

Harrow National Child Measurement Programme 2019-20 report

Key messages

- Harrow has significantly similar levels of obesity prevalence compared to London and England
- 1 in 10 children are living with obesity in Reception (9.5%)
- 1 in 4 children in Year 6 (21.0%)
- Obesity prevalence for Reception children in 2019/20 was 9.5%, similar to England 9.9% but lower than London at 10%
- Obesity prevalence for Year 6 children in 2019/20 was 21%, lower than London 23.7% and the same as England
- Trends over 5-years for Harrow show that obesity prevalence in reception are significantly similar overall
- Similar trends are observed over 5-years for obesity levels in Year 6 and remain significantly similar overall
- Compared to its statistical neighbours, Harrow ranks in 8th position amongst the 16 boroughs that have statistically similar characteristics to Harrow for Reception children, where Redbridge ranks in 1st position with obesity levels of 11.2% and Richmond of Thames at 4.7%
- Harrow ranks in 10th position amongst 16 boroughs that have similar characteristics to Harrow for Year 6 children, where Enfield ranks in 1st position with obesity levels of 27.0% and Richmond upon Thames at 11.1% at the lower end.
- Data for wards in Harrow show that obesity levels in both reception and Year 6 are higher in those wards that are known to be the most deprived in Harrow
- Obesity levels are significantly higher in the most deprived areas of Harrow compared to the least deprived for both Reception and Year 6 children
- Children belonging to the Black ethnic group have higher levels of obesity compared to White and Asian children in Reception but not significantly
- Black children in Year 6 have significantly higher levels of obesity prevalence than White and Asian children and the differences are significant

Introduction

The NCMP is the National Child Measurement Programme which is an NHS initiative to measure children in reception and in year 6. This process often highlights if a child's weight is above where it needs to be at this point in their lives. The NCMP screening process assesses the BMI of young people which is a scientific process to assess their natural growth.

Why Is NCMP important?

With 1 in 5 children being overweight or very overweight in the UK, the NCMP can inform parents and carers that some changes should be made to help children to be healthier. Current findings from NCMP tell us that 1 in 3 children will leave primary school overweight or very overweight as they head into high school. With overweight children being at higher risk of mental health problems, bullying and long-term physical health problem.

How does it work?

The National Child Measurement Programme (NCMP) weighs and measures school pupils in Reception (4–5 years) and Year 6 (10–11 years), calculates their body mass index (BMI), and uses national growth centile charts to categorise children as underweight, healthy weight, overweight or obese.

Impact of COVID ON NCMP in 2019/20

School closures, in March 2020, due to the Covid-19 pandemic meant that in 2019/20 the number of children measured was around 75% of previous years. Analysis by NHS Digital shows that national and regional level data is reliable and comparable to previous years. The data at local authority level and below is not as robust, as a result a small number of areas do not have published data for 2019/20 and data for some areas has a reliability flag indicating that figures need to be interpreted with caution.

