



National Child Measurement Programme
Kent, 2018/19 school year

KENT PUBLIC HEALTH
OBSERVATORY



Version control

Version number	Date	Authors	Change
1	January 2020	Zara Cuccu, Sophie Rigg	Final
-	-	-	-

Summary

This slide pack presents the findings from the National Child Measurement Programme (NCMP) for Kent including; reception (aged 4-5 years) and year six (aged 10-11 years) children in mainstream state schools in Kent.

The findings can be found using the following links:

▶ [Findings for Kent: reception year](#)

▶ [Findings for Kent: year six](#)

▶ [Findings for Kent Districts: reception year](#)

▶ [Findings for Kent Districts: reception year trends](#)

▶ [Findings for Kent Districts: year six](#)

▶ [Findings for Kent Districts: year six trends](#)

▶ [Findings for Kent: overweight inequalities](#)

▶ [Findings for Kent: obesity inequalities](#)

Findings for Kent: reception year

Across Kent in 2018/19, **14.4%** and **10.3%** of reception year pupils were overweight and obese respectively. This was **higher** in comparison to England (12.9% and 9.7% respectively).

Whilst overall trends are **stable**, the levels of overweight, obesity and excess weight have **increased** in the latest year when comparing 2017/18 and 2018/19. Obesity and excess weight are now **higher** than levels recorded in 2010/11.

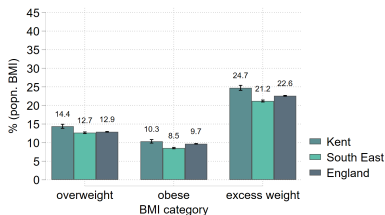
-	2018/19	compared to England	2018/19 compared to 2017/18	2018/19 compared to 2010/11	trend
overweight	14.4%	<i>higher</i>	<i>higher</i>	<i>higher</i>	stable
obesity	10.3%	<i>higher</i>	<i>higher</i>	<i>higher</i>	stable
excess weight	24.7%	<i>higher</i>	<i>higher</i>	<i>higher</i>	stable

Reception year: Kent

In 2018/19, within reception year 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 England.
- 10.3% were obese; **higher** than the South East and England.
- 24.7% were overweight or obese; **higher** than the South East and England.

Prevalence of overweight, obese and excess weight in reception, 2018/19

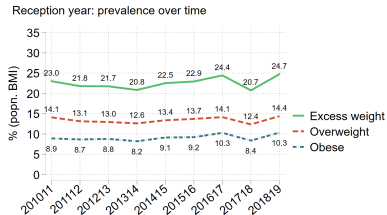


Source: NHS Digital, produced by KPHO (ZC) Nov 19

Reception year: Kent trend

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

- Whilst overall trends are **stable**, the levels of overweight, obesity and excess weight have **increased** in the latest year when comparing 2017/18 to 2018/19. Obesity and excess weight are now **higher** than levels recorded in 2010/11.



Source: NHS Digital, produced by KPHO (ZC) Nov 19

Findings for Kent: year six

Across Kent in 2018/19, **13.8%** and **18.4%** of year six pupils were overweight and obese respectively. Levels of overweight and obesity were **similar** and **lower** in comparison to England (14.1% and 20.2% respectively).

Whilst overall trends are **stable**, the levels of excess weight have **decreased** in the latest year when comparing 2017/18 and 2018/19. Excess weight and overweight are now **lower** than levels recorded in 2010/11.

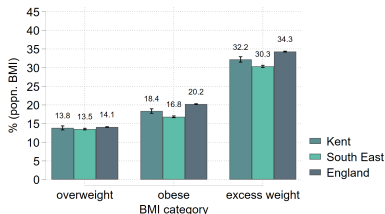
	2018/19	compared to England	2018/19 compared to 2017/18	2018/19 compared to 2010/11	trend
- overweight	13.8%	similar	similar	<i>lower</i>	stable
obesity	18.4%	<i>lower</i>	similar	similar	stable
excess weight	32.2%	<i>lower</i>	<i>lower</i>	<i>lower</i>	stable

Year six: Kent

In 2018/19, 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:

- 13.8% were overweight; **similar** to the South East and England.
- 18.4% were obese; **higher** than the South East and **lower** than England.
- 32.2% were overweight or obese; **higher** than the South East and **lower** than England.

Prevalence of overweight, obese and excess weight in year six, 2018/19

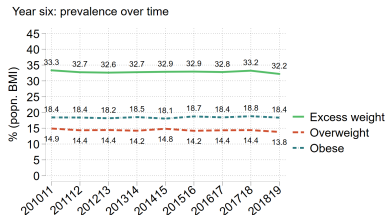


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Kent trend

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

- Overall trends are **stable**. Excess weight was **lower** in the latest year when comparing 2017/18 to 2018/19. Further, excess weight and overweight are now **lower** than levels recorded in 2010/11.



Source: NHS Digital, produced by KPHO (ZC) Nov 19

Findings for Kent Districts: reception year

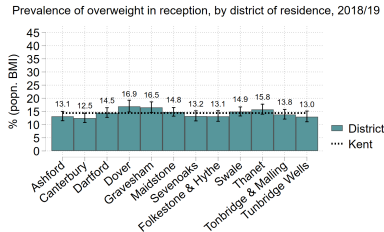
Comparisons to Kent for reception year 2018/19:

-	overweight	obesity	excess weight
Ashford	similar	similar	<i>lower</i>
Canterbury	similar	similar	<i>lower</i>
Dartford	similar	similar	similar
Dover	<i>higher</i>	similar	<i>higher</i>
Gravesham	<i>higher</i>	similar	<i>higher</i>
Maidstone	similar	similar	similar
Sevenoaks	similar	<i>lower</i>	<i>lower</i>
Folkestone and Hythe	similar	similar	similar
Swale	similar	similar	similar
Thanet	similar	<i>higher</i>	<i>higher</i>
Tonbridge and Malling	similar	similar	similar
Tunbridge Wells	similar	<i>lower</i>	<i>lower</i>
Kent	14.4%	10.3%	24.7%

Reception year, overweight: by District

In 2018/19, the prevalence of overweight for the majority of Kent Districts was similar to Kent.

