
National Child Measurement Programme

Leicester
2018/19 school year



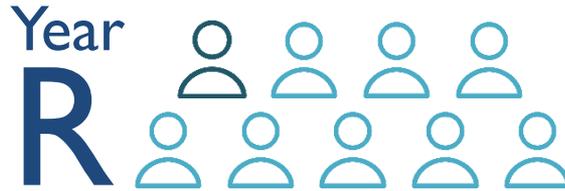
Leicester
City Council

Key facts for Leicester children

This report presents findings from the National Child Measurement Programme (NCMP) for the 2018-19 school year.

It covers children in reception (aged 4-5 years) and year 6 (aged 10-11 years) in mainstream state-maintained schools in Leicester.

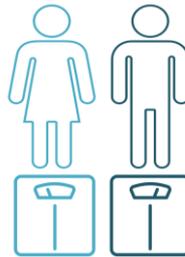
The report contains analyses of Body Mass Index (BMI) classification rates by age, sex and ethnicity as well as analysis at a local level.



In reception obesity prevalence remained similar to 2017/18, at 10%.



Obesity prevalence also remained similar to 2017/18 for year 6s, at 23%.



Boys were significantly less likely to be a healthy weight than girls in both age groups



Underweight prevalence was higher than England for both year 6 and reception.

NCMP Data is a National Statistic



National Statistics status means that official statistics meet the highest standards of trustworthiness, quality and public value.

All official statistics should comply with all aspects of the Code of Practice for Official Statistics. They are awarded National Statistics status following an assessment by the Authority's regulatory arm. The Authority considers whether the statistics meet the highest standards of Code compliance, including the value they add to public decisions and debate.

It is NHS Digital's responsibility to maintain compliance with the standards expected of National Statistics. If we become concerned about whether these statistics are still meeting the appropriate standards, we will discuss any concerns with the Authority promptly. National Statistics status can be removed at any point when the highest standards are not maintained, and reinstated when standards are restored.

Find out more about the Code of Practice for Official Statistics at:

www.statisticsauthority.gov.uk/assessment/code-of-practice.

Introduction

This report is based on the 2018/19 [NCMP report for England](#).

Child obesity is a good indicator of adult obesity which can lead to poor health outcomes.

The NCMP provides reliable data on rates of childhood obesity. Children are measured in reception (aged 4–5 years) and year 6 (aged 10–11 years) in mainstream state-maintained schools¹ in every local authority in England.

The programme was launched in the 2005/06 academic year and now holds twelve years of reliable data².

NCMP data enables local areas to plan services to tackle child obesity and monitor progress.

In Leicester, and most other local authorities, parents also receive feedback on their child's weight status along with the offer of further advice and support on achieving a healthy weight for their child.

This report contains analyses of the 2018/19 data showing Body Mass Index (BMI) classification rates with breakdowns by: child age and sex; local authority and region; levels of deprivation; as well as comparisons with other local authorities and England

Comparisons between groups and over time have been statistically tested to determine whether differences are likely to be genuine (i.e. statistically significant) or the result of random natural variation. Only statistically significant differences have been described with terms such as “higher”, “lower”, “increase” or “decrease”.

1. Independent and special schools are excluded. See “Coverage” in [annex B](#) for more details.
2. 2006/07 is the first year that the data are considered to be robust due to the low participation in 2005/06.

Technical information

The BMI classification of each child is derived by calculating the child's BMI centile and classifying as shown in the diagram below. This calculation uses age and sex as well as height and weight to take into account different growth patterns in boys and girls at different ages.



The NCMP uses the British 1990 growth reference (UK90) to define the BMI classifications. This approach is recommended by The National Institute for Health and Care Excellence (NICE).

The prevalence of children in a BMI classification is calculated by dividing the number of children in that BMI classification by the total number of children and multiplying the result by 100.

Geographical analyses in this report are all based on the postcode of the child's home address which is mapped to a lower super output area.

1. The BMI classification "Severely obese" is a subset of "Obese". Children with a BMI centile of between 95 and 100 are classified as "Obese" and those with a BMI centile of between 99.6 and 100 are classified as "Severely obese". **For more information:** See [annex B](#)

Contents

<u>Age</u>	7
<u>England</u>	8
<u>Sex</u>	9
<u>Time series</u>	10
<u>Ethnicity</u>	11
<u>Local authority comparators</u>	13
<u>Maps</u>	15
<u>Deprivation</u>	20
<u>Participation</u>	21
<u>Further information and onward journeys</u>	22

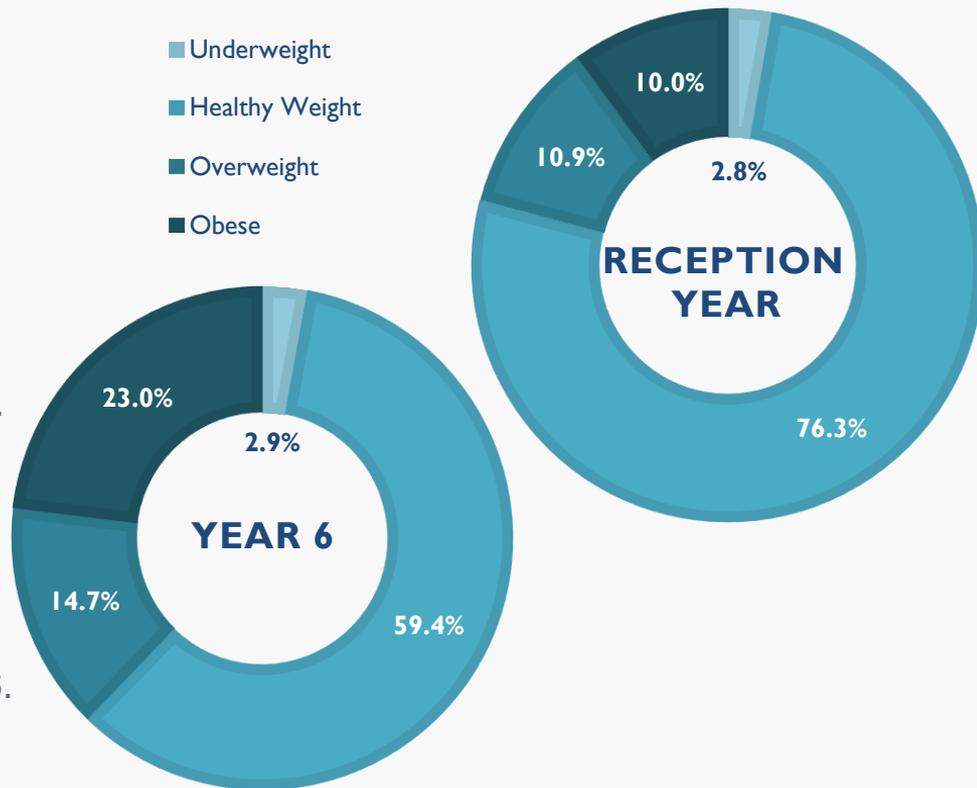
Age

In Leicester, around three quarters (76%) of reception children were a healthy weight. In year 6 it was significantly lower, with six in ten (59%) children a healthy weight.

