



‘Feeding young children aged 1 to 5 years’

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Annex 13

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Annex 13: National Child Measurement Programme

Table A13.1 Weight status^a prevalence for children aged 4 to 5 in England by ethnic group (NCMP collection year 2021/22^b)

| Ethnic group | Underweight ^c | Healthy Weight ^c | Overweight ^c | Obese (including severely obese) ^c | Severely obese ^c | Overweight and obese combined ^c | Bases ^d |
|-------------------------------|--------------------------|-----------------------------|-------------------------|---|-----------------------------|--|--------------------|
| Total | 1.2 (1.2 to 1.2) | 76.5 (76.4 to 76.7) | 12.1 (12.1 to 12.2) | 10.1 (10.0 to 10.2) | 2.9 (2.8 to 2.9) | 22.3 (22.1 to 22.4) | 569,322 |
| Asian | 4.3 (4.1 to 4.4) | 77.0 (76.7 to 77.3) | 8.3 (8.1 to 8.5) | 10.4 (10.2 to 10.7) | 3.7 (3.6 to 3.9) | 18.7 (18.4 to 19.0) | 59,040 |
| Bangladeshi | 3.6 (3.2 to 4.0) | 74.2 (73.2 to 75.1) | 8.9 (8.4 to 9.6) | 13.3 (12.6 to 14.0) | 5.3 (4.8 to 5.8) | 22.2 (21.4 to 23.1) | 8,782 |
| Indian | 6.3 (5.9 to 6.7) | 79.3 (78.7 to 79.9) | 6.7 (6.4 to 7.1) | 7.6 (7.3 to 8.1) | 2.6 (2.3 to 2.8) | 14.4 (13.9 to 14.9) | 17,207 |
| Pakistani | 3.6 (3.3 to 3.8) | 76.2 (75.6 to 76.7) | 8.7 (8.3 to 9.1) | 11.5 (11.1 to 12.0) | 4.1 (3.9 to 4.4) | 20.2 (19.7 to 20.8) | 22,761 |
| Any other Asian background | 3.0 (2.7 to 3.4) | 77.3 (76.5 to 78.1) | 9.4 (8.8 to 9.9) | 10.3 (9.7 to 10.9) | 3.5 (3.1 to 3.8) | 19.6 (18.9 to 20.4) | 10,290 |
| Black | 1.2 (1.1 to 1.4) | 69.2 (68.6 to 69.8) | 13.4 (13.0 to 13.8) | 16.2 (15.7 to 16.6) | 5.4 (5.1 to 5.7) | 29.5 (29.0 to 30.1) | 23,625 |
| African | 1.3 (1.1 to 1.4) | 68.4 (67.7 to 69.1) | 13.6 (13.1 to 14.2) | 16.7 (16.1 to 17.3) | 5.5 (5.2 to 5.9) | 30.3 (29.6 to 31.1) | 16,153 |
| Caribbean | 1.2 (0.9 to 1.6) | 72.7 (71.2 to 74.2) | 12.5 (11.5 to 13.6) | 13.6 (12.5 to 14.8) | 4.3 (3.7 to 5.0) | 26.1 (24.7 to 27.6) | 3,596 |
