

GREATER LONDON AUTHORITY

[REDACTED]
(By email)

Our reference: MGLA120122-1480

Date: 8 February 2022

Dear [REDACTED]

Thank you for your request for information which the Greater London Authority (GLA) received on 12 January 2022. Your request has been considered under the Freedom of Information Act 2000.

You requested:

- *The rate of obesity amongst all age groups in each London Borough in 2021.*
- *The rate of obesity in London by ethnic group in 2021*
- *The rate of childhood obesity amongst each London Borough in 2021*
- *The rate of childhood obesity amongst each London Borough by ethnicity in 2021*

The GLA does not hold the information requested. Child Obesity rates are calculated using data from the National Child Measurement Programme (NCMP). NCMP measures the height and weight of children in Reception class (aged 4 to 5) and year 6 (aged 10 to 11), to assess overweight and obesity levels in children within primary schools. The GLA does not hold this data, it is held by the Office for Health Improvement and Disparities and available through their Fingertips tool which can be accessed here: <https://fingertips.phe.org.uk/profile/national-child-measurement-programme>

Selecting 'Start' will allow you to access data which can then be filtered. Under the 'Geography' tab data can be sorted by 'Region' then 'London Region' here you can see data by borough. The data for 2020-21 hasn't been broken down further for each London LA due to the data collected as this was interrupted by the closure of schools etc due to the pandemic. Fingertips currently only has the data for 2019-20. Please find attached a presentation that you will hopefully find useful alongside a NCMP data pack.

If you have any further questions relating to this matter, please contact me, quoting the reference MGLA120122-1480.

Yours sincerely

[REDACTED]
Information Governance

GREATER**LONDON**AUTHORITY

If you are unhappy with the way the GLA has handled your request, you may complain using the GLA's FOI complaints and internal review procedure, available at:

<https://www.london.gov.uk/about-us/governance-and-spending/sharing-our-information/freedom-information>

[REDACTED]

[REDACTED]

[REDACTED]



Office for Health
Improvement
& Disparities

National Child Measurement Programme: Annual results 2020/21

<https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2020-21-school-year>

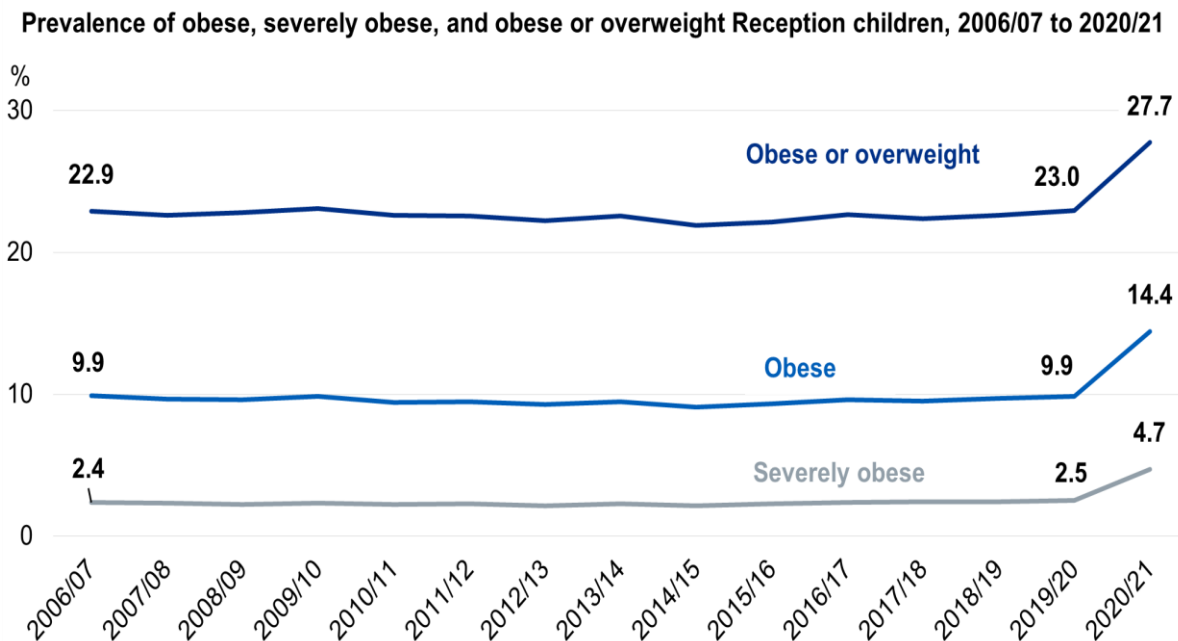
Published 16/11/2021



BREAKING

HEADLINES

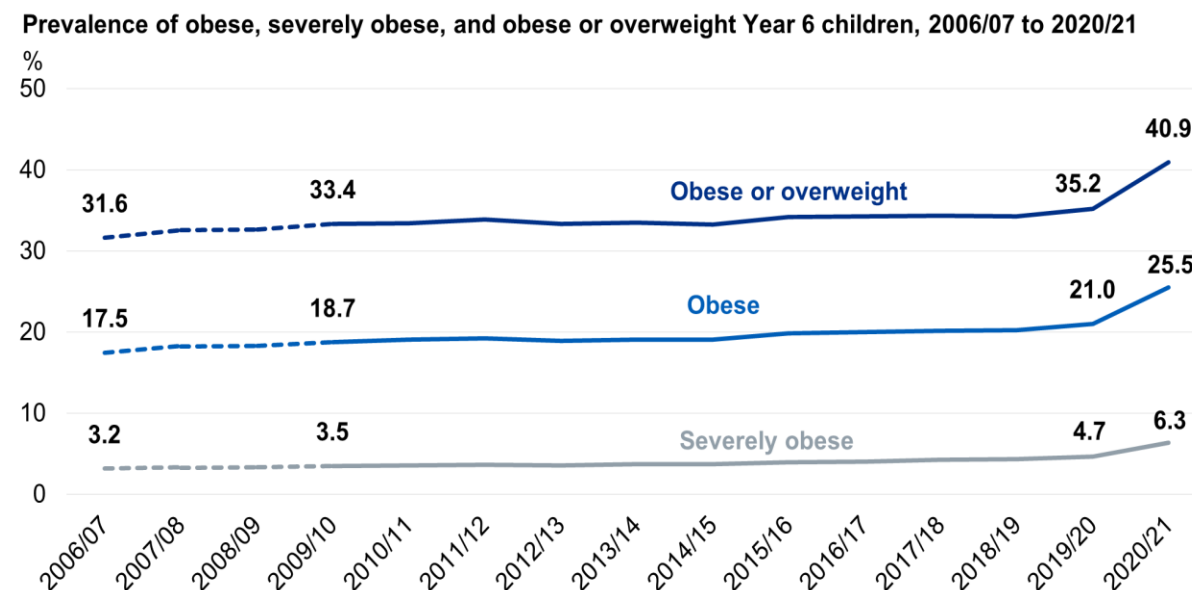
Largest increases in childhood obesity prevalence's since the programme began in 2006/07



For more information: Table 2 National Child Measurement Programme, England, 2020/21 school year



4.5 and 4.6 percentage points between 2019-20 and 2020-21 previous highest rise was < 1 percentage point



For more information: Table 2 National Child Measurement Programme, England, 2020/21 school year



Regional data

Region	Reception				Year 6			
	%	95% LCI	95% UCI	% point change from last year	%	95% LCI	95% UCI	% point change from last year
North East	15.0	14.1	15.9	4.0	29.1	28.0	30.3	5.9
North West	15.1	14.6	15.6	4.3	25.8	25.1	26.5	3.0
Yorkshire and Humber	15.3	14.7	15.9	4.8	26.5	25.8	27.2	4.6
East Midlands	13.9	13.2	14.5	4.7	24.7	23.8	25.6	3.9
West Midlands	15.9	15.4	16.5	4.8	28.4	27.7	29.1	4.5
East of England	14.0	13.4	14.6	5.0	22.9	22.1	23.7	3.9
London	15.3	14.9	15.8	5.3	30.0	29.3	30.6	6.3
South East	12.6	12.2	13.0	3.7	20.9	20.4	21.5	3.2
South West	12.9	12.3	13.6	3.8	21.9	21.0	22.8	3.9
England	14.4	14.2	14.6	4.6	25.5	25.3	25.8	4.5

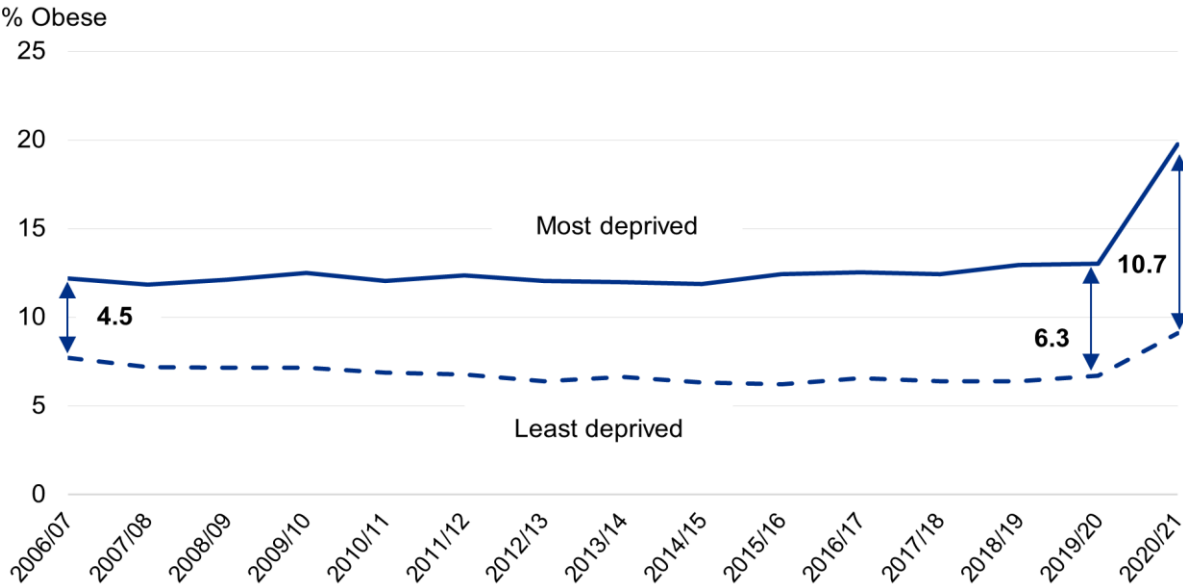
Disparities - deprivation

Obesity prevalence among children living in the most deprived areas was more than double that of those living in the least deprived areas.

Age 4- 5 years
20.3 % v 7.8%
Most deprived areas v least deprived areas

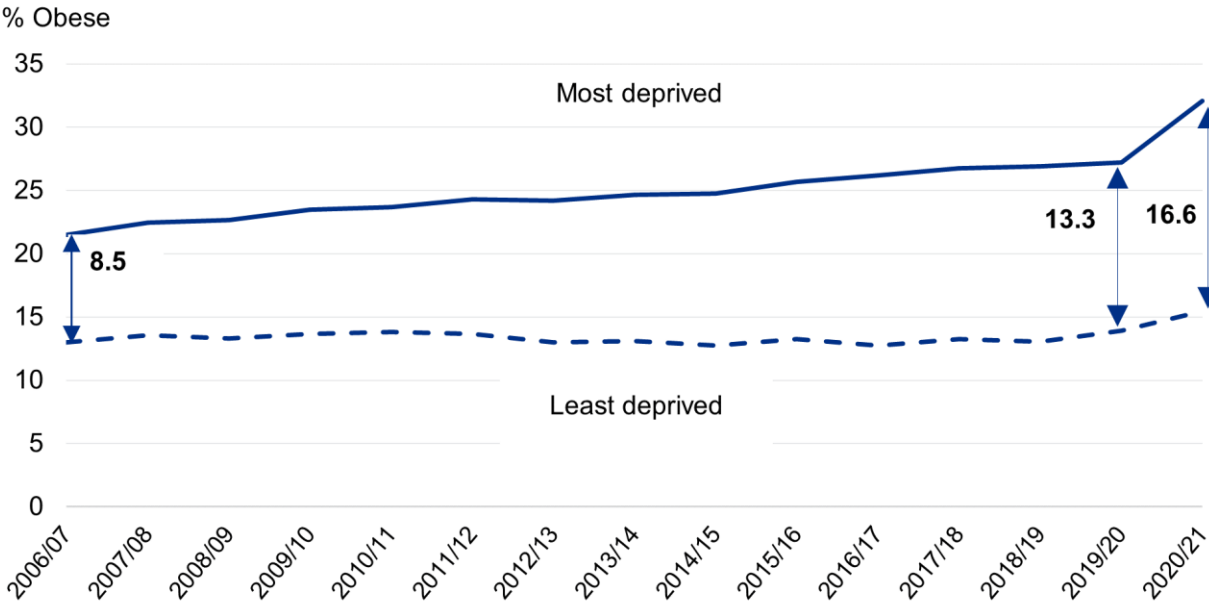
Age 10 - 11 years
33.8 % v 14.3%
Most deprived areas v least deprived areas

