KENT PUBLIC HEALTH OBSERVATORY

Kent County Council
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Inequalities in Obesity & Excess Weight in Childhood

NCMP: Kent – 2017/18 update

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Summary

In Kent, there are differences evident in levels of excess weight in childhood by sex, deprivation, ethnicity and rurality in both Year R and Year 6.

Inequalities are particularly marked by ethnicity and deprivation.

Excess Weight in Childhood: Equity Summary

Source: NCMP, prepared by KPHO (TG), October 2018
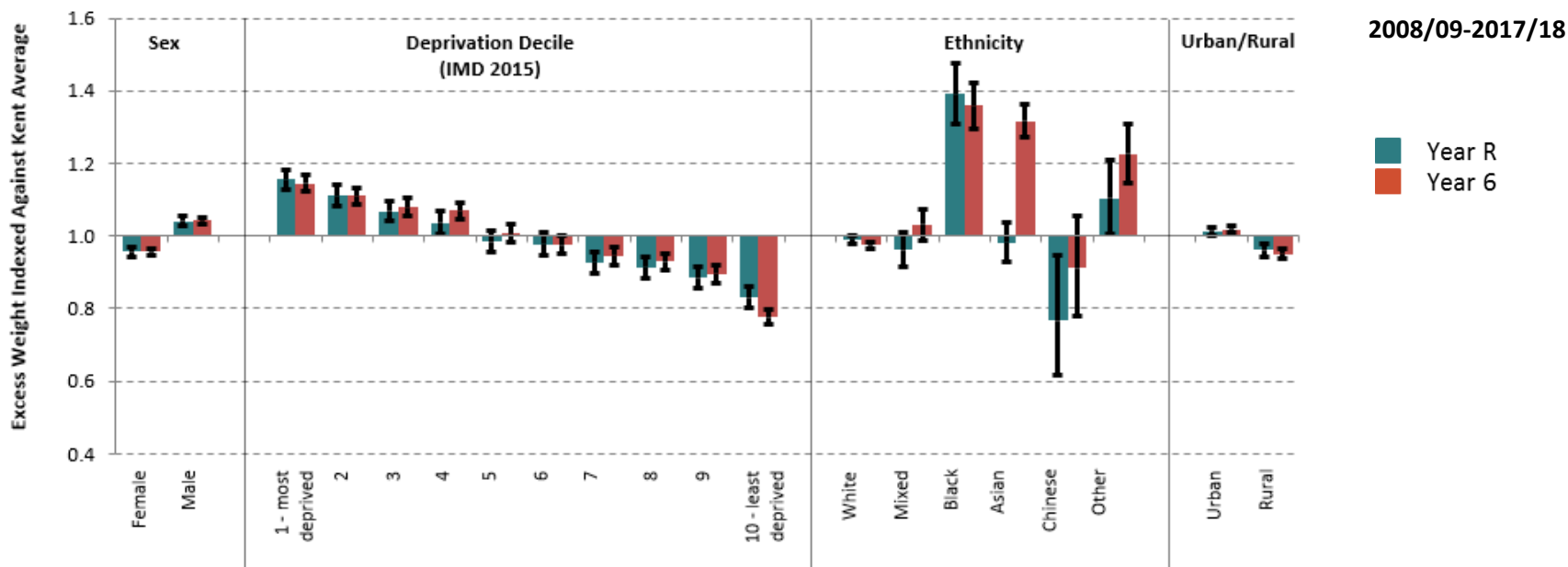
Inequalities in Obesity & Excess Weight in Childhood, October 2018

