

## Childhood Obesity in Thurrock – A Summary

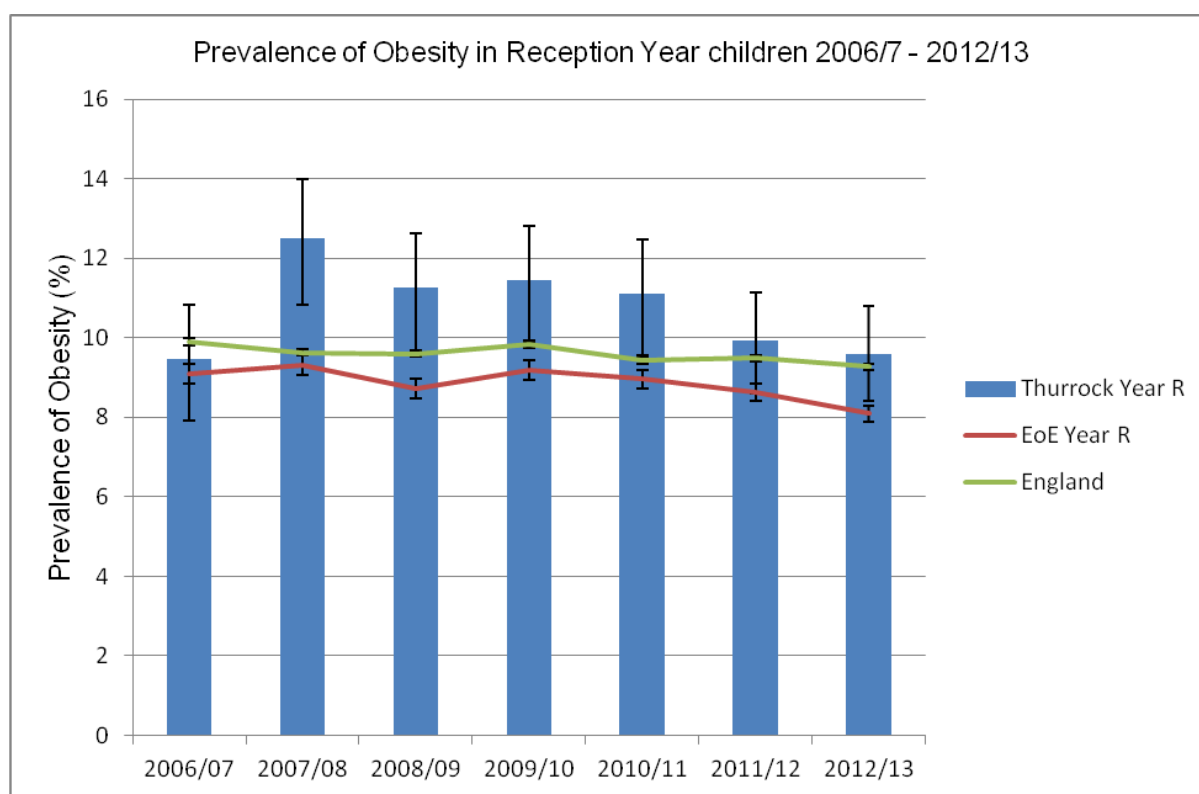
The most recent data from the NCMP was released at Local Authority level in December 2013, which reports on the measurements of children in Reception and Year 6 during the 2012/13 academic year. All data is sourced from the Health and Social Care Information Centre.

### Reception Aged Children

The 2012/13 data shows Thurrock to have an obesity prevalence in Reception-aged children of **9.6%**, which is significantly higher than the East of England average (8.1%), and above the England average of 9.3%, although not significantly so. Upon comparing Thurrock to its 15 CIPFA Comparators, it is not significantly different from any.

Upon comparing this to data from previous years, the obesity prevalence has decreased in line with the regional and national trend – see Figure 1 below. For 2012/13 the Thurrock prevalence is statistically significantly higher than the East of England prevalence but not significantly different from England average, whereas in 2011/12 there was no significant difference.

