

# **Isle of Wight JSNA Briefing Note: Childhood Obesity**

**Childhood Obesity: National Child Measurement Programme (NCMP)  
2010-11 Participation, Results, Trends and Performance against Targets - SUMMARY**

The National Childhood Measurement Programme (NCMP) requires the height and weight of children in Reception Year and Year 6 to be measured annually. This enables the calculation of the prevalence of obesity and overweight (i.e. the % of children measured who are obese or overweight) by Local Authority, regionally and nationally. The measurements are conducted annually for the same school years, and therefore for a new cohort of children each year.

On the Isle of Wight the measurement exercise is conducted in schools by the School Nursing Team. 2010-11 comparative data has just been published for the whole of England. Data on participation (i.e. % of eligible children measured), trends (this was the 5th year of measurement on the Island), comparisons with England and the South East, and performance against previous targets are shown below.

<b>Key Points about 2010/11 Results</b>	<b>Reception Year (age 4-5)</b>	<b>Year 6 (age 10-11)</b>
Participation (% of eligible children measured)	1208 children measured participation - 92.5% of eligible children	1200 children measured. participation – 89.2% of eligible children
Obesity / Overweight:		
numbers	123 Island children measured were obese, with a further 156 Island children overweight	207 Island children measured were obese, with a further 176 Island children overweight
% prevalence (% of children measured)	Obesity: 10.2% - 0.1% lower (better) than the 2010-11 rate. Obesity + Overweight: 23.1%.	Obesity: 17.3% - 0.6% higher (worse) than the 2010-11 rate Obesity + Overweight: 31.9%.
obesity trends	Over the last 4 years the obesity trend has been relatively flat, with rates around 10%.	Over the last 5 years there has been a slight downward trend in the obesity rate.
Performance against former Targets (PCT Vital Signs / Local Area Agreement National Indicators)	Decrease (improvement) of 3.5% since the 2006-07 baseline year. Target for 2010-11 achieved, mainly because of a high 2006-07 baseline rate, which now appears to have been a statistical anomaly.	Decrease (improvement) of 1.4% since the 2006-07 baseline year. Target for 2010-11 just missed - actual prevalence 0.2% higher (worse) than target (difference not statistically significant).

**Isle of Wight Participation Rates compared with England**

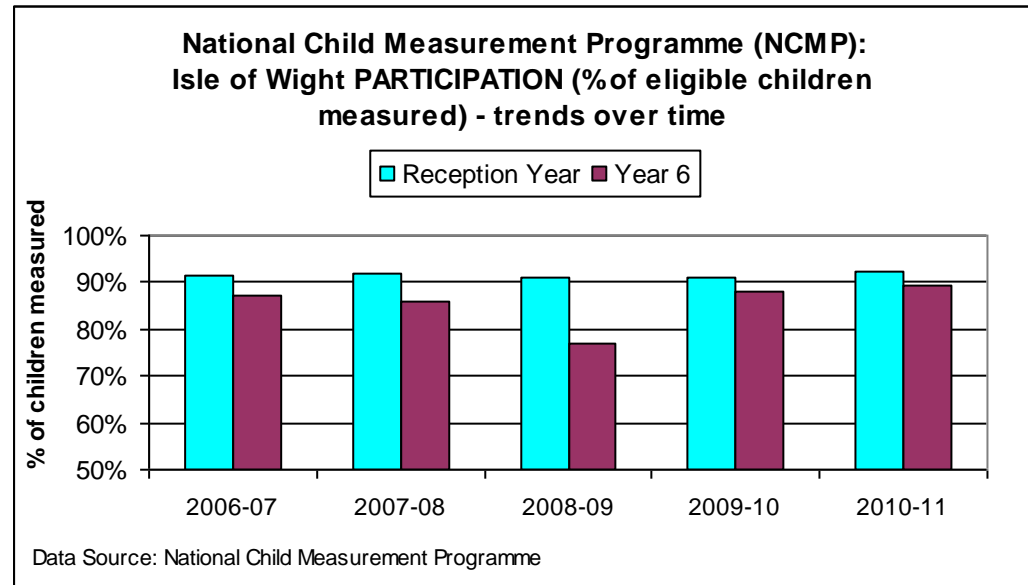
Reception Year						Year 6					
Reception Year	2006-07	2007-08	2008-09	2009-10	2010-11	Year 6	2006-07	2007-08	2008-09	2009-10	2010-11
England	83.2%	89.0%	91%	92.9%	93.4%	England	77.9%	87.0%	89.0%	89.9%	91.8%
Isle of Wight	91.6%	92.0%	90.9%	91.2%	92.5%	Isle of Wight	87.2%	86.0%	77.0%	87.9%	89.2%

Participation, or the percentage of eligible children measured, is important in reliably determining obesity and overweight prevalence rates. Nationally, there have been anecdotal indications that obese and overweight children are more likely to opt-out of the measurement, thereby potentially reducing the apparent obesity / overweight prevalence rates.

