

National Child Measurement Programme: West Sussex

Spring 2019

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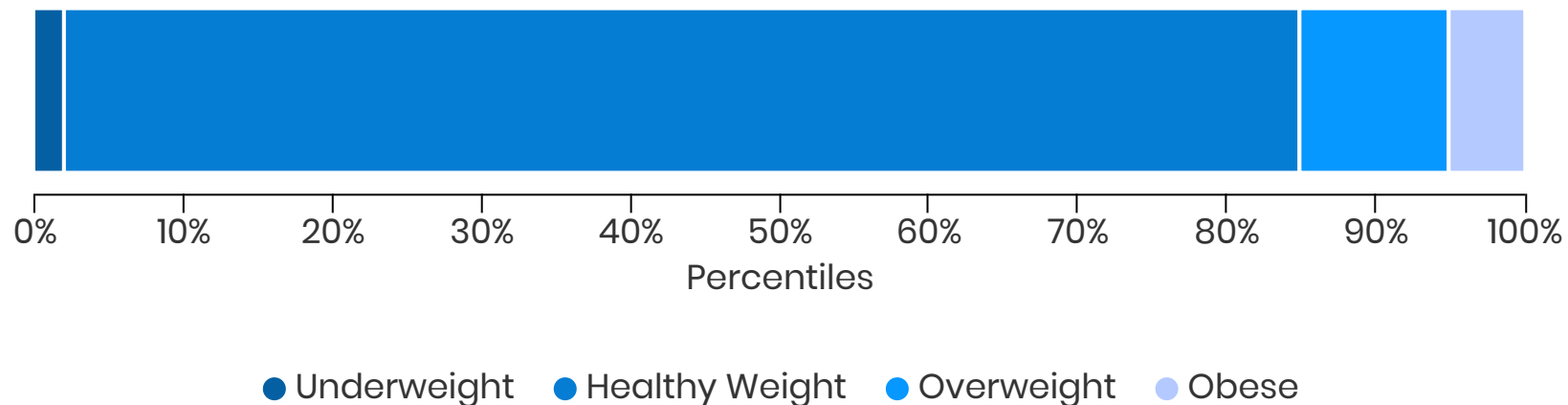
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Background

- NCMP is an annual record of height and weight measurements of children in reception and year 6 (attending state-maintained schools)
- Key source of robust data for Public Health indicators
- BMI classifications (taking into account weight, height, age and gender):
 - **Underweight:** up to the 2nd BMI centile;
 - **Healthy weight:** between the 2nd and 85th BMI centile;
 - **Overweight:** between the 85th and 95th BMI centile;
 - **Obese:** at or above the 95th BMI centile
 - **Overweight and obese combined:** children measured overweight or obese (often referred to as prevalence of "excess weight");
 - **Severely obese:** at or above 99.6th BMI centile



How does West Sussex compare (2017/18)?

- **West Sussex generally performs well when compared to England;**



- In 2017/18, prevalence of healthy weight was **significantly higher** among children in reception (79.7%) and year 6 (70.2%) in West Sussex compared with England (76.6% and 64.3% respectively)
- Prevalence of excess weight was **lower** than England for both school years (reception – West Sussex: 19.5% England: 22.4%; year 6 – West Sussex: 28.3%, England 34.3%)

- **West Sussex also performs well compared to nearest neighbours;**



- **Second lowest** prevalence of excess weight among CIPFA nearest neighbours in both school years
- **Second highest** prevalence of healthy weight in both school years

However...

Whilst prevalence of excess weight is lower in West Sussex compared to England...



1 in 5 reception children were overweight or obese

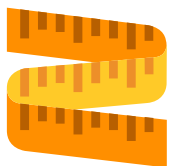


This rises to **nearly 3 in 10** of children in year 6



4,000

This equates to around **4,000 children** in reception and year 6 alone



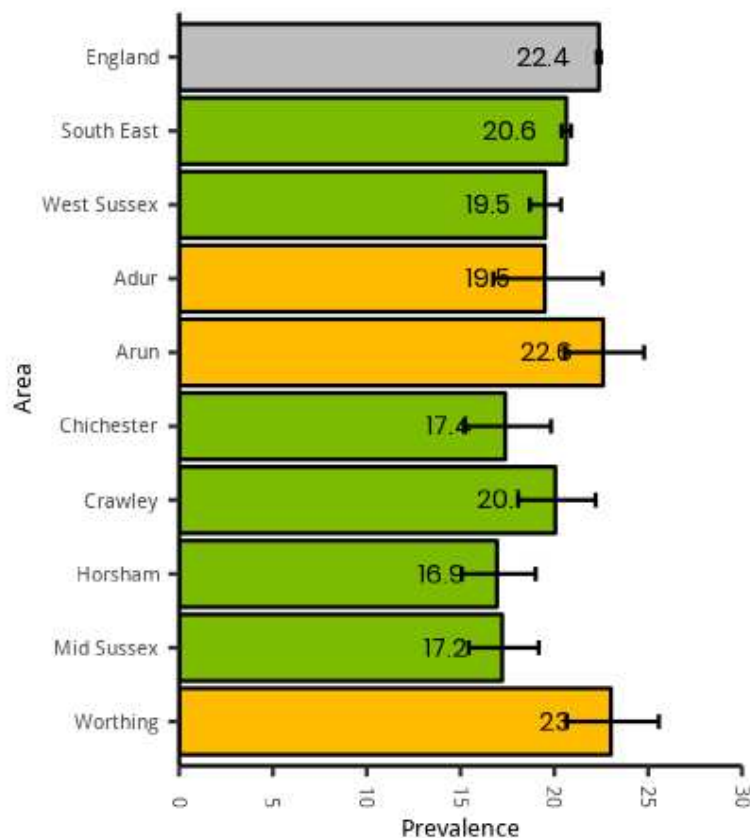
Of these, approx. **110 (1.3%)** reception and **205 (2.5%)** year 6 children were severely obese

As childhood overweight and obesity is associated with adverse consequences on premature mortality and morbidity in adulthood, childhood obesity continues to be a key public health concern locally and nationally

