

East Riding of Yorkshire National Child Measurement Programme (NCMP)



JSNA update for 2022/23
<https://eastridingjsna.com/>



- **Numbers of children involved**
 - In 2022/23 the following numbers of East Riding children were weighed and measured
 - 2,970 reception year children (aged 4-5 years), equating to a participation rate of 97.9% of eligible children (higher than England at 93.8%).
 - 3,510 year 6 children (10-11 years), a participation rate of 95.3% of eligible children (higher than England at 92.7%).
- **Summary of BMI categories**
 - Reception year: 76.7% of children were recorded as having a healthy weight, 13.5% were overweight, 9.2% were obese, and 0.7% were underweight. (slide 3).
 - Year 6: 63.2% of children were recorded as having a healthy weight, 14.1% were overweight, 21.4% were obese, and 1.3% were underweight (slide 3).
 - The East Riding prevalence of the BMI categories is largely similar to the England average (slide 5).
 - Obesity trends in the East Riding have been increasing, despite a reduction in the latest year (slide 6).
- **Males compared to females**
 - When comparing East Riding males and females in reception year, there were no significant differences in BMI categories. In year 6, however, females recorded a significantly higher prevalence of healthy weight compared to males, while the male prevalence of obesity was significantly higher than females (slide 4).
- **Underweight**
 - The East Riding recorded a significantly lower prevalence of underweight children in 2022/23 compared to the England average. Compared to the regional average, the East Riding was similar in all BMI categories, with the exception of underweight in which the East Riding was significantly lower (slide 5).
- **Inequalities: obesity prevalence within different communities**
 - In year 6, wards within Bridlington and Goole had a significantly higher prevalence of obesity when compared to the East Riding average and a number of other wards (slide 8).
 - Inequalities were highlighted when comparing obesity prevalence within the local deprivation quintiles of the East Riding. In year 6, the obesity prevalence in the most deprived quintile was significantly higher than any other quintile and the gap in obesity between the most and least deprived quintiles has been increasing over time (slide 11).



Reception year

In reception year, 76.6% of East Riding children weighed and measured (over three quarters) were recorded as having a healthy weight. This equated to 2,275 individuals.

Those classified as overweight made up 13.6% (405 individuals), whilst 9.1% of children were obese (270). Severe obesity (not shown on the chart) was calculated as 1.9% (based on 55 children).

There were 20 children recorded as being underweight, resulting in a prevalence of 0.7%.

Year 6

In year 6, healthy weight was also the BMI category with the highest prevalence. At 63.2% (2,220 children), this represented almost two thirds of that cohort.

The overweight category represented 14.1% of the cohort (495 children), whilst obesity made up 21.4% (over a fifth), based on 750 children. Severe obesity (not shown on the chart) equated to 5.1% (180 children).

There were 45 underweight children (1.3% prevalence).

Chart 1. Reception Year

Reception year: prevalence by BMI category in the East Riding (school year 2022/23)

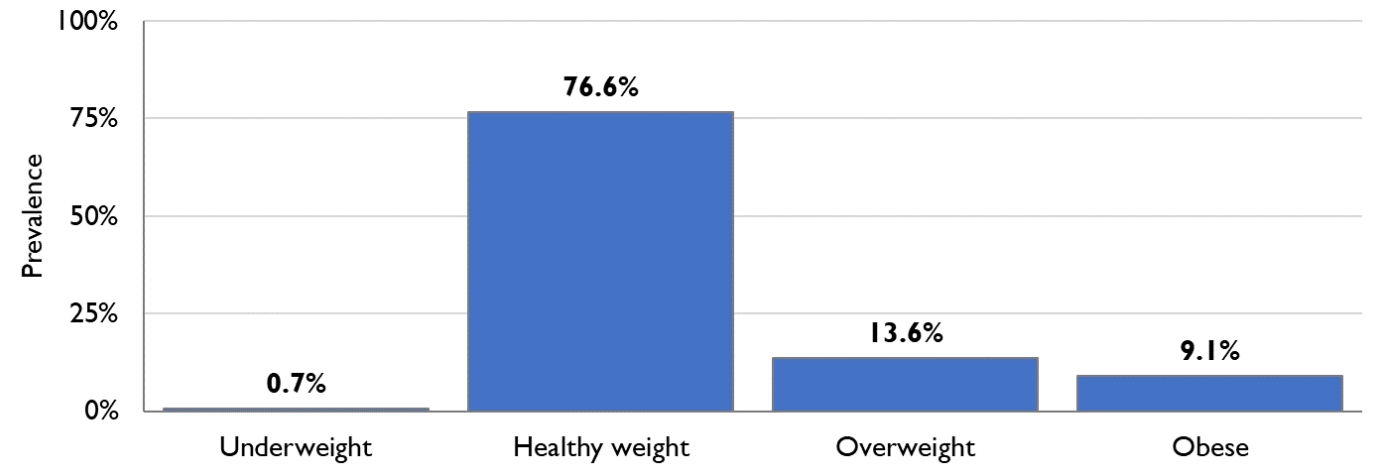
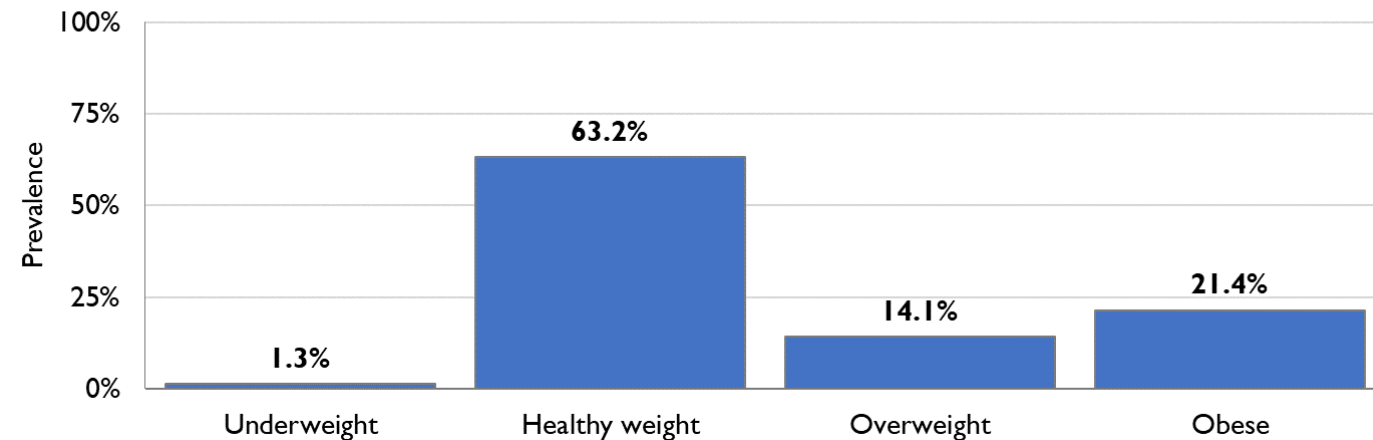


