

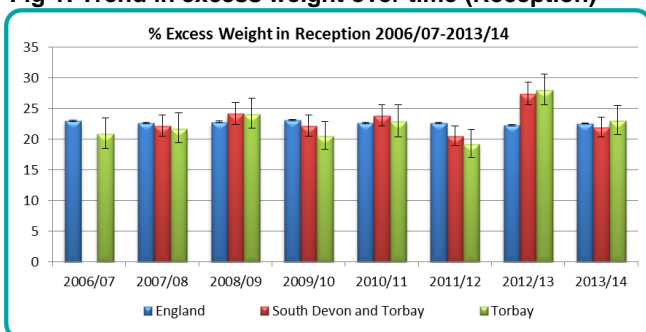
Childhood obesity is regarded as one of the most serious global public health challenges for the 21<sup>st</sup> century (World Health Organisation). Obese children are at an increased risk of developing various health problems, such as Type 2 diabetes, asthma and mental health disorders, as well as being more likely to become obese adults (National Obesity Observatory).

The National Child Measurement Programme (NCMP) measures the height and weight of around one million primary school children in England every year, providing a detailed picture of the prevalence of obesity. Children are measured when they start school at the age of 4 or 5 years (Reception) and in their last year of primary school (Year 6) at the age of 10 or 11 years.

**Classification** – Children are identified as overweight or obese if their body mass index is equal to or above the 85<sup>th</sup> centile of the British 1990 growth reference according to their sex and age (PHE, 2014). ‘Excess weight’ refers to children who are identified as overweight or obese and is the indicator used within the Public Health Outcomes Framework (PHOF).

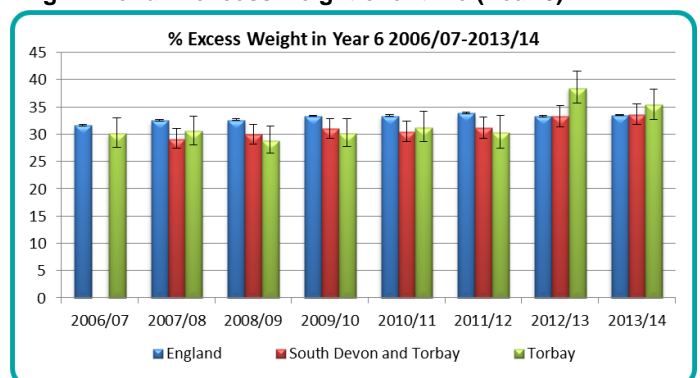
**Prevalence** – Around one in four (23%) Reception children and one in three (32%) Year 6 children are identified as being overweight or obese in South Devon and Torbay (SD&T); this is shown in Fig 1 and 2 respectively. The prevalence of excess weight has remained relatively constant, however, 2012/13 showed a noticeable increase in prevalence. The 2013/14 figures are nearer the local norm; although prevalence is still higher at Year 6 in Torbay compared to the norm and the England average (Fig 2).

**Fig 1: Trend in excess weight over time (Reception)**



Source: PHE, NOO, HSCIC (Fig 1 and Fig 2)

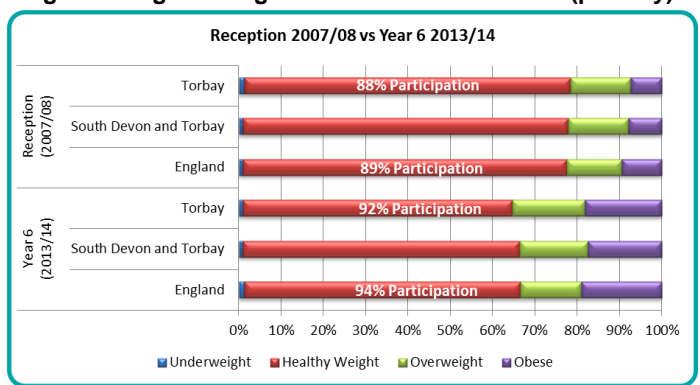
**Fig 2: Trend in excess weight over time (Year 6)**



Source: PHE, NOO, HSCIC

**Cohort comparison** – We are unable to compare a child’s NCMP measurements at Reception and Year 6 due to data confidentiality. Alternatively we are able to compare 2007/08 Reception children with 2013/14 Year 6 children; with the assumption that most children will start and finish education at the same school. Comparison of cohorts suggests that those identified as overweight at Reception, may be more likely to be obese by Year 6 (Fig 3).

**Fig 3: Change in weight classification over time (primary)**



Source: PHE, NOO, HSCIC

**Sex** – More Reception and Year 6 males are overweight or obese compared to females in South Devon & Torbay as shown in Table 1.

