Summary - Childhood Obesity in Lambeth

Latest data release, 2017/18

10.5% of **reception** children are **obese**

24.6% of **Year 6** children are **obese**

Trends over time

The **Reception obesity** trend has **decreased significantly** (2009/10 to 2017/18)

The **obese Year 6** trend has seen **no significant change** since 2007/08 (2007/08 to 2017/18)

Key Facts: Obese reception pupils, 2013/14 to 2015/16

The most **deprived** pupils are **1.38 times** more likely than the least deprived

All ethnic groups are **more likely to be obese** than White British pupils

No significant difference between boys and girls.

Childhood Obesity in Lambeth, 2018

Childhood obesity is regarded by the World Health Organisation as ***'one of the most serious global public health challenges of the 21st century, affecting every country in the world.'***

Causes of obesity

There are multiple, complex causes of excess weight. International (WHO, 2016) and national (PHE, 2017) evidence suggests that the wider environment is part of the picture. These wider environmental factors include density of fast food outlets and the availability of appropriate space for physical activity. Further analysis of local data would increase understanding of the impact the wider environment has on the weight of children in Lambeth. Geo-spatial analysis of NCMP data and deprivation scores with data about green space and fast food outlets would enable us to explore further the relationship between where a child lives in Lambeth and their weight.

If a child is overweight or obese at an early age they are more likely to be obese later in life, which associates with multiple health conditions (WHO). The higher prevalence of excess weight in year 6 NCMP data (NHS Digital) suggests that child obesity becomes a growing problem as children age. It is vital to tackle unhealthy weight as early as possible to support healthy outcomes and reduce inequality for children in Lambeth.

Childhood obesity is associated with a higher chance of obesity, premature death and disability in adulthood. But in addition to increased future risks, obese children experience breathing difficulties, increased risk of fractures, hypertension, early markers of cardiovascular disease, insulin resistance and psychological effects.

Risk factors associated with overweight and obesity

Certain factors in early life are associated with an increased risk of obesity in childhood:

Unhealthy diet

Physical activity/Sedentary lifestyle

Certain medical problems and medications

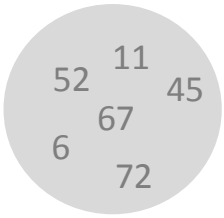
Environment and family lifestyle

Genes/family history

Socio economic status

Gender

Age



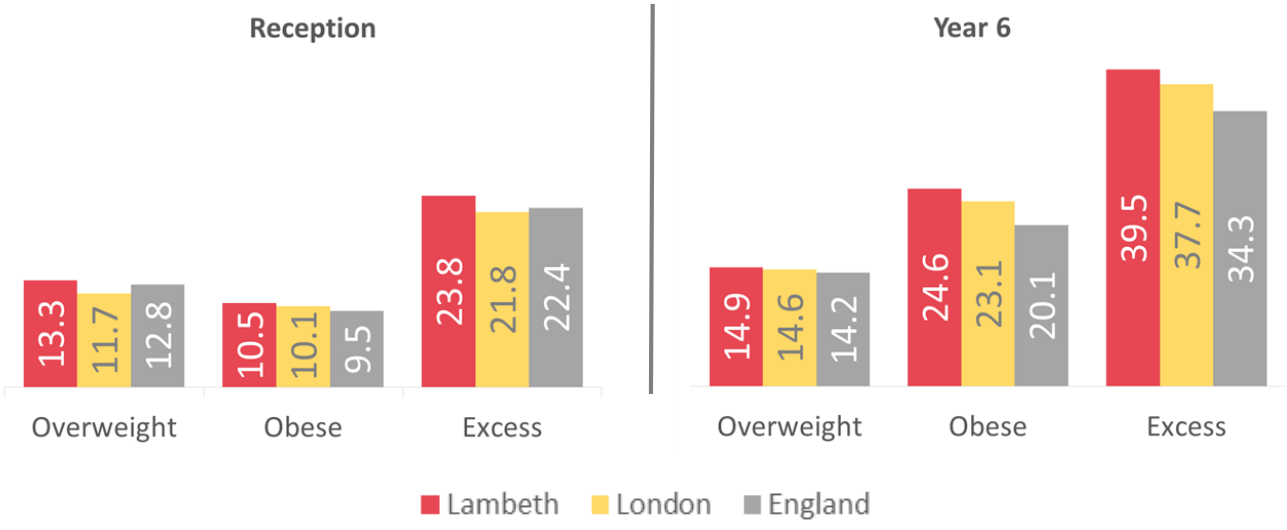
This factsheet aims to bring together obesity data from the National Childhood Measurement Programme (NCMP) to provide an overview of current data and trends in Lambeth (Based on the postcode of the child)

Lambeth, 2017/18 (most recent data release)

Over **1 in 10** reception children were obese (approximately 302 children)

Almost **1 in 4** Year 6 children were obese (692 children)

Current picture - England, London and Lambeth
Prevalence (%) of BMI* groups Obese, Overweight and Excess Weight, 2017/18



Although the prevalence of all BMI groups in Lambeth **reception** children are higher, they are **statistically similar to England**.
The **year 6** prevalence for all BMI groups in Lambeth are higher than that of England, where **Overweight and Excess weight are statistically significantly higher than England**.

