



# The National Child Measurement Programme (NCMP) in Derbyshire

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# Overview

- Risks associated with child obesity
- Causes of obesity
- What is the National Child Measurement Programme?
- Participation in the NCMP
- Obesity Prevalence:
  - Current
  - Historic trends
  - Deprivation
  - District & Electoral Ward

# Risks associated with childhood obesity

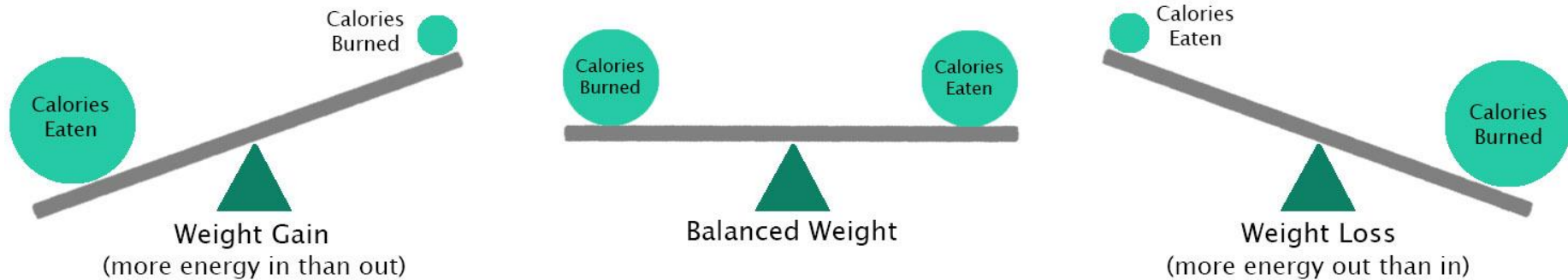
Abnormal or excessive fat accumulation that presents a risk to health<sup>[1]</sup>:

- Type 2 diabetes
- Hypertension
- Exacerbation of conditions such as asthma
- Psychological issues – low self esteem, bullying
- Likelihood of obesity into adulthood:
  - Increased cancer risk
  - Increased risk of coronary heart disease
  - Increased risk of stroke <sup>[2]</sup>

# Causes of Obesity

“The fundamental cause of childhood overweight & obesity is an energy imbalance between calories consumed & calories expended”

*Source: World Health Organization*



# Causes of Obesity

- Global increases in childhood overweight and obesity are attributable to a number of factors including:

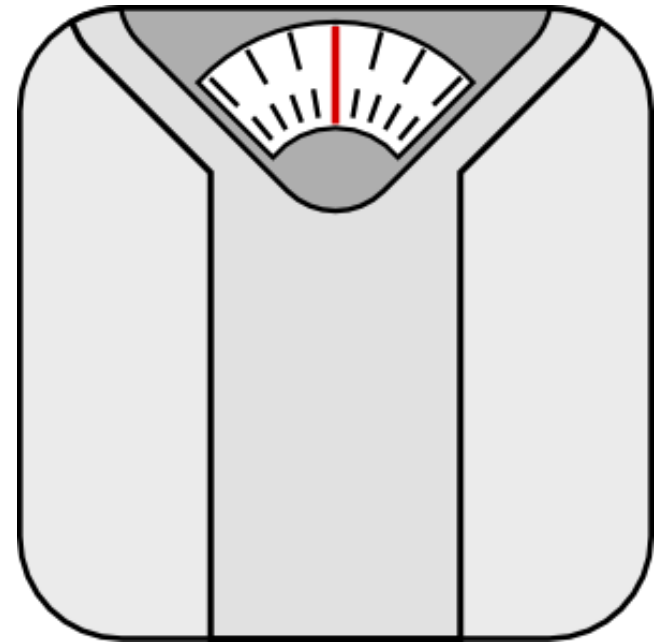
**Diet** – a shift towards energy dense foods high in fat and sugar, sugary drinks.

**Physical Activity** – decrease due to sedentary nature of recreational activities, transportation, urbanisation.

- Criticisms of the energy imbalance concept – total calorie focused, does not consider diet composition & metabolic processes such as insulin response.

