

**National Child Measurement
Programme 2022/23 and
pooled years 2020/21, 2021/22
and 2022/23**

Herefordshire Council Intelligence Unit

January 2023

Excess weight for 2022/23

Tackling obesity is one of the greatest long-term health challenges currently faced in England. Obesity is associated with reduced life expectancy and a range of health conditions including type 2 diabetes, cardiovascular disease, liver and respiratory disease and cancer. It can also have an impact on mental health.

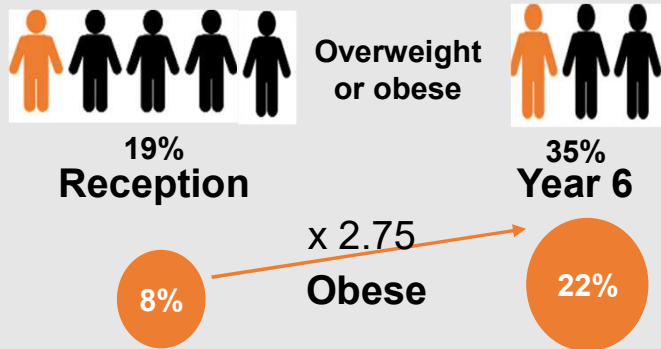
Office for Health Improvement and Disparities

“ By 2022/23 we will treat up to a further 1,000 children a year for severe complications related to their obesity, such as diabetes, cardiovascular conditions, sleep apnoea and poor mental health. ”

NHS England Long Term Plan

Excess weight in Herefordshire in 2022/23

- Long standing pattern of excess weight increasing with age.



- **Boys** are more likely to be overweight or obese.

Reception		Year 6
20%	Boys	38%
19%	Girls	33%

...but...

- The proportion of Reception children who are overweight or obese is significantly lower in 2022/23 (19%) compared to 2021/22 (26%) and the lowest it has been since 2017/18. The proportion of Reception children who are overweight or obese is no longer significantly higher than England (although not significantly lower)
- For Year 6s, levels of both overweight and obesity remains similar to nationally, and followed the same pattern. Of most concern is the longer-term trend of rising levels of obesity for this age-group: from 16% in 2012/13, rising to 22% in the 10 years to 2022/23.



Attitudes to weight

- Year 6 pupils in Herefordshire were more likely to say that they were happy with their weight than those in the wider SHEU sample
- But a significant proportion said they **would like to lose weight**:
 - **35%** of Year 6 pupils
 - **45%** of secondary pupils
- **Girls are more likely to want to lose weight** across all age groups, but the difference becomes more stark as they get older: 63% of girls in FE wanted to lose weight compared to 30% of FE boys.



Sources: [National Child Measurement Programme](#) (2022/23 unless otherwise stated), Attitudes to weight data: [2021 Herefordshire Children and Young People's Quality of Life Survey](#), [NHS Long Term Plan](#)

Excess weight by deprivation for 2022/23

Obesity is highest amongst the most deprived groups in society. Children resident in the most deprived parts of England are more than twice as likely to be living with obesity than those in the least deprived areas, and they are also more likely to gain excess weight throughout their school years. 2020/21 saw a substantial widening of this disparity gap following lockdowns, driven by very large increases in child obesity prevalence in the most deprived areas and a comparatively small increase in the least deprived.

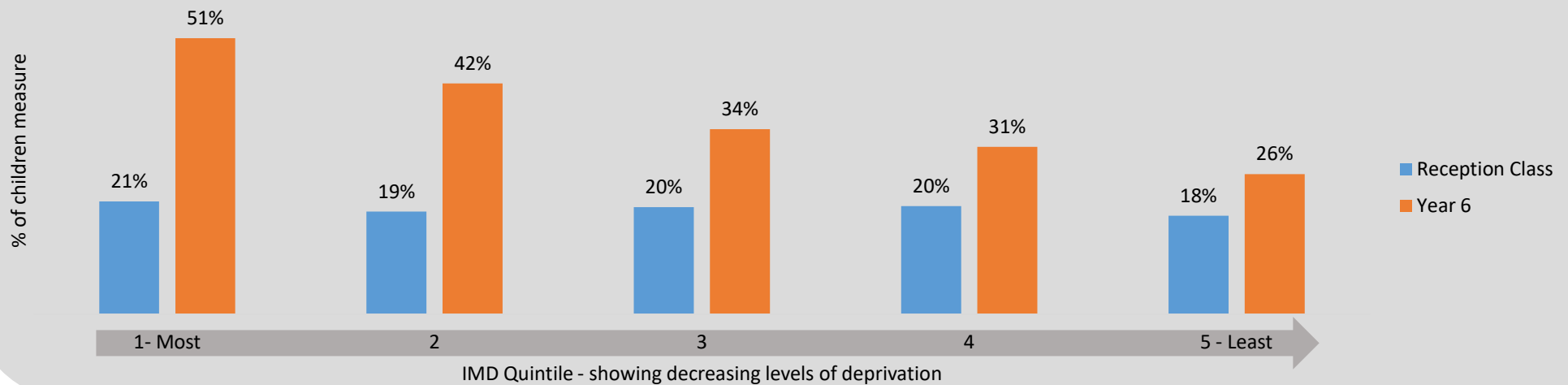
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Deprivation has little impact in reception class, but a noticeable difference by the time children are in year 6



