

# Childhood Obesity in Sefton

Analysis of the National Child Measurement Programme

2007/08-2024/25



Created by the Business Intelligence & Performance Team

Childhood Obesity, Childhood Obesity

Public snapshot Data updated on 09/02/26, 01:03

## The National Child Measurement Programme (NCMP)

The NCMP began in 2005/06. It aims to measure the height and weight of every child in reception year (YR) and year 6 (Y6). The programme collects population level data to find out about patterns in growth and obesity and inform the planning and delivery of services for children. As part of the NCMP a child's Body Mass Index (BMI) is worked out and compared to a growth chart for their age and sex (the British 1990 growth chart, UK90). From this a BMI centile (how close the child's BMI is to the average BMI value) is worked out and put into the categories below:

- BMI centile equal to or less than 2 - Underweight
- BMI centile greater than 2 and less than 85 –Healthy Weight
- BMI centile equal to or greater than 85 and less than 95 – Overweight
- BMI centile equal to or greater than 95 – Living with Obesity
- BMI centile equal to or greater than 99.6 -Living with Severe Obesity

This dashboard provides results for Sefton compared to other areas and time-periods. Most data comes from the Office for Health Improvement and Disparities (OHID) [Obesity Profile](#) and relates to children with a Sefton postcode. School level analysis and Change in Weight Status is sourced from Sefton's enhanced dataset which includes all children measured at Sefton schools some of whom may not be residents of Sefton.

The Covid-19 pandemic disrupted the programme during 2019/20 and 2020/21. In 2019/20 measuring stopped part-way through the year as schools closed. Sefton estimates for Y6 are judged reliable (coverage greater than 75%). In YR, 31.5% of children resident in Sefton were measured. Estimates are fit to publish but when explaining their meaning the lower number of children needs to be considered. In 2020/21, OHID asked local authorities to collect data in a representative 10% sample of their schools. This has enabled robust estimates of child weight status to be produced for National and Regional estimates but not at Local Authority geographies.

## 2024/25 Results - Sefton

- . Just over 7 in 10 children in Reception are a healthy weight, reducing to less than 6 in 10 in Year 6
- . Over 13% of Reception children are living with obesity, 28% are overweight or living with obesity and 3% are living with severe obesity
- . In Year 6, almost 1 in 4 children are living with obesity, two fifths are overweight or living with obesity and almost 7% are living with severe obesity
- . Overall less than 1% of children are underweight.

### Sefton Reception Weight Status

Weight Status classification	Percentage
Reception prevalence of healthy weight	71.1
Reception prevalence of obesity (including severe obesity)	13.2
Reception prevalence of overweight	15.4
Reception prevalence of severe obesity	3.2
Reception prevalence of underweight	0.4

### Sefton Year 6 Weight Status

Weight Status Classification	Percentage
Year 6 prevalence of healthy weight	59.2
Year 6 prevalence of obesity (including severe obesity)	24.7
Year 6 prevalence of overweight	15.5
Year 6 prevalence of severe obesity	6.9
Year 6 prevalence of underweight	0.8

## **Benchmarking**

Sefton's percentage of overweight children and children living with obesity are compared with other areas to see whether there are any differences. Areas include England, the North West region, the other Liverpool City Region (LCR) authorities and similar local authorities (CIPFA nearest neighbours).

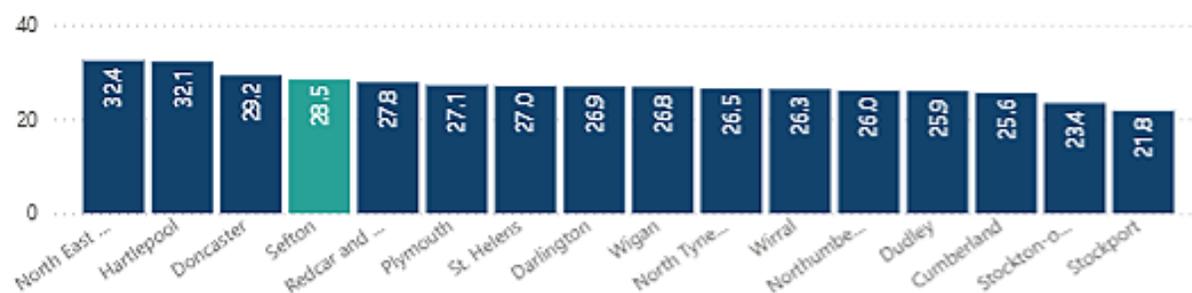
Sefton's Reception obesity rate and excess weight (obese and overweight) rate are both significantly higher than the national rate and the North West rate. However, Sefton's severe obesity rates for Reception do not differ to national or regional rates.

Sefton's Year 6 obesity rate, excess weight (obese and overweight) rate and severe obesity rate are all significantly higher than the national prevalence. Sefton's excess weight prevalence is significantly higher than the North West average but its obesity and severe obesity prevalence do not differ significantly to the regional rate.

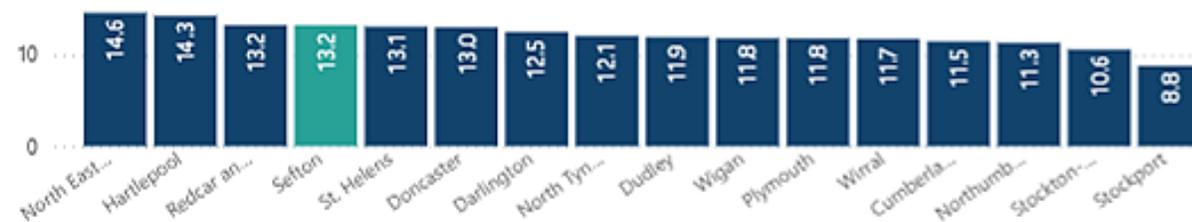
Sefton's Reception prevalence of obesity, excess weight and severe obesity do not differ significantly to those of the other LCR authorities. Sefton's Y6 obesity and severe obesity prevalence are significantly lower than Knowsley and Liverpool and Sefton's Y6 excess weight prevalence is also significantly lower than Liverpool.

