



20 May 2016

Agenda Item: 2

Children's Trust Board Sponsor: Kate Allen

RESULTS OF THE NATIONAL CHILD MEASUREMENT PROGRAMME (NCMP) 2014/15 AND THE REFRESH OF THE ANNUAL DELIVERY PLAN FOR THE HEALTH AND WELLBEING STRATEGY TO REDUCE THE NUMBER OF PEOPLE WHO ARE OVERWEIGHT & OBESE

Purpose of the Report

1. This report provides the key findings of the results of the National Child Measurement Programme (NCMP) 2014/15 and information about the refresh of the delivery plan for the Nottinghamshire Health and Wellbeing Strategy to reduce the number of people who are overweight and obese. The Children's Trust Executive is asked to:
 - 1) Note the results of the 2014/15 National Child Measurement Programme.
 - 2) Continue to support and encourage schools, parents and children to participate in the National Child Measurement Programme.
 - 3) Support an increase in Year 6 participation rates
 - 4) Agree to receive an annual report on the National Child Measurement Programme results.
 - 5) Support the actions to prevent and manage excess weight in children & young people within the delivery plan.
 - 6) Agree to receive an annual progress report on the delivery plan to reduce the number of children and young people who are overweight and obese.

Information and Advice

National Child Measurement Programme (NCMP)

2. The NCMP is a mandatory function of Public Health, Nottinghamshire County Council. It was established in 2005, and involves the annual weighing and measuring of all eligible children in reception (aged 4-5years) and Year 6 (aged 10-11 years). It has two key purposes:
 - To provide surveillance data on the weight status of children
 - To provide parents/carers with feedback on their child's weight status and information to where they can access support and advice
3. Child obesity is a critical public health issue, putting children at greater risk of developing type 2 diabetes, heart disease and cancer in later life. Other risks include early puberty, teasing and discrimination by peers, low self-esteem, anxiety and depression.

4. The following thresholds for defining underweight, healthy weight, overweight and obese children are used:

- **Underweight** – Body Mass Index (BMI) less than or equal to the 2nd centile
- **Healthy weight** – BMI greater than the 2nd centile but less than the 85th centile
- **Overweight** – BMI greater than or equal to the 85th centile but less than the 95th centile
- **Obese** – BMI greater than or equal to the 95th centile.

These thresholds are those used for population monitoring and are not the same as those used in the clinical setting where overweight is defined as a BMI greater than or equal to the 91st but below the 98th centile and obese is defined as a BMI greater than or equal to the 98th centile.

5. There are two [Public Health outcomes indicators](#) relating to children. These are the number of children in reception (aged 4-5 years) and in Year 6 (aged 10-11 years) classified as overweight or obese in the National Child Measurement Programme as a proportion of all children measured.

6. Health Partnerships co-ordinate and manage the delivery of the NCMP across Nottinghamshire. The primary objective is to deliver the programme in line with national guidance and best practice.

7. The [key findings](#) from the NCMP 2014/15 school year for Nottinghamshire were published on 26th November 2015. This provides information on the 2014/15 results and makes comparisons with results from previous years. There are now nine years of reliable NCMP data from 2006/07 to 2014/15. In previous annual reports the data has been presented by Local Authority of school of the child however this year is on Local Authority of child residence in line with [NCMP Fingertips](#).

Key findings

8. The NCMP across Nottinghamshire 2014/15 ran with 100% of schools participating in the programme. The full report is given in Appendix 1. A summary of the key findings are:

	Reception	Year 6
Prevalence of excess weight (overweight and obesity) as defined in the Public Health Outcomes Framework (2.06i & 2.06ii)	Statistically lower than England rate	Statistically lower than England rate
Change in prevalence of excess weight (overweight and obesity) between 2006/07 & 2014/15	Statistically significant reduction	No statistically significant change
Prevalence of obesity	Statistically lower than England rate	Statistically lower than England rate
Change in prevalence of obesity between 2006/07 & 2014/15	Statistically significant reduction	No statistically significant change
Prevalence of overweight	Statistically similar to the England average	Statistically similar to the England average
Change in prevalence of overweight between 2006/07 & 2014/15	No statistically significant change	No statistically significant change
Prevalence of healthy weight	Statistically higher than England rate	Statistically higher than England rate
Change in prevalence of healthy weight between 2006/07 & 2014/15	Statistically significant increase	No statistically significant change
Prevalence of underweight	Statistically similar to England rate	Statistically similar to England rate
Change in prevalence of healthy weight between 2006/07 & 2014/15	No statistically significant change	No statistically significant change

- In total, 16,232 children were measured in reception and year 6 in 2014/15 programme – 90.7% of those eligible. There was a 4% and 3.3% increase in the number of reception and year 6 children respectively measured between 2013/14 and 2014/15.
- Nottinghamshire has **lower participation rates** for the NCMP than the England rates for both **reception and year 6**. To have met the national average ***an additional 322 and 394 children in reception and year 6 respectively*** would have needed to have been measured. Between 2013/14 and 2014/15 the participation rate in Reception children has decreased. The main reasons why children withdraw from the measurements are parental opt out, child opt out, child unsuitable for measurement due to physical impairment and child absent on the day of

measurement. Work is taking place to understand why participation rates locally are lower than the England rate.

