Westmorland & Furness Council

Westmorland and Furness JSNA

National Child Measurement Programme 2025-26

Initial Briefing Report

Introduction

- The National Child Measurement Programme (NCMP) is an important part of the Government's work programme to help children to be a healthy weight, and is operated by the Office of Health Improvement and Disparities (OHID) and the Department of Health and Social Care (DHSC)
- Every year, as part of the NCMP, children in Reception (aged 4-5 years) and Year 6 (aged 10-11 years) have their height and weight measured during the school year to inform local planning and delivery of services for children; and gather population data to allow analysis of trends in growth patterns and overweight
- The NCMP also helps to increase public and professional understanding of weight issues in children and is useful for engaging with children and families about healthy lifestyles and weight issues.
- Before the NCMP takes place, parents receive a letter informing them about the programme and allows them to opt out if they don't want their child to take part.

About the data

- This report presents findings from the 2025/26 National Child Measurement Programme (NCMP) and is based on the postcode of the child
- This report will be followed by a more detailed briefing when a more enhanced dataset is received and will include analyses by ethnicity, ward / district, gender and deprivation
- The analyses are based on population surveillance of BMI classifications, and therefore use different classifications of weight categories to those used for an individual [1]

[1] Cole TJ, Freeman JV and Preece MA. Body mass index reference curves for the UK, 1990. Archives of Disease in Childhood 1995: volume 73, pages 25 to 29

Headlines

Overall, 3 in 4 children in W&F in Year R have a healthy weight, whilst just over 3 in 5 children in Year 6 have a healthy weight.

Year R

- The proportion of children living with excess weight has **decreased** from 24.6% to 23.3%. This is not a statistically significant change. The local rate is lower than England (23.8%). The decrease is not statistically significant.
- The proportion of children living with obesity has **decreased** from 10.8% to 9.4%. This is not a statistically significant change. The local rate is lower than England (10.7%)
- Nationally, rates of excess weight and obesity have both increased.

Year 6

- The proportion of children living with excess weight has **increased** from 33.3% to 33.8%. This is not a statistically significant change. The local rate is better than England (36.9%) and is statistically significantly better.
- The proportion of children living with obesity has **increased** from 19.0% to 20.8%. This is not a statistically significant change. The local rate is better than England (22.8%) and is statistically significantly better.
- Nationally, rates of excess weight and obesity have both increased.

