

National Child Measurement Programme

2023/24 Headline results

**November 2024**



**|**

#  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 2023 to 2024 academic year were published by NHS England on 5th November 2024. Follow this link to [visit the NHS England website](https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2023-24-school-year). Also note this [statistical commentary](https://www.gov.uk/government/statistics/obesity-profile-november-2024-update/obesity-profile-statistical-commentary-november-2024) 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: 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 22.7%. This is comprised of 13.3% overweight and 9.4% living with obesity. A further 0.8% are underweight and 76.5% healthy weight.
* The prevalence of excess weight in Year R children has increased from 21.2% in 2022/23 to 22.7% in 2023/24.
* Excess weight in Year R children in Kent (22.7%) is significantly worse than the England average (22.1%) and the South East average (20.8%).
* The prevalence of obesity in Year R increased in the academic year 2020/21 but has returned to pre-pandemic levels over the past three years.
* There is variation among the Kent Districts. In Year R, Dover and Thanet have significantly higher excess weight and obesity levels than the England average. Folkestone and Hythe and Ashford have significantly higher excess weight. Tunbridge Wells is significantly lower than the England average for excess weight and obesity. Maidstone and Tunbridge and Malling have significantly lower obesity.
* Dartford, Thanet and Ashford have significantly higher severe obesity in Year R than the England average.

## Year 6

* In Year 6, the prevalence of excess weight is 34.9%. This is comprised of 13.9% overweight and 21.0% living with obesity. A further 1.5% are underweight and 63.5% healthy weight.
* Kent has a lower prevalence of excess weight in Year 6 children (34.9%) compared to England (35.8%). However, Kent has a higher rate than the South East (32.7%).
* Kent generally has lower levels of excess weight than the national average in Year 6 but with a steadily increasing long-term trend.
* Among districts, Gravesham, Dover and Swale have significantly higher prevalence of excess weight than England in Year 6, 40% of children are overweight or obese. Gravesham and Swale have significantly higher levels of obesity than the England average. Gravesham also has significantly higher levels of severe obesity (7.9%).