Prevalence of obese Reception children by most and least deprived IMD deciles (based on postcode of school), 2020/21



For more information: Table 11 National Child Measurement Programme, England, 2020/21 school year

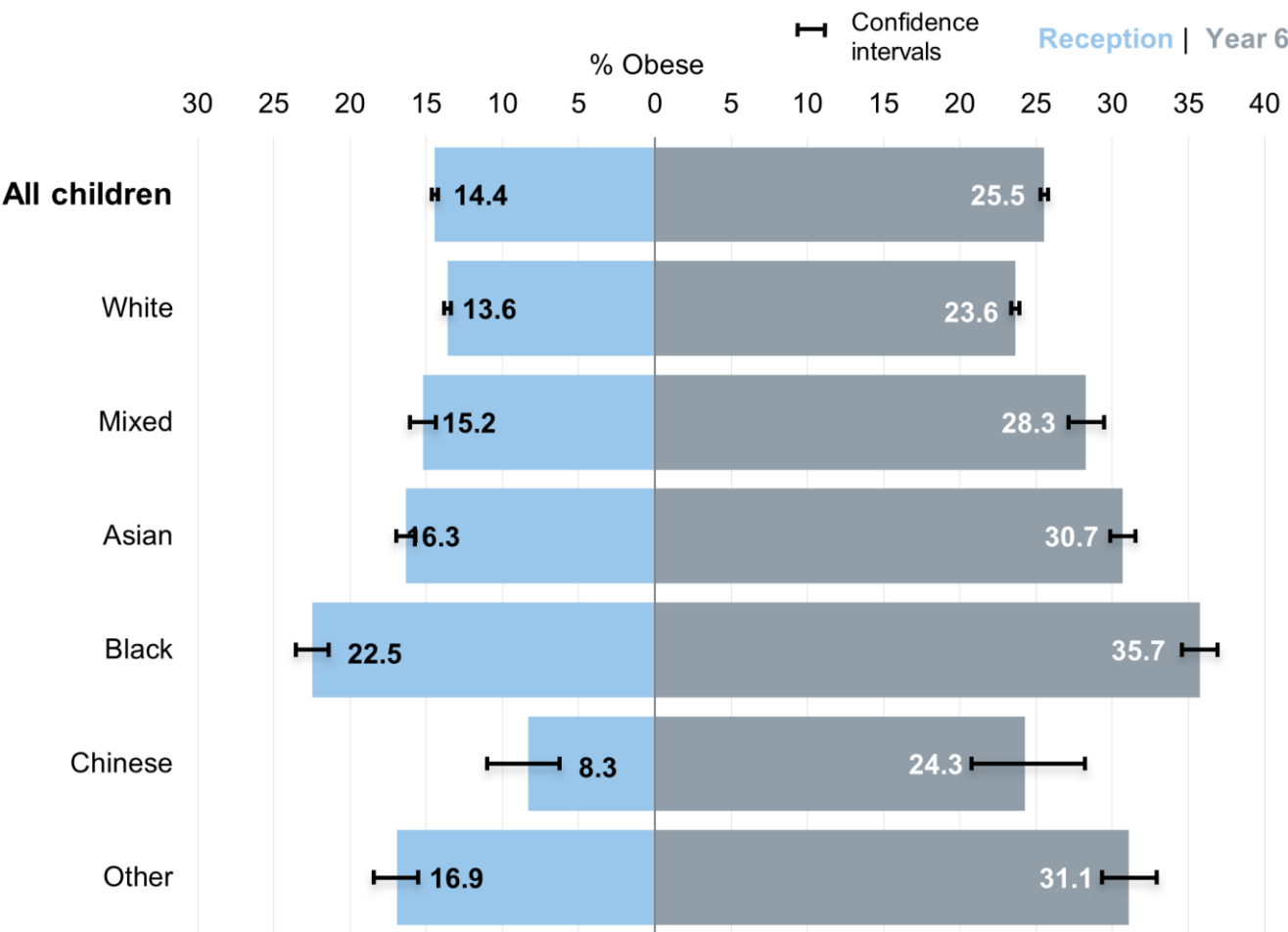
Prevalence of obese Year 6 children by most and least deprived IMD deciles (based on postcode of school), 2020/21



For more information: Table 11 National Child Measurement Programme, England, 2020/21 school year

Disparities - ethnicity

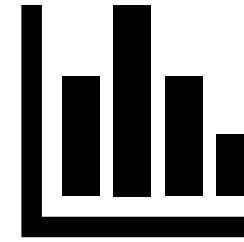
Prevalence of obese children, by school year and upper level ethnic group, 2020/21



- Obesity prevalence was highest for Black children in both reception and year 6.
- It was lowest for Chinese children in reception and White children in year 6

For more information: Tables 5 and 6 National Child Measurement Programme, England, 2020/21 school year

Data collection and quality



Sample collection 2020/2

- School closures until March 2021 due to COVID-19 pandemic, a different approach was required
- Aimed for a representative sample of 10% - LA's given guidance on which schools to measure in
- Achieved 24% sample - around 300,000 children measured ("normal" years: c95% 1.2M)
- Important to use all of the data collected but it wasn't fully representative of the child population
- Data was weighted by deprivation (IMD) and ethnicity to make it comparable to previous years
- Multiple analyses and weighted methods have been applied to ensure comparability



Methodology detailed here;

- <https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme/2020-21-school-year/data-quality>

Key points to note

- It is a smaller sample size than previous years due to school closures
- But due to extensive [statistical analyses and weighting](#) at a national and regional level data is comparable to previous years, for all breakdowns
- We can be confident in its findings
- This data provides the first assessment of the impact of the pandemic on child weight status and an estimate of the prevalence of children living with overweight and obesity

BUT

- More data is needed to know whether this is a longer-term increase
- The picture will become clearer when data for 2021/22 and future years is available as that will cover the whole academic year and will represent periods when schooling and out of school activities were less disrupted



National resources

Update and awareness

Child obesity: applying All Our Health

The '**All Our Health**' framework for England is a resource which supports health professionals to give families the best advice to ensure a focus on healthy weight. Suite of tools and resources to support healthcare professionals



<https://www.gov.uk/government/publications/childhood-obesity-applying-all-our-health/childhood-obesity-applying-all-our-health>

https://www.e-lfh.org.uk/townscape/PHE_townscape_interactive_PAGE1.html

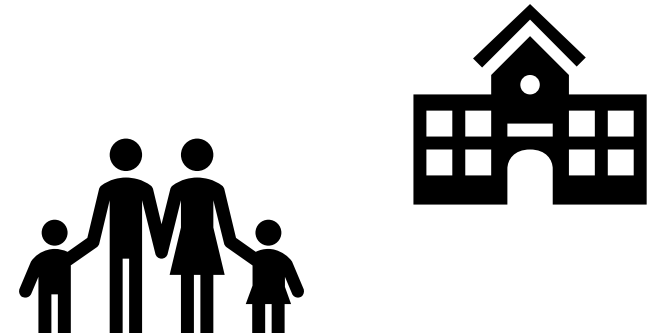
Learning from local authorities with a downward trend in child BMI

- University College London researched the approaches being taken by local authorities with significant long-term downward trends in childhood BMI levels
- 31 identified with small significant 10-yr downward trend
- Key themes/approaches identified by thematic analysis
- Due to be published mid-November 2020



Common approaches identified by $\frac{3}{4}$ of LAs include;

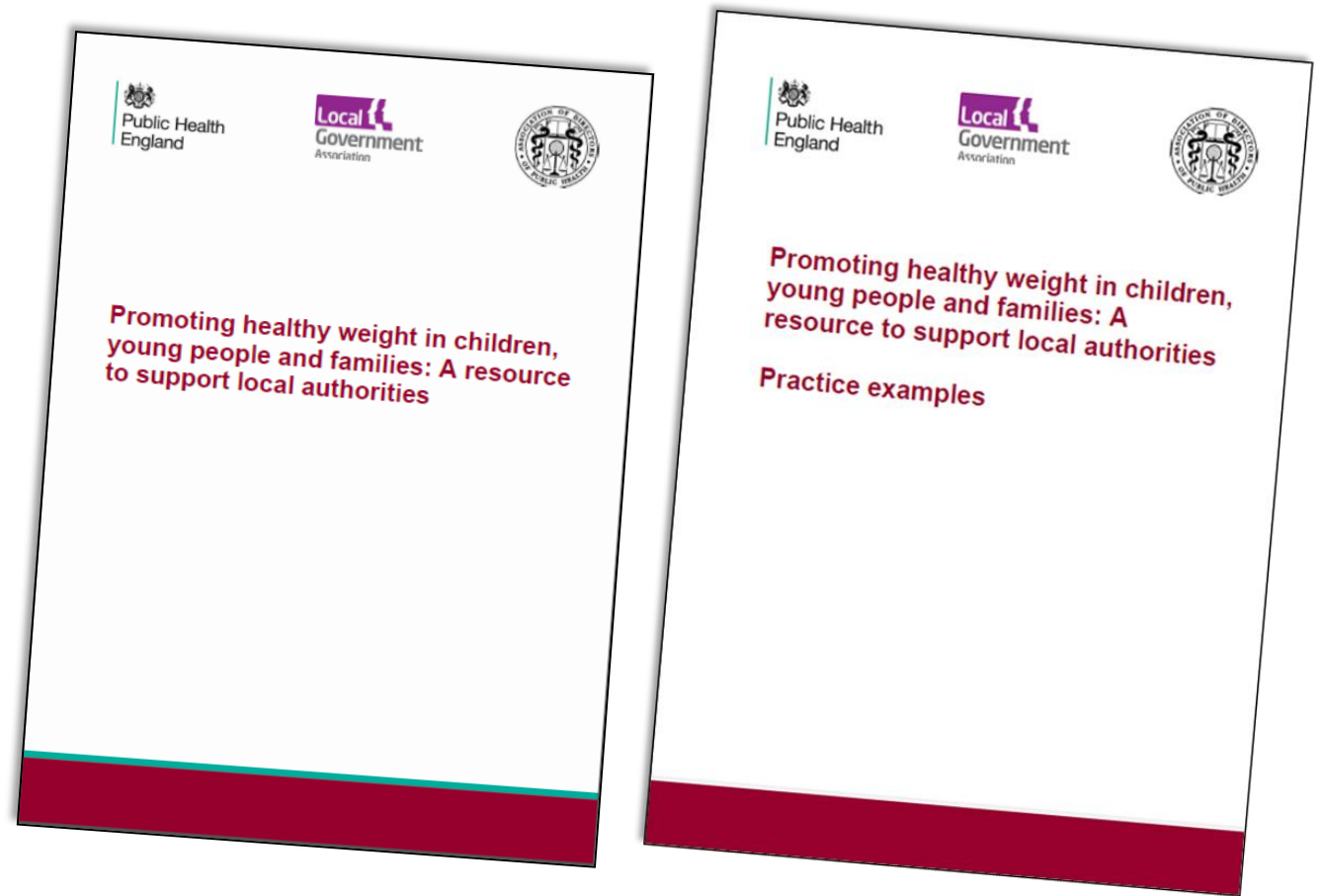
1. linkage across child and family weight management, the NCMP and schools; strong integration of the NCMP with elements of obesity prevention
2. a focus on schools and using 'whole school' approaches
3. a strong focus on early years nutrition and physical activity



<https://www.gov.uk/government/publications/national-child-measurement-programme-childhood-obesity>

Resource to support local authorities to take action to reduce childhood obesity

- **Series of Briefing notes**
 - why action is needed
 - key messages
 - opportunities for action
 - supporting resources
 - other useful resources
- **Local Practice examples**



<https://www.gov.uk/government/publications/promoting-healthy-weight-in-children-young-people-and-families>

<https://www.gov.uk/government/publications/whole-systems-approach-to-obesity>

Consistent messages for the workforce

Healthier weight promotion: consistent messaging

Resources to help the health and social care workforce provide a consistent set of healthier weight messages for children, young people and families.

A set of training tools

- preconception and maternity
- birth to aged four
- age five to eighteen

<https://www.gov.uk/government/publications/healthier-weight-promotion-consistent-messaging/promoting-a-healthier-weight-for-children-young-people-and-families-consistent-messaging>



Weight management – during pregnancy

Pregnant women will probably find that they are hungrier than usual, but they **don't need to eat for two**. Managing weight gain during pregnancy means they are likely to have fewer complications during pregnancy, labour and birth. It also means that their baby is more likely to be a healthy weight – both at birth and as they grow up.