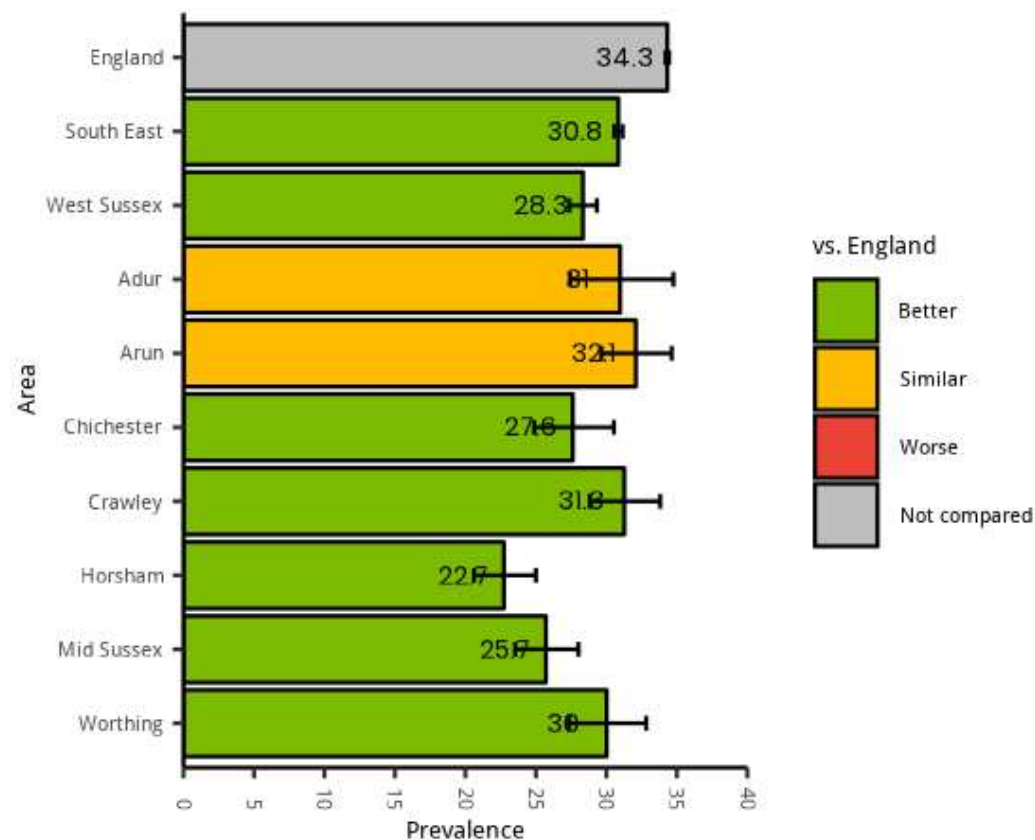
Variation exists within West Sussex:

- Prevalence of excess weight ranged from 16.9% of reception children in Horsham to 23.0% in Worthing
- Nearly a third of year 6 children in Arun (32.1%) were overweight or obese in 2017/18, compared with under a quarter in Horsham (22.7%)
- None of the district and boroughs had a higher prevalence of excess weight compared with England for either school year

Prevalence of excess weight among children in reception (2017/18)



Prevalence of excess weight among children in year 6 (2017/18)

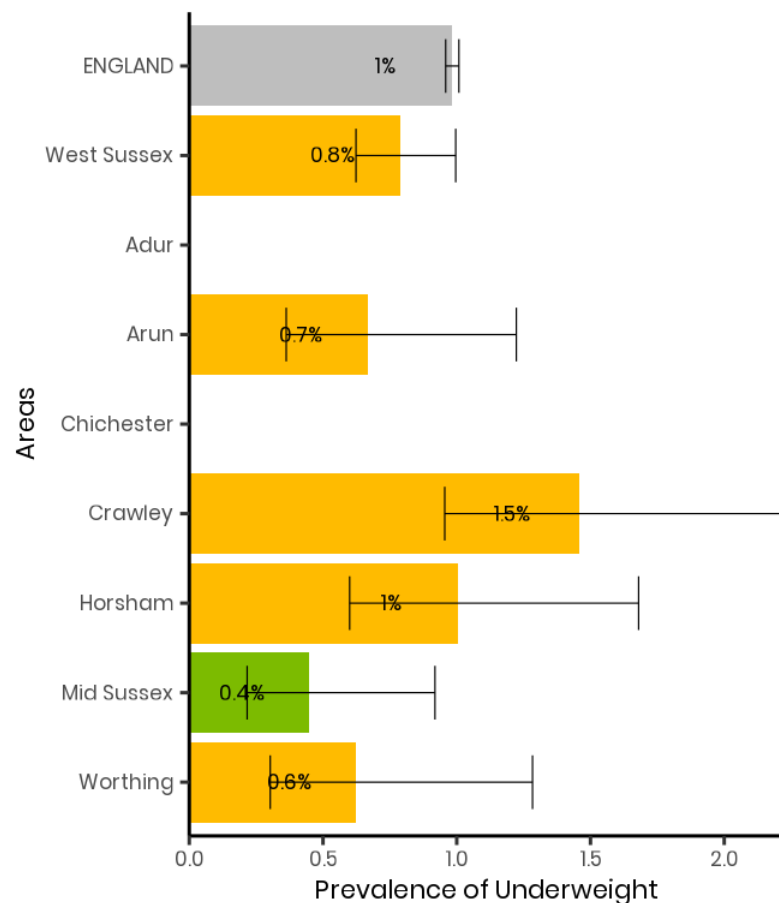


Prevalence of underweight: (2013/14 to 2017/18)

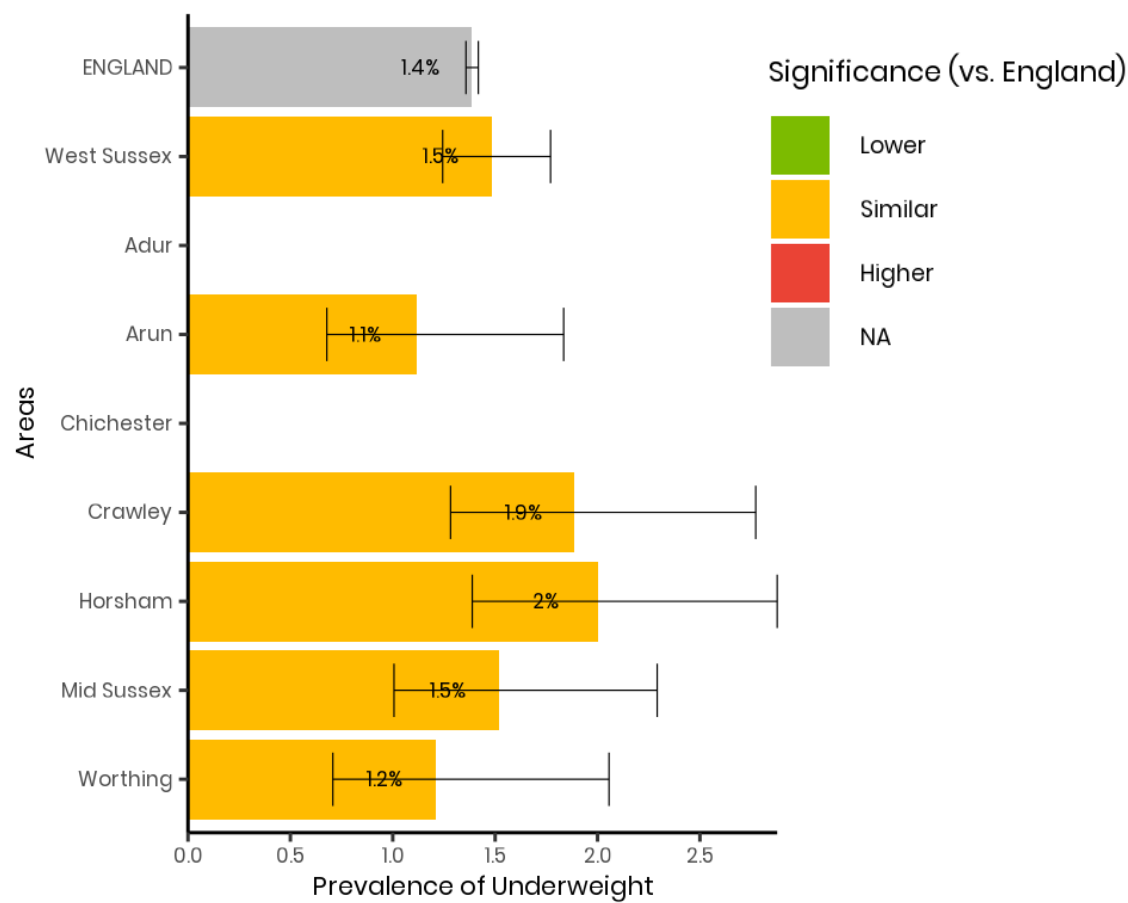
Even across multiple years, counts tend to be very low for underweight children at small geographical areas. As a result, prevalence of underweight has not been presented by ward. Instead, 2017/18 data is given for local authorities within West Sussex.

