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NORTH EAST PUBLIC HEALTH OBSERVATORY

CHILDHOOD OBESITY Measuring a growing problem: An Update

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NEPHO: obesity lead
NOO: specialist advisor



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- National Child Measurement Programme (NCMP)
 - About the NCMP
 - National findings
 - Regional findings
- NEPHO & Obesity
- The new National Obesity Observatory

About the NCMP

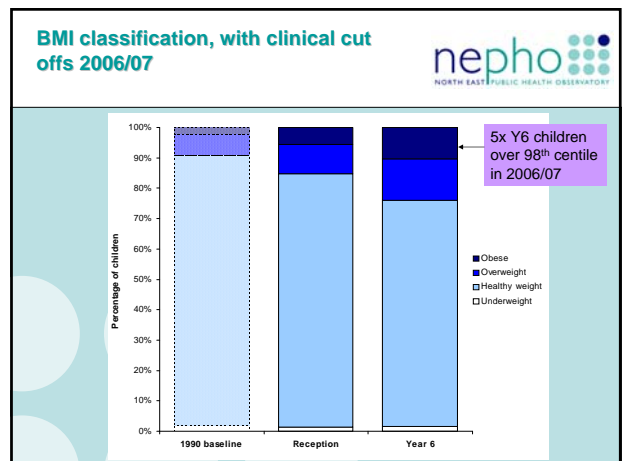
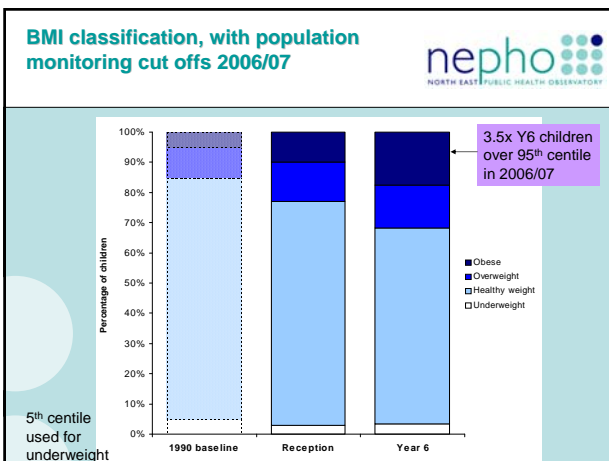
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- Aim: to annually weigh and measure all children from Reception and Year 6 across England.
- Purpose:
 - To assist service planning and delivery
 - Monitor progress towards the new ambition to reduce the rising tide in childhood obesity and return to 2000 levels by 2020 (*Healthy Weight, Healthy Lives, 2008*)
- Established by DH in 2005/06
 - Lessons learnt during first year

National Findings

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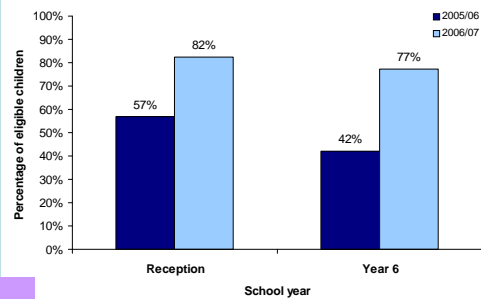
- Information Centre
National Child Measurement Programme: 2006/7 headline results: www.ic.nhs.uk
- NOO / APHO
Further analysis of the 2006/7 National Child Measurement Programme Dataset: due soon at www.noo.org.uk



NOO report: Data quality issues

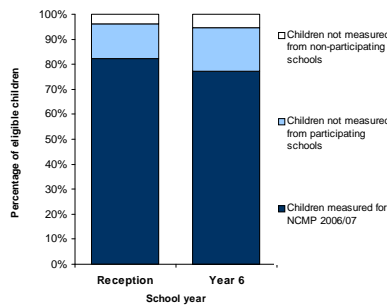
- Participation rates (particularly important for Y6 prevalence figures)
- Rounding of measures
- Age of children when measured
- Sex ratios

NCMP participation in 2005/06 and 2006/07



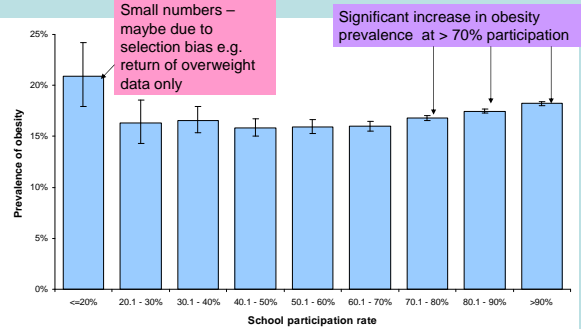
Huge improvements in participation

Breakdown of participation rates 2006/07



- Reason for non participation is important
- Whole school opt out = less chance of selection bias
- Individual opt out may be due to selective opt out, absence or PCT resource issues = higher risk of selection bias (larger children opting out)
- Individual opt out may be harder for PCTs to address

Correlation between participation & prevalence, Y6 data at school level (2006/07)



Small numbers – maybe due to selection bias e.g. return of overweight data only

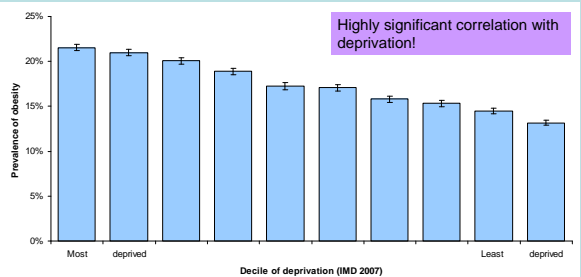
Significant increase in obesity prevalence at > 70% participation

Supports anecdotal evidence of larger child opt out!

