

# National Childhood Measurement Programme (NCMP)

2022/23 data profile

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# NCMP Data 2022/23

Source: [National Child Measurement Programme, England, 2022/23 School Year](#)

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## Type of report

This profile is part of the Suffolk Joint Strategic Needs Assessment (JSNA). A profile is a one-off analysis of specific data on a given subject, usually in response to a specific request for information.

It should be used as an overview of the subject, rather than a comprehensive examination of the health needs of a population. Profiles do not include recommendations or user feedback.

## Key Things You Need to Know

1. In England, 3 in 4 (77.5%) of 4/5-year-olds have a BMI of a healthy weight; this decreases to 3 in 5 (61.9%) of 10/11-year-olds. Suffolk mirrors this trend (77.8% at reception, 64.5% at year 6).
2. In England, at reception, the percentage of children living with obesity and severe obesity have had no significant change compared to the previous year, however the percentage of children overweight or living with obesity (combined) decreased in 2022/23. In contrast, at year 6, the percentage of children living with obesity, living with severe obesity, and overweight or living with obesity (combined), have increased in 2022/23 compared to the previous year.
3. In Suffolk, almost 1 in 12 (7.8%) of reception aged children are living with obesity (including severe obesity) – increasing to more than 1 in 5 (20.9%) by year 6. Severe obesity also doubles between reception to year 6 for Suffolk children, increasing from 2.1% to 4.8%.
4. About 1 in 5 Suffolk reception year children are overweight or living with obesity (21.6%). This is statistically similar to England (also 21.3%). Over 1 in 3 Suffolk year 6 children are overweight or living with obesity (34.2%). This is statistically significantly lower than the England average (36.6%).
5. Based on the urban/rural classification – the percentage of children with obesity (including severe obesity) nationally were highest in disadvantaged urban communities (12.1% in reception and 29.0% in year 6). This is lower (7.5% and 17.4%) in countryside communities, and 6.6% and 15.7% for urban fringe, respectively.

## Executive summary

The data within the NCMP report presents findings for a variety of measures across England for child weight at both reception (aged 4-5 years), and year 6 (aged 10-11 years), in state schools. Measures include the percentage of children of a healthy weight, underweight, overweight, prevalence of obesity and severe obesity broken down by multiple demographics and at local authority level.

At both reception and year 6, boys have a higher prevalence of obesity (including severe obesity) than girls, with the largest gap seen in year 6 (25.1% of boys compared to 20.1% of girls).

Deprivation correlates with childhood excess weight, mirrored in the statistics at local authority level. At a national level, more than twice as many year 6 children in the most deprived indices of multiple deprivation (IMD) decile are living with obesity compared to the least deprived IMD decile (30.2% compared to 13.1%). Nationally, the deprivation gap has continued to widen over time. When comparing the percentage of children living with obesity in the most deprived decile with the least deprived decile between 2013/14- 2022/23, the gap for reception age children has increased from 6.1% to 6.6% and year 6 from 12.8% to 17.1%.

This deprivation difference is also demonstrated in the Suffolk local authority data. Ipswich is the most deprived local authority within Suffolk. Ipswich records the lowest percentage (60.5%) of healthy weight year 6-aged children and the highest percentage of year 6-aged pupils living with obesity and those with severe obesity (25.2% and 6.5%), compared to the other Suffolk local authorities.