Sefton's excess weight prevalence for Reception is significantly higher than Stockport and Stockton on Tees. Sefton's YR obesity prevalence is also significantly higher than Stockport. Sefton's rates of Year 6 excess weight, obesity prevalence and severe obesity prevalence are all significantly higher than Stockport.

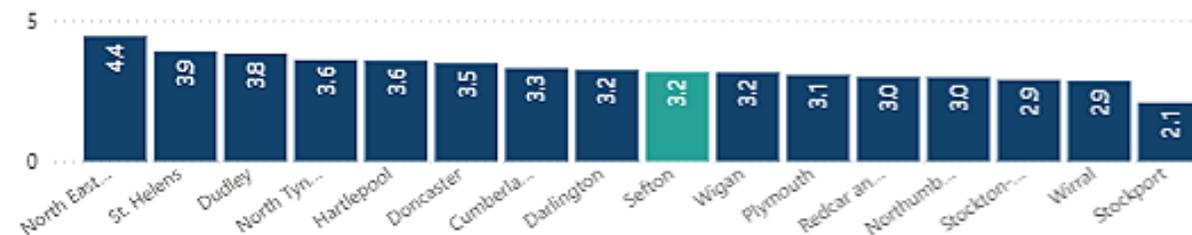
Percentage of Reception class children who are overweight or obese



Percentage of Reception children who are obese (including severe obesity)



Percentage of Reception children who are severely obese



Time period	2024/25		
Area Name	%	Lower CI	Upper CI
Sefton	28.5	26.8	30.3
CA-Liverpool City Region	28.3	27.6	29.1
North West region (statistical)	25.0	24.6	25.3
England	23.5	23.4	23.6

Time period	2024/25		
Area Name	%	Lower CI	Upper CI
Sefton	13.2	11.9	14.5
CA-Liverpool City Region	13.2	12.7	13.8
North West region (statistical)	11.5	11.2	11.7
England	10.5	10.4	10.6

Time period	2024/25		
Area Name	%	Lower CI	Upper CI
CA-Liverpool City Region	3.6	3.3	3.9
Sefton	3.2	2.6	4.0
North West region (statistical)	3.2	3.0	3.3
England	2.9	2.9	3.0



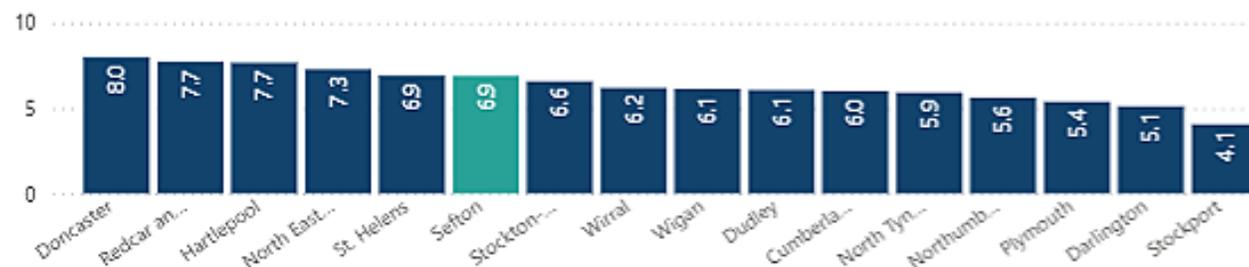
Percentage of Year 6 children who are overweight or obese



Percentage of Year 6 children who are obese (including severe obesity)



Percentage of Year 6 children who are severely obese

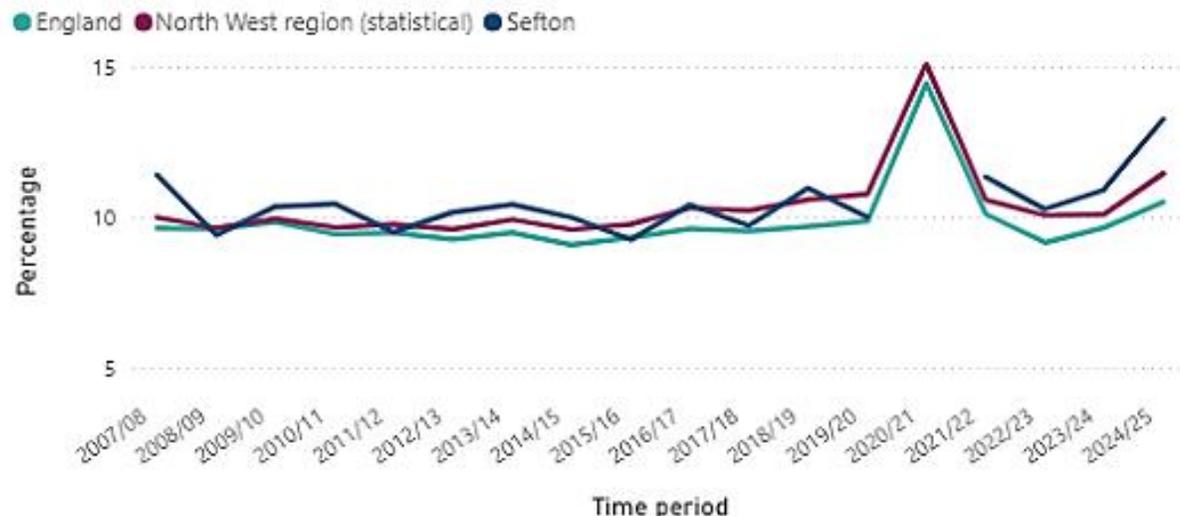


Time period	2024/25		
Area Name	%	Lower CI	Upper CI
CA-Liverpool City Region	41.1	40.4	41.9
Sefton	40.2	38.4	41.9
North West region (statistical)	38.0	37.7	38.3
England	36.2	36.0	36.3