Obesity prevalence was more than twice as high in year 6 (nearly one in four obese) compared to reception year (one in ten obese). This equates to 1096 obese children in year 6 and 458 in reception.

Children in year 6 were also more likely to be overweight than reception year children.

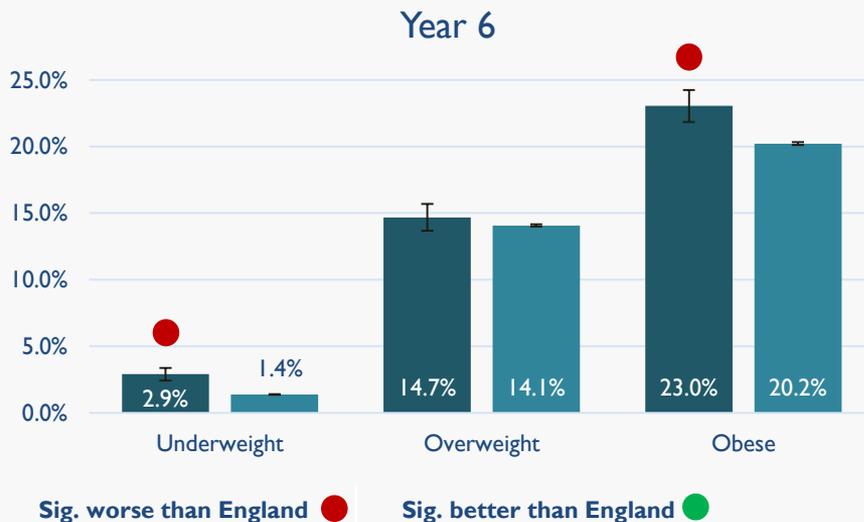
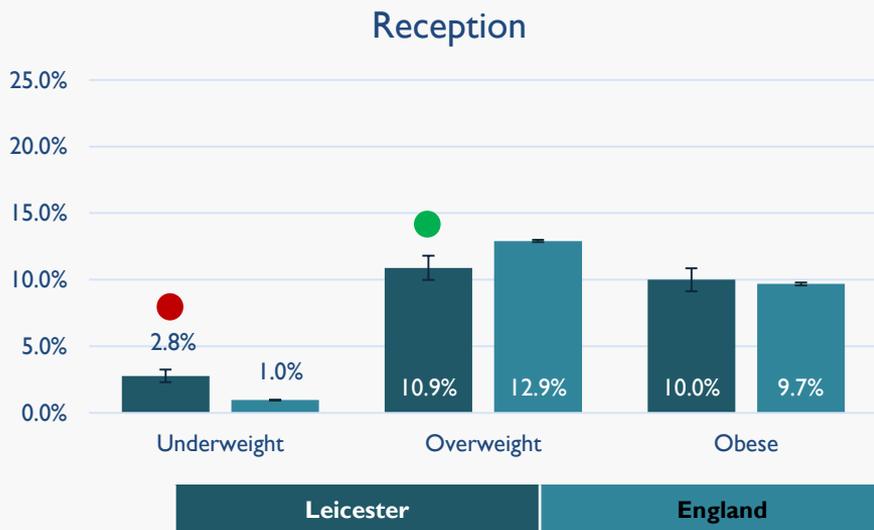
The proportion of underweight children was not significantly different between reception and year 6.



England comparison

Reception children in Leicester were nearly three times as likely to be underweight than in England overall. Obesity prevalence was similar to England while overweight prevalence was significantly lower.

In year 6, children were significantly more likely to be underweight or obese than children in England.



Sex

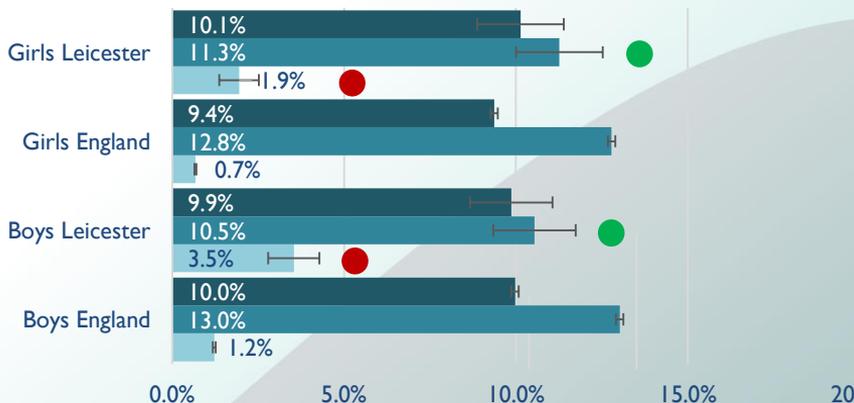
In reception, there are similar proportions of boys and girls in each weight category except for underweight where boys are more likely to be underweight than girls.

Both boys and girls are significantly more likely to be underweight than their England peers in reception.

In year 6 boys are significantly more likely to be obese than girls in both Leicester and England.