- **Over a fifth** of reception children measured were either **overweight or obese**.
- **Just under a third** of year 6 children measured were either **overweight or obese**.
- The percentage of **obese children in year 6** was over **double that of reception** year children both locally and nationally.
- The prevalence of children with a **healthy weight** was **higher in reception than year 6**, both locally and nationally.
- For the period 2011/12 to 2013/14 there is a **11.8% difference** in the proportion of **year 6 excess weight** prevalence rates between the **least and most deprived areas** of Nottinghamshire
- There has been **no statistically significant** change in the Slope Index of Inequality (SII) in year 6 excess weight between 2010/11 to 2012/13 and 2011/12 to 2012/13
- For the period 2011/12 to 2013/14 there is a **12% difference** in the **year 6 obesity prevalence rates** between the **least and most deprived areas** of Nottinghamshire
- There has been **no statistically significant** change in the Slope Index of Inequality (SII) for obesity prevalence in **year 6** between 2007/08 to 2009/10 and 2011/12 to 2013/14 however inequality has widened suggesting that obesity prevalence rates in year 6 are decreasing in less deprived areas whilst increasing in more deprived areas

Nottinghamshire Health and Wellbeing Strategy delivery plan to reduce the number of people who are overweight and obese

9. During 2015, the Joint Strategic Needs Assessments (JSNAs) on excess weight in children, young people and adults, physical activity and diet /nutrition were refreshed by the Tackling Excess Weight Steering Group (formerly known as the Obesity Integrated Commissioning Group). There is membership on the group from the Children and Young People's Integrated Commissioning Hub.

10. To reflect the actions identified in the JSNAs, the Nottinghamshire Health and Wellbeing Strategy delivery plan to reduce the number of people who are overweight and obese has been updated with actions, milestones and progress to date (Appendix 2). The outcome indicators for children and young people are:

- A year on year reduction in excess weight (Public Health Outcomes Indicators) for 4-5 year olds and 10-11 year olds with the aim to remain statistically better than the national average
- A reduction in the Slope Index of Inequality for obesity for 10-11 year olds.

Progress will be monitored by the Tackling Excess Weight Steering Group on a quarterly basis.

Planning Healthier Environments

11. Priority 5 of the Nottinghamshire Health and Wellbeing Board is to develop healthier environments to live and work in Nottinghamshire, supporting all of the four ambitions, a good start, living well, coping well and working together. The aim is to facilitate a joint approach across Health and Wellbeing partners to ensure that environments are planned to maximise health and wellbeing which promote healthy lifestyles and access to support/services.
12. In October 2015, the Nottinghamshire Health and Wellbeing Stakeholder event, Planning Healthier Environments facilitated by the Town and Country Planning Association (TCPA) brought together key individuals and organisations with the aim to understand how to capture the potential of the planning system to promote healthy communities and tackle obesity. This event was one of a number held across the country and is referenced in the recently published national document: [Building the Foundations](#): Tackling obesity through planning and development (page 35).
13. The '[Spatial Planning for the Health and Wellbeing of Nottinghamshire](#)' document was approved by the Health and Wellbeing Board in May. This will help to ensure that Nottinghamshire utilises the potential that the planning system can have on health for all ages including the promotion of age-friendly environments.

RECOMMENDATION/S

The Children's Trust Executive is asked to:

- 1) Note the results of the 2014/15 National Child Measurement Programme.
- 2) Continue to support and encourage schools, parents and children to participate in the National Child Measurement Programme.
- 3) Support an increase in Year 6 participation rates
- 4) Agree to receive an annual report on the National Child Measurement Programme results.
- 5) Support the actions to prevent and manage excess weight in children & young people within the delivery plan.
- 6) Agree to receive an annual progress report on the delivery plan to reduce the number of children and young people who are overweight and obese.

Anne Pridgeon
Senior Public Health Manager

For any enquiries about this report please contact:
anne.pridgeon@nottscc.gov.uk

Background Papers

Except for previously published documents, which will be available elsewhere, the documents listed here will be available for inspection in accordance with Section 100D of the Local Government Act 1972.

- [Spatial Planning for the Health and Wellbeing of Nottinghamshire](#) (2016)
- Nottinghamshire Joint Strategic Needs Assessment: [Excess weight in children, young people and adults](#) (2016)
- Nottinghamshire Joint Strategic Needs Assessment: [Physical activity](#) (2015)
- Nottinghamshire Joint Strategic Needs Assessment: [Diet and nutrition](#) (2015)
- Children's Trust Paper (11.09.15) - Results of the National Child Measurement Programme (NCMP) 2013/14 and annual progress report on the Nottinghamshire Framework for Action on Tackling Excess Weight.
- Children's Trust Paper (06.11.14) - Results of the National Child Measurement Programme (NCMP) 2012/13 and annual progress report on the Nottinghamshire Framework for Action on Tackling Excess Weight.
- Children's Trust Paper (05.12.13) - Results of the National Child Measurement Programme (NCMP) 2011/12, the Nottinghamshire Framework for Action on Tackling Excess Weight 2013 – 2018 and Hot Food Takeaways in Bassetlaw.
- [Nottinghamshire Health and Wellbeing Strategy 2014-17 Delivery plan](#)
- Nottinghamshire Framework for Action on Tackling Excess Weight 2013 - 2018 and associated action plan – Developed by Obesity Integrated Commissioning Group (October 2013)
- [National Child Measurement Programme](#): Briefing for elected members – Local Government Association (2013)