

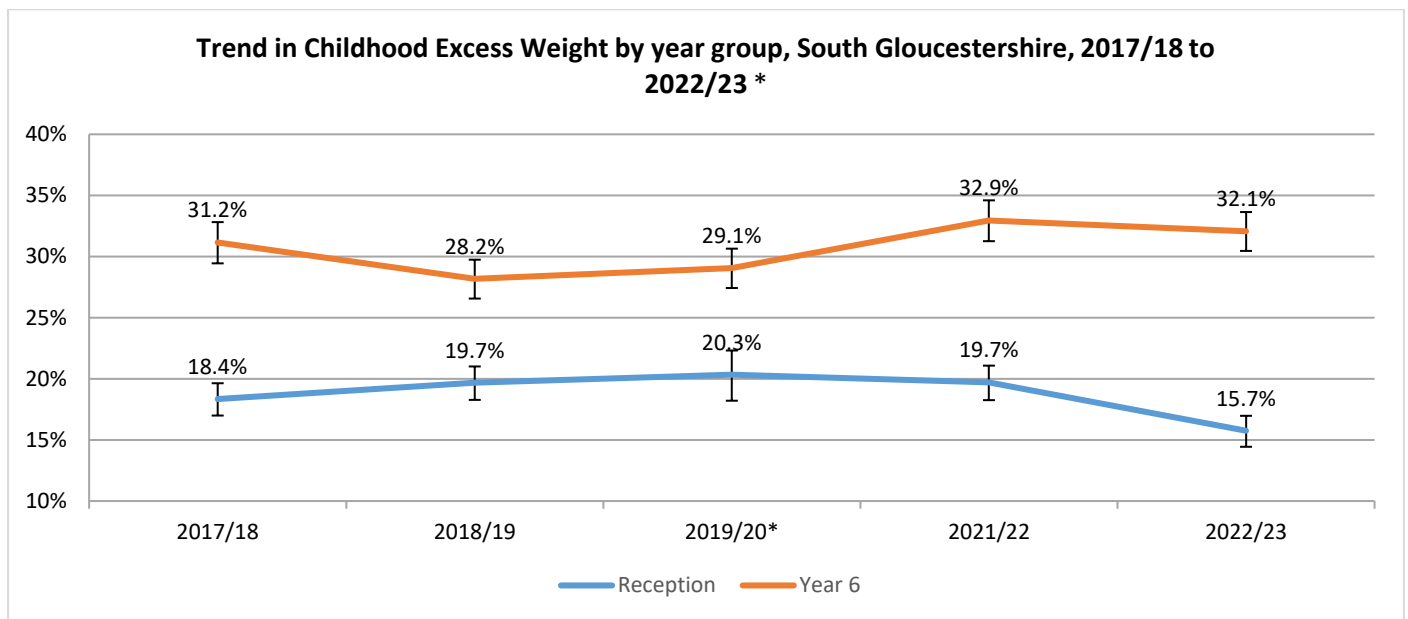
National Child Measurement Programme (NCMP)

22/23 Programme Update – Above a healthy weight

Launched in 2005/2006 the National Child Measurement Programme is a mandatory function of Local Authorities and has collected robust, reliable child weight population level data for many years. (for more information on the NCMP visit [The National Child Measurement Programme - NHS \(www.nhs.uk\)](http://www.nhs.uk)) This reliable data is used to inform the planning and delivery of interventions and commissioning decisions to tackle child obesity. National programme guidance sets out the aims of the programme, outlines delivery and encourages the provision of weight status feedback to parents and carers (1). In South Gloucestershire, School Nursing Services (SNS) are commissioned to measure the height and weight of children in reception and year 6 in all state funded infant, primary and junior schools.