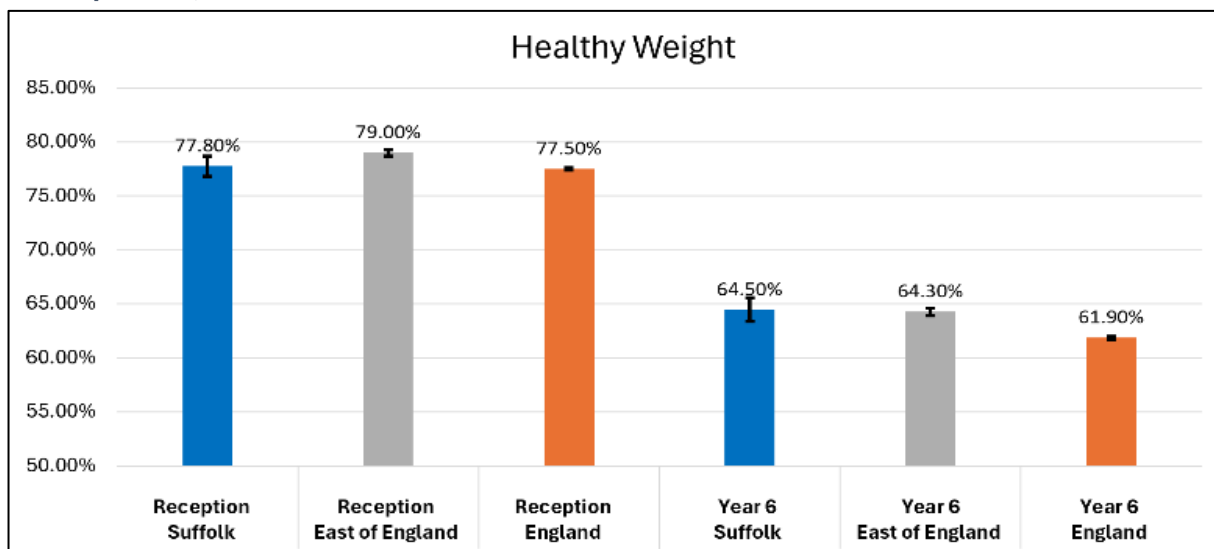
The prevalence of underweight pupils in reception in Suffolk is lower than the East of England and England averages. At 0.6%, Suffolk's reception aged children are less likely to be underweight than the average child in England (1.2%). This trend returns to the England average for children in year 6, with Suffolk's percentage (1.5%) being statistically similar with the England average (1.6%).

## What the data tells us

In 2022/23:

- 77.8% of Suffolk children in reception year are healthy weight, this falls to 64.5% for year 6 children. The percentage of healthy weight reception year children is statistically similar to England (77.5%), and statistically significantly higher than England for year 6 children (61.9%).
- About 1 in 5 Suffolk reception year children were overweight or living with obesity (21.6%). This was statistically similar to England (also 21.3%).
- Over 1 in 3 Suffolk year 6 children were overweight or living with obesity (34.2%). This was statistically significantly lower than England (36.6%).
- Based on the child's postcode of residence, out of all Suffolk lower tier local authority areas, Mid Suffolk had the highest proportion of overweight and obese children in reception year at 23.1%. This represents a 43% increase from the previous year (2021/22 - 16.7%), when Mid Suffolk had the lowest proportion among all Suffolk lower tier local authority areas. Ipswich had the highest proportion of overweight and obese year 6 children (37.4%), however, when compared to 2021/22 there is a 5% decrease. The proportion of overweight and obese children in reception year in Mid Suffolk was statistically similar compared to England, and Ipswich also being statistically similar to England for year 6 children.
- There was a general increase in the prevalence of healthy weight among year 6 children in England, the East of England, Suffolk, and some of its lower tier local authorities in 2022/23 compared to 2021/22: in turn reducing the prevalence of year 6 living with obesity, living with severe obesity, and overweight and living with obesity (combined).

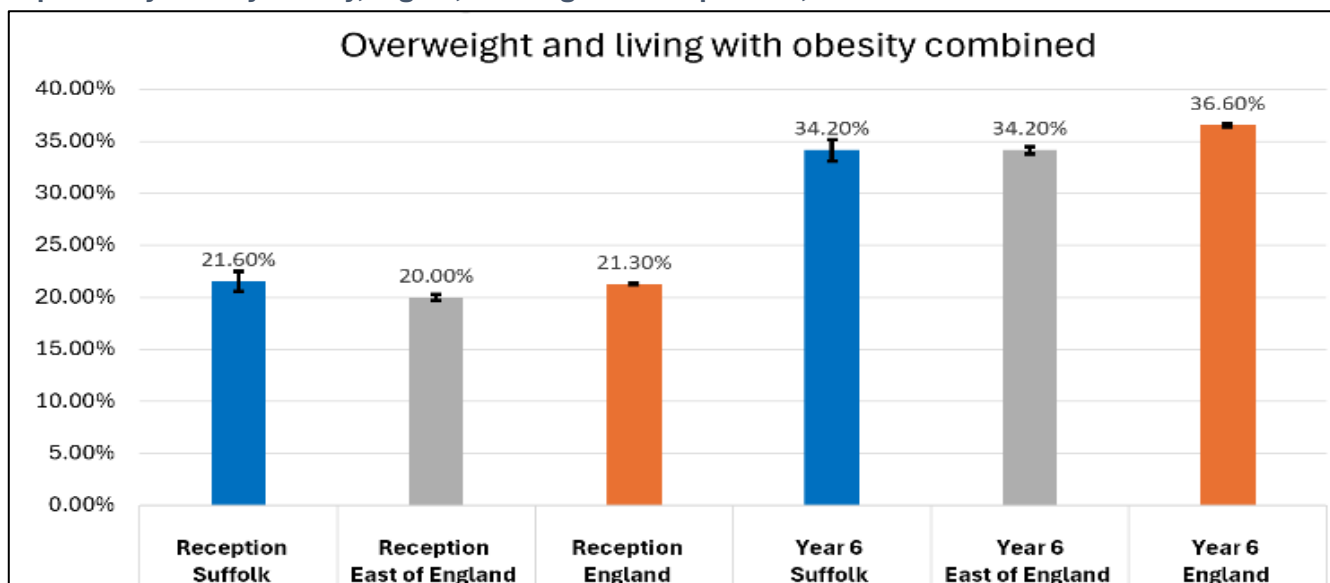
**Figure 1. Percentage of children with a healthy weight from reception to year 6 by county, region, and England comparison, 2022/23**