# The National Child Measurement Programme

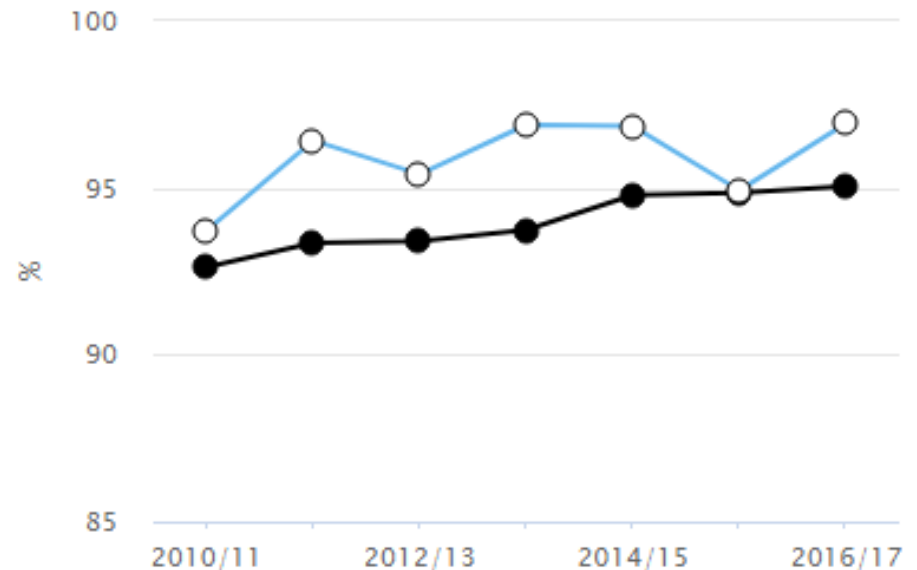
- Key element of the Government's approach to tackling child obesity.
- Annual weighing and measuring of children in reception (aged 4-5 years) & year 6 (aged 10-11 years) in mainstream state schools.
- Launched in 2005/06
- Enables local areas to plan services to tackle child obesity and monitor progress.



# Participation in the NCMP

Participation rate (2017/18)		
	Yr R	Yr 6
England	95.2	94.3
Derbyshire	98.9	96.5

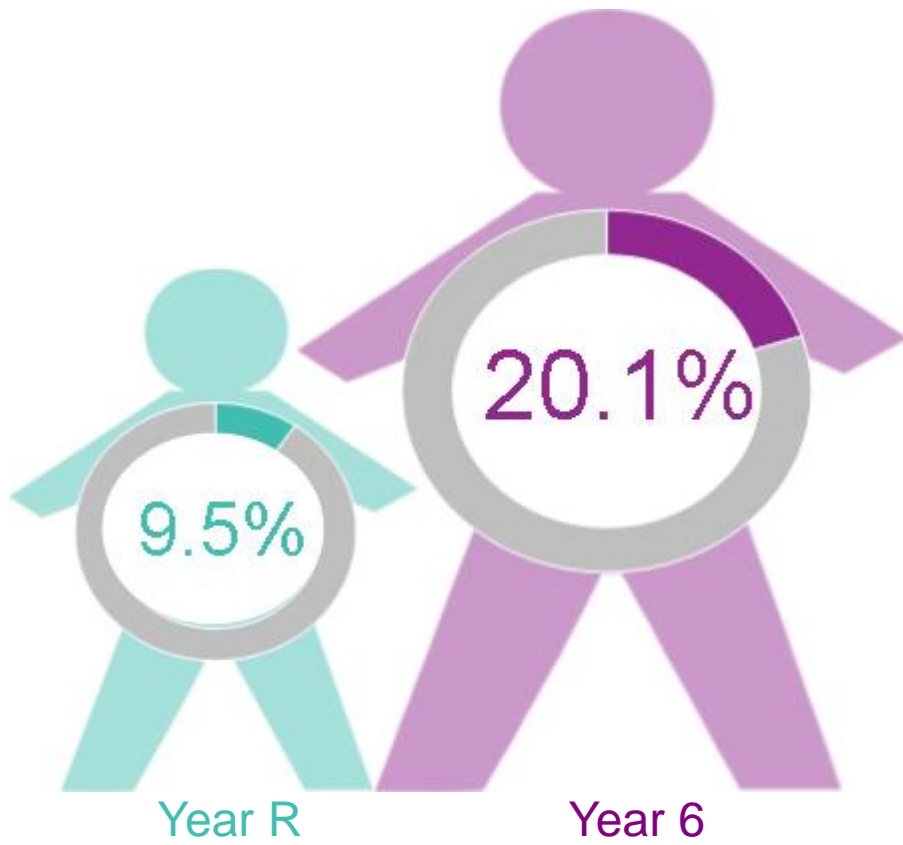
Reception + Y6 (Total) Trend:



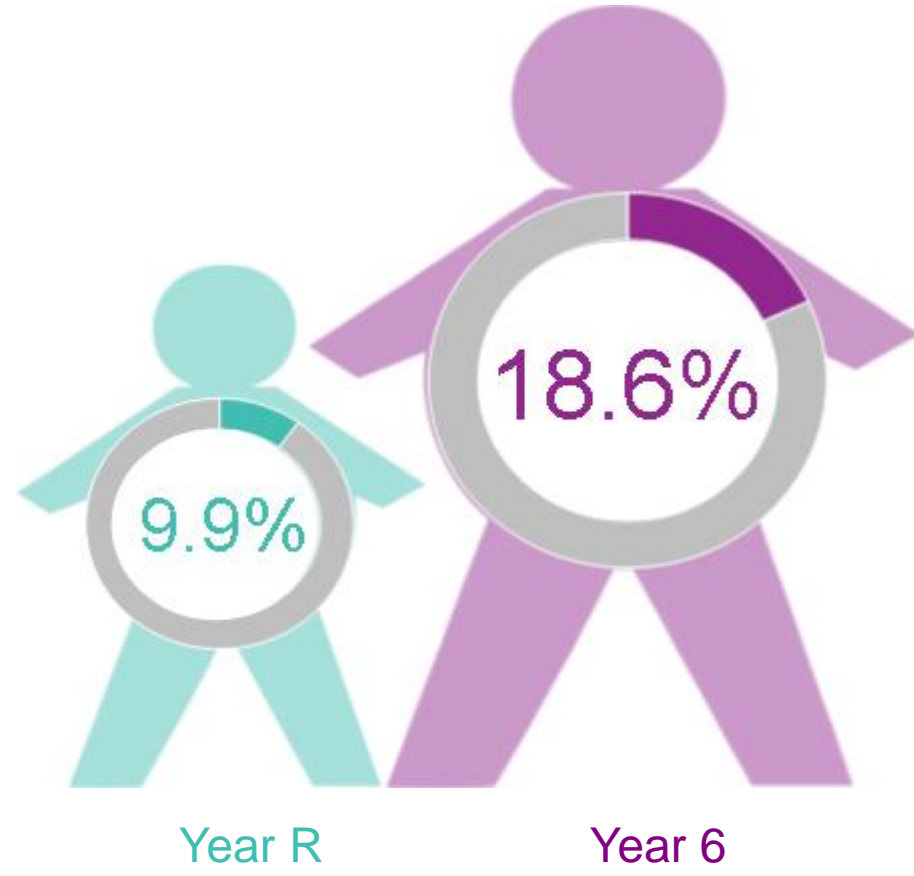
- Participation in Derbyshire higher than England (historically consistent)