This is the second full year of NCMP measurement following incomplete years in 2019/20 and 2020/21 when NCMP was postponed due to the Covid 19 pandemic. As a result, the data represented in this update does not contain full years' worth of measurements for that period or is removed due to small numbers. (*)

Figure 1



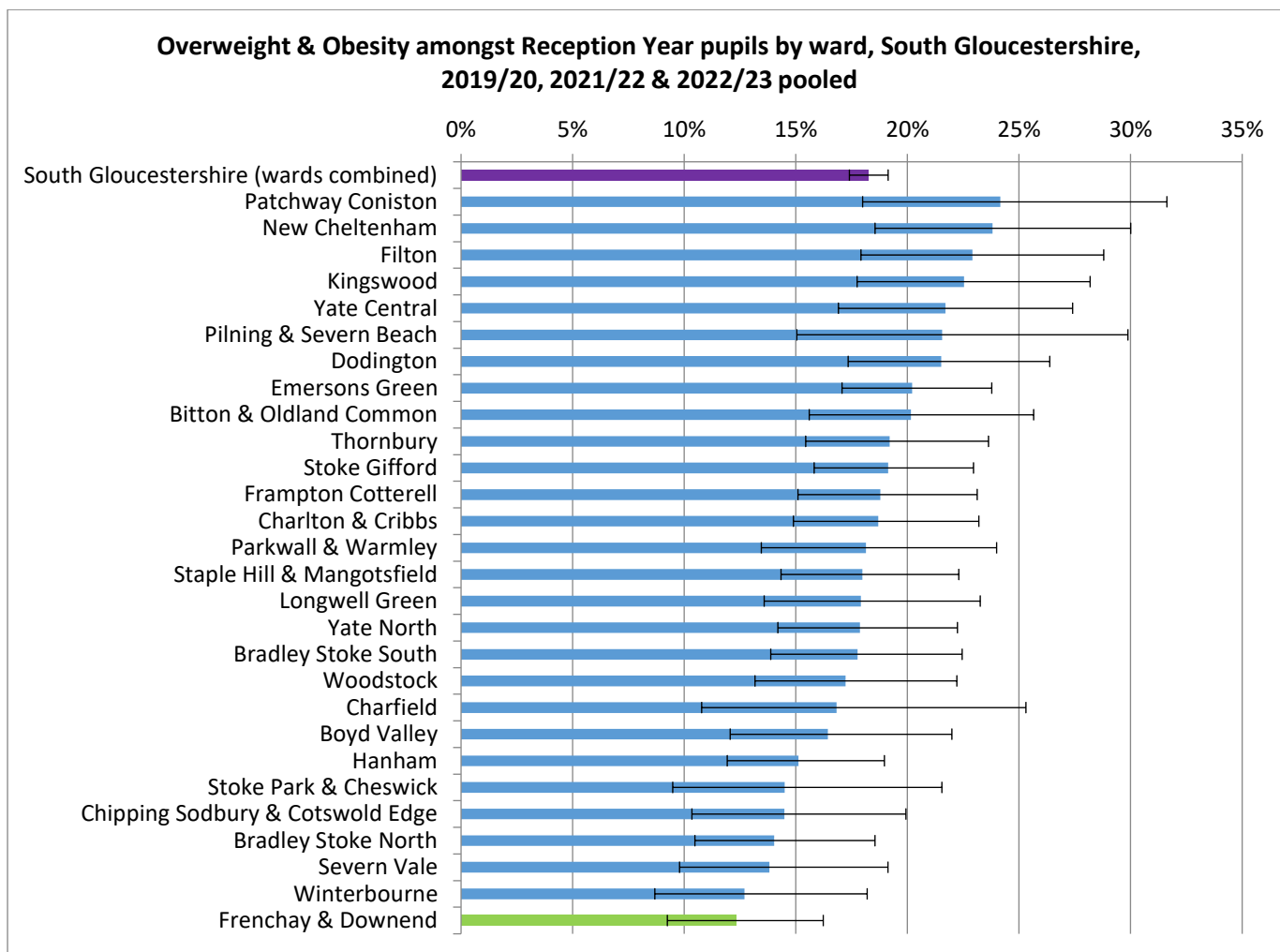
* 2019/20 shows partially collected data, data has been omitted for 2020/21.

