



Child obesity

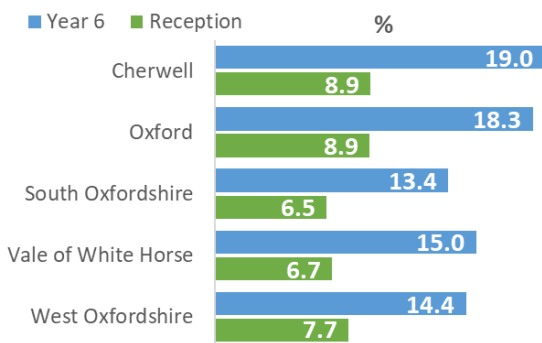
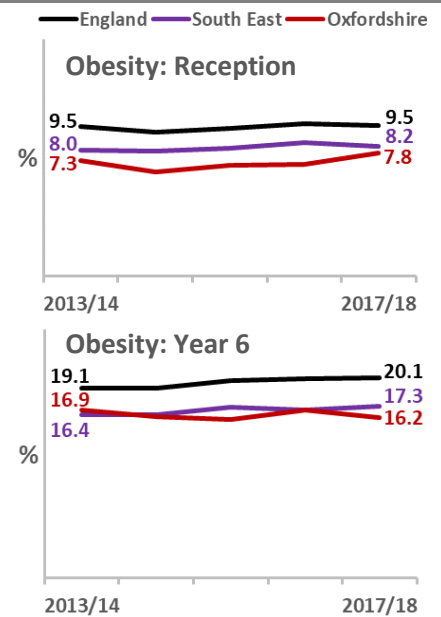
Obesity is a complex problem with many drivers, including behaviour, environment, genetics and culture. Childhood obesity can affect a child's physical, social, educational and mental health and well-being. It increases likelihood of health conditions including Type 2 diabetes and hypertension, and exacerbates conditions such as asthma and psychological problems such as social isolation, low self-esteem, teasing and bullying¹.

The National Child Measurement Programme (NCMP)² is a nationally mandated public health programme which measures the height and weight of children in Reception (age 4-5) and Year 6 (age 10-11) in primary schools.

In 2017/18, around 1,400 (20%) Reception children, aged 4 or 5, in Oxfordshire were overweight or obese. Nearly 560 of these children (7.8% of total) were obese, including 120 who were severely obese (1.7% of total).

In Year 6, aged 10 or 11, there were around 1,900 children overweight or obese and the proportion was higher at 30%. Just over 1,000 of these children (16.2% of total) were obese, including 180 who were severely obese (2.7% of total).

Prevalence of obesity has remained at a similar level in Oxfordshire (and nationally) in recent years.

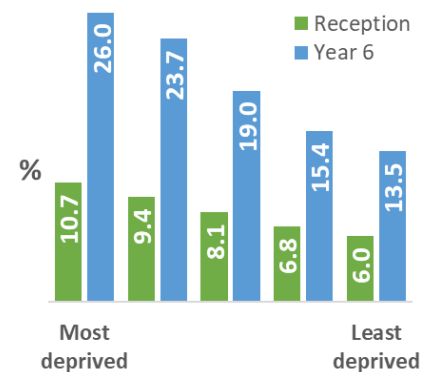


Levels of obesity vary between Oxfordshire's districts. In Cherwell 2017/18, obesity prevalence was significantly higher than the Oxfordshire average for Year 6 children. Obesity in South Oxfordshire was significantly lower than Oxfordshire for both Reception and Year 6 children.

Within the districts, the county's obesity levels are highest in the south of Oxford (including Blackbird Leys, Northfield Brook and Littlemore) and Banbury in Cherwell³.

In both Reception and Year 6, obesity prevalence is considerably higher in children from more deprived areas. In Oxfordshire, 1 in 10 Reception children from the most deprived areas is obese. One in four children from the same areas are obese in Year 6.

Obesity prevalence also varies by ethnicity. In Oxfordshire, children from Black and Asian ethnic groups experience a significantly higher prevalence of obesity than children from White groups. National data have also shown that this variation is independent of deprivation⁴.



We welcome your comments, please email jsna@oxfordshire.gov.uk

¹ [NCMP and Child Obesity Profile](#), Public Health England

² [National Child Measurement Programme](#), Public Health England

³ [Child obesity and excess weight: small area level data](#), Public Health England. For more information, also see JSNA [Inequalities Basket of Indicators](#) and [Oxfordshire Wards Inequalities Pack \(Excel\)](#)

⁴ [Differences in child obesity by ethnic group](#), Public Health England