

National Child Measurement Oldham

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National Child Measurement Programme

- The National Child Measurement Programme (NCMP), established in 2006, collects annual measurements of the height and weight of over one million children in Reception (age 4-5 years) and Year 6 (age 10-11 years) in primary schools across England.
- This slide set presents data from the 2021 to 2022 NCMP showing the patterns and trends in the prevalence of overweight and obesity among Reception and Year 6 children.
- The 2021 to 2022 NCMP was the first data collection since the coronavirus COVID-19 pandemic that was unaffected by school closures and other public health measures. The number of children measured in Oldham in 2021 to 2022 was 2,855 in Reception, and 3,160 in Year 6. The participation rate in Oldham in 2021 to 2022 was 85.5% in Reception children and 90.3% for children in Year 6.
- The participation rate in England, though high (93%), is lower than pre-pandemic years where participation had been around 95% for England since the data collection in 2014 to 2015. This is likely to be due to resourcing issues within some local authorities during the pandemic recovery process.

Prevalence of overweight and obesity in Oldham by age

National Child Measurement Programme 2021 to 2022

Around 1 in 5 children (20.8%) in Reception (aged 4-5 years) were overweight or living with obesity

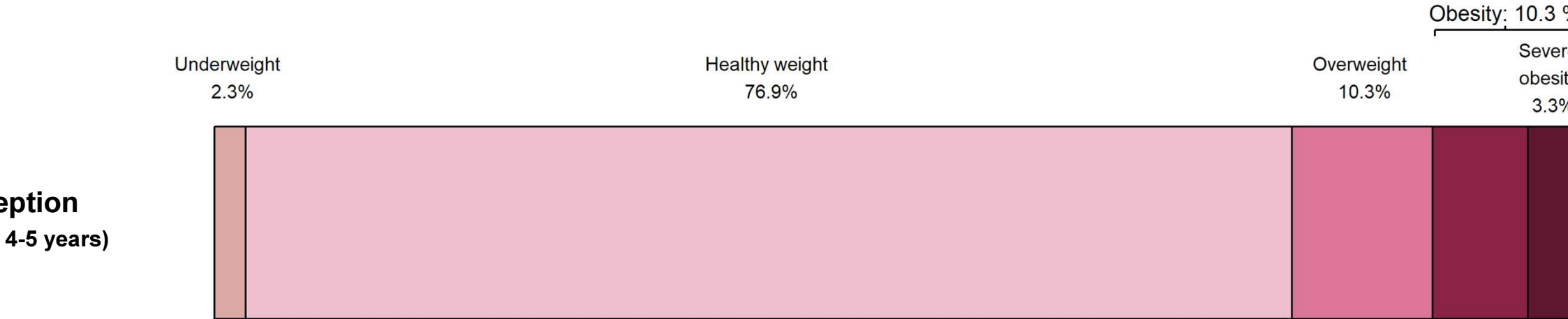


Around 2 in 5 children (42.4%) in Year 6 (aged 10-11 years) were overweight or living with obesity



BMI status of children by age in Oldham

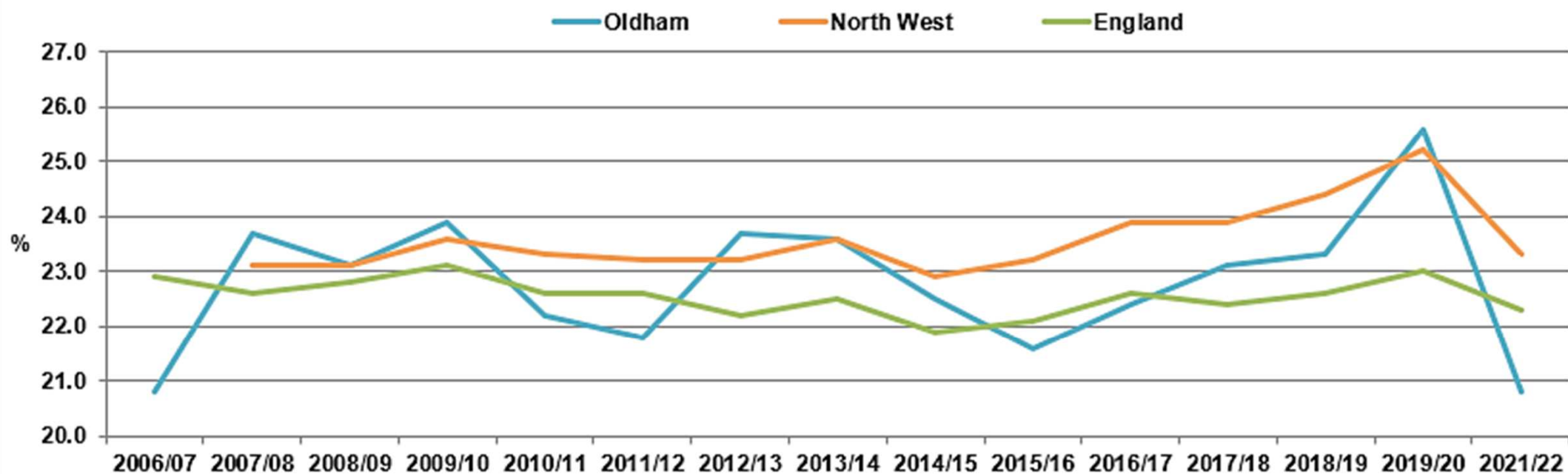
National Child Measurement Programme 2021 to 2022



