

National Child Measurement Programme

2017/18

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Background

The National Child Measurement Programme (NCMP¹) was established in 2005/06. It aims to measure the height and weight of every child in reception year (YR) and year 6 (Y6) – as they enter and leave primary school – to inform local planning and delivery of services for children; and gather population-level surveillance data to allow analysis of trends in growth patterns and obesity.

This report provides results from the 2017/18 Sefton NCMP programme compared to previous time periods and national, regional, local and comparable benchmarks. The analysis includes all children measured as part of the Sefton programme and therefore some children who attend school in Sefton but live outside the borough. Prevalence figures derived from all children with a Sefton postcode (who may have been measured as part of the Sefton programme or a neighbouring programme) are available in the appendix.

The report also includes analysis at sub local authority geographies including ward, children's centre reach, school and deprivation quintile. This analysis includes children measured as part of the Sefton programme who live within Sefton local authority. Care should be taken in the interpretation of analysis at lower geographical levels as such prevalence rates are subject to a high degree of natural variation due to the small numbers involved. Confidence intervals were calculated to help determine whether differences from the Sefton average were statistically significant rather than being due to random variation or chance.

Coverage

Compared to 2016/17 Sefton's 2017/18 coverage was higher for YR but lower for Y6. Coverage remains above the 85% participation target, however, both years coverage were below the England average.

	2008-09	2009-10	2010-11	2011-12	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18
Year R	98.0%	96.9%	97.2%	96.3%	97.9%	96.2%	97.4%	96.7%	93.7%	94.4%
Year 6	93.9%	93.1%	95.1%	89.9%	97.4%	97.3%	93.6%	91.7%	95.4%	92.4%

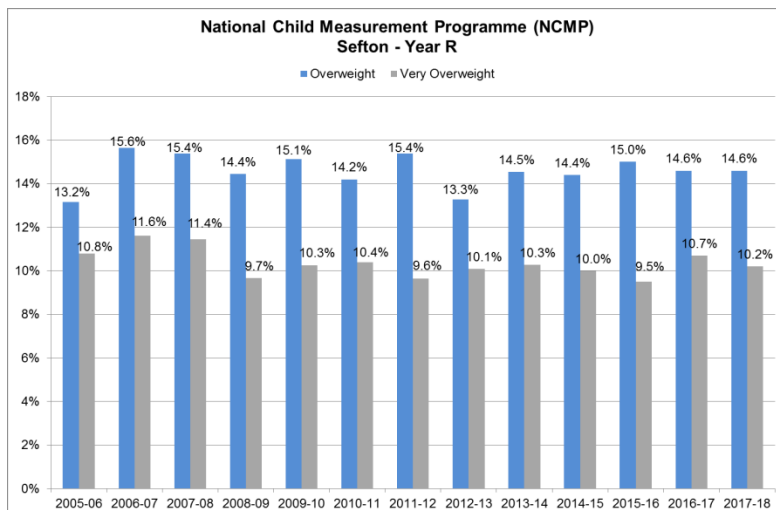
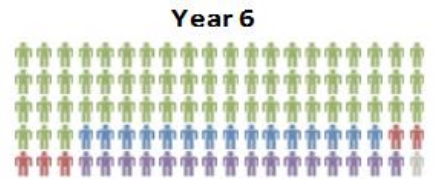
¹ <http://www.hscic.gov.uk/ncmp>

NCMP 2017/18 Results

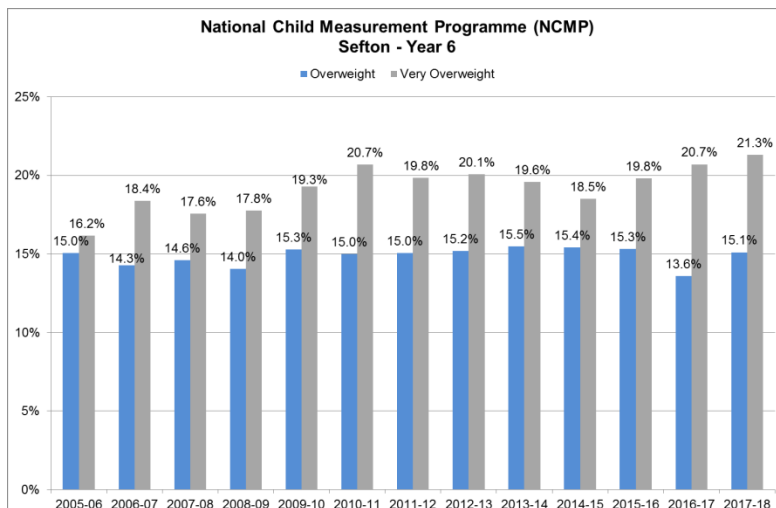
According to the 2017/18 NCMP programme 1 in 10 Reception Children in Sefton are Obese, 1 in 4 are obese or overweight and 1 in 50 children are severely obese.



