



# Results of the National Childhood Measurement Programme for Wiltshire 2012 School Year



Wiltshire Council  
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# Welcome



Maggie Rae, Corporate Director,  
Wiltshire Council



Keith Humphries, Cabinet Member  
Public Health, Public Protection,  
Adult Social Care and Housing

We are delighted to be presenting this report on the latest National Child Measurement Programme (NCMP) results for Wiltshire.

Each year the programme measures the height and weight of more than 9,000 children in Reception Year and Year 6 within state-maintained schools with pupils categorised as underweight, healthy weight, overweight or obese. As one of the new statutory public health functions of the council the NCMP provides vital information on current levels of childhood obesity in Wiltshire to inform commissioning of services to meet these needs and monitor progress in tackling obesity.

Results for the 2012 school year have confirmed that levels of overweight and obesity in Wiltshire continue to be lower than both the South West and England averages. However, because of the number of children it affects, childhood obesity remains a significant public health challenge to our children's health and wellbeing.

The NCMP has been running for seven years in Wiltshire and over this time we have seen notable improvements in participation in the programme with the programme now outperforming the England average.

We would like to take this opportunity to thank everyone involved in making this important programme a success, including the Great Western Hospital Trust Public Health Nursing teams who carry out the measurement process; our local schools which continue to support delivery of the programme on their sites; and also the council's public health and education and learning teams who ensure the programme runs smoothly and that results are acted on each year.

A handwritten signature in black ink that reads "Maggie Rae".

Maggie Rae, Corporate Director

A handwritten signature in black ink that reads "K. Humphries".

Keith Humphries, Cabinet Member  
Public Health, Public Protection,  
Adult Social Care and Housing

# Introduction

The National Child Measurement Programme is a statutory public health function of the Local Authority (LA) which provides vital information on rates of childhood obesity locally and nationally. This annual programme measures the height and weight of over 9,000 children in Reception Year and Year 6 within state-maintained schools with pupils categorised as underweight, healthy weight, overweight or obese.

## Key findings from the 2012 School Year

- One in five pupils in Reception Year (aged 4-5 years) and one in three pupils in Year 6 (aged 10-11 years) in Wiltshire were found to be overweight or obese in the 2012 school year. This is equivalent to 1,282 children identified as overweight and 1,018 identified as obese.
- Levels of overweight and obesity in Wiltshire continue to be lower than both the South West and England averages for Reception Year and Year 6.
- Some areas within Wiltshire experience notably higher percentages of childhood overweight and obesity than the Wiltshire average. More deprived areas of the county tend to have higher rates of overweight and obesity than the more affluent areas.
- There have been significant improvements in delivery of the NCMP programme. Between the 2006 and 2012 school years the percentage of eligible children weighed and measured has increased from 85% to 95% in Reception Year and from 68% to 94% in Year 6. This means we are measuring more children and can be more confident of the accuracy of our results.

## Why is the NCMP so important?

Childhood obesity presents a significant public health challenge, putting children at greater risk of developing cancer, Type-2 diabetes and heart disease in later life.

Information collected through the NCMP allows us to offer support directly to children and families where weight problems are identified. The parents of every child identified as overweight or obese through the NCMP receives a letter outlining the support available locally to help the family adopt healthier lifestyles.

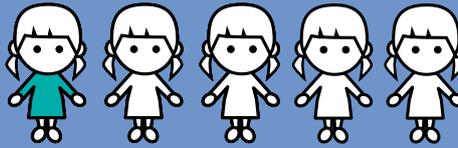
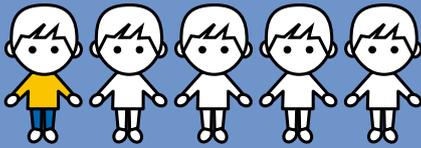
Equally importantly, the results of the NCMP allow us to plan and target prevention activities to ensure they are reaching areas of greatest need. School level results are also shared with head teachers encouraging more emphasis on healthy eating and physical activity in the curriculum in schools where levels of overweight and obesity are highest.

## What does the NCMP tell us about childhood obesity in Wiltshire?

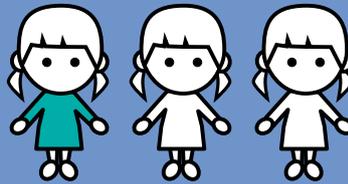
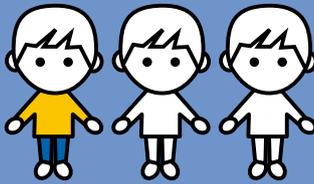
Wiltshire's percentage of overweight or obese children in Reception Year (21.3%) is lower than the England (22.2%) and South West percentages (22.9%).