Women should be made aware that **putting on too much weight, or trying to lose weight in pregnancy can be harmful** to both mother and baby.

Encourage women to 'Eat for you, not for two'. **It's only in the final three months of their pregnancy that they need around an extra 200 calories a day.** The additional calories required may be compensated by a reduction in daily physical activity.

Promote the Eatwell Guide. Eating healthy is important when pregnant and will help baby to grow and develop. Pregnant women don't need to go on a special diet but it is important to eat a variety of different foods everyday to get the right balance of nutrients for both mother and baby. There are some foods to avoid or take care with when pregnant. [Visit the NHS Choices website](#) for all the important facts.



Healthier weight conversations: support for professionals

Consensus statement;

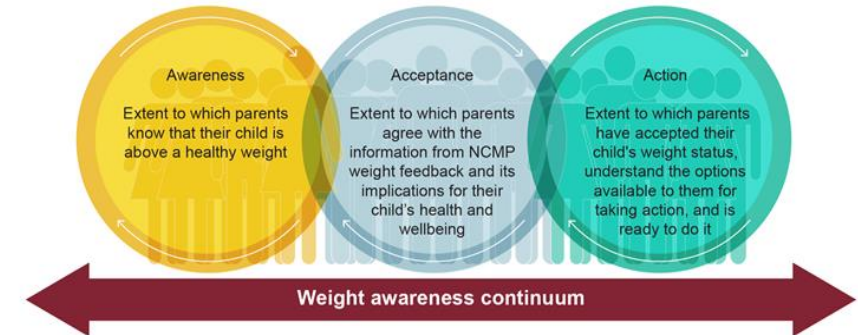
- Describes intent of 20 professional organisations to work together
- To support and enable the public health workforce to have healthier weight conversations to reduce childhood obesity, in order to support the national ambition to halve childhood obesity rates by 2030.

<https://www.gov.uk/government/publications/healthier-weight-conversations-support-for-professionals>

NCMP conversation framework for talking to parents

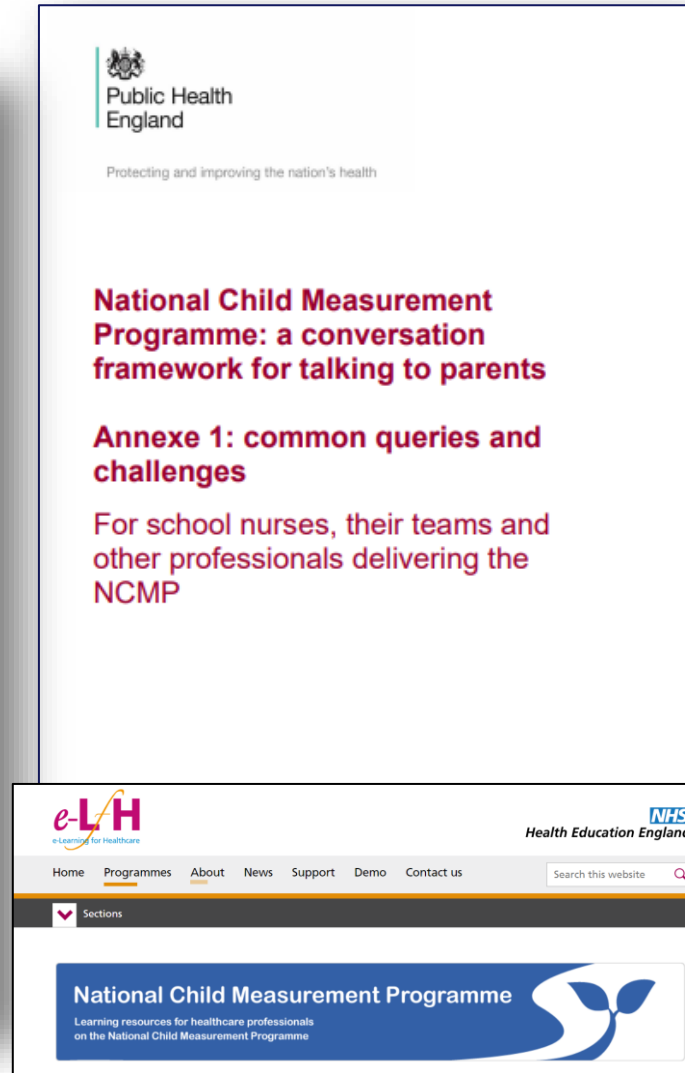
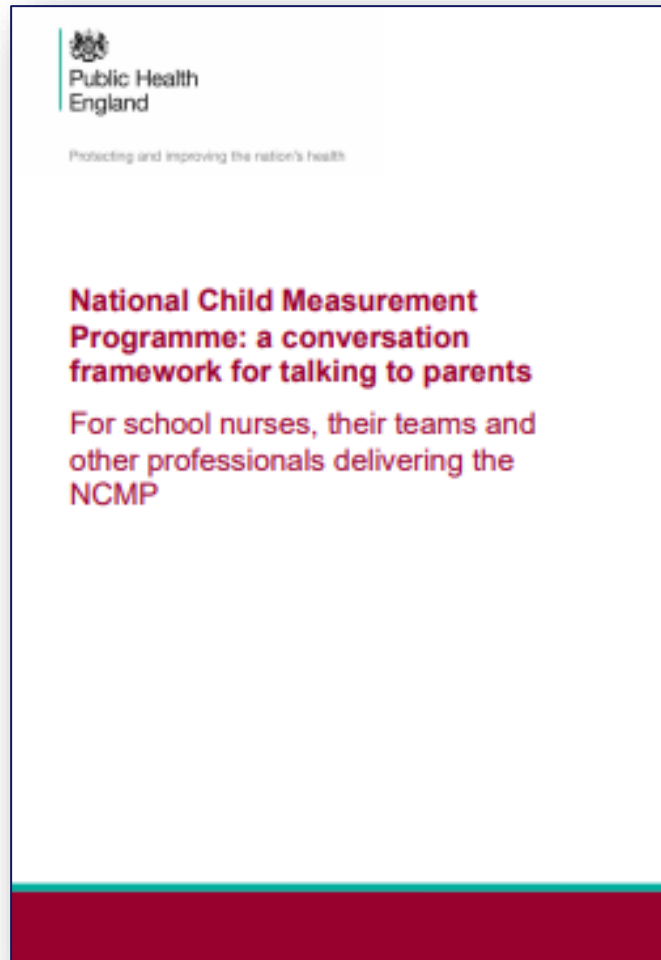
To have supportive and constructive conversations with parents about a child's weight

- ✓ Framework guidance
- ✓ Common queries and challenges
- ✓ Audio conversations



<https://www.gov.uk/government/publications/national-child-measurement-programme-conversation-framework>

NCMP: A conversation framework for talking to parents



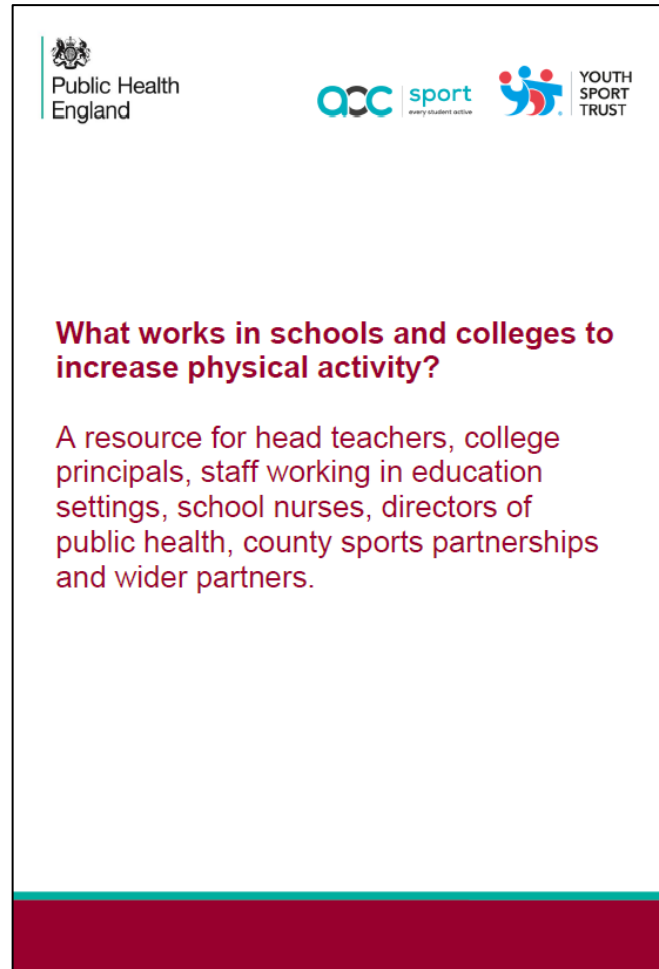
Resource to support health care professionals manage;

- ✓ Conversations about weight in the NCMP
- ✓ Understanding parents' reactions to the NCMP
- ✓ Supporting parents' through their NCMP journey
- ✓ Resources for further learning and information
- ✓ Appendix 1: Creating the conditions for supportive conversations about weight

NCMP: a conversation framework for talking to parents.

Audio conversations on Health Education England's e-Learning for Health (HEE eLfH)

Physical activity: what works in schools & colleges?



<https://www.gov.uk/government/publications/what-works-in-schools-to-increase-physical-activity-briefing>

<https://www.gov.uk/government/publications/active-mile-briefings>

Questions?



Public Health
England

Patterns and trends in child obesity in London

A presentation of the latest data on child obesity at regional level
February 2021



Public Health
England

National Child Measurement Programme

The data in this slide pack is from the National Child Measurement Programme (NCMP).

The NCMP is an annual programme that measures the height and weight of children in Reception (aged 4 to 5 years) and Year 6 (aged 10 to 11 years) in England. Although the NCMP only covers certain age groups, it normally includes the majority of children in those year groups (usually around 95% of eligible children).

The number of children measured in London in 2019/20 was 64,655 in Reception, and 76,925 in Year 6.

School closures, in March 2020, due to the Covid-19 pandemic meant that in 2019/20 the number of children measured was around 75% of previous years. Analysis by NHS Digital and PHE shows that national and regional level data is reliable and comparable to previous years although some caution should be exercised as less children were measured than usual. The data at local authority level and below is not as robust, as a result a small number of areas do not have published data for 2019/20 and data for some areas have a reliability flag indicating that figures need to be interpreted with caution. Further information is [available to download](#) from the Obesity Profile on Fingertips and in the NHS Digital [2019/20 annual report](#).

NCMP website:

[National Child Measurement Programme - NHS Digital](#)



NCMP data note

In 2019/20 in London the number of children measured was 76% of the number in the previous three years. In Reception 68% of children were measured compared to the previous three years and 85% in Year 6. Some caution should be exercised when looking at regional level results as less children were measured than usual, however PHE analysis has shown that the children measured have similar characteristics to those measured in previous years and are therefore still representative of the region.

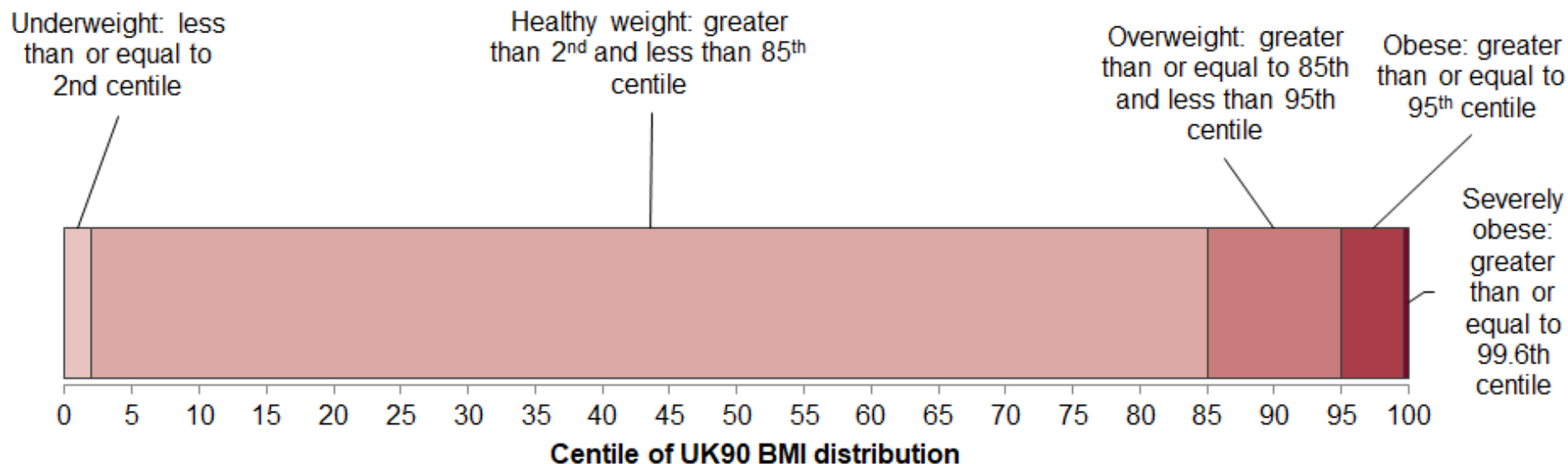
At local authority level, where the number of children measured in 2019/20 ranged from 25% up to 75% of the number measured in previous years the data has been published, but with an 'interpret with caution' reliability flag. In London 15 out of 33 boroughs have this data flag for Reception, and 7 out of 33 for Year 6. Detailed data quality tables are [available to download](#) from the Obesity Profile on Fingertips.