In 2017/18, prevalence of underweight was 0.8% for reception children and 1.5% for year 6 children in West Sussex.

Prevalence of underweight - Reception (2017/18)

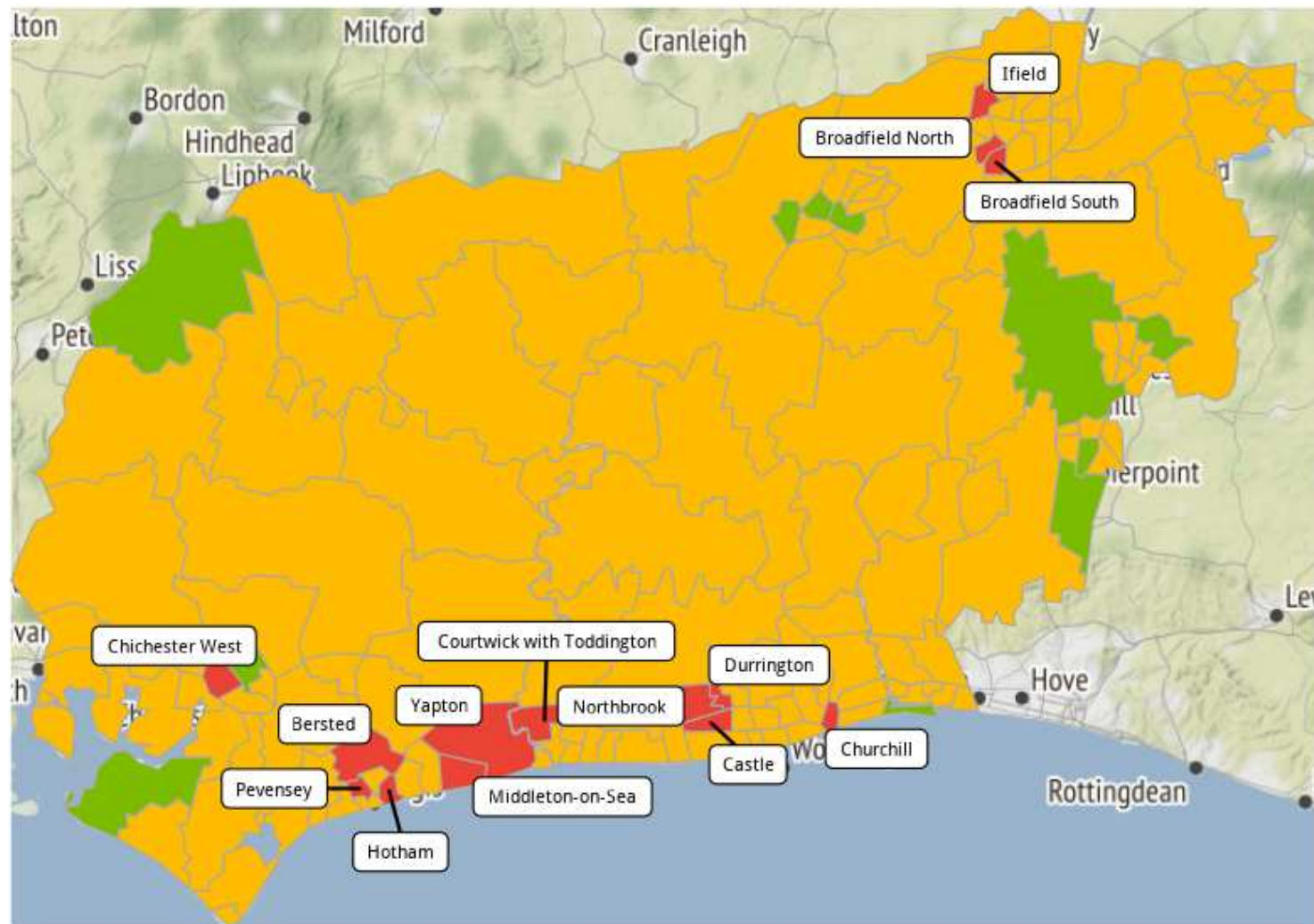


Prevalence of underweight - Year 6 (2017/18)



Prevalence of healthy weight: Reception (2013/14 to 2017/18)

Wards in West Sussex with a significantly **higher/lower** prevalence of healthy weight among resident reception children than West Sussex average (2013/14 to 2017/18 combined)



Source: local analysis of NCMP data by ward of residence; ONS OpenGeography

Note. Counts 5 or fewer suppressed

Versus West Sussex: ■ Better ■ Similar ■ Worse

Prevalence of healthy weight: Year 6 (2013/14 to 2017/18)

Wards in West Sussex with a significantly **higher/lower** prevalence of healthy weight among resident year 6 children than West Sussex average (2013/14 to 2017/18 combined)



Source: local analysis of NCMP data by ward of residence; ONS OpenGeography

Note. Counts 5 or fewer suppressed

Versus West Sussex:



Better



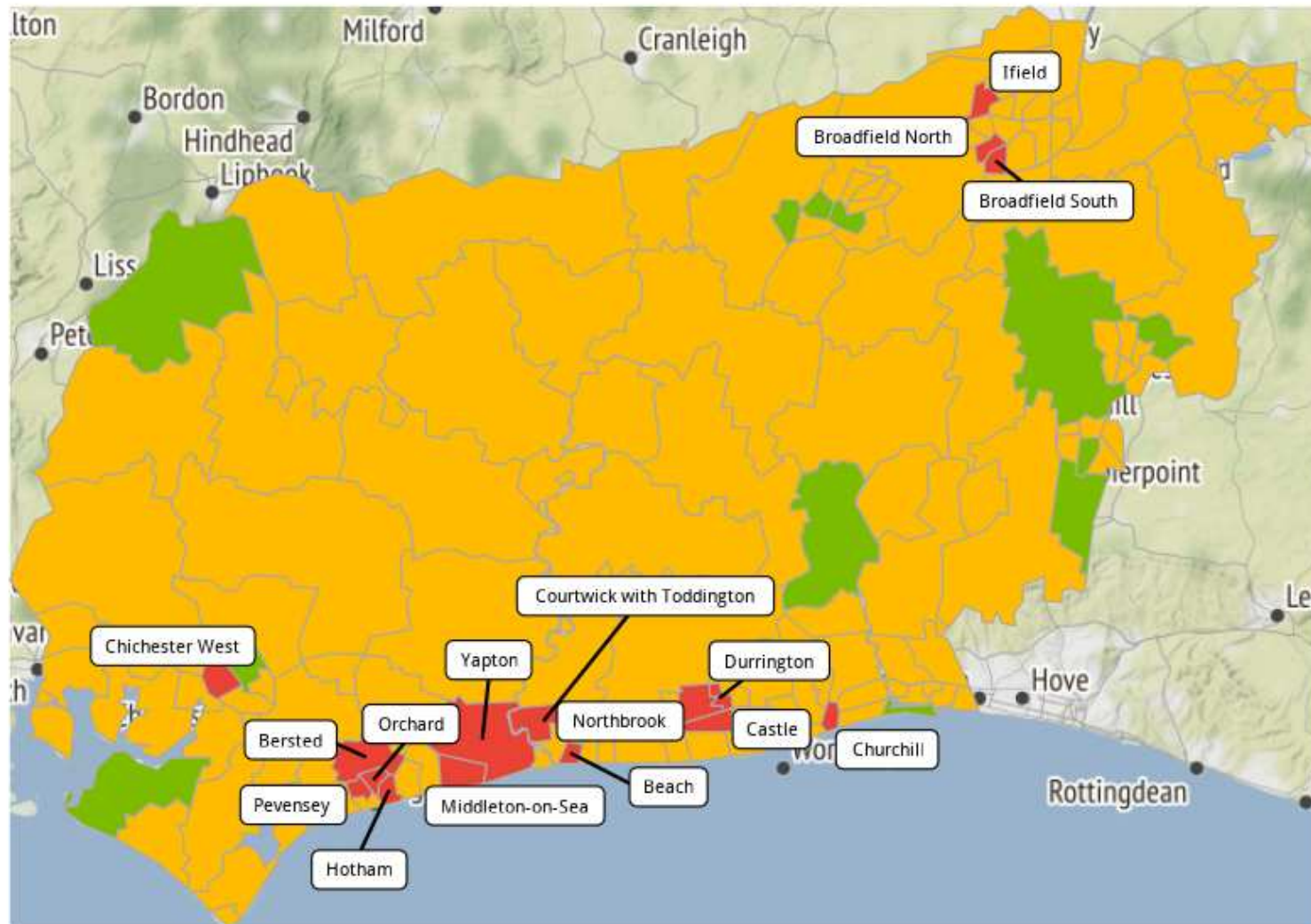
Similar



Worse

Prevalence of excess weight: Reception (2013/14 to 2017/18)

Wards in West Sussex with a significantly **higher/lower** prevalence of excess weight among resident reception children than West Sussex average (2013/14 to 2017/18 combined)



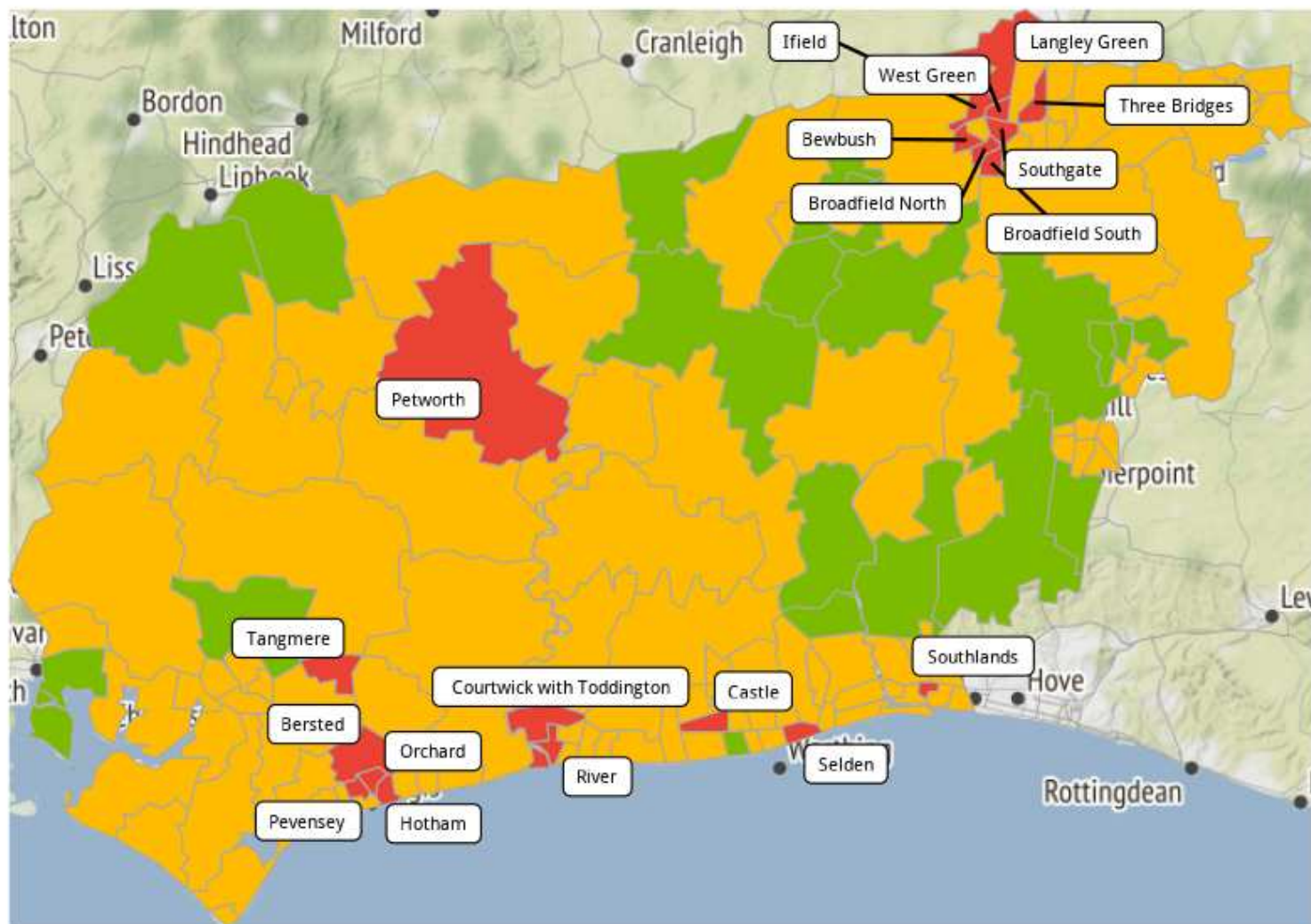
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Prevalence of excess weight: Year 6 (2013/14 to 2017/18)