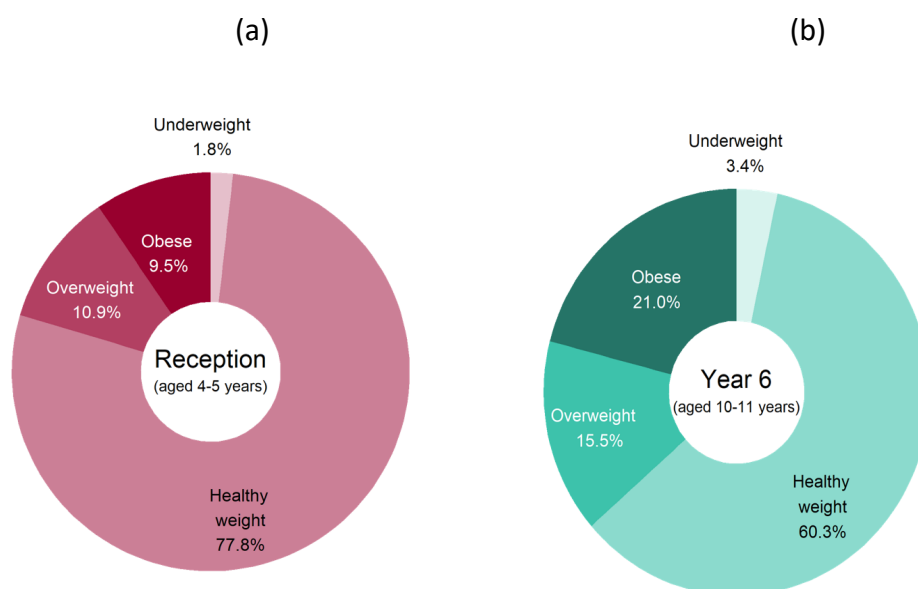
Data Quality Issues

Data for Harrow has been flagged as "fit for publication but interpret with caution" for Reception and "reliable" for Year 6. 74.5% of Reception and 85.3% of Year 6 children were measured compared to the average of the previous three years. For this reason,

BMI status of children in Harrow by age

In 2019, 9.5% of children measured ages 4-5 in Reception were classified as obese, 10.9% overweight, 1.8% underweight. Healthy weight overall for reception children in Harrow was around 77.8%, Figure 1(a)

Figure 1. (a) and (b) BMI status in children in Harrow by age, 2019/20



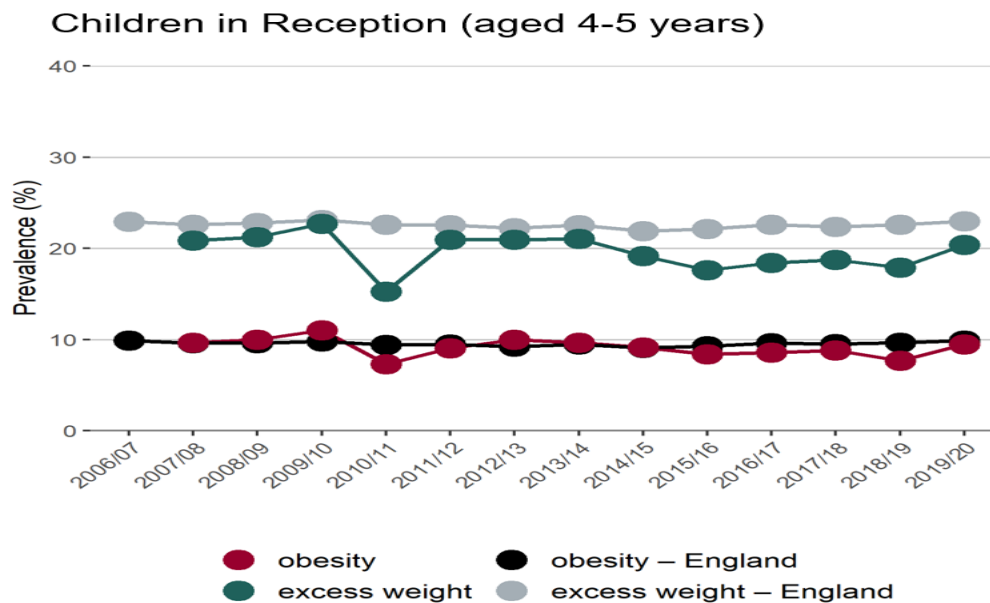
Source: National Child Measurement Programme 2019/20

For Year 6 children measure as part of the NCMP programme (Figure 1 (b) above) in 2019/20 21% were obese, 15.5% overweight and 3.4% underweight. Overall, in Year 6 around 60.3% children had a healthy weight.

Trends in Obesity Prevalence by Age

Figure 2. below, shows the trend in obesity for reception children in Harrow, compared to last year 2018/19 when the prevalence was 7.7%, obesity prevalence for reception children has increased by 1.8% in 2019/20.