*See glossary

Note: Excess weight – Overweight and Obese combined

Lambeth obesity prevalence compared to its nearest CIPFA* neighbours, 2017/18

Reception

Area	Value	Confidence Interval*	
		Lower Limit	Upper Limit
England	9.5	9.5	9.6
Brent	13.9	12.8	15.1
Newham	12.8	11.8	13.8
Greenwich	12.3	11.3	13.4
Hackney*	12.1	10.9	13.5
Southwark	11.4	10.4	12.6
Ealing	10.7	9.8	11.7
Islington	10.6	9.3	12.2
Tower Hamlets	10.6	9.5	11.7
Lambeth	10.5	9.4	11.7
Haringey	10.4	9.3	11.6
Hounslow	10	9	11
Hammersmith and Fulham	9.9	8.3	11.6
Waltham Forest	9.3	8.4	10.3
Camden	8.2	6.9	9.7
Lewisham	8.1	7.2	9
Wandsworth	7.7	6.8	8.8

*Value for Hackney and City of London combined

9th out of similar local authorities

Obesity prevalence in reception children varies significantly among Lambeth's CIPFA local authority neighbours The lowest obesity prevalence is 7.7% in Wandsworth and the highest is 13.9% in Brent. Lambeth's obesity prevalence is 10.5%, which is statistically similar to England

Year 6

Area	Value	Confidence Interval*	
		Lower Limit	Upper Limit
England	20.1	20	20.2
Brent	27.7	26.3	29.2
Newham	27.4	26.1	28.7
Tower Hamlets	27	25.4	28.6
Hackney*	25.4	23.7	27.1
Greenwich	25.1	23.7	26.6
Waltham Forest	24.8	23.3	26.4
Haringey	24.8	23.2	26.4
Lambeth	24.6	23.1	26.3
Southwark	24.5	22.9	26.1
Lewisham	24	22.6	25.6
Ealing	23.8	22.5	25.1
Islington	23.4	21.4	25.6
Hounslow	22.5	21	24
Camden	21.7	19.7	23.8
Hammersmith and Fulham	21.5	19.3	23.9
Wandsworth	18.8	17.3	20.4

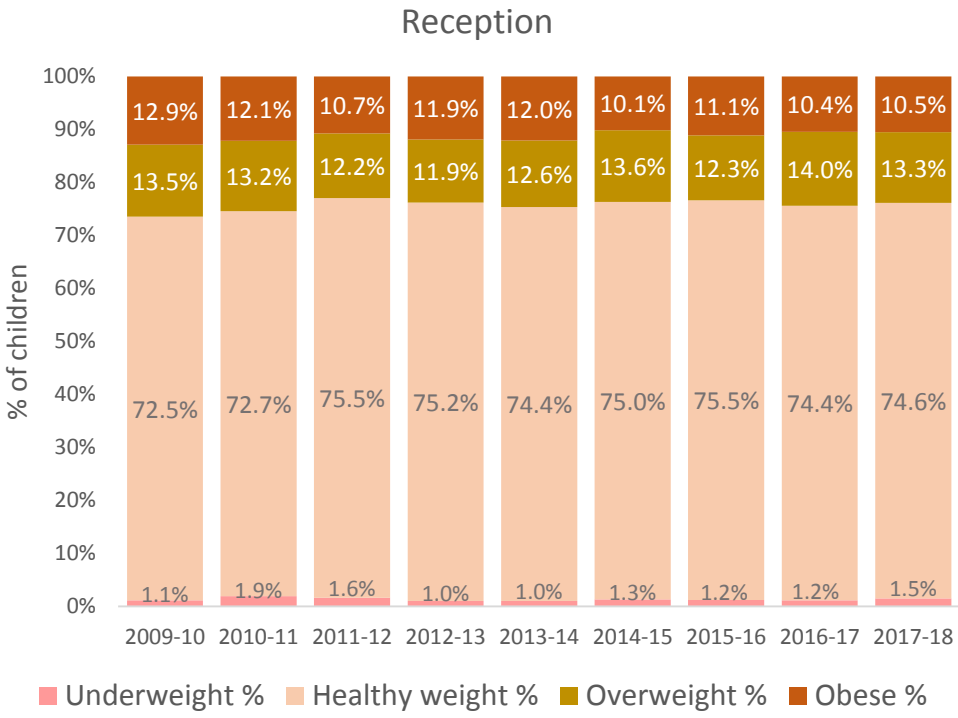
*Value for Hackney and City of London combined