Table 1	Count measured	% overweight	% obese	% excess weight
Males	7,764	16%	14%	30%
Females	7,093	14%	11%	25%
Total	14,857	15%	13%	28%

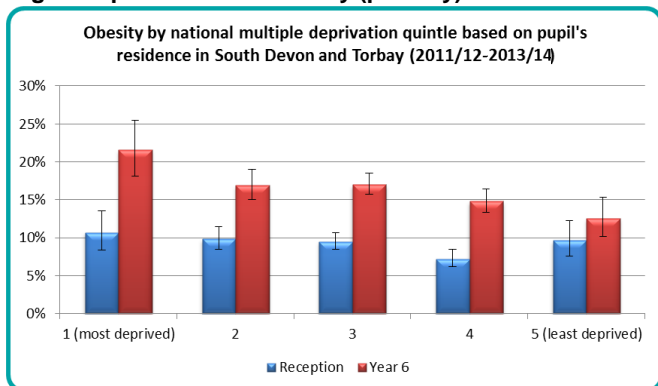
**Ethnicity** – Across SD&T there is no significant difference in the prevalence of obesity by ethnicity; however the Asian population shows higher prevalence (Table 2). This is similar to England (PHE, 2014).

Table 2	% White	% Mixed	% Asian/ A.British	% Black/ B.British	% Chinese/ Other
SD&T* (95% CI)	13% (12-13%)	11% (10-13%)	17% (10-28%)	X (5-70%)	13% (8-21%)

\* 2-3% ethnicity status unknown. 95% CI – confidence interval. The wider the confidence interval; the more imprecise the estimate. X – percentage not calculated due to small numbers.

**Deprivation** – Child obesity prevalence shows an association with socioeconomic status, with more deprived populations tending to have higher prevalence (NOO). Locally there are a higher percentage of obese children in the most deprived quintile compared to the least deprived; particularly at Year 6 (Fig 4).

Fig 4: Deprivation and obesity (primary)

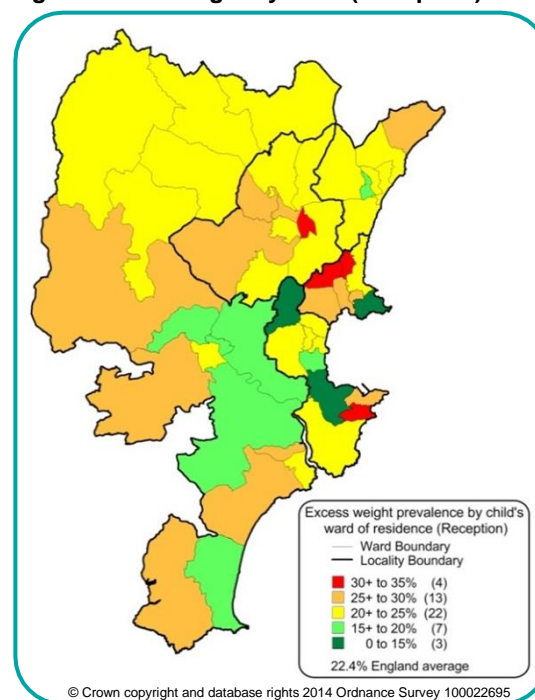


Source: PHE, NOO, HSCIC

**Residence** – The areas with the highest prevalence of overweight and obese children at reception are mostly located in Torbay (Fig 5). The wards of interest are: Watcombe; Shipay-with-the-Willows; Buckland-with-Milber and

St Mary's-with-Summercombe (shown in red).

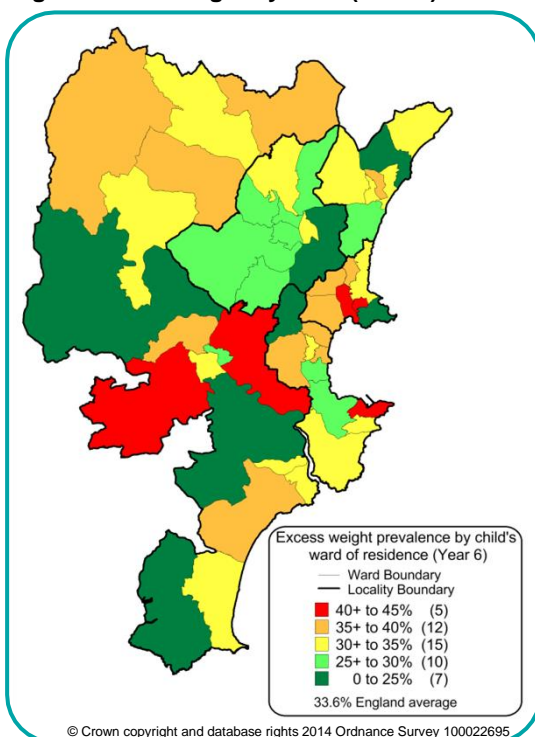
Fig 5: Excess weight by ward (Reception) 2011/12-2013/14



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The areas with highest prevalence of overweight or obese children at Year 6 are different communities but still located within Torbay and the surrounding area (Fig 6). The wards of interest are: Tormohun; Ellacombe; East Dart; Avon and Harbourne and Berry Head-with-Furzeham (shown in red).

Fig 6: Excess weight by ward (Year 6) 2011/12-2013/14



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Source: PHE, NOO, HSCIC