

## Excess weight in 4-5 and 10-11 year olds

% of children aged 4-5 (Reception) and 10-11 (Year 6) classified as overweight or obese

Performance:

2015/16

4-5 year olds: 21.2%

10-11 year olds: 32.4%

### Introduction

Health consequences of childhood obesity include: increased blood lipids, glucose intolerance, Type 2 diabetes, hypertension, increases in liver enzymes associated with fatty liver, exacerbation of conditions such as asthma and psychological problems such as social isolation, low self-esteem and teasing.

### The proportion of Warwickshire children, with excess weight

Reception age 21.2%

Year 6 age 32.4%

### Current position

National Child Measurement Programme (NCMP) data for 2015/16, shows that in:

- England: the proportion of children, with excess weight, in Reception (4-5 year olds) was 22.1% and 34.2% for Year 6 (10-11 year olds) children.
- West Midlands: Reception children with excess weight 23.3%, whilst in Year 6 it was 36.6%.
- Warwickshire: the proportion of children, with excess weight, in Reception was 21.2%. In Year 6, the proportion was 32.4%.

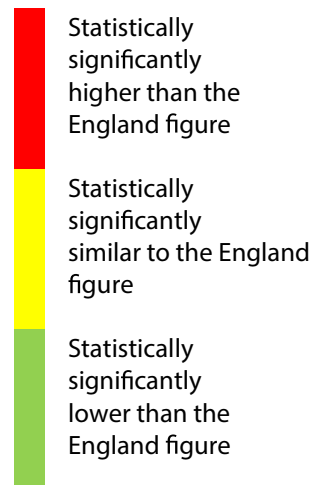
### Current activity

- Priority – focus on reducing childhood obesity.
- Partnership to reduce obesity in pregnancy.
- Commission acute trusts and children's centres to achieve UNICEF Baby Friendly Initiative (BFI) accreditation to increase breastfeeding initiation and duration.
- Pilot project to reduce breastfeeding drop off rates.
- Delivery of the National Child Measurement Programme.
- Family Change4Life Advisory service and weight management programmes for families with overweight/obese children.
- Development of an app. to support families accessing weight management services.
- The Food for Life Partnership to promote whole food culture.
- Increase uptake of vitamins through National Healthy Start scheme
- Master Gardener scheme to reduce social isolation and loneliness
- Fitter Futures Warwickshire - young people and adult physical activity/healthy lifestyle on referral service, young people and adult weight management, family weight management and healthy lifestyle services for families of 0-5s.
- Physical Activity on Referral services for adults with specific health needs including cancer rehabilitation course.
- Smart Start funded projects for healthy eating in Early Years and HENRY project.

# NCMP Reception and Year 6 by district/borough (2015/16)

Source: Public Health England

	Reception			Year 6		
	Overweight	Obese	Excess weight	Overweight	Obese	Excess weight
North Warwickshire Borough	13.2%	9.6%	22.8%	16.6%	17.7%	34.3%
Nuneaton & Bedworth Borough	12.1%	10.2%	22.3%	15.7%	21.0%	36.7%
Rugby Borough	12.2%	8.9%	21.2%	15.8%	19.3%	35.1%
Stratford-on-Avon District	14.1%	5.6%	19.8%	14.5%	14.1%	28.6%
Warwick District	13.7%	7.0%	20.7%	13.3%	14.8%	28.1%
<b>Warwickshire</b>	<b>13.0%</b>	<b>8.2%</b>	<b>21.2%</b>	<b>15.0%</b>	<b>17.3%</b>	<b>32.4%</b>
West Midlands	12.9%	10.4%	23.3%	14.5%	22.1%	36.6%
England	12.8%	9.3%	22.1%	14.3%	19.8%	34.2%



## Future activity

- Maintain the focus on maternal obesity.
- Minimise reduction in breastfeeding drop off rates.
- Sustain impetus and partnership working to achieve UNICEF BFI accreditation.
- Increase numbers of children, young people and adults completing family weight management, physical activity on referral and weight management on referral services.
- Food for Life Partnership to continue to provide programme management support in all primary schools, secondary schools and early years settings.
- Continue partnership project to achieve the Food for Life Partnership Catering Mark and enhance links with Food for Life schools.
- Sustain the Family Change4 Life Advisory service. Maintain Fitter Futures programme.
- Fitter Futures pathway for cancer recovery patients.

## Prevalence of overweight and obese Warwickshire pupils, 2007/08 to 2015/16