Comparing Suffolk’s data with England, the East of England and by local authority exposes several trends. Firstly, at reception less than 1% (0.6%) of Suffolk reception-aged pupils are underweight, which is statistically significantly lower than 1.2% in England. By year 6, this number for Suffolk (1.3%) is statistically similar to the national average – 1.6%. All local authorities within Suffolk have a statistically similar percentage of underweight pupils compared to both the England and East of England averages.

For healthy weight pupils at reception, Suffolk (77.8%) is statistically similar to the 77.5% national average. Within the local authorities, Babergh recorded the highest percentage of healthy weight pupils at 79.2% - statistically similar to the national average.

**Figure 2. Percentage of children classified as overweight and living with obesity combined, from reception to year 6 by county, region, and England comparison, 2022/23**

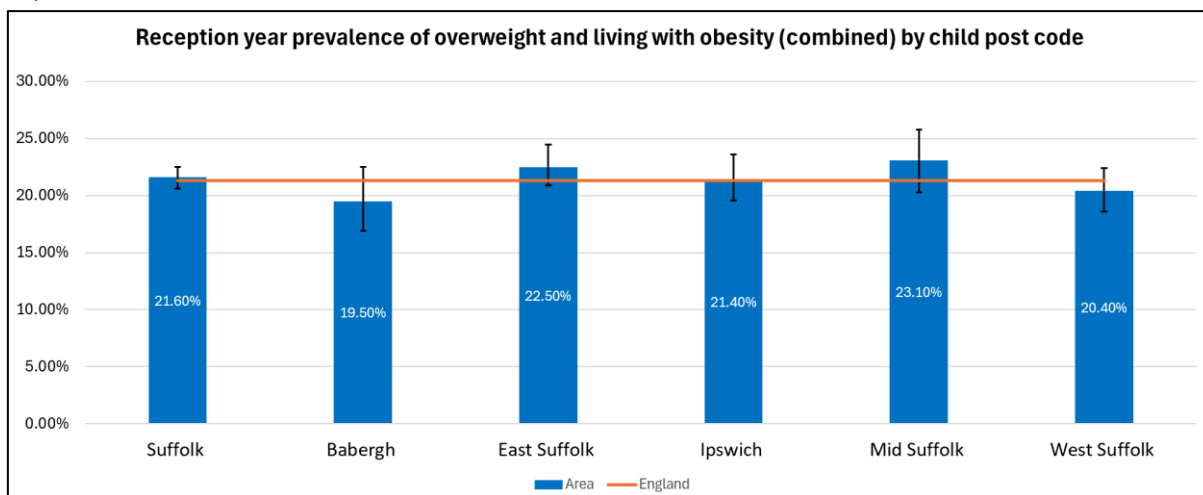


Suffolk’s percentage (2.1%) of reception aged pupils living with severe obesity is statistically similar to the national average (2.5%). At year 6, the percentage of Suffolk pupils with severe obesity increases to 4.8%, however this figure is statistically significantly lower than the national average of 5.7%. Babergh has a statistically significantly lower percentage of year 6 pupils living with severe obesity at 2.3%.