Overall results for Westmorland and Furness for 2025-26

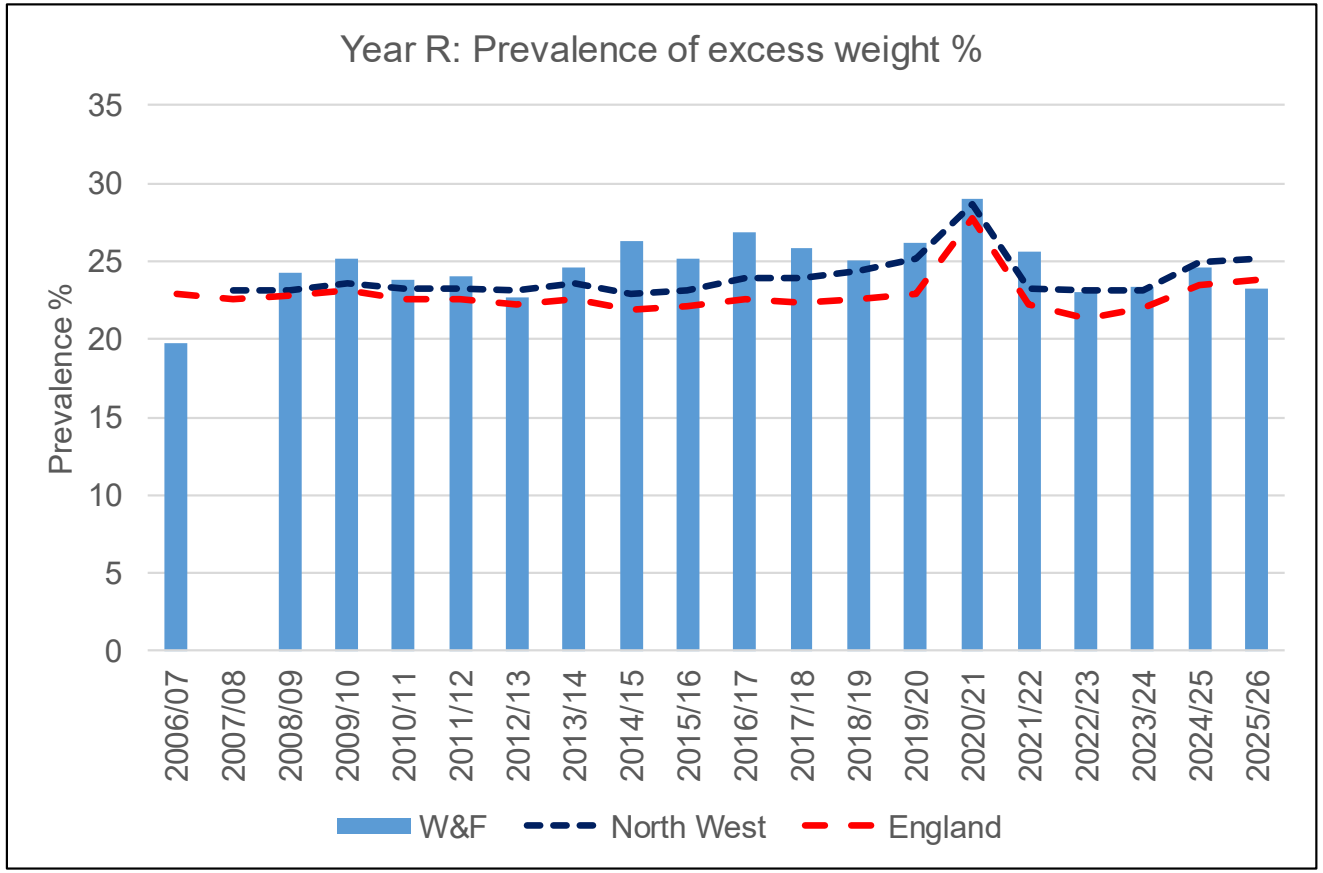
	Year R			Year 6		
Prevalence Category	W&F	North West	England	W&F	North West	England
Underweight	0.6%	0.9%	1.1%	1.3%	1.4%	1.6%
Healthy weight	76.4%	73.8%	75.1%	64.9%	59.9%	61.6%
Overweight	13.9%	13.8%	13.1%	13.1%	14.3%	14.0%
Obese (inc severe obesity)	9.4%	11.4%	10.7%	20.8%	24.5%	22.8%
Severe Obesity	2.1%	3.2%	3.0%	4.4%	6.4%	5.9%