# Obesity Prevalence (2017/18)

England



Derbyshire



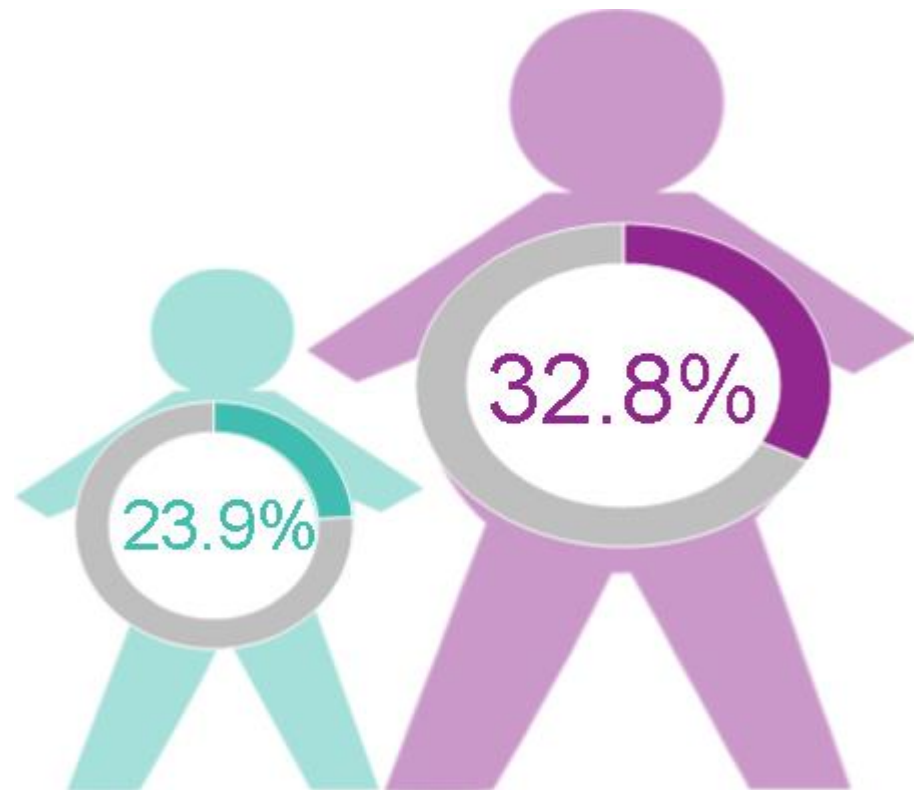
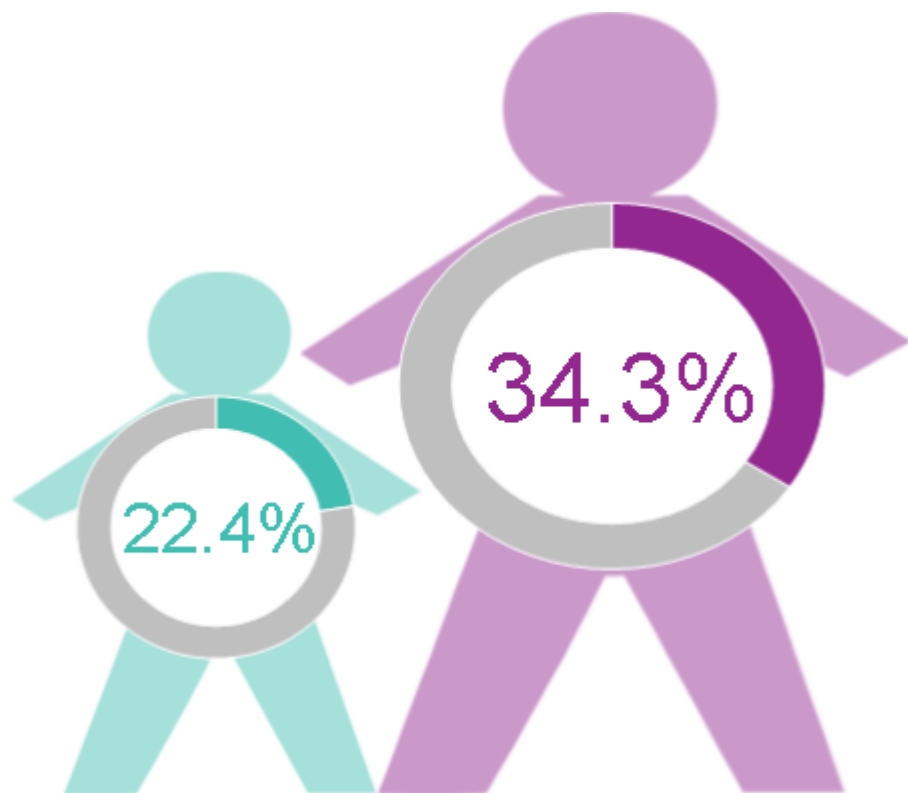
- Y6 obesity statistically, significantly lower in Derbyshire compared to England. No difference in Reception.