Time period	2024/25		
Area Name	%	Lower CI	Upper CI
CA-Liverpool City Region	26.1	25.5	26.8
Sefton	24.7	23.1	26.2
North West region (statistical)	23.6	23.4	23.9
England	22.2	22.1	22.4

Time period	2024/25		
Area Name	%	Lower CI	Upper CI
CA-Liverpool City Region	7.6	7.2	8.0
Sefton	6.9	6.0	7.9
North West region (statistical)	6.2	6.0	6.3
England	5.6	5.5	5.6

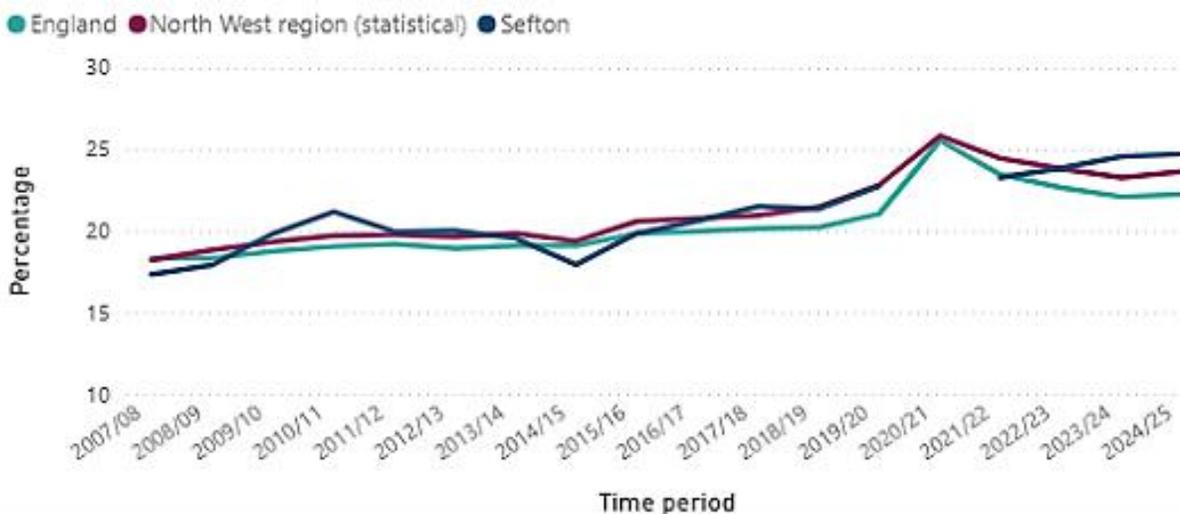
Reception prevalence of obesity (including severe obesity)



The percentage of Sefton Reception aged children living with obesity has been relatively stable (fluctuating between 9.3 and 11.4%). In 2024/25, Sefton's prevalence increased to 13.2%, its highest prevalence since the beginning of the programme.

Reception obesity prevalence also increased nationally. Whilst higher than pre-pandemic percentages, the 2024/25 national prevalence is just within the range of projected prevalence based on the pre-pandemic trend. More years of data are therefore needed to determine whether this is the start of a long-term increase in Reception obesity prevalence.

Year 6 prevalence of obesity (including severe obesity)

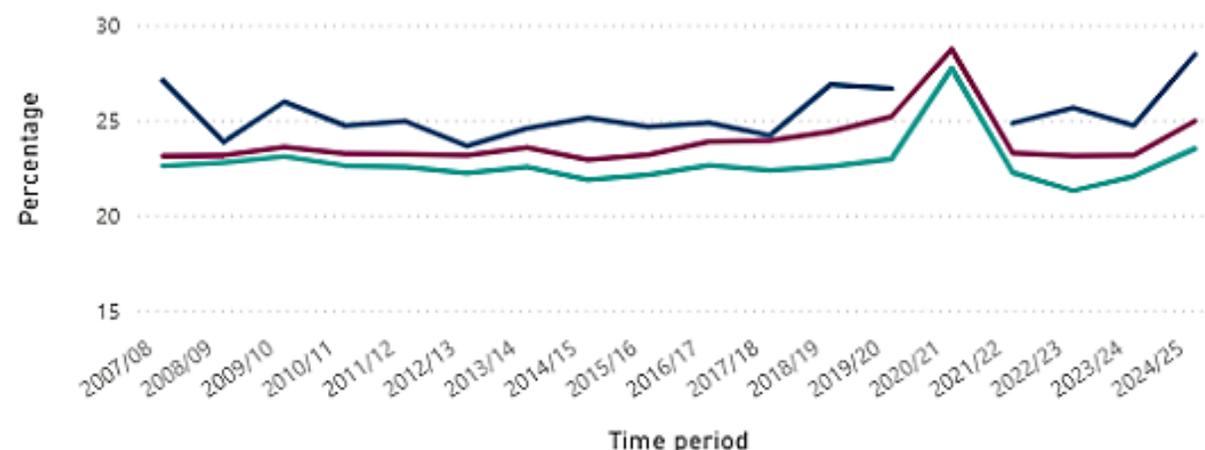


In Year 6, Sefton's percentage of children living with obesity in 2024/25 (24.7%) is similar to 2023/24 (24.6%). The rate of Sefton's Y6 children living with obesity has seen increases since the beginning of the programme. Since 2007/08, the rate has increased by more than seven percentage points. Sefton's Y6 severe obesity percentage has also seen a statistically significant rise (from 3.2% to 6.9% between 2007/08 and 2024/25).