Chart 2. Year 6

Year 6: Prevalence by BMI category in the East Riding (school year 2022/23)



Note: Data from this slide obtained from OHID Fingertips, which rounds counts to the nearest 5.



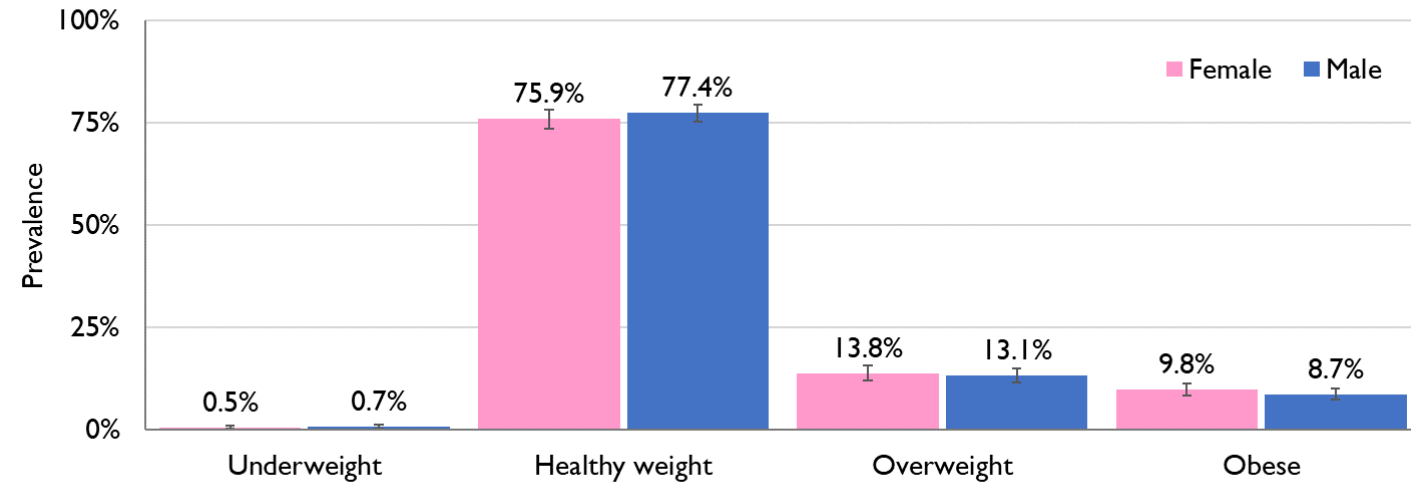
Reception year

Whilst there were some differences in the BMI categories when comparing males and females in reception year, none were significantly different from one another.

Males recorded a higher proportion of healthy weight (77.4%, compared to 75.9% in females) and females had a higher prevalence of obesity (9.8% compared to 8.7% in females), but neither were statistically different.

