

National Child Measurement Programme (NCMP) data for 2013/14.

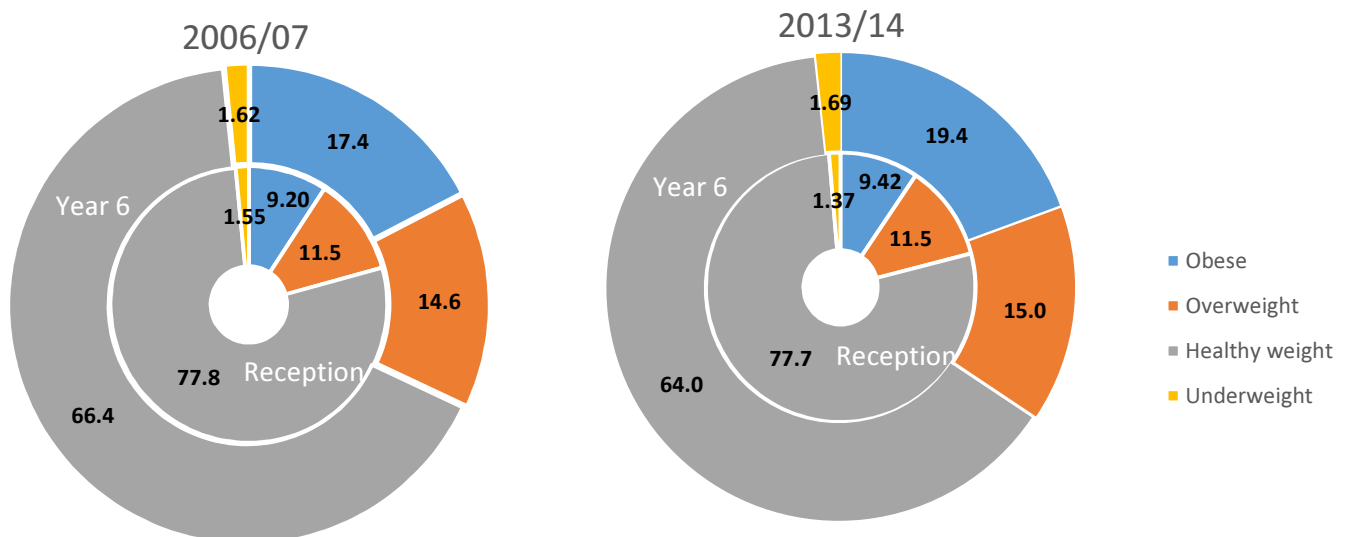
The national child measurement programme (NCMP) collects information on body mass index of children in reception and year 6. The programme was established in 2006 and now has 8 years of robust trend data. Participation rates are high and in 2013/14 the overall participation rate in England was 94% and 93% in Barnet.

Key messages:

Levels of overweight and obesity remain lower than the National and London average in Barnet for reception children attending schools there and have remained fairly stable over the last 8 years.

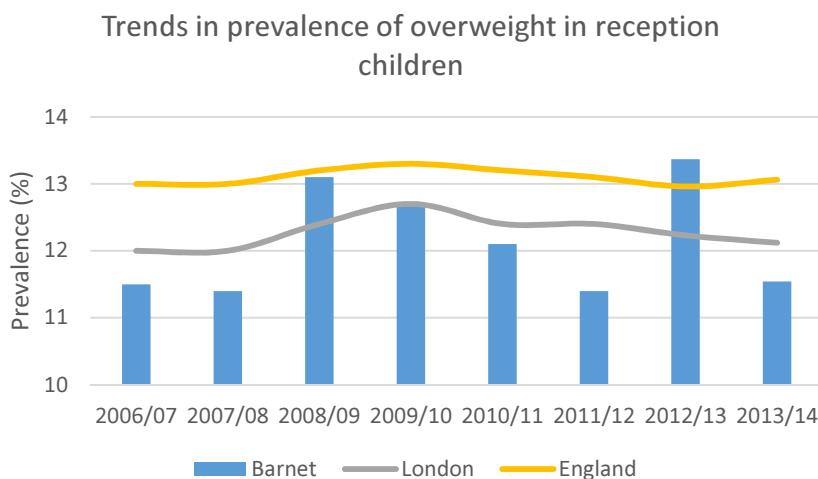
Despite relatively low levels of obesity, prevalence in reception age children has been increasing in Barnet. This is in contrast to trends nationally and in London which are showing decreases.