# Excess weight Prevalence (2017/18)

England

Derbyshire



Year R

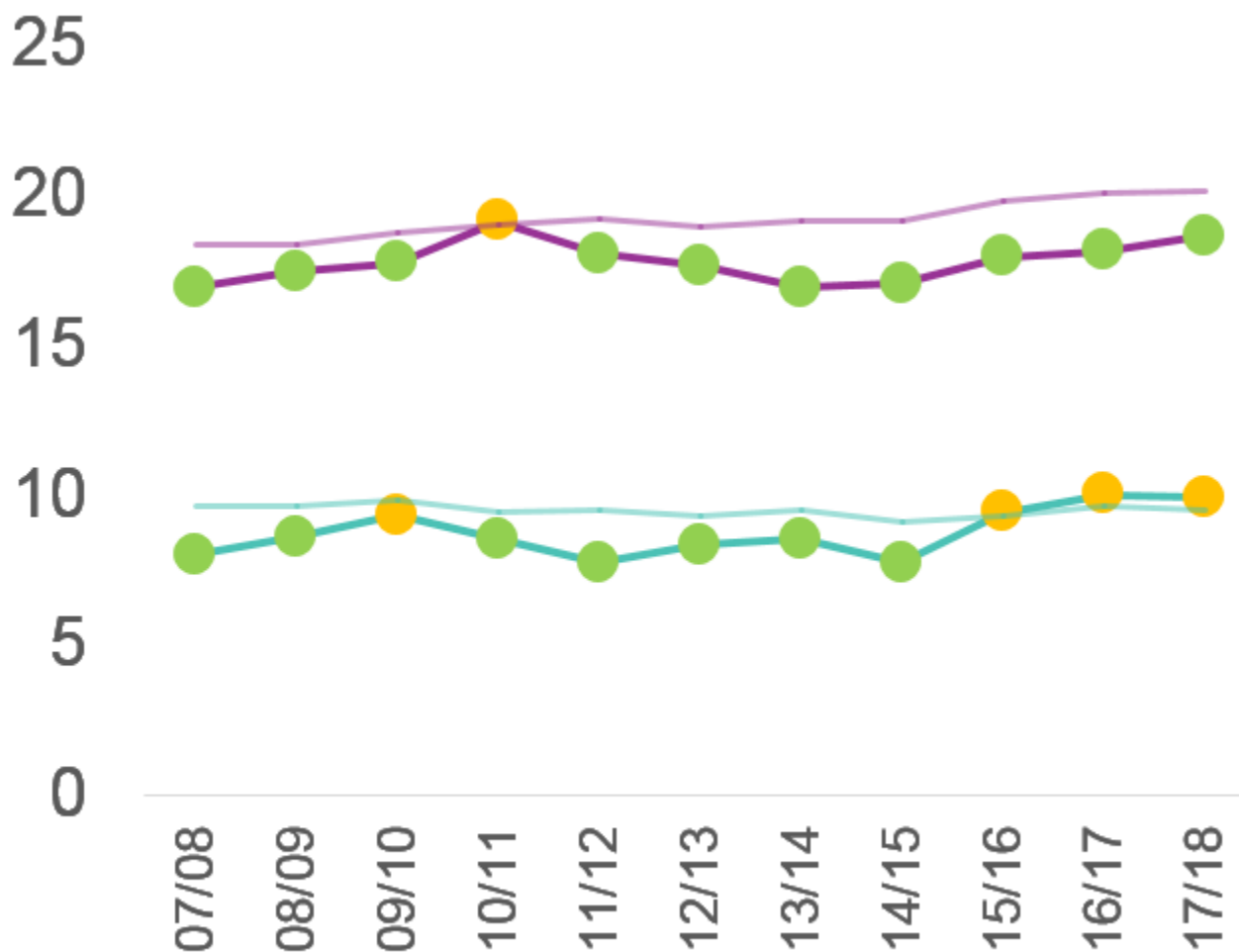
Year 6

Year R

Year 6

- In Derbyshire excess weight was significantly higher in Reception & significantly lower in Y6 than England.

