

National Child Measurement Programme 2024/25 Headline results

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| Summary of findings

The National Child Measurement Programme (NCMP) is a nationally mandated public health programme, conducted annually.

Each local authority collects the height and weight of children aged 4 to 5 in reception year and aged 10 to 11 in year 6. Figures for the 2024 to 2025 academic year were published by the Office for Health Improvement and Disparities on 4th November 2025. Follow this link to visit the [gov.uk website](https://www.gov.uk).

This document is a summary of findings for Kent. A more detailed report is due to be published in the new year.

Please note: the combined categories of overweight and living with obesity are referred to as 'Excess weight'. The percentages are rounded to one decimal place.

1.1 Reception year

- Excess weight prevalence is 24.1% in Kent in the 2024/25 academic year, with overweight 13.5%, obesity 10.7%, healthy weight 75.2%, underweight 0.7% and severe obesity 2.8%.
- Excess weight in Kent increased in the latest year from 22.7% to 24.1%, similar to the England increase from 22.1% to 23.5%. Excess weight prevalence in Kent remains below pre pandemic levels.
- Obesity in Kent also increased, from 9.4% to 10.7% in 2024/25, with a similar change to England (9.6% to 10.5%).
- Severe obesity increased from 2.5% to 2.8% in the latest year, with a similar change to England (2.6% to 2.9%).
- At district level Folkestone, Dover and Ashford have significantly higher excess weight levels than the national average. Folkestone, Gravesham and Dartford have significantly higher obesity levels. Dartford has a higher prevalence of severe obesity (3.9%) than the England average (2.9%).

1.2 Year 6

- Excess weight prevalence in Kent is 35.2% in the 2024/25 academic year, with overweight 14.4%, obesity 20.9%, healthy weight 63.3%, underweight 1.4% and severe obesity 5.2%.
- Excess weight, obesity and severe obesity levels in Kent in 2024/25 are all significantly better than the England averages, a pattern observed in previous years.

- Excess weight increased from 34.9% to 35.2% in the latest year, with a similar change to England (35.8% to 36.2%).
- At district level, Gravesham and Thanet have higher prevalence than the national average for both excess weight and obesity, Dartford also has a higher prevalence of excess weight.
- Severe obesity in Thanet (7.3%) and Swale (6.9%) is higher than the national average (5.6%).