

National Child Measurement Programme Data Summary 2023/24

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National Child Measurement Programme Data

Summary 2023/24

Key Findings

- The prevalence of reception aged excess weight and obesity in Staffordshire increased in 2023/24, both remain higher than the national average.
- By year 6 the prevalence of excess weight and obesity increases significantly, with the prevalence of obesity doubling from 10.7% in reception to 22.8% in year 6.
- Newcastle-under-Lyme continues to be an area of focus, with the prevalence of both excess weight and obesity higher than the national average in reception and year 6.
- The prevalence of excess weight and obesity is significantly higher for boys by year 6.
- The prevalence of excess weight and obesity, in both reception and year 6, are higher in our urban, and in our more deprived areas.

Participation

- Participation rates in Staffordshire remained higher than national in 2023/24; 96.8% in reception (92.8% nationally) and 94.3% in year 6 (91.9% nationally). Participation was lowest in Cannock Chase where rates were 96.1% in reception and 91.6% in year 6 (2021/22, 2022/23 and 2023/24).

Reception Age

- Across Staffordshire, the prevalence of **excess weight** in reception increased significantly from 22.4% last year to 24.4% in 2023/24 and remains higher than England (22.1%).
- The prevalence of reception aged **obesity** in Staffordshire increased by about 1 percentage point from 9.8% last year to 10.7% in 2023/24 and is now higher than England (9.6%).
- In terms of a geographical focus, Cannock Chase (26.2%), Newcastle-under-Lyme (25.6%) and South Staffordshire (26.4%) had a higher prevalence of **excess weight** than England, with all other districts and boroughs similar to England. A similar picture was also evident for **obesity**, with Newcastle-under-Lyme (11.9%) and South Staffordshire (12.9%) having a higher prevalence than England and all other districts and boroughs being similar to England. The prevalence of obesity in South Staffordshire was

particularly high, ranking the 8th highest of 296 upper and lower tier authorities in England.

Year 6

- By year 6, the prevalence of both **excess weight** and **obesity** have increased significantly from reception age, with the prevalence of obesity doubling from 10.7% in reception to 22.8% in year 6.
- In Staffordshire the prevalence of **excess weight** in year 6 (36.5%) remained similar to last year (37.6%) and similar to England (35.8%). The prevalence of **obesity** (22.8%) also remained similar to last year (23.6%) and similar to England (22.1%).
- In terms of a geographical focus, both Newcastle-under-Lyme (39.0%) and Tamworth (39.5%) had a higher prevalence of **excess weight** than England. Lichfield (33.0%) and South Staffordshire (32.9%) had lower prevalence of excess weight and all other districts and boroughs were similar to England. Only Newcastle (24.9%) had a higher prevalence of **Obesity** than England, all other districts and boroughs had a similar prevalence to England.

Wards - see supporting maps for further information¹.

- There were 17 Staffordshire wards where the prevalence of reception aged **excess weight** was significantly higher than the national average and 12 where reception aged **obesity** was significantly higher than the national average.
- There were 21 wards with a year 6 **excess weight** prevalence significantly higher than the national average and 24 where year 6 **obesity** prevalence was significantly higher than the national average.
- Across Staffordshire, Anglesey and Winshill (both East Staffordshire), Silverdale (Newcastle-under-Lyme) and Stonydelph (Tamworth) wards were higher than the national average for both **excess weight** and **obesity** in both reception and year 6.

Gender, rurality and deprivation.

- In reception, the prevalence of **excess weight** and **obesity** in Staffordshire is marginally higher in girls than boys. However, in line with national trends, the Staffordshire prevalence of **obesity** in year 6 boys (25.5%) is higher than in girls (19.5%), with the prevalence of **excess weight** also showing the same pattern (Boys 38.8%, Girls 33.9%).

¹ Please note that due to small numbers at ward level we have pooled three years' worth of data for ward level calculations; 2021/22, 2022/23 and 2023/24.

- The prevalence of **obesity** and **excess weight** are highest in urban areas, and in our more deprived neighbourhoods.
- The prevalence of **excess weight** in Staffordshire at reception is similar across urban (24.5%) and rural (24.3%) areas. A similar pattern is true of the **obesity prevalence** with 10.9% in urban areas compared to 10.2% in rural areas.
- The prevalence of **excess weight** in Staffordshire in year 6 is 37.3% in urban areas, higher than in rural areas (33.1%) and the prevalence of **obesity** is 23.5% in urban areas, higher than in rural areas (19.4%).
- The prevalence of **excess weight** in Staffordshire at reception age ranges from 23.7% in the most deprived decile to 20.8% in the least deprived, and in year 6 this ranged from 42.0% in the most deprived decile to 32.0% in the least deprived.
- The impact of deprivation appears to be even more pronounced when looking at **obesity** in Staffordshire where, in reception, the differences are nearly double. Obesity at reception age ranges from 13.5% in the most deprived decile to 7.4% in the least deprived, and in year 6 from 27.0% in the most deprived decile to 19.1% in the least deprived.