In Year 6 this rises to 1 in 5 children who are obese, with over 1 in 3 being obese or overweight and 1 in 20 who are severely obese.



Sefton's rates of overweight children in YR (14.6%) which was the same as 2016/17 with levels of obese children (10.2%) showing a slight decrease. Sefton's rate of overweight children (15.1%) in Y6 have increased with rates of obesity (21.3%) also rising.



However, these changes are not statistically significant and it is recommended that at least five years of data are used to properly assess trends in childhood obesity. Data from the last decade would suggest that YR obesity rates have fallen slightly overall and that Y6 rates may be starting to increase again after initially stabilising.

Benchmarked Results

Sefton's YR overweight rates are significantly higher than the national average. However, rates of YR obesity, Y6 overweight and Y6 obesity are not significantly different to the England and North West averages.

Sefton's YR rate of obesity is significantly lower than Knowsley and St Helens, also Sefton's Y6 obesity rate is significantly lower than that of Knowsley. The YR and Y6 overweight rates do not differ significantly between Sefton and the other Merseyside local authorities.

Sefton's rates of overweight children and obese children in both YR and Y6 do not differ significantly to those of statistically similar areas (Wirral, North Tyneside, Northumberland and Southend on Sea).

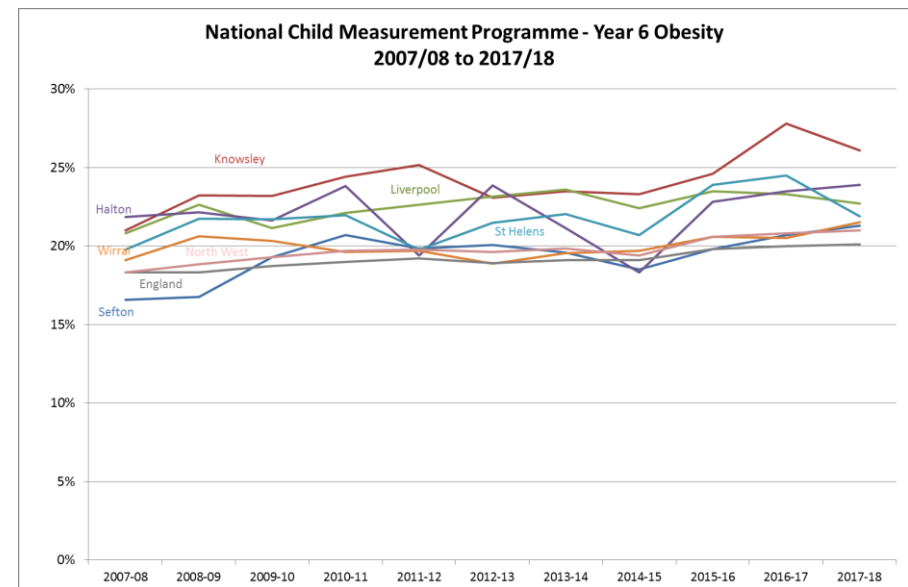
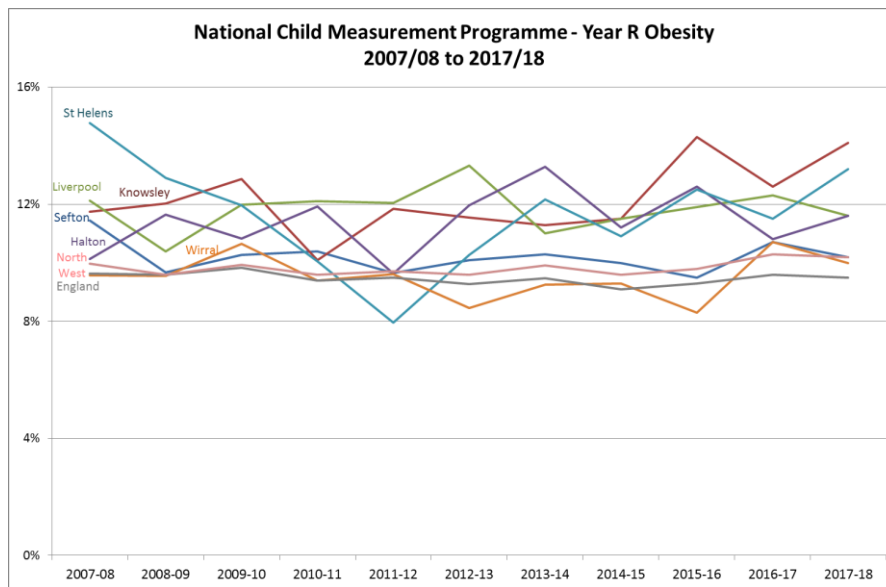
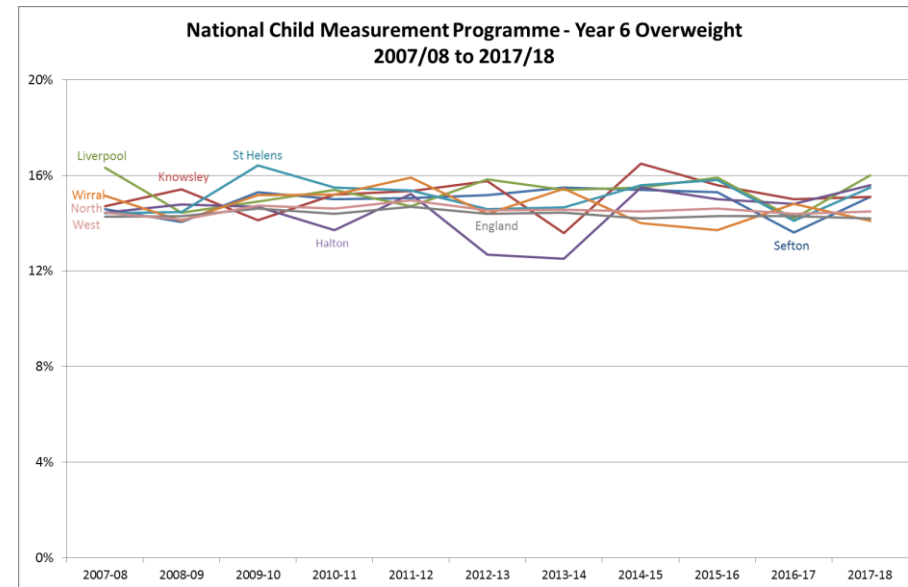
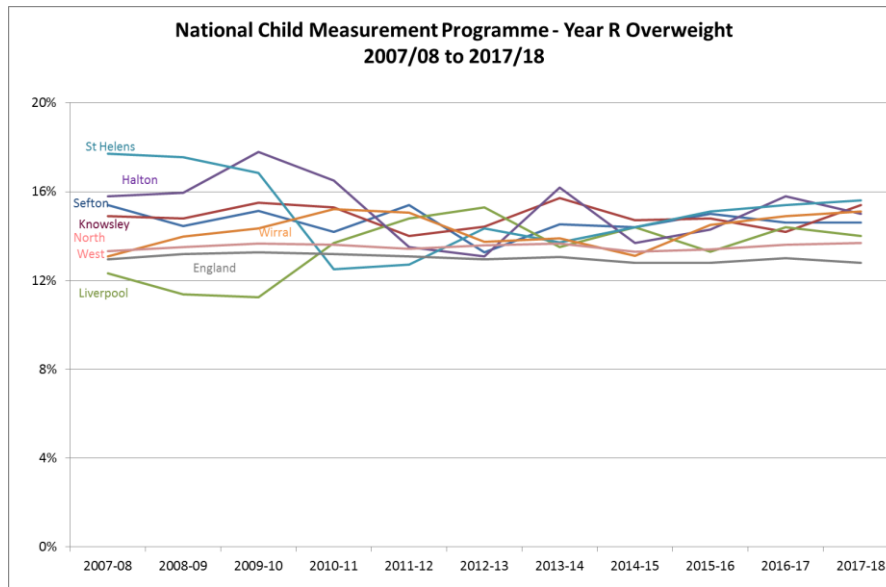
National Child Measurement Programme 2017-18				
Area	Year R Overweight	Year R Obese	Year 6 Overweight	Year 6 Obese
Sefton	14.6%	10.2%	15.1%	21.3%
England	12.8%	9.5%	14.2%	20.1%
NW	13.7%	10.2%	14.5%	21.0%
Knowsley	15.4%	14.1%	15.1%	26.1%
Liverpool	14.0%	11.6%	16.0%	22.7%
Halton	14.0%	11.6%	15.6%	23.9%
St Helens	15.6%	13.2%	15.5%	21.9%
Wirral	15.1%	10.0%	14.1%	21.5%
North Tyneside	14.9%	10.3%	13.0%	21.5%
Northumberland	13.3%	10.7%	14.8%	20.8%
Southend on Sea	14.0%	8.4%	13.7%	18.4%

