

**DERBYSHIRE COUNTY COUNCIL**

**MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES**

**14 April 2015**

**Report of the Director of Public Health**

**NATIONAL CHILD MEASUREMENT PROGRAMME (NCMP) 2013/14**

**1. Purpose of the report:**

To inform the Cabinet Member, Health and Communities on the progress of the annual data collection of child measurements in Derbyshire to support the National Child Measurement Programme.

**2. Information and analysis:**

- 2.1 The NCMP is a nationally mandated public health programme that measures the height and weight of children aged 4-5 years (Reception) and 10-11 years (Year 6) at state-maintained schools including academies in England on an annual basis. Every year, more than one million children are measured nationally and over 99.5% of eligible schools take part on a voluntary basis.
- 2.2 The NCMP has two key purposes:
  1. To provide robust public health surveillance data on child weight status: to understand and monitor obesity prevalence and trends at national and local levels, inform obesity planning and commissioning, and underpin the Public Health Outcomes Framework indicators on excess weight in 4-5 and 10-11 year olds.
  2. To provide parents and carers with feedback on their child's weight status: to help them understand their child's health status, support and encourage behaviour change, and provide a mechanism for direct engagement with families who have overweight and obese children.
- 2.3 The NCMP was established in 2005, local commitment to the programme has meant that the coverage and robustness of data has gone from strength to strength and is a key element in the Government's approach to tackling child obesity. In 2012/13 Local Authorities took on responsibility for the collection of NCMP data as part of the Public Health ring fenced budget.
- 2.4 The 2013/14 NCMP data shows **Derbyshire continue to maintain high participation rates** - Reception **97.0%** (7,923 children) and Year 6 **96.8%** (7,363 children), compared to England 93.8% (Reception) and

93.6% (Year 6) and East Midlands 92.9% (Reception) and 92.0% (Year 6).

To try to increase Derbyshire participation rates further, this year a questionnaire will be sent out to those parent/carers who have elected to opt-out of the NCMP (see Appendix 1). Responses to the questionnaire will enable a better understanding of the reasons for opting-out and inform service improvements to influence uptake in the future.

## 2.5 Obesity and deprivation

Obesity prevalence is strongly correlated with deprivation, as deprivation rises so does the prevalence of obesity for both Reception and Year 6 children. Prevalence among children living in the 10% most deprived areas of the country is nearly twice that of children living in the 10% least deprived areas.

## 2.6 Childhood obesity

It is very encouraging to see that both Reception and Year 6 obesity prevalence is **lower overall in Derbyshire** than England and East Midlands, (see Table 1), and Reception and Year 6 obesity prevalence is **lower than England in every local authority area in Derbyshire** (see Appendix 2). Six out of the eight LAs has **lower** Reception obesity prevalence than East Midlands, and five out of eight LAs has **lower** obesity prevalence than East Midlands.

Table 1

2013/14	Obese prevalence	
	Reception	Year 6
England	9.5%	19.1%
East Midlands	8.9%	18.1%
<b>Derbyshire</b>	<b>8.6%</b>	<b>17.1%</b>

## 2.7 NCMP Child BMI centile classifications

It is also very encouraging to see that **seven of the eight indicators in Derbyshire are significantly better than England**, and **Derbyshire has achieved a greater number of green indicators (Better) than any other local authority in the East Midlands** (see Table 2). Only Reception overweight (including obese) prevalence failed to achieve a green, with prevalence similar to England.

Table 2

Region: East Midlands

Benchmark: England

Period: 2013/14

Compared with benchmark		Better	Similar	Worse								
Indicators		England	East Midlands	Derby	Derbyshire	Leicester	Leicestershire	Lincolnshire	Northamptonshire	Nottingham	Nottinghamshire	Rutland
Reception	Prevalence of underweight	0.95	0.99	*	0.53	2.43	0.75	0.53	1.06	1.27	1.05	*
	Prevalence of healthy weight	76.5	77.3	*	77.7	75.6	78.5	75.5	77.5	74.6	78.5	*
	Prevalence of overweight (including obese)	22.5	21.7	20.4	21.8	22.0	20.8	24.0	21.4	24.2	20.4	16.4
	Prevalence of obesity	9.5	8.9	8.3	8.6	10.6	8.5	9.8	8.7	10.7	7.8	7.1
Year 6	Prevalence of underweight	1.36	1.46	*	1.02	3.04	1.62	0.81	1.35	1.75	1.46	*
	Prevalence of healthy weight	65.1	66.3	*	67.9	61.5	68.3	65.8	67.8	60.4	67.5	*
	Prevalence of overweight (including obese)	33.5	32.2	34.6	31.0	35.5	30.1	33.4	30.9	37.8	31.0	29.2
	Prevalence of obesity	19.1	18.1	20.5	17.1	21.1	16.1	18.6	16.7	23.3	17.5	15.5