Where the number of children measured in 2019/20 is less than 25% of the number measured in previous years, the data has been suppressed from publication. This is due to small sample sizes which may present an unreliable estimate of prevalence in that local authority. This is the case for 3 boroughs for Reception, and none for Year 6 in London.



Child BMI classification definitions for population monitoring

For population monitoring purposes body mass index (BMI) is classified according to the following image using the British 1990 growth reference (UK90¹). This helps examine patterns in children's weight status across the country and over time.



¹ Cole TJ, Freeman JV, Preece MA. Body mass index reference curves for the UK, 1990. Archives of Disease in Childhood 1995 73:25-29.



Child obesity in London

Prevalence of excess weight by sex and age

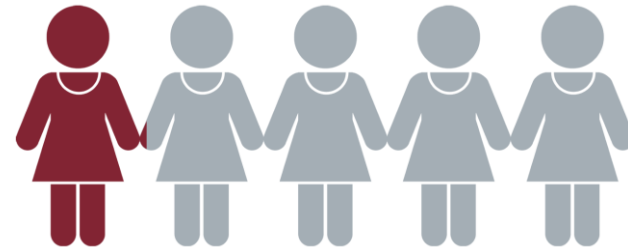
2019/20

Around 1 in 5 children in Reception (aged 4-5 years) are overweight or obese (21.6%)

Boys: 22.2%



Girls: 21.1%



Around 2 in 5 children in Year 6 (aged 10-11 years) are overweight or obese (38.2%)

Boys: 41.6%



Girls: 34.8%



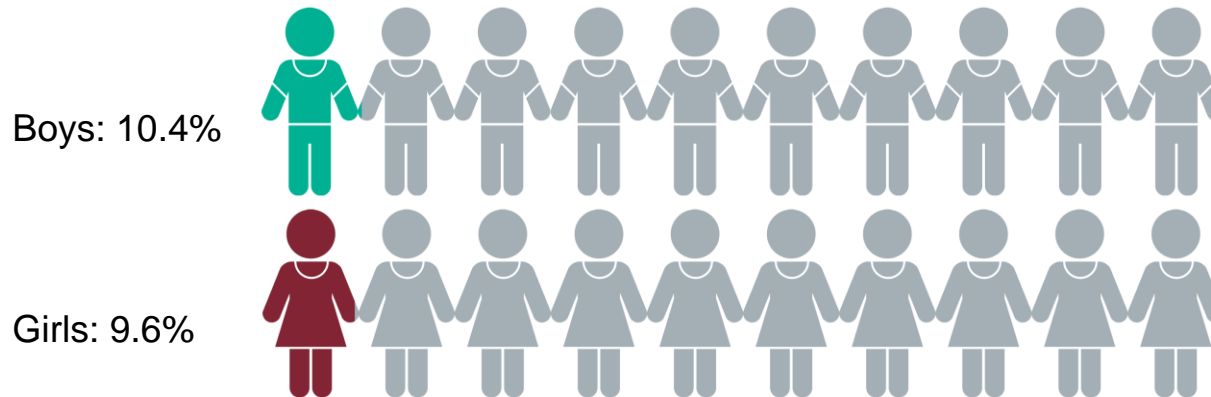


Child obesity in London

Prevalence of obesity by age and sex

2019/20

Around 1 in 10 children in Reception (aged 4-5 years) are obese (10%)



Over 1 in 5 children in Year 6 (aged 10-11 years) are obese (23.7%)

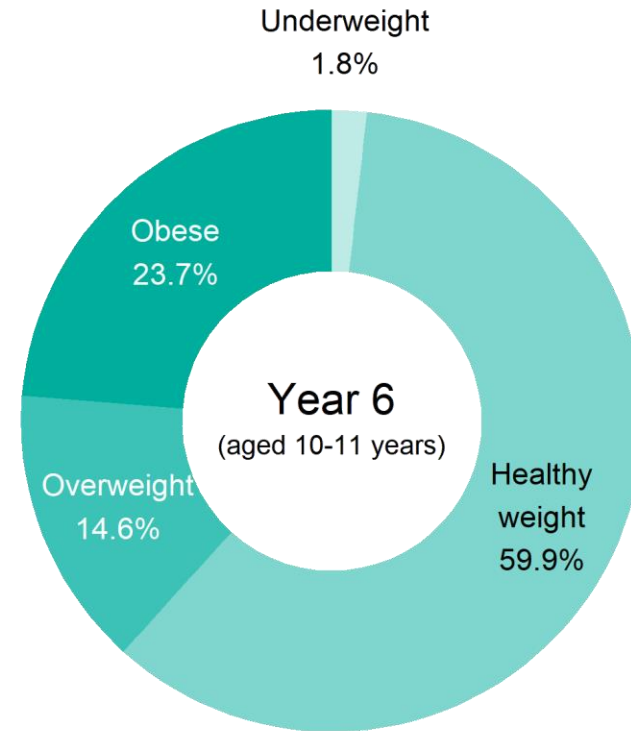
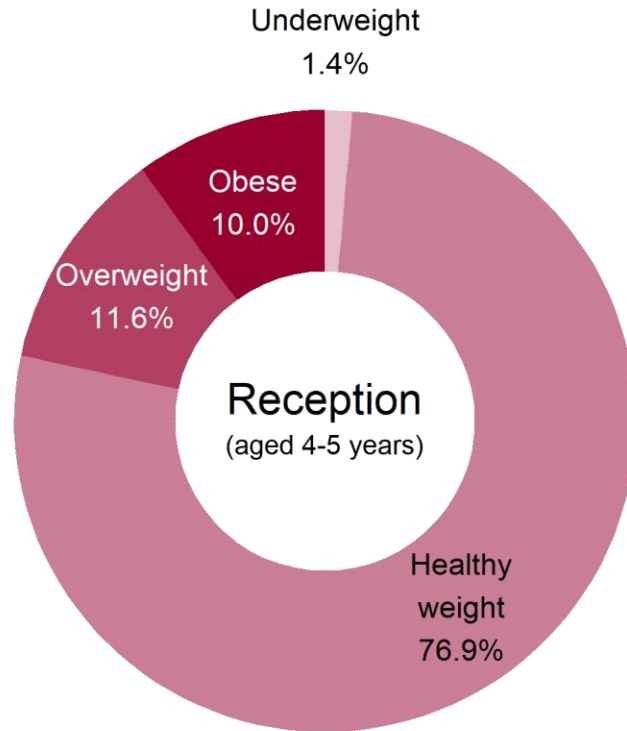




