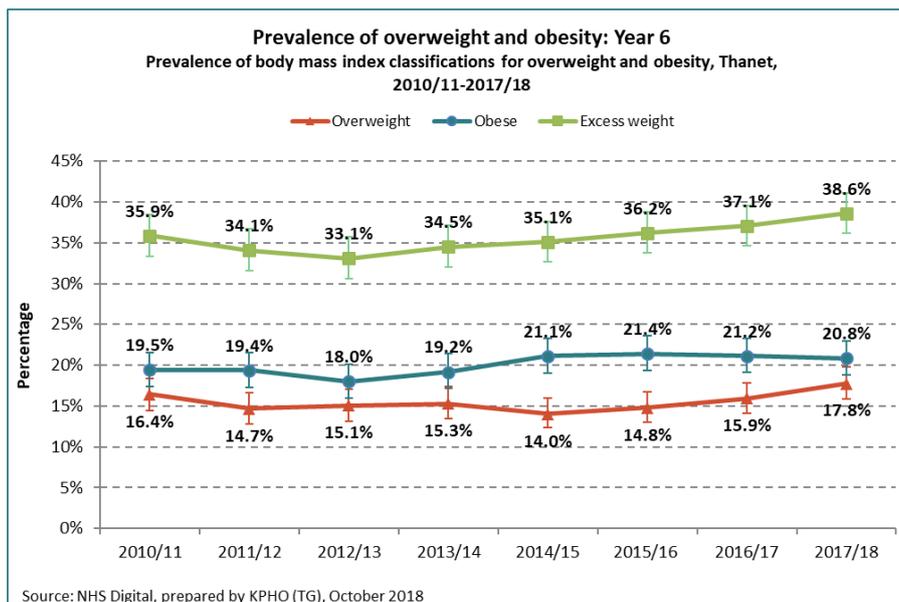
3.3.11 Swale trend between 2010/11 and 2017/18

The prevalence of overweight and obesity amongst year six pupils living in Swale remains at a similar level to that recorded in 2010/11. However excess weight is significantly higher in 2017/18 than that recorded in 2010/11.



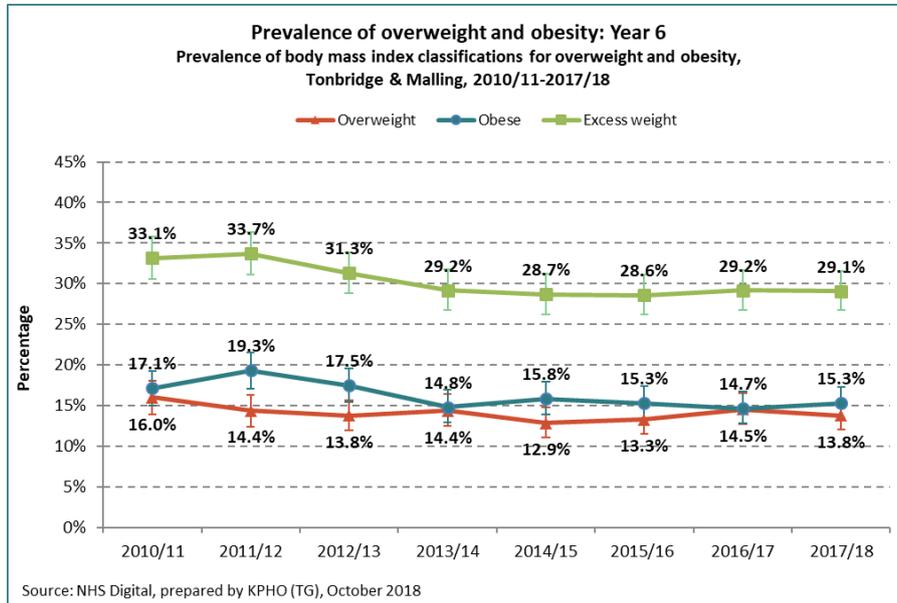
3.3.12 Thanet trend between 2010/11 and 2017/18

Although, 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, trend analysis suggests that obesity and excess weight are increasing across the whole period analysed.



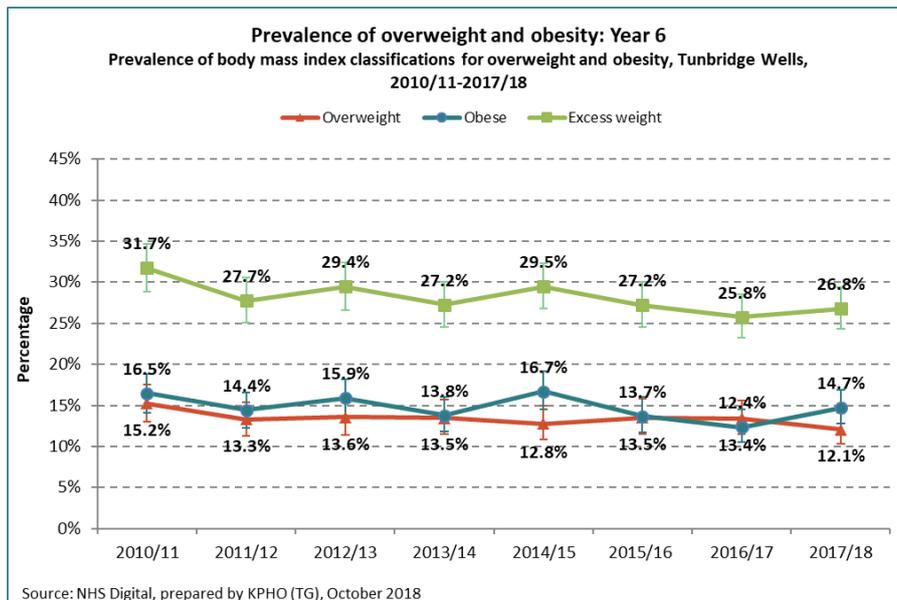
3.3.13 Tonbridge & Malling trend between 2010/11 and 2017/18

The levels of excess weight amongst year six pupils in Tonbridge & Malling have decreased from 33.1% in 2010/11 to 29.1% in 2017/18. The 2017/18 excess weight figure is similar to 2016/17. Whilst there has been fluctuation in the overweight and obesity trend the 2017/18 figures are similar to 2016/17 and 2010/11.



3.3.14 Tunbridge Wells trend between 2010/11 and 2017/18

Excess weight and overweight are lower in 2017/18 than that recorded in 2010/11. Overall, excess weight demonstrates a decreasing trend.



| 4. Conclusions

4.1 Conclusions

Overall, in 2017/18, 12.4% and 8.3% 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 18.8% respectively.

Overweight and obesity levels amongst reception year pupils in Kent were lower than England, but similar to the South East. Whereas, overweight levels amongst year six pupils were similar to England, whereas, obesity levels were lower than England. Whereas both overweight and obesity levels amongst year six pupils in Kent were higher than the South East.

Whilst the 2017/18 figures for Kent reception year were lower than the previous year and 2010/11, the overall trend for overweight, obesity and excess weight was stable. For year six for Kent, the overweight, obesity and excess weight figures are similar to those recorded last year 2016/17 and in 2010/11.

| 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, 2017/18](#).

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, 2017/18](#). It should be noted here that overlapping confidence intervals do not necessarily indicate no significant difference.

