

National Child Measurement Programme

2022/23 Headline results

**December 2023**



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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 2022 to 2023 academic year were published by NHS England on 19th October 2023. Follow this link to [visit the NHS England website](https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2022-23-school-year). Also note this [statistical commentary](https://www.gov.uk/government/statistics/obesity-profile-november-2023-update/obesity-profile-statistical-commentary-november-2023) of the programme overall produced by the Office for Health Improvement and Disparities.

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

Please note: in this summary, the combined categories of overweight and living with obesity are referred to as ‘Excess weight’. The percentages are rounded to one decimal place.

## Reception year

* In Kent, the prevalence of children in Year R who are categorised as ‘excess weight’ is 21.2%. This is comprised of 12.3% overweight and 9.0% living with obesity. A further 0.7% are underweight and 78.1% healthy weight.
* Kent has a similar prevalence of children in Year R who are excess weight (21.2%) compared to England (21.3%). However, Kent has a higher rate than the South East which is 20.1%.
* The prevalence of excess weight in Year R increased in the academic years 2019/20 and 2020/21 but has returned to pre-pandemic levels over the past two years.
* There is variation among the Kent Districts. In year R, Gravesham has significantly higher excess weight and obesity levels than the England average. Dover has significantly higher excess weight. Tunbridge Wells is significantly lower than the England average.

## Year 6

* In Year 6, 35.0% are excess weight. This is comprised of 13.7% overweight and 21.2% living with obesity. A further 1.5% are underweight and 63.5% healthy weight.
* Kent has a lower prevalence of children in Year 6 who are excess weight (35.0%) compared to England (36.6%). However, Kent has a higher rate than the South East which is 33.0%.
* The prevalence of excess weight in Year 6 has decreased since the historically high levels recorded during the years associated with the COVID-19 pandemic. Kent is generally lower than the national average, but it should be noted that the long-term trend since 2006 is steadily increasing.
* Among districts, Thanet has significantly higher levels of obesity and severe obesity than England. Gravesham has the highest levels of severe obesity in Kent at 7.3% of children in year 6.