- A **higher** percentage of reception year pupils were measured as being overweight in Dover and Gravesham.



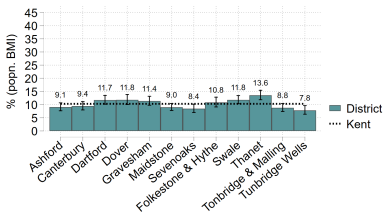
Source: NHS Digital, produced by KPHO (ZC) Nov 19

Reception year, obese: by District

In 2018/19, for the majority of Kent Districts, the prevalence of obesity was similar to Kent.

- A **higher** percentage of reception year pupils were measured as being obese in Thanet.
- A **lower** percentage of reception year pupils were measured as being obese in Sevenoaks and Tunbridge Wells.

Prevalence of obesity in reception, by district of residence, 2018/19



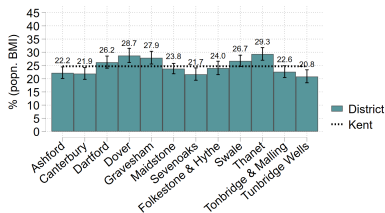
Source: NHS Digital, produced by KPHO (ZC) Nov 19

Reception year, excess weight: by District

In 2018/19, several Kent Districts had a significantly different prevalence of excess weight compared to Kent.

- A **higher** percentage of reception year pupils were measured as being overweight or obese in Dover, Gravesham and Thanet.
- A **lower** percentage of reception year pupils were measured as being overweight or obese in Ashford, Canterbury, Sevenoaks and Tunbridge Wells.

Prevalence of excess weight in reception, by district of residence, 2018/19



Source: NHS Digital, produced by KPHO (SR) Jan 20

Findings for Kent Districts: reception year trends

Public health intervention should focus on areas with higher or increasing trends in overweight, obesity or excess weight.

Overweight

	2018/19 compared to 2017/18	2018/19 compared to 2010/11	trend
Ashford	similar	similar	stable
Canterbury	similar	similar	stable
Dartford	similar	similar	stable
Dover	similar	<i>higher</i>	<i>increasing</i>
Gravesham	<i>higher</i>	similar	stable
Maidstone	<i>higher</i>	similar	stable
Sevenoaks	similar	similar	stable
Folkestone and Hythe	similar	similar	stable
Swale	similar	similar	stable
Thanet	similar	similar	stable
Tonbridge and Malling	<i>higher</i>	<i>lower</i>	stable
Tunbridge Wells	similar	<i>lower</i>	stable

Findings for Kent Districts: reception year trends

Public health intervention should focus on areas with higher or increasing trends in overweight, obesity or excess weight.

Obesity

	2018/19 compared to 2017/18	2018/19 compared to 2010/11	trend
Ashford	similar	similar	stable
Canterbury	similar	similar	stable
Dartford	similar	<i>higher</i>	<i>increasing</i>
Dover	similar	similar	stable
Gravesham	similar	similar	stable
Maidstone	<i>higher</i>	similar	stable
Sevenoaks	similar	similar	stable
Folkestone and Hythe	similar	<i>higher</i>	<i>increasing</i>
Swale	similar	<i>higher</i>	stable
Thanet	<i>higher</i>	<i>higher</i>	<i>increasing</i>
Tonbridge and Malling	<i>higher</i>	<i>lower</i>	stable
Tunbridge Wells	similar	similar	stable

Findings for Kent Districts: reception year trends

Public health intervention should focus on areas with higher or increasing trends in overweight, obesity or excess weight.

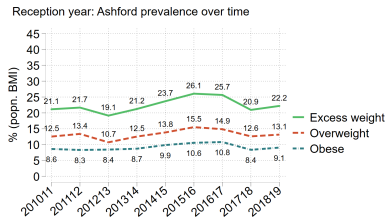
Excess weight

	2018/19 compared to 2017/18	2018/19 compared to 2010/11	trend
Ashford	similar	similar	stable
Canterbury	similar	similar	stable
Dartford	similar	similar	stable
Dover	<i>higher</i>	<i>higher</i>	<i>increasing</i>
Gravesham	<i>higher</i>	<i>higher</i>	stable
Maidstone	<i>higher</i>	similar	stable
Sevenoaks	similar	similar	stable
Folkestone and Hythe	similar	similar	stable
Swale	similar	<i>higher</i>	stable
Thanet	<i>higher</i>	<i>higher</i>	increasing
Tonbridge and Malling	<i>higher</i>	<i>lower</i>	stable
Tunbridge Wells	<i>higher</i>	similar	stable

Reception year: Ashford trend

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

- Overall trends are **stable**.
- Overweight, obesity and excess weight are **similar** when comparing 2017/18 to 2018/19, and to levels recorded in 2010/11.
- Excess weight is now **lower** than the highest levels recorded in 2015/16 and 2016/17.