NOO report: NCMP correlations

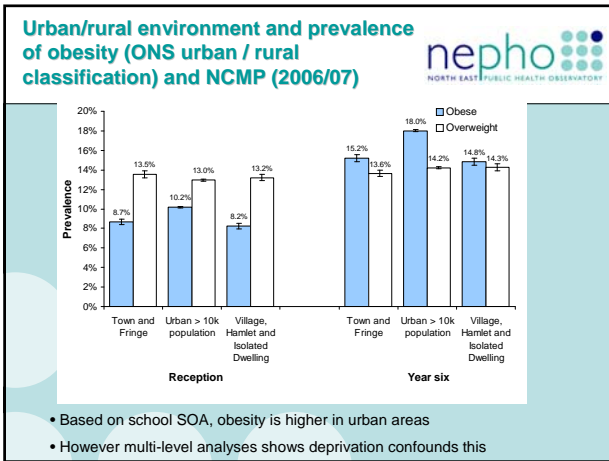
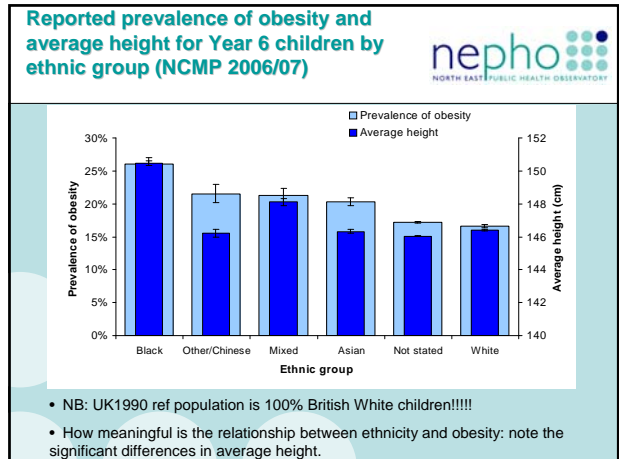
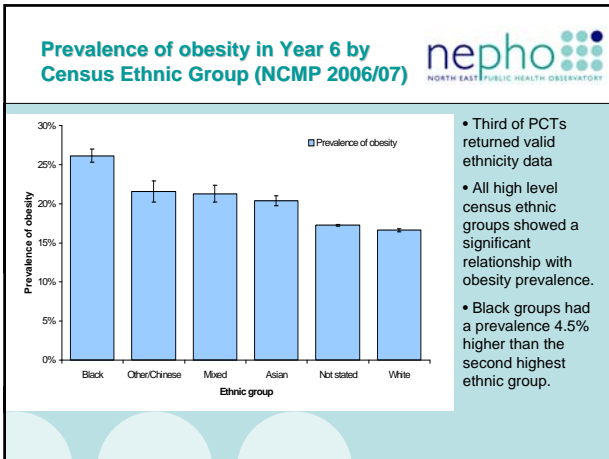
- Deprivation
- Ethnicity
- Urban / rural environment

Deprivation and prevalence of obesity in Year 6 (IMD 2007 and NCMP 2006/07)



Highly significant correlation with deprivation!

In multiple regression model deprivation is the strongest predictor of prevalence in both school years.