Nationally, obesity prevalence in Year 6 also remained similar to 2023/24 at 22.2%. This is higher than pre-pandemic percentages and continues the increasing trend of Year 6 obesity prevalence for England.

## Reception prevalence of overweight (including obesity)

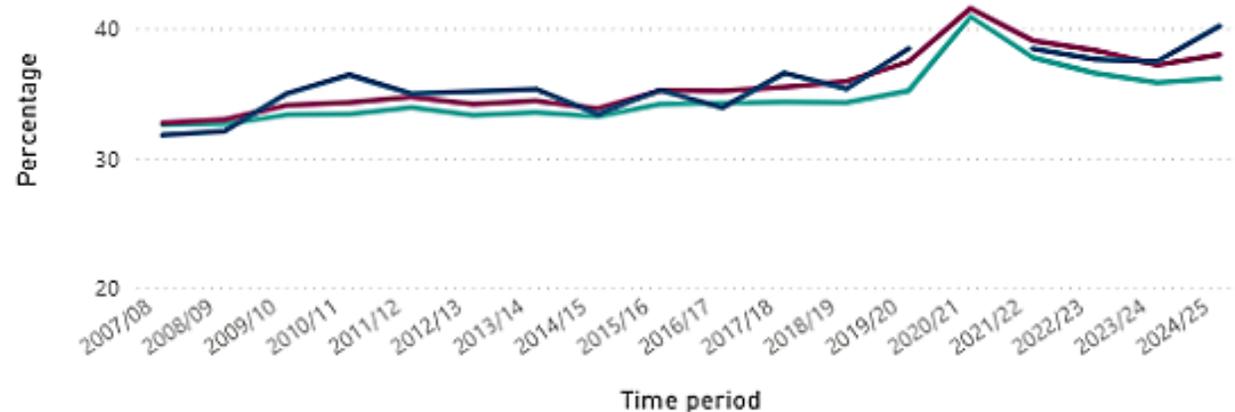
● England ● North West region (statistical) ● Sefton



The percentage of Sefton Reception aged children who are overweight or living with obesity (28.4%) saw a statistically significant increase compared to 2023/24 (24.7%). This is Sefton's highest excess weight prevalence since the beginning of the programme. Until 2024/25, the percentage of YR children who are overweight or living with obesity has been stable with little significant change. More years of data are needed to determine whether this is the beginning of a long-term increase in Reception excess weight prevalence.

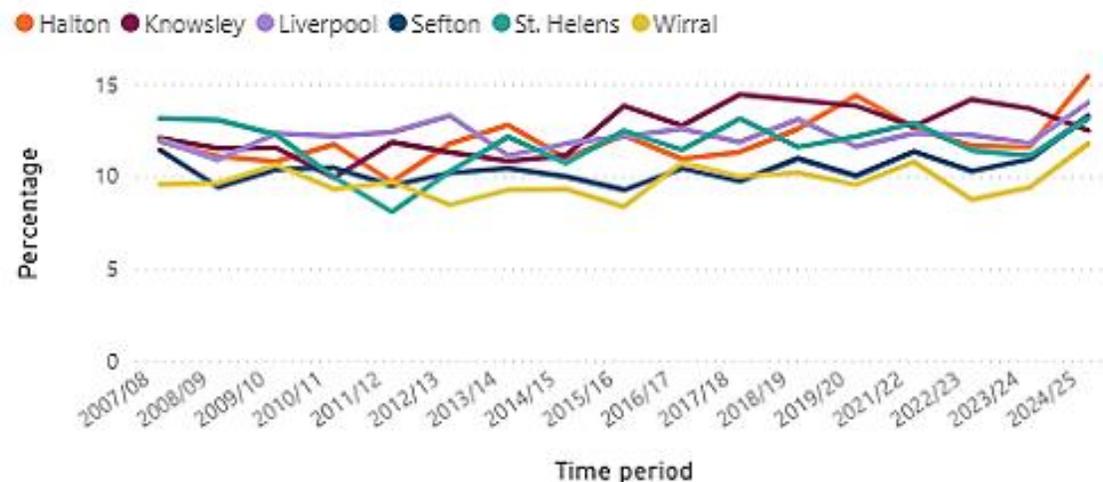
## Year 6 prevalence of overweight (including obesity)