Chart 3. Reception year

Reception: prevalence of each BMI category by sex for ERY (2022/23)



Year 6

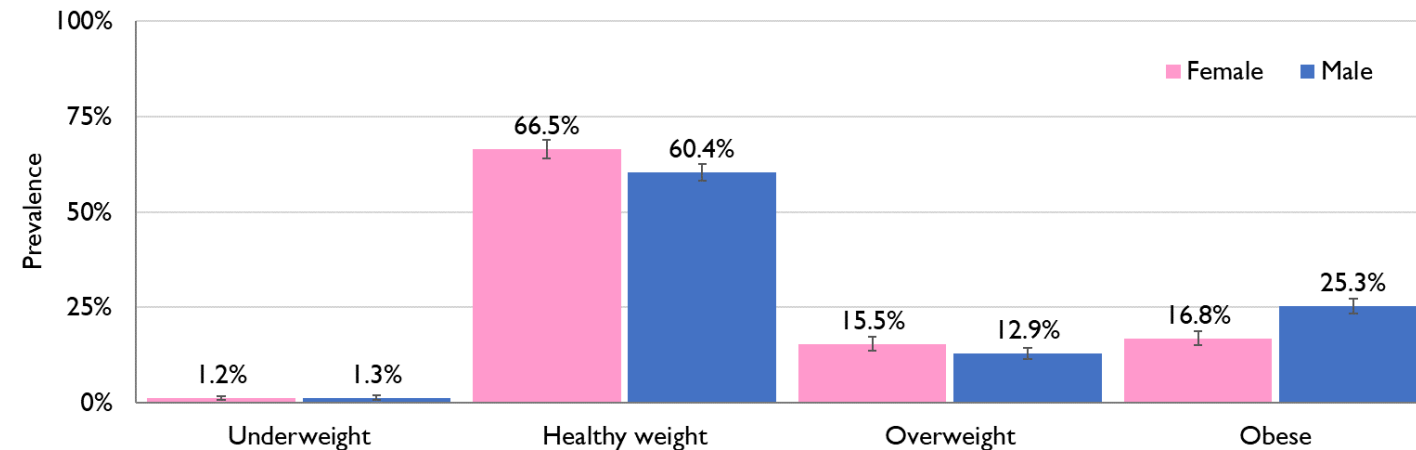
In year 6, however, there were some statistically significant different prevalences between males and females.

Females recorded a significantly higher prevalence of healthy weight compared to males (66.5% and 60.4% respectively).

The male prevalence of obesity at 25.3% (i.e. one in four year 6 males were obese) was significantly higher than females (16.8%).

Chart 4. Year 6

Year 6: prevalence of each BMI category by sex for ERY (2022/23)



Note: Data from this slide obtained from OHID record level data supplied to ERY Council



BMI category prevalence comparing the East Riding to region and England (2022/23)

Table 1 provides a comparison of the BMI categories recorded for the East Riding, compared to the region and England averages.

Reception year

- The East Riding recorded a significantly lower prevalence of underweight children in 2022/23 compared to the England average (0.7% and 1.2% respectively). All other BMI categories were similar to England.
- Compared to the Yorkshire and Humber (Y&H) region average, the East Riding was similar in all BMI categories, with the exception of underweight, in which the East Riding was significantly lower (0.7% compared to 1.1%).

Year 6

- Whilst the East Riding reported higher proportions of year 6 children as being a healthy weight and overweight, none of the BMI categories were significantly different from the national average.
- Compared to the regional average, the prevalence of healthy weight in the East Riding was significantly higher (63.2% compared to 60.4%), whilst the obesity rates were significantly lower in the East Riding (21.4% versus 24.1%).

Table 1. NCMP summary statistics for 2022/23 across England, Yorkshire and the Humber and the East riding

BMI Category	Reception			Year 6		
	ERY	Y&H	England	ERY	Y&H	England
Underweight	0.7%	1.1%	1.2%	1.3%	1.5%	1.6%
Healthy weight	76.6%	76.4%	77.5%	63.2%	60.4%	61.9%
Overweight	13.6%	12.6%	12.2%	14.1%	14.0%	13.9%
Obese (inc severe obesity)	9.1%	9.9%	9.2%	21.4%	24.1%	22.7%

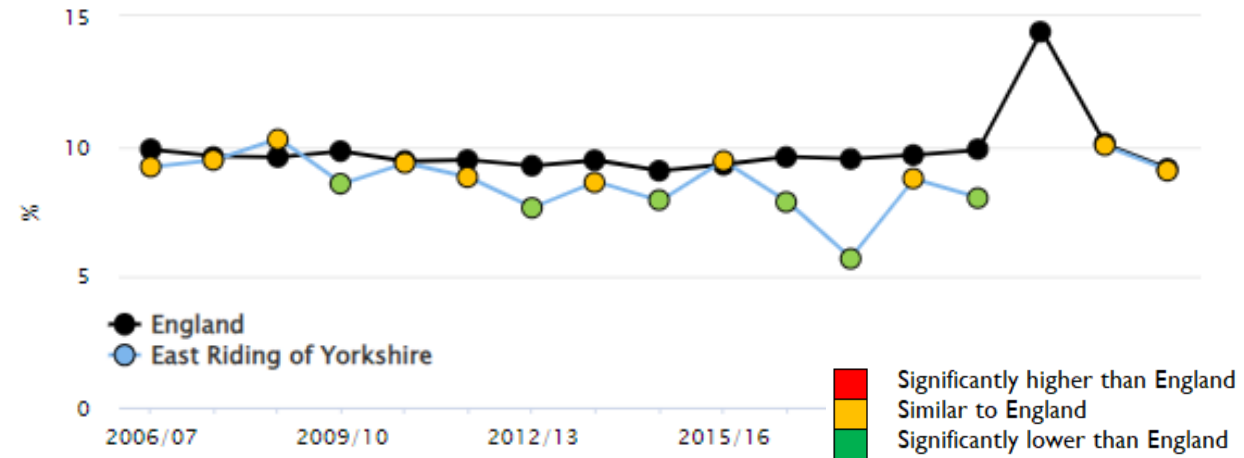
- Significantly higher than England
- Similar to England
- Significantly lower than England