Child obesity in London

BMI status of children by age

2019/20



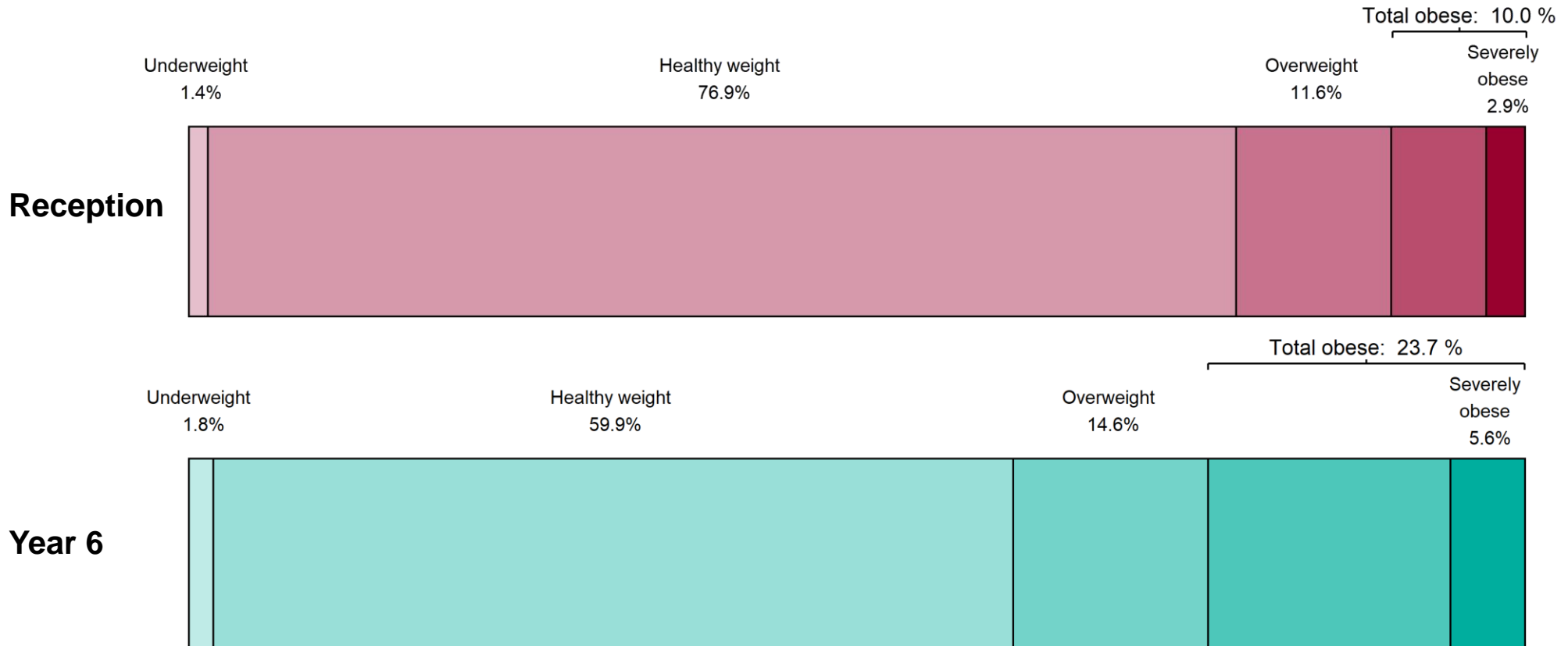


Public Health
England

Child obesity in London

BMI status of children by age

2019/20



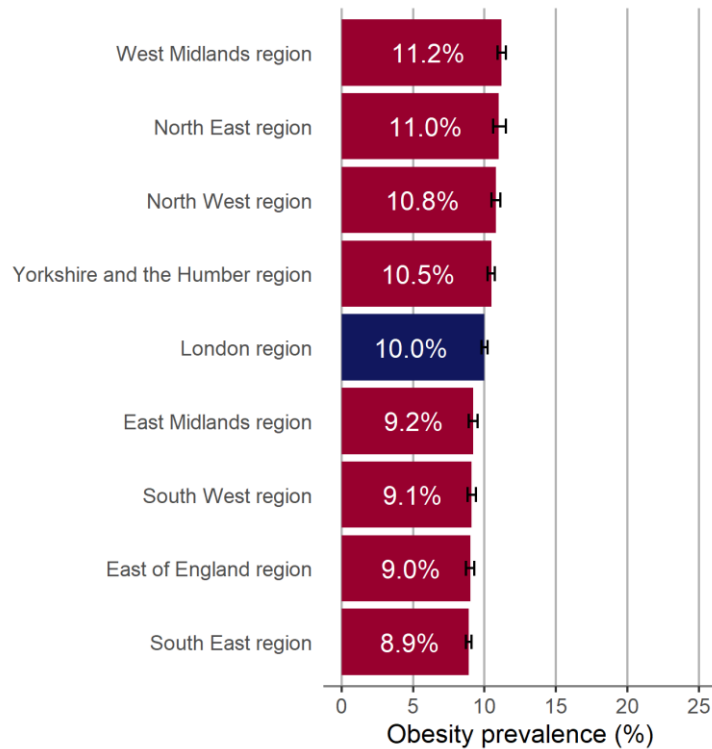


Child obesity in London

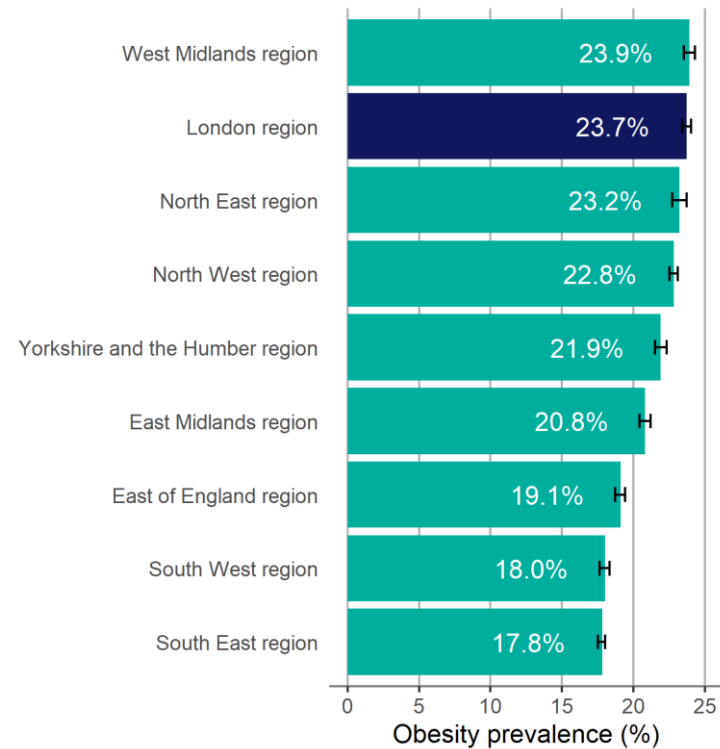
Prevalence of obesity by region and age

2019/20

Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



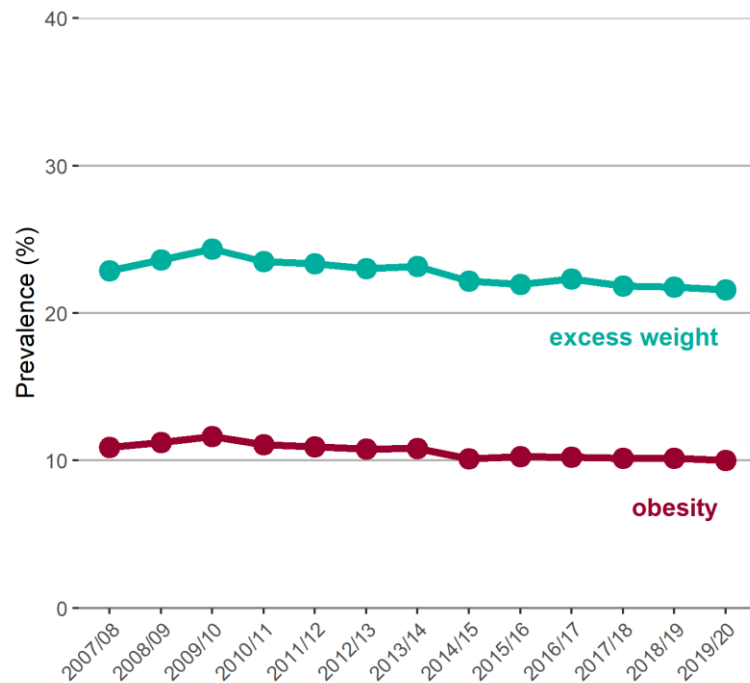
95% confidence intervals are shown



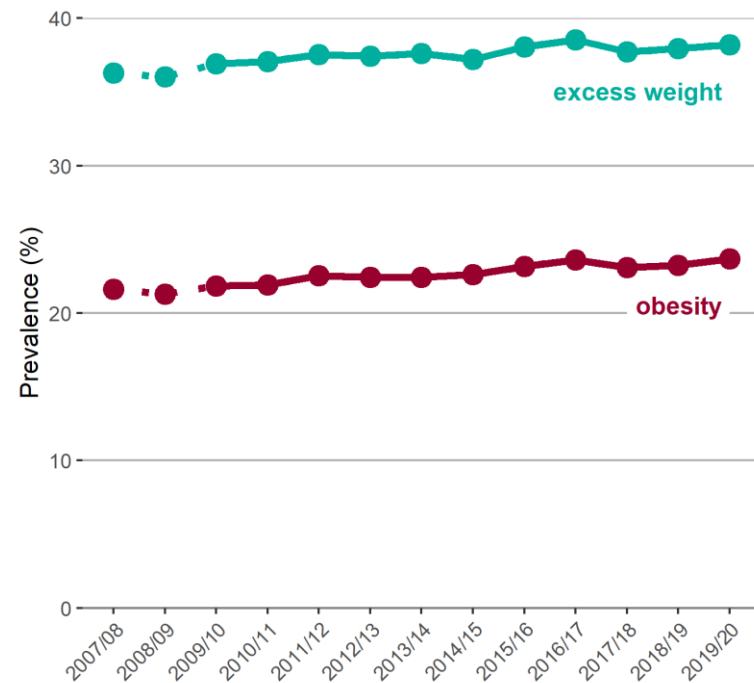
Child obesity in London

Trend in the prevalence of obesity and excess weight by age

Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



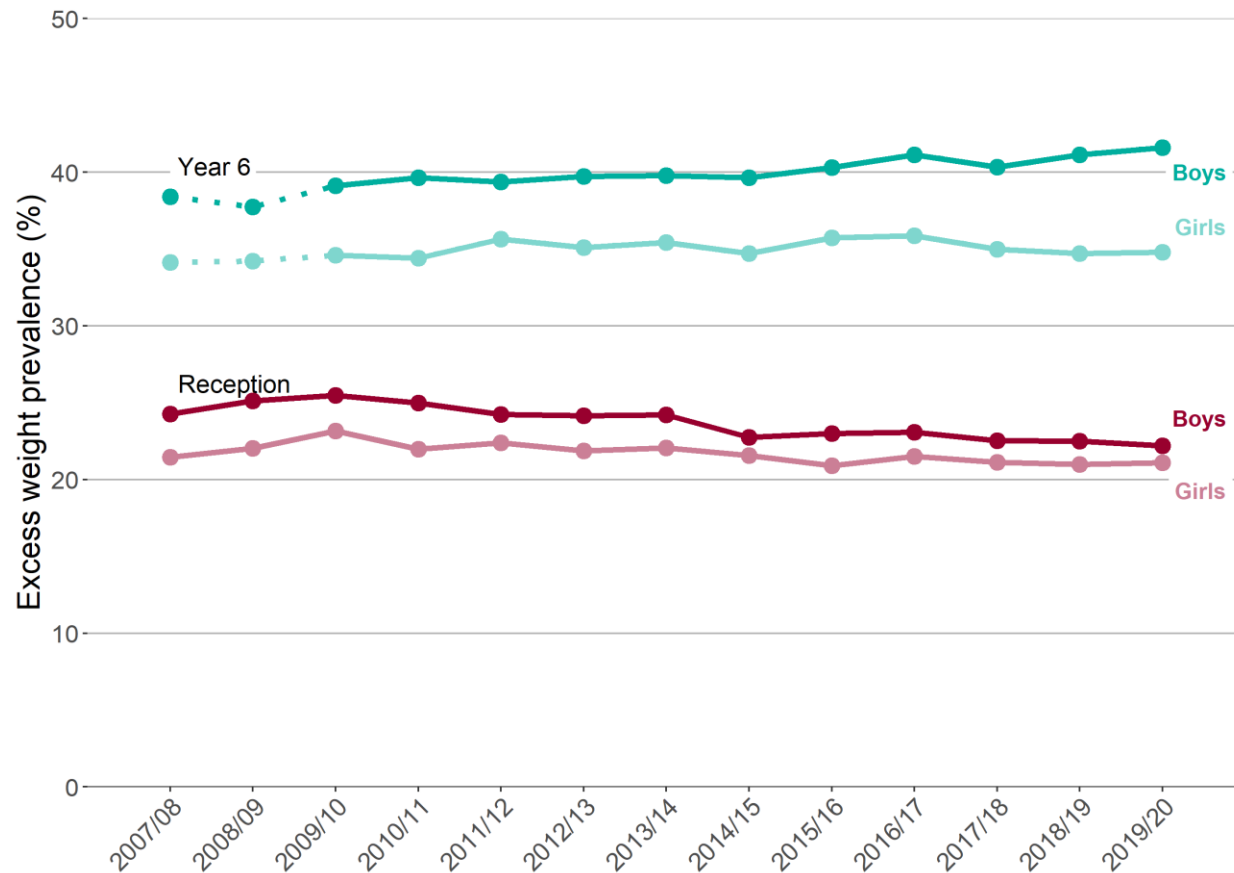
Note: for Year 6, comparisons are not possible with the first years of the NCMP (2007/08 to 2008/09) as low participation levels led to underestimation of obesity prevalence



Child obesity in London

Trend in the prevalence of excess weight by sex and age

Reception (aged 4-5 years) and Year 6 (aged 10-11 years)



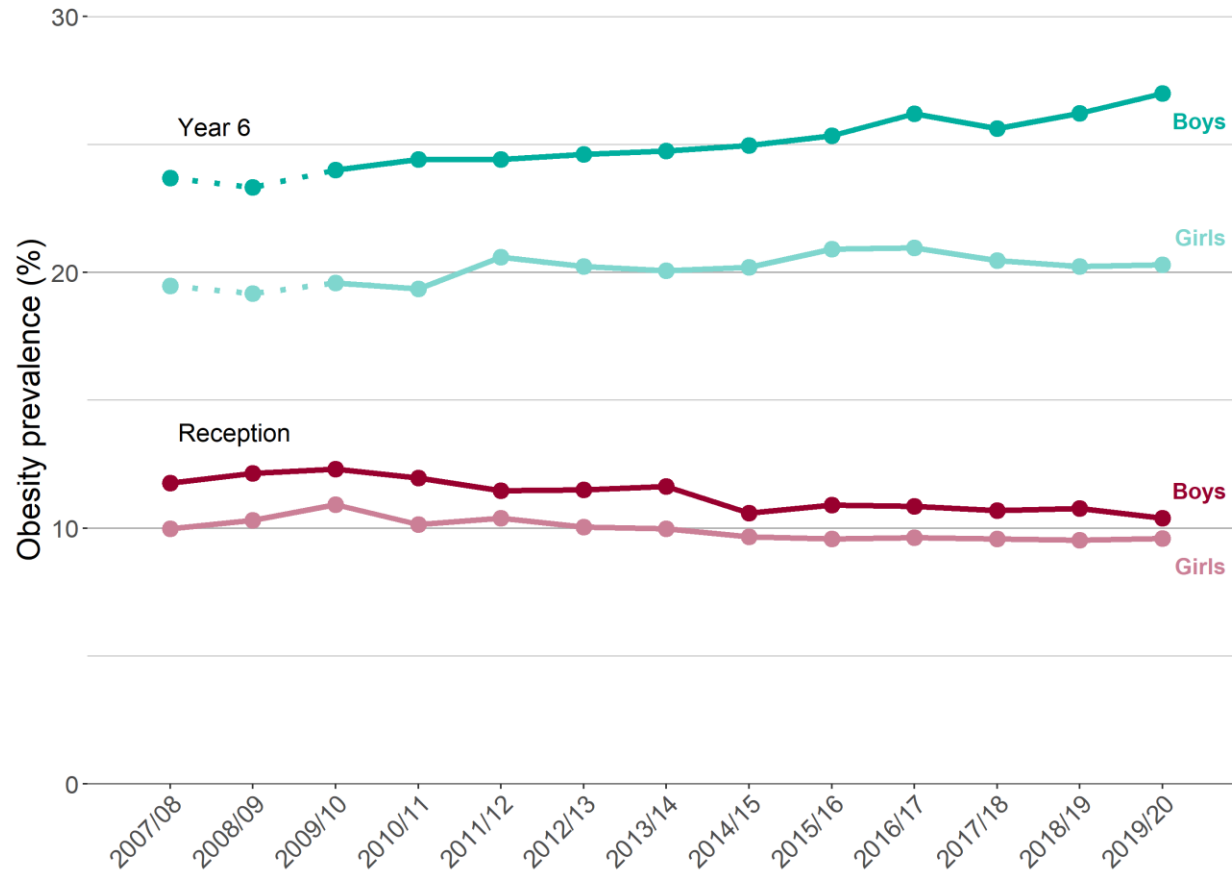
Note: for Year 6, comparisons are not possible with the first years of the NCMP (2007/08 to 2008/09) as low participation levels led to underestimation of obesity prevalence



Child obesity in London

Trend in the prevalence of obesity by sex and age

Reception (aged 4-5 years) and Year 6 (aged 10-11 years)