Green – significantly lower than Sefton (at 95% level)

Yellow – not significantly different to Sefton (at 95% level)

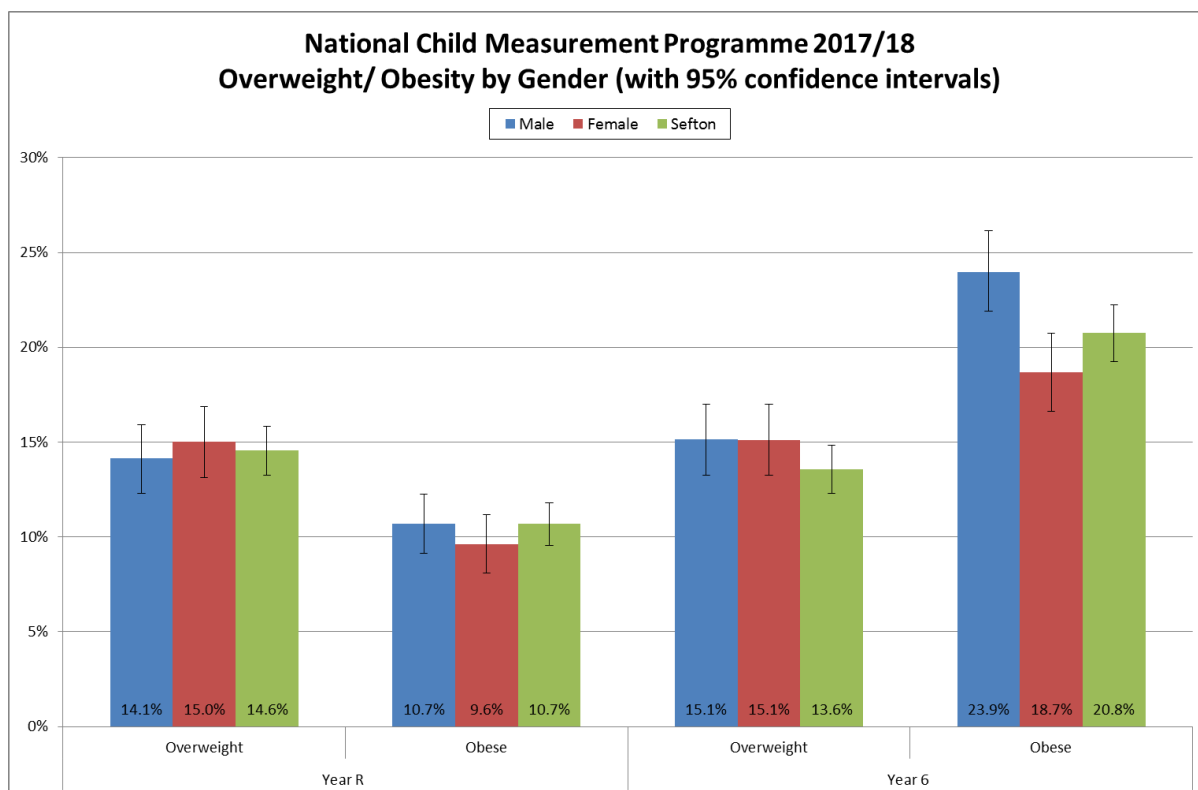
Red – significantly higher than Sefton (at 95% level)