The biggest increase in prevalence has been obesity in year 6 children; there has been a 2% increase in the last 8 years. However this is equal to the national and London increase, and levels in Barnet in 2013/14 remain 3% lower than the London average (statistically significant).



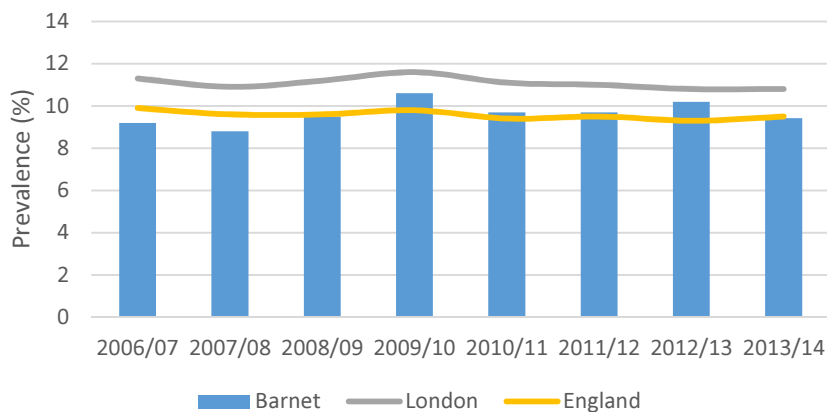
Overweight and obesity trends:

The most recent data show that 11.5% of reception age children were overweight in Barnet. This is lower than the national (13.1%) and London (12.1%) average and is equal to the prevalence 8 years ago.



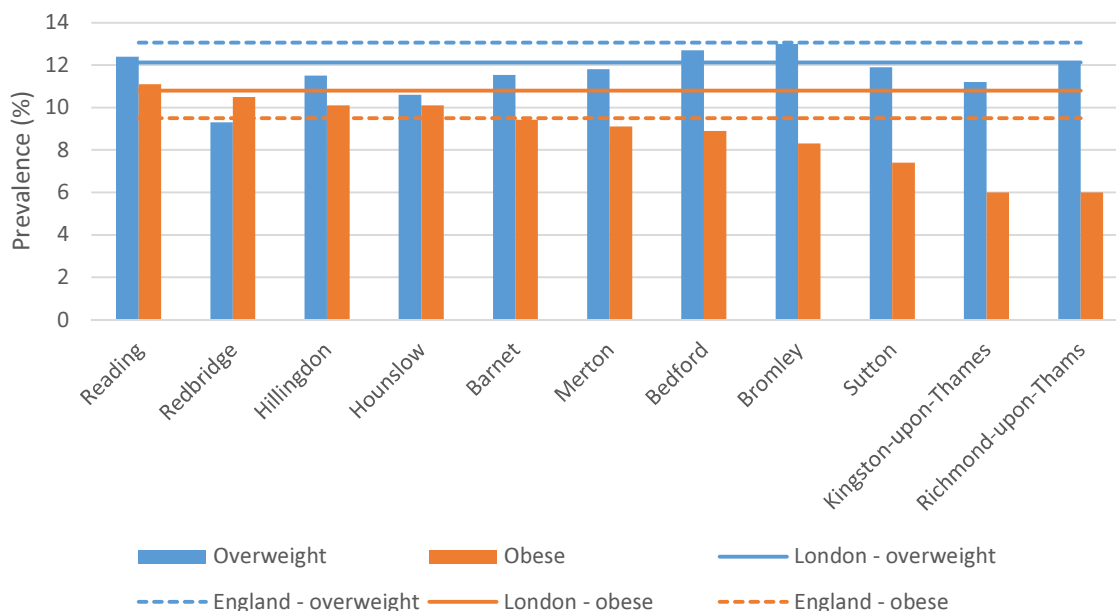
Obesity levels have seen some fluctuation since the programme began, but overall the increase in obesity for reception children in Barnet has been very small; 9.4% in 2013/14 compared with 9.2% in 2006/07. However this is in contrast to prevalence in London and England overall; trend data has shown a decrease in obesity prevalence over the last 8 years from 11.3% to 10.8% and 9.9% to 9.5% respectively.