8th out of similar local authorities

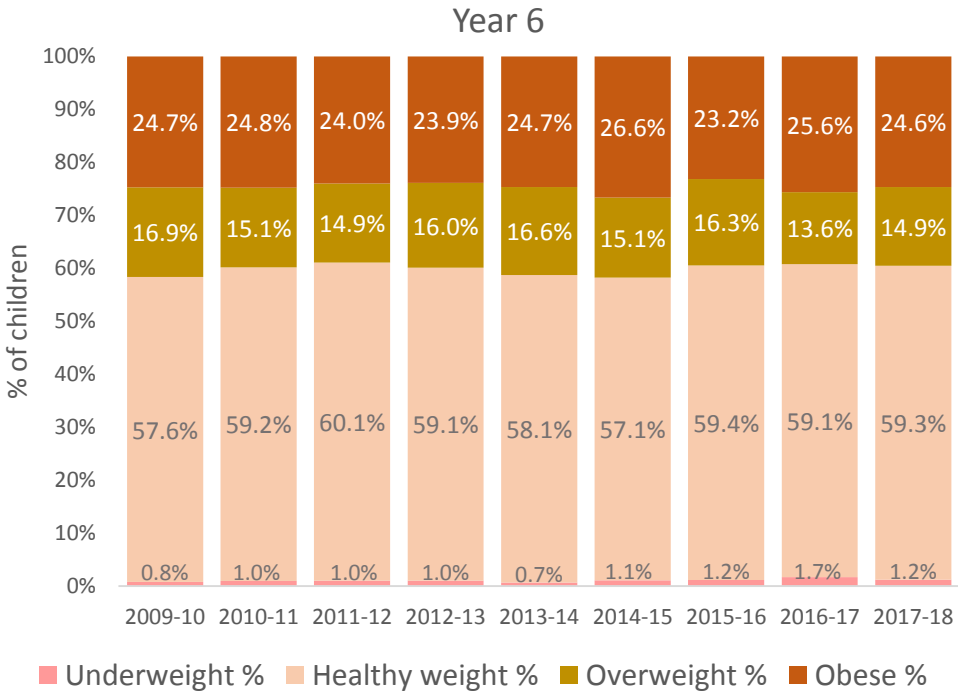
Among Lambeth's CIPFA local authority neighbours, the lowest obesity prevalence is 18.8% in Wandsworth and the highest is 27.7% in Brent. Lambeth's obesity prevalence is 24.6% which is statistically higher than England.

*See glossary

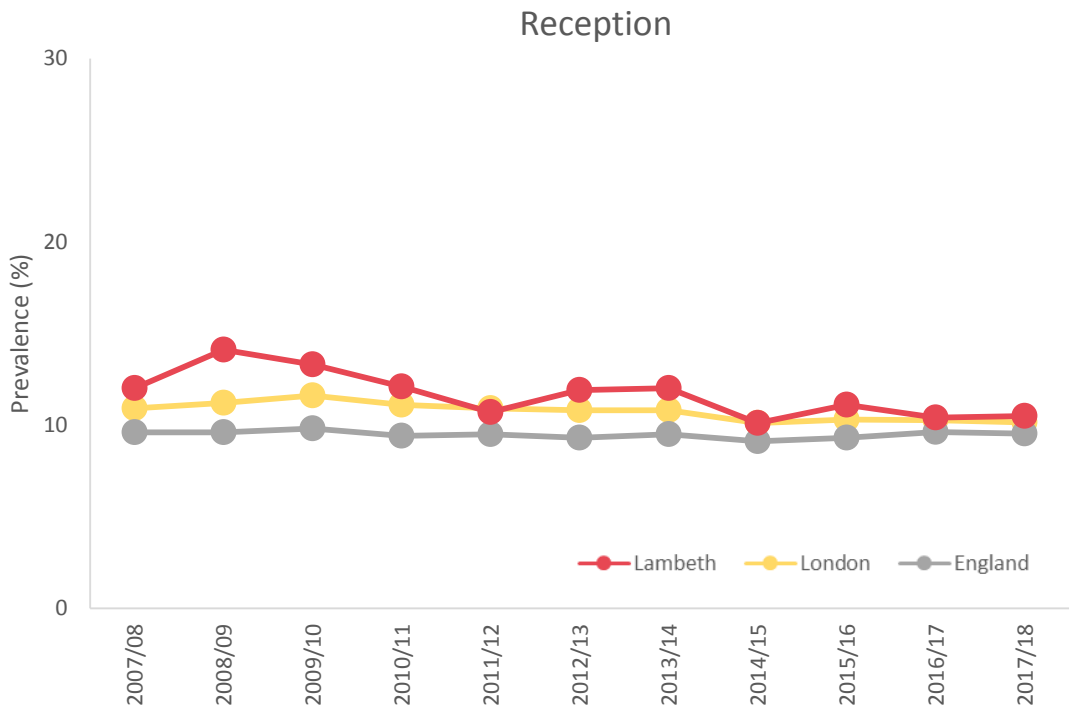
Lambeth weight status trends, 2009/10 to 2017/18



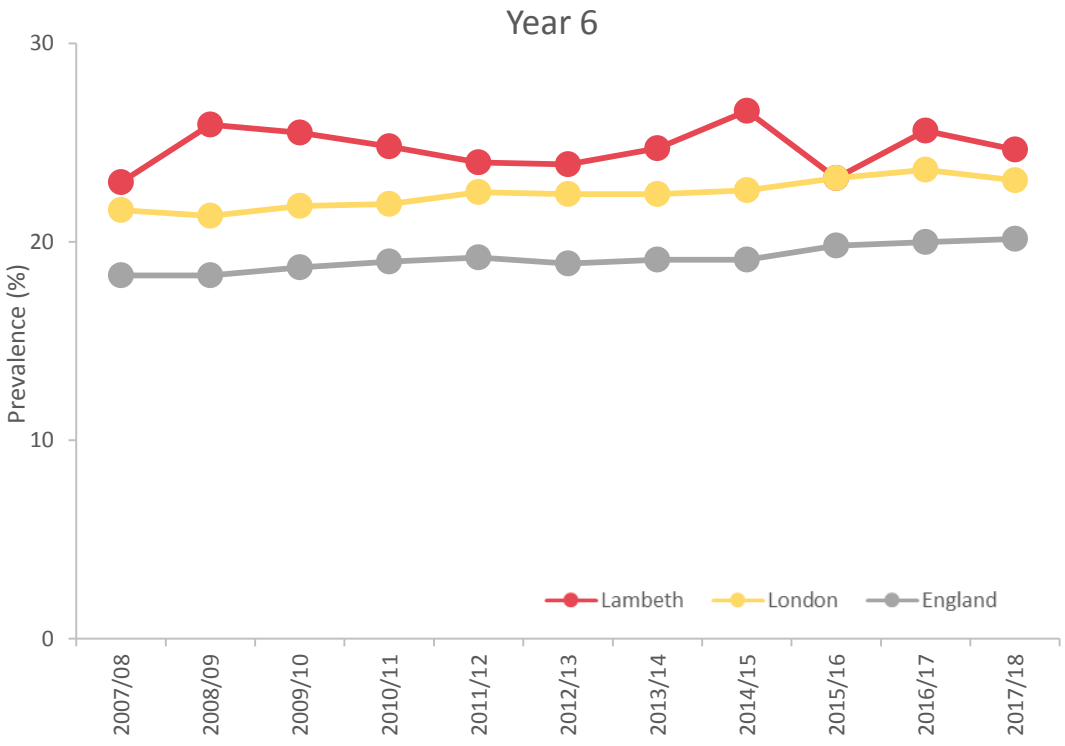
Historically, obesity prevalence has been roughly **twice as high** in year 6 compared to reception.
Across the years, the proportion of excess weight in children in year 6 has been higher (around two fifths-40%) than that of reception children (around a quarter-25%).