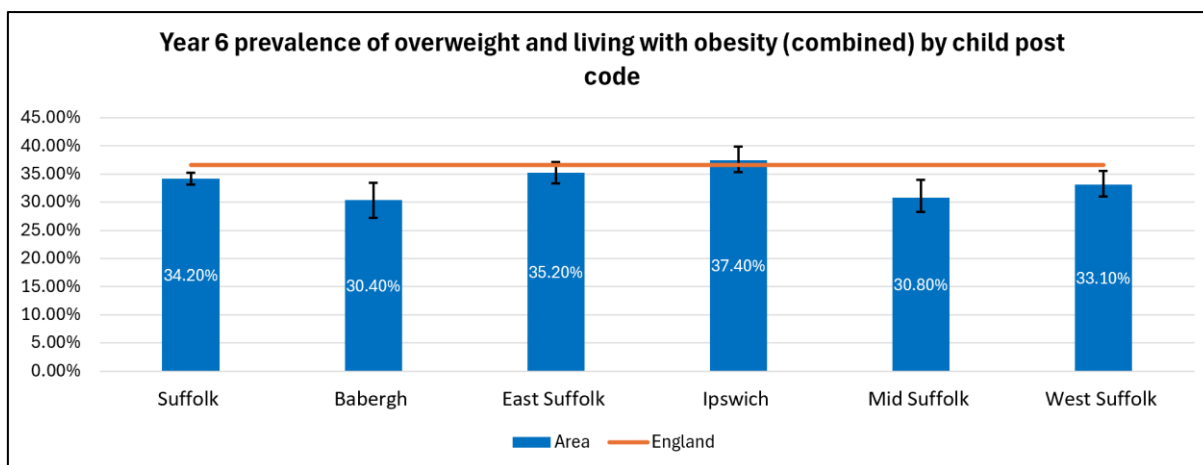
When combining overweight and living with obesity, Suffolk and England are statistically similar, with percentages of reception aged pupils (21.6% and 21.3% respectively) classified as overweight and living with obesity. The East of England average is statistically significantly lower at 20.0% than both the England and Suffolk values.

At a local authority level, about 1 in 4 (23.1%) of Mid Suffolk pupils are either categorised as overweight or living with obesity. By year 6, Suffolk has a statistically significantly lower percentage (34.2%) of pupils categorised as overweight and living with obesity than the England average of 36.6%, however Ipswich (37.4%) is statistically significantly above the East of England and Suffolk averages. Babergh has a statistically significant lower percentage of year 6 pupils classified as either overweight or living with obesity at 30.4%.

**Figure 3. Reception year prevalence of overweight and living with obesity (combined) in Suffolk, by child's postcode, 2022/23**



**Figure 4. Year 6 prevalence of overweight and living with obesity (combined) in Suffolk, by child's postcode, 2022/23**



## Demographic differences

While the published data is reported at local authority level, demographic data is only published at a national level. When exploring differences by sex, specifically on obesity - the largest statistically significant gap exists between boys in year 6, with over 1 in 4 (25.1%) living with obesity in comparison to 1 in 5 (20.1%) of girls in year 6. Furthermore, the percentage of children classified as underweight increases from 1.2% in reception to 1.6% in year 6, however there is statistically significant difference by sex – more boys in reception (1.5%) are underweight than girls (0.8%), but this trend changes in year 6, where 1.4% of boys are underweight, compared to 1.7% of girls.

Within the NCMP dataset, limited ethnicity data is available – however, nationally, obesity prevalence was statistically significantly highest in reception (13.6%) and year 6 (31.6%) for Black children. Chinese children had the statistically significantly lowest obesity levels (4.2% in reception, 15.2% in year 6).

Deprivation and obesity have a strong relationship – nationally, twice as many children (12.4%) in the most deprived decile are living with obesity in reception year compared to the least deprived decile (5.8%). The deprivation gap (% of children living with obesity in reception in the most deprived areas compared with % of children living with obesity in reception in the least deprived areas) has increased nationally between 2013/14 to 2022/23 from 6.1% to 6.6%. This gap was similar for both boys and girls. In addition, nationally – the deprivation gap for year 6 pupils living with obesity increased from 12.8% in 2013/14 (comparison of most deprived % of year 6 pupils living with obesity compared to the least deprived % of year 6 pupils living with obesity) to 17.1% in 2022/23.

## Caveats/ limitations

The Office for National Statistics reports deprivation data based on both where the child lives (postcode) and the location of the school. Deprivation based on the child's postcode is viewed as more accurate due to children sometimes attending schools in areas where relative deprivation differs to where they live. Both sets of data can be used – for instance the data based on school location may be better suited for interventions targeted through schools, whereas facility provision may be better suited to resident-based data.