Trends in prevalence of obesity in reception children



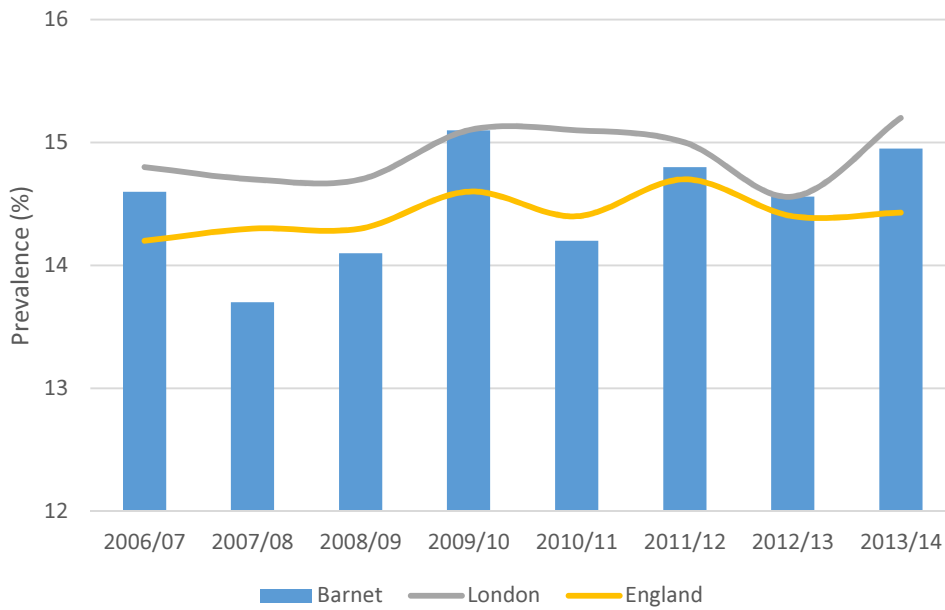
Compared with statistical neighbours, Brent ranks slightly better than the median value for overweight prevalence and slightly worse for obesity prevalence in reception children.

Prevalence of overweight and obesity in reception children in Barnet and statistical neighbours, 2013/14



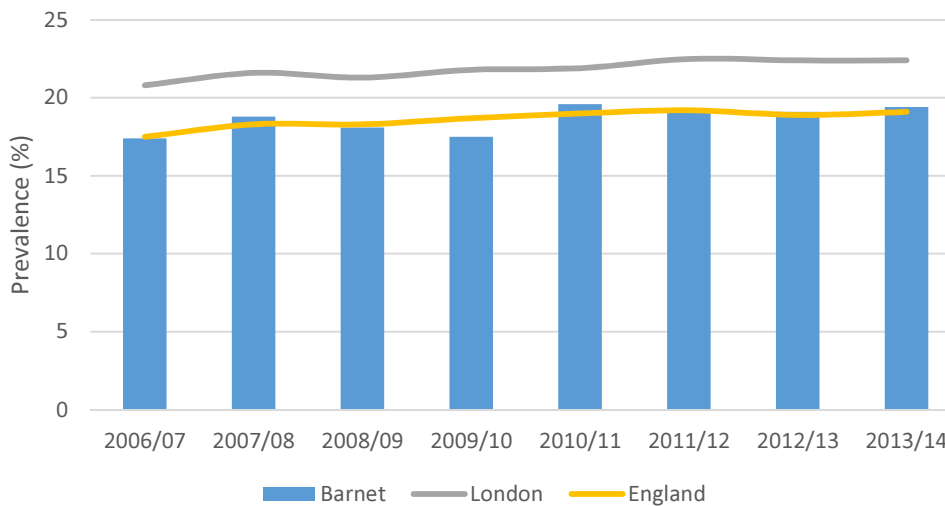
For year 6 children prevalence of overweight is higher than the England (14.4%) average but lower than London (15.2%). Overall, there has been a small increase in overweight prevalence when looking at the long term trend; 14.6% in 2006/07 compared to 15.0% in 2013/14. However there has been a considerable amount of fluctuation throughout that time period.