Totals may not sum due to rounding

Percentage of reception children classified as overweight or obese trend, 2006/7 to 2021/22

Prevalence of overweight and obesity amongst reception aged children trend, 2006/7 to 2021/22

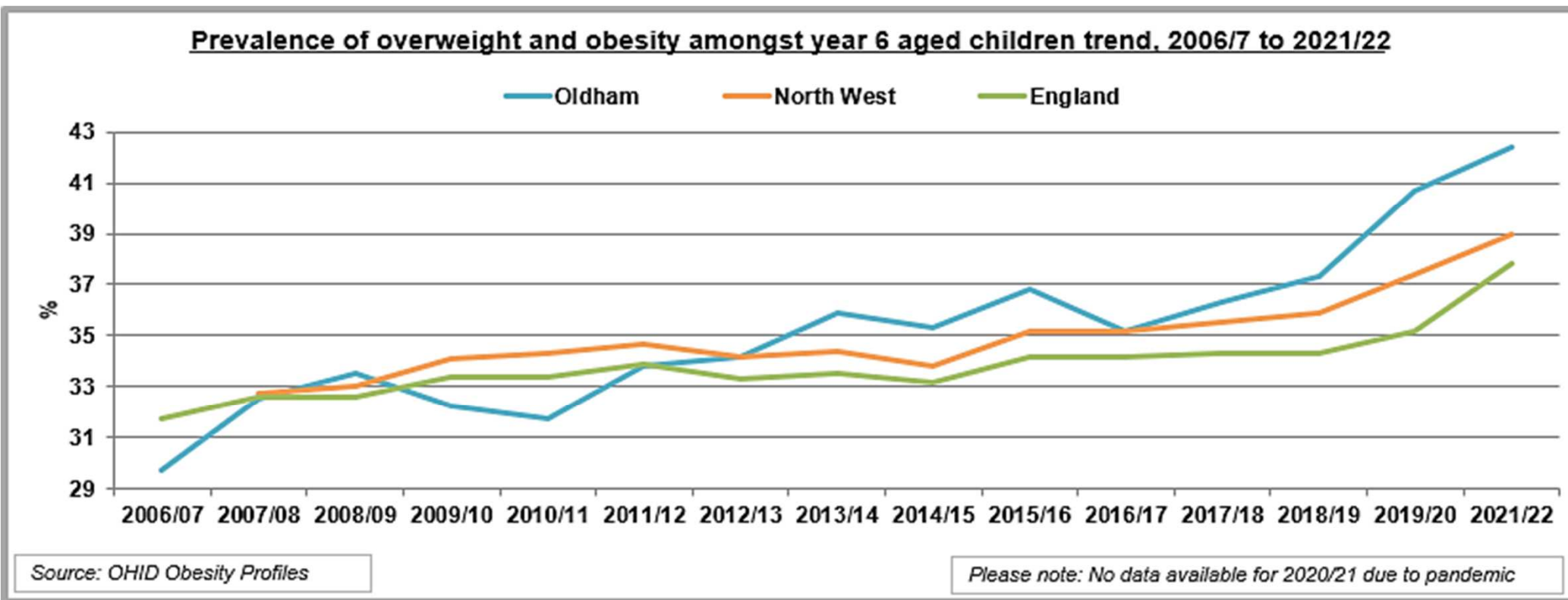


Source: OHID Obesity Profiles

Please note: No data available for 2020/21 due to pandemic

- The prevalence of overweight / obesity amongst reception aged children was statistically lower in 2021/22 to the North West and England averages. In 2021/22 Oldham's rate was 2.5 percentage point below the North West rate and 1.5 percentage points below the England rate.
- Overall prevalence levels have remained relatively stable throughout the period shown at national level, with some small decreases seen in the North West trend (-1%). Bigger fluctuations can be seen at Oldham level due to smaller numbers but the 2021/22 rate is now the same as that in 2006/07.
- No data was published at regional level for 2006/07 due to data quality problems and no data was published for all levels for 2020/21 due to the pandemic.