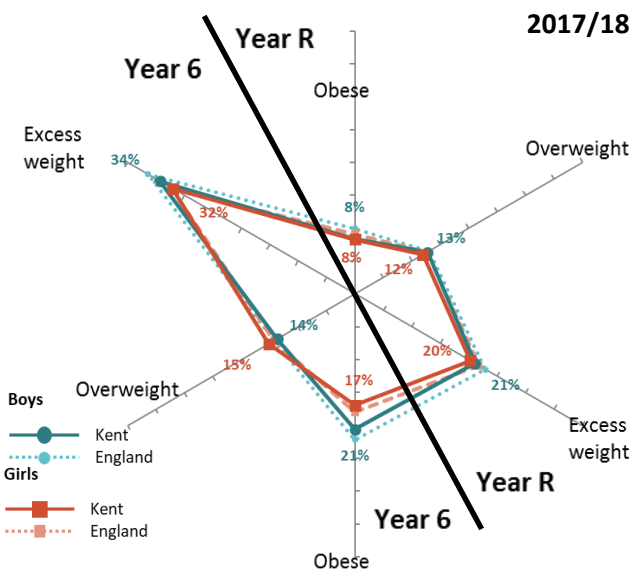# Sex

Year 6 Obesity

2017/18

21%
of boys

17%
of girls

In Year 6, boys in Kent are slightly more likely to be obese than girls.
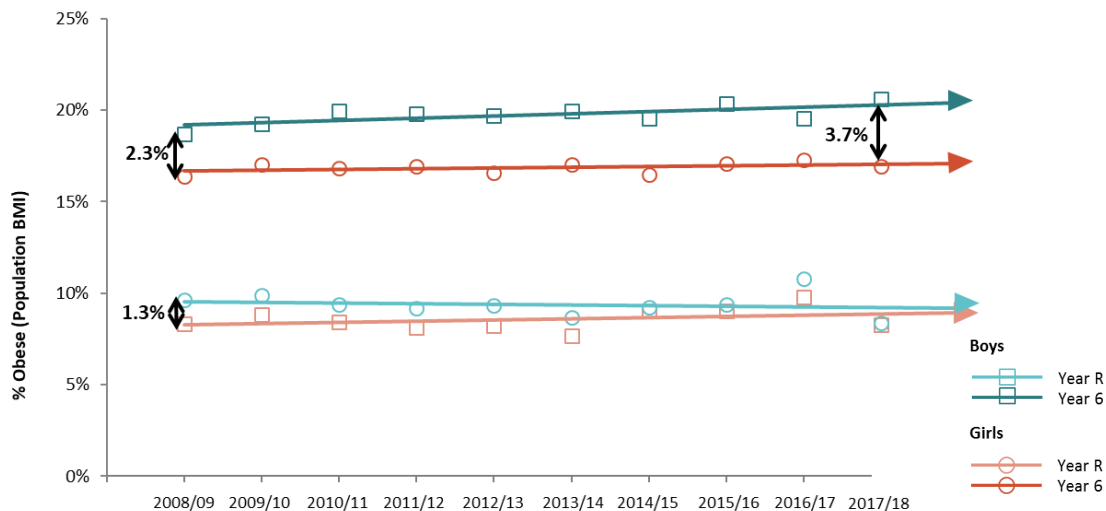
The gap is largest for obesity in Year 6. The evidence suggests that the gap has remained relatively constant over the last 9 years.

Childhood Weight: By Sex

2017/18

Year R

Year 6

Obese

Overweight

Excess weight — 34%

32%

8%

8%

13%

12%

14%

15%

20%

17%

21%

21%

Excess weight

Year R

Year 6

Obese

Overweight

Boys
— Kent
····· England

Girls
— Kent
····· England

Source: NCMP, prepared by KPHO (TG), October 2018

Inequalities in Obesity Prevalence: Over Time

% Obese (Population BMI)