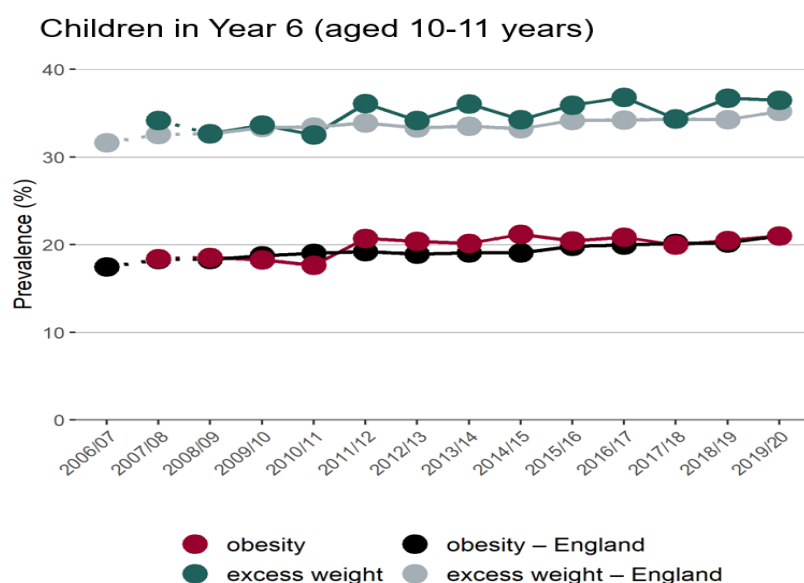
Figure 2. Trends in Obesity prevalence in Reception, 2019/20



Source: National Child Measurement Programme

Trends for obesity prevalence amongst Year 6 children, Figure 3 in Harrow follows a more noted increase, compared to last year 2018/19 obesity prevalence was 20% it has increased by 1% in 2019/20 to 21% , overall the trend is upwards in line with what is being observed nationally for England too.

Figure 3. Trends in Obesity prevalence in Year 6, 2019/20



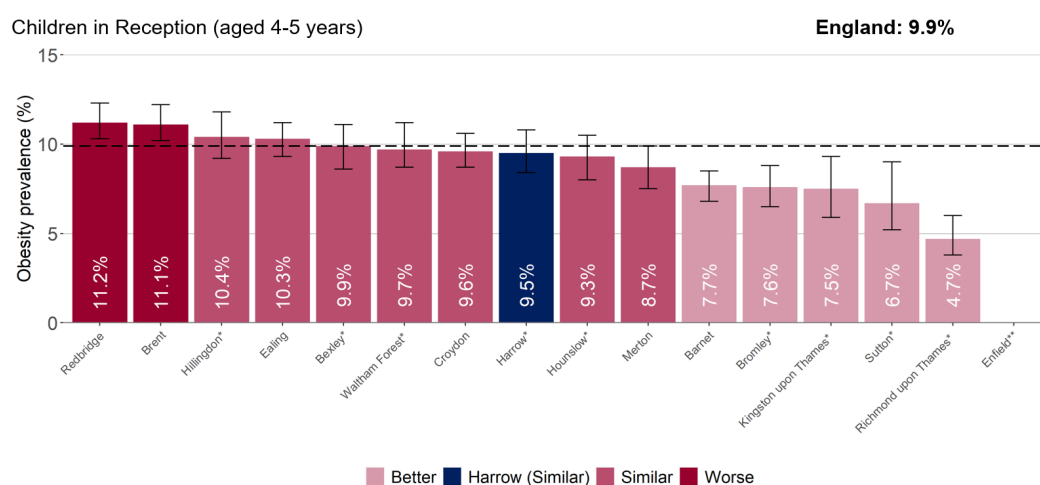
Source: National Child Measurement Programme