Reception year

- Compared to the England average, the obesity prevalence in East Riding reception year children has generally been either similar (shown by the orange dots on chart 5) or significantly lower (shown by the green dots).
- Between 2019/20 and 2021/22 the prevalence rose from 8% to 10% but this wasn't a significant increase. The prevalence also increased in England between these 2 years.
- Based on the last 5 data points, the obesity trend in East Riding reception year is increasing, despite a reduction between the last 2 periods.
- Please note that the COVID-19 pandemic disrupted the NCMP during 2020/21 and data for local authorities hasn't been reported for that year.

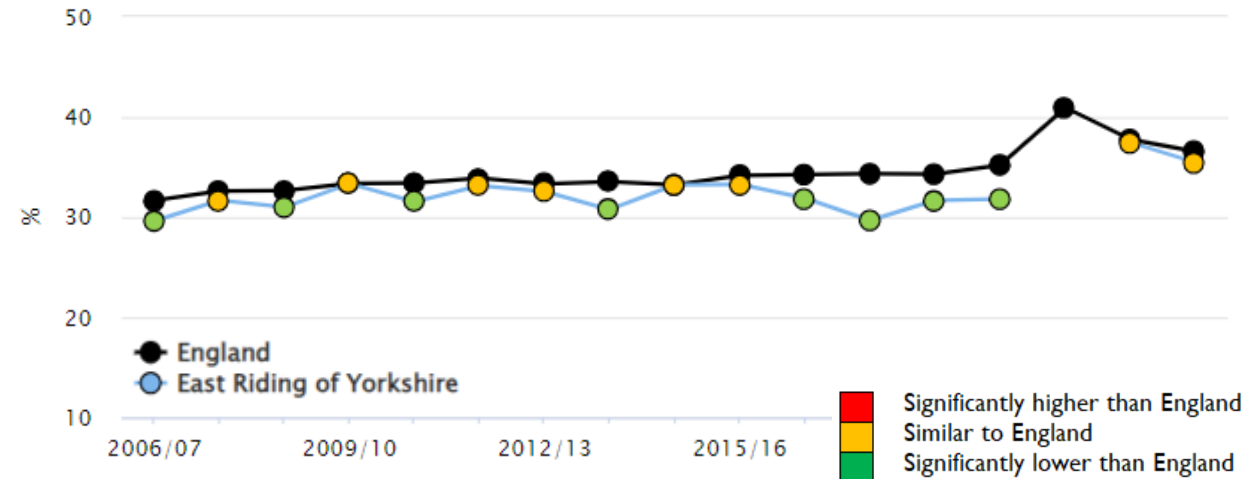
Chart 5. Reception year trends



Year 6

- Between 2006/07 and 2022/23, East Riding year 6 children have largely had a lower prevalence of obesity when compared to the England average. See chart 6.
- In the four years prior to COVID the East Riding had had significantly lower rates than England, but prevalence increased significantly between 2019/20 and 2021/22 from 18.2% to 22.7%. An increase was also recorded for England overall, in the same period.
- Based on the last 5 data points, the obesity trend in East Riding year 6 is increasing, despite a reduction between the last 2 periods.

Chart 6. Year 6 trends



Obesity prevalence by sex: East Riding compared to England

Chart 7, allows us to compare the 2022/23 obesity prevalence between males and females in the East Riding and also against the national average.