Figure 1 charts the trend in childhood excess weight (overweight and very overweight combined) between 2017/18 to 2022/23. In reception, the trend in excess weight increased steadily between 2017/18 (18.4%) to 2021/22 (19.7%), however in 2022/23 there was a significant decrease from the previous year to 15.7%. Locally, 15.7% is the lowest prevalence amongst reception children ever recorded by the programme, this is alongside the highest prevalence of healthy weight ever recorded in South Gloucestershire at 83.1%. This was also the highest healthy weight and lowest excess weight prevalence among reception children of all South West local authorities.

Greater fluctuation can be seen in the excess weight prevalence of year 6 pupils. There is an increase between 2018/19 and 2021/22 of 4.7%, with strong evidence that these years are statistically different,

nationally the increase was 2.6%. Despite a decrease of 0.8% between 2021/22 and 2022/23 the prevalence of 32.1% in 2022/23 is amongst the highest ever recorded in South Gloucestershire, higher than all measured years prior to the Covid-19 pandemic. It does however remain statistically lower than the national prevalence of 36.6% (95% CI 36.4% to 36.7%), but similar to the regional average of 32.9% (95% CI 32.5% to 33.3%).

Figure 2



*Excess weight is overweight and very overweight combined

Figure 2 illustrates the prevalence of excess weight amongst reception age children in South Gloucestershire by their ward of residence during 2019/20, 2021/22 and 2022/23. Other than Frenchay and Downend all wards have a prevalence of excess weight similar to that of South Gloucestershire. Although it can be seen that some wards have a higher prevalence than others only Frenchay and Downend showed strong evidence for having a lower excess weight prevalence than South Gloucestershire in total.

Figure 3 however shows that measurement in year 6 aged children identified wards with a statistically higher prevalence of excess weight than South Gloucestershire in total, these are Patchway Coniston and Kingswood. Comparing figures 2 and 3 enables a picture of excess weight prevalence between the measured age groups to be considered, especially those wards which have a higher prevalence for both age groups such as Filton or amongst the lowest prevalence in reception children but the highest prevalence in year 6 such as Stoke Park and Cheswick. Year 6 measurements have identified 4 wards with a prevalence of excess weight statistically lower than South Gloucestershire in total, these are Chipping Sodbury and Cotswold Edge, Bitton and Oldland Common, Frenchay and Downend and Frampton Cotterell.