Excess Weight	23.3%	25.2%	23.8%	33.8%	38.7%	36.9%

Cells shaded green show statistically significantly better prevalences in Westmorland and Furness than the national prevalence.
There has been no statistically significant change on the previous year data for Westmorland and Furness across all categories and ages.

*** Numbers too small for Year R underweight category**

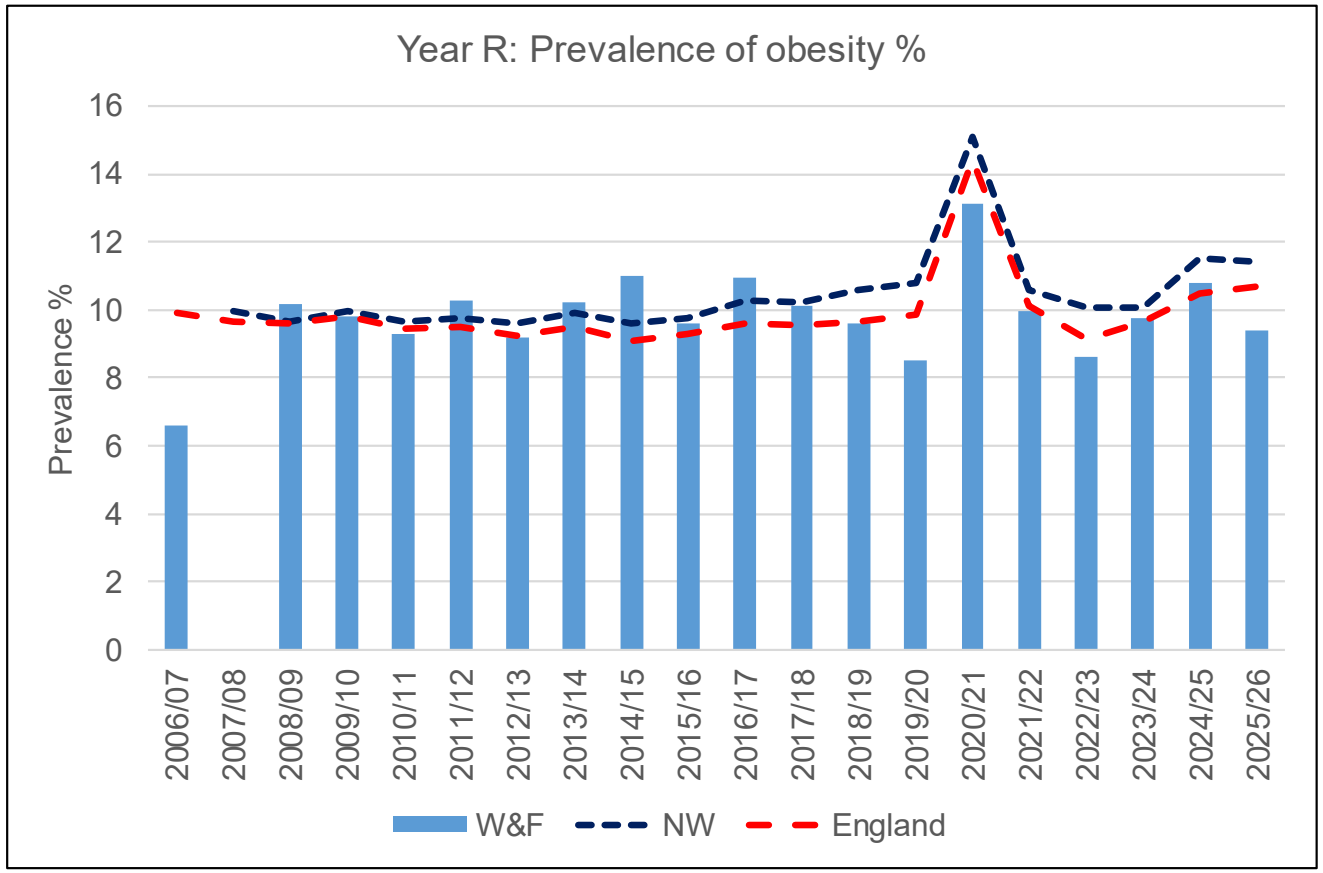
Excess weight trend (Year R)