- In reception class, around 1 in 5 children are overweight or very overweight regardless of deprivation
- By year 6, around 1 in 2 children in the 20% most deprived parts of the county are overweight or very overweight, compared with only 1 in 4 of children in the 20% least deprived parts of the county

% of overweight or very overweight children in Herefordshire in 2022/23



Source: [National Child Measurement Programme](#)

Excess weight around the county for 2022/23

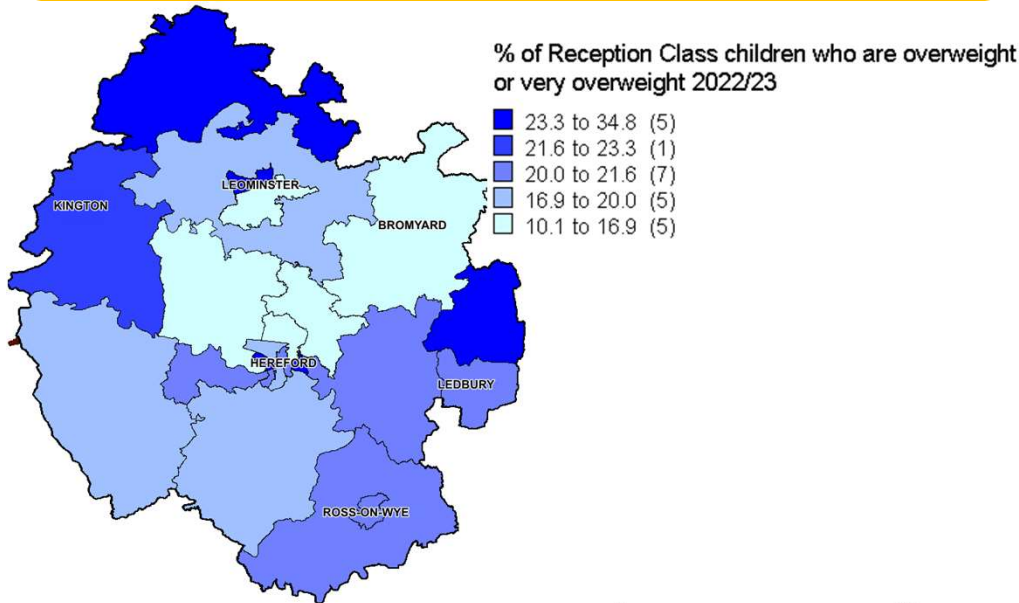
Excess weight is a countywide issue: at least 1 in 10 children in all Middle Super Output Areas (MSOAs) are overweight or very overweight, rising to 1 in 3 children in one MSOA. at least 20% of Y6 children in all MSOAs are either overweight or obese, although this was as high as 52% of children in one MSOA.

Hereford West was the MSOA with the highest proportion of overweight or obese YR children (35%), whilst Bromyard and Bishop's Frome had the smallest proportion of overweight or obese YR children (10%).

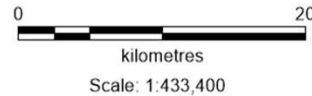
18 reception aged children were measured as being underweight (1.1% of cohort).

Hereford South was the MSOA with the highest proportion of overweight or obese Y6 children (52%), whilst Wigmore, Orelton and Brimfield had the smallest proportion of overweight or obese Y6 children (21%).