● England ● North West region (statistical) ● Sefton



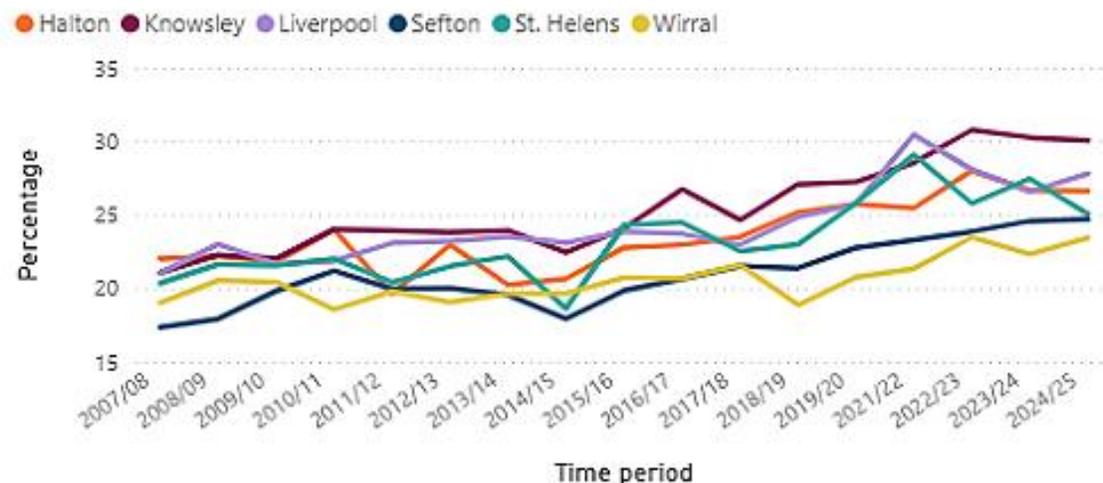
In 2024/25, Sefton's percentage of Year 6 children who are overweight or living with obesity is 40.2%. Again this is an increase compared to 2023/24 (37.5%) and Sefton's highest prevalence to date. The rate of Sefton's Y6 children who are overweight or living with obesity has increased by over 8 percentage points since 2007/08- a statistically significant change.

Reception prevalence of obesity (including severe obesity)



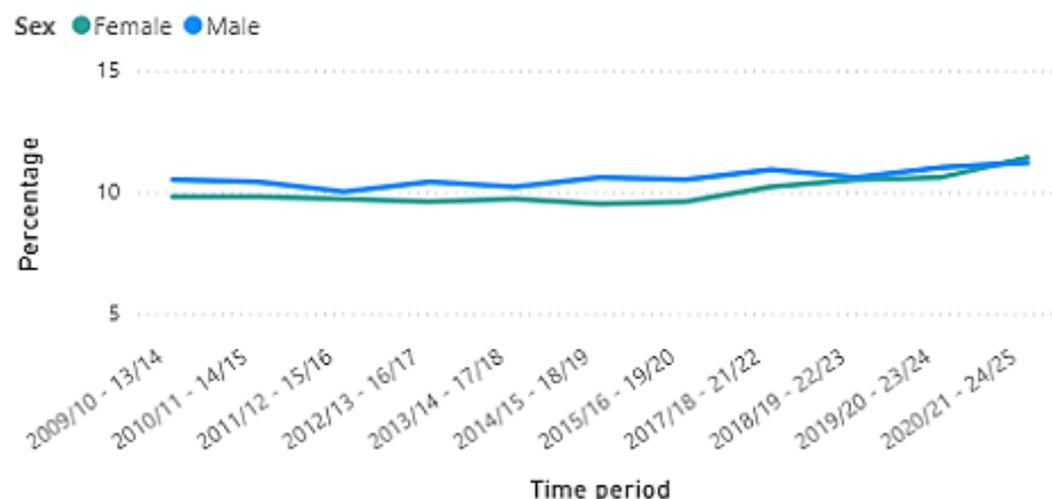
Reception obesity rates have increased in 2024/25 for all LCR authorities except Knowsley. For Sefton, Liverpool and Halton, Reception obesity prevalence is significantly higher in 2024/25 compared to 2023/24. Before 2024/25 there had been very few significant increases or decreases in reception obesity prevalence.

Year 6 prevalence of obesity (including severe obesity)

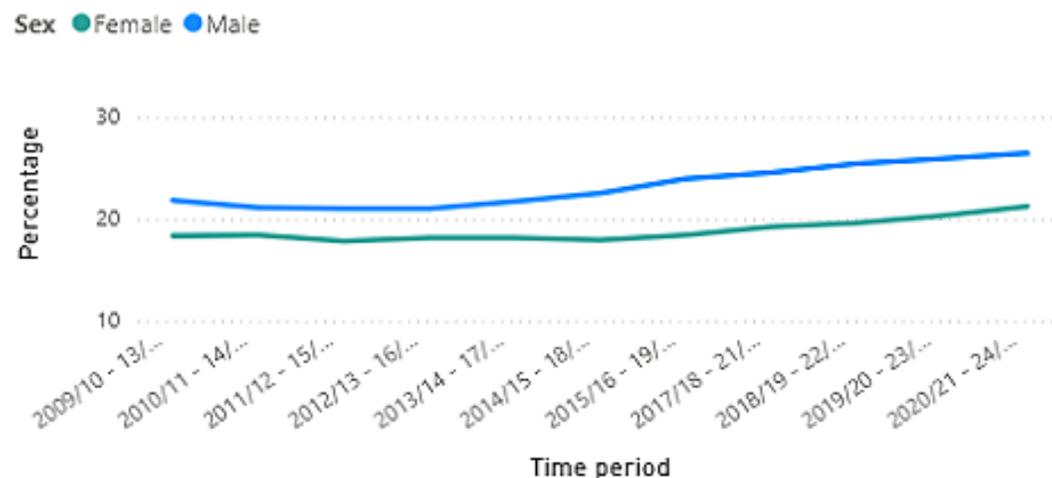


Greater changes had been seen in Year 6 obesity rates across the LCR. Over the last decade all LCR authorities have experienced statistically significant rises in Y6 obesity prevalence. The greatest increase was in Knowsley (7.7 percentage points) and the lowest Wirral (3.8 percentage points). Sefton's year 6 obesity prevalence has increased by 6.8 percentage points over the last decade and by more than 7 percentage points since the beginning of the programme.

