



National Child Measurement Programme: Changes in children's BMI between 2006/7 and 2012/13

Summary of key findings

	Reception		Year 6	
	Boys	Girls	Boys	Girls
Changes in prevalence of obesity and excess weight	No significant trend 2006/07 to 2009/10. From 2009/10 to 2012/13 prevalence has fallen significantly, obesity by around 0.2% per year, and excess weight by 0.4% per year.	No significant trend 2006/07 to 2009/10. From 2009/10 to 2012/13 obesity and excess weight prevalence has decreased but this is not statistically significant.	Significant increase from 2007/08 to 2010/11, but no significant change from 2009/10 to 2012/13.	Significant increase in prevalence from 2007/08 to 2010/11. The rate of increase slowed from 2009/10 to 2012/13 and although there is still an upward trend it is not significant.
Changes in mean BMI for age	Mean BMI rose significantly from 2006/07 to 2009/10. From 2009/10 to 2012/13 mean BMI significantly decreased.	Significant rise from 2006/07 to 2009/10. Non-significant decline from 2009/10 to 2012/13.	Significant rise in mean BMI from 2007/08 to 2010/11. No significant change from 2009/10 to 2012/13, although slight decline for boys.	
Changes in BMI distribution	Increases from 2006/07 to 2009/10 were greatest in children with the lowest BMI for age. From 2009/10 to 2012/13 decrease is spread fairly evenly across the child population but the biggest decreases are in children with the highest BMI for age.	Increases from 2006/07 to 2009/10 occurred mainly in children with the lowest BMI for age. From 2009/10 to 2012/13 the data show small decreases in BMI which are greatest in children with the highest BMI for age.	Increases from 2007/08 to 2010/11 are spread fairly evenly across the whole BMI distribution. From 2009/10 to 2012/13 mean BMI has fallen slightly in children with the lowest BMI for age, but has risen slightly in children with a high BMI for age.	
Changes by socio-economic group	Socioeconomic inequalities widened 2006/07 to 2009/10 but narrowed from 2009/10 to 2012/13.	Socioeconomic inequalities have remained similar across all years of NCMP measurements.	Socioeconomic inequalities have continued to widen at a similar rate across all years of NCMP measurements. The inequalities gap, as measured by the difference in obesity prevalence between the most deprived and least deprived 10% of the child population, has shown a significant increase of around 0.5% per year on average.	
Changes in obesity prevalence by ethnic group	A small significant decline for White children but no significant change in other groups from 2007/08 to 2010/11. From 2009/10 to 2012/13 prevalence has fallen significantly in all three groups (White, Asian, Black).	No significant change for any of the three ethnic groups across all years.	From 2007/08 to 2010/11 there were significant increases for White and Asian children. The rate of change over time is higher for children of Asian ethnicity than for White children. From 2009/10 to 2012/13 there was a significant increase among children in the Black ethnic group and no significant change for other ethnic groups.	