Measurements were taken at any time during the 2022/23 academic year, meaning some children were almost two years older than others during the same period of measurement.

However, this has no implication to the published data as BMI centiles are adjusted for age. NCMP data has relatively narrow confidence limits due to the large size of the sample and high participation rates at a national level; however confidence intervals increase when analysing the data at local authority level.

In terms of data quality and coverage, participation rate was not collected or published in 2019/20 and 2020/21 due to the pandemic impact on the data collection during those years. In 2022/23, 93.2% of eligible children took part in the NCMP data collection higher than the 2021/22 participation rate of 92%. Additionally, if participation rates are low in a local authority, then estimates must be treated with caution as the sample may not be entirely representative. Data may also be imprecise due to rounding, where 12 local authorities had over 20% of their heights being whole numbers (expectation would be 10%).

## Appendix

**Table 1. Prevalence and number of children underweight, healthy weight, overweight, living with obesity and living with severe obesity in Reception, by region, upper tier local authority and lower tier local authority (based on the postcode of the child), 2022/23**

| Area                   | Underweight |                    | Healthy weight |                       | Overweight |                       | Living with obesity |                     | Living with severe obesity |                    | Overweight and living with obesity combined |                       |
|------------------------|-------------|--------------------|----------------|-----------------------|------------|-----------------------|---------------------|---------------------|----------------------------|--------------------|---|-----------------------|
|                        | Number      | % (And CIs)        | Number         | % (And CIs)           | Number     | % (And CIs)           | Number              | % (And CIs)         | Number                     | % (And CIs)        | Number                                      | % (And CIs)           |
| <b>England</b>         | 6,568       | 1.2%<br>[1.1, 1.2] | 440,451        | 77.5%<br>[77.4, 77.6] | 69,050     | 12.2%<br>[12.1, 12.2] | 51,998              | 9.2%<br>[9.1, 9.2]  | 13,934                     | 2.5%<br>[2.4, 2.5] | 121,048                                     | 21.3%<br>[21.2, 21.4] |
| <b>East of England</b> | 700         | 1.1%<br>[1.0, 1.1] | 52,580         | 79.0%<br>[78.7, 79.3] | 7,900      | 11.9%<br>[11.6, 12.1] | 5,390               | 8.1%<br>[7.9, 8.3]  | 1,435                      | 2.2%<br>[2.1, 2.3] | 13,290                                      | 20.0%<br>[19.7, 20.3] |
| <b>Suffolk</b>         | 45          | 0.6%<br>[0.5, 0.9] | 5,460          | 77.8%<br>[76.8, 78.7] | 960        | 13.7%<br>[12.9, 14.5] | 550                 | 7.8%<br>[7.3, 8.5]  | 145                        | 2.1%<br>[1.7, 2.4] | 1,515                                       | 21.6%<br>[20.6, 22.5] |
| <b>Babergh</b>         | 10          | 1.3%<br>[0.5, 2.0] | 610            | 79.2%<br>[76.5, 82.2] | 100        | 13.0%<br>[11.0, 15.8] | 50                  | 6.5%<br>[4.7, 8.2]  | 10                         | 1.3%<br>[0.8, 2.5] | 150   | 19.5%<br>[16.9, 22.5] |
| <b>East Suffolk</b>    | *           | *                  | 1,605          | 77.0%<br>[75.2, 78.8] | 280        | 13.4%<br>[12.0, 15.0] | 190                 | 9.1%<br>[8.0, 10.5] | 45                         | 2.2%<br>[1.6, 2.9] | 470   | 22.5%<br>[20.9, 24.5] |
| <b>Ipswich</b>         | 15          | 1.0%<br>[0.6, 1.6] | 1,215          | 77.6%<br>[75.4, 79.5] | 215        | 13.7%<br>[12.1, 15.5] | 120                 | 7.7%<br>[6.6, 9.2]  | 35                         | 2.2%<br>[1.7, 3.2] | 335   | 21.4%<br>[19.6, 23.6] |
| <b>Mid Suffolk</b>     | *           | *                  | 700            | 76.9%<br>[74.0, 79.5] | 145        | 15.9%<br>[13.7, 18.4] | 65                  | 7.1%<br>[5.5, 8.9]  | 15                         | 1.6%<br>[1.0, 2.7] | 210   | 23.1%<br>[20.3, 25.8] |
| <b>West Suffolk</b>    | 15          | 0.9%<br>[0.5, 1.4] | 1,330          | 78.7%<br>[76.7, 80.6] | 220        | 13.0%<br>[11.5, 14.7] | 125                 | 7.4%<br>[6.3, 8.8]  | 35                         | 2.1%<br>[1.5, 2.9] | 345   | 20.4%<br>[18.6, 22.4] |