### Reception Obesity Prevalence By Sex (5 year combined)



### Year 6 Obesity Prevalence By Sex (5 year combined)



### Reception Obesity Prevalence By Sex (20/21 - 24/25)

Area Name	Female	Male
England	9.7	10.0
North West region (statistical)	10.5	10.6
Sefton	11.4	11.2

### Year 6 Obesity Prevalence By Sex (20/21 - 24/25)

Area Name	Female	Male
England	19.7	24.9
North West region (statistical)	21.1	26.1
Sefton	21.2	26.4

Since 09/10-13/14, there have been no significant differences in the rates of Reception boys and girls living with obesity for Sefton. In 20/21 -24/25, 11.4% of Sefton girls and 11.2% of boys were living with obesity.

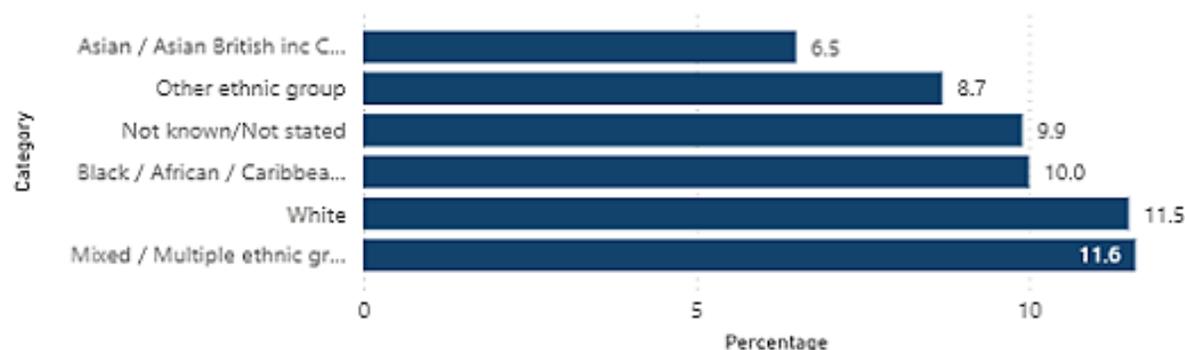
For Year 6 obesity prevalence has been consistently higher for Sefton boys compared to girls (statistically significant differences). This mirrors the trend for the North West and England as a whole. In 20/21-24/25, 26.4% of Sefton Y6 boys were living with obesity compared to 21.2% of girls.

The difference between the proportion of Y6 Sefton boys and girls living with obesity in Sefton has widened over time - a difference of 3.5 percentage points in 09/10-13/14 compared to 5.2 points in 19/20-23/24.

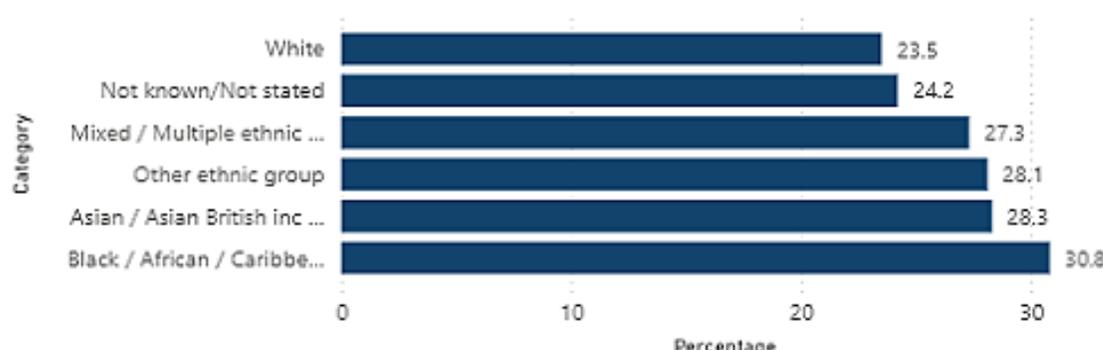
Since 09/10-13/14 the prevalence of Y6 children living with obesity has increased by almost three percentage points for girls and just over 4.5 percentage points for boys. These are both statistically significant increases.

In 2024/25, 96% of Sefton records had a valid ethnicity recorded. Sefton rates for children from BME groups are based on very low numbers, making it harder to find any true differences. Five years of data (2020/21-2024/25) has been added together to make estimates stronger. However, even with 5 years of data, no significant differences were revealed between the weight status of White children and children from Black and Minority Ethnic (BME) groups in Sefton. Looking at larger groups of children has found significant differences though. For England as a whole, living with obesity is significantly higher amongst children of Black/African/Caribbean and Black British ethnicity compared to children with White or Asian ethnicity.