2.3%

3.7%

1.3%

2008/09 2009/10 2010/11 2011/12 2012/13 2013/14 2014/15 2015/16 2016/17 2017/18

Boys
— Year R
— Year 6

Girls
— Year R
— Year 6

Source: NCMP, prepared by KPHO (TG), October 2018

Inequalities in Obesity & Excess Weight in Childhood, October 2018

Deprivation

Year 6 Obesity
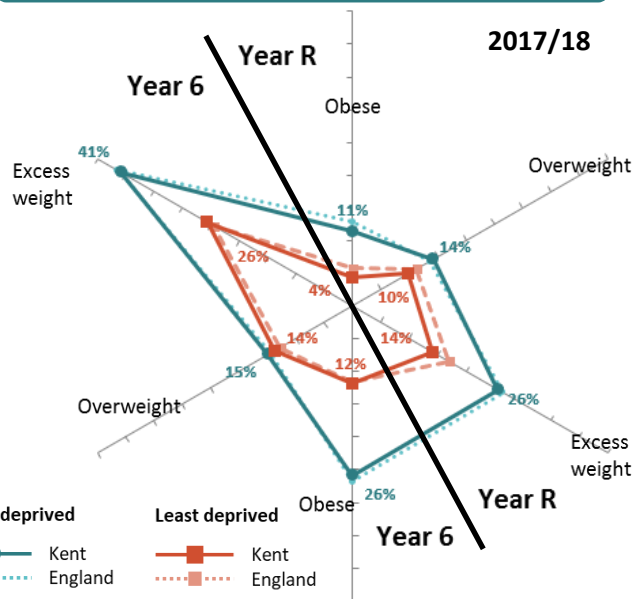
2017/18

26%
of the most
deprived pupils

12%
of the least
deprived pupils

In both Year R and Year 6, children living in the most deprived areas in Kent are more likely to be obese than those living in the least deprived areas.
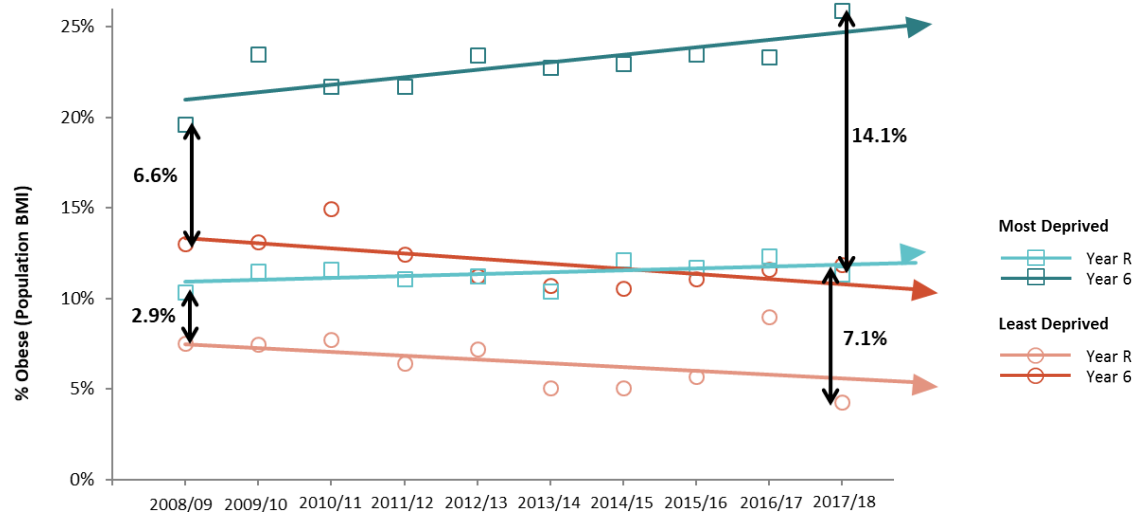
The gap is largest for obesity in Year 6, and there is evidence to suggest that the gap is increasing.

Childhood Weight: By Deprivation

2017/18

Year R
Year 6

Obese
Overweight
Excess weight 41%
11%
14%
26%
26%
26%
14%
12%
14%
4%
10%
26%
15%
Overweight
Obese
Year R
Year 6
Excess weight

Most deprived
— Kent
····· England

Least deprived
— Kent
····· England

Source: NCMP, prepared by KPHO (TG), October 2018

Inequalities in Obesity Prevalence: Over Time

% Obese (Population BMI)

6.6%
14.1%
2.9%
7.1%

2008/09 2009/10 2010/11 2011/12 2012/13 2013/14 2014/15 2015/16 2016/17 2017/18

Most Deprived
Year R
Year 6

Least Deprived
Year R
Year 6

Source: NCMP, prepared by KPHO (TG), October 2018

Inequalities in Obesity & Excess Weight in Childhood, October 2018

Ethnicity

Year 6 Obesity

2017/18

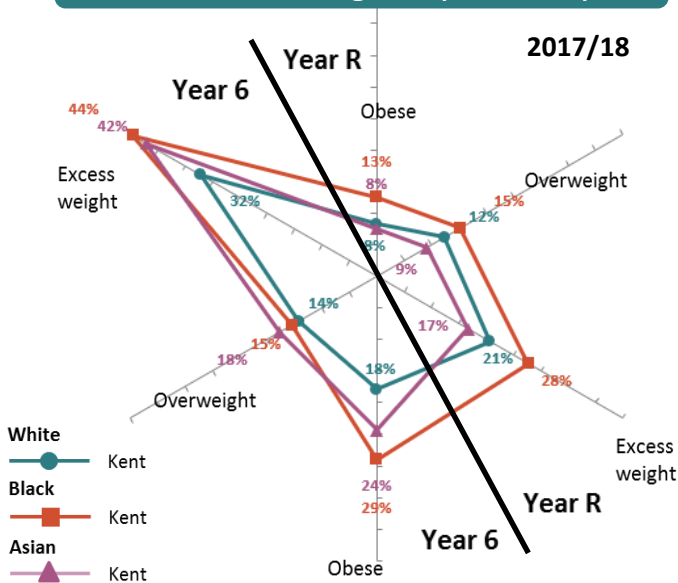**18%**
of White pupils

29%
of Black pupils

24%
of Asian pupils

In Year 6, children of Black or Asian ethnic origin are more likely to be obese than their white classmates.