Underweight prevalence is higher in year 6 boys and girls in Leicester than boys and girls in England. Within Leicester underweight levels are similar between boys and girls whilst in England, girls have higher levels of underweight than boys in England

Reception



Year 6

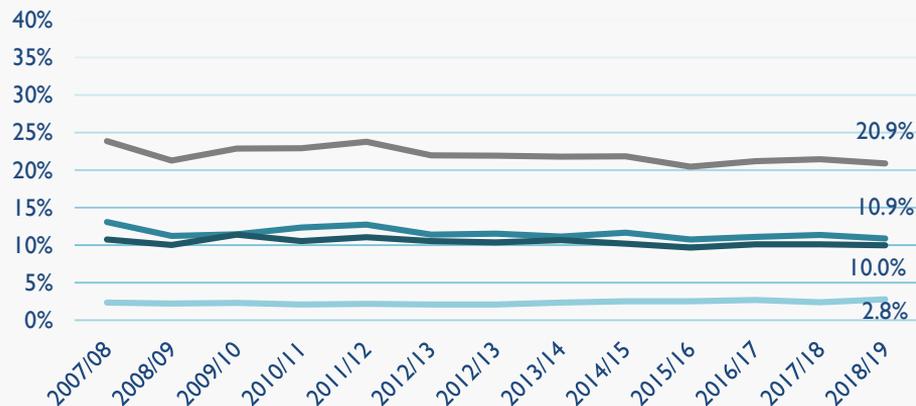


The proportion of children in the healthy weight category is not shown as it would lengthen the scale making the differences for the other categories harder to see.

Time series

There have been no statistically significant changes to levels of underweight, overweight and obesity in reception since the beginning of the measurement programme.

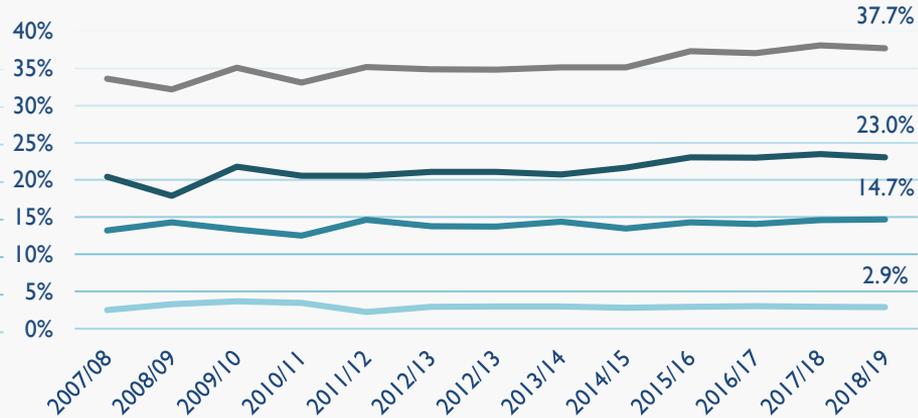
Reception



For year 6 children, rates of underweight, overweight and obesity prevalence individually have not changed significantly.

However, when overweight and obesity prevalence are combined, the increase since 2007/8 is statistically significant.

Year 6



Underweight

Overweight

Obese

Overweight and obese

Technical information – BMI and ethnicity

Obesity is a term used to describe abnormal or excessive fat accumulation that may impair health.

BMI has been found to underestimate body fat in South Asian children both in reception and year 6, and overestimate body fat in Black African children in year 6.¹

Overweight and obesity prevalence is likely to be lower among Black year 6 children than reported. Underweight and may be lower and obesity and overweight prevalence higher than reported for Asian children in both age groups.

Relative to England overall, Leicester has large Black African and South Asian populations. 39% of reception year children and 40% of year 6 children measured in 2018/19 were Asian, and 10% of year 6 were Black.

This means city-wide underweight prevalence is likely to be lower than reported and overweight and obesity prevalence is likely to be higher.

Comparisons between ethnic groups will also be affected: the true gap in obesity prevalence between White and Asian reception children may be smaller than BMI scores suggest, for example.

Body fat mis-estimations apply to all members of a specific ethnic group so comparisons between ethnic groups at a Leicester and England level, as presented by slide 12, should not be affected.

1. Further information on ethnicity and BMI is available in this [Public Health England briefing](#).

Ethnicity

In line with England, the highest levels of overweight and obesity were found in Black children in Leicester for both reception and year 6. Black reception year children were more likely to be obese, and year 6 children overweight, than their peers in England overall.

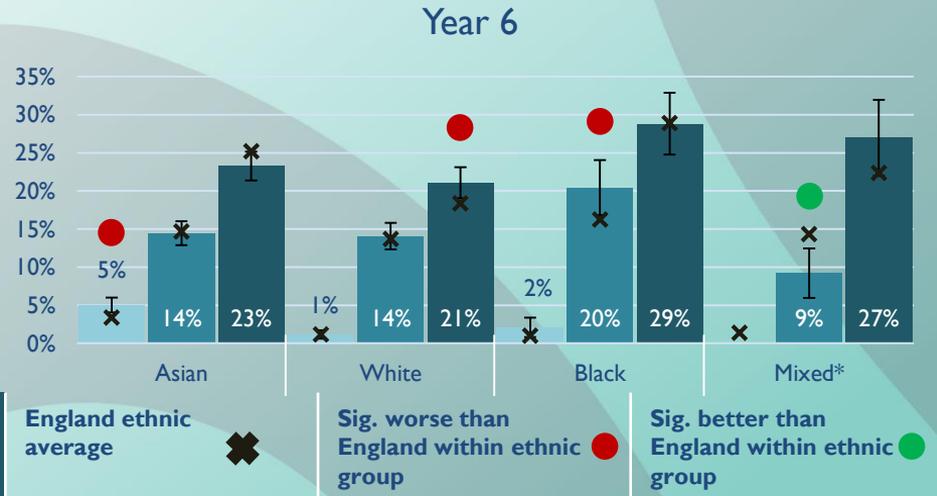
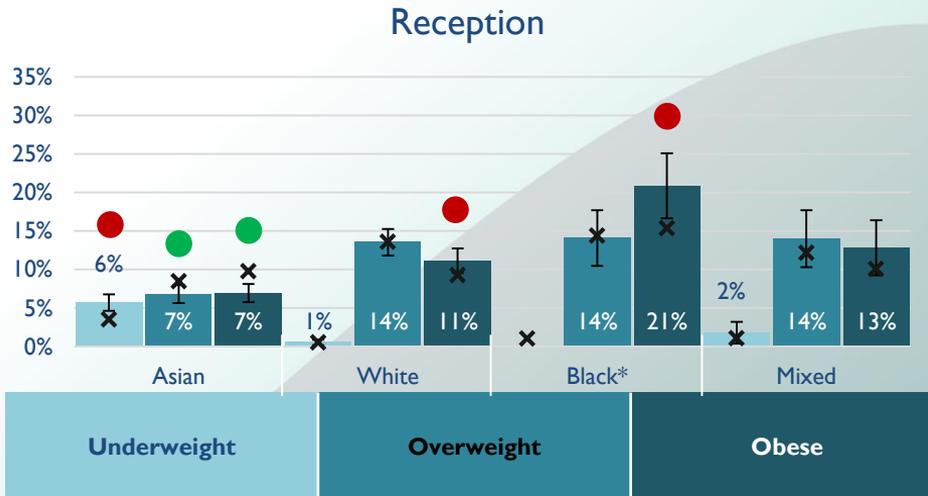
White children in reception year were significantly more likely to be overweight or obese in Leicester than in England.