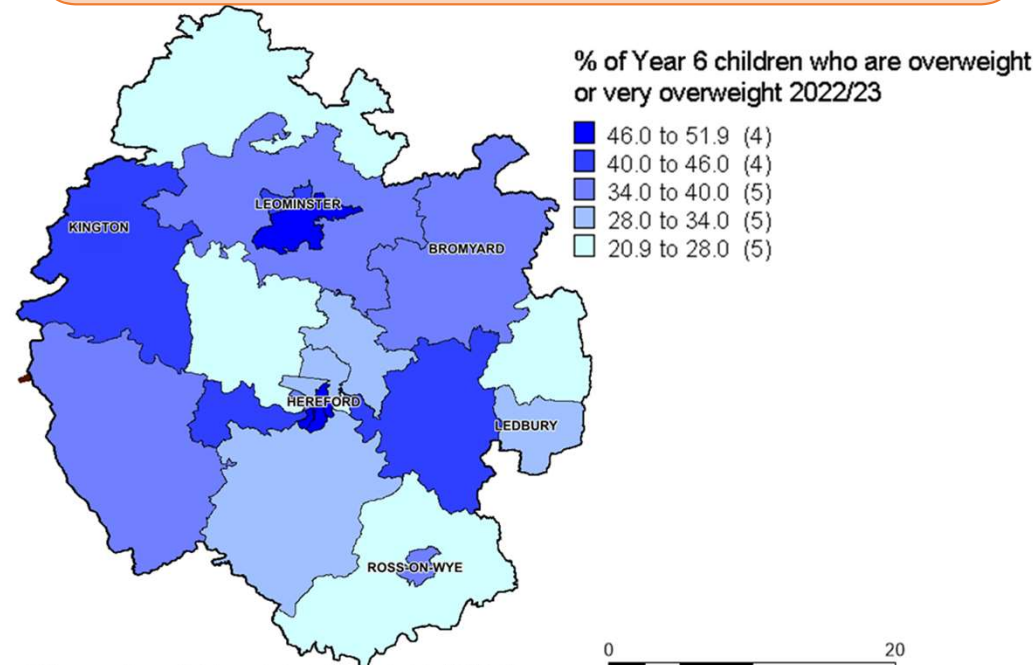
31 Y6 children were measured as being underweight (1.7% of cohort).



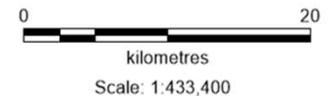
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Source: [National Child Measurement Programme](#)



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Excess weight pooled years 2020/21, 2021/22, 2022/23

Tackling obesity is one of the greatest long-term health challenges currently faced in England. Obesity is associated with reduced life expectancy and a range of health conditions including type 2 diabetes, cardiovascular disease, liver and respiratory disease and cancer. It can also have an impact on mental health.

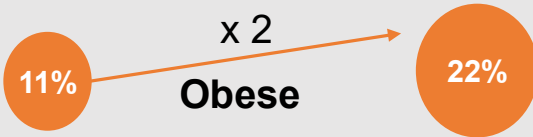
Office for Health Improvement and Disparities

“ By 2022/23 we will treat up to a further 1,000 children a year for severe complications related to their obesity, such as diabetes, cardiovascular conditions, sleep apnoea and poor mental health. ”

NHS England Long Term Plan

Excess weight in Herefordshire

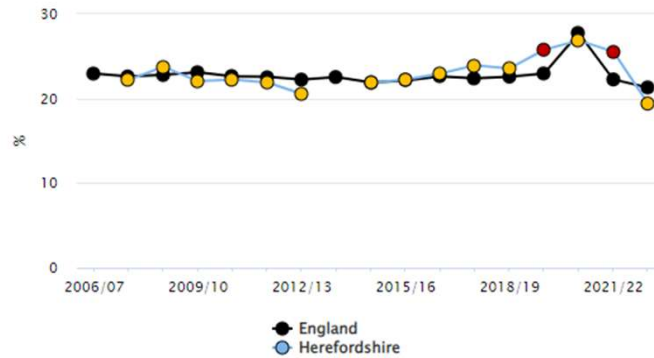
Long standing pattern of excess weight increasing with age.