Lambeth obesity trends compared with London and England, 2007/08 to 2017/18



Reception has seen a **statistically significance decrease** in obesity levels from 2007/2008 to 2017/18 . For **year 6**, statistically, there has been **no significant change** in obesity over this period of time.

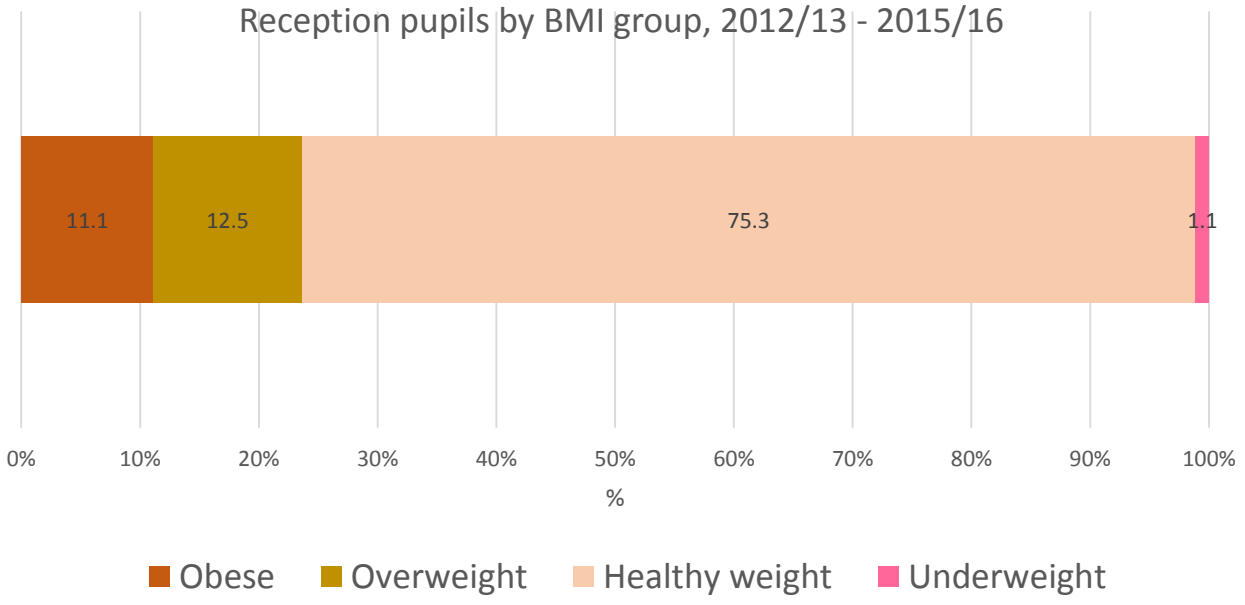


Local data analysis of reception children. 2012/13 – 2015/16 (inclusive)

- Multi-year analysis: 2012/13 – 2015/16 (inclusive)
- Analysis of Lambeth **reception pupils only (age 4-5)**
- Weight classifications are based on population BMI categories
- Geographical comparisons are based on the ward of residence of pupils at the time of data collection
- Non-Lambeth residents are excluded from analysis
- Data does not include reception pupils who attend school outside of Lambeth due to national data collection processes