Over the 5 years of measurement on the Isle of Wight:

- **Reception Year:** participation has consistently exceeded 90%. In 2010-11 IW participation was slightly lower compared with England.
- **Year 6:** actual participation has exceeded 85% in each year based on actual measurement data. (In 2008-08 a data submission error meant that the published participation rate was only 77%). In 2010-11 IW participation was slightly lower compared with England.

**Isle of Wight Participation over Time**



Isle of Wight Prevalence of Obesity and Overweight – Reception Year											
Obese						Obese + Overweight					
IW Reception Year - Obese Children	2006/07	2007/08	2008/09	2009/10	2010/11	IW Reception Year - Obese + Overweight Children	2006/07	2007/08	2008/09	2009/10	2010/11
number of children	137	110	106	119	123	number of children	298	252	279	279	279
% of children measured	13.7%	10.0%	9.9%	10.3%	10.2%	% of children measured	29.8%	23.0%	26.0%	24.1%	23.1%
<b>Key Points</b> <ul style="list-style-type: none"> <li>In each year of measurement, over 100 children measured have been <b>obese</b>.</li> <li>The 2010/11 obesity prevalence rate of 10.2% is 0.1% lower (better) than the 2009/10 rate.</li> <li>Since 2007/08 the IW trend has been relatively flat, with little year-on-year variation in rates of obesity. The 4 annual rates from the period 2007/08 – 2010/11 are within a range of 0.4% of each other, and the differences between them are unlikely to be statistically significant.</li> <li>The 2006-07 obesity rate of 13.7% does now seem likely to have been a statistical anomaly, given the much lower rates for the last 4 available years.</li> </ul>						<b>Key Points</b> <ul style="list-style-type: none"> <li>In each year of measurement, between 250 - 300 children measured have been <b>obese or overweight</b>.</li> <li>The 2010-11 prevalence rate of 23.1% is 1% lower (better) than the 2009/10 rate.</li> <li>Since 2007/08 there has been relatively little year-on-year variation in the Island's rates of obesity. 3 of the 4 annual rates from the period 2007/-08 – 2010/11 are within a range of 1.1% of each other, and the differences between them are unlikely to be statistically significant.</li> <li>The 2006-07 rate of 29.8% does seem likely to have been a statistical anomaly, given the much lower rates for the last 4 available years.</li> </ul>					

**Isle of Wight Prevalence of Obesity and Overweight – Reception Year (continued):  
Comparison with England and South East Region**

**Obese**

**Key Points:**

In 2010/11 the Island’s prevalence of obesity (% of children measured who were obese) was:

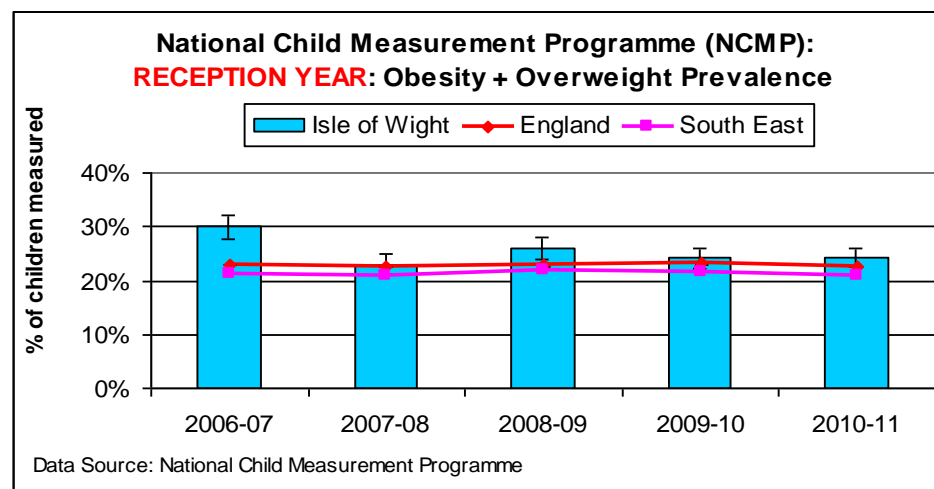
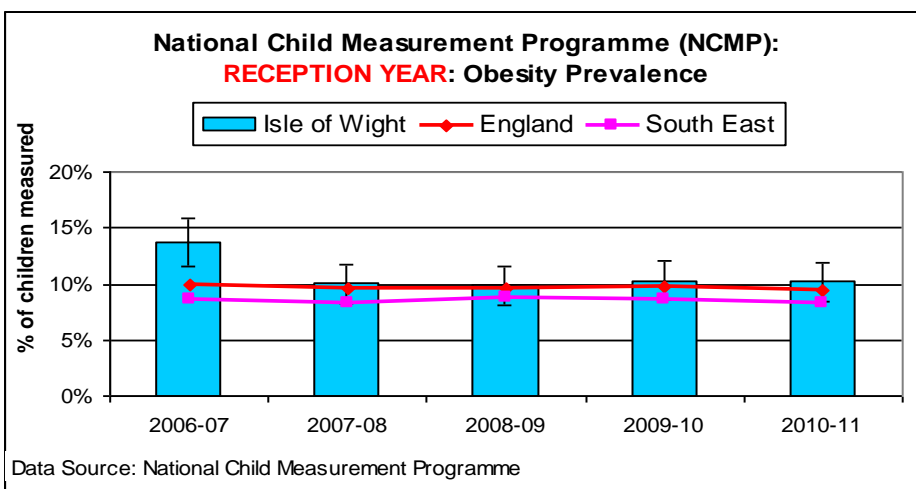
- Slightly higher (worse) compared with England. However overlapping confidence intervals suggest that the difference between the Island and England rates might not be statistically significant.
- Significantly higher (worse) compared with the South East.
- Ranked 243 out of 324 Local Authority Districts in England (with 1 representing the lowest (best) ranking).

**Obese + Overweight**

**Key Points**

In 2010/11 the Island’s prevalence of obesity + overweight (% of children measured who were obese or overweight) was:

- Slightly higher (worse) compared with England. However overlapping confidence intervals suggest that the difference between the Island and England rates might not be statistically significant.
- Significantly higher (worse) compared with the South East.
- Ranked 204 out of 324 Local Authority Districts in England (with 1 representing the lowest (best) ranking).



Isle of Wight Prevalence of Obesity and Overweight – Year 6											
Obese						Obese + Overweight					
IW Year 6 - Obese Children	2006/07	2007/08	2008/09	2009/10	2010/11	IW Year 6 - Obese + Overweight Children	2006/07	2007/08	2008/09	2009/10	2010/11
number of children	250	250	235	207	207	number of children	457	423	420	375	383
% of children measured	18.7%	19.2%	19.1%	16.7%	17.3%	% of children measured	34.1%	32.5%	33.7%	30.3%	31.9%
<b>Key Points</b> <ul style="list-style-type: none"> <li>In each year of measurement, over 200 children measured have been <b>obese</b>.</li> <li>The 2010/11 obesity prevalence rate of 17.3% is 0.6% higher (worse) than the 2009/10 rate.</li> <li>Over the 5 years of measurement, the overall IW trend has been slightly downwards, although the differences between annual rates might not be statistically significant.</li> </ul>						<b>Key Points</b> <ul style="list-style-type: none"> <li>In each year of measurement, between 375 - 460 children measured have been <b>obese or overweight</b>.</li> <li>The 2010-11 prevalence rate of 31.9% is 1.6% higher (worse) than the 2009/10 rate.</li> <li>Over the 5 years of measurement, the overall IW trend has been slightly downwards, although the differences between annual rates might not be statistically significant.</li> </ul>					

**Isle of Wight Prevalence of Obesity and Overweight – Year 6 (continued):  
Comparison with England and South East Region**

**Obese**

**Key Points:**

In 2010/11 the Island’s prevalence of obesity (% of children measured who were obese) was:

- Slightly lower (better) compared with England.
  - Similar compared with the South East.
- In both cases, overlapping confidence intervals suggest that the difference between the Island’s rate and these rates might not be statistically significant.
- Ranked 135 out of 324 Local Authority Districts in England (with 1 representing the lowest (best) ranking).