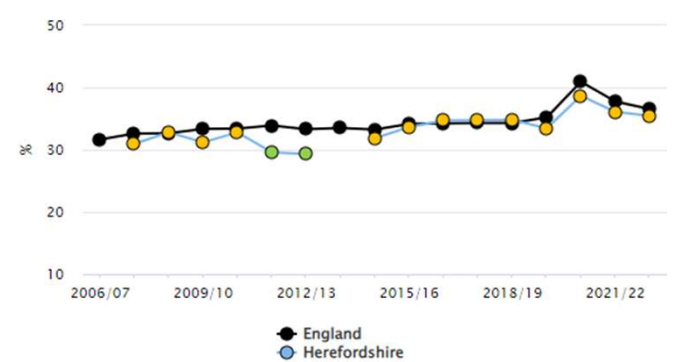
- Boys are more likely to be overweight or obese.

Reception		Year 6
25%	Boys	40%
23%	Girls	33%

% of reception class children in Herefordshire who are overweight or obese 2007/08 – 2022/23



% of Y6 children in Herefordshire who are overweight or obese 2007/08 – 2022/23



Trends over past 14 years

- Proportion of overweight and obese primary school children have largely followed the English trends with only a few years seeing the proportion in Herefordshire being significantly higher or lower than England
- Large peak seen nationally and locally in 2020/21
- In 2022/23 the % of reception aged children who are overweight or obese fell below 20% for the first time

Excess weight pooled years 2020/21, 2021/22, 2022/23

Obesity is highest amongst the most deprived groups in society. Children resident in the most deprived parts of England are more than twice as likely to be living with obesity than those in the least deprived areas, and they are also more likely to gain excess weight throughout their school years. 2020/21 saw a substantial widening of this disparity gap following lockdowns, driven by very large increases in child obesity prevalence in the most deprived areas and a comparatively small increase in the least deprived.

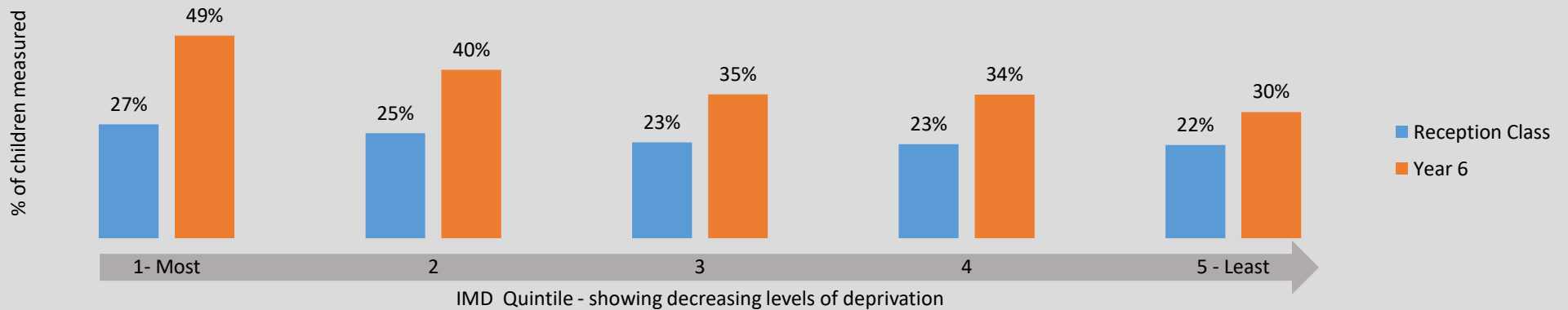
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Some link with deprivation locally, but not a linear relationship



- Little variation between IMD quintiles for reception age children
- Nearly 1 in 2 children in most deprived areas are overweight or very overweight compared with nearly 1 in 3 in least deprived areas

% of overweight or very overweight children in Herefordshire in 2020/21, 2021/22 and 2022/23



Source: [National Child Measurement Programme](#)

Excess weight around the county for pooled years 2020/21, 2021/22, 2022/23

Excess weight is a countywide issue: at least 18% of reception aged children in all Middle Super Output Areas (MSOAs) are overweight or very overweight, rising to 36% in one MSOA. For year 6 children, at least 27% in all MSOAs are either overweight or obese, although this was as high as 48% of children in one MSOA.

North Leominster was the MSOA with the highest proportion of overweight or obese YR children (36%), whilst Bromyard and Bishop's Frome had the smallest proportion of overweight or obese YR children (18%).

32 reception aged children were measured as being underweight (0.7% of cohort).

South Leominster was the MSOA with the highest proportion of overweight or obese Y6 children (58%), whilst Kingstone and Kingsthorne had the smallest proportion of overweight or obese Y6 children (27%).

68 Y6 children were measured as being underweight (1.4% of cohort).