Trends in prevalence of overweight in year 6 children



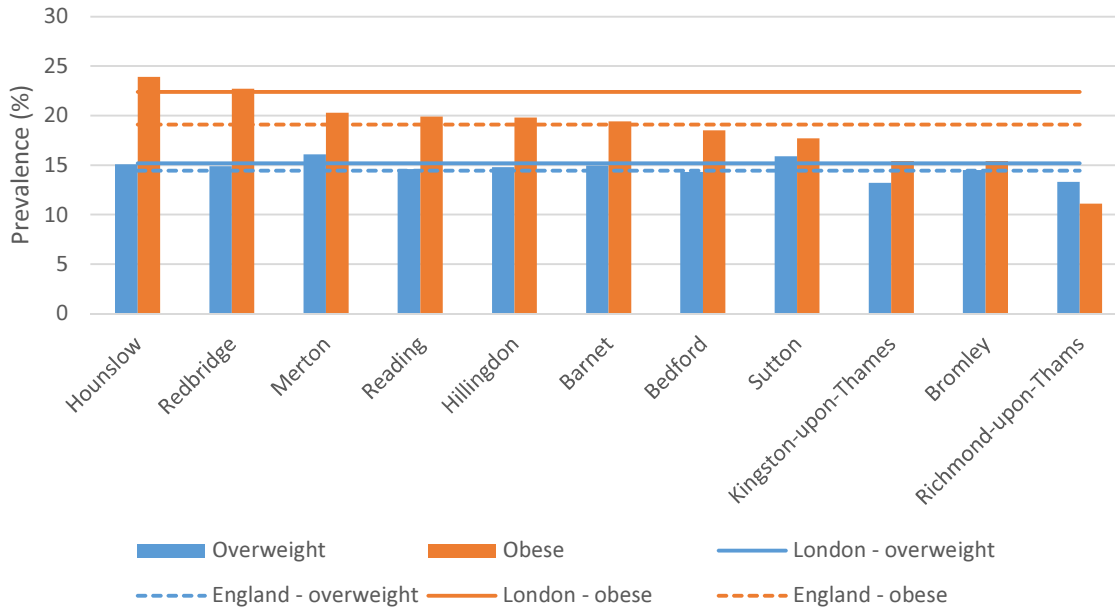
In the last 8 years the increase in obesity has been 2% for Barnet. This is similar to the upward trend seen nationally and in London, which has also been approximately 2%. Just like levels of overweight; obesity in year 6 children has shown considerable fluctuation over the time period but the data for 2013/14 show an increase since last year from 19.1% to 19.4%.

Trends in prevalence of obesity in year 6 children



In Barnet, compared with statistical neighbours the borough ranks 4th worse for levels of overweight and as the median value for prevalence of obesity.

Prevalence of overweight and obesity in year 6 children in Barnet and statistical neighbours, 2013/14



Tackling increasing overweight and obesity levels in year 6 children remains the priority.

Note: All data shown here are grouped by postcode of school therefore not all borough residents will be captured in these data. Pupil level data is now available for 2013/14. Further analysis to examine factors such as deprivation and ethnicity will be conducted on these data soon.