Sefton Reception Obesity Prevalence by Ethnicity (5 year combined)

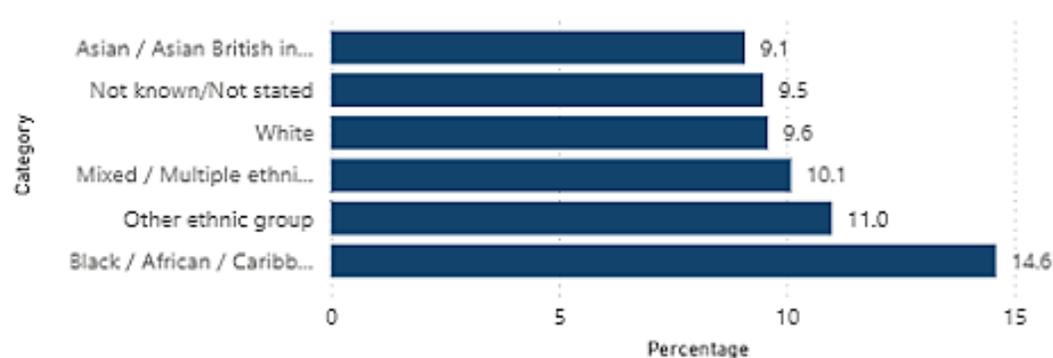


Sefton Year 6 Obesity Prevalence by Ethnicity (5 year combined)

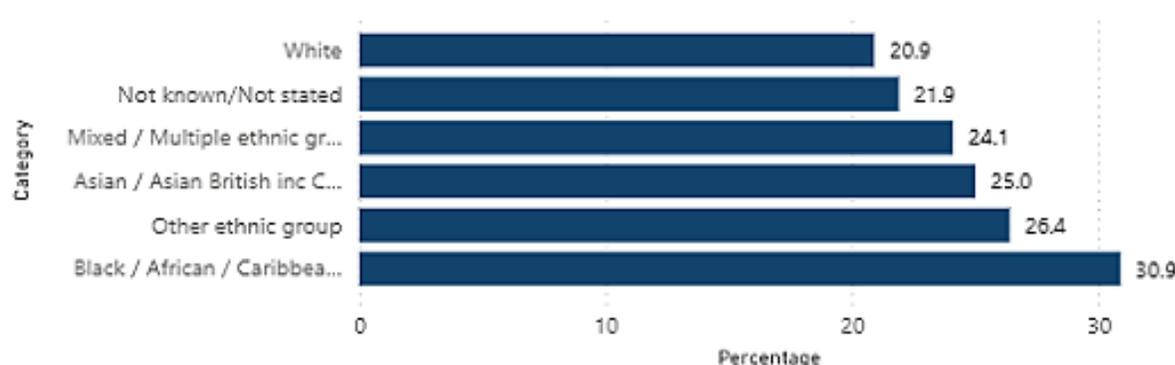


*None of these differences are statistically significant for Sefton (Reception and Year 6 cohorts)*

England Reception Obesity Prevalence by Ethnicity (5 year combined)



England Year 6 Obesity Prevalence by Ethnicity (5 year combined)

