

BULLETIN

National Child Measurement Programme (NCMP) in Merton for 2017/18

February 2019

This is a bulletin from the health intelligence team. To see the full set of bulletins, factsheets, newsflashes and profiles recently produced by the health intelligence team go to: <https://www2.merton.gov.uk/health-social-care/publichealth.htm>

Introduction

This report presents a summary of findings from the England National Child Measurement Programme (NCMP) for Merton, 2017-18 school year published recently. It covers children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) in mainstream state-maintained schools in England.

A more detailed version is intended to be produced by the end of July 2019.

Merton Headlines

From 2016/17 to 2017/18 there has been:

- A **decrease in excess weight*** for children in Reception.
- An **increase in excess weight*** for children in Year 6
- An **increase** in children who are **underweight** in both Reception and in Year 6 - both significantly higher than England.

*'Excess weight' describes those who are overweight, obese or severely obese



Reception children

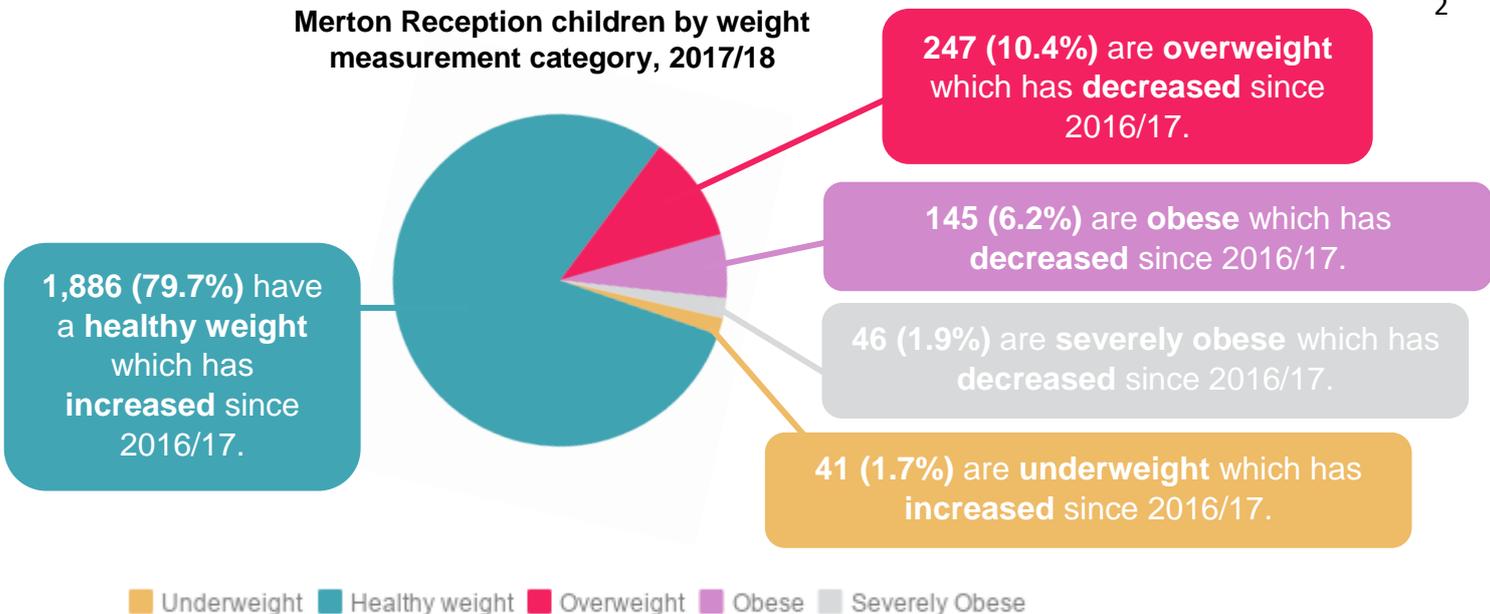
Excess weight in reception children



18.5% of reception children in Merton have excess weight which **has decreased from 2016/17**. This is **lower (better)** than **London and England**.

Merton has the **5th lowest excess weight** compared to all London boroughs.

Merton Reception children by weight measurement category, 2017/18



Year 6 children



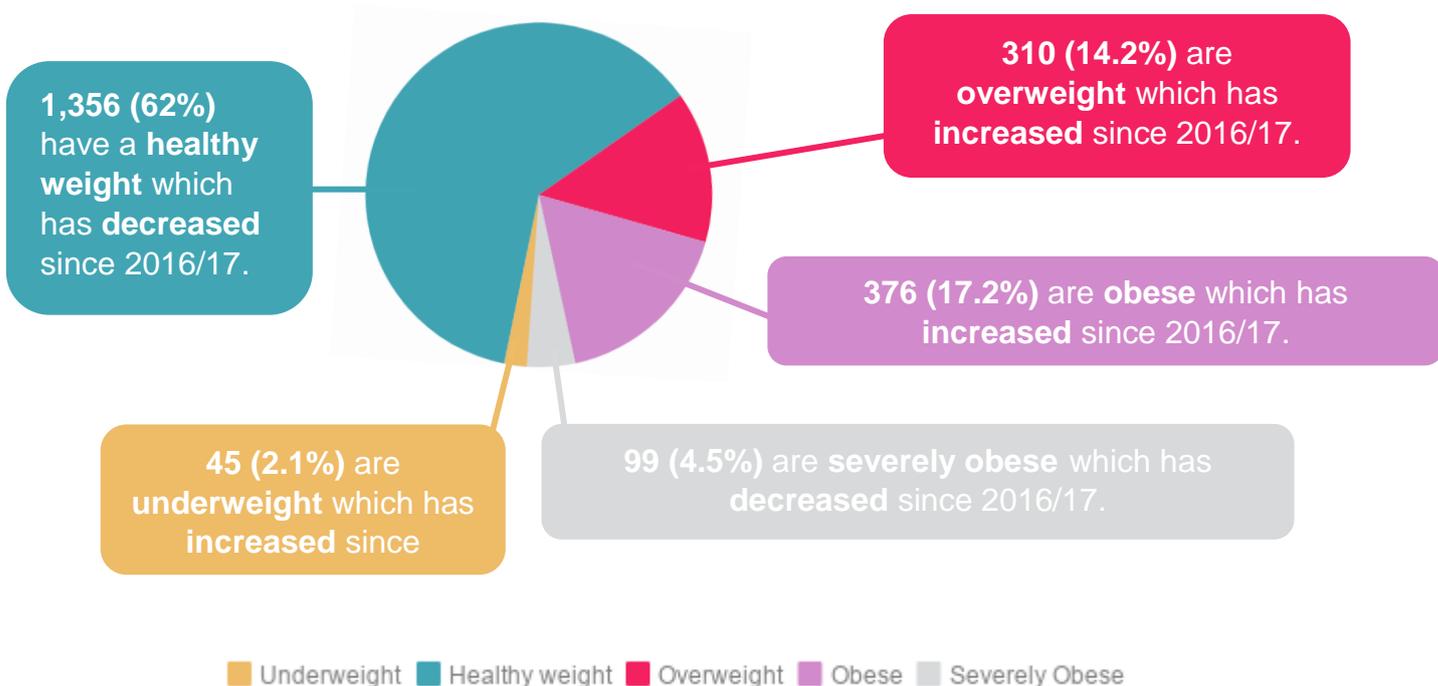
Excess weight in year 6 children



35.9% of year 6 children in Merton have excess weight, which has **increased from 2016/17**. This is **lower (better) than London but similar to England**.

Merton has the **8th lowest excess weight compared to all London boroughs**.

Merton Year 6 children by weight measurement category, 2017/18

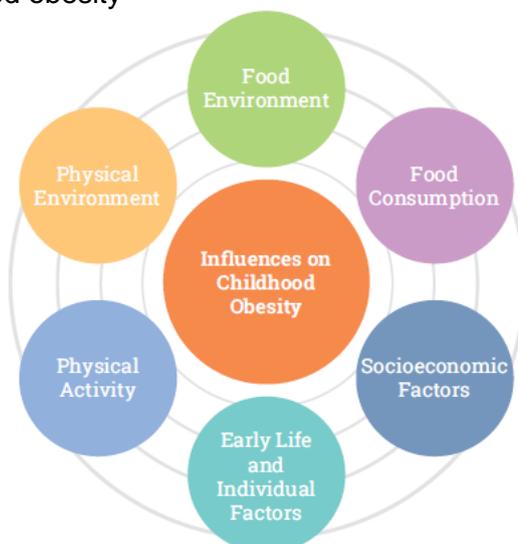


What we are doing locally to tackle excess weight/obesity in Merton

Childhood obesity is a complex problem and there is no single solution. The evidence is clear that a preventative, whole systems approach to tackling obesity is needed. This approach recognises the major influence of 'place' (where people live, work and play) on health and wellbeing, as well as individual behaviours and choices (see Figure 1) and all sectors have a role to play. The high level actions locally and links to appropriate documents are given below.

- The previous Merton Child Healthy Weight Action Plan (CHWAP) was developed and implemented from 2016-2018 (summary available on this link <https://www2.merton.gov.uk/health-social-care/publichealth/annualpublichealthreport.htm>). The plan has had significant successes in progressing work to tackle childhood obesity locally. However, childhood obesity is still high and requires a sustained partnership approach. This Child Healthy Weight Action Plan (2019-2022) has been refreshed through a process of engaging partners to develop a plan for future action through the Child Healthy Weight Steering Group, engagement with wider partners, reviewing the evidence of what works nationally and regionally, and reviewing the successes and challenges of the previous plan. The London Great Weight Debate as well as the Great Weight Debate Merton which focused on engaging with residents in the east of the borough, BAME communities, parents/carers and young people, provided an in-depth insight into views and opinions on childhood obesity, the findings of which have been used to steer the refresh of the CHWAP. The summary of the refreshed 2019 – 2022 CHWAP is available on this link <https://www.merton.gov.uk/assets/Documents/Merton%20Child%20Healthy%20Weight%20Action%20Plan%202019-22%20refresh%20Summary.pdf>
- Tackling childhood obesity is a priority outcome for the Merton Health and Well-being Board. The current strategy is available on the link below. The strategy is also being refreshed for 2019 – 2024: <https://www2.merton.gov.uk/health-social-care/publichealth/healthandwellbeingstrategy.htm>
- Merton Director of Public Health's Annual Public Health Report 2016/17 focused on 'Tackling Childhood Obesity Together' a call to action for partners to take action and is available on the link below: <https://www2.merton.gov.uk/health-social-care/publichealth/annualpublichealthreport.htm>
- Detailed analysis of local NCMP data will be soon be available on the following link under the Children, Young People and Families section: <https://www2.merton.gov.uk/health-social-care/publichealth/health-needs-assessments.htm>

Figure 1. Influences on childhood obesity



Source: Merton Annual Public Health report 2016/17 - Tackling childhood obesity together

Further information:

- **Public Health Outcomes Framework (click below):**
 - [Child excess weight \(4-5 year olds\)](#)
 - [Child excess weight \(10-11 year olds\)](#)

- **National Child Measurement Programme 2017/18 data tables**
<https://files.digital.nhs.uk/87/396FA2/nati-chil-meas-prog-eng-2017-2018-tab.xlsx>