Wiltshire's percentage of overweight or obese children in Year 6 (29.4%) is also lower than the England (33.3%) and South West percentages (30.9%).

However, this is still equivalent to one in five pupils in Reception Year and one in three pupils in Year 6 in Wiltshire being overweight or obese in the 2012 school year. This is equal to 1,282 children identified as overweight and 1,018 identified as obese. Therefore, although levels of overweight and obesity are lower than national and regional averages, childhood obesity still presents a significant public health challenge to our children's health and wellbeing because of the number of children it affects.



One in five children in Reception is overweight or obese 21.3%



Almost one in three children in Year 6 is overweight or obese 29.4%

## Overview of results from the NCMP for the 2012 school year

2012 school year	Reception year		Year 6	
	Number	%	Number	%
Underweight	20	0.4	33	0.8
Healthy weight	3881	78.3	2966	69.9
Overweight	678	13.7	604	14.2
Obese	375	7.6	643	15.1
Overweight and obese combined	1053	21.3	1247	29.4
Coverage	4954	95.4	4246	93.5

It is important to understand variations in overweight and obesity amongst our population so that we can understand and tackle inequalities in health outcomes. This is why NCMP results are looked at for differences between genders, levels of deprivation and community areas.

## Gender

Both locally and nationally, levels of overweight and obesity are slightly higher in boys than girls.

- In Reception Year, 23.6% of boys compared to 18.8% of girls were overweight or obese
- In Year 6, 29.5% of boys compared to 29.2% of girls were overweight or obese.

## Health inequalities

More children with unhealthy weights live in areas of higher deprivation and this is an example of how people's experiences of health inequalities can be seen from an early age.

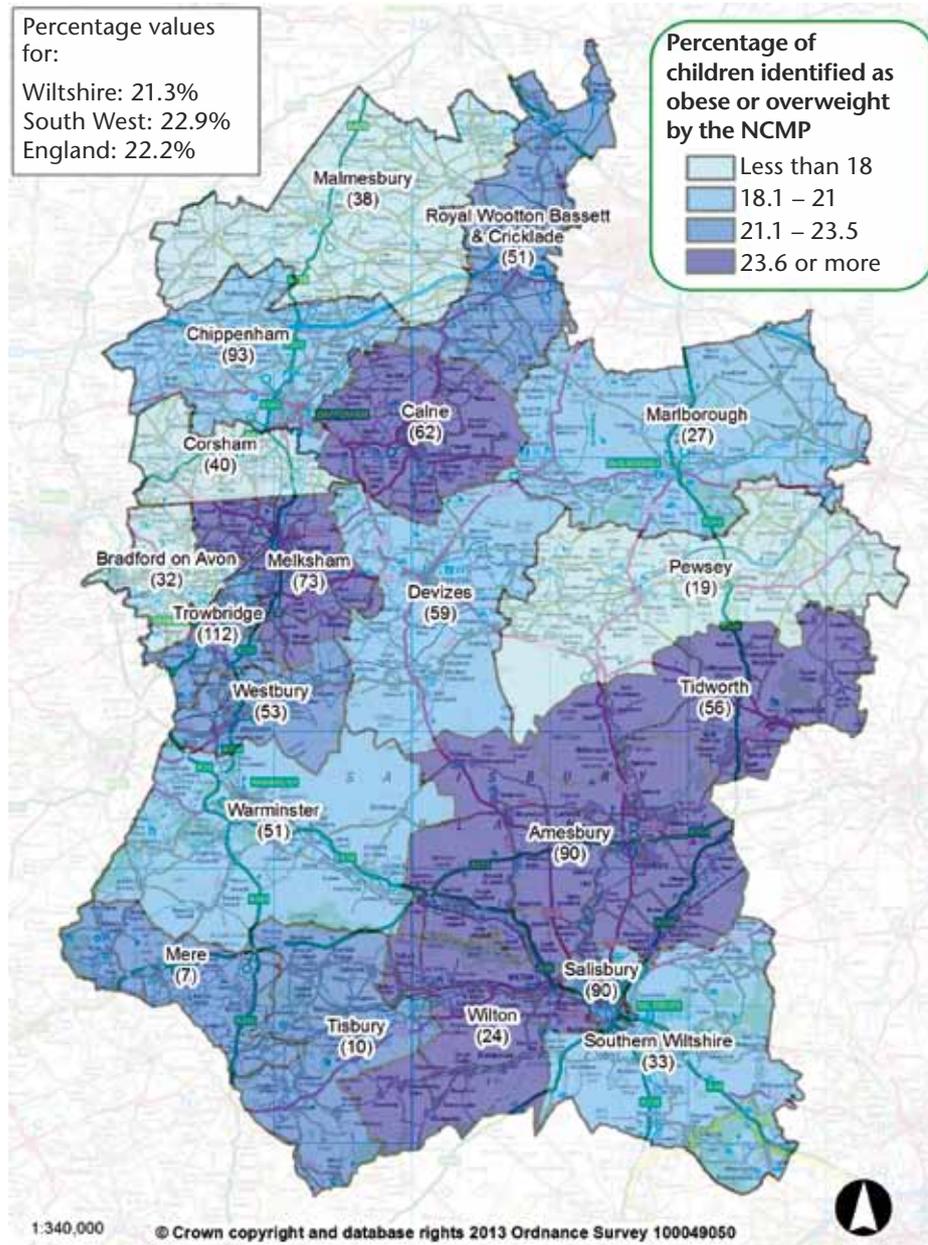
- In the most deprived areas 24.3% of Reception age children were identified as overweight or obese by this year's NCMP compared to 21.3% for Wiltshire as a whole.
- In the most deprived areas 33.3% of Year 6 children were identified as overweight or obese by this year's NCMP compared to 29.4% for Wiltshire as a whole.