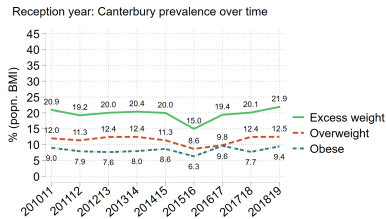


Source: NHS Digital, produced by KPHO (ZC) Nov 19

Reception year: Canterbury trend

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

- Overall trends are **stable**.
- Overweight, obesity and excess weight are **similar** when comparing 2017/18 to 2018/19, and to levels recorded in 2010/11.
- The three indicators are now **higher** in 2018/19 than the lowest levels recorded in 2015/16.

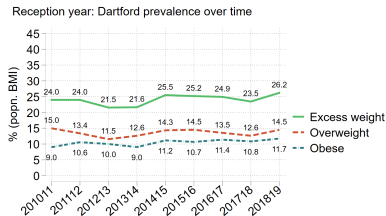


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Dartford trend

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

- Overall trends show an **increasing** obesity trend, whereas overweight and excess weight have been **stable**.
- Obesity is now **higher** than levels recorded in 2010/11 and **similar** to levels recorded in 2017/18
- Overweight and excess weight are **similar** to levels recorded in 2017/18 and 2010/11.

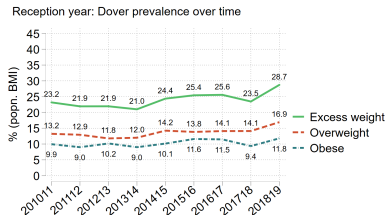


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Dover trend

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

- Overall trends show an **increasing** overweight and excess weight trend, whereas obesity has been **stable**.
- Overweight is **similar** whereas excess weight is **higher** than levels in 2017/18. Further, overweight and excess weight are now **higher** than levels recorded in 2010/11.
- Obesity is **similar** when comparing 2017/18 to 2018/19, and to levels recorded in 2010/11.

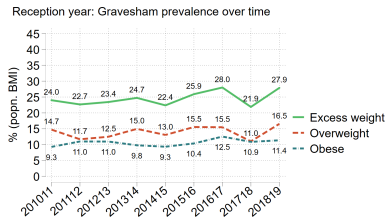


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Gravesham trend

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

- Overall trends are **stable**.
- Overweight and excess weight are now **higher** whereas obesity is **similar** to levels in 2017/18. Further, excess weight is now **higher** than levels recorded in 2010/11.
- Overweight and obesity is **similar** to levels recorded in 2010/11.

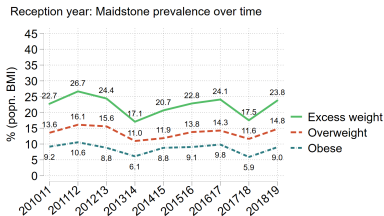


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Maidstone trend

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

- Overall trends are **stable**.
- Overweight, obesity and excess weight are now **higher** than levels in 2017/18, but remain **similar** to levels recorded in 2010/11.

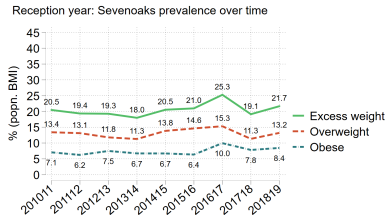


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Sevenoaks trend

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

- Overall trends are **stable**.
- Overweight, obesity and excess weight are **similar** to levels in 2017/18.
- Overweight, obesity and excess weight are now **similar** to levels recorded in 2010/11.

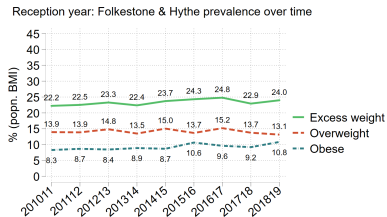


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Folkestone & Hythe trend

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

- Overall trends show an **increasing** obesity trend, whereas overweight and excess weight has been **stable**.
- Overweight, obesity and excess weight are **similar** to levels in 2017/18.
- Overweight and excess weight are now **similar** whereas obesity is **higher** than levels recorded in 2010/11.

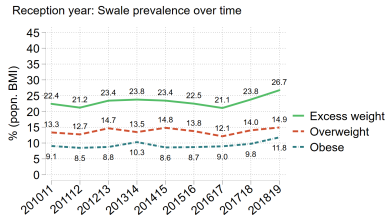


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Swale trend

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

- Overall trends are **stable**.
- Overweight, obesity and excess weight are **similar** to levels in 2017/18.
- Overweight is **similar** whereas obesity and excess weight are now **higher** than levels recorded in 2010/11.

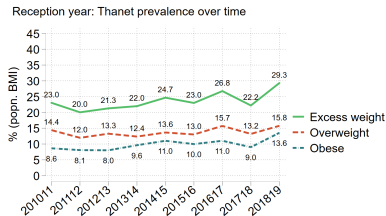


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Thanet trend

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

- Overall trends show an **increasing** obesity and excess weight trend, whereas overweight has been **stable**.
- Obesity and excess weight are now **higher** than levels recorded in 2017/18 and 2010/11.
- Overweight is **similar** when comparing 2017/18 to 2018/19, and to levels recorded in 2010/11.

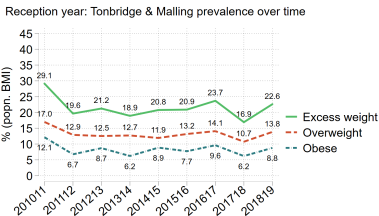


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Tonbridge & Malling trend

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

- Overall trends are **stable**.
- Overweight, obesity and excess weight are **lower** than levels recorded in 2010/11, but **higher** to levels recorded in 2017/18.