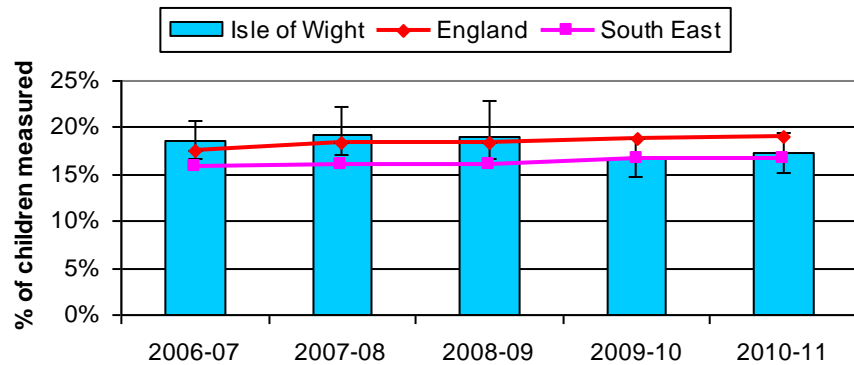
**Obese + Overweight**

**Key Points**

In 2010/11 the Island’s prevalence of obesity + overweight (% of children measured who were obese or overweight) was:

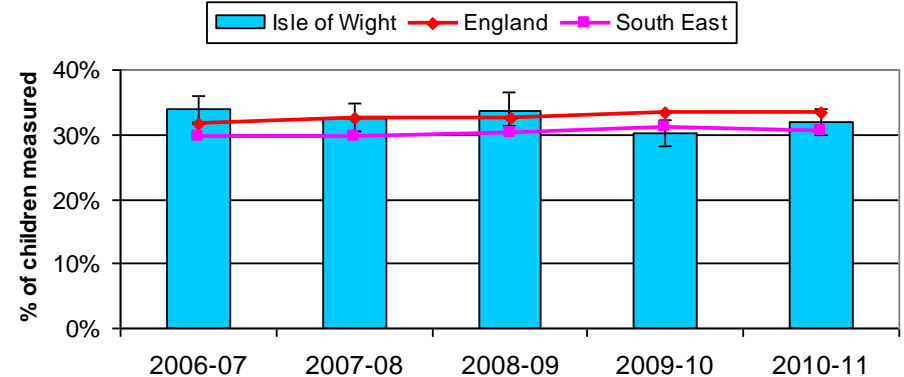
- Slightly lower (better) compared with England.
  - Similar compared with the South East.
- In both cases, overlapping confidence intervals suggest that the difference between the Island’s rate and these rates might not be statistically significant.
- Ranked 151 out of 324 Local Authority Districts in England (with 1 representing the lowest (best) ranking).

**National Child Measurement Programme (NCMP): YEAR 6:  
Obesity Prevalence**



Data Source: National Child Measurement Programme

**National Child Measurement Programme (NCMP):  
YEAR 6: Obesity + Overweight Prevalence**



Data Source: National Child Measurement Programme

**Isle of Wight Obesity Prevalence: Performance against PCT Vital Signs / Local Area Agreement National Indicators**

Childhood obesity targets were set in March 2008 for the PCT Vital Signs and Local Area Agreement (LAA) National Indicators. The 2006-07 measurement data provided a local baseline. Target-setting was based on detailed guidance and parameters from the Department of Health and South Central Strategic Health Authority, which were in turn based on a requirement for PCTs to show a **statistically significant** improvement on the local baseline and current national trends by 2010. (Nationally, in the previous 12 years, childhood obesity had increased by approximately 0.5% each year).

**Reception Year**

The IW's Reception Year target for 2010/11 has been achieved, mainly because of the high prevalence rate in the baseline year of 2006-07. This appears to have been a statistical anomaly when compared with data for the 4 years since then.

**Year 6**

The Year 6 2010-11 actual rate was very slightly higher (worse) than the 2010-11 target rate. However the overlapping confidence intervals show that there might be no statistically significant difference between the 2006-07 baseline and this most recent actual rate.

Reception Year	2006-07	2007-08	2008-09	2009-10	2010-11
Target			13.3%	12.8%	12.0%
Actual	13.7%	10.0%	9.9%	10.3%	10.2%

Year 6	2006-07	2007-08	2008-09	2009-10	2010-11
Target			18.3%	17.8%	17.1%
Actual	18.7%	19.2%	19.1%	16.7%	17.3%