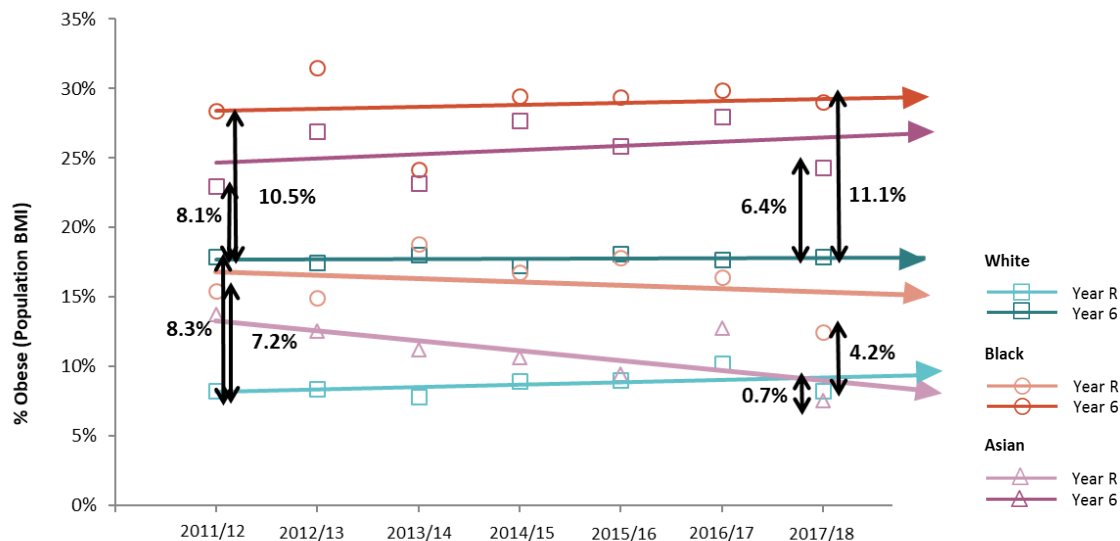The gap is largest for obesity in Year 6.

There are known associations between ethnicity and area deprivation. Deprived urban areas in England tend to also have a higher proportion of individuals from non-White ethnic groups, so it is likely that there are confounding factors which affect obesity prevalence by ethnic group.

Childhood Weight: By Ethnicity

2017/18

Year R

Year 6

Obese

13%
8%

Overweight

15%
12%

Excess weight

44%
42%

32%

9%

14%

17%

Overweight

15%
18%

18%

21%

28%

Excess weight

Obese

24%
29%

Year R

Year 6

White
Kent

Black
Kent

Asian
Kent

Source: NCMP, prepared by KPHO (TG), October 2018

Inequalities in Obesity Prevalence: Over Time

% Obese (Population BMI)