| Any other Black background | 1.2 (0.9 to 1.6) | 69.4 (67.9 to 70.8) | 13.2 (12.2 to 14.3) | 16.2 (15.1 to 17.4) | 5.6 (4.9 to 6.4) | 29.4 (28.0 to 30.8) | 3,876 |
| Chinese | 1.3 (0.9 to 1.8) | 85.1 (83.7 to 86.5) | 9.1 (8.0 to 10.3) | 4.5 (3.8 to 5.4) | 1.3 (0.9 to 1.8) | 13.6 (12.3 to 15.0) | 2,503 |
| Mixed | 1.2 (1.1 to 1.3) | 76.6 (76.2 to 77.0) | 11.6 (11.3 to 11.9) | 10.7 (10.3 to 11.0) | 3.2 (3.0 to 3.4) | 22.2 (21.8 to 22.7) | 36,533 |
| White and Asian | 1.7 (1.4 to 2.0) | 82.0 (81.2 to 82.9) | 8.7 (8.1 to 9.4) | 7.5 (6.9 to 8.1) | 2.3 (2.0 to 2.7) | 16.2 (15.4 to 17.1) | 7,792 |
| White and Black African | 0.8 (0.6 to 1.1) | 71.6 (70.4 to 72.9) | 13.8 (12.8 to 14.8) | 13.8 (12.9 to 14.8) | 4.5 (4.0 to 5.1) | 27.6 (26.3 to 28.9) | 4,843 |
| White and Black Caribbean | 0.8 (0.6 to 1.1) | 72.6 (71.6 to 73.6) | 13.3 (12.6 to 14.2) | 13.2 (12.5 to 14.0) | 4.1 (3.7 to 4.6) | 26.6 (25.6 to 27.6) | 7,221 |
| Any other mixed background | 1.2 (1.0 to 1.4) | 77.2 (76.6 to 77.8) | 11.5 (11.0 to 12.0) | 10.1 (9.6 to 10.6) | 2.8 (2.6 to 3.1) | 21.6 (21.0 to 22.2) | 16,677 |
| White | 0.7 (0.6 to 0.7) | 76.7 (76.6 to 76.9) | 12.9 (12.8 to 13.0) | 9.7 (9.6 to 9.8) | 2.6 (2.5 to 2.6) | 22.6 (22.5 to 22.7) | 352,318 |
| British | 0.6 (0.6 to 0.6) | 76.5 (76.3 to 76.6) | 13.2 (13.0 to 13.3) | 9.8 (9.6 to 9.9) | 2.5 (2.5 to 2.6) | 22.9 (22.8 to 23.1) | 309,760 |
| Irish | 0.1 (0.0 to 0.5) | 77.1 (74.8 to 79.3) | 12.8 (11.1 to 14.6) | 10.0 (8.5 to 11.7) | 2.5 (1.8 to 3.5) | 22.7 (20.6 to 25.0) | 1,364 |
| Any other White background | 1.1 (1.0 to 1.2) | 78.7 (78.3 to 79.1) | 11.0 (10.7 to 11.3) | 9.3 (9.0 to 9.5) | 2.8 (2.7 to 3.0) | 20.2 (19.9 to 20.6) | 41,194 |
| Any other ethnic group | 1.4 (1.2 to 1.6) | 74.6 (73.8 to 75.3) | 12.1 (11.6 to 12.7) | 11.9 (11.4 to 12.5) | 3.8 (3.5 to 4.2) | 24.1 (23.3 to 24.8) | 13,309 |
| Not stated | 1.2 (1.2 to 1.3) | 77.5 (77.3 to 77.8) | 11.7 (11.5 to 11.9) | 9.5 (9.3 to 9.7) | 2.7 (2.6 to 2.8) | 21.2 (20.9 to 21.5) | 81,994 |