Percentage of Year 6 children classified as overweight or obese trend, 2006/7 to 2021/22



- In 2021/22 the prevalence of overweight/obesity amongst Year 6 age children in Oldham was statistically higher than the North West and England rates.
- The prevalence of overweight / obesity in Year 6 aged children has been on an increasing trend since 2006/07 across Oldham, the North West and England.
- Between 2006/07 and 2021/22, the prevalence rate has increased by 42.8% in Oldham compared to increases of 19.3% both regionally and nationally.

Percentage of children classified as overweight or obese by ward of child, 2017/18 – 2021/22

| Ward | Reception % Overweight & Obese | Year 6 % Overweight & Obese |
|---------------------------|--------------------------------------|-----------------------------------|
| Alexandra | 23.9 | 40.8 |
| Chadderton Central | 22.2 | 41.5 |
| Chadderton North | 20.0 | 38.6 |
| Chadderton South | 27.0 | 43.7 |
| Coldhurst | 21.5 | 47.2 |
| Crompton | 22.1 | 35.1 |
| Failsworth East | 28.0 | 37.2 |
| Failsworth West | 23.2 | 44.7 |
| Hollinwood | 25.4 | 36.1 |
| Medlock Vale | 27.4 | 41.1 |
| Royton North | 19.0 | 35.0 |
| Royton South | 19.9 | 37.0 |
| Saddleworth North | 16.8 | 25.4 |
| Saddleworth South | 17.7 | 24.7 |
| Saddleworth West and Lees | 19.3 | 29.3 |
| Shaw | 24.9 | 39.6 |
| St James' | 22.1 | 38.2 |
| St Mary's | 24.7 | 39.9 |
| Waterhead | 22.6 | 40.6 |
| Werneth | 22.5 | 41.7 |

- The wards with the highest levels of overweight/obesity amongst reception aged children were Failsworth East, Medlock Vale and Chadderton South.
- The wards with the lowest levels of overweight/obesity amongst reception aged children were Saddleworth North, Saddleworth South and Royton North.
- The wards with the highest levels of overweight/obesity amongst Year 6 aged children were Coldhurst, Failsworth West and Chadderton South.
- The wards with the lowest levels of overweight/obesity amongst year 6 aged children were Saddleworth South, Saddleworth North and Saddleworth West & Lees.

Population Inequalities

- **Poverty** - Children living in the most deprived areas were more than twice as likely to be living with obesity, than those living in the least deprived areas
- **Sex** - Boys have a higher prevalence of living with obesity than girls for both age groups
- **Ethnic Group** - Prevalence of Children in Oldham who are overweight and obese is higher in all non-white ethnic groups for both reception and year 6 children

Summary of Findings

- **Lower Take up in Oldham** – Participation in the programme fell nationally in 2021/22 but remained lower in Oldham. This could potentially impact the findings.
- **Decrease in Prevalence in Reception** – Children in reception who are overweight and Obese decreased in 2021/22 in Oldham and nationally. Oldham's rate is now lower than national average, this is the first time since 2015/16.
- **Increase in Prevalence in Year 6** – In contrast, prevalence across year 6 in Oldham and Nationally continued to increase and has done consistently since 20016/17. Oldham's rate is significantly higher than national rate.
- **Higher Prevalence in Boys** – Across both age groups, boys have a higher prevalence, but is more significant at Year 6.
- **Higher Prevalence in deprived areas** – Children living in deprived areas are much more likely to be overweight or obese.
- **Higher Prevalence in Non-White Ethnic Groups** – Prevalence of Children in Oldham who are overweight and obese is higher in all non-white ethnic groups for both reception and year 6 children.

Future Implications

Children living with severe and persistent obesity are more likely to have:

- **Poor attendance at school** and could impact on their academic achievement
- **Develop a variety of illnesses** in childhood and later life such as high blood pressure, high cholesterol, increased risk of type 2 diabetes (pre-diabetes), breathing difficulties, dental caries and bone and joint problems.
- **Emotional and social issues** such as poorer emotional well-being, being at a higher risk of depression, developing an eating disorder in older children, lower body image and self-esteem, teasing or bullying, behavioural problems, avoidance of active play or learning opportunities in school sport and PE.

Discussion and Questions?