Year R: Excess Weight Prevalence (%)			
Year	W&F	North West	England
2006/07	19.7		22.9
2007/08		23.1	22.6
2008/09	24.2	23.1	22.8
2009/10	25.2	23.6	23.1
2010/11	23.8	23.3	22.6
2011/12	24.0	23.2	22.6
2012/13	22.7	23.2	22.2
2013/14	24.6	23.6	22.5
2014/15	26.3	22.9	21.9
2015/16	25.1	23.2	22.1
2016/17	26.8	23.9	22.6
2017/18	25.8	23.9	22.4
2018/19	25.1	24.4	22.6
2019/20	26.1	25.2	23.0
2020/21	29.0	28.7	27.7
2021/22	25.6	23.3	22.3
2022/23	23.1	23.1	21.3
2023/24	23.4	23.2	22.1
2024/25	24.6	25	23.5
2025/26	23.3	25.2	23.8



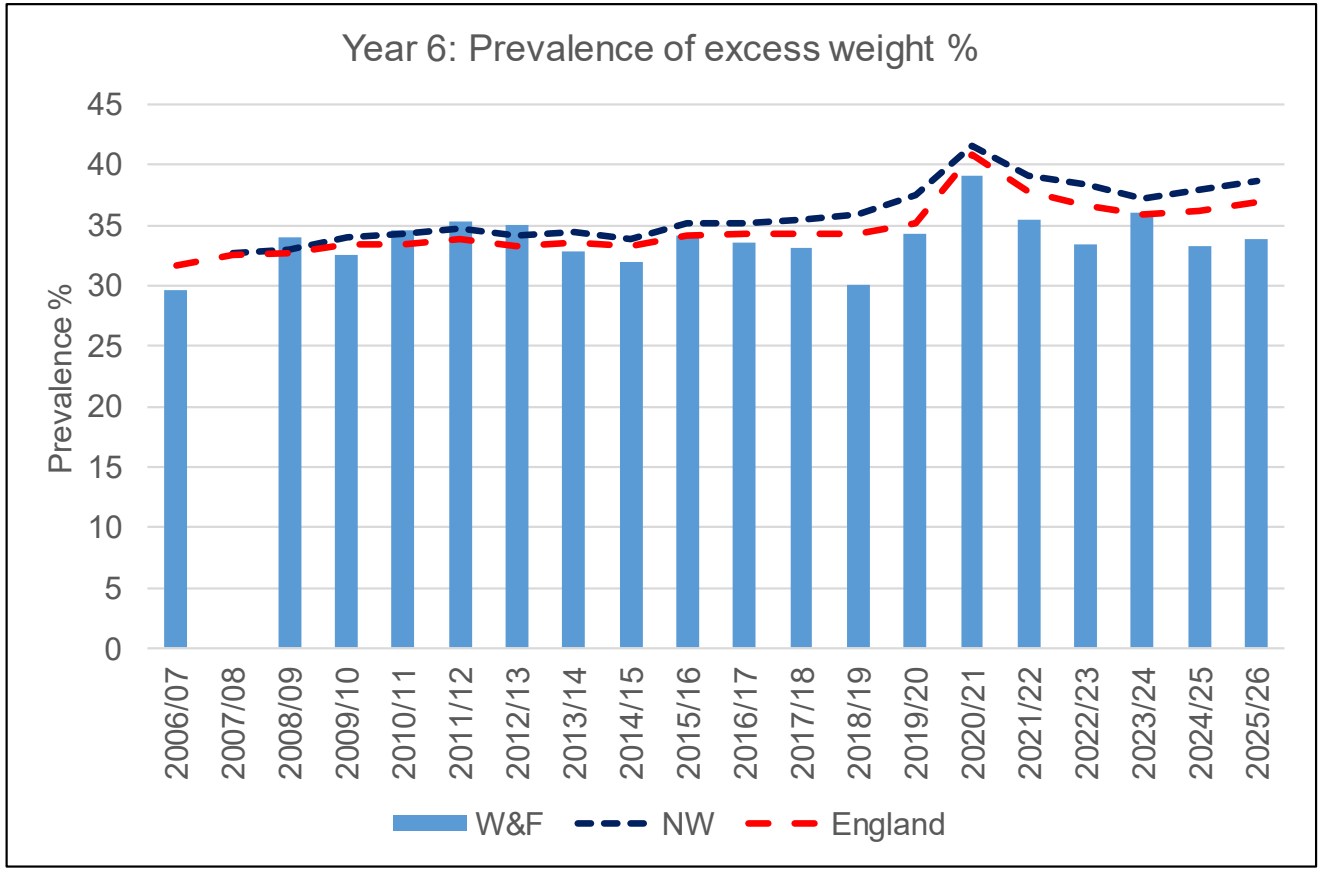
Obesity trend (Year R)

Year R: Obesity Prevalence %			
Sum of Value	Column Labels		
Period	W&F	NW	England
2006/07	6.6		9.9
2007/08		10.0	9.6
2008/09	10.2	9.6	9.6
2009/10	9.8	9.9	9.8
2010/11	9.3	9.7	9.4
2011/12	10.3	9.8	9.5
2012/13	9.2	9.6	9.3
2013/14	10.2	9.9	9.5
2014/15	11.0	9.6	9.1
2015/16	9.6	9.8	9.3
2016/17	10.9	10.3	9.6
2017/18	10.1	10.2	9.5
2018/19	9.6	10.6	9.7
2019/20	8.5	10.8	9.9
2020/21	13.2	15.1	14.4
2021/22	10.0	10.6	10.1
2022/23	8.6	10.1	9.2
2023/24	9.8	10.1	9.6
2024/25	10.8	11.5	10.5
2025/26	9.4	11.4	10.7



