



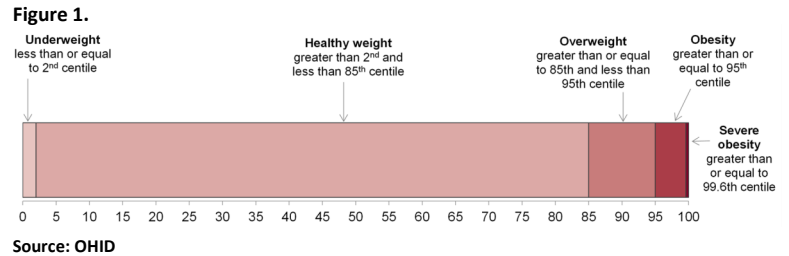
Newham Public Health Fact Sheet: Child Healthy Weight: Year 6 June 2023



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).

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



Data Population



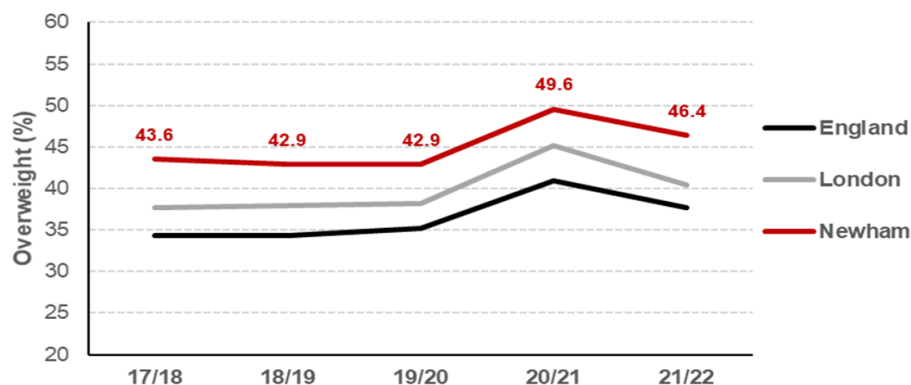
Key Messages

- The percentage of healthy weight year 6 children has increased (**2.8%**) 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
- Boy and girl overweight prevalence for 2021/2022 is higher than the 2017/2018 academic year
- Overweight prevalence varies by ethnicity, highest for black ethnic and mixed ethnic children

Newham: Yearly Trends

- The percentage of overweight and obese year 6 children have dropped for the 2021/2022 academic year
- Despite reductions for the most recent year, the percentage of overweight and obese year 6 children in Newham is above the London and England values

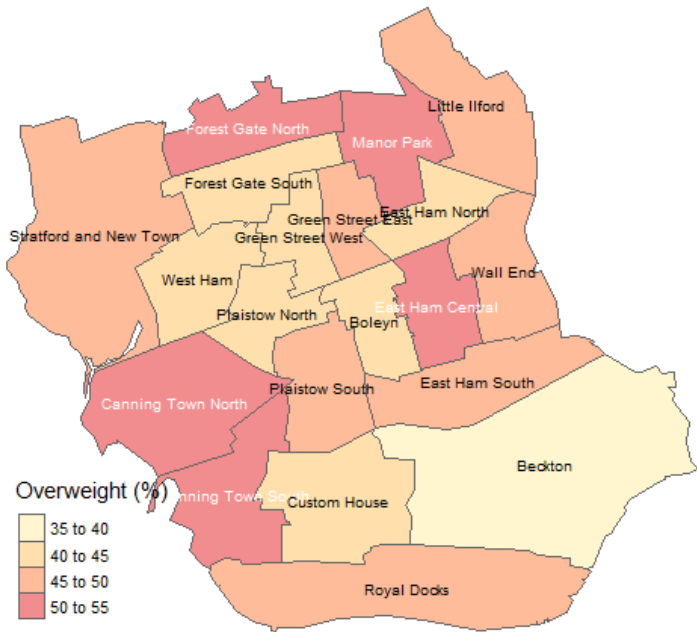
Figure 2. The Percentage of Overweight Children by Area (England, London, & Newham)



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.