Asian reception year children were significantly more likely to be underweight, and less likely to be overweight or obese compared with Asian children in England overall.

Obesity prevalence was higher in year 6 than reception across all ethnic groups. This difference is starkest among Asian children, for whom obesity prevalence was more than three times higher in year 6 than reception.

Among year 6 children in Leicester, obesity prevalence was similar regardless of ethnic group.

Comparing children in Leicester with children of the same ethnicity in England, obesity prevalence was significantly higher among Leicester White year 6s than White year 6s in England overall.



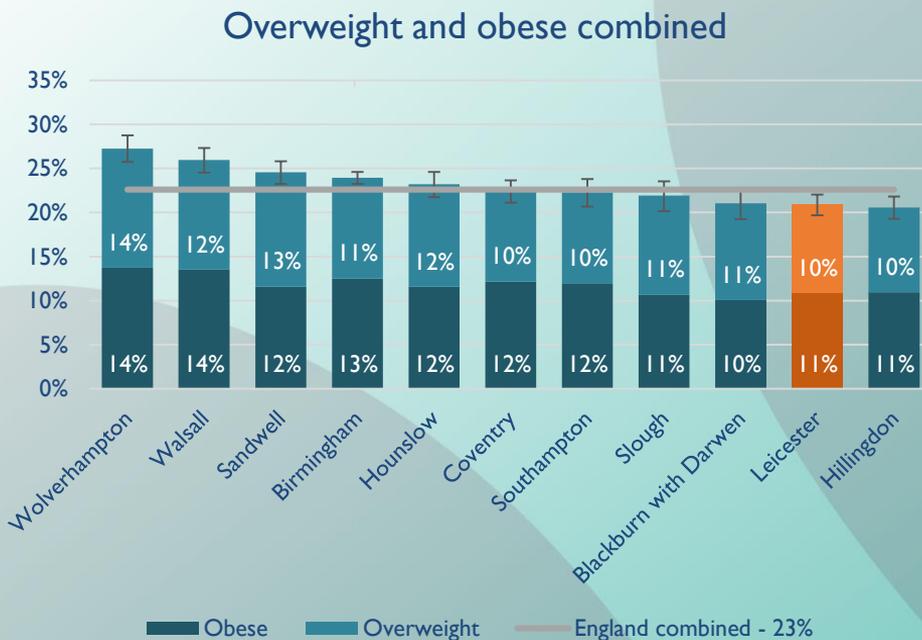
*Data for 'other' and 'Chinese' ethnic groups as well as reception year underweight for Reception Black and Y6 Mixed has been suppressed due to small numbers. 12 Ethnic categories displayed here have been derived by combining lower level NHS ethnic categories. Lower level breakdowns are available.

DfE Comparator Authorities¹ – Reception Year

21% of Leicester reception year children were obese or overweight.² Leicester's overweight and obesity prevalence was among the lowest of its peer comparators, and lower than the England average.

Wolverhampton (28%), Walsall (25%), Sandwell (25%), and Birmingham (24%) all had significantly higher levels of obesity than Leicester.

However, underweight prevalence in Leicester (2.4%) was significantly higher than Sandwell (1.9%), Walsall (1.9%), Birmingham (1.4%), Wolverhampton (1.4%), Southampton (1.4%), and Coventry (1.3%).



Confidence intervals are based on combined obese and overweight totals.

¹ The National Foundation for Educational Research (NFER) was commissioned in 2007 by the Department for Education (DfE) to identify and group similar Local Authorities in terms of the socio-economic characteristics. This was updated following the release of 2011 Census data. Each Local Authority was assigned 10 'statistical neighbours'.

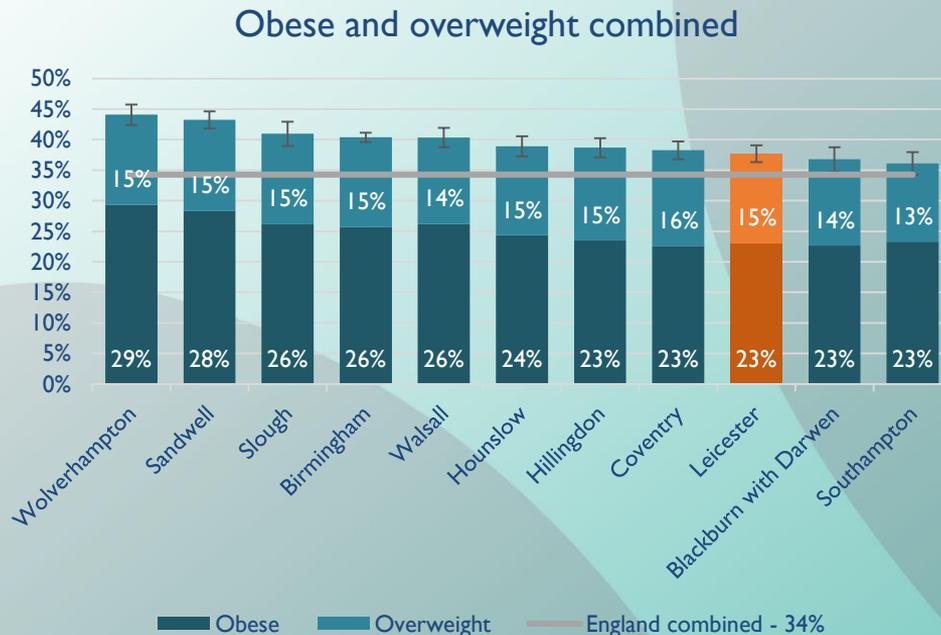
² Numbers do not tally due to rounding

DfE Comparator Authorities¹ – Year 6

38% of Leicester year six children were obese or overweight. Wolverhampton (44%), Sandwell (43%), and Slough (41%) had a significantly higher prevalence of overweight or obese children in year 6 compared to Leicester.