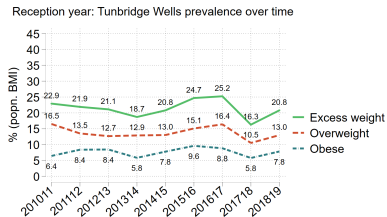


Source: NHS Digital, produced by KPHO (SR) Jan 20

Reception year: Tunbridge Wells trend

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

- Overall trends are **stable**.
- Overweight and obesity are **similar**, whereas, excess weight is **higher** than levels in 2017/18.
- Obesity and excess weight are **similar**, whereas, overweight is **lower** than levels in 2010/11.



Source: NHS Digital, produced by KPHO (SR) Jan 20

Findings for Kent Districts: year six

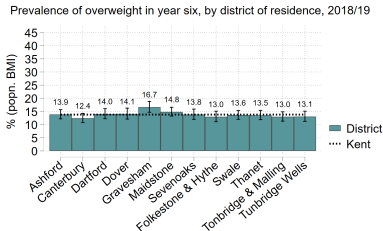
Comparisons to Kent for year six 2018/19:

-	overweight	obesity	excess weight
Ashford	similar	similar	similar
Canterbury	similar	similar	similar
Dartford	similar	<i>higher</i>	<i>higher</i>
Dover	similar	similar	similar
Gravesham	<i>higher</i>	similar	<i>higher</i>
Maidstone	similar	similar	similar
Sevenoaks	similar	<i>lower</i>	<i>lower</i>
Folkestone and Hythe	similar	<i>higher</i>	similar
Swale	similar	<i>higher</i>	<i>higher</i>
Thanet	similar	similar	similar
Tonbridge and Malling	similar	<i>lower</i>	<i>lower</i>
Tunbridge Wells	similar	<i>lower</i>	<i>lower</i>
Kent	13.8%	18.4%	32.2%

Year six, overweight: by district

In 2018/19, for the majority of Kent districts, the prevalence of overweight was similar to Kent.

- A **higher** percentage of year six pupils were measured as being overweight in Gravesham.



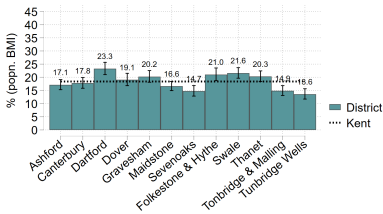
Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six, obese: by District

In 2018/19, six Kent districts had a significantly different prevalence of obesity compared to Kent.

- A **higher** percentage of year six pupils were measured as being obese in Dartford, Folkestone & Hythe and Swale.
- A **lower** percentage of year six pupils were measured as being obese in Sevenoaks, Tonbridge & Malling and Tunbridge Wells.

Prevalence of obesity in year six, by district of residence, 2018/19



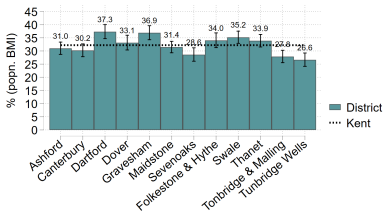
Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six, excess weight: by District

In 2018/19, six Kent districts had a significantly different prevalence of excess weight compared to Kent.

- A **higher** percentage of year six pupils were measured as being overweight or obese in Gravesham, Dartford and Swale.
- A **lower** percentage of year six pupils were measured as being overweight or obese in Sevenoaks, Tonbridge & Malling and Tunbridge Wells.

Prevalence of excess weight in year six, by district of residence, 2018/19



Source: NHS Digital, produced by KPHO (SR) Jan 20

Findings for Kent Districts: year six trends

Public health intervention should focus on areas with higher or increasing trends in overweight, obesity or excess weight.

Overweight

	2018/19 compared to 2017/18	2018/19 compared to 2010/11	trend
Ashford	similar	similar	stable
Canterbury	similar	similar	stable
Dartford	similar	similar	stable
Dover	similar	similar	stable
Gravesham	similar	similar	stable
Maidstone	similar	similar	<i>increasing</i>
Sevenoaks	similar	similar	stable
Folkestone and Hythe	similar	similar	stable
Swale	similar	similar	stable
Thanet	<i>lower</i>	<i>lower</i>	stable
Tonbridge and Malling	similar	<i>lower</i>	stable
Tunbridge Wells	similar	similar	<i>decreasing</i>

Findings for Kent Districts: year six trends

Public health intervention should focus on areas with higher or increasing trends in overweight, obesity or excess weight.

Obesity

	2018/19 compared to 2017/18	2018/19 compared to 2010/11	trend
Ashford	similar	similar	stable
Canterbury	similar	<i>higher</i>	<i>increasing</i>
Dartford	similar	similar	stable
Dover	similar	similar	stable
Gravesham	similar	similar	stable
Maidstone	similar	similar	stable
Sevenoaks	similar	similar	<i>decreasing</i>
Folkestone and Hythe	similar	similar	<i>increasing</i>
Swale	similar	<i>higher</i>	stable
Thanet	similar	similar	stable
Tonbridge and Malling	similar	similar	<i>decreasing</i>
Tunbridge Wells	similar	similar	stable

Findings for Kent Districts: year six trends

Public health intervention should focus on areas with higher or increasing trends in overweight, obesity or excess weight.