Reception Year

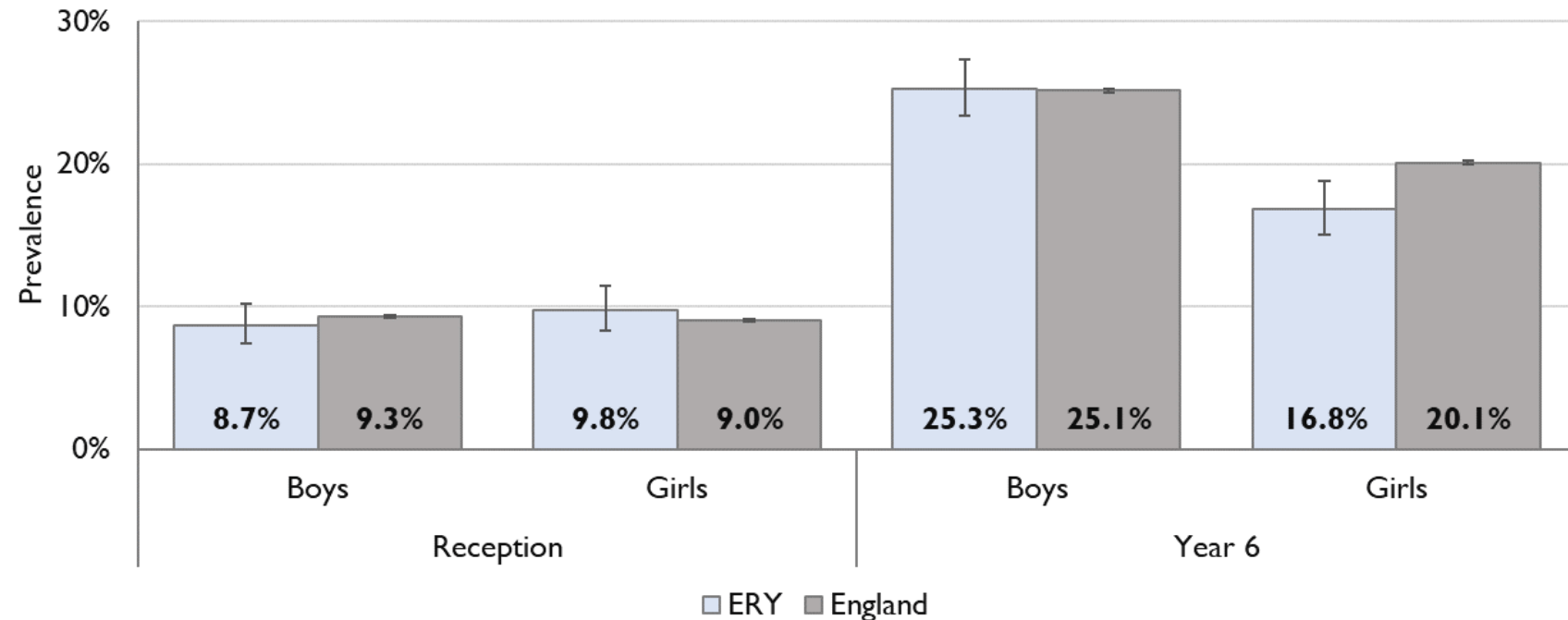
- In the East Riding, whilst obesity levels were higher in girls (9.8%) than boys (8.7%), they were not significantly different.
- The East Riding reception year prevalence of obesity for both boys and girls was similar to the England average.

Year 6

- In year 6, the obesity prevalence in East Riding boys (25.3%) was significantly higher than girls (16.8%).
- The prevalence in East Riding boys was higher than the England average, but not significantly.
- East Riding girls recorded a significantly lower prevalence of obesity compared to the England average (16.8% and 20.1% respectively).

Chart 7. Obesity prevalence by sex

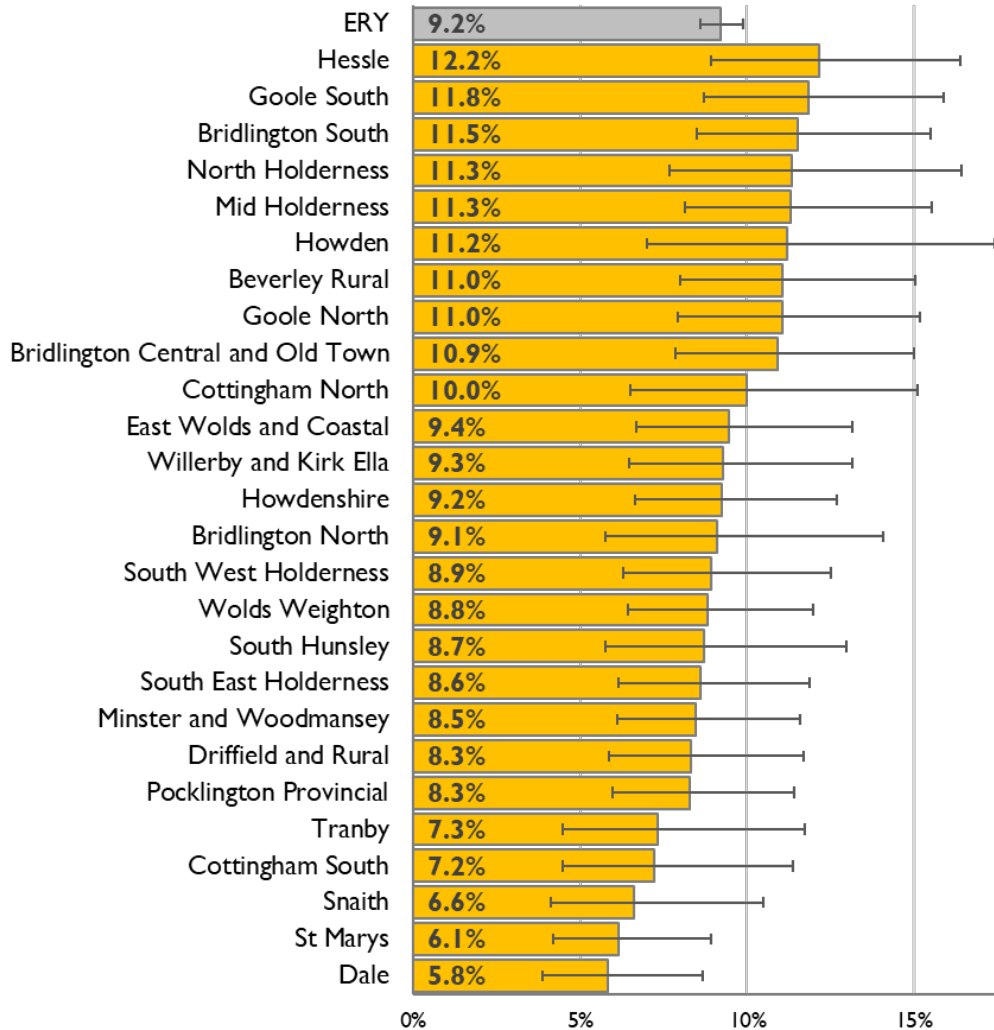
Obesity prevalence by sex: East Riding compared to England (2022/23)