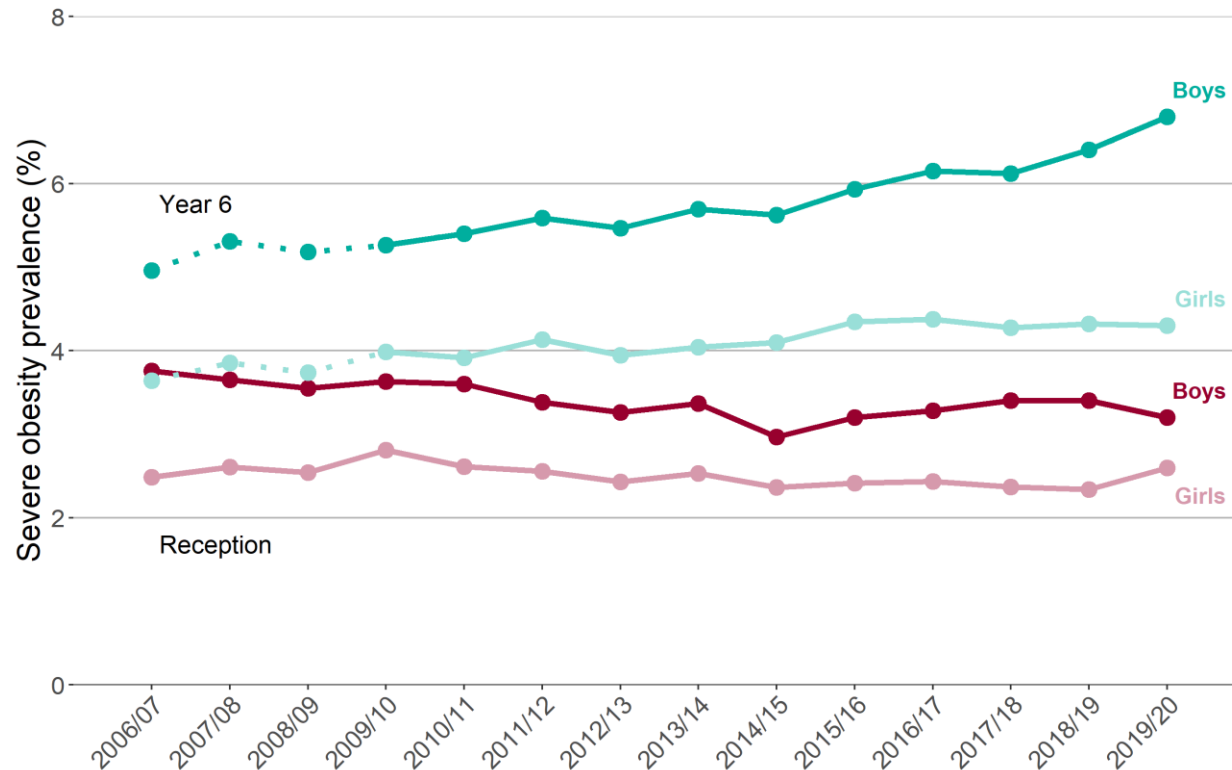
Note: for Year 6, comparisons are not possible with the first years of the NCMP (2007/08 to 2008/09) as low participation levels led to underestimation of obesity prevalence



Child obesity in London

Trend in the prevalence of severe obesity by age and sex

Reception (aged 4-5 years) and Year 6 (aged 10-11 years)



Note: for Year 6, comparisons are not possible with the first years of the NCMP (2006/07 to 2008/09) as low participation levels led to underestimation of obesity prevalence

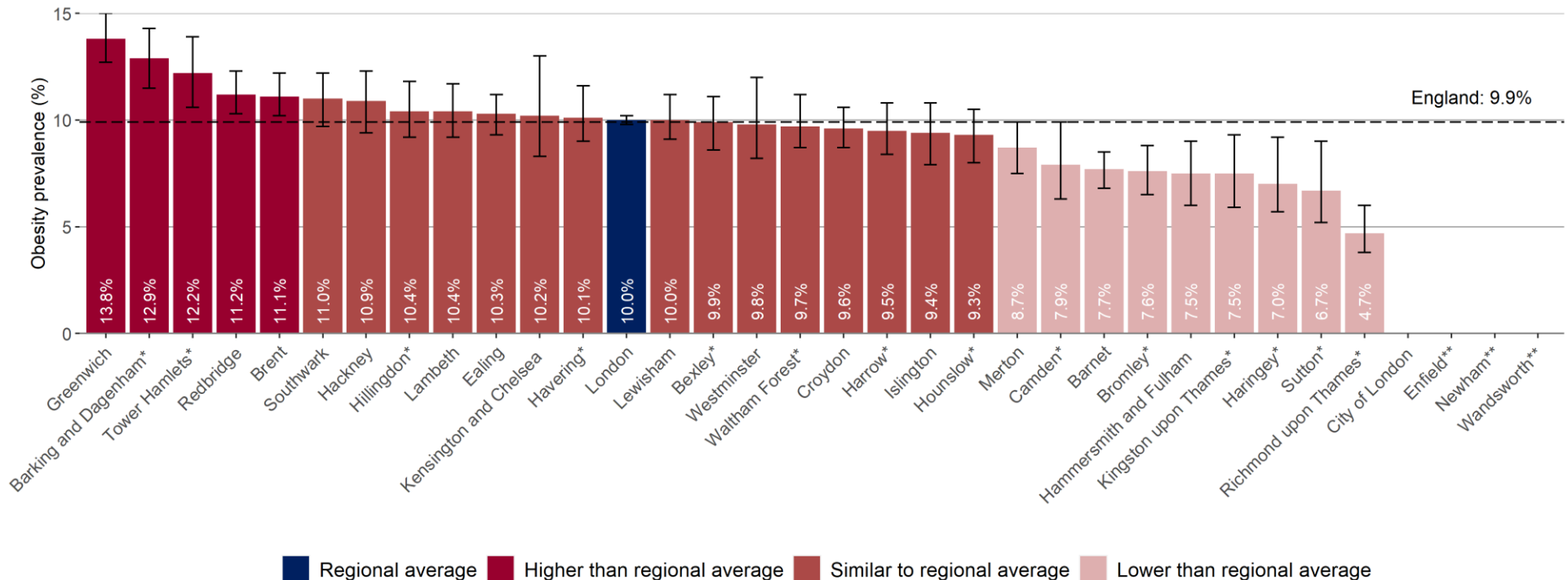


Child obesity in London

Prevalence of obesity, 2019/20

London District and Unitary Authorities

Children in Reception (aged 4-5 years)



Note: value for Hackney and City of London combined

95% confidence intervals are shown
*Interpret with caution: see Excel file for detail

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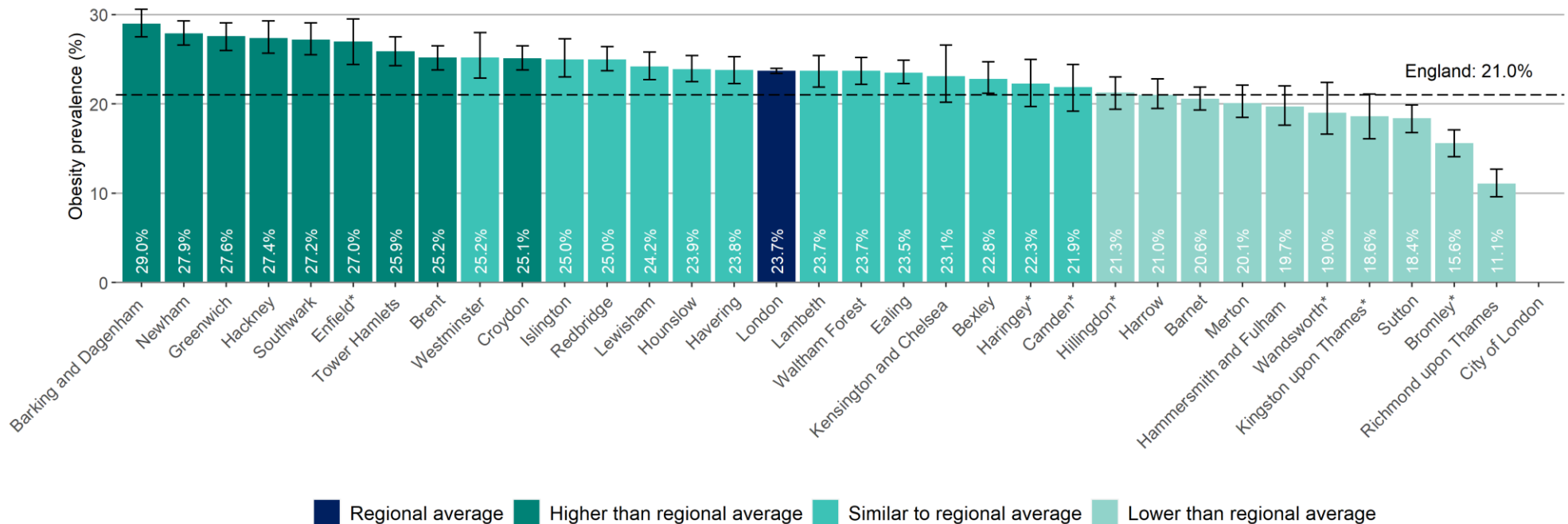


Child obesity in London

Prevalence of obesity, 2019/20

London District and Unitary Authorities

Children in Year 6 (aged 10-11 years)



Note: value for Hackney and City of London combined

95% confidence intervals are shown
*Interpret with caution: see Excel file for detail

**Data value suppressed

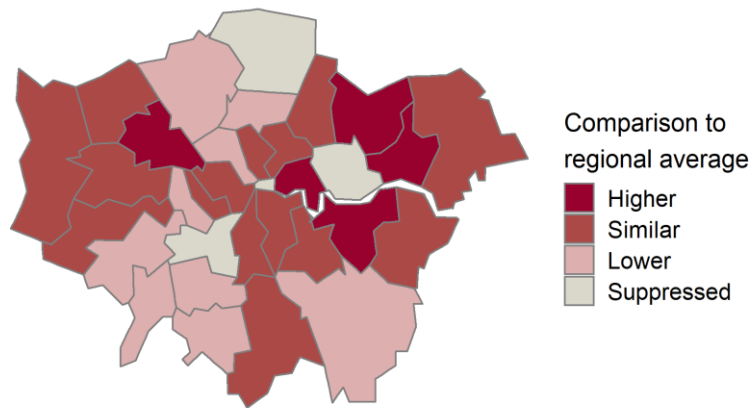


Child obesity in London

Prevalence of obesity by age, 2019/20

London District and Unitary Authorities

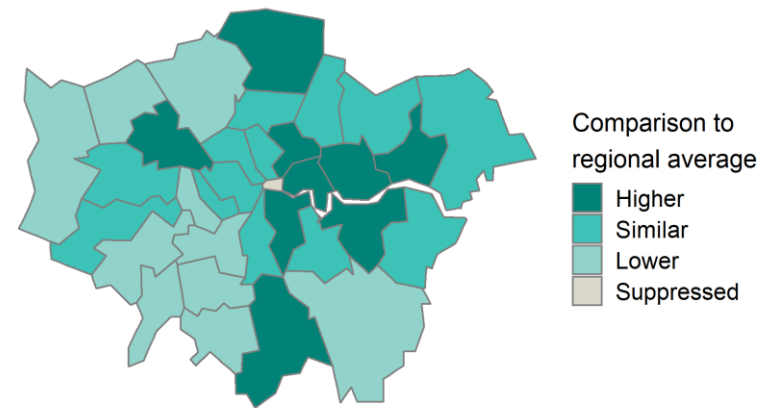
Children in Reception (aged 4-5 years)



Note: value for Hackney and City of London combined

Contains Ordnance Survey data © Crown copyright and database right 2021.
Contains National Statistics data © Crown copyright and database right 2021.