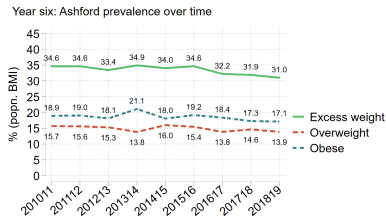
Excess weight

	2018/19 compared to 2017/18	2018/19 compared to 2010/11	trend
Ashford	similar	<i>lower</i>	<i>decreasing</i>
Canterbury	similar	similar	stable
Dartford	similar	similar	stable
Dover	similar	similar	stable
Gravesham	similar	similar	<i>increasing</i>
Maidstone	similar	similar	stable
Sevenoaks	similar	similar	<i>decreasing</i>
Folkestone and Hythe	similar	similar	stable
Swale	similar	<i>higher</i>	<i>increasing</i>
Thanet	<i>lower</i>	similar	stable
Tonbridge and Malling	similar	<i>lower</i>	<i>decreasing</i>
Tunbridge Wells	similar	<i>lower</i>	<i>decreasing</i>

Year six: Ashford trend

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

- Overall trends show an **decreasing** excess weight trend, but overweight and obesity on their own have been **stable**.
- Overweight and obesity are now **similar** when comparing 2018/19 to 2017/18, and to levels recorded in 2010/11.
- Excess weight is now **lower** when comparing 2018/19 to 2010/11, but remains **similar** to levels recorded in 2017/18.

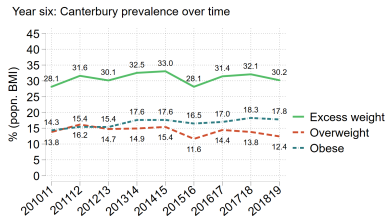


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Canterbury trend

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

- Overall trends show an **increasing** obesity trend, but overweight and excess weight have been **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18.
- Obesity is now **higher**, whereas, overweight and excess weight remain **similar** when comparing 2018/19 to levels recorded in 2010/11

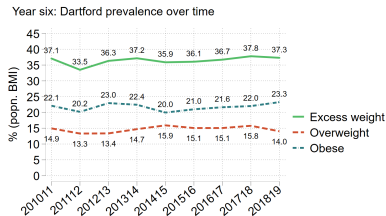


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Dartford trend

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

- Overall trends are **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18, and to levels recorded in 2010/11.

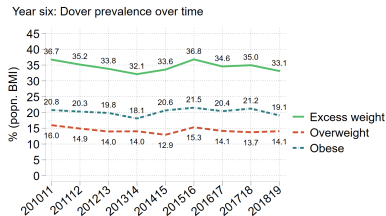


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Dover trend

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

- Overall trends are **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18, and to levels recorded in 2010/11.

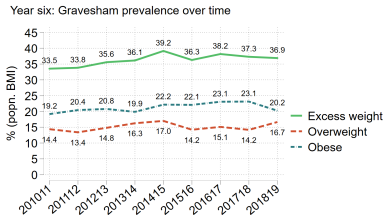


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Gravesend trend

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

- Overall trends show an **increasing** excess weight trend, but overweight and obesity on their own have been **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18, and to levels recorded in 2010/11.

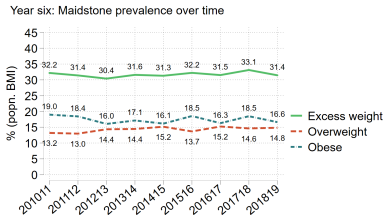


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Maidstone trend

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

- Overall trends show an **increasing** overweight trend, but obesity and excess weight on their own have been **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18, and to levels recorded in 2010/11.

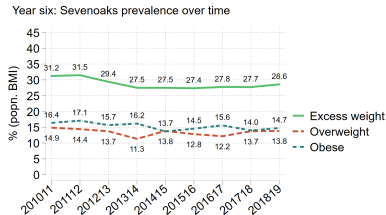


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Sevenoaks trend

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

- Overall trends show an **decreasing** obesity and excess weight trend, but overweight has been **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18, and to levels recorded in 2010/11.

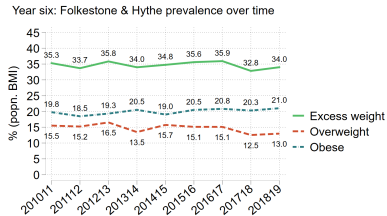


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Folkestone & Hythe trend

The trend in the prevalence of overweight, obesity and excess weight amongst year six pupils in Folkestone & Hythe:

- Overall trends show an **increasing** obesity trend, but overweight and excess weight have been **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18, and to levels recorded in 2010/11.

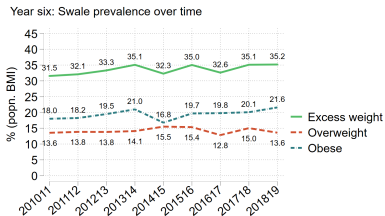


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Swale trend

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

- Overall trends show an **increasing** excess weight trend, but overweight and obesity on their own have been **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18.
- Obesity and excess weight are now **higher** and overweight **similar** when comparing 2018/19 to levels recorded in 2010/11.

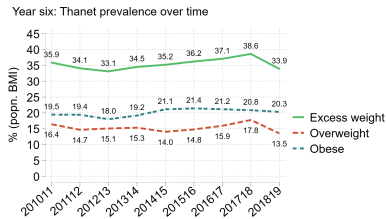


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Thanet trend

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

- Overall trends are **stable**.
- Overweight and excess weight are now **lower** and obesity **similar** when comparing 2018/19 to levels recorded in 2017/18.
- Overweight is **lower** and obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2010/11.