YR and Y6 overweight rates remain static for most Merseyside authorities (including Sefton) with very few significant increases or decreases between 2007/08 and 2017/18. Greater changes have been seen in the obesity rates across Merseyside. In particular, Y6 obesity rates have increased since 2007/08 for all Merseyside local authorities. These increases are statistically significant for Sefton and Knowsley.



Gender

Rates of overweight pupils were higher amongst girls than boys for YR, with rates becoming more even in Y6. YR girls had the highest overweight rates at 15%. Conversely YR and Y6 obesity rates were higher amongst boys than girls. 23.9% of boys in Y6 were obese. Compared with 2016/17, overweight rates have remained similar for both sexes. The Y6 boys obesity rate has increased from 21.9% in 2016/17 to 23.9% in 2017/18, compared to the girls reducing from 19.5% to 18.7%. However, none of these differences are statistically significant.



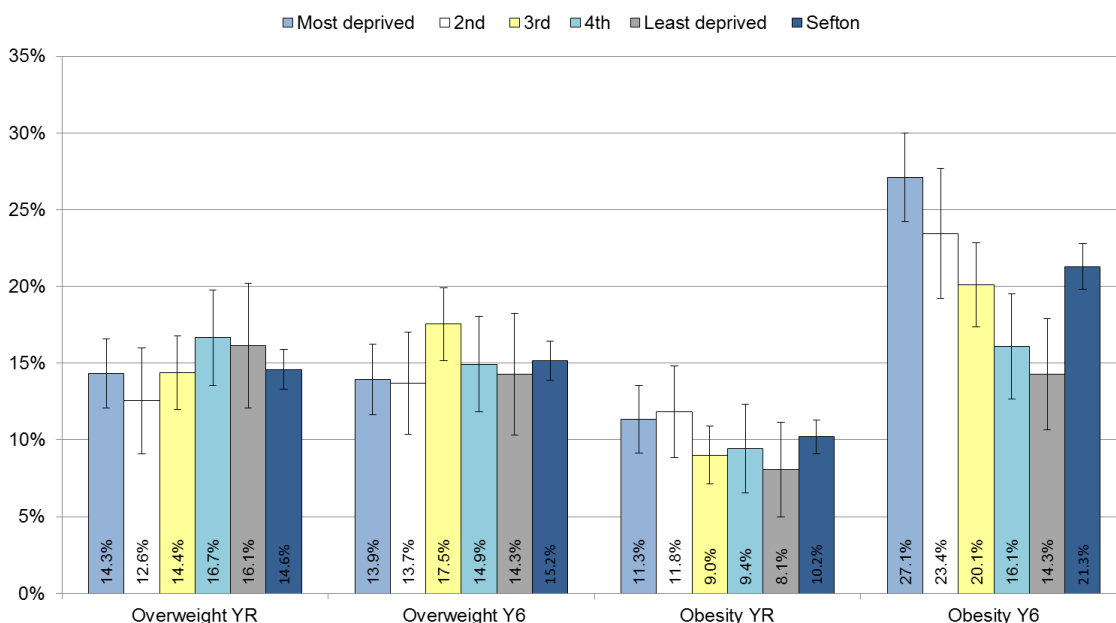
Ethnicity

The NCMP steering group improved ethnicity recording for the 2016/17 programme, however, there has been a slight reduction in recording levels in 2017/18. Ninety-one percent of records had a valid ethnicity recorded. Of these children, 95% were categorised as White. No significant differences were found between the weight status of White children and children from Black and Minority Ethnic (BME) groups in Sefton. However the rates for children from BME groups are based on very low numbers, limiting the ability to detect any true differences. Nationally, where larger cohorts of children are considered, obesity is highest for children of Black ethnicity in both YR and Y6. It is lowest for Chinese children in YR and White and Chinese children in Y6.