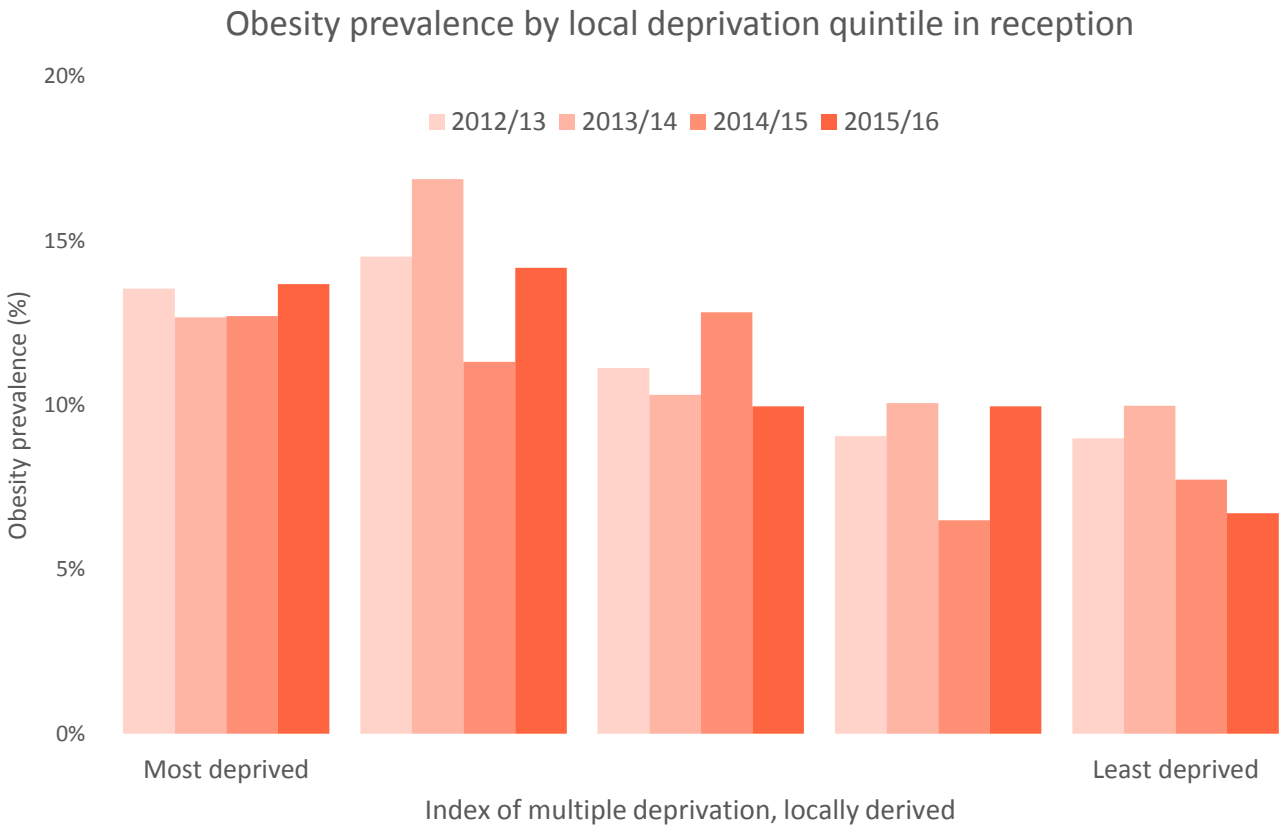
Number of children with accurate weight and height measurements per year:

Year	No.
2012/13	2,576
2013/14	2,556
2013/15	2,615
2015/16	2,560



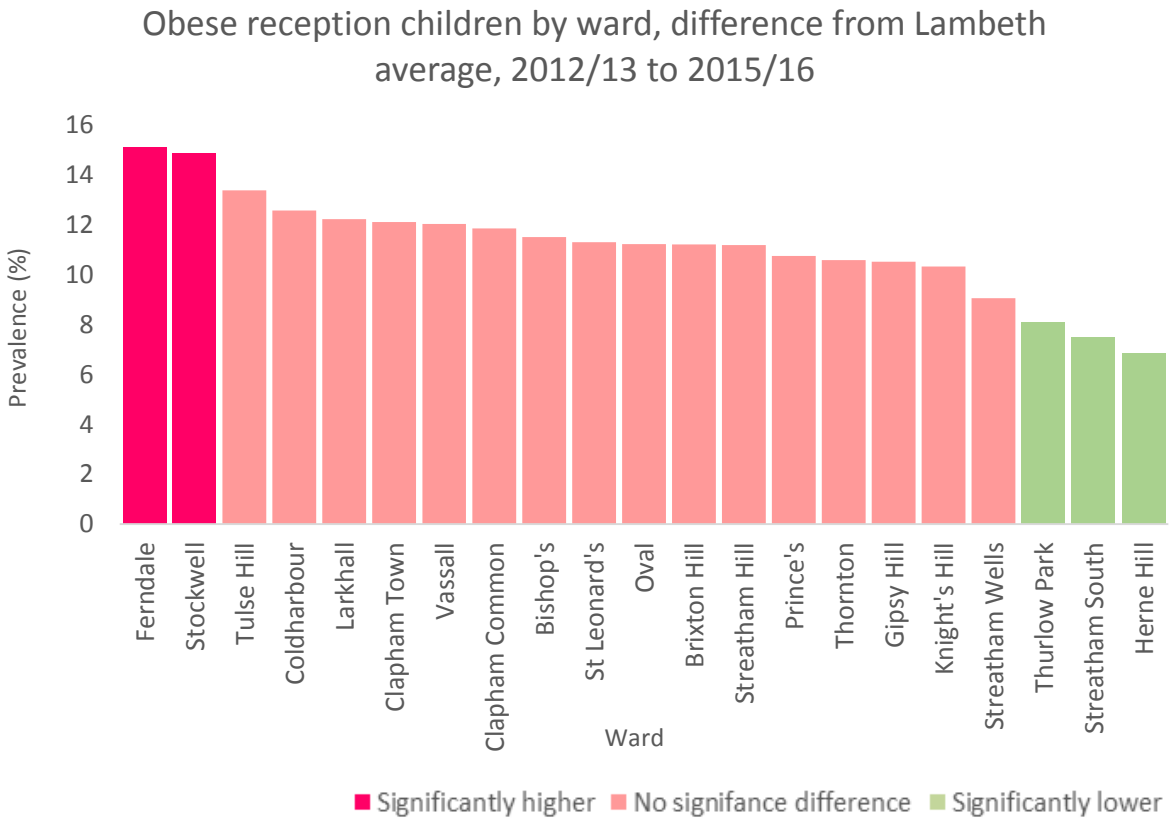
Lambeth reception children
Obesity prevalence by Index of Multiple Deprivation (IMD 2015)

Analysis carried out locally shows that children from Lambeth are significantly more likely to be obese at school entry if they live in areas of higher deprivation.