All of Leicester's peer comparator group except Southampton had a significantly higher excess weight prevalence among year 6 children than England.

All but three of Leicester's peer comparators had significantly lower underweight prevalence than Leicester. Only Blackburn with Darwen, Hillingdon and Slough were similar to Leicester.



Confidence intervals are based on combined obese and overweight totals.

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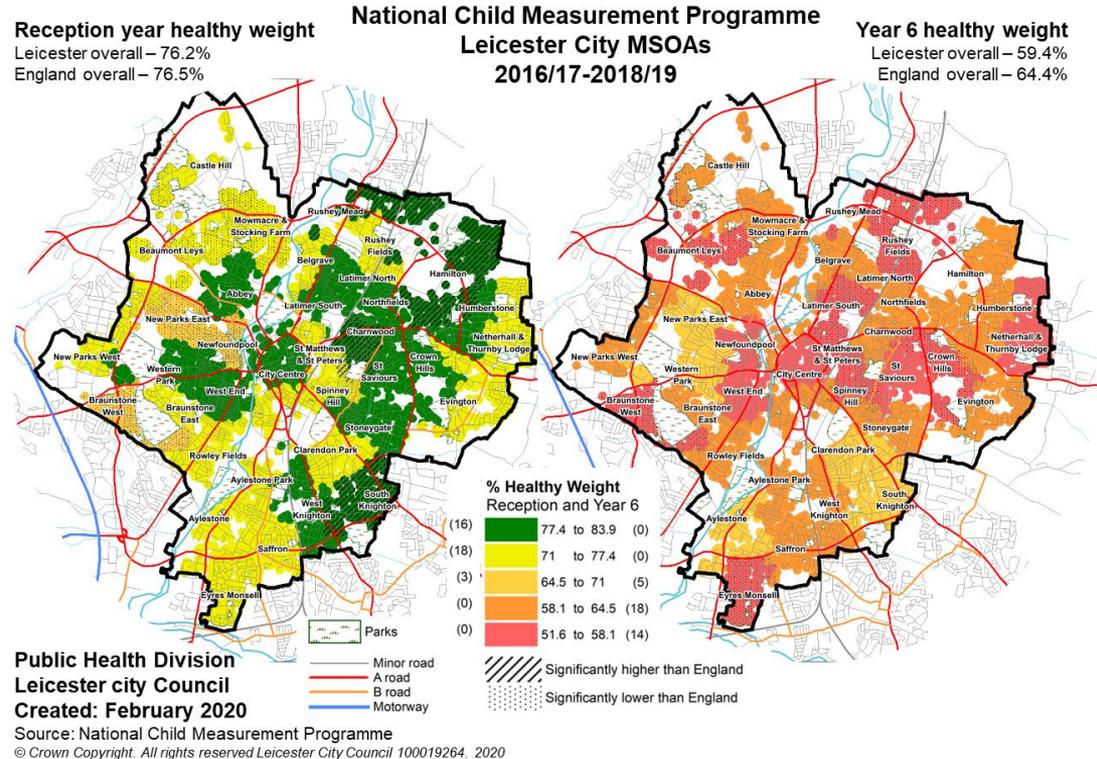
Healthy weight prevalence – Reception and Year 6

Reception year children in Charnwood (84%), Rushey Mead (81%), and Hamilton (81%) were significantly more likely to be a healthy weight than their peers in England. All these areas have low obese and overweight prevalence but high underweight prevalence, and have high Asian populations. South Knighton, one of the least deprived areas in Leicester, also had a significantly higher healthy weight prevalence than England among reception year children.

Healthy weight prevalence in reception was significantly lower than England in five MSOAs, all in the West of the city. Braunstone West was the lowest, at 69%.

The prevalence of healthy weight was higher for reception children than year 6 children in every Leicester MSOA. Areas with the highest healthy weight disparity between year groups were typically in the east of the city. The largest gap in Healthy Weight between reception year and year 6 was in Rushey Mead (22% lower) and smallest in Rowley Fields (0.4% lower).

For year 6, 9 of Leicester's 37 MSOAs have significantly lower healthy weight prevalence than England. The lowest is in Rushey Fields, where only 52% were a healthy weight.



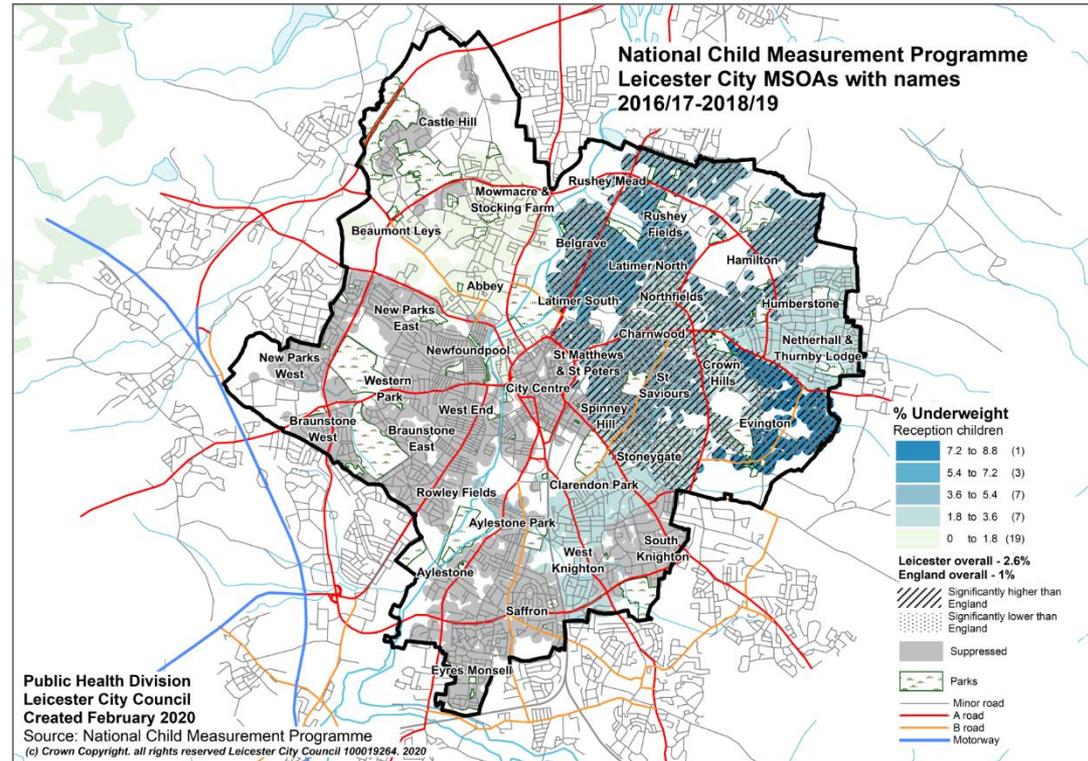
A Middle Super Output Area (MSOA) is a with a population of around 8500 people. MSOAs in Leicester have been given informal names. Three-year averages have been used to avoid suppression of data when dealing with small areas.

