

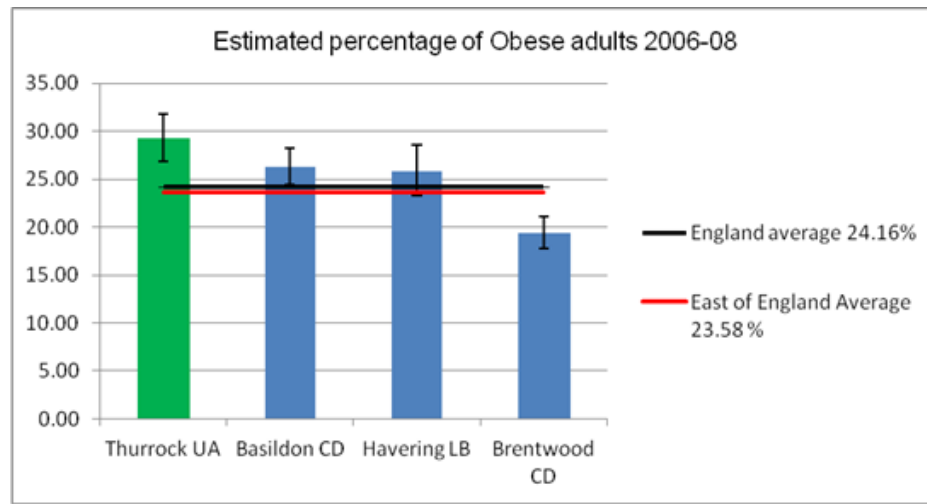
## Appendix A

### Detailed background Thurrock profile on Obesity.

Data and information supplied taken from the 2012 Thurrock JSNA.

#### Adult Obesity

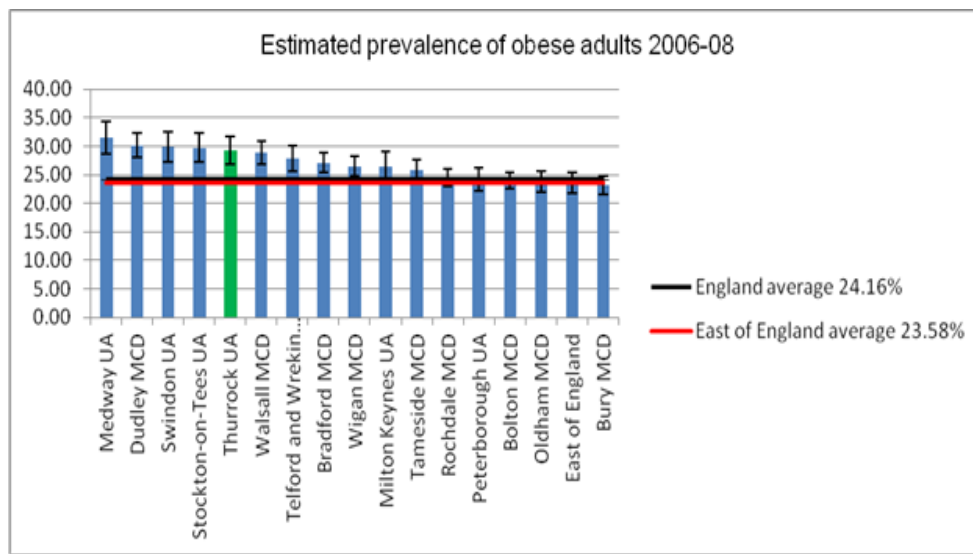
The table below shows the estimated prevalence of obese adults aged 16+ by local authority areas compared with geographical neighbours, the national and East of England average.



Source: ERPHO

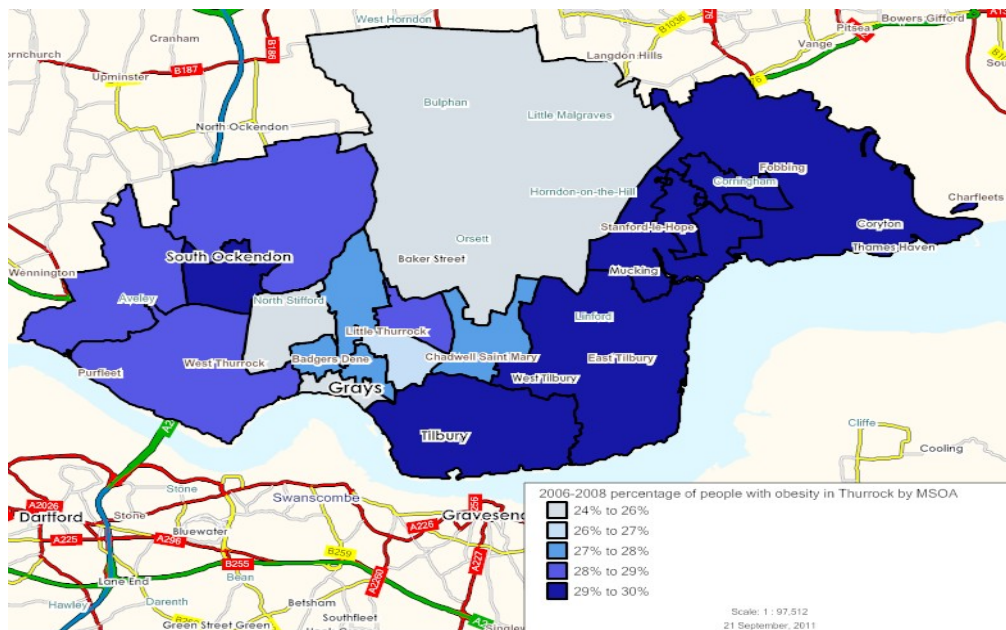
Thurrock to have a higher percentage of obese adults than it's geographical neighbours of Basildon, Havering and Brentwood and to be significantly worse for the % of obese adults that the national average of 24.1% and the east of England average of 23.58%

The table below shows estimated prevalence of Obese adults aged 16+ compared with CIPFA neighbours. Source: ERPHO.



Thurrock's prevalence of obese adults is significantly higher than the national and East of England average and is near the top of the range of CIPFA comparator local authorities which is a comparison group measured by the similarity between the authorities based upon a wide range of socio-economic indicators this shows that there are a larger percentage of obese adults in Thurrock than other similar areas.

The map below shows the percentage of adults people with obesity in Thurrock : Modelled estimates based on East of England Lifestyle survey 2008



Modelled estimates, based on individual-level data from the Health Survey for England 2006-2008. Source ERPHO

The darker blue areas show the MSOAs with the highest levels of obesity as shown in Tilbury and largely the East and South East of the area of Thurrock to be at around one third of adults reporting a BMI of 30+. The paler grey areas such as North Stifford and Orsett in the North of Thurrock as well as Grays to have the lower levels of adults who are Obese reported at close to a quarter.

There are 16,731 people on the Obesity registers of practices within Thurrock in March 2011, giving a prevalence of 13.3%. This prevalence is greater than the England and EOE prevalence. The size of the practice registers is lower than expected with the observed / Expected ratio of 60%. This ratio is still higher than the National and EOE ratio.

The graph shows practices in Thurrock by their expected register size and how far their actual registers are to expected (i.e ratio of 1). The overall Thurrock ratio is also shown. 28 out of the 36 practices in Thurrock are more than 3 standard deviations from the expected register size

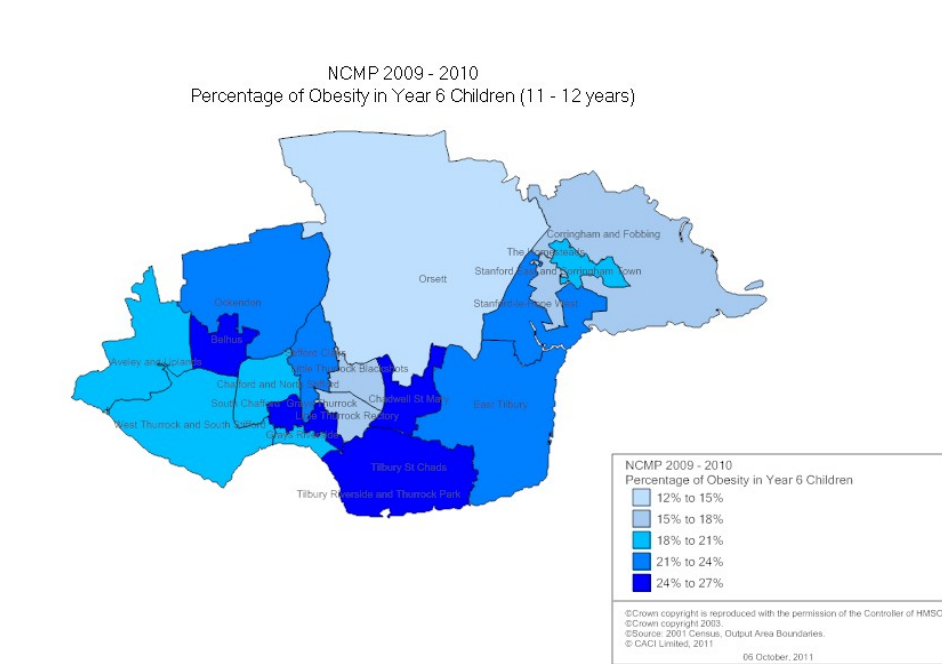
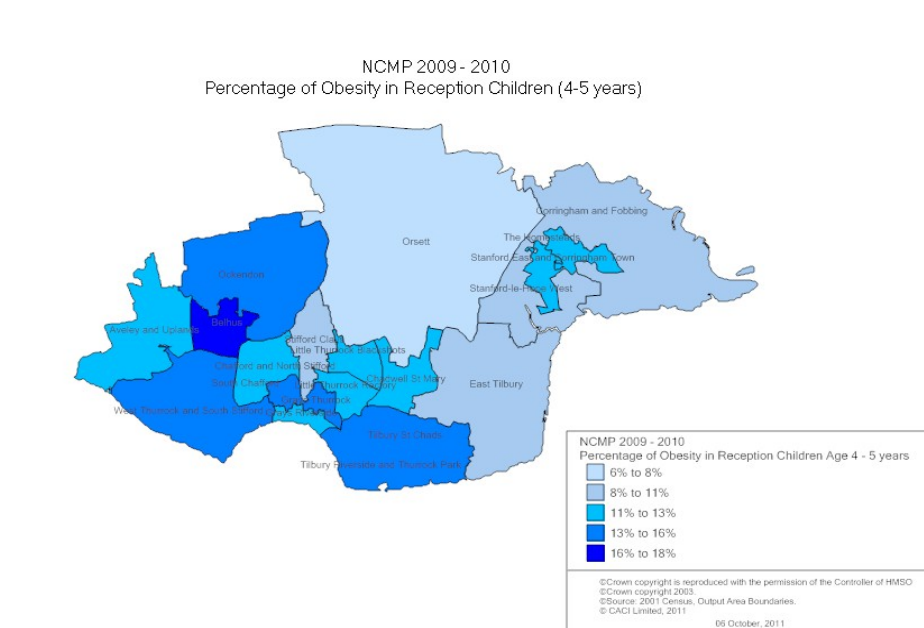
### Childhood Obesity

Childhood obesity is a complex public health issue that is a growing threat to children's health. If the number of obese children continues to rise, today's children and future generations could have shorter life expectancies than their parents. Tackling childhood obesity requires changes in the behaviour of individual children, their parents and of society in general and reflects recent trends across most developing countries to greater fat and sugar consumption and reduced physical activity. There is also evidence to suggest that babies who are breastfed are less likely to be obese in adulthood.

Since 2005, PCTs have been required to collect height and weight data for BMI on all primary school children in reception year (ages 4/5) and year 6 (ages 10/11). The data presented here from the National Child Measurement Programme (NCMP) was released by the Information Centre (IC) in December 2010. This data release reports on the results of the measurement of children in primary school reception year and year 6 during the 2009/10 academic year.

### Childhood Obesity Prevalence

Chart below shows the NCMP percentage of obese children in Thurrock by MSOA for reception and year 6 children.

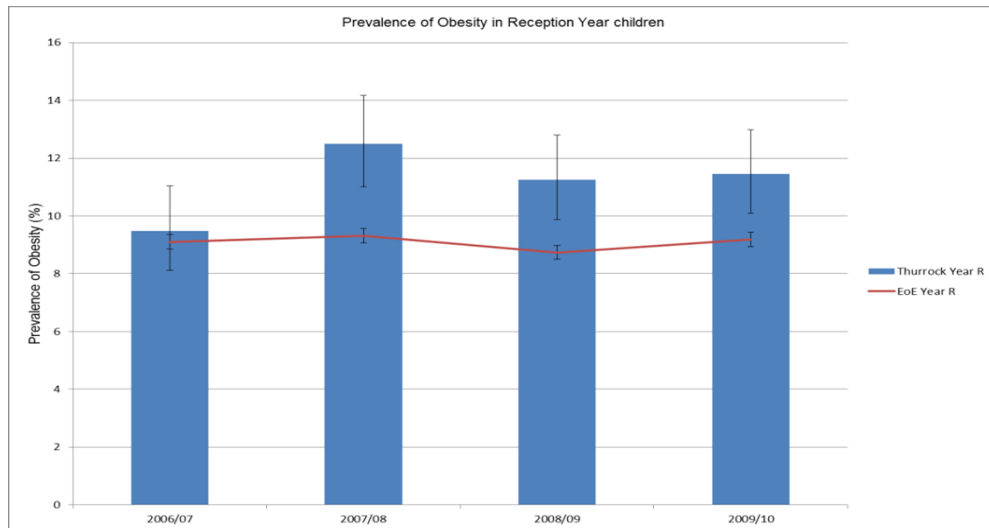


As figure both charts show, the darker blue areas have the highest percentage of obese children as measure by the NCMP. The graph of reception children (age 4-5) shows a higher concentration of

obesity in the West half of Thurrock to the East which is mirrored in the year 6 children (age 10-11) and increased greatly from a maximum of 18% to 27%.

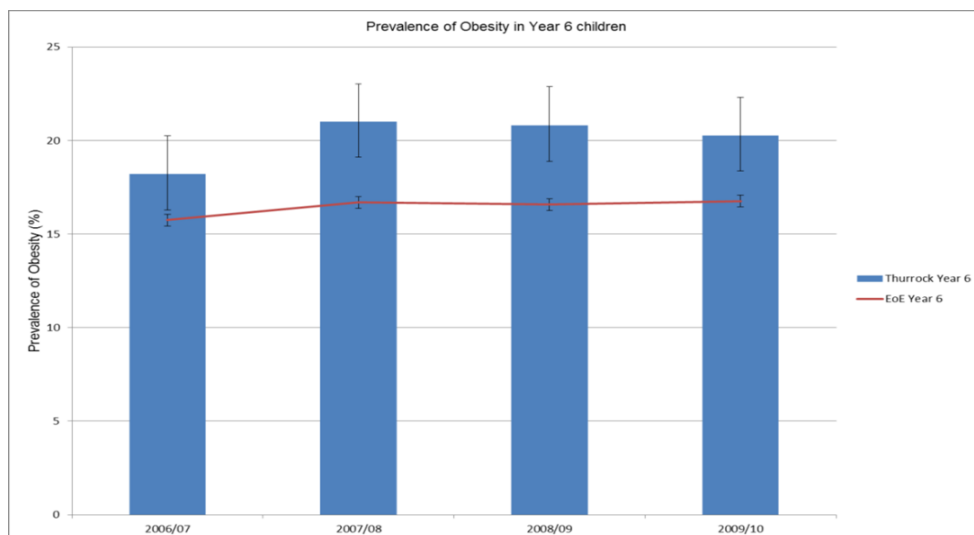
### Childhood Obesity Trends

The table below shows trend in Obesity Prevalence in Year R children (age 4-5) compared with the red line showing the same prevalence across the East of England



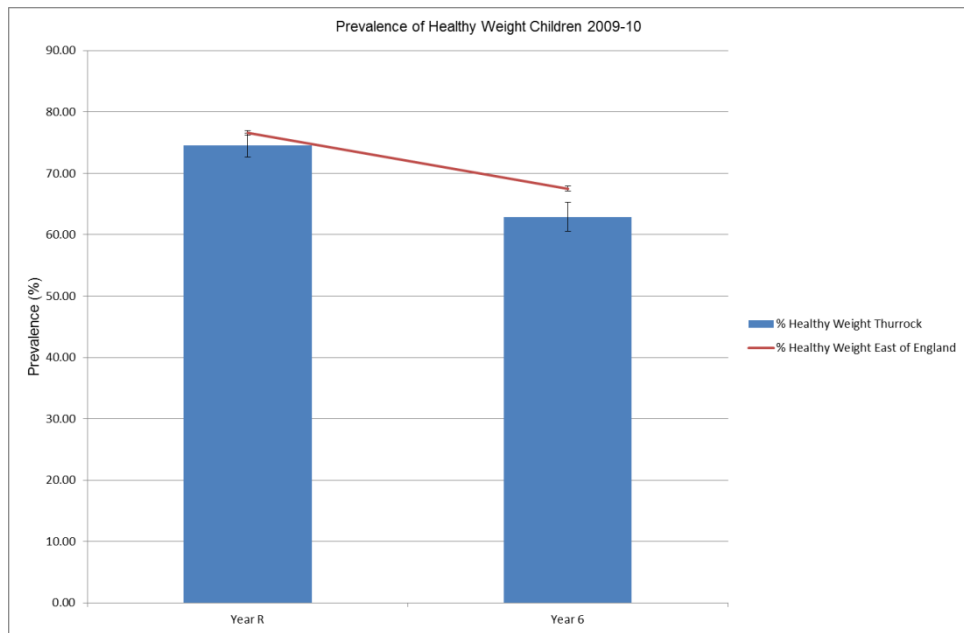
As the chart above shows, the prevalence has gone up and down between the four school years measured mirroring the East of England prevalence. The changes seen from year to year are likely to be due to natural variation since the differences do not appear significant.

As the chart below shows trend in Obesity prevalence in Year 6 children (age 10-11)



The trend in Obesity prevalence in Year 6 children increased between the school year 2006-7 and 2007-8 but has then decreased each year since although the prevalence is almost double that of reception aged children at just over 20%. The changes seen from year to year are likely to be due to natural variation since the differences do not appear significant.

The table below shows prevalence of children who are a healthy weight measured through the NCMP in 2009-10.



This data of Healthy weight children has only started being collected in 2009-10 so trend data is not available. The above graph shows that there are less Healthy Weight children in Year 6 than year R highlighting that there is a big change in prevalence during the Primary School years. In year R just under three quarters of children are a healthy weight whereas in year 6, five to six years later, just under 2 thirds of children are a health weight. This is important for commissioners to target services at these age groups to address the ages where children's weight increases.