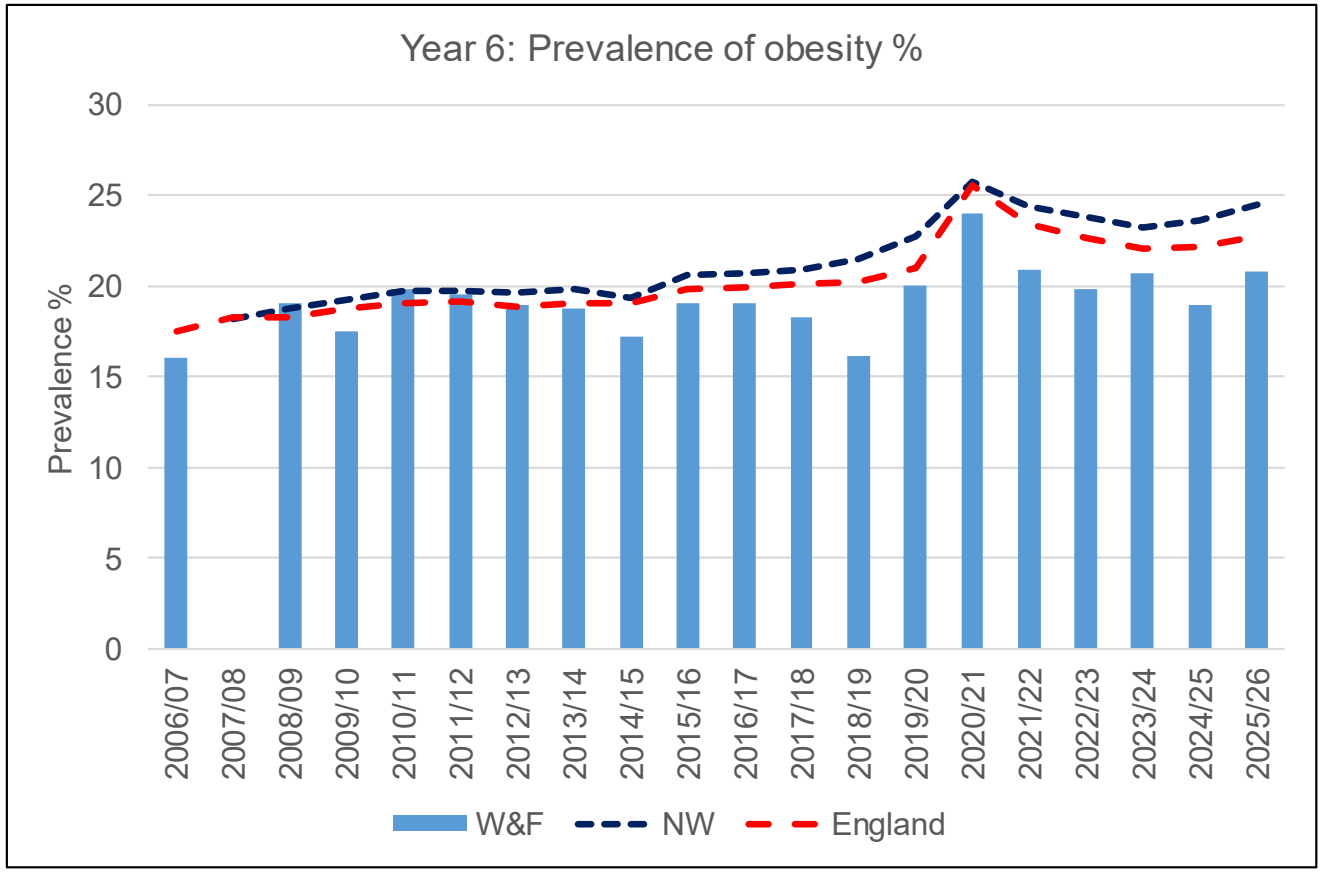
Excess weight trend (Year 6)

Year 6: Excess Weight Prevalence (%)			
Period	W&F	NW	England
2006/07	29.7		31.7
2007/08		32.7	32.6
2008/09	34.0	33.0	32.6
2009/10	32.6	34.1	33.4
2010/11	34.6	34.3	33.4
2011/12	35.2	34.7	33.9
2012/13	35.0	34.2	33.3
2013/14	32.8	34.4	33.5
2014/15	31.9	33.8	33.2
2015/16	34.2	35.2	34.2
2016/17	33.5	35.2	34.2
2017/18	33.2	35.5	34.3
2018/19	30.1	35.9	34.3
2019/20	34.3	37.4	35.2
2020/21	39.1	41.6	40.9
2021/22	35.5	39.0	37.8
2022/23	33.4	38.3	36.6
2023/24	36.0	37.2	35.8
2024/25	33.3	38	36.2
2025/26	33.8	38.7	36.9



Obesity trend (Year 6)

Year 6: Obesity Prevalence %			
Period	W&F	NW	England
2006/07	16.1		17.5
2007/08		18.2	18.3
2008/09	19.1	18.8	18.3
2009/10	17.5	19.3	18.7
2010/11	19.8	19.7	19.0
2011/12	19.6	19.8	19.2
2012/13	19.0	19.6	18.9
2013/14	18.8	19.8	19.1
2014/15	17.3	19.4	19.1
2015/16	19.1	20.6	19.8
2016/17	19.1	20.8	20.0
2017/18	18.3	21.0	20.1
2018/19	16.1	21.5	20.2
2019/20	20.1	22.8	21.0
2020/21	24.0	25.8	25.5
2021/22	20.9	24.4	23.4
2022/23	19.9	23.8	22.7
2023/24	20.7	23.3	22.1
2024/25	19	23.6	22.2
2025/26	20.8	24.5	22.8



Further Information

- National NCMP report: https://www.gov.uk/government/statistics/national-child-measurement-programme-ncmp-annual-report-academic-year-2025-to-2026-england

- NCMP on Fingertips: https://fingertips.phe.org.uk/profile/obesity-physical-activity-nutrition/data#page/1