Underweight prevalence – Reception

The number of underweight reception children is generally very low, and cannot be reported for some parts of the city. However, there are clear differences in the concentration across Leicester.

Areas with high underweight prevalence correspond to areas with large South Asian populations, mostly in the East and North of the city. Evington (8.8%), Latimer South (6.9%), and Latimer North (5.8%) had the highest underweight prevalence.

In some areas of Leicester, no underweight reception year children were reported between 2016/17 and 2018/19.

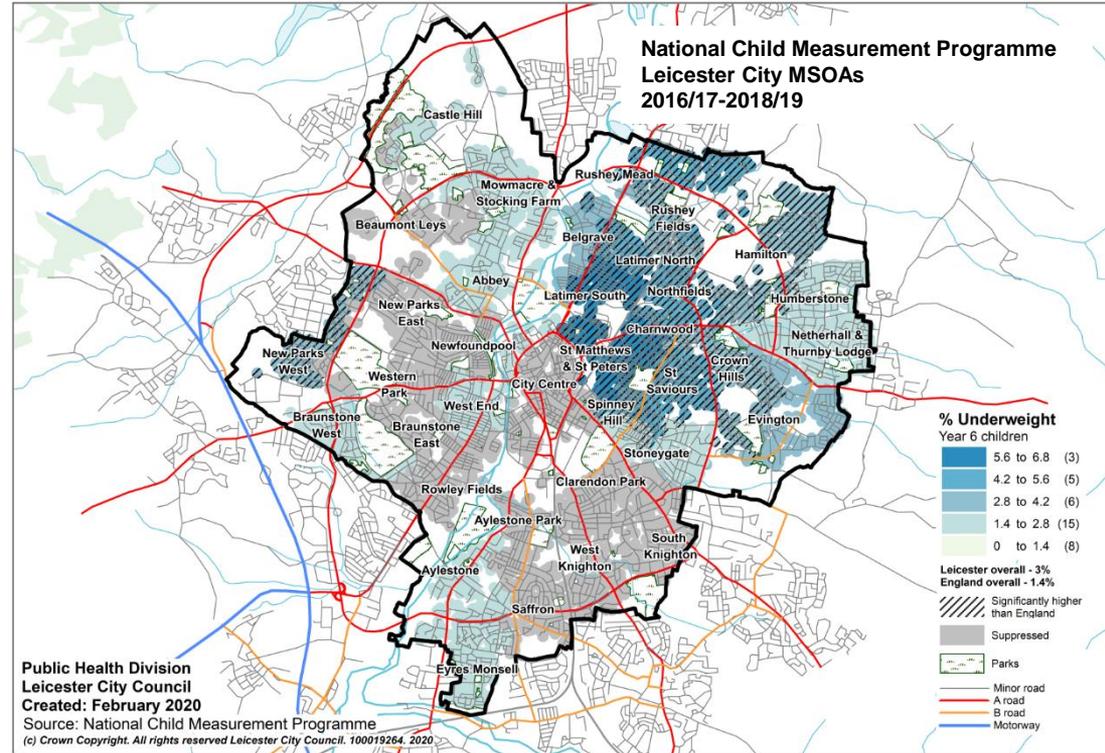


Underweight prevalence – Year 6

12 of Leicester's 37 MSOAs had a significantly higher underweight prevalence in year 6 than England.

As with reception year, underweight prevalence was generally higher among year 6s in the east of Leicester. Latimer South (6.7%), Charnwood (6%), St. Matthews and St. Peters (5.7%) had underweight prevalence above 5%.

Some areas of the city, generally in the South and West, had very few underweight year 6s.