Note: for Year 6, comparisons are not possible with the first years of the NCMP (2006/07 to 2008/09) as low participation levels led to underestimation of obesity prevalence

Obesity Prevalence by Harrow's Statistical Neighbours, CIPFA, 2019

Further comparisons by Harrow's statistical neighbours, those boroughs that have a similar demographic population to Harrow, show that Harrow ranks 8th position behind Hillingdon and Brent who are Harrow's nearest neighbours in North West London for obesity prevalence for Reception children in Harrow, Figure 4. The confidence intervals displayed represent that whilst Harrow's obesity prevalence for Reception children is less than that of England's, it is significantly similar to England.

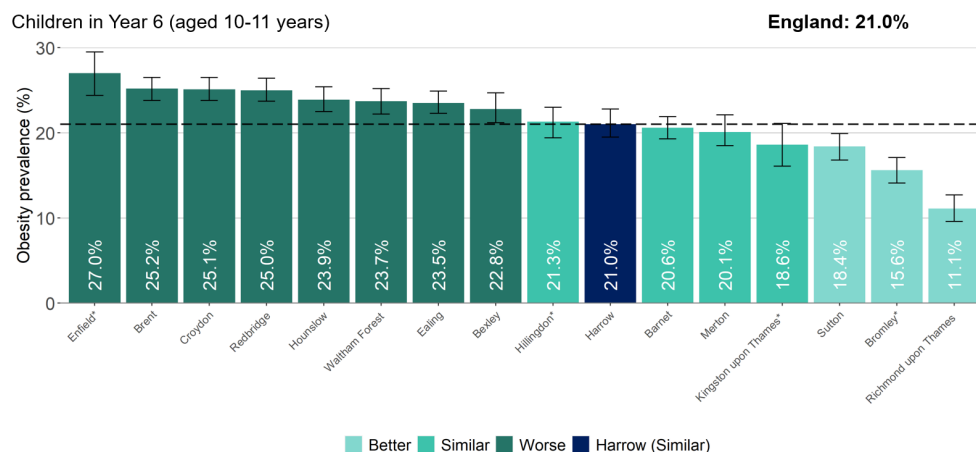
Fig.4 Prevalence of obesity in Reception, by statistical neighbours 2019/20



Source: National Child Measurement Programme 2019/20

Figure 5 shows the prevalence of obesity in year 6 by Harrow's statistical neighbours, for year 6 Harrow ranks 10th position, and has the same obesity prevalence as England for children in year 6, 10-11-year olds.

Fig.5 Prevalence of obesity in Year 6, by statistical neighbours 2019/20



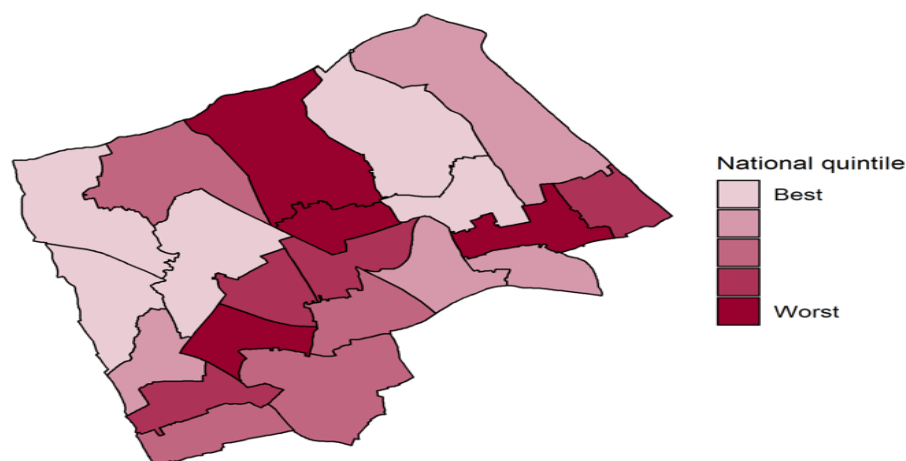
Source: National Child Measurement Programme 2019/20

Obesity Prevalence by wards in Harrow

Obesity prevalence by wards are show in Figures 6 and 7 below. The map for obesity prevalence by ward for children in Reception , aged 4-5 year old shows that obesity is more prevalent amongst those wards that are known in Harrow to have higher levels of deprivation, therefore wards such as Harrow Weald, Wealdstone, Marlborough, Roxbourne and Queensbury wards.