Children in Year 6 (aged 10-11 years)



Note: value for Hackney and City of London combined

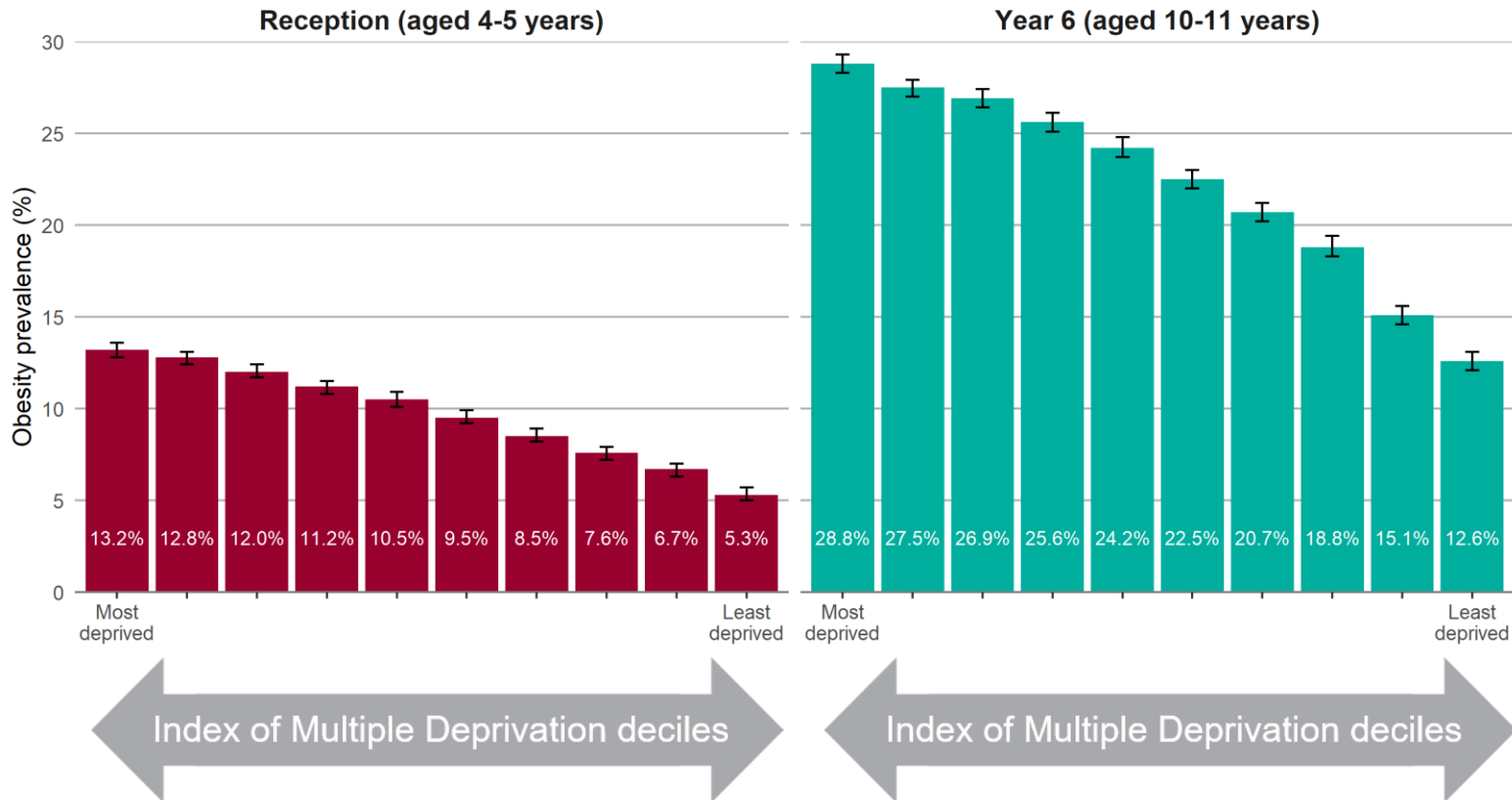
Contains Ordnance Survey data © Crown copyright and database right 2021.
Contains National Statistics data © Crown copyright and database right 2021.

Some local authority areas have a [data reliability flag](#) indicating that figures need to be interpreted with caution



Child obesity in London

Obesity prevalence by regional deprivation and age



Data grouped over 3 years (2017/18-2019/20)
Region-specific deprivation deciles displayed (IMD 2019)
95% confidence intervals are shown



Child obesity in London

Severe obesity prevalence by regional deprivation and age



Data grouped over 3 years (2017/18-2019/20)
Region-specific deprivation deciles displayed (IMD 2019)
95% confidence intervals are shown



Slope Index of Inequality

The Slope Index of Inequality (SII) is a measure of the social gradient in an indicator and shows how much the indicator varies with deprivation (by deprivation decile).

It takes account of inequalities across the whole range of deprivation within each region and summarises this into a single number.

The higher the value of the SII, the greater the inequality within an area. The SII is greater in Year 6 children than in Reception.

Increasing SII over time indicates widening inequality.

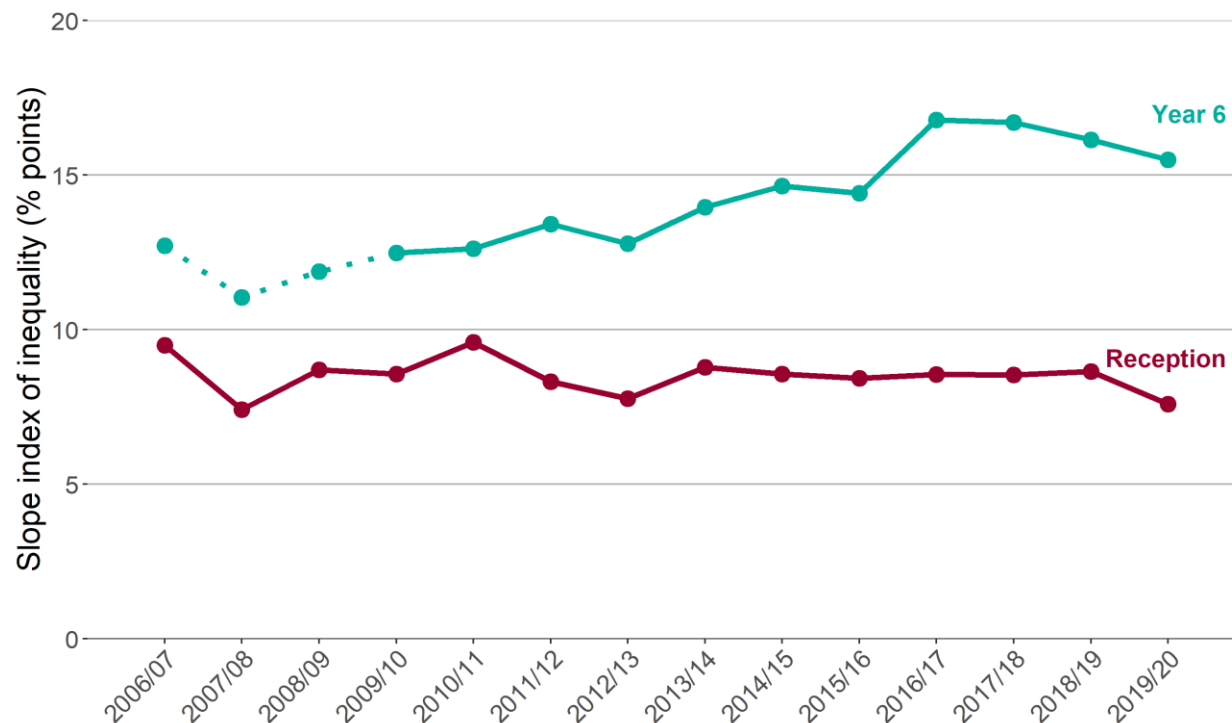
For further information on the SII see: Regidor E. Measures of health inequalities: part 2. Journal of Epidemiology & Community Health 2004 –58:900-903.



Child obesity in London

Trend in the slope index of inequality by age

Reception (aged 4-5 years) and Year 6 (aged 10-11 years)



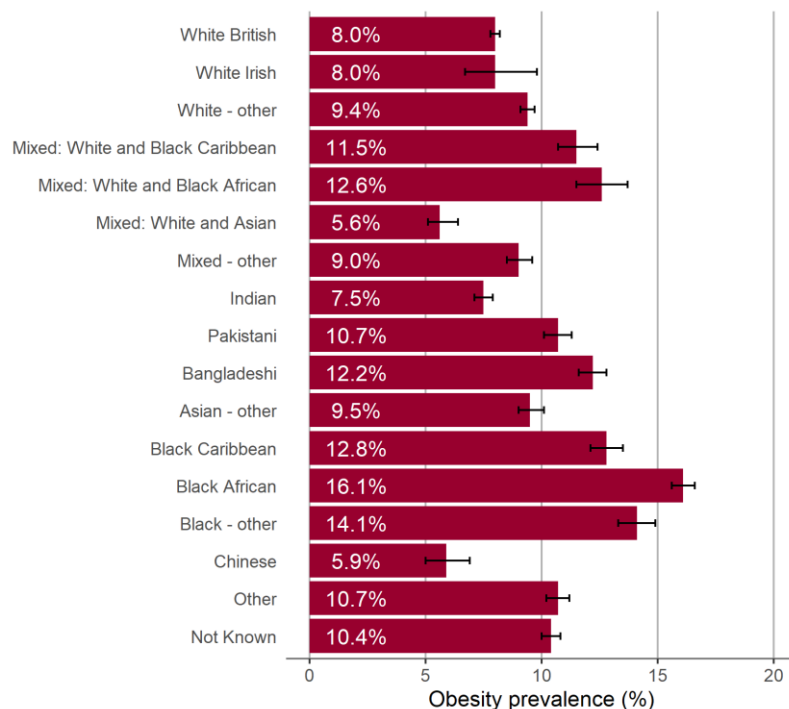
Note: for Year 6, comparisons are not possible with the first years of the NCMP (2006/07 to 2008/09) as low participation levels led to underestimation of obesity prevalence



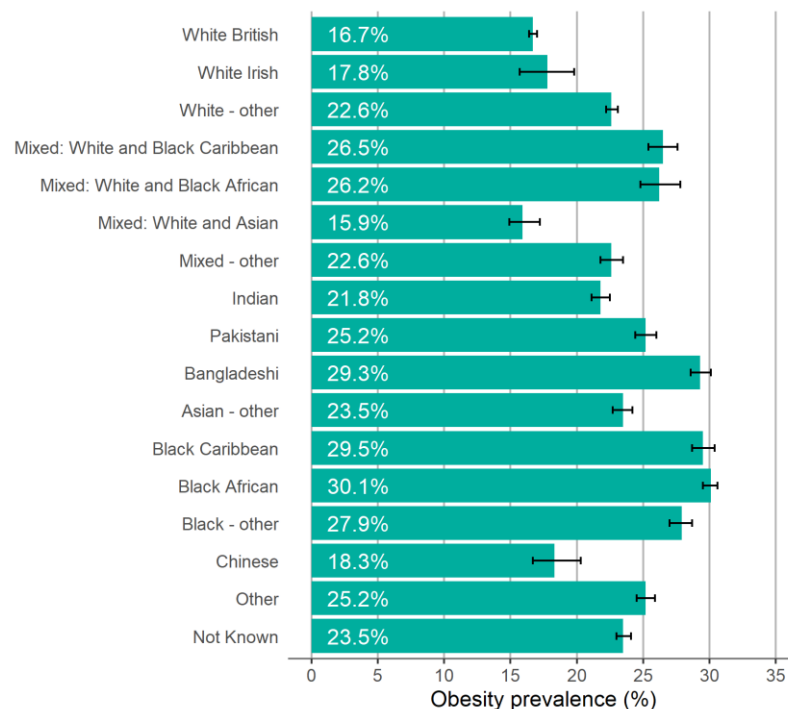
Child obesity in London

Obesity prevalence by ethnic group and age

Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



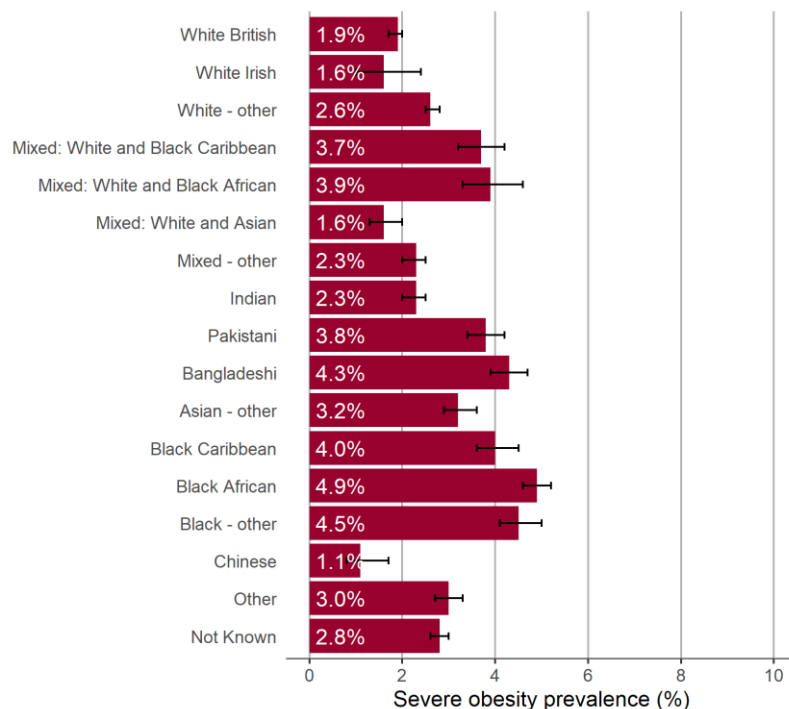
Data grouped over 3 years (2017/18-2019/20)
95% confidence intervals are shown