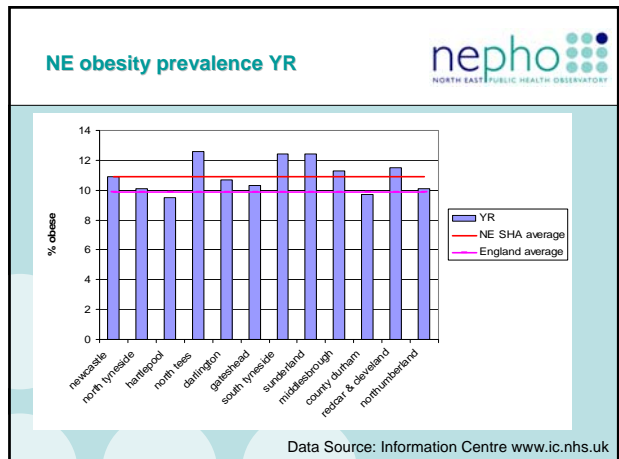


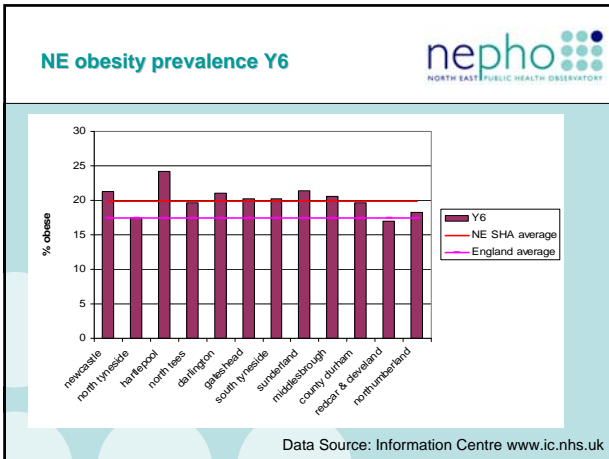
Regional Findings

- **Information Centre**
National Child Measurement Programme: 2006/7 headline results: www.ic.nhs.uk
- **NEPHO**
2006/07 obesity report in progress

Regional Findings

- Obesity prevalence in the North East was significantly higher than the national average for both year groups
- Obesity prevalence in 10 out of 12 PCTs in the North East was higher than the national average for both year groups
- Uptake rate across the region was very good: 10 PCTs exceeded the national uptake average for both year groups

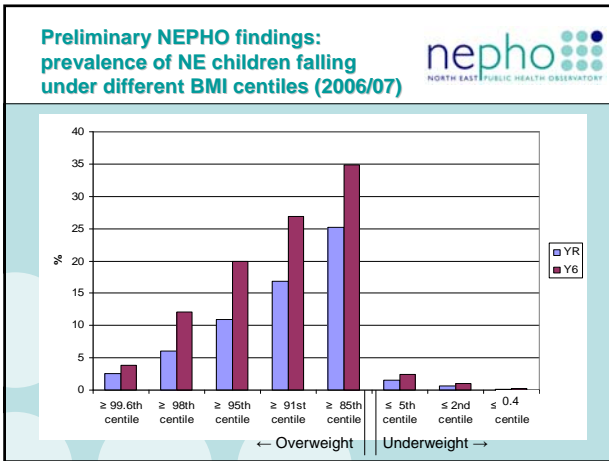




NEPHO NCMP report Outline: publication due summer 2008

- PCT and SOA prevalence and uptake rates % with 95%CI - looking separately at boys, girls and combined – using clinical and population monitoring cut points.
- A statistical comparison of PCT prevalence and uptake of 2006/07 with 2005/06 data.
- An analysis of type of non-participation across the region.
- A statistical comparison of PCT or SOA prevalence with deprivation and rural/urban environment.
- A commentary on data quality issues across the region.
- A template letter and support for school level feedback.

FEED BACK YOUR COMMENTS OR SUGGESTIONS TO:
LOUISA.ELLS@NEPHO.ORG.UK



NEPHO & Obesity

- Support regional obesity activity
- Work closely with PCT and Government Office
- Collaborate with academic partners
- Provide obesity related information and intelligence:
 - Latest report: Physical activity in the North East
- National Library for Public Health lead by NEPHO
 - Obesity section under development – please feedback
 - Obesity National Knowledge week: 28th April 2008
<http://www.library.nhs.uk/publichealth/>
- New obesity website: www.nepho.org.uk/np2/obesity/
 - Out for consultation – please feedback your comments!

NOO aims to:



- Provide a single point of contact for wide-ranging, authoritative information on data, evidence and practice related to **obesity**, overweight, underweight and their determinants

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...to support policy makers and practitioners involved in tackling obesity and related issues



Healthy Weight, Healthy Lives (Jan 2008)

National Obesity Observatory commissioned to support the strategy in six key areas:

- Data and evidence
- Surveillance
- Data analysis
- Evaluation guidance
- International links
- Support Expert Panel

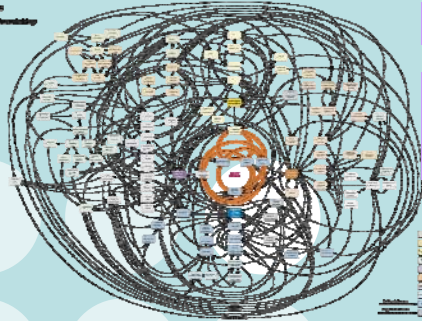
NOO tasks:



- Compare IOTF, WHO, UK 90 approaches: options paper & consensus workshop
- Map data, evidence, policy
- Consult on user needs (and meet them!)
- Advise on the National Child Measurement Programme (NCMP) & other surveillance activities
- Produce a detailed report on the NCMP 2007/08 to complement the IC
- Develop standard evaluation criteria and guidance
- Participate in UK, EU and international networks on obesity and related issues
- Link to the research agenda
- Support to related national strategies
- Develop Foresight systems map

Conclusions

Map
Interactivity



Obesity is a highly complex disease

The challenge:

To optimise the use of data to monitor success & develop new interventions

Source: Foresight - Tackling obesity: future choices - http://www.foresight.gov.uk/Obesity/Obesity_final/Index.html

Thank You!

- Acknowledgements:
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ANY QUESTIONS?