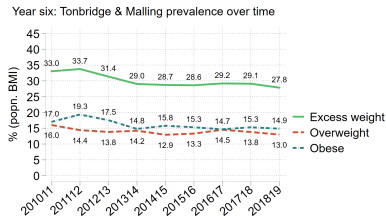


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Tonbridge & Malling trend

The trend in the prevalence of overweight, obesity and excess weight amongst year six pupils in Tonbridge & Malling:

- Overall trends show an **decreasing** obesity and excess weight trend, but overweight has been **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18.
- Overweight and excess weight are now **lower** and obesity **similar** when comparing 2018/19 to levels recorded in 2010/11.

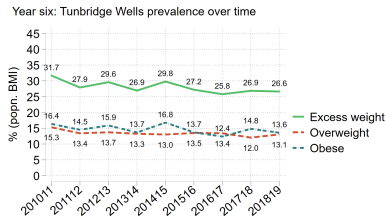


Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: Tunbridge Wells trend

The trend in the prevalence of overweight, obesity and excess weight amongst year six pupils in Tunbridge Wells:

- Overall trends show an **decreasing** overweight and excess weight trend, but obesity has been **stable**.
- Overweight, obesity and excess weight are now **similar** when comparing 2018/19 to levels recorded in 2017/18.
- Excess weight is now **lower**, but overweight and obesity are **similar** when comparing 2018/19 to levels recorded in 2010/11.



Source: NHS Digital, produced by KPHO (SR) Jan 20

Findings for Kent: overweight inequalities

Within Kent there are some inequalities in overweight, but these are less marked than the inequality related to obesity.

The prevalence of overweight across Kent reception and year six is **similar** by sex, deprivation and rurality.

There is some difference in the prevalence of overweight by ethnicity:

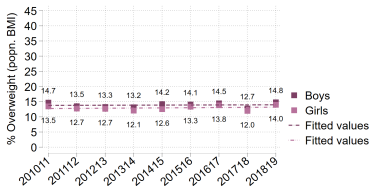
- reception year children of **White** origin are more likely to be overweight than their Black and Asian classmates
- year six children of **Black** origin are more likely to be overweight than their White classmates

Overweight inequality: by sex

In 2018/19, across Kent reception year and year six children, the prevalence of overweight was **similar** across boys and girls, with **stable** trends.

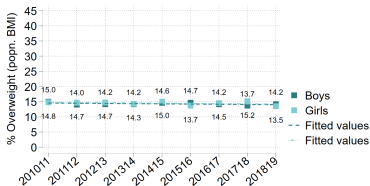
- In reception year, 14.8% of boys and 14.0% of girls were overweight.
- In year six, 14.2% of boys and 13.5% of girls were overweight.

Reception year: inequalities in overweight prevalence over time



Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: inequalities in overweight prevalence over time



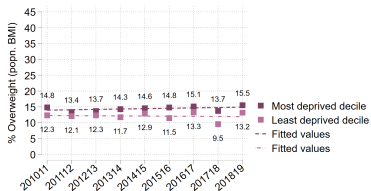
Source: NHS Digital, produced by KPHO (SR) Jan 20

Overweight inequality: by deprivation

Across Kent in both reception and year six in 2018/19, children living in the most deprived areas had **similar** levels of overweight to those living in the least deprived areas, with **stable** trends.

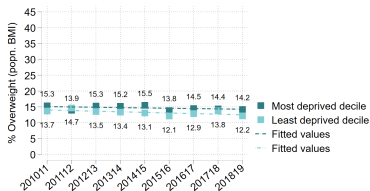
- In reception year, 15.5% and 13.2% of children living in the most and least deprived areas (respectively) were overweight.
- In year six, 14.2% and 12.2% of children living in the most and least deprived areas (respectively) were overweight.

Reception year: inequalities in overweight prevalence over time



Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: inequalities in overweight prevalence over time



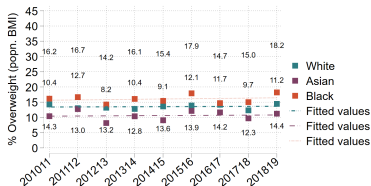
Source: NHS Digital, produced by KPHO (SR) Jan 20

Overweight inequality: by ethnicity

Across Kent in **reception year**, children of **White** ethnic origin were more likely to be overweight than their Asian and Black classmates. In **year six**, children of **Black** ethnic origin were more likely to be overweight than their White classmates.

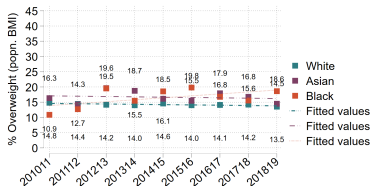
- In year six, the overall trend for overweight for children of **White** ethnic origin is **reducing**, while the trend is **stable** for Black and Asian children.
- In 2018/19, 8.8% and 4.2% of measured reception and year six pupils (respectively) did not have a stated ethnicity or this was missing. Further detail has been included at the end of the pack.

Reception year: inequalities in overweight prevalence over time



Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: inequalities in overweight prevalence over time



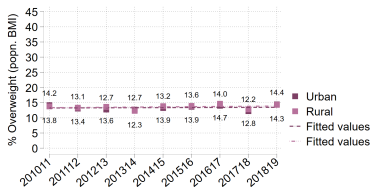
Source: NHS Digital, produced by KPHO (SR) Jan 20

Overweight inequality: by rurality

Across Kent in reception and year six, children living in urban and rural areas have a **similar** overweight prevalence.