\* Value suppressed to avoid disclosure

2.8 Whilst the latest national NCMP data shows a general trend towards obesity rates stabilising, rates continue to **double** between the ages of 4-5 and 10-11 years. Children who are overweight or obese have increased risk of asthma, type 2 diabetes, heart disease, certain types of cancer, and are more likely to become obese adults. In England, the health problems associated with being overweight or obese cost the NHS more than £5 billion every year.

2.9 Childhood obesity is a key priority for Public Health England (PHE), and the government is committed to tackling childhood obesity with an ambition to achieve: ***“A sustained downward trend in the level of excess weight in children by 2020”***.

NCMP provides a robust evidence base to support the Derbyshire Health and Wellbeing Board and the Children’s Trust Board to bring together a range of local partners and inform local action to promote healthy weight. Additionally, it provides the opportunity for direct engagement with families through the provision of results to parents along with follow up advice and support.

## 2.10 Programmes in Derbyshire

Derbyshire County Council has established an impressive life-course approach to tackle overweight and obesity prevalence, commissioning and influencing initiatives that place an emphasis on early identification, intervention and behaviour change, supporting children, young people and families. These include:

- **Pregnancy and Early Years Lifestyle Programme** (pilot). Staveley HLC and Queens Park Leisure Centre provide a 9 month offer of physical activity from pregnancy into early years and toddlers.
- **Peer Breastfeeding Support.** Universal coverage across Derbyshire County, providing 1:1 support for mothers who wish to breastfeed from day 2. Evidence suggests this support increases exclusive breastfeeding and sustainment.
- **Core Offer of Public Health Nursing (0-5).** Contributes to School Readiness, the offer includes:
  - Preparation for parenthood.
  - Promoting breastfeeding.
  - Healthy lifestyle.
  - Health reviews at 10 days, 6/8 weeks, under 12 months and 2.5 years. The health reviews cover environmental factors, child development, emotional and physical well-being and parent concerns. The review covers lifestyle and healthy weight as appropriate to individual family needs specifically the 2.5 (nationally reported) measurements and promotion of healthy weight/lifestyle.
  - Early prevention and intervention in partnership with CAYA.
- **Heart of Derbyshire.** An award scheme to encourage local food caterers to include on their menus healthier meal options.
- **HENRY** (Health, Exercise and Nutrition for the Really Young). An 8 week course for parents/carers of children under 5 years, which explores skills and ideas to support a healthy lifestyle and emotional well-being.
- **Breakfast Clubs.** Aims to improve pupil health, attainment, attendance and behaviour. A jointly funded collaboration between Public Health and CAYA, targeting selected primary schools with the highest percentage of pupils eligible for Free School Meals.
- **Five60.** A 10 week PSHE programme aimed at school years 3, 4 and 5, the core elements include:
  - Physical activity.
  - Healthy eating.
  - Hydration.
  - Confidence building.
  - Behaviour change.
- **Food For Life Partnership.** Transforming the whole school food culture by supporting schools to achieve the FFLP school award, and achieve a county-wide FFLP Catering Mark to provide healthy school

meals, great lunchtimes and food education that has a positive impact on both pupils and the wider community.

- **Core Offer of Public Health Nursing (5-19):**
  - School entry health review.
  - Year 6 health review including NCMP, hearing and vision screening.
  - Year 8 health promotion.
  - TeenScreen, including smoking review, health and lifestyle.
  - Targeted support to children who are vulnerable with health needs, particularly those who are absent from school more than 15% of the time.
- **Live Life Better Derbyshire (16+):**
  - Wellbeing service.
  - Community weight management.
  - Specialist weight management.
  - Health referral scheme.
- **Walking for Health.** Includes buggy walking and teddy walking.
- **Inactivity fund** (localities). Each district and borough funded to combat sedentary behaviour targeting the inactive.