^a NCMP definitions of status: BMI centile ≤ 2 Underweight, BMI centile > 2 and < 85 Healthy weight, BMI centile ≥ 85 and < 95 Overweight, BMI centile ≥ 95 Obese, BMI centile ≥ 99.6 Severely obese

^b data from [National Child Measurement Programme, England 2021/22 School Year](#) (NHS Digital, 2022)

^c prevalence in % (95%CI).

^d number of children measured

Annex 13: National Child Measurement Programme

Table A13.2 Weight status^a prevalence of children aged 4 to 5 in England by Index of Multiple Deprivation (IMD) decile (based on the postcode of the child) (NCMP collection year 2021/22^b)

| IMD decile | Underweight ^c | Healthy Weight ^c | Overweight ^c | Obese (including severely obese) ^c | Severely obese ^c | Overweight and obese combined ^c |
|--------------------------------|--------------------------|-----------------------------|-------------------------|---|-----------------------------|--|
| Total | 1.2 (1.2 to 1.2) | 76.5 (76.4 to 76.7) | 12.1 (12.1 to 12.2) | 10.1 (10.0 to 10.2) | 2.9 (2.8 to 2.9) | 22.3 (22.1 to 22.4) |
| 1 (most deprived) ^d | 1.2 (1.2 to 1.3) | 71.9 (71.5 to 72.2) | 13.3 (13.0 to 13.5) | 13.6 (13.4 to 13.9) | 4.5 (4.3 to 4.6) | 26.9 (26.6 to 27.2) |
| 2 | 1.4 (1.3 to 1.5) | 73.0 (72.6 to 73.3) | 12.7 (12.4 to 13.0) | 12.9 (12.7 to 13.2) | 4.1 (4.0 to 4.3) | 25.6 (25.3 to 25.9) |
| 3 | 1.4 (1.4 to 1.5) | 74.0 (73.6 to 74.3) | 12.6 (12.4 to 12.9) | 12.0 (11.7 to 12.2) | 3.8 (3.6 to 3.9) | 24.6 (24.3 to 24.9) |
| 4 | 1.3 (1.2 to 1.4) | 75.5 (75.1 to 75.9) | 12.3 (12.0 to 12.5) | 11.0 (10.7 to 11.2) | 3.2 (3.0 to 3.3) | 23.2 (22.9 to 23.6) |
| 5 | 1.3 (1.2 to 1.4) | 76.8 (76.4 to 77.2) | 12.1 (11.8 to 12.3) | 9.9 (9.6 to 10.1) | 2.6 (2.5 to 2.8) | 21.9 (21.6 to 22.3) |
| 6 | 1.1 (1.1 to 1.2) | 77.8 (77.5 to 78.2) | 12.1 (11.8 to 12.4) | 8.9 (8.7 to 9.2) | 2.4 (2.3 to 2.5) | 21.0 (20.7 to 21.4) |
| 7 | 1.1 (1.0 to 1.2) | 78.8 (78.4 to 79.2) | 11.8 (11.5 to 12.1) | 8.3 (8.1 to 8.5) | 2.1 (2.0 to 2.3) | 20.1 (19.8 to 20.5) |
| 8 | 1.0 (0.9 to 1.1) | 79.5 (79.1 to 79.8) | 11.6 (11.3 to 11.9) | 7.9 (7.7 to 8.2) | 1.9 (1.8 to 2.0) | 19.6 (19.2 to 19.9) |
| 9 | 1.0 (0.9 to 1.1) | 80.5 (80.2 to 80.9) | 11.4 (11.1 to 11.7) | 7.0 (6.8 to 7.3) | 1.5 (1.4 to 1.6) | 18.4 (18.1 to 18.8) |
| 10 (least deprived) | 1.0 (0.9 to 1.1) | 82.1 (81.7 to 82.4) | 10.7 (10.4 to 11.0) | 6.2 (6.0 to 6.4) | 1.3 (1.2 to 1.4) | 16.9 (16.6 to 17.3) |

^a NCMP definitions of status: BMI centile ≤2: Underweight, BMI centile >2 and <85: Healthy weight, BMI centile ≥85 and <95: Overweight, BMI centile ≥95: Obese, BMI centile ≥99.6: Severely obese.

^b data from [National Child Measurement Programme, England 2021/22 School Year](#) (NHS Digital, 2022)

^c prevalence in % (95%CI).

^d column shows IMD deciles 1 to 10

Table A13.3 Prevalence of obese children (including severely obese) aged 4 to 5 in least and most deprived IMD deciles (based on the postcode of the school) by sex and NCMP collection year (NCMP collection year 2021/22^a)