Obesity prevalence: East Riding wards (2019/20-22/23*)

Chart 8. Reception year obesity by ward

Reception year: prevalence of obesity by ward in ERY (2019/20- 2022/23)



< Reception year
Statistically, all wards recorded a similar prevalence to each other.

Year 6 >
Significantly higher prevalence of obesity within some wards of Bridlington and Goole when compared to East Riding average and other wards.

Contrast in prevalence between Bridlington South (the East Riding's most deprived ward) at 27.2% compared to 14% in South Hunsley (least deprived ward).

*note: 2020/21 not included due to COVID-19 pandemic

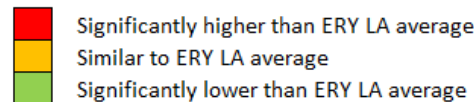
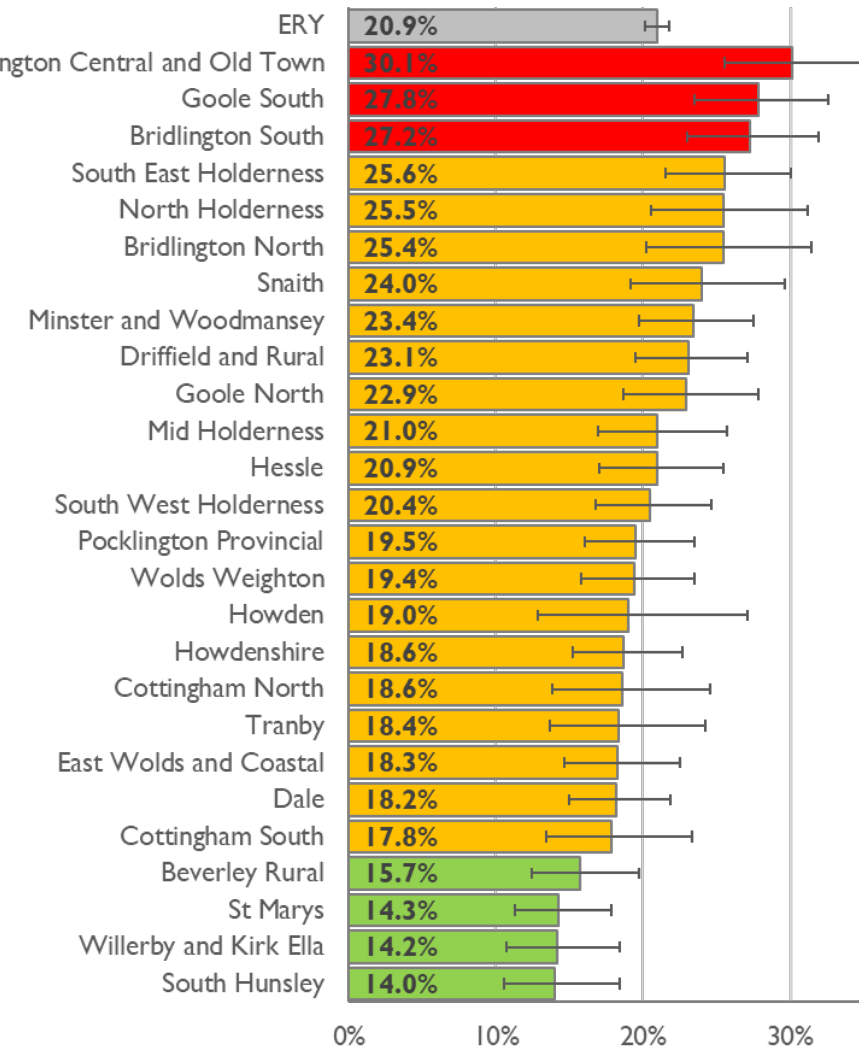


Chart 9. Year 6 obesity by ward

Year 6: prevalence of obesity by ward in ERY (2019/20- 2022/23)



Obesity prevalence: East Riding local deprivation bands (2019/20-22/23*)

Charts 10 and 11 present the prevalence of obesity within the local deprivation quintiles of the East Riding, with quintile 1 being the most deprived quintile (i.e. areas that fall within the 20% most deprived areas of the East Riding). It uses the English indices of multiple deprivation (IMD) 2019 and a 3-year pooled period of data, 2019/20-22/23*.