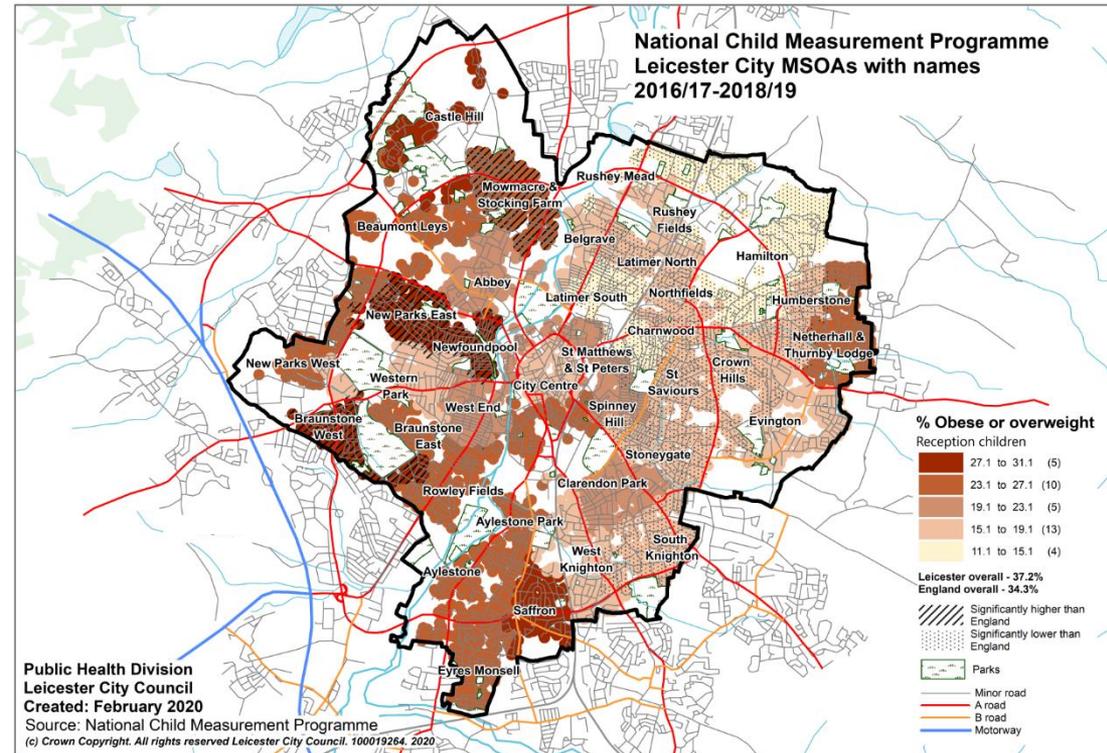


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Obesity and overweight prevalence – Reception

In reception year, children in the West of the city were significantly more likely to be overweight or obese than England overall. Braunstone West (31%), New Parks East (30%), Newfoundpool (30%), and Mowmacre and Stocking Farm (27%) has the highest overweight and obesity rate.

Children in 11 of Leicester's 37 MSOAs were significantly less likely to be overweight or obese compared to England. These areas were typically in the East, with high Asian populations. Charnwood (11%), Latimer South (14%), Hamilton (15%), and Rushey Mead (15%) had the lowest combined overweight and obesity prevalence.



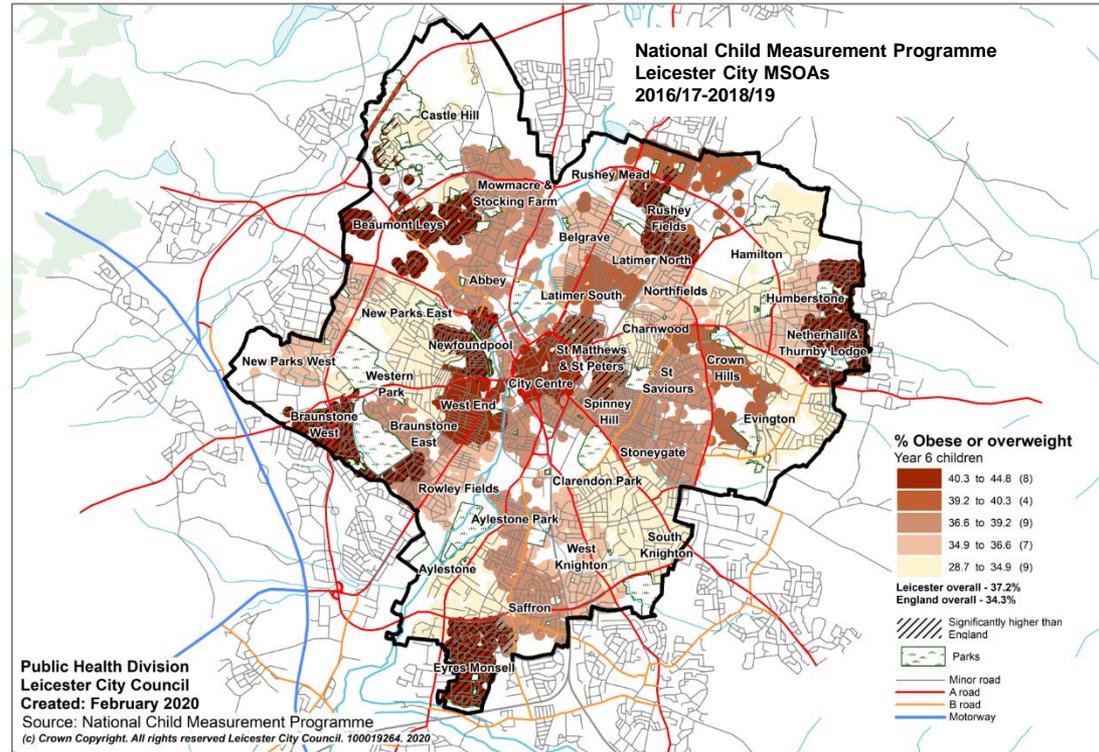
A Middle Super Output Area (MSOA) is a with a population of around 8500 people. MSOAs in Leicester have been given informal names. Three-year averages have been used to avoid suppression of data when dealing with small areas.

Obesity and overweight prevalence – Year 6

Combined overweight and obesity prevalence was significantly higher than England in 7 of Leicester's 37 Middle Super Output Areas.

Pockets of high overweight/obesity prevalence were reported throughout the city: Braunstone West (44.8%) in the West, Eyres Monsell (41%) in the South, and Netherhall and Thurnby Lodge (40%) in the East were among the areas with significantly higher rates than Leicester.

Areas in the Southeast of the city reported generally lower obesity prevalence. However, no areas were significantly lower than England.



A Middle Super Output Area (MSOA) is a with a population of around 8500 people. MSOAs in Leicester have been given informal names. Three-year averages have been used to avoid suppression of data when dealing with small areas.

Deprivation¹ – Reception and Year 6

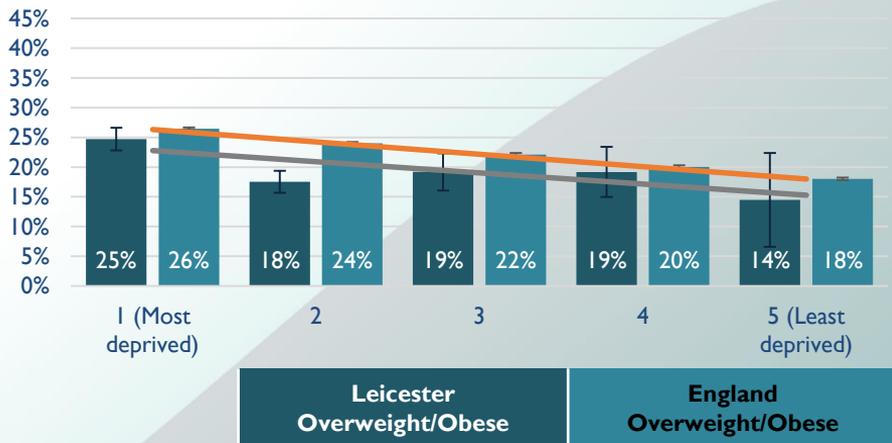
In England overall there is a clear relationship between excess weight (overweight and obesity) prevalence and deprivation.