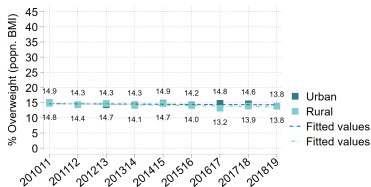
- In year six in **rural** areas the overall trend for overweight is **slightly reducing**.
- There are confounding factors from differences in deprivation which affect obesity prevalence by rurality.

Reception year: inequalities in overweight prevalence over time



Source: NHS Digital, produced by KPHO (SR) Jan 20

Year six: inequalities in overweight prevalence over time



Source: NHS Digital, produced by KPHO (SR) Jan 20

Findings for Kent: obesity inequalities

Within Kent there are significant inequalities in obesity and this is particularly marked in year six.

The prevalence of obesity across Kent reception year is **similar** by sex and rurality. Differences in reception year were from **higher** obesity prevalence in those living in the most deprived areas compared to the least deprived decile. Also, reception year children of **Black** origin are more likely to be obese than their White classmates

The prevalence of obesity across Kent year six is:

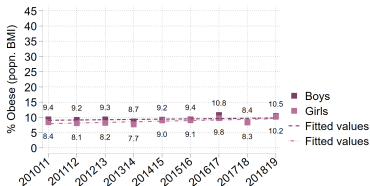
- **higher** in boys than girls, with an **increasing gap** due to an **increasing** trend in boys
- **higher** in those living in the most deprived areas compared to the least deprived decile, with an **increasing gap**
- **higher** in children of **Black** origin than their White classmates
- **higher** in urban compared to rural areas

Obesity inequality: by sex

In 2018/19, across Kent reception year children, the prevalence of obesity was **similar** across boys and girls. However, **year six boys** are more likely to be obese than girls.

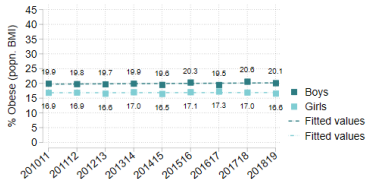
- In reception year, 10.5% of boys and 10.2% of girls were obese.
- In year six, 20.1% of boys and 16.6% of girls were obese.
- The gap in year six obesity has **increased** over the last 10 years, due to an **increasing** trend in boys.

Reception year: inequalities in obesity prevalence over time



Source: NHS Digital, produced by KPHO (ZC) Nov 19

Year six: inequalities in obesity prevalence over time



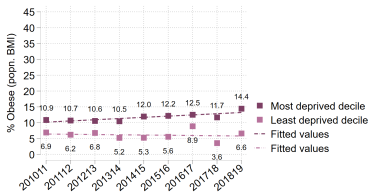
Source: NHS Digital, produced by KPHO (ZC) Nov 19

Obesity inequality: by deprivation

Across Kent in both reception and year six, children living in the **most deprived areas** were more likely to be obese than those living in the least deprived areas.

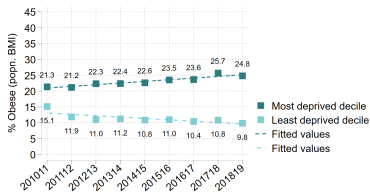
- In reception year, 14.4% and 6.6% of children living in the most and least deprived areas (respectively) were obese.
- In year six, 24.8% and 9.8% of children living in the most and least deprived areas (respectively) were obese.
- The gap is largest for obesity in **year six** and has been **increasing** over the last 10 years.

Reception year: inequalities in obesity prevalence over time



Source: NHS Digital, produced by KPHO (ZC) Nov 19

Year six: inequalities in obesity prevalence over time



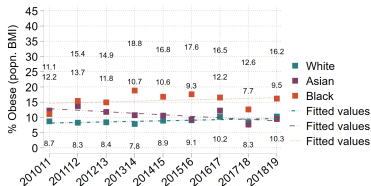
Source: NHS Digital, produced by KPHO (ZC) Nov 19

Obesity inequality: by ethnicity

Across Kent in both reception and year six, children of **Black** ethnic origin were more likely to be obese than their White classmates. This also included children of **Asian** origin in year six.

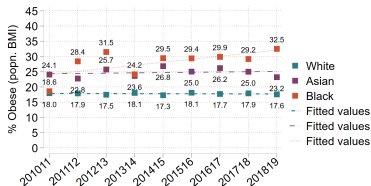
- The gap is largest for obesity in year six.
- In 2018/19, 8.8% and 4.2% of measured reception and year six pupils (respectively) did not have a stated ethnicity or this was missing. Further detail has been included at the end of the pack.

Reception year: inequalities in obesity prevalence over time



Source: NHS Digital, produced by KPHO (ZC) Nov 19

Year six: inequalities in obesity prevalence over time



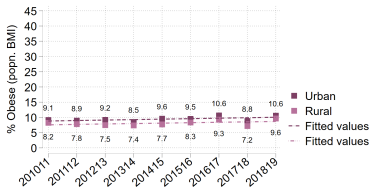
Source: NHS Digital, produced by KPHO (ZC) Nov 19

Obesity inequality: by rurality

Across Kent in year six, children living in **urban areas** are slightly more likely to be obese than those living in rural areas. This finding did not hold true for reception year.

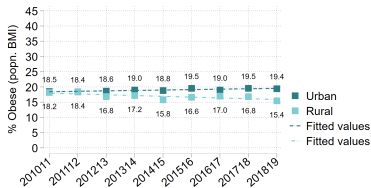
- There are confounding factors from differences in deprivation which affect obesity prevalence by rurality.