Reception Year

- There was some variation in prevalence between quintiles (e.g. 11.1% in the most deprived compared to 7.9% in the least deprived quintile) but none of the quintiles were significantly different from one another or the East Riding average (9.2%).

Year 6

- In year 6, more pronounced inequalities were highlighted.
- The obesity prevalence in the most deprived quintile, at 28.9%, was significantly higher than any other quintile and the East Riding average (21.4%).
- The least deprived quintile (17.1%), was significantly lower than the East Riding average (21.4%) and the most deprived quintile (28.9%).

*note: 2020/21 not included due to COVID-19 pandemic

Chart 10. Reception year obesity by deprivation quintile

Reception: Prevalence of obesity by local deprivation quintile IMD (2019) (2019/20 - 2022/23)

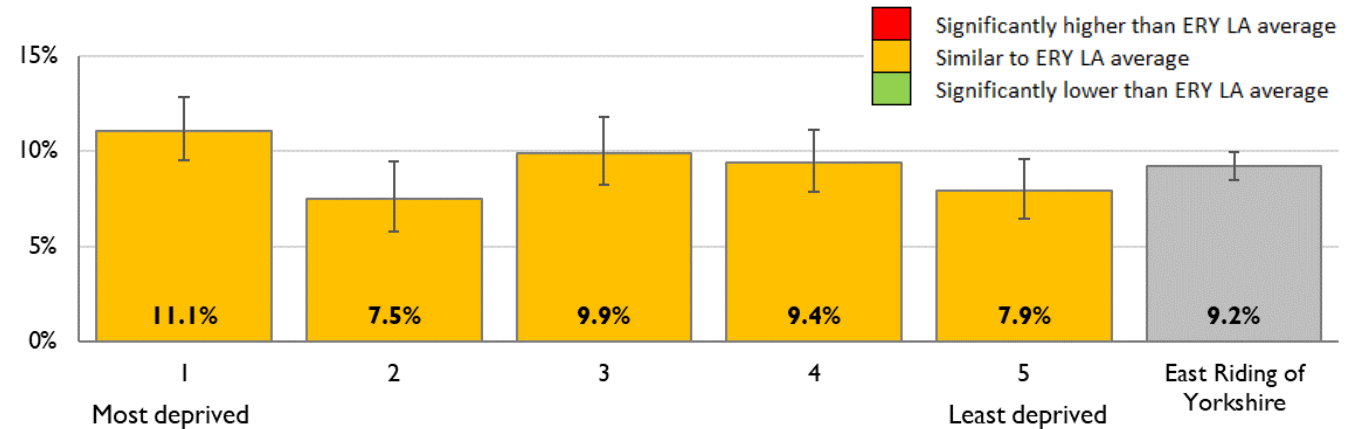
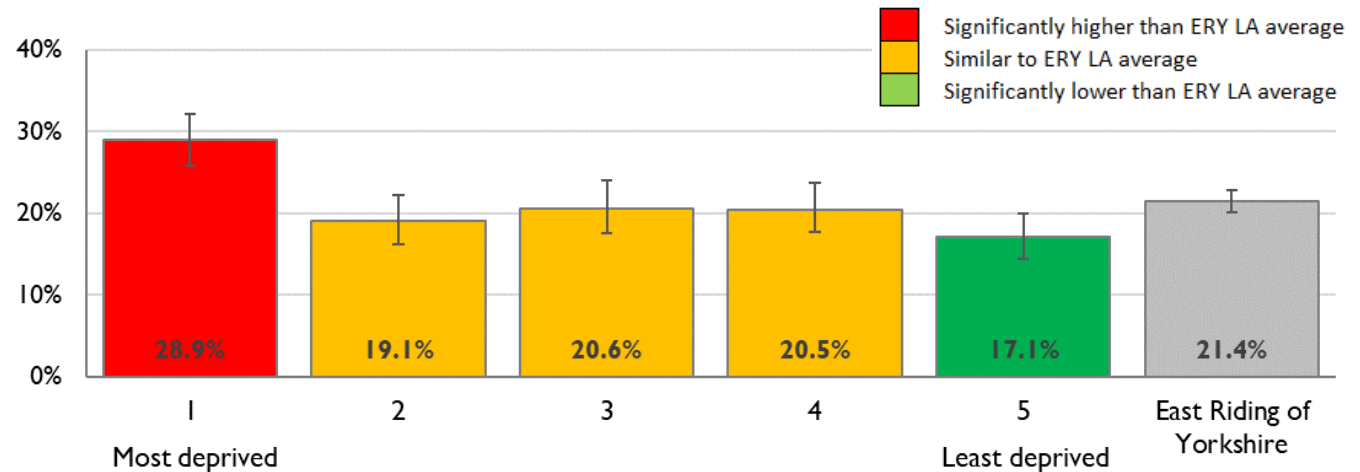


Chart 11. Year 6 obesity by deprivation quintile

Year 6: Prevalence of obesity by local deprivation quintile IMD (2019) (2019/20- 2022/23)

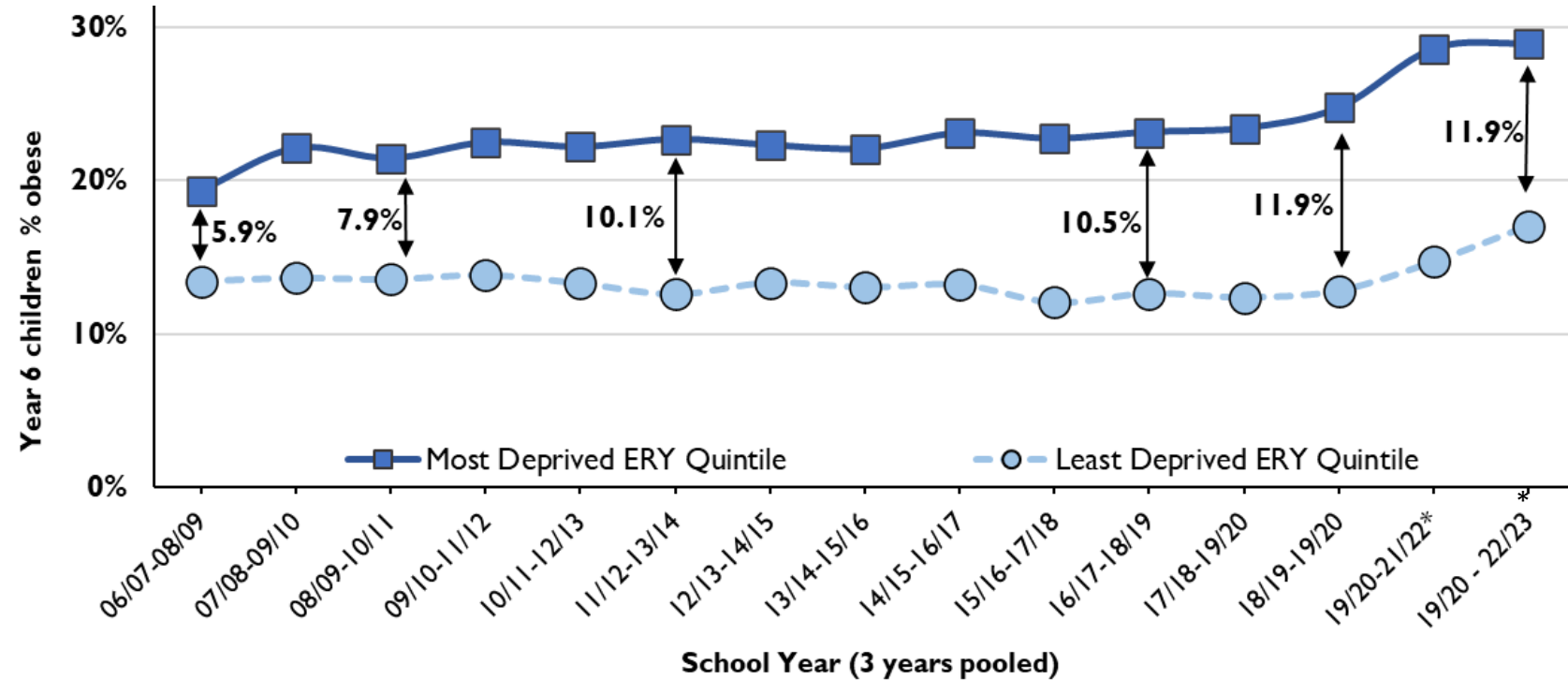


Obesity prevalence year 6: differences in the most and least deprived East Riding quintiles over time

Charts 12 illustrates the prevalence of year 6 obesity within the most and least deprived local East Riding quintiles over time.

- Between 2006/07-08/09 and 2019/20-22/23 the gap between the 2 quintiles increased from 5.9% to 11.9%.
- The gap in the 2nd to last period (2019/20-21/22) had been larger at 13.9%. Therefore, the latest period has seen a reduction in the gap.
- However, rather than the gap closing by a reduction in prevalence within the most deprived quintile, it was reduced by the increase in obesity in the least deprived quintile.
- The prevalence in the least deprived quintile had plateaued for most periods shown on the chart, however it started to increase over the latest 3 periods.

Chart 12. East Riding year 6 obesity prevalence over time, by most and least deprived quintile



*note: 2020/21 not included due to COVID-19 pandemic