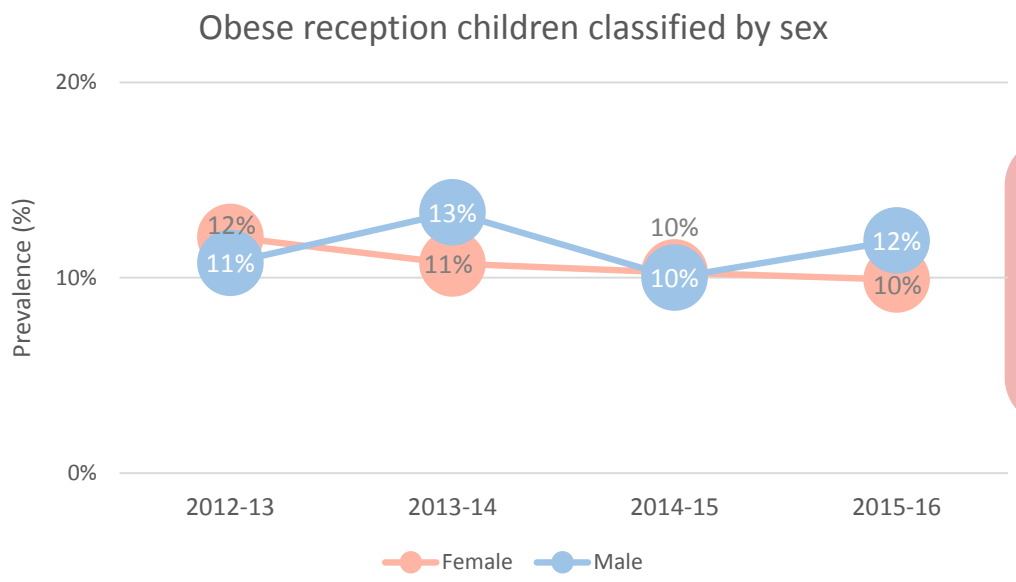
The **most deprived pupils are 1.38 times more likely to be obese than the least deprived**. Obesity prevalence is higher in the most deprived areas of Lambeth, this has been the general trend since 2012/13.

Lambeth reception children
Obesity prevalence by Ward, statistical significance compared to the Lambeth average



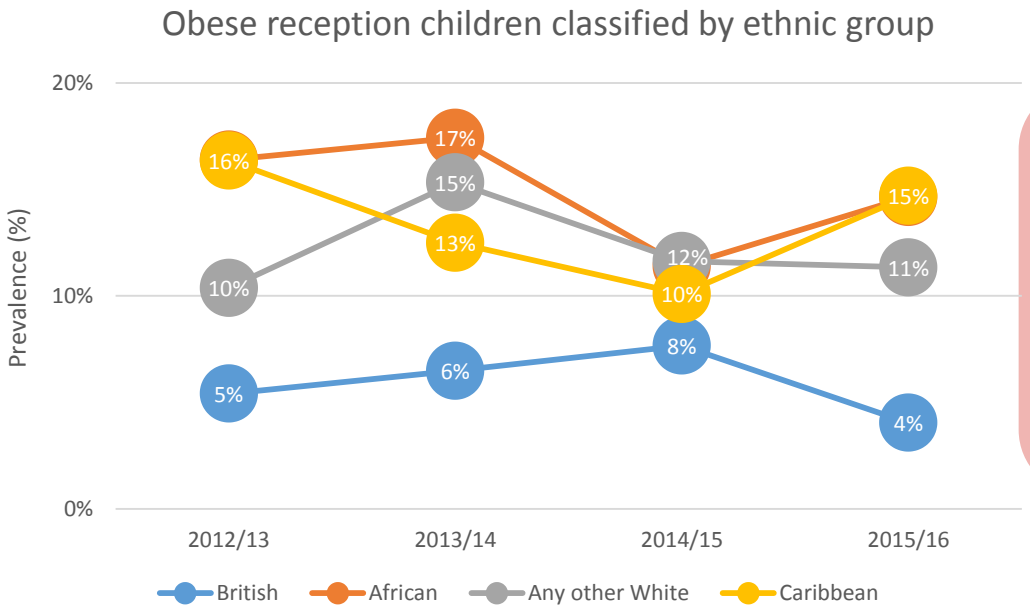
Over the period 2012/13 to 2015/16, wards in the east and south of Lambeth (Thurlow Park, Streatham South and Herne Hill) experienced a significantly lower rate of obesity than wards in the north west of the borough. **Ferndale** and **Stockwell** had a significantly **higher rate of obesity** than the rest of the wards of Lambeth.

Lambeth reception children
Comparing rates of obesity by sex, 2012/13 to 2015/16



There is no significant difference in child obesity at reception between boys and girls.

Comparing rates of obesity by ethnic group, 2012/13 to 2015/16



All ethnic groups are more likely to have excess weight than White British pupils. African pupils are 2.43 times more likely to be obese than White British pupils.