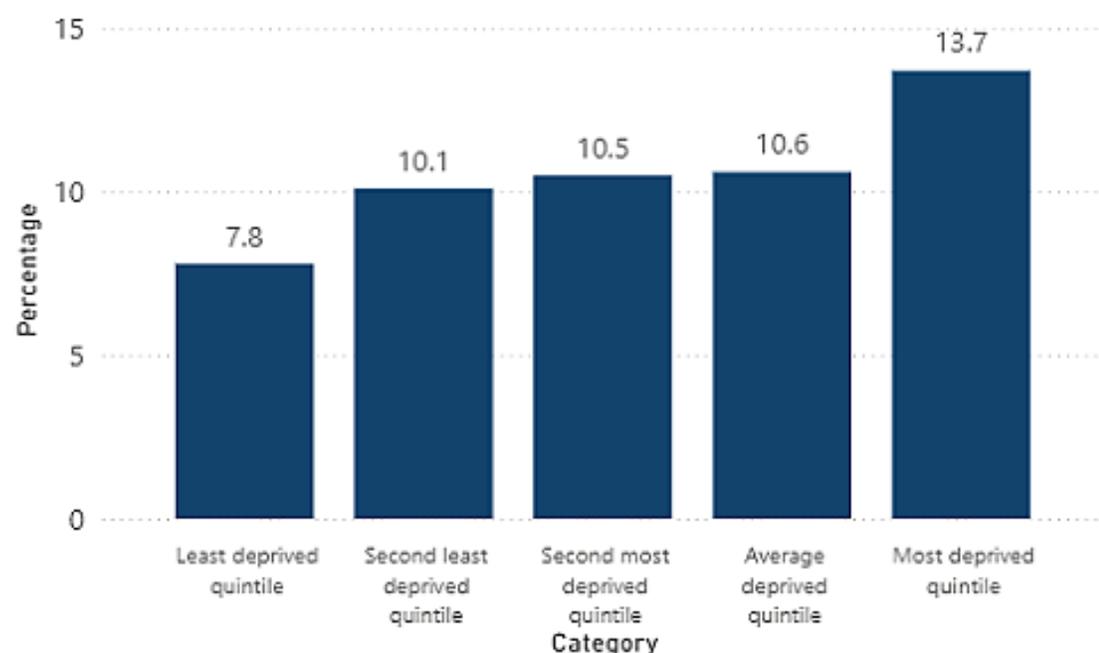


## Deprivation

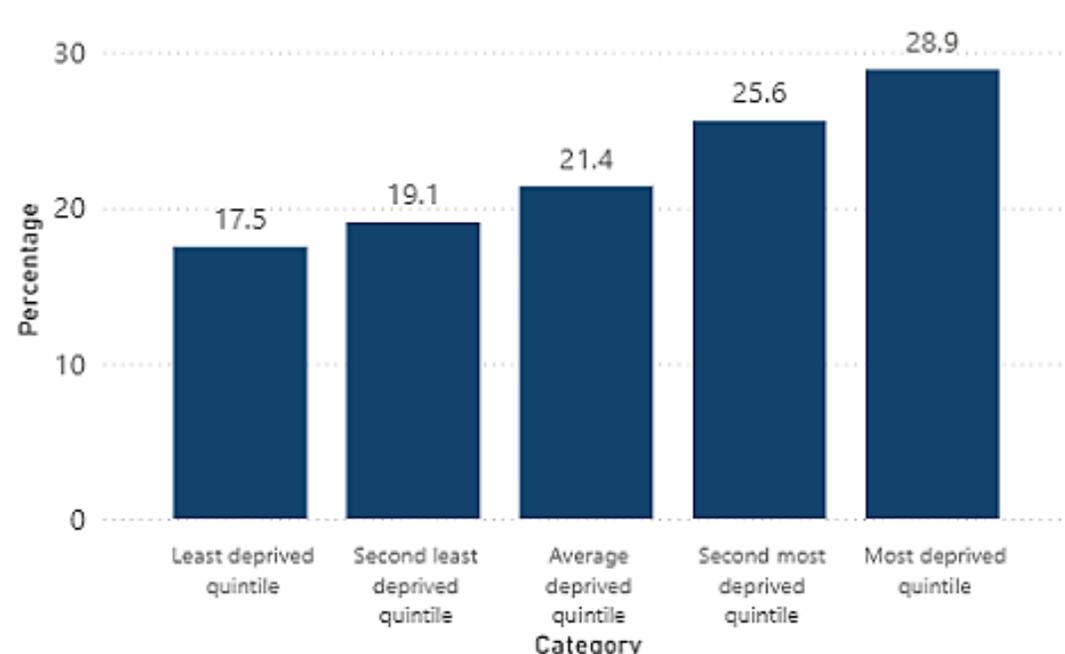
The Indices of Multiple Deprivation 2019 (IMD 2019) are a measure of deprivation for small areas. IMD 2019 is based on lower super output areas (LSOAs) – areas of about 1,500 people. IMD 2019 ranks LSOAs into national quintiles (20% bands) from most to least deprived. The NCMP uses children's postcode to work out their LSOA and deprivation band.

Sefton's rates of obese children tend to increase with increasing deprivation. For the period 20/21-24/25, Reception rates in the most deprived band (13.7%) are 1.7 times that of children living in the least deprived band (7.8%). For Y6, obesity rates in the most deprived band (28.9%) are more than 1.6 times that of children living in the least deprived band (17.5%).

Reception Obesity Prevalence by Deprivation Quintile (5 year combined)



Year 6 Obesity Prevalence by Deprivation Quintile (5 year combined)

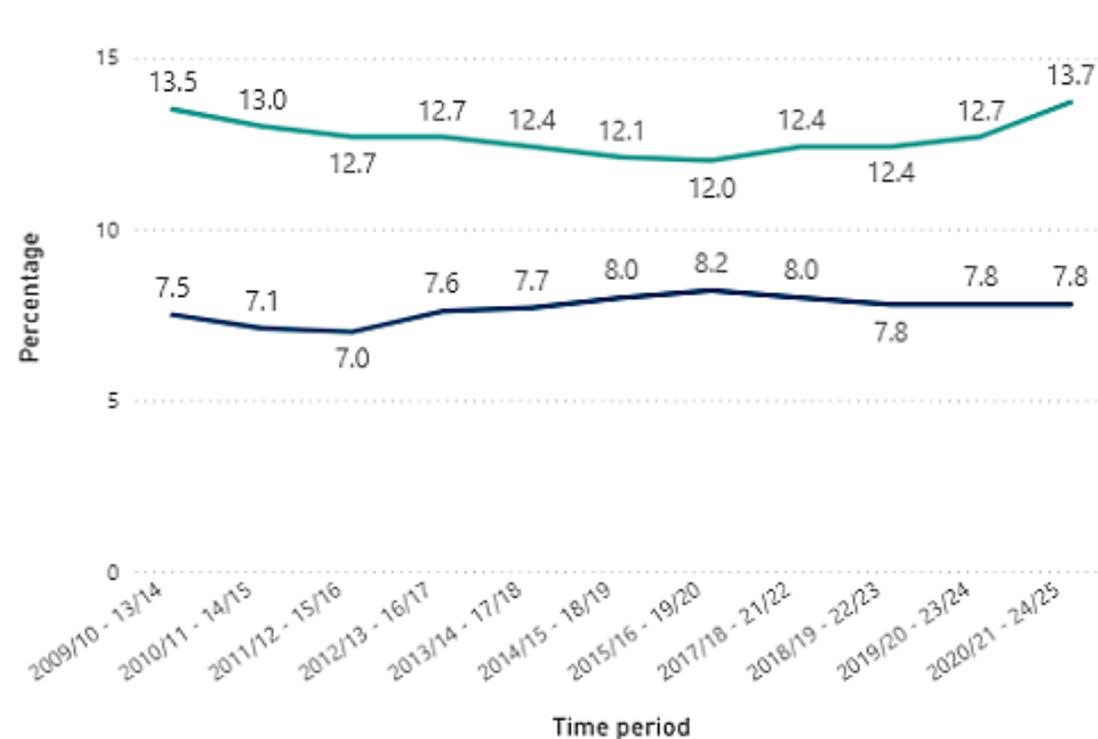


## Deprivation Gap

The difference in obesity between the most and least deprived bands for Y6, narrowed slightly from 12.2% to 11.4%. This narrowing is mainly due to increases in obesity in the least deprived band. The gap in the percentage of children living with obesity between the most deprived and least deprived bands was smaller for YR (5.9%) - increasing from 4.9% in 19/20-23/24. This is due to the obesity rate of YR children in the most deprived band increasing whilst the percentage in the least deprived did not change.