Fig.6 Prevalence of obesity in Reception, by Harrow Wards 2019/20

Children in Reception (aged 4-5 years)



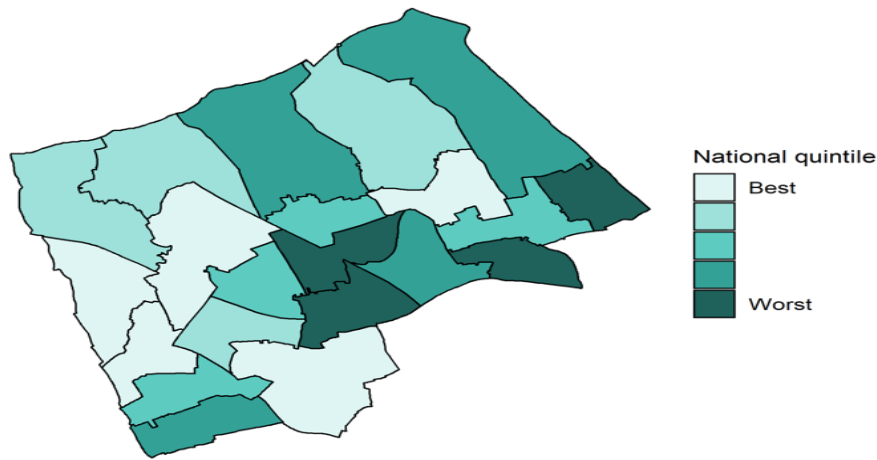
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Source: National Child Measurement Programme 2019/20

A similar trend can be seen with the prevalence for obesity for Year 6 in Harrow wards, where again wards such as Marlborough, Greenhill, Edgware are considered more deprived than most other wards in Harrow.

Fig.7 Prevalence of obesity in Year 6, by Harrow Wards 2019/20

Children in Year 6 (aged 10-11 years)



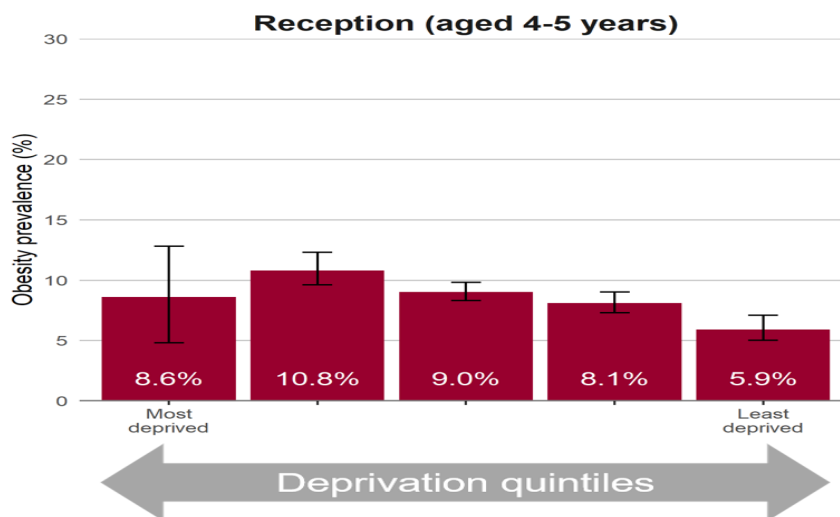
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Source: National Child Measurement Programme 2019/20

Prevalence of obesity by deprivation in Harrow, 2019

This is further displayed in the figures below, Figure 8 and 9. Figure 8 shows the obesity prevalence by deprivation, and shows that it is higher at 10.8% for reception aged children in the most deprived deciles in Harrow, and significantly too.