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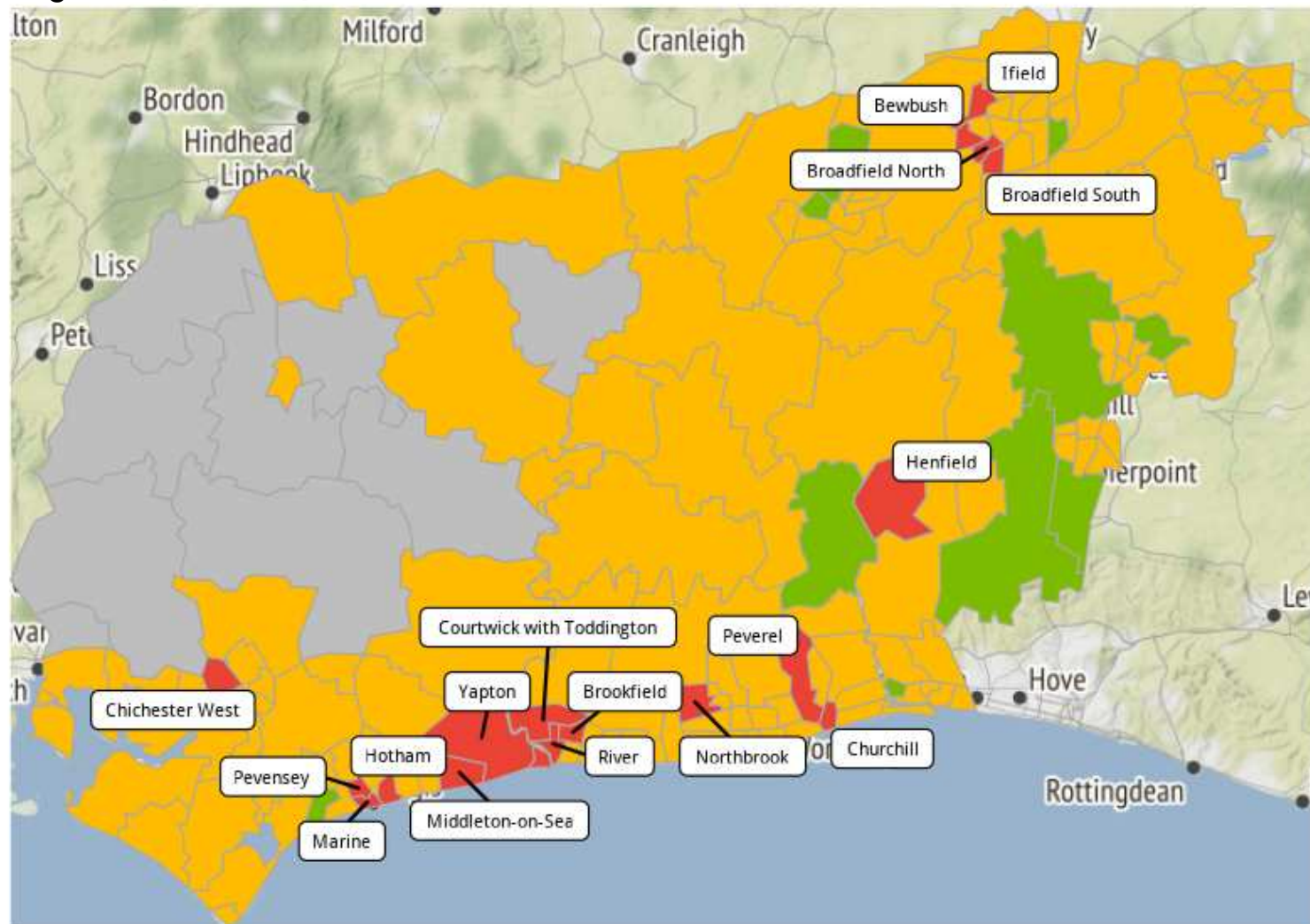
Source: local analysis of NCMP data by ward of residence; ONS OpenGeography

Note. Counts 5 or fewer suppressed

Versus West Sussex: ■ Better ■ Similar ■ Worse

Prevalence of obesity: Reception (2013/14 to 2017/18)

Wards in West Sussex with a significantly **higher/lower** prevalence of obesity among resident reception children than West Sussex average (2013/14 to 2017/18 combined)



Source: local analysis of NCMP data by ward of residence; ONS OpenGeography

Note. Counts 5 or fewer suppressed



Prevalence of obesity: year 6 (2013/14 to 2017/18)

Wards in West Sussex with a significantly **higher/lower** prevalence of obesity among resident year 6 children than West Sussex average (2013/14 to 2017/18 combined)



Source: local analysis of NCMP data by ward of residence; ONS OpenGeography

Note, Counts 5 or fewer suppressed

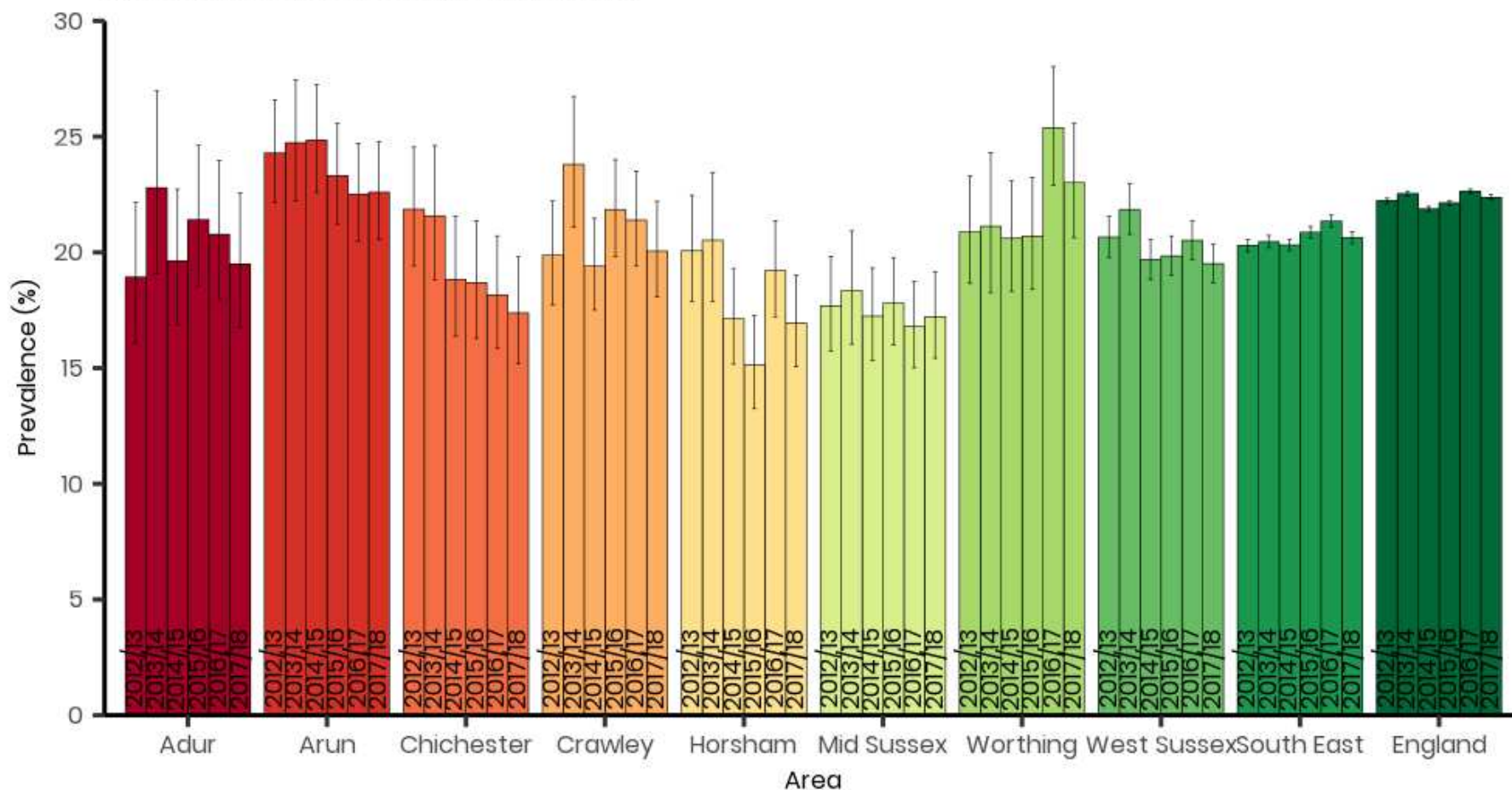
Versus West Sussex: ■ Better ■ Similar ■ Worse ■ NA