Comparisons between groups and over time have been statistically tested to determine whether differences are likely to be genuine (i.e. statistically significant) or the result of random natural variation.

What is Lambeth doing to address childhood obesity?

Addressing obesity and improving healthy weight is a public health priority. Lambeth has a good track record of implementing a systematic and evidence based programme consisting of preventative and treatment measures. The borough is also the inner London Food Flagship borough and works across the wider food system to support healthy weight.

The Lambeth Healthy Weight Programme has been developed using a range of evidence alongside the National Child Measurement Programme results. These include information from the biennial School Health Education Unit survey, needs assessments, insights into different ethnic and socio-economic groups and feedback from stakeholders (children, families, schools, communities, practitioners and policy makers).

Lambeth Children's Healthy Weight Programme

Specific interventions (Preventative and weight management services underpinned by evaluation)	Initiatives to Promote Healthy Weight (Social, environmental and economic)	Wider system levers supporting Healthy Weight
Promotion of Breastfeeding	Restriction of fast food outlets near schools	Good Food and Food Poverty yearly reports - Implementing evidence based measures indicators as measured by the London wide
Early Years nutrition and health promoting interventions	Use of derelict land for food growing	Health in all Policies approach in council – council sponsorship and procurement policy revised to promote healthy eating and sugar reduction
Training and capacity building of health and non-health professionals working with children and families –	Promoting local green infrastructure	Local Authority Declaration on Healthier Food and Sugar Reduction - Lambeth Council and CCG first to sign up in London; committing to six areas of focus. London Healthy Schools Programme – Dedicated resource to support schools
Weight management services (Levels 2 & 3) for children and families	Promoting active travel and physical activity through implementing strategies for Transport; Physical Activity and sports and Parks	National healthy weight campaigns – localising messages such as Change4Life, "Eat Them To Defeat" campaign' TriFocal
Specialist Healthy Weight School Nurse – dedicated healthy weight support for children, families and schools.	Creating supportive healthy weight environments through the Lambeth Local Plan	Healthy workplaces – promoting sign up to the London Healthy Workplace Charter.
	Facilitating Healthy Catering Commitment for Food Businesses	Informing local, regional and national programmes, policies and practices – Lambeth Early Action Partnership, Guy's and St Thomas's Charity Obesity Programme, Mayor's London Childhood Obesity Taskforce, PHE and DH advisory groups, National Institute for Health and Care Excellence.
	Working with fruit and veg market traders to increase accessibility	
	Facilitating a local whole obesity system partnership approach through the Lambeth Strategic Healthy Weight, Food and Physical Activity Group – bringing together local stakeholders.	
	Increasing opportunities for physical activity for SEN and secondary school children.	
	Influencing the use of Sugar Levy to tackle childhood obesity	
	Supporting community based food initiatives.	

Data sources and useful information

About the NCMP:
https://digital.nhs.uk/services/national-child-measurement-programme/

NCMP Data:
https://digital.nhs.uk/data-and-information/publications/statistical/national-child-measurement-programme

IMD 2015
https://www.gov.uk/government/statistics/english-indices-of-deprivation-2015

Useful information:
https://www.gov.uk/government/publications/national-child-measurement-programme-briefing-for-elected-members

http://www.who.int/news-room/fact-sheets/detail/obesity-and-overweight

https://www.who.int/end-childhood-obesity/publications/taking-action-childhood-obesity-report/en/

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/287937/07-1184x-tackling-obesities-future-choices-report.pdf

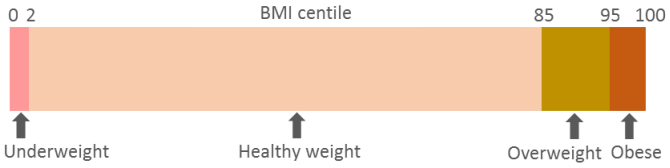
Glossary

Body Mass Index (BMI)

The BMI classification of each child is derived by calculating the child's BMI centile and classifying as shown in the diagram below. This calculation uses age and sex as well as height and weight to take into account different growth patterns in boys and girls at different ages.

The prevalence of children in a BMI classification is calculated by dividing the number of children in that BMI classification by the total number of children and multiplying the result by 100.

The NCMP uses the British 1990 growth reference (UK90) to define the BMI classifications. This approach is recommended by The National Institute for Health and Care Excellence (NICE).



CIPHA The Chartered Institute of Public Finance and Accountancy Nearest Neighbours model seeks to measure similarity between Local Authorities by following the traditional 'distance' approach whereby a selection of variables is standardised and the Euclidian distance between all possible pairs of local authorities is calculated. These distances are then summed across every single subject and 'rebased' (by assigning a distance of 1 to the farthest neighbour meaning all overall distances will lie between zero and one) to calculate the final distance. For more information see https://fingertips.phe.org.uk/documents/Nearest_Neighbour_Methodology_2018.docx
http://www.cipfastats.net/resources/nearestneighbours/

Public Health England (PHE) an executive agency of the Department of Health and Social Care, and a distinct organisation with operational autonomy. PHE aims to protect and improve the nation's health and wellbeing, and reduce health inequalities.

The Index of Multiple Deprivation (2015) is the official measure of relative deprivation for small areas (or neighbourhoods) in England.

The Index of Multiple Deprivation ranks every small area in England from 1 (most deprived area) to 32,844 (least deprived area).

World Health Organization (WHO) is a specialized agency of the United Nations that is concerned with international public health.

