



Newham Public Health Fact Sheet: Child Healthy Weight: Reception

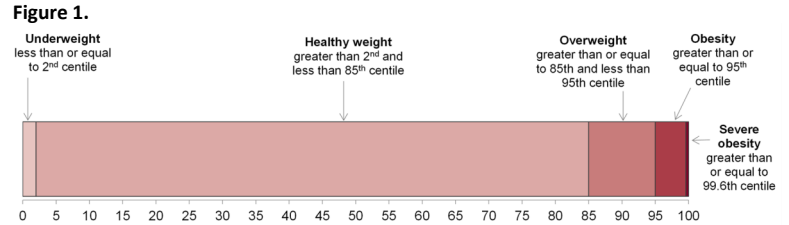
June 2023



What is the National Child Weight Measurement Programme (NCMP)?

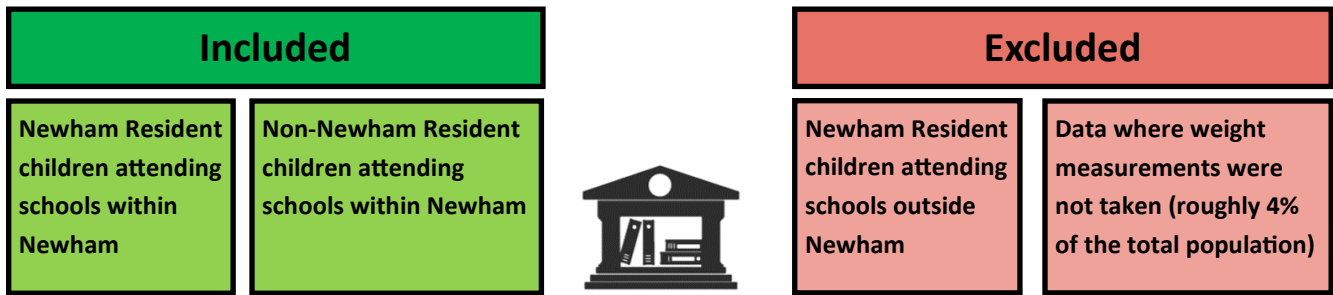
The NCMP obtains annual height and weight measurements for Reception and Year 6, and is part of the governments approach to tackling childhood obesity. BMI scores are grouped into weight categories using percentile scores (as shown in figure 1). BMIs are grouped into the following categories:

- Underweight
- Healthy Weight
- Overweight (Including obesity & severe obesity)
- Obesity (Including severe obesity)
- Obesity



Source: OPHD

Data Population



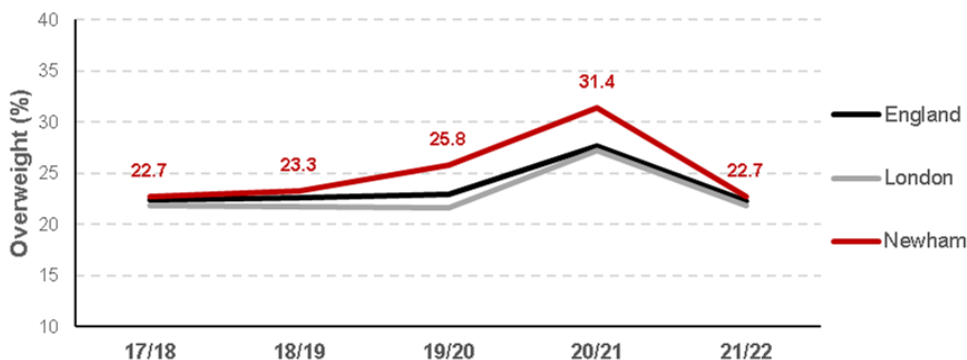
Key Messages

- The percentage of healthy weight reception children has increased (**7.6%**) for the 2021/2022 year, but remains below the 2017/2018 prevalence (prevalence = number of overweight children/all children)
- Wards with the highest overweight prevalence had the smallest reduction in overweight prevalence for the most recent year (2021/2022)
- There is a higher prevalence of overweight boys when compared to girls in Newham
- Girls have seen a bigger reduction in overweight prevalence when compared to boys for the 2021/2022 year
- Overweight prevalence varies by ethnicity, highest for black ethnic and mixed ethnic children

Newham: Yearly Trends

- The percentage of overweight and obese reception children have dropped for the 2021/2022 academic year. Figures are now similar to the 2017/2018 academic year.
- Despite reductions for the most recent year, the percentage of overweight and obese reception children in Newham is above the London and England values.

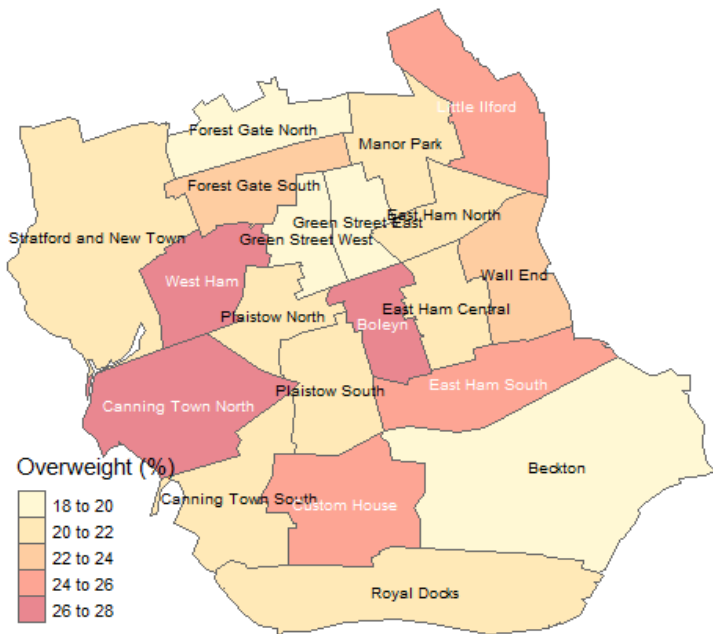
Figure 2. The Percentage of Overweight Children by Area (England, London, & Newham)



Data for the 2019/2020 academic year uses a smaller sample (roughly an 80% reduction), and as such, data for that year should be viewed with caution.