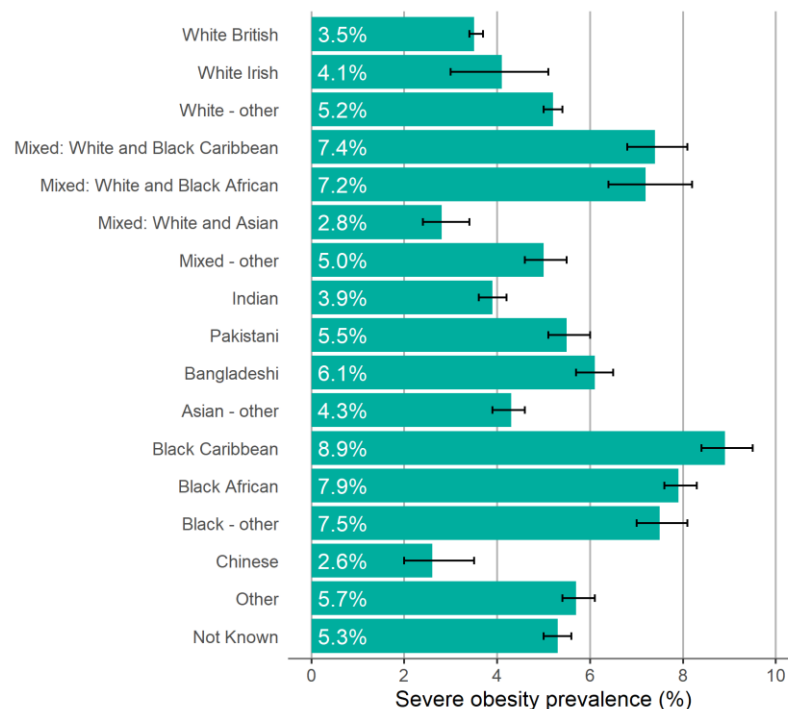
Child obesity in London

Severe obesity prevalence by ethnic group and age

Children in Reception (aged 4-5 years)



Children in Year 6 (aged 10-11 years)



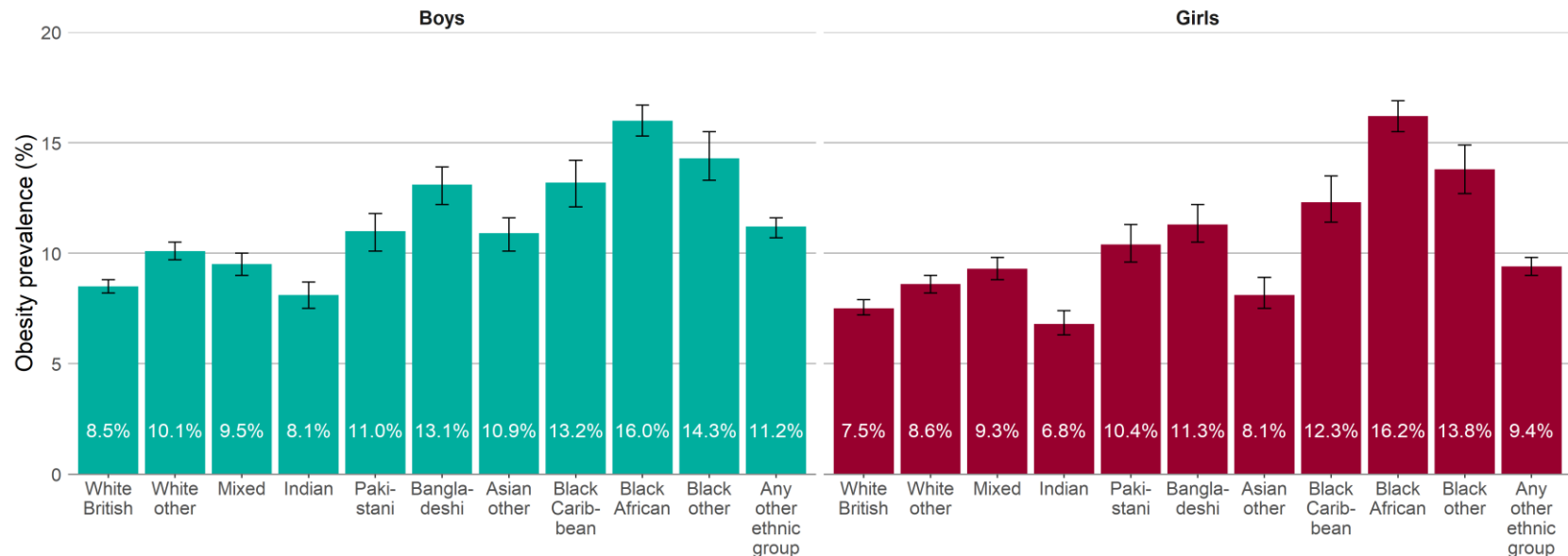
Data grouped over 3 years (2017/18-2019/20)
95% confidence intervals are shown



Child obesity in London

Obesity prevalence by ethnic group and sex

Children in Reception (aged 4-5 years)



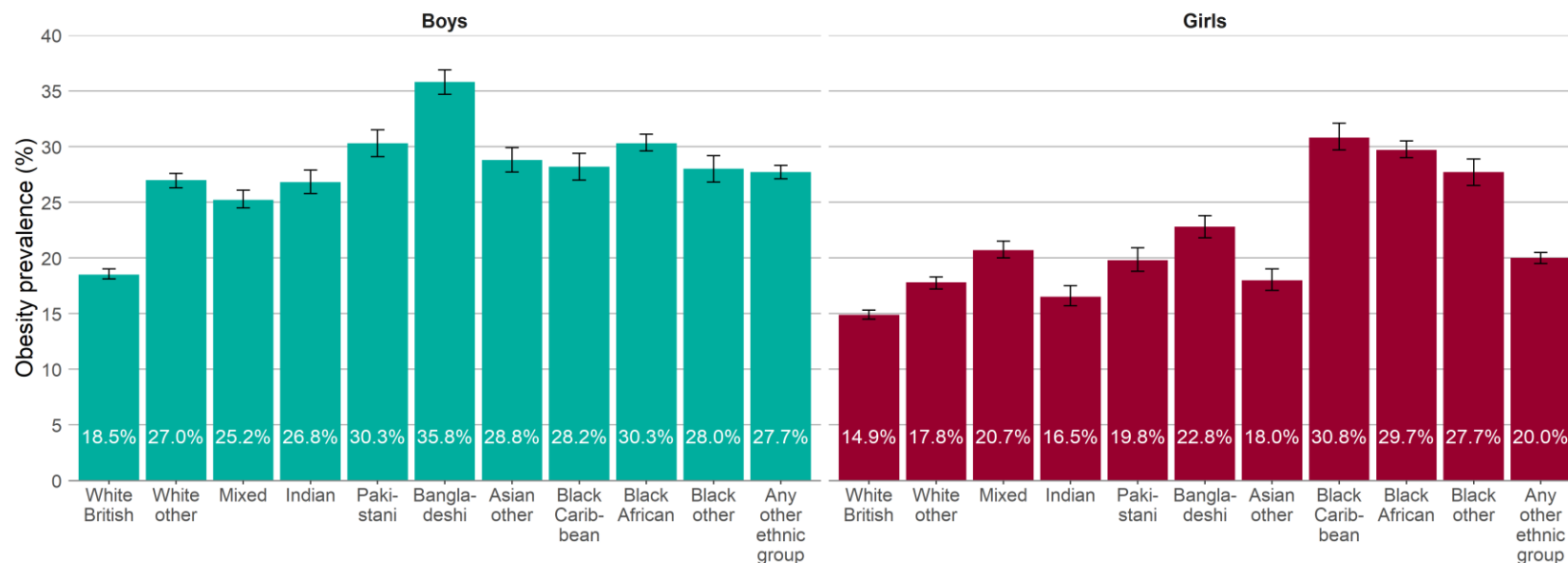
Data grouped over 3 years (2017/18-2019/20)
95% confidence intervals are shown



Child obesity in London

Obesity prevalence by ethnic group and sex

Children in Year 6 (aged 10-11 years)

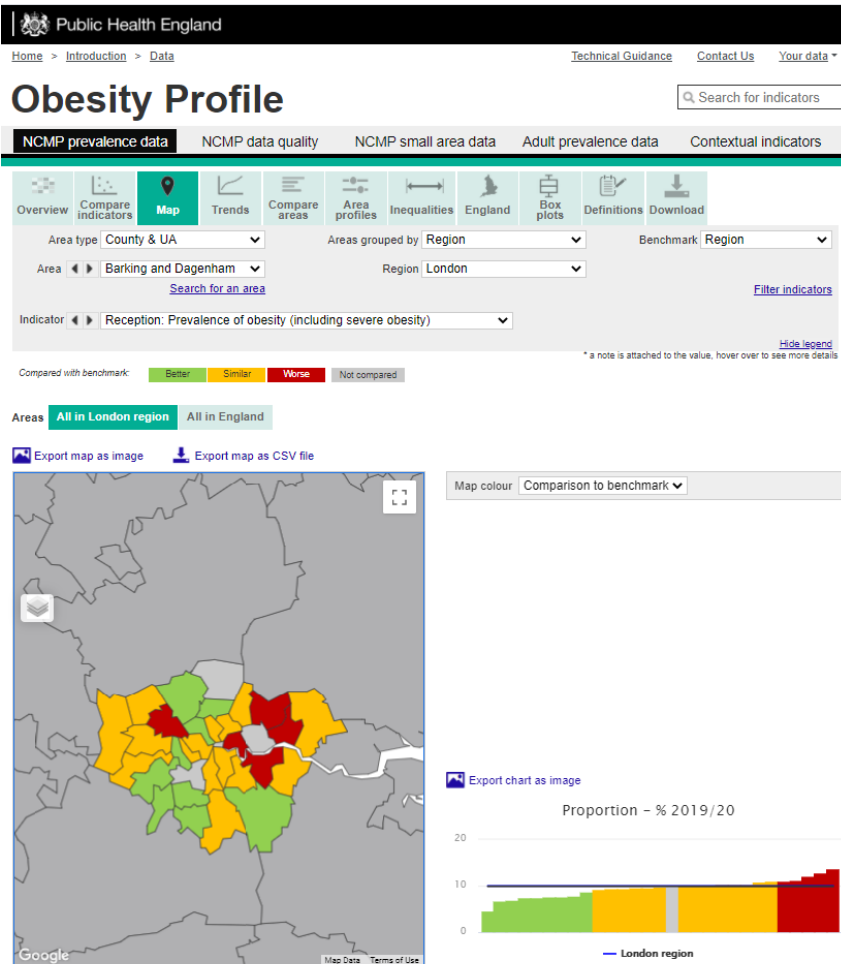


Data grouped over 3 years (2017/18-2019/20)
95% confidence intervals are shown



Public Health
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Obesity Profile - an online tool



Screenshot of webpage

Child obesity data from the NCMP 2006/07 to 2019/20 is available in an online tool.

The tool provides local authority level child data (underweight, healthy weight, overweight, obesity, excess weight - overweight including obesity, severe obesity) for Reception (aged 4-5 years) and Year 6 (aged 10-11 years).

The tool also presents trend data and enables easy comparison of local authority data, allowing users to compare regional neighbours and local authorities with similar characteristics. Inequalities data (sex, deprivation and ethnic group) is also available by local authority.

View the online tool:

<http://fingertips.phe.org.uk/profile/national-child-measurement-programme>



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Further information:

PHE Obesity Intelligence Knowledge Hub:

[Sign up on https://khub.net/](https://khub.net/) and join the PHE Obesity Intelligence group

PHE Obesity Intelligence Knowledge Hub public library (no need to join):

<https://khub.net/web/phe-obesity-intelligence/public-library>

PHE Web:

<https://www.gov.uk/guidance/phe-data-and-analysis-tools#obesity-diet-and-physical-activity>

Email: ncmp@phe.gov.uk

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Public Health England exists to protect and improve the nation's health and wellbeing, and reduce health inequalities. We do this through world-leading science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health and Social Care, and a distinct delivery organisation with operational autonomy. We provide government, local government, the NHS, Parliament, industry and the public with evidence-based professional, scientific and delivery expertise and support.

Public Health England, Wellington House, 133-155 Waterloo Road, London SE1 8UG
Tel: 020 7654 8000
www.gov.uk/phe

Twitter: [@PHE_uk](https://twitter.com/PHE_uk)

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