What about trends?

Whilst prevalence of excess weight was at its lowest in 2017/18, trends show little change among reception children in West Sussex

- In contrast to England, prevalence of excess weight in Chichester has fallen every year since 2012/13

Prevalence of excess weight among reception children resident in areas of West Sussex, the South East and England (2012/13 to 2017/18)

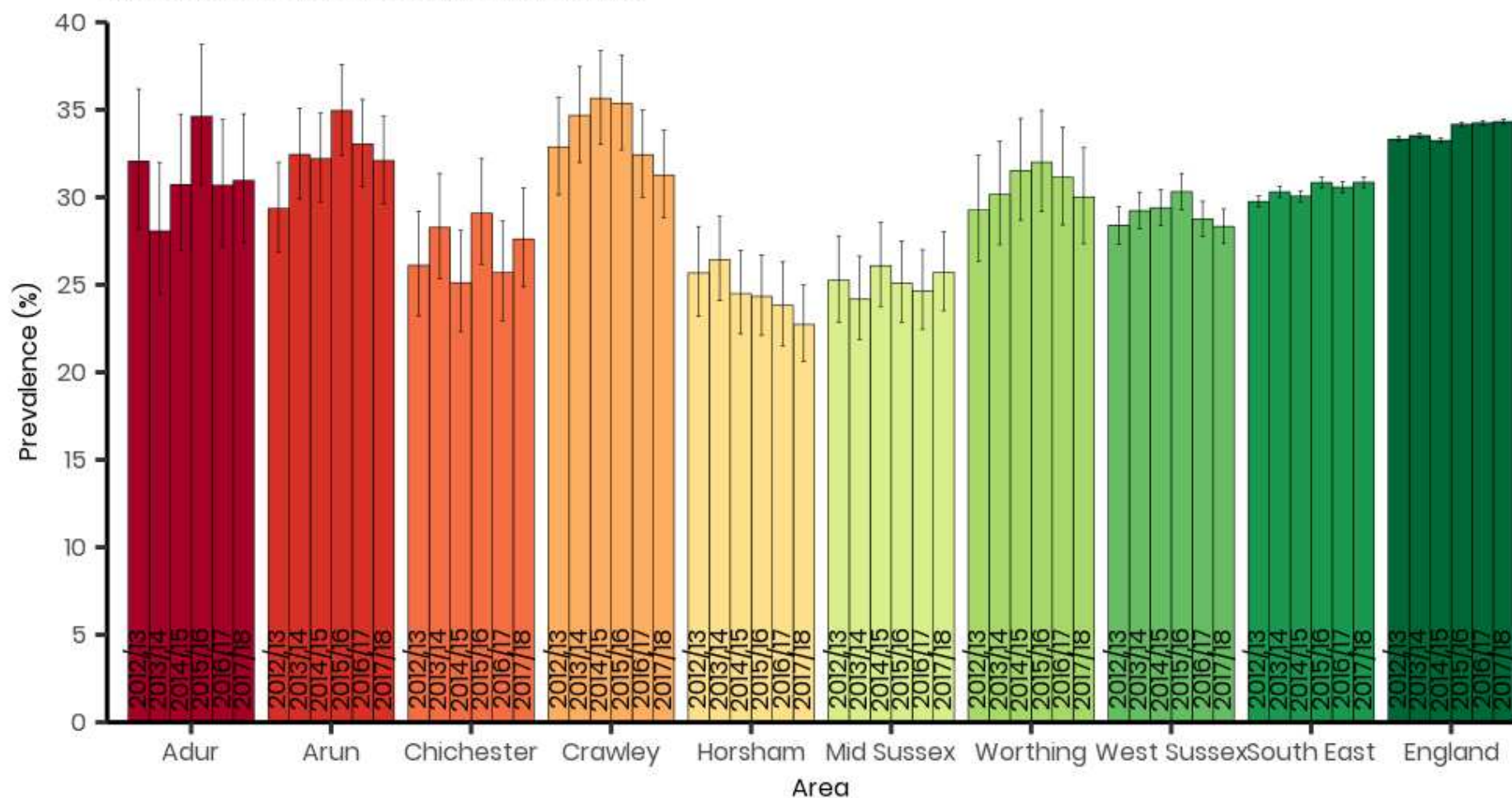


What about trends?

Similar story for year 6, with little change in prevalence overtime in West Sussex. Nationally, an increasing trend is evident

- In contrast to England, prevalence of excess weight is decreasing in Horsham

Prevalence of excess weight among year 6 children resident in areas of West Sussex, the South East and England (2012/13 to 2017/18)