Deprivation

The Indices of Multiple Deprivation 2015 (IMD 2015) are the Government’s official measure of deprivation at small area level. The IMD 2015 brings together 37 different indicators covering specific aspects of deprivation such as income, education, employment, health and disability. IMD 2015 is based on lower super output areas (LSOAs) – geographical areas containing approximately 1,500 people. There are 189 LSOAs in Sefton which are ranked into national quintiles (20% bands) from most to least deprived. For NCMP 2017-18 pupils’ postcodes were collected. Pupil home postcode data enables the LSOA and therefore the deprivation quintile to be determined.

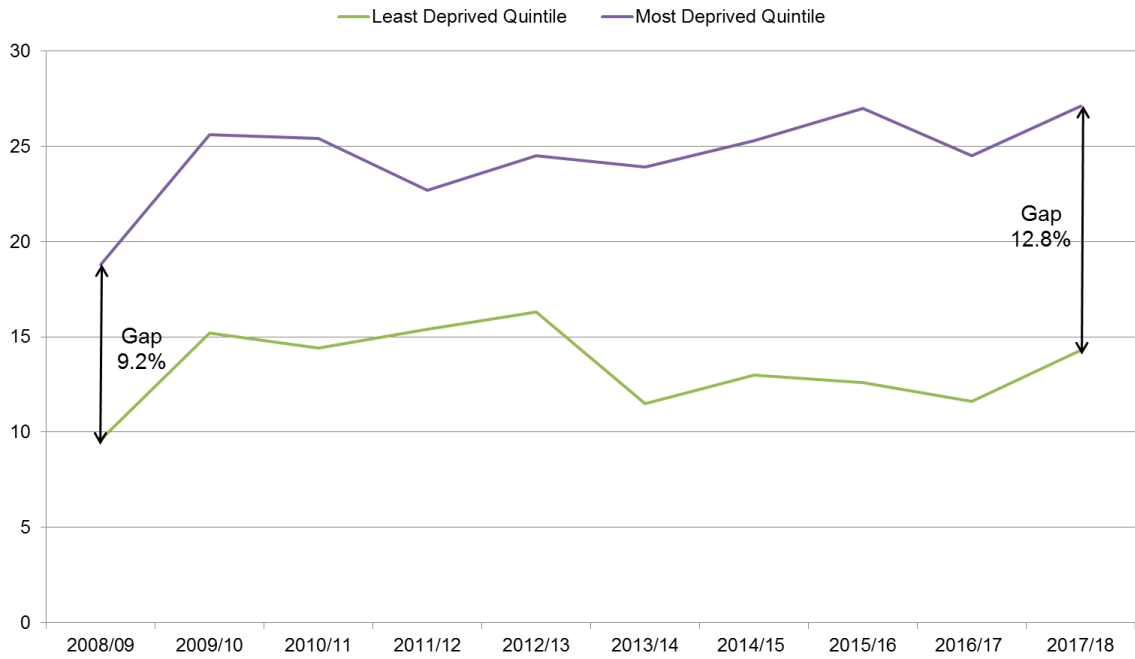
**National Child Measurement Programme 2017/18
Overweight/Obesity by Deprivation Quintile
(with 95% confidence intervals)**



Overweight rates for the different deprivation quintiles did not differ significantly from each other or from the Sefton average for either year group. However, Sefton’s rates of obese children generally increased with increasing deprivation. Y6 obesity rates in the most deprived quintile (27.1%) was nearly double that of children living in the least deprived quintile (14.3%).

The gap in obesity prevalence between the most and least deprived quintiles for Y6 has remained similar, 12.8 percentage points in 2017/18 compared to 12.9 percentage points in 2016/17. However overall the gap in obesity prevalence has increased over time, from 9.2 percentage points in 2008/09.