Definitions

Confidence intervals are a measure of the statistical precision of an estimate and show the range of uncertainty around the estimated figure. Calculations based on small numbers of events are often subject to random fluctuations. As a general rule, if the confidence interval around one figure overlaps with the interval around another, we cannot say with certainty that there is more than a chance difference between the two figures.

Statistical significance Comparisons between groups and over time have been statistically tested to determine whether differences are likely to be genuine (i.e. statistically significant) or the result of random natural variation.

Appendix 1

National Childhood Measurement Programme

What is the National Childhood Measurement Programme?

The National Child Measurement Programme (NCMP) measures the height and weight of children aged 4-5 (Reception) and 10-11 years (year 6) each year in state maintained primary schools in England.

How is data collected?

Local authorities collect data on children's height and weight from all state maintained schools within their area. The data are submitted to NHS Digital and all of the returns are collated and validated centrally.

Participation in the programme is not compulsory, but non-participation is on an opt-out basis only. Children's heights and weights are used to calculate a Body Mass Index (BMI) centile. The measurement process is overseen by trained healthcare professionals in schools. The programme is recognised internationally as a world-class source of public health intelligence and holds UK National Statistics status.

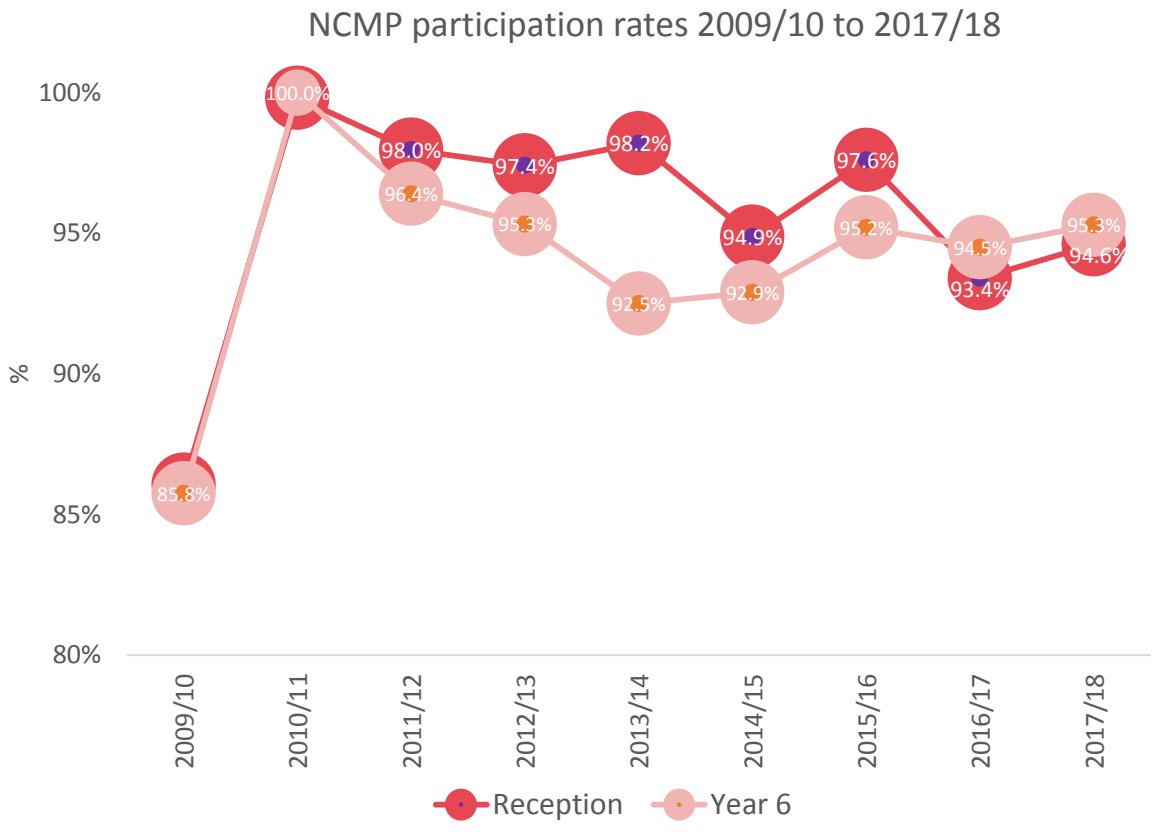
Why the NCMP?

Child obesity is a good indicator of adult obesity which can lead to poor health outcomes. The NCMP is a key element of the Government's approach to tackling child obesity by annually measuring over one million children and providing reliable data on rates of childhood obesity. The programme was launched in the 2005/06 academic year and now holds eleven years of reliable data. The NCMP is an excellent source of surveillance data which helps increase understanding of the patterns and trends in underweight, healthy weight, overweight, and obesity among the child population

NCMP data enables local areas to plan services to tackle child obesity and monitor progress. In most local authorities, parents also receive feedback on their child's weight status along with the offer of further advice and support on achieving a healthy weight for their child.

Appendix 2

Lambeth NCMP participation rates, 2009/10 to 2017/18



In 2017/18, Lambeth was identified as an area of good practice in respect of data quality with participation at 93% for reception and 95% for year six. A participation rate of 85% and greater is considered to be of sufficient quality to be representative of the population measured. Between 2006/07 and 2009/10, data published by NHS Digital only included local authority level results based on the location of the school.

The analysis in this factsheet focusses on where pupils live, and refers to figures for the local authority of residence.