**Table 2. Prevalence and number of children underweight, healthy weight, overweight, living with obesity and living with severe obesity in Year 6, by region, upper tier local authority and lower tier local authority (based on the postcode of the child), 2022/23**

| Area                   | Underweight |                    | Healthy weight |                       | Overweight |                       | Living with obesity |                       | Living with severe obesity |                    | Overweight and living with obesity combined |                       |
|------------------------|-------------|--------------------|----------------|-----------------------|------------|-----------------------|---------------------|-----------------------|----------------------------|--------------------|---|-----------------------|
|                        | Number      | %<br>(And CIs)     | Number         | %<br>(And CIs)        | Number     | %<br>(And CIs)        | Number              | %<br>(And CIs)        | Number                     | %<br>(And CIs)     | Number                                      | %<br>(And CIs)        |
| <b>England</b>         | 9,584       | 1.6%<br>[1.5, 1.6] | 379,315        | 61.9%<br>[61.7, 62.0] | 85,333     | 13.9%<br>[13.8, 14.0] | 138,867             | 22.7%<br>[22.5, 22.8] | 34,766                     | 5.7%<br>[5.6, 5.7] | 224,200                                     | 36.6%<br>[36.4, 36.7] |
| <b>East of England</b> | 1060        | 1.5%<br>[1.4, 1.6] | 44,900         | 64.3%<br>[63.9, 64.6] | 9,480      | 13.6%<br>[13.3, 13.8] | 14,395              | 20.6%<br>[20.3, 20.9] | 3,310                      | 4.7%<br>[4.6, 4.9] | 23,875                                      | 34.2%<br>[33.8, 34.5] |
| <b>Suffolk</b>         | 100         | 1.3%<br>[1.1, 1.6] | 4,960          | 64.5%<br>[63.4, 65.6] | 1,020      | 13.3%<br>[12.5, 14.0] | 1,610               | 20.9%<br>[20.0, 21.8] | 370                        | 4.8%<br>[4.3, 5.3] | 2,630                                       | 34.2%<br>[33.1, 35.2] |
| <b>Babergh</b>         | 10          | 1.2%<br>[0.6, 2.1] | 585            | 68.4%<br>[65.4, 71.6] | 120        | 14.0%<br>[12.0, 16.7] | 135                 | 15.8%<br>[13.7, 18.7] | 20                         | 2.3%<br>[1.7, 3.9] | 260   | 30.4%<br>[27.2, 33.4] |
| <b>East Suffolk</b>    | 25          | 1.0%<br>[0.7, 1.5] | 1,550          | 63.8%<br>[61.9, 65.7] | 330        | 13.6%<br>[12.4, 15.1] | 525                 | 21.6%<br>[20.0, 23.2] | 130                        | 5.3%<br>[4.6, 6.4] | 855   | 35.2%<br>[33.3, 37.1] |
| <b>Ipswich</b>         | 30          | 1.8%<br>[1.3, 2.6] | 1,020          | 60.5%<br>[58.3, 62.9] | 210        | 12.5%<br>[10.9, 14.1] | 425                 | 25.2%<br>[23.1, 27.3] | 110                        | 6.5%<br>[5.5, 7.8] | 630   | 37.4%<br>[35.3, 39.9] |
| <b>Mid Suffolk</b>     | 10          | 1.0%<br>[0.4, 1.6] | 685            | 68.2%<br>[65.2, 71.0] | 140        | 13.9%<br>[11.7, 16.0] | 175                 | 17.4%<br>[15.1, 19.8] | 40                         | 4.0%<br>[3.0, 5.5] | 310   | 30.8%<br>[28.3, 34.0] |
| <b>West Suffolk</b>    | 30          | 1.7%<br>[1.2, 2.4] | 1,120          | 65.1%<br>[62.8, 67.3] | 220        | 12.8%<br>[11.3, 14.5] | 350                 | 20.3%<br>[18.6, 22.4] | 65                         | 3.8%<br>[2.9, 4.7] | 570   | 33.1%<br>[31.0, 35.5] |