In reception, children who live in the most deprived areas are almost one and a half times as likely to be overweight or obese than children in the least deprived areas. In year 6 the gap between the most deprived and least deprived is even greater.

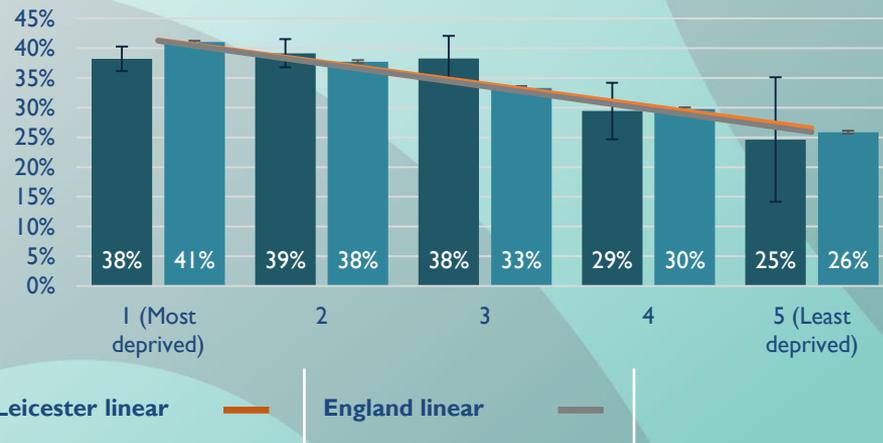
In both age groups in Leicester the least deprived are significantly less likely to be overweight or obese than the most deprived. Incremental decreases in excess weight prevalence between the bottom three quintiles visible in England cannot be seen in Leicester.

In both England and Leicester underweight prevalence was similar for all quintiles in both age groups.

Reception



Year 6

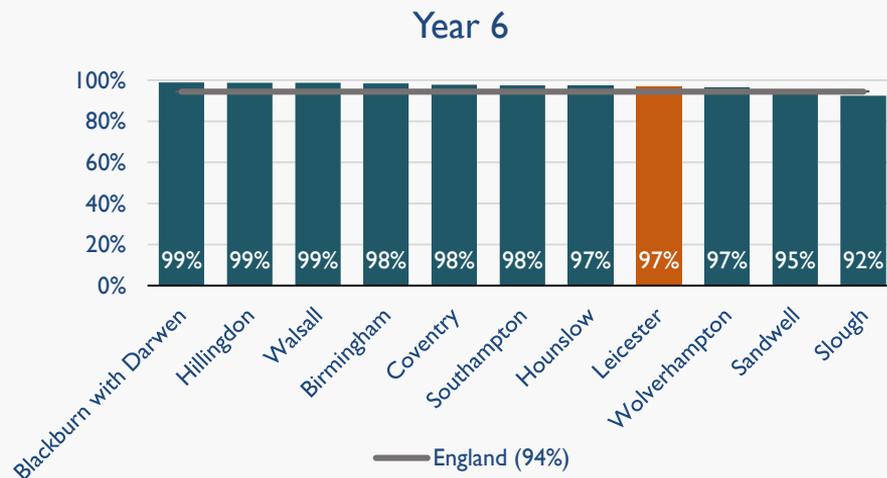
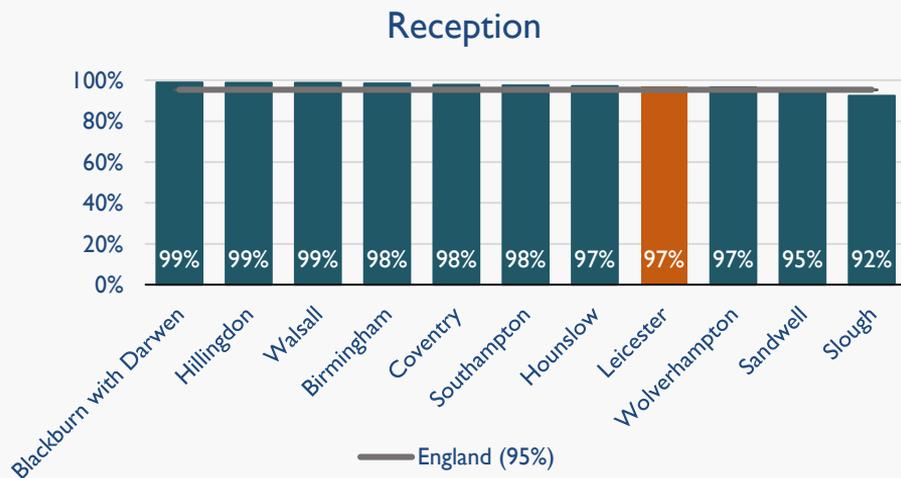


1. Deprivation is defined by the national ranking of the Local Super Output Area (LSOA) where the child lives based on the Indices of Multiple Deprivation 2015. These are grouped into fifths (quintiles) for analysis and presentation.

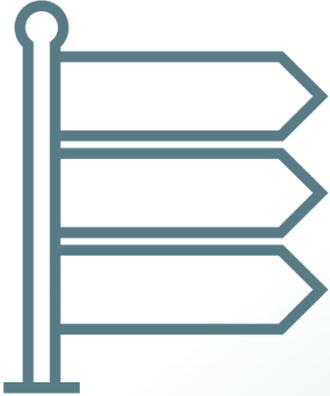
Participation

4582 reception year children were measured in 2018/19. This represents 97% of the eligible population, an improvement on 94% in 2017/18 and 90% in 2016/17.

4756 year 6 year children were measured in 2018/19. This represents 97% of the eligible population, compared to 96% in 2017/18 and 95% in 2016/17.



Useful links



[Leicester Children and Young People's Joint Strategic Needs Assessment](#)

[Leicester Children's Health and Wellbeing Survey 2016](#)

[National Child Measurement Programme](#)

[Public Health England Obesity, Diet and Physical Activity Data and Analysis Tools](#)

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