**3. Other considerations:**

In preparing this report the relevance of the following factors has been considered: financial, legal, prevention of crime and disorder, equality of opportunity, human resources, environmental, health, property and transport considerations.

**4. Background papers:**

None

**5. Key Decision:**

No

**6. Call-in:**

Is it required that call-in be waived for any decision on this report?  
No

**7. Officer's Recommendation:**

That the Cabinet Member, Health and Communities notes the report.

**Elaine Michel**  
**Director of Public Health**

## **Appendix 1 – Parent/Carer Opt-out Questionnaire**

Dear Parent or Carer

### **Re: National Child Measurement Programme (NCMP)**

Thank you for your NCMP opt-out letter. We are interested to understand why some parents or carers choose to opt their child out of the programme. This year we are conducting an audit to understand better why your child will not be participating and would therefore appreciate a few minutes of your time to complete the questionnaire below.

Thank you.

### **About you and your child**

#### **1. Whose choice was it not to participate?**

☐ Parent or Carer ☐ Your child (please tick box)

#### **2. Is your child in Reception or Year6 at school?**

☐ Reception ☐ Year 6 (please tick box)

#### **3. If your child is in Year 6 were they measured in their Reception year?**

☐ Yes ☐ No (please tick box)

#### **4. If your child has been measured previously (e.g. in Reception) has this influenced your decision to opt-out this time?**

☐ Yes ☐ No (please tick box)

**If you have answered Yes, please provide more detail in the box below:**

#### **5. Please provide details of the main reasons for your child not participating on this occasion in the box below:**

**About the opt-out letter** (a sample copy of the opt-out letter is attached).

**6. Was the letter giving you the choice to opt your child out clear?**

☐ Yes ☐ No (please tick box)

**If you have answered No, please provide more detail in the box below:**

--

**7. Was it clear in the opt-out letter about how your child's data is stored and shared?**

☐ Yes ☐ No (please tick box)

**Your child's information**

**8. Do you have any concerns about the security around the storage of your child's NCMP measurements and other information?**

☐ Yes ☐ No (please tick box)

**9. If you have any concerns, would you like the School Nurse Team to contact you? If you would please provide contact details in the box below:**

Name:	
Phone number:	
Email address:	

**10. Do you have any further comments to make about the NCMP? Please write in the box below:**

--

Thank you for taking the time to complete the questionnaire. We want to ensure the service we provide meets your expectations and we will address any concerns you have.

Yours faithfully

## Appendix 2 - Obesity prevalence by District and Borough Councils

Prevalence of obese children, with associated 95% confidence intervals, by Region and Local Authority (derived from the postcode of the school), England, 2013/14								
	Obese						Number of children	
	Reception			Year 6			Reception	Year 6
	Prevalence	lower confidence interval	upper confidence interval	Prevalence	lower confidence interval	upper confidence interval		
England	9.5%	9.4%	9.6%	19.1%	19.0%	19.2%	587,336	514,275
East Midlands	8.9%	8.7%	9.2%	18.1%	17.7%	18.4%	49,945	44,189
Derby	8.3%	7.4%	9.4%	20.5%	19.0%	22.0%	3,120	2,663
Derbyshire	8.6%	8.0%	9.2%	17.1%	16.2%	18.0%	7,923	7,363
Amber Valley	8.8%	7.4%	10.5%	17.3%	15.2%	19.5%	1,262	1,198
Bolsover	7.1%	5.5%	9.1%	18.3%	15.7%	21.4%	789	703
Chesterfield	8.9%	7.3%	10.8%	18.2%	15.9%	20.9%	992	937
Derbyshire Dales	7.7%	5.8%	10.0%	14.1%	11.6%	16.9%	626	683
Erewash	8.7%	7.3%	10.5%	18.4%	16.2%	20.9%	1,190	1,019
High Peak	9.3%	7.6%	11.3%	14.7%	12.4%	17.2%	965	845
North East Derbyshire	8.6%	7.0%	10.5%	16.7%	14.5%	19.2%	990	970
South Derbyshire	8.7%	7.1%	10.5%	18.0%	15.7%	20.4%	1,109	1,008