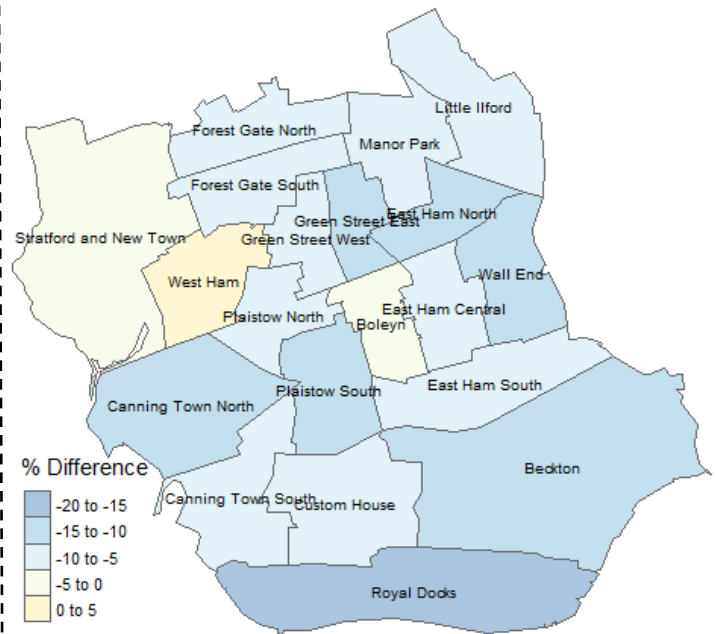
Newham: Geography

Map 1. Prevalence Overweight by Ward (2021/2022)



Overweight prevalence is highest for the wards of West Ham (27.4%), Canning Town North (26.3%), and Boleyn (26.7%).

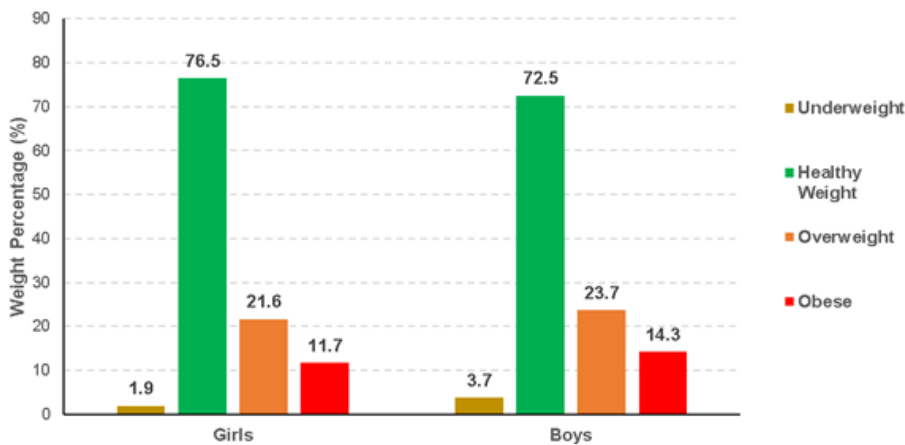
Map 2. Change in Prevalence of Overweight by Ward (20/21 cf. 21/22)



Only the ward of West Ham had an increase in overweight prevalence for the 2021/2022 year.

Newham: Gender

Figure 3. Percentage of Weight Categories by Gender (2021/2022)



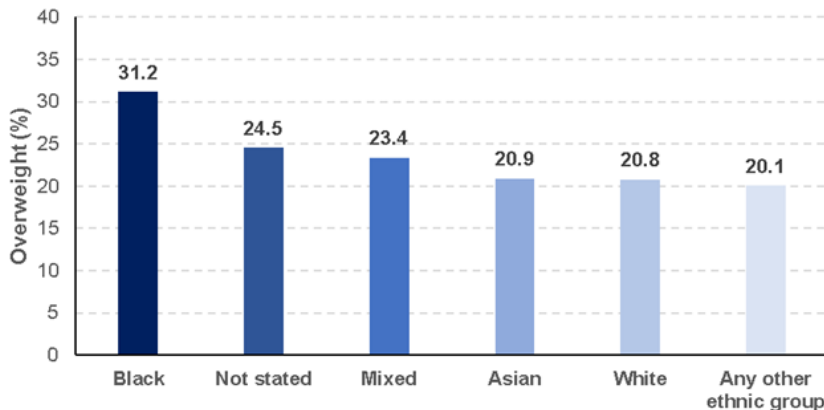
Current (2021/2022) overweight & obesity prevalence is 2.1 & 2.6 percentage points higher for boys when compared to girls.



The percentage of underweight boys is 1.8% higher than underweight girls

Newham: Ethnicity

Figure 4. Percentage of Overweight Children by Ethnicity (2021/2022)



The percentage of overweight reception children is highest for Black ethnic groups (31.2%).



Ethnicity data for the 2021/2022 year was not available for roughly 1% of all students, better than the previous year (7%).

Support in Newham

[Xyla](#) is the Newham weight management provider, providing support for CYP through the Health Futures Programme

[Nutrition Kitchen](#) is a free programme running for 12 weeks—incorporating cooking and physical activity

Newham London

Please contact tom.seery@newham.gov.uk if you have any questions