Fig.8 Prevalence of obesity in Reception, by Deprivation 2019/20

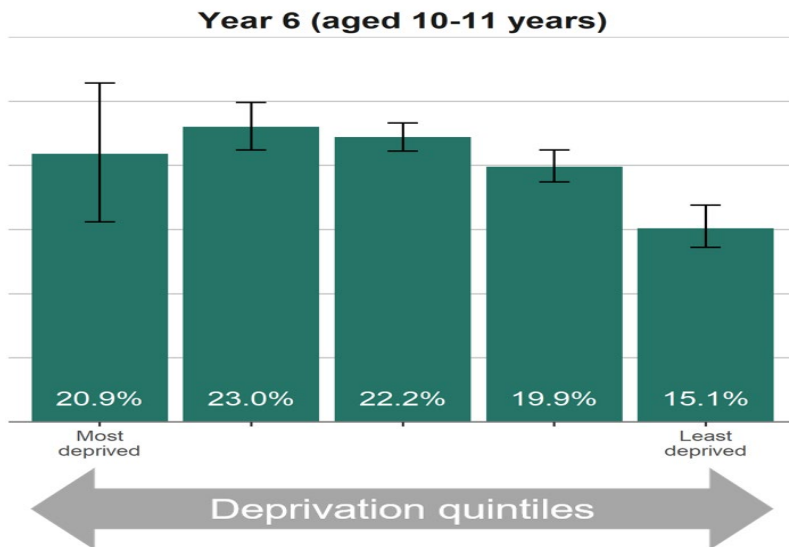


Index of Multiple Deprivation 2019

Source: National Child Measurement Programme 2019/20

The same can be seen for year 6 children in Harrow, Figure 9. where the most deprived have an obesity prevalence of around 23% for year 6 children, compared to the overall Harrow average of 21%.

Fig.9 Prevalence of obesity in Year 6, by Deprivation 2019/20



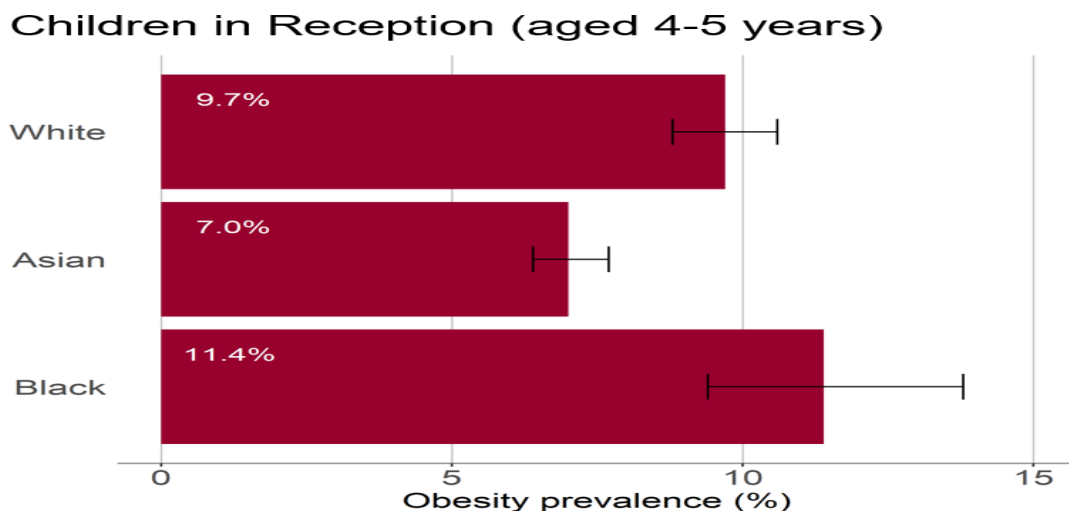
Source: National Child Measurement Programme 2019/20