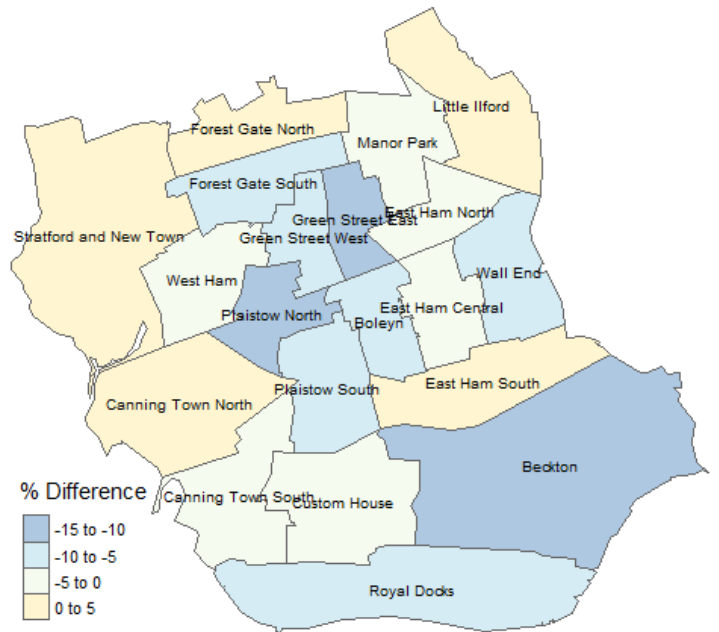
Newham: Geography

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



Overweight prevalence is highest for the wards of Canning Town North (53.6%), & Canning Town South (51.1%).

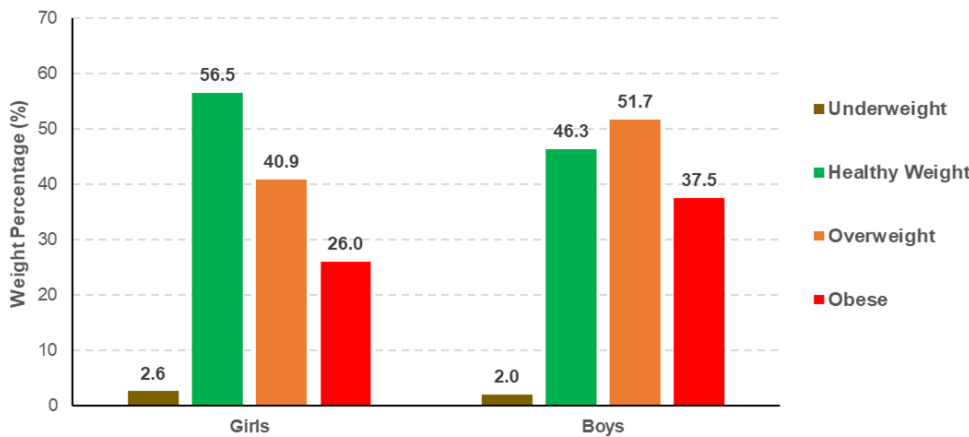
Map 2. Change in Prevalence of Overweight by Ward (20/21 cf. 21/22)



The wards of Beckton (-11.7%) and Green Street East (-10.5%) had the biggest reduction in overweight prevalence.

Newham: Gender

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



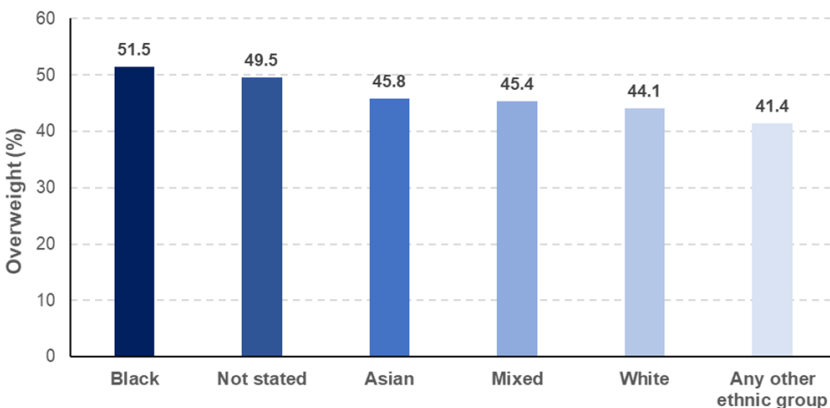
Current (2021/2022) overweight & obesity prevalence is **10.8 & 11.5** percentage points higher for **boys** when compared to **girls**.



The percentage of underweight **girls** is **0.6%** higher than underweight **boys**.

Newham: Ethnicity

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



The percentage of overweight reception children is highest for Black ethnic groups (**51.5%**).



Ethnicity data for the 2021/2022 year was not available for roughly **2%** of all students, better than the previous year (**11%**).

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