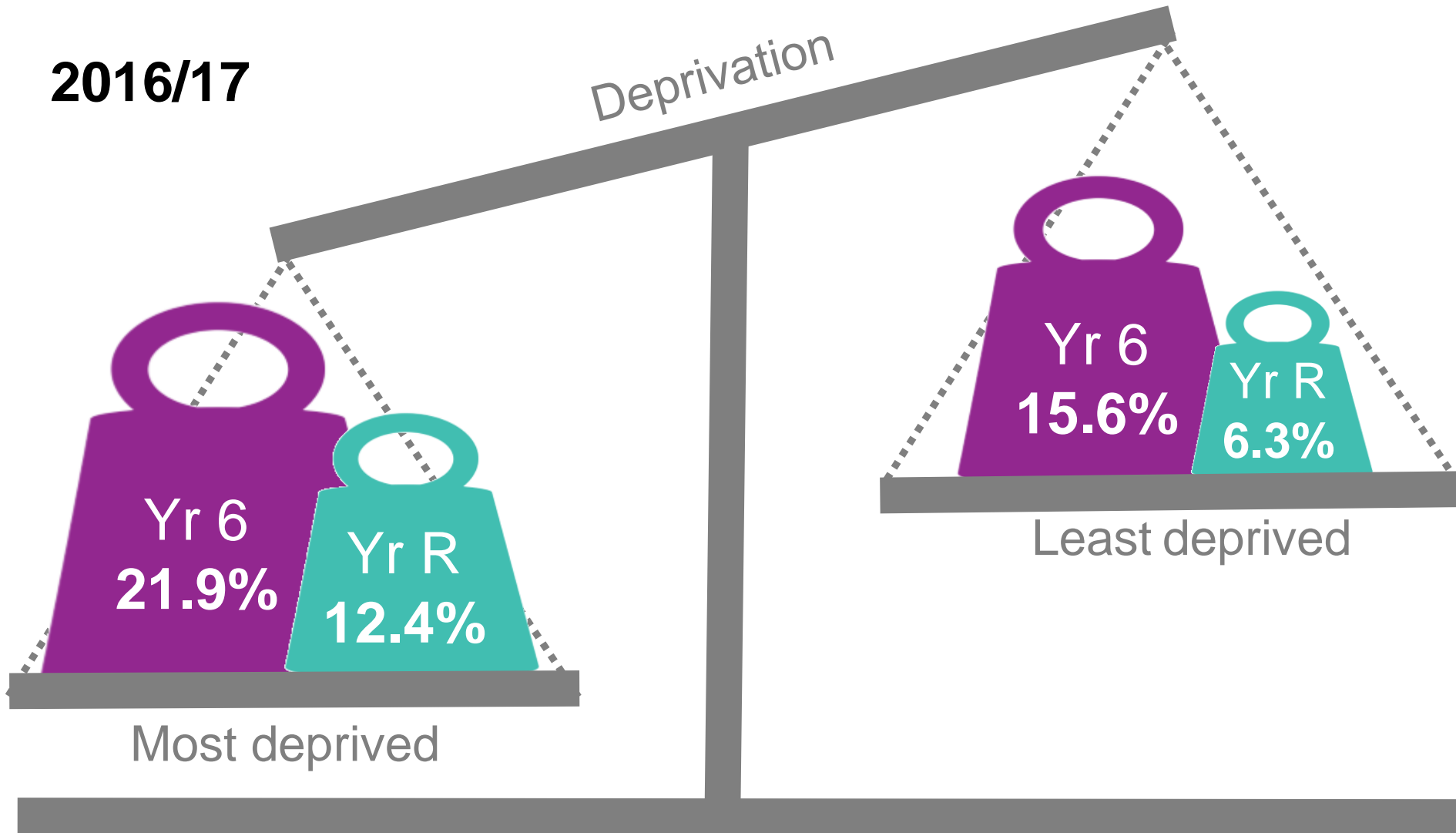
# Obesity Historic Trends



# The effect of deprivation on obesity in Derbyshire

**2016/17**

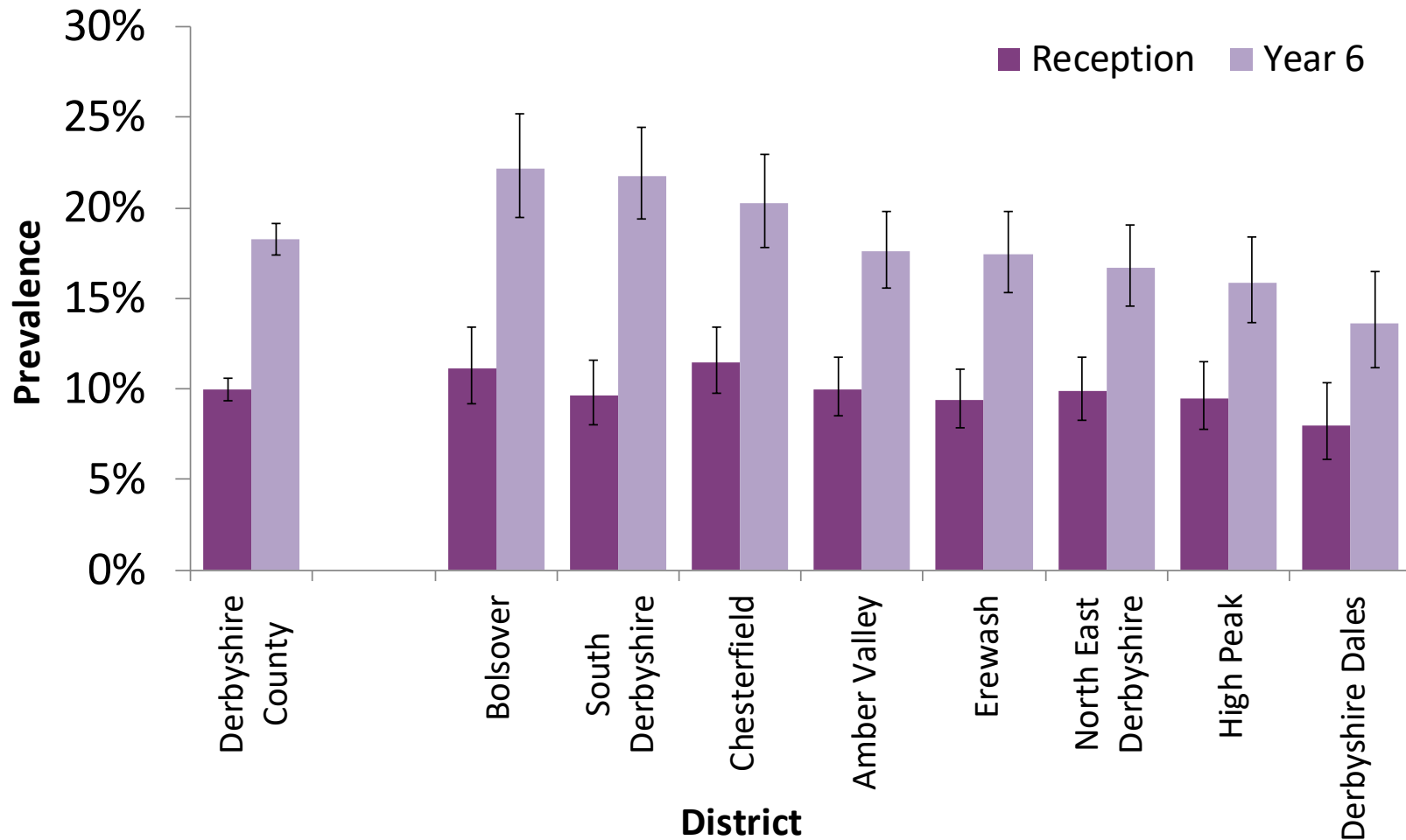
Deprivation



# Obesity Prevalence by Derbyshire District

## Child Obesity in Derbyshire, by District (2016/17)

Derived from the postcode of School. Includes 95% confidence intervals



# Obesity Prevalence by Electoral Ward