Reception year: inequalities in obesity prevalence over time



Source: NHS Digital, produced by KPHO (ZC) Nov 19

Year six: inequalities in obesity prevalence over time



Source: NHS Digital, produced by KPHO (ZC) Nov 19

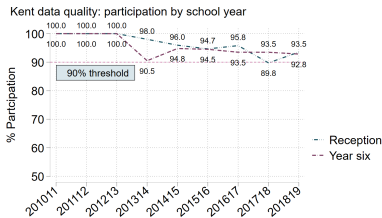
Technical notes

The National Child Measurement Programme (NCMP) records height and weight measurements of children in reception (aged 4–5 years) and year six (aged 10–11 years) in state-maintained schools.

- The analysis presented in this report is based on the pupil-level datasets supplied by NHS Digital. This includes pupils measured under the NCMP programme who attend a Kent mainstream state school (special schools and free schools are excluded) and live in Kent.
- Differences referred to in the commentary are statistically significant at the 95% level. Confidence intervals have been calculated using the Wilson & Newcombe method and significance using the Altman advocated nationally.
- Deprivation has been measured via the Index of Multiple Deprivation (IMD). The Kent results are based on the local population weighted deciles derived from IMD 2019.
- Inequality gaps are measured as the distance between the actual data points (and not from the line of best fit).

Kent data quality

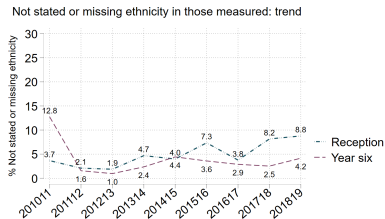
Whilst the overall trend in participation have been **declining** for both reception and year 6, in 2018/19 the level of participation is above the 90% threshold. It should be noted that the level of **participation fell** below the threshold for Kent reception year pupils in **2017/18** and was close to reaching the threshold for Kent year six pupils in **2013/14**.



Source: NHS Digital, produced by KPHO (ZC) Jan 20

Kent data quality: ethnicity trend

For reception year, the percentage with ethnicity not stated or missing in those measured has been increasing over time. Whereas, in year six the trend has reduced from 12.8% in 2010/11 and has been stable more recently.

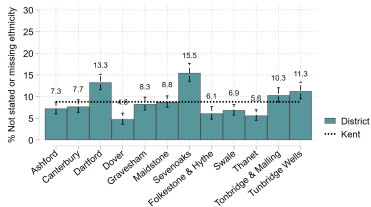


Source: NHS Digital, produced by KPHO (ZC) Feb 20

Kent data quality: ethnicity by district

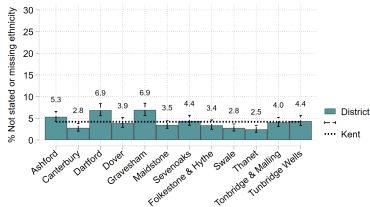
- A **higher** percentage of measured reception year pupils had ethnicity not stated or missing in Dartford, Sevenoaks and Tunbridge Wells.
 - A **higher** percentage of measured year six pupils had ethnicity not stated or missing in Ashford, Dartford and Gravesham.

Reception by district: not stated or missing ethnicity in those measured, 2018/19

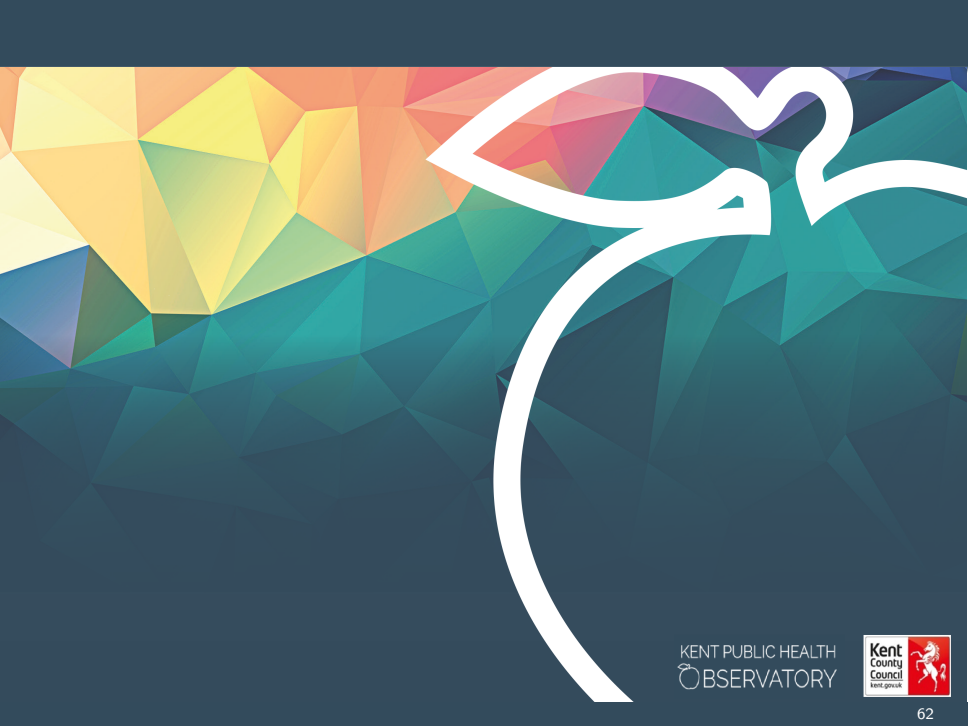


Source: NHS Digital, produced by KPHO (ZC) Feb 20

Year six by district: not stated or missing ethnicity in those measured, 2018/19



Source: NHS Digital, produced by KPHO (ZC) Feb 20



KENT PUBLIC HEALTH
OBSERVATORY