8.1%   10.5%

8.3%   7.2%

6.4%   11.1%

4.2%

0.7%

2011/12 2012/13 2013/14 2014/15 2015/16 2016/17 2017/18

White
Year R
Year 6

Black
Year R
Year 6

Asian
Year R
Year 6

Source: NCMP, prepared by KPHO (TG), October 2018

Inequalities in Obesity & Excess Weight in Childhood, October 2018

Urban/Rural

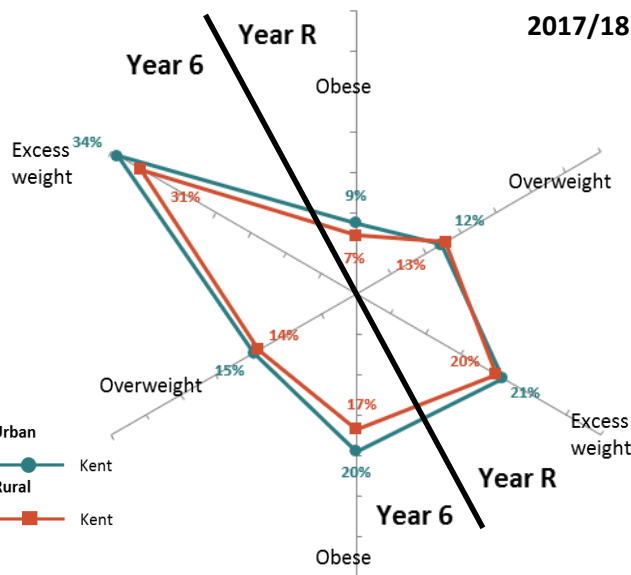### Year 6 Obesity

2017/18

**20%**
of urban pupils

17%
of rural pupils

In both Year R and Year 6, children living in urban areas are slightly more likely to be obese than those living in rural areas.

The PHE Obesity K&I's reports in 2006/07 and 2007/08 show that confounding factors exist, and that variation in child obesity prevalence between urban and rural areas can possibly be explained by differences in the degree of deprivation and the ethnic mix in such areas.

Childhood Weight: By Urban/Rural
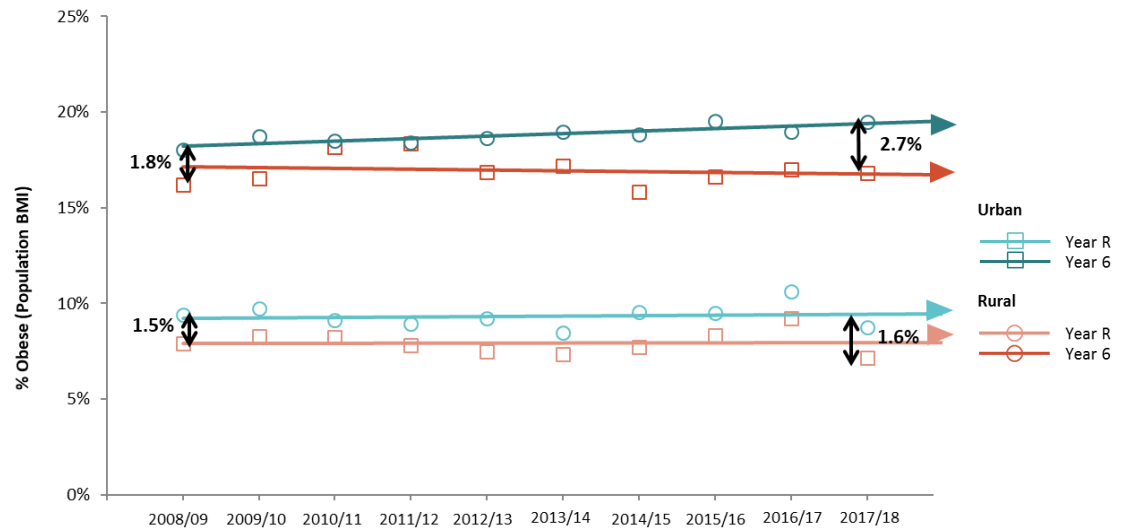
Source: NCMP, prepared by KPHO (TG), October 2018

Inequalities in Obesity Prevalence: Over Time

Source: NCMP, prepared by KPHO (TG), October 2018

Inequalities in Obesity & Excess Weight in Childhood, October 2018

Conclusions

- Within Kent there are significant inequalities in excess weight in childhood, particularly with regard to deprivation and ethnicity

- These inequalities are driven by inequalities in obesity

- Inequalities in obesity are particularly marked in Year 6 pupils

- In the case of deprivation, there is clear evidence to suggest that the inequality gap is widening, particularly by Year 6

- The gap between the most and least deprived Year 6 pupils in Kent has shown a large increase…
  - …from 6.6 percentage points in 2008/09 to 14.1 percentage points in 2017/18

Inequalities in Obesity & Excess Weight in Childhood, October 2018

Technical Notes

- The National Child Measurement Programme (NCMP) records height and weight measurements of children in reception (aged 4–5 years) and year 6 (aged 10–11 years) in state-maintained schools in England.
- The data presented in this report is based on analysis of the pupil-level datasets supplied to Kent by NHS Digital. Previous years is based on final data.
- The Kent analysis is based on pupils measured under the NCMP programme who
  - Attend a mainstream (Kent) state school (special schools are excluded)
  - Live in Kent

- Differences referred to in the commentary are statistically significant at the 95% level. Confidence intervals have been calculated using the Wilson method 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 2015.
- Inequality gaps are measured as the distance between the actual data points (and not from the best fit line).

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