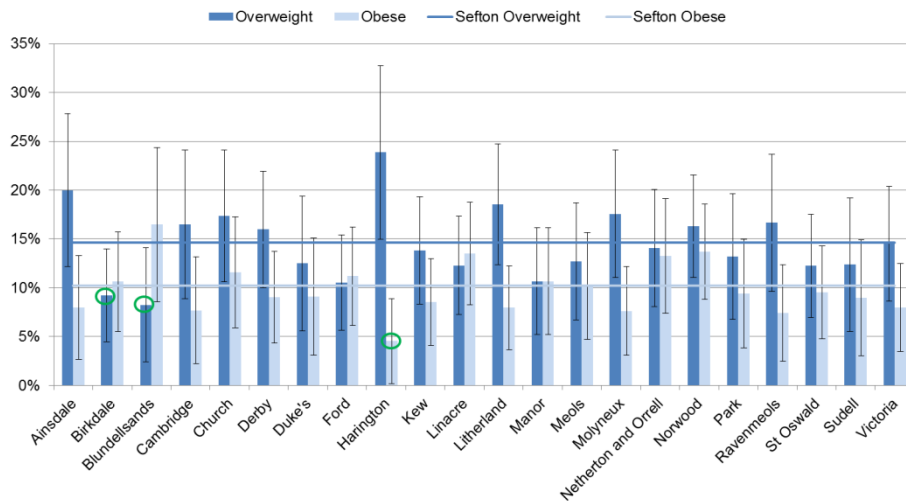
Gap in Y6 obesity prevalence between Sefton's most and least deprived quintiles (2008/09 -2017/18)



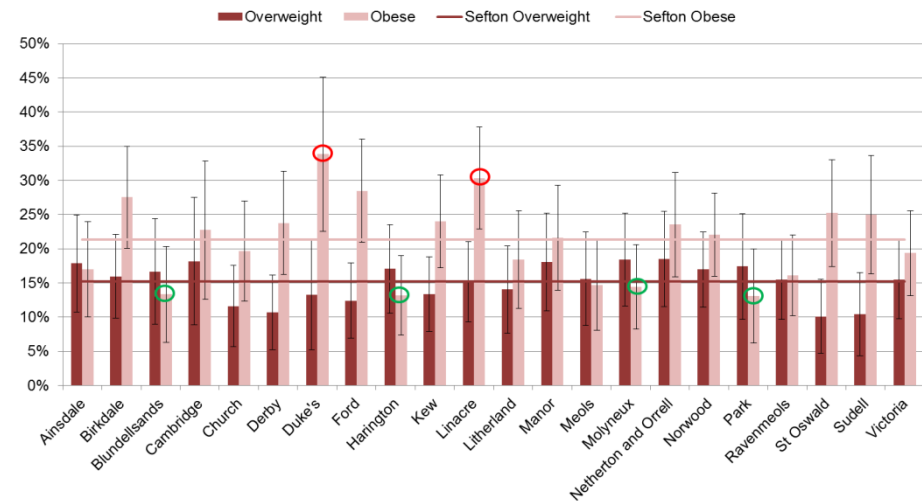
Ward

Analysis by the 22 electoral wards in Sefton revealed some differences in overweight and obesity rates. Care should be taken when interpreting ward level prevalence rates as the small numbers involved means they are subject to a high degree of natural variation. The YR obesity rate for Harington was significantly lower than the Sefton average. The YR overweight rate for Birkdale, and Blundellsands were significantly lower than the Sefton average. The Year 6 obesity rates in Blundellsands, Harington, Molyneux, and Park were significantly lower than the Sefton average but the Dukes and Linacre rate was significantly higher than the Sefton average. These findings show minimal similarities to the previous year's data (with only Linacre Y6 rates remaining significantly higher than Sefton).

**National Child Measurement Programme 2017/18
Overweight/ Obese by Ward - YEAR R
(with 95% confidence intervals)**



**National Child Measurement Programme 8
Overweight/ Obese by Ward - YEAR 6
(with 95% confidence intervals)**



Appendix

NCMP 2017/18 results – Children whose home postcode falls within the Local Authority

National Child Measurement Programme 2016-17				
Area	Year R Overweight	Year R Obese	Year 6 Overweight	Year 6 Obese
Sefton	14.5%	9.8%	15.1%	21.5%
England	12.8%	9.5%	14.2%	20.1%
NW	13.7%	10.2%	14.5%	21.0%
Knowsley	15.3%	14.4%	15.4%	24.5%
Liverpool	14.1%	11.8%	15.9%	22.9%
Halton	14.2%	11.4%	15.5%	23.4%
St Helens	15.4%	13.2%	15.5%	22.6%
Wirral	15.0%	10.0%	15.1%	21.1%
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