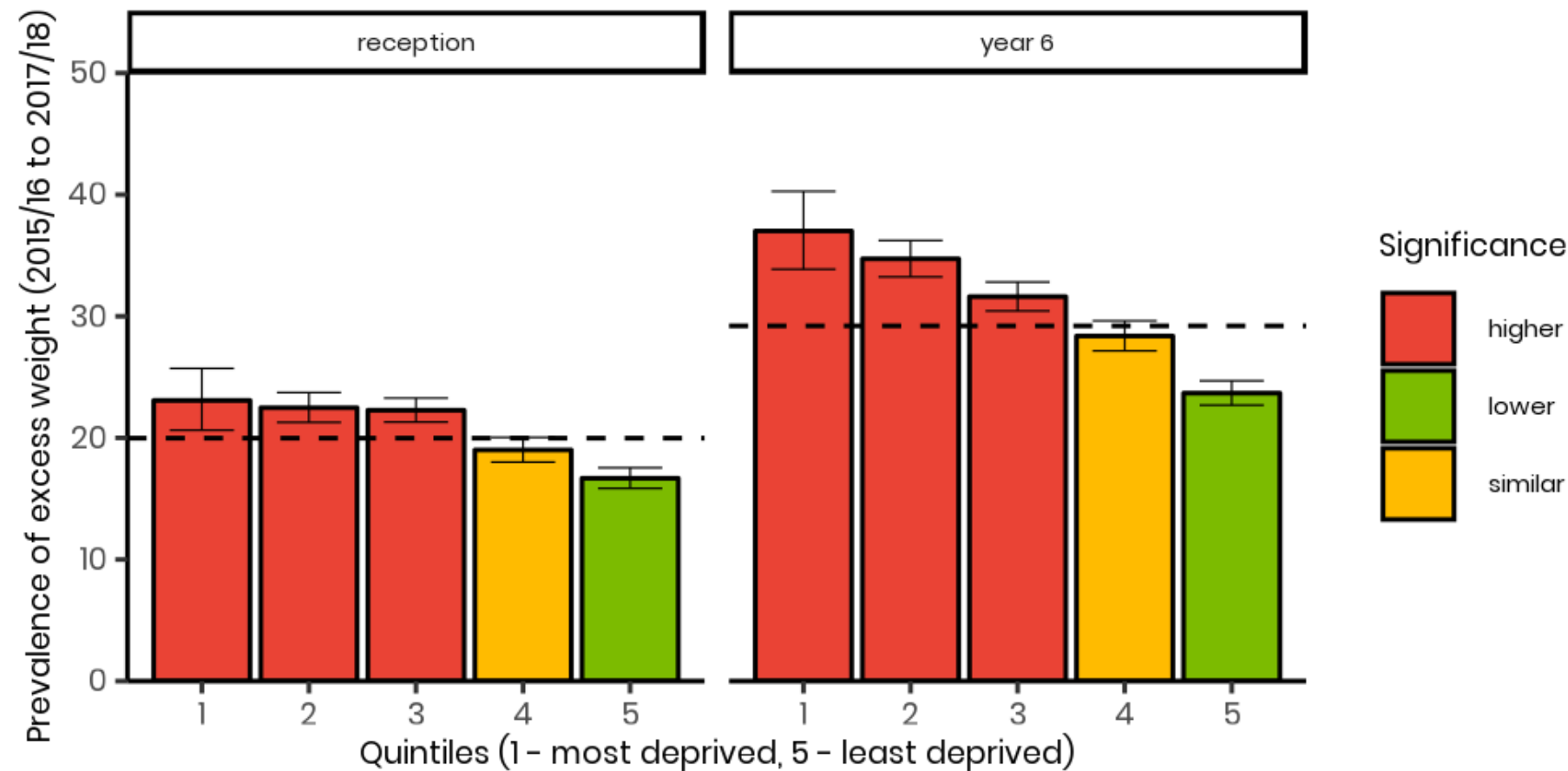


Child excess weight is strongly associated with deprivation

Prevalence of excess weight is greatest among children from the most deprived areas, and the gap increases at older ages

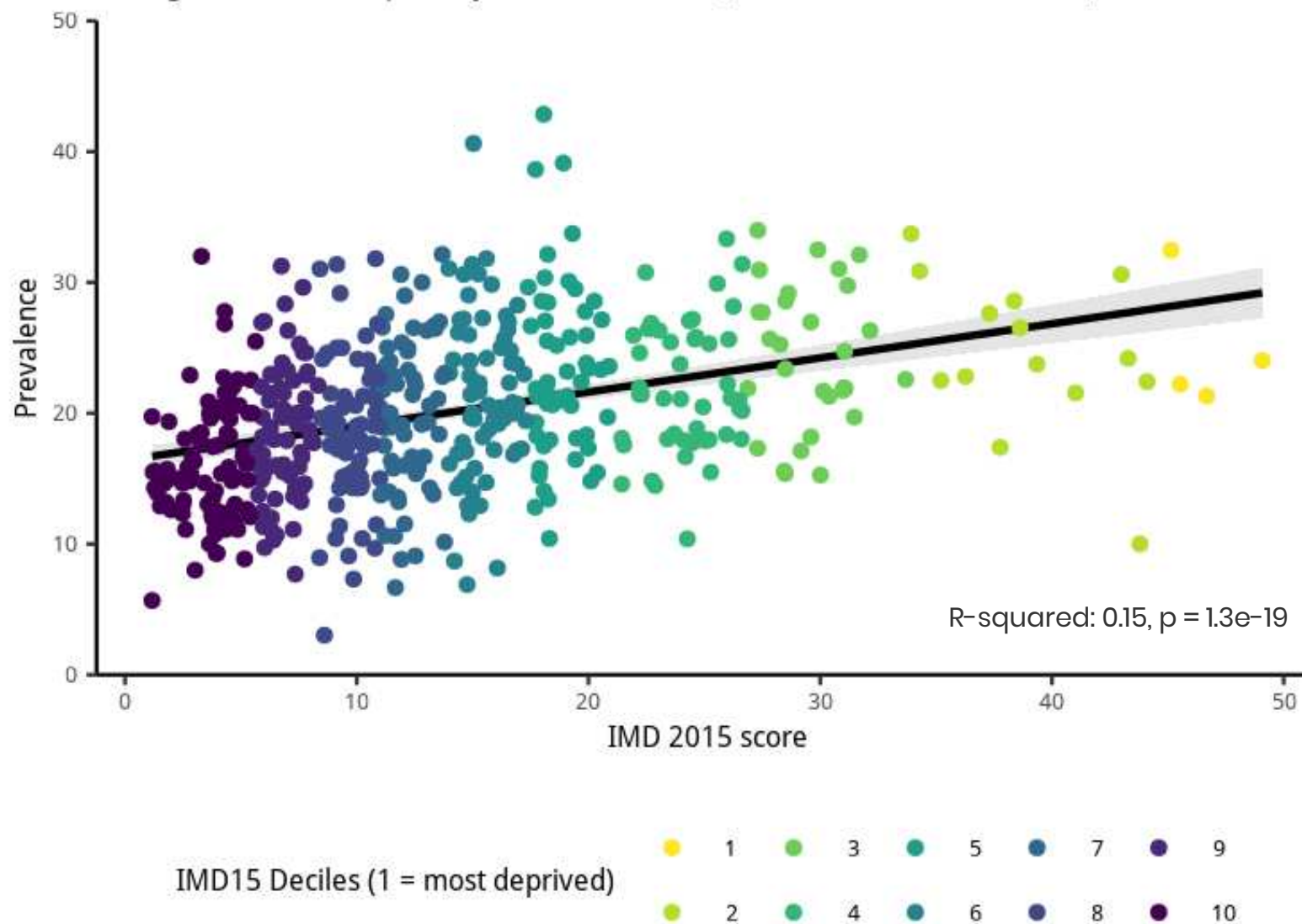


- Prevalence of excess weight was **1.4 times higher** for reception children living in areas of West Sussex among the 20% most deprived than the 20% least deprived nationally.
- For year 6, prevalence of excess weight was **1.6 times higher** for children living in the most versus least deprived areas