# Wiltshire community area results

The map below shows the percentage and number of overweight and obese children in Reception Year by community area in the 2012 school year. This ranges from 13.6% in Pewsey to 26.6% in Calne.

Calne, Amesbury, Melksham, Tidworth and Wilton have the highest percentages of Reception Year children identified as overweight or obese by this year's NCMP. The numbers in brackets located under the name of each community area on the map indicate the number of Reception Year children identified as overweight or obese in that area. For example Malmesbury (38) had 38 Reception Year children identified as overweight or obese.



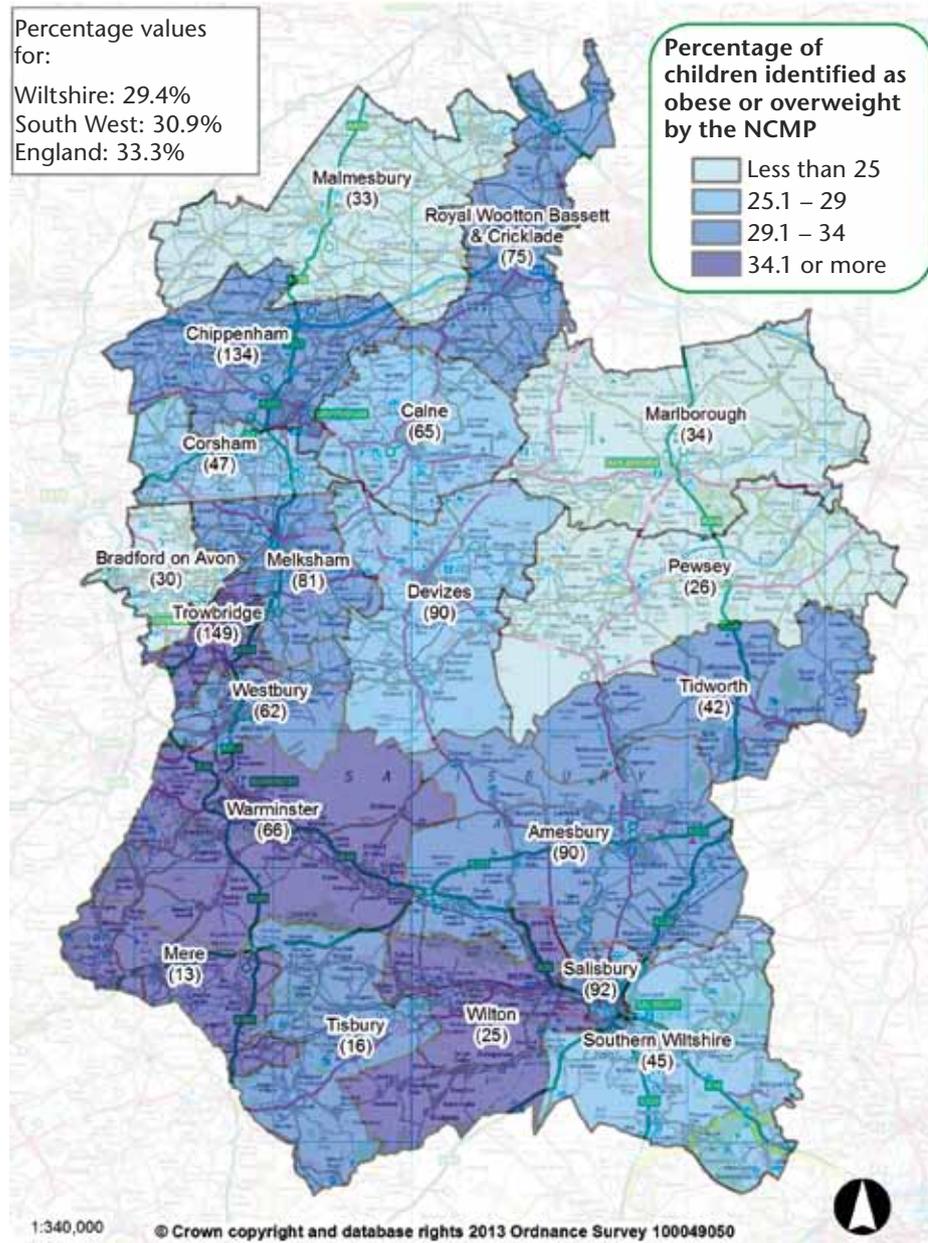
The table below provides data on the number of children identified as overweight or obese in Reception Year through the NCMP in 2011 and 2012 by community area.