Prevalence of obesity by Ethnicity in Harrow, 2019

Obesity by ethnicity for reception and year 6 children is displayed in the graphs in Figures 10 and 11 below. For reception year children, aged 4-5 in Harrow it shows that children from a Black ethnic background have a higher prevalence of obesity 11.4% compared to the Harrow average of 9.5%, and is higher than children from a White ethnic background but not significantly. Those children from an Asian background have lower level of obesity prevalence 7.0% than the Harrow average, 9.5%.

Obesity prevalence for children of a Black ethnic group in reception also have a higher prevalence than those from an Indian ethnic background and the confidence intervals displayed show that this is significantly higher.

Fig.10 Prevalence of obesity in Reception, by Ethnicity 2019/20

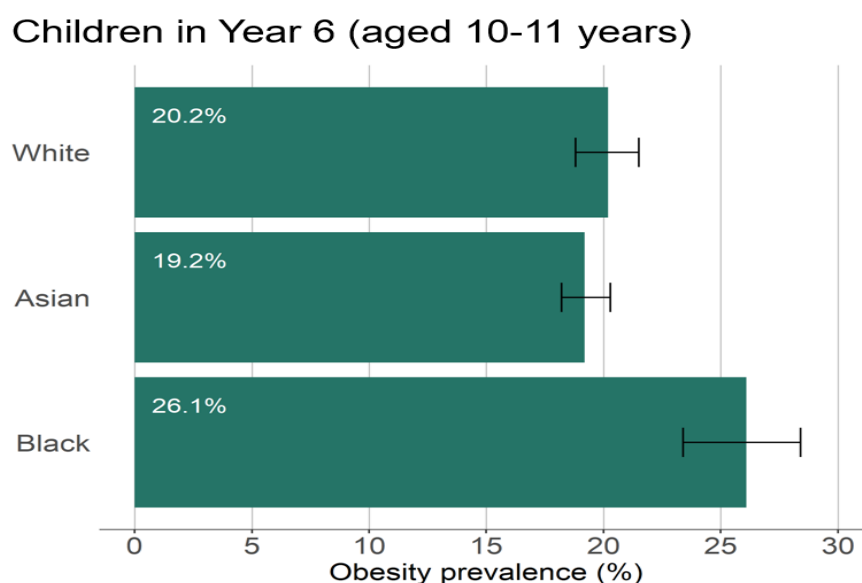


Source: National Child Measurement Programme 2019/20

Furthermore, Fig.11 below show prevalence of obesity by ethnicity for year 6 children in Harrow, those aged 10-11 and it shows that those from a Black ethnic background have nearly 5.1% higher obesity prevalence than the Harrow average, 26.1% compared to 21%.

and it is significantly higher. Those children from a White or Asian background have lower level of obesity prevalence in year 6.

Fig.11 Prevalence of obesity in Year 6, by Ethnicity 2019/20



Source: National Child Measurement Programme 2019/20

Summary

The NCMP analysis for the year 2019/20 shows that obesity rates in Harrow are increasing amongst children both in Reception and Year 6, where children in year 6 have more than twice the level of obesity prevalence than those in reception. This is in line with national and trends seen amongst Harrow's statistical neighbours. Further analysis shows that there are higher levels of obesity, for both age groups (4-5-year olds) and (10-11-year olds) by deprivation and ethnicity in Harrow. Those in the most deprived wards have higher levels of obesity, as well as those in from a Black ethnic background.

Methods and data caveats

With participation rates much lower than previous years for 2019/20, due to the disruption caused by COVID, the above report is based on the validated analysis conducted by PHE Local Intelligence Section, LKIS. The report has been put together by Harrow Public Health Intelligence team.