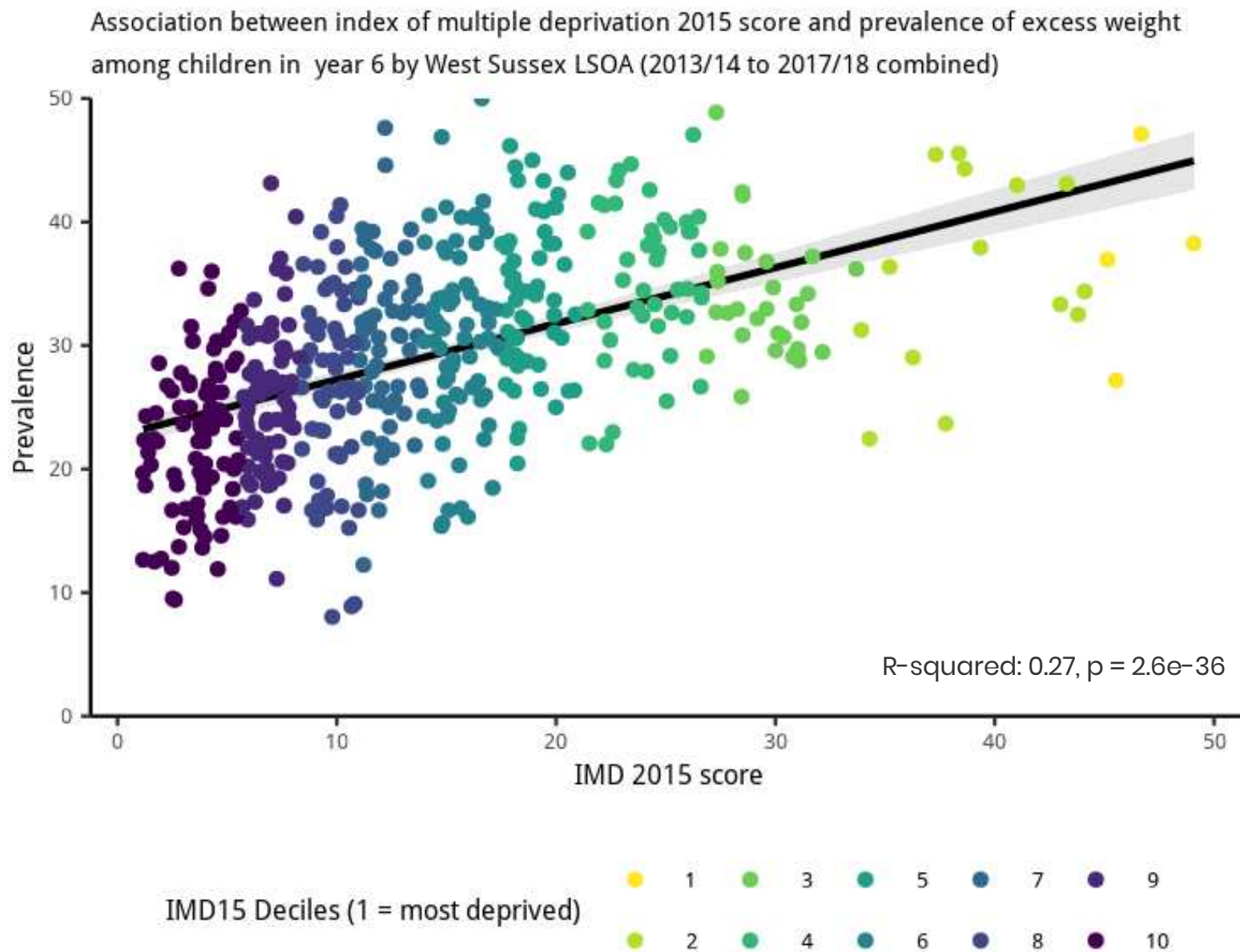


Child excess weight is strongly associated with deprivation

Association between index of multiple deprivation 2015 score and prevalence of excess weight among children in reception by West Sussex LSOA (2013/14 to 2017/18 combined)

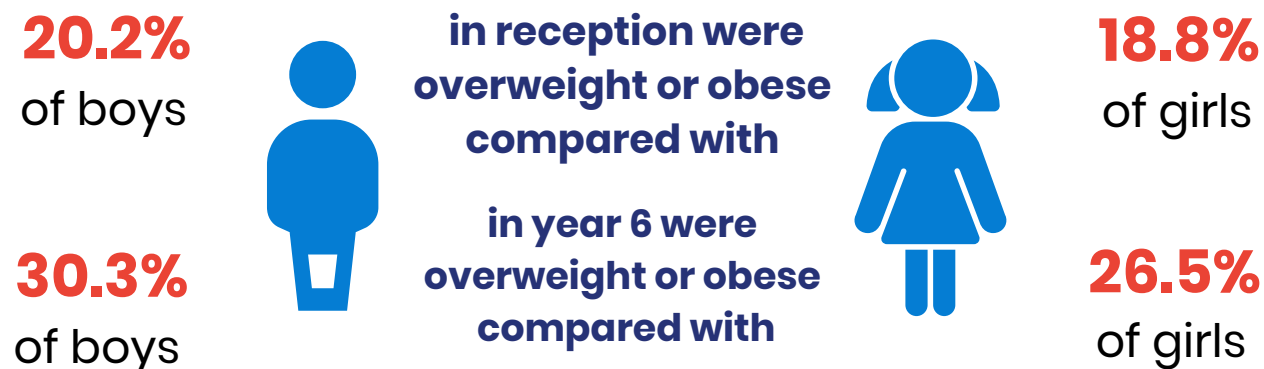


Child excess weight is strongly associated with deprivation



Inequalities (continued)

Prevalence of excess weight tends to be higher among boys than girls at both school ages. In West Sussex:



For reception, prevalence of excess weight was **significantly higher** for Black children (26.1%) and **lower** for Asian children (15.8%) than the West Sussex average (across 3 years (2015/16 to 2017/18) – 20.0%).

At year 6, prevalence of excess weight was **highest** for Black (37.6%) or Asian children (38.2%) or children from Any Other Ethnic Group (37.3%), **significantly exceeding** the West Sussex average (29.2%).

Take home messages



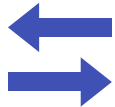
Whilst West Sussex generally performs well compared to England, the number (and prevalence) of children with excess weight is significant



Within West Sussex, Adur, Arun and Worthing tend to have highest prevalence of excess weight



Analyses at smaller geographies, identified higher prevalence of excess weight in wards located in Crawley, and within our coastal towns



Analysis of trends show improvements in some areas of the county, although progress is slow across the county as a whole



The burden is greatest among children from the most deprived areas with little progress made to reduce the gap



Supporting children and their families to maintain a healthy weight remains a key public health priority for West Sussex