Community Area	Number of Children Identified as Overweight or Obese	
	Reception Year 2011 School Year	Reception Year 2012 School Year
Amesbury	52	90
Bradford-on-Avon	33	32
Calne	52	62
Chippenham	89	93
Corsham	44	40
Devizes	66	59
Malmesbury	35	38
Marlborough	34	27
Melksham	58	73
Mere	10	7
Pewsey	19	19
Salisbury	84	90
Southern Wiltshire	45	33
Tidworth	44	56
Tisbury	*	10
Trowbridge	116	112
Warminster	58	51
Westbury	56	53
Wilton	18	24
RWB and Cricklade	53	51

\* Numbers lower than 5 have been suppressed to prevent disclosure of identifiable information

The map below shows the percentage and number of obese or overweight children in Year 6 by community area in the 2012 school year. This ranges from 19.2% in Malmesbury to 37.2% in Trowbridge.

Trowbridge, Warminster, Wilton and Mere have the highest percentages of Year 6 children identified as overweight or obese by this year's NCMP. The numbers in brackets located under the name of each community area on the map indicate the number of Year 6 children identified as overweight or obese in that area. For example Malmesbury (33) had 33 Year 6 children identified as overweight or obese.



The table below provides data on the number of children identified as overweight or obese in Year 6 through the NCMP in 2011 and 2012 by community area.

Community Area	Number of Children Identified as Overweight or Obese	
	Year 6	Year 6
	2011 School Year	2012 School Year
Amesbury	86	90
Bradford-on-Avon	35	30
Calne	62	65
Chippenham	153	134
Corsham	54	47
Devizes	100	90
Malmesbury	48	33
Marlborough	48	34
Melksham	77	81
Mere	14	13
Pewsey	34	26
Salisbury	110	92
Southern Wiltshire	38	45
Tidworth	53	42
Tisbury	8	16
Trowbridge	143	149
Warminster	52	66
Westbury	51	62
Wilton	21	25
RWB and Cricklade	68	75

# Public health action to address the obesity challenge in Wiltshire

There are many complex behavioural and societal factors that combine to contribute to the causes of obesity. This means everyone has a role to play in reducing childhood obesity locally and is why public health is working closely with partners both within the council and beyond, including the NHS, voluntary sector and with private business, to tackle this challenge. Examples of some of the evidence-based activities already in place to support communities, schools, families and GPs are outlined below.

When children are identified as overweight or obese through the NCMP, public health supports families to adopt healthier lifestyles; providing advice and information on small changes families can make to their eating and exercise habits; offering three months of free family swimming and signposting families to speak to their school nurse or GP for extra support.

Support services for children who are overweight or obese are also available for families to sign up to either via their GP or directly with the service. These include the MEND and BOOT UP programmes offering healthy living programmes for overweight children and their parents and free access to Slimming World groups by GP referral for children aged 11 and over with parents or carers also attending free.



Public health commissions and delivers a range of preventative programmes to support families to learn the skills to adopt healthier lifestyles early and before weight problems arise. These include running programmes to increase active travel to school, delivering healthy lifestyle and cooking courses for families in areas with the highest levels of obesity and using the national Change4Life brand to promote free resources on healthy eating and physical activity.

## Useful links

If you would like to find out more about childhood obesity in Wiltshire or find advice and information on adopting healthier lifestyles, the websites below may be of interest to you:

Healthy Weight 4 Life: [www.wiltshire.gov.uk/healthyweight4life](http://www.wiltshire.gov.uk/healthyweight4life)

Change4 Life: [www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)

The Wiltshire Intelligence Network: [www.intelligencenetwork.org.uk](http://www.intelligencenetwork.org.uk)

If you have a specific question about the National Childhood Measurement Programme, you can contact Wiltshire Council's Public Health Team on **0300 0034566** or via [publichealth@wiltshire.gov.uk](mailto:publichealth@wiltshire.gov.uk)