| Sex | Both | Both | Boys | Boys | Girls | Girls |
|----------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|-----------------------------------|-------------------------------------|
| IMD decile | 1 (most deprived) ^b | 10 (least deprived) ^b | 1 (most deprived) ^b | 10 (least deprived) ^b | 1 (most deprived) ^b | 10 (least deprived) ^b |
| 2006/07 ^c | 12.2 (11.9 to 12.5) | 7.7 (7.4 to 7.9) | 13.0 (12.6 to 13.4) | 8.3 (8.0 to 8.7) | 11.3 (10.9 to 11.7) | 7.0 (6.7 to 7.3) |
| 2007/08 | 11.8 (11.6 to 12.1) | 7.2 (7.0 to 7.4) | 12.6 (12.2 to 12.9) | 7.9 (7.5 to 8.2) | 11.1 (10.7 to 11.5) | 6.5 (6.2 to 6.8) |
| 2008/09 | 12.1 (11.9 to 12.4) | 7.1 (6.9 to 7.4) | 12.8 (12.4 to 13.2) | 7.7 (7.4 to 8.0) | 11.4 (11.1 to 11.8) | 6.6 (6.3 to 6.9) |
| 2009/10 | 12.5 (12.2 to 12.7) | 7.2 (6.9 to 7.4) | 13.3 (12.9 to 13.7) | 7.7 (7.4 to 8.0) | 11.6 (11.3 to 12.0) | 6.6 (6.3 to 6.9) |
| 2010/11 | 12.1 (11.8 to 12.3) | 6.9 (6.7 to 7.1) | 12.8 (12.5 to 13.2) | 7.4 (7.1 to 7.7) | 11.2 (10.9 to 11.6) | 6.3 (6.0 to 6.6) |
| 2011/12 | 12.3 (12.1 to 12.6) | 6.8 (6.6 to 7.0) | 12.7 (12.4 to 13.1) | 7.3 (7.0 to 7.6) | 12.0 (11.6 to 12.3) | 6.2 (5.9 to 6.5) |
| 2012/13 | 12.1 (11.8 to 12.3) | 6.4 (6.2 to 6.6) | 12.4 (12.1 to 12.8) | 6.9 (6.6 to 7.2) | 11.6 (11.3 to 12.0) | 5.8 (5.5 to 6.1) |
| 2013/14 | 12.0 (11.7 to 12.2) | 6.6 (6.4 to 6.8) | 12.4 (12.1 to 12.8) | 6.9 (6.6 to 7.2) | 11.5 (11.2 to 11.9) | 6.3 (6.1 to 6.6) |
| 2014/15 | 11.9 (11.6 to 12.1) | 6.3 (6.1 to 6.5) | 12.2 (11.9 to 12.6) | 6.5 (6.3 to 6.8) | 11.5 (11.1 to 11.8) | 6.1 (5.8 to 6.3) |
| 2015/16 | 12.4 (12.2 to 12.7) | 6.2 (6.0 to 6.4) | 12.8 (12.4 to 13.1) | 6.6 (6.3 to 6.9) | 12.1 (11.8 to 12.4) | 5.8 (5.5 to 6.1) |
| 2016/17 | 12.5 (12.3 to 12.8) | 6.6 (6.4 to 6.8) | 13.1 (12.7 to 13.4) | 6.8 (6.5 to 7.0) | 12.0 (11.6 to 12.3) | 6.3 (6.1 to 6.6) |
| 2017/18 | 12.4 (12.2 to 12.7) | 6.4 (6.2 to 6.6) | 12.9 (12.6 to 13.3) | 6.6 (6.3 to 6.9) | 11.9 (11.6 to 12.3) | 6.2 (5.9 to 6.4) |
| 2018/19 | 12.9 (12.7 to 13.2) | 6.4 (6.2 to 6.6) | 13.2 (12.9 to 13.6) | 6.8 (6.5 to 7.1) | 12.6 (12.3 to 13.0) | 6.0 (5.7 to 6.3) |
| 2019/20 | 13.0 (12.7 to 13.3) | 6.7 (6.5 to 6.9) | 13.2 (12.8 to 13.6) | 6.7 (6.4 to 7.1) | 12.8 (12.4 to 13.3) | 6.6 (6.3 to 7.0) |
| 2020/21 ^d | 19.7 (19.1 to 20.4) | 9.1 (8.6 to 9.6) | 19.9 (19.1 to 20.8) | 9.8 (9.1 to 10.5) | 19.6 (18.7 to 20.5) | 8.3 (7.7 to 9.0) |
| 2021/22 | 13.6 (13.3 to 13.8) | 6.8 (6.6 to 7.0) | 13.9 (13.5 to 14.3) | 6.9 (6.7 to 7.2) | 13.2 (12.9 to 13.6) | 6.6 (6.3 to 6.9) |

^a prevalence in % (95%CI).

^b data from [National Child Measurement Programme, England 2021/22 School Year](#) (NHS Digital, 2022)

^c column shows NCMP collection year

^d NCMP figures for collection year 2020/21 are based on weighted data due to a smaller sample of measurements collected than in previous year