Figure 3

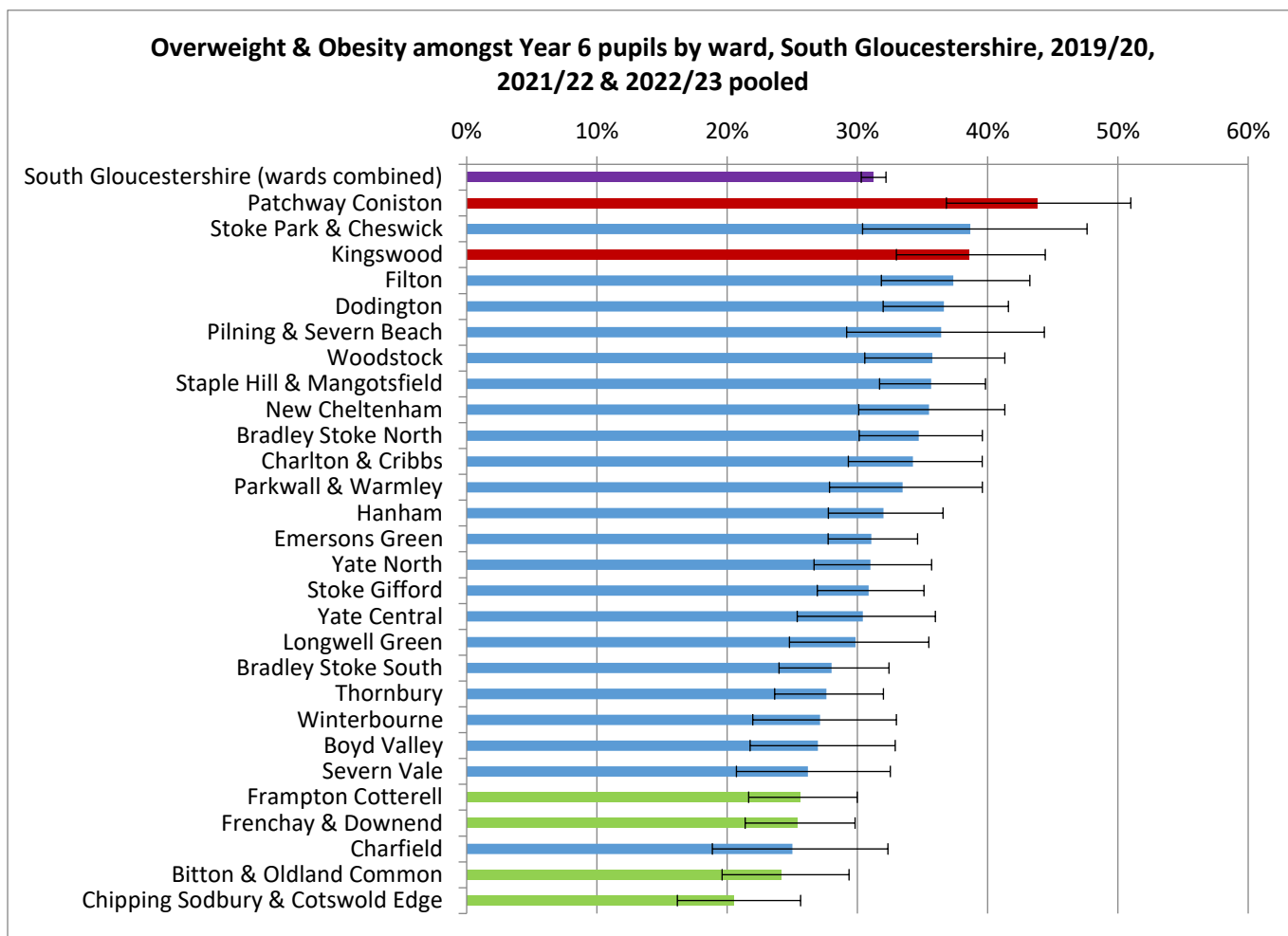


Figure 4

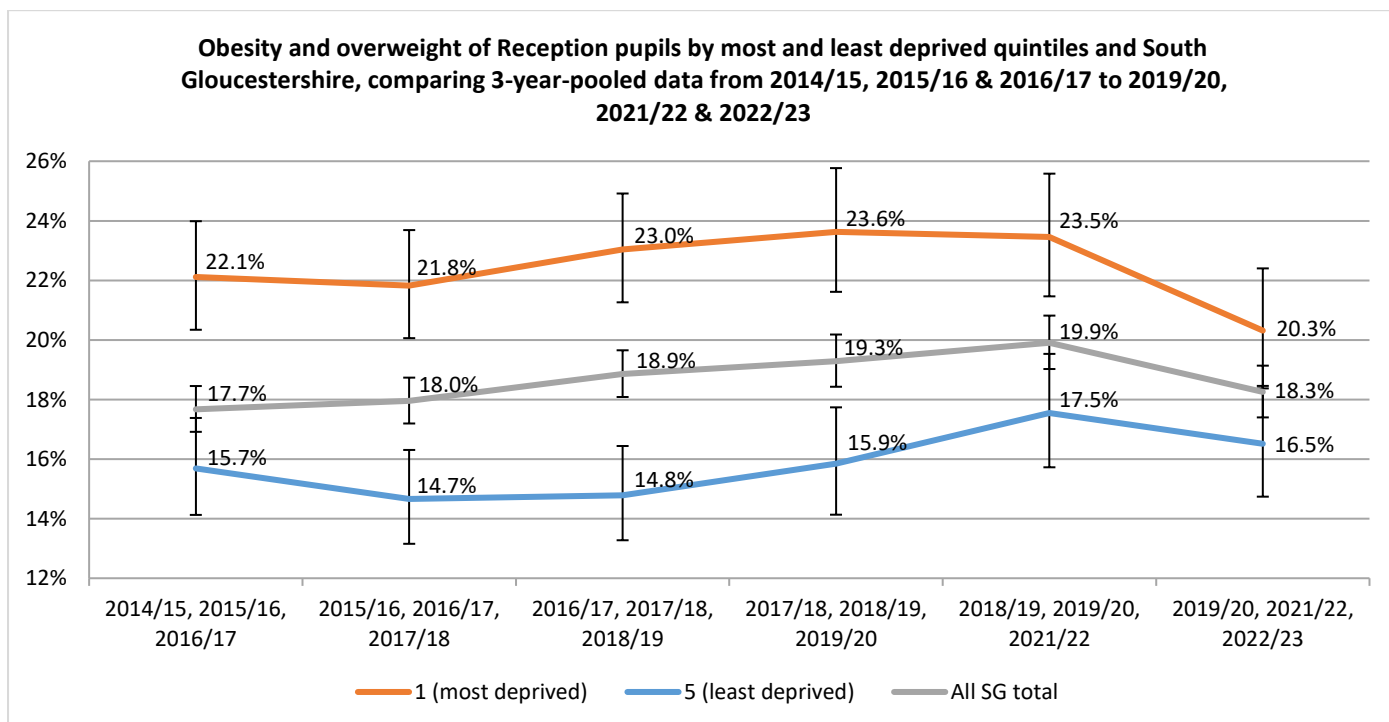


Figure 4 shows the excess weight prevalence of reception age pupils based on the deprivation of their area of residence. It is evident that the prevalence of excess weight among reception children in South Gloucestershire saw increases in both the most and least deprived areas over the years charted, however, the total South Gloucestershire prevalence for 2019/20, 2021/22 2022/23 is lower than it has been for several years previous.

It is clear from figure 4 that the prevalence of excess weight in the most deprived areas of South Gloucestershire has for many years been statistically higher than both the least deprived areas and South Gloucestershire in total. However, in the most recent years (2019/20, 2021/22 and 2022/23 the inequality gap between the most deprived and least deprived areas has decreased. Although, a gap remains the prevalence in the most deprived areas has decreased to be statistically similar to both the least deprived areas as well as South Gloucestershire in total.

Figure 5

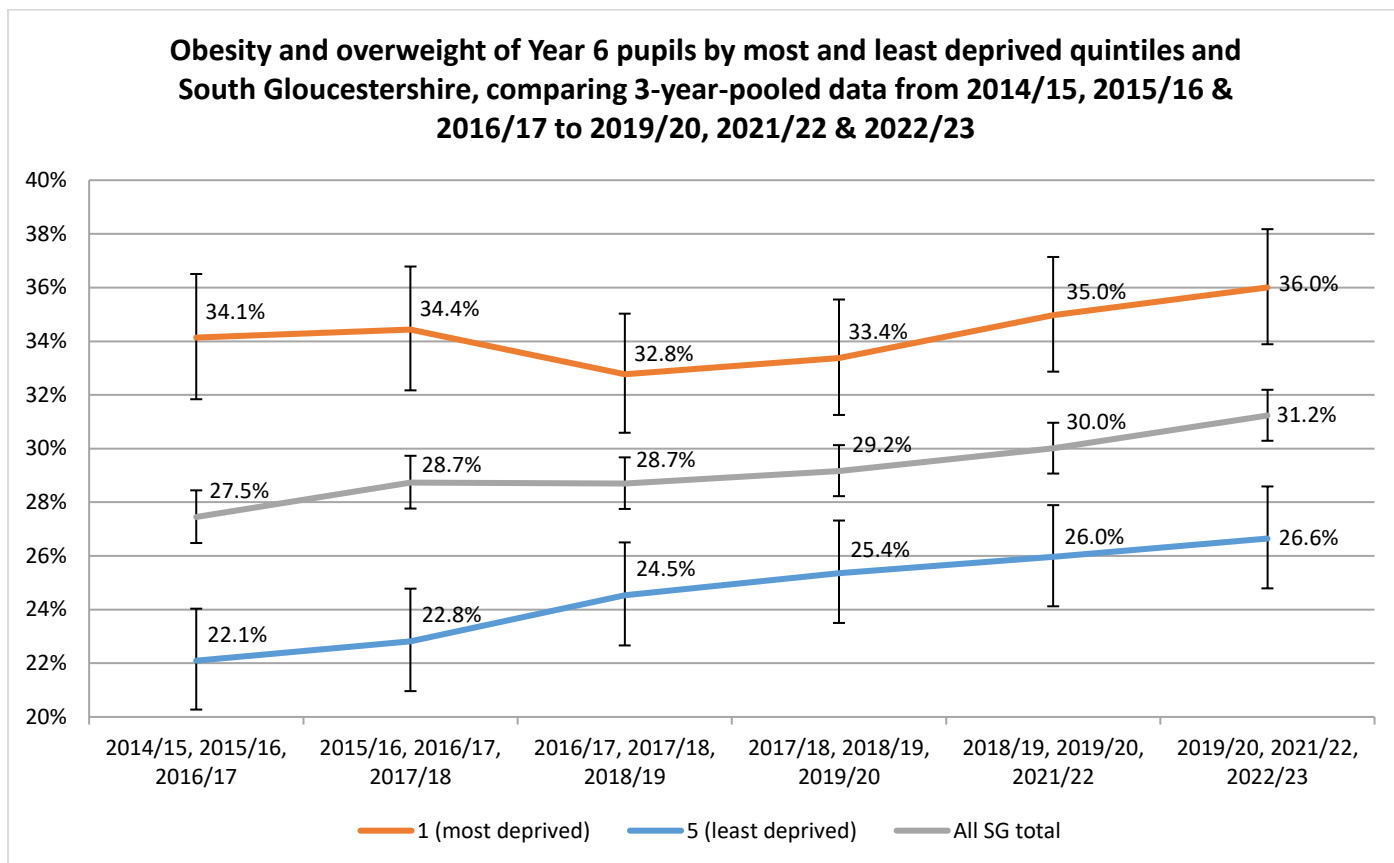


Figure 5 however demonstrates a consistent increase in the excess weight prevalence of year 6 children in the least deprived areas, the most deprived areas and South Gloucestershire in total. The years 2016/17 to 2018/19 and 2017/18 and 2019/20 saw some small narrowing of the gap in excess weight prevalence between the most and least deprived areas. Despite this, the gap in prevalence between the most deprived areas and the least deprived areas remains statistically different and the prevalence in the least deprived areas remains statistically lower than South Gloucestershire in total and the prevalence in the most deprived areas statistically higher.

During the 2022/23 measurement year South Gloucestershire Council commissioned the School Nursing Service to deliver an Extended Brief Intervention pilot project in partnership across Bristol, North Somerset and South Gloucestershire (BNSSG), offering support to families of overweight reception aged children following NCMP measurement. An evaluation of this project is expected shortly and will help to inform future programme delivery.

Families with a child aged 5 to 17 years old who is above a healthy weight can join South Gloucestershire Council’s Healthy weight for families programme, which a free 12 week programme delivered in partnership with the Active Lifestyle Centres. For more information visit [For families | One You South Gloucestershire \(southglos.gov.uk\)](https://southglos.gov.uk)

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