Figure 1: Prevalence of Obesity in Reception Year, 2006-07 – 2012/13



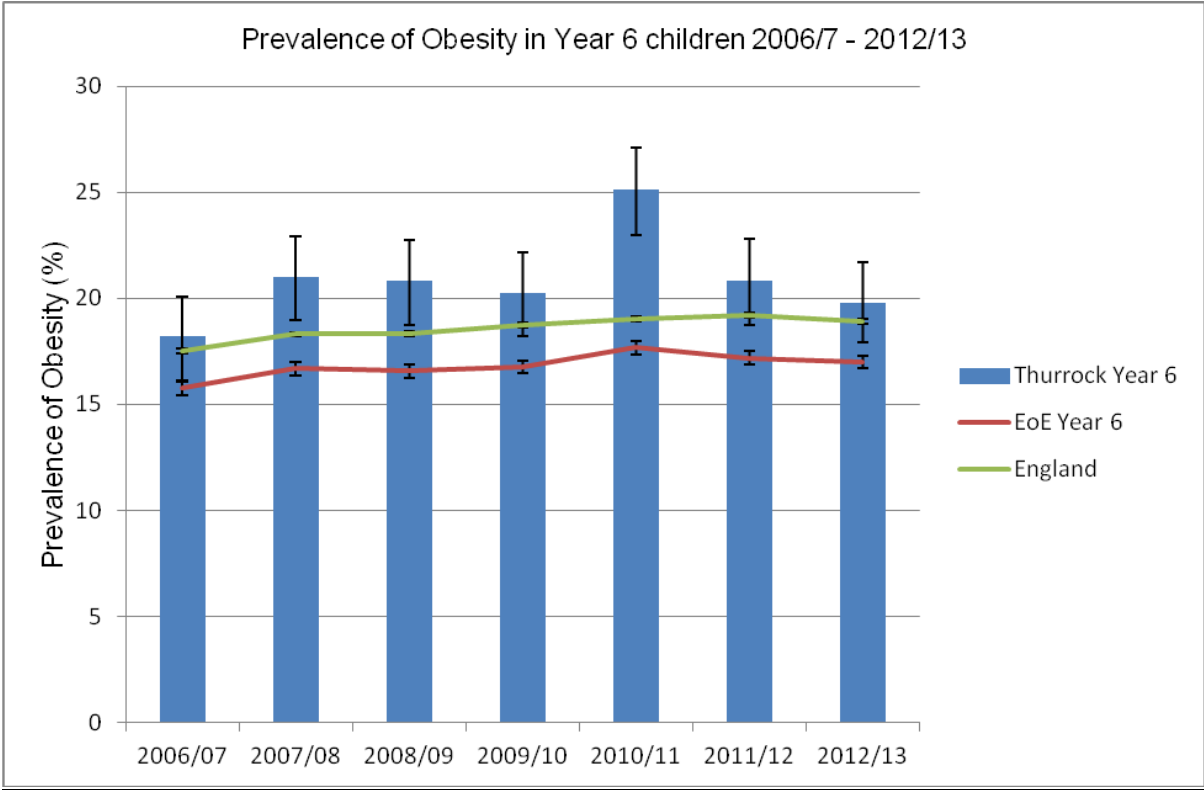
Source: Health and Social Care Information Center, 2013

### Year 6 Aged Children

The 2012/13 data shows Thurrock to have an obesity prevalence in Year 6-aged children of **19.8%**, which is more than double the local prevalence at Reception Year. Thurrock's prevalence is significantly higher than the East of England average (17.0%), and is above the England average of 18.9%, although not significantly so. Upon comparing Thurrock to its 15 CIPFA Comparators, it is not significantly different from any.

Upon comparing this to data from previous years, the obesity prevalence has decreased in line with the regional trend – see Figure 2 below. The Thurrock prevalence is statistically higher than the East of England prevalence, which continues the trend observed since the 2007/08 data. Thurrock prevalence is not significantly different from England average in 2012/2013.

Figure 2: Prevalence of Obesity in Year 6, 2006/07 – 2012/13



Source: Health and Social Care Information Center, 2013

**Child Weight Categories**

Figures 3 and 4 below show the prevalences of underweight, healthy weight, overweight and obese children in Thurrock from 2008/09 – 2012/13 for Reception-aged and Year 6 children respectively. Both figures show that there is a greater proportion of Healthy Weight children in Reception than there is in Year 6, and this was true for all academic years recorded. For both Reception and Year 6, there is an increase in the percentage of Healthy Weight children in 2012/13 since 2011/12, and a reduction in the percentage of overweight and obese children.

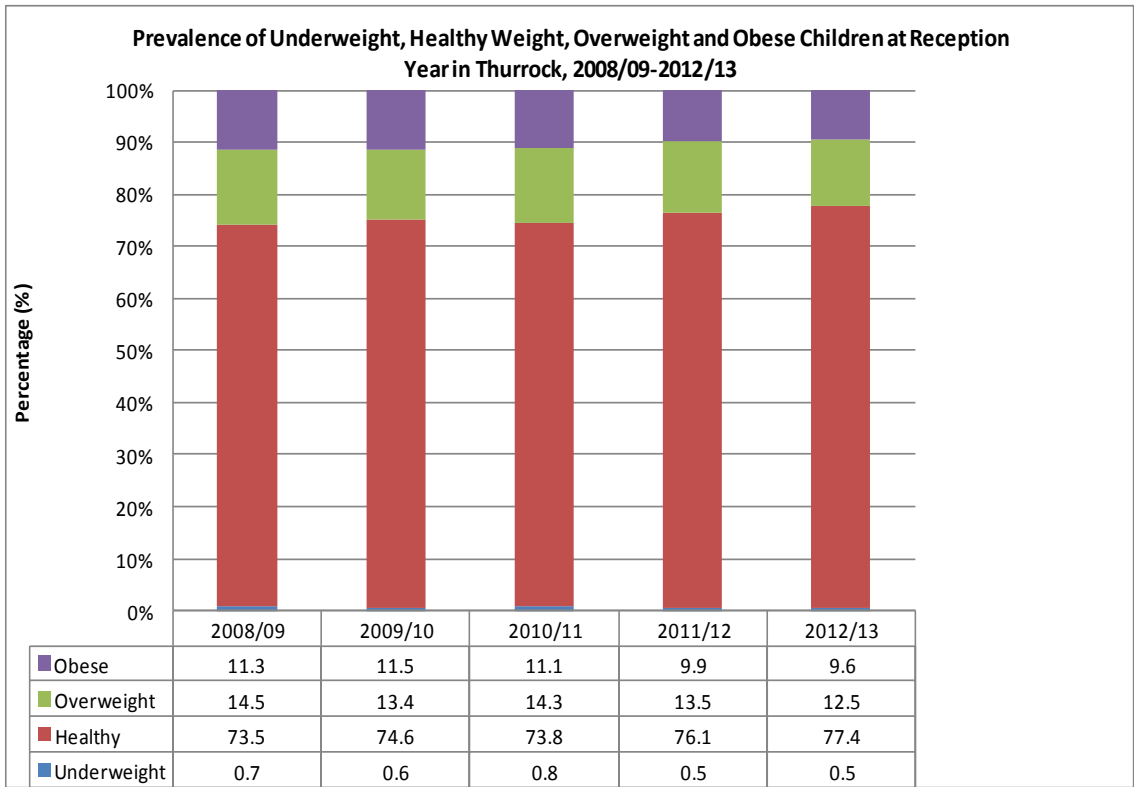


Figure 3: Prevalence of Underweight, Healthy Weight, Overweight and Obese children at Reception age in Thurrock, 2008/09 – 2012/13.

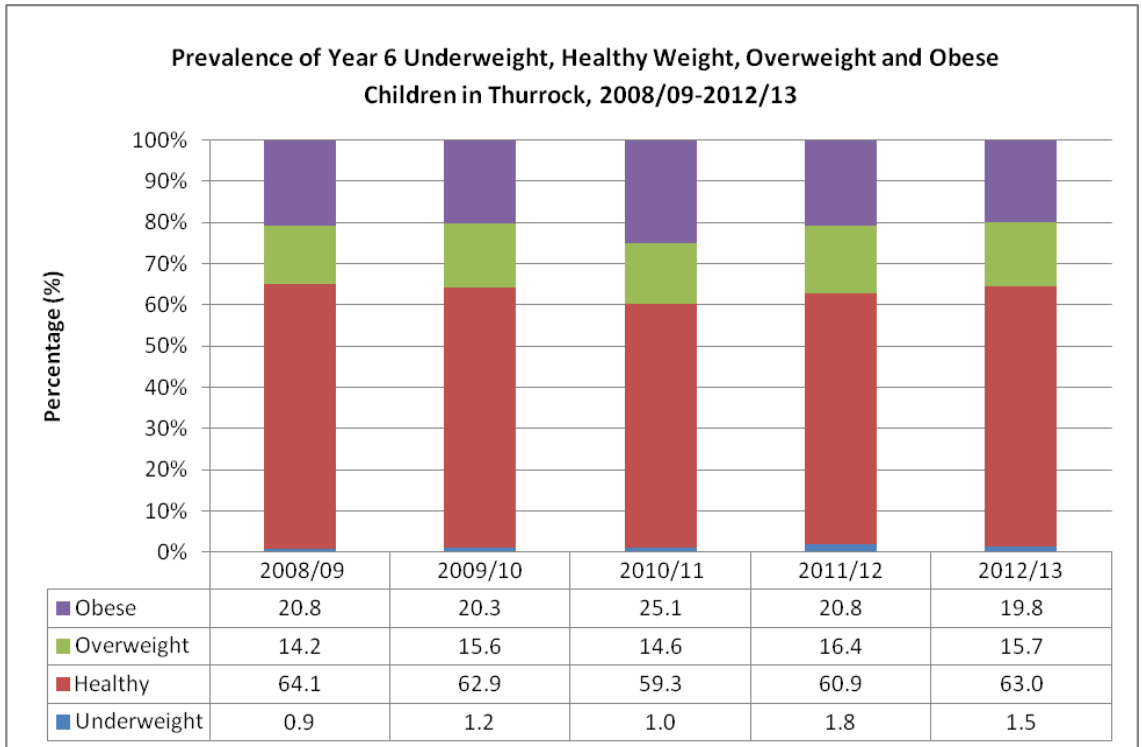


Figure 4: Prevalence of Underweight, Healthy Weight, Overweight and Obese children in Year 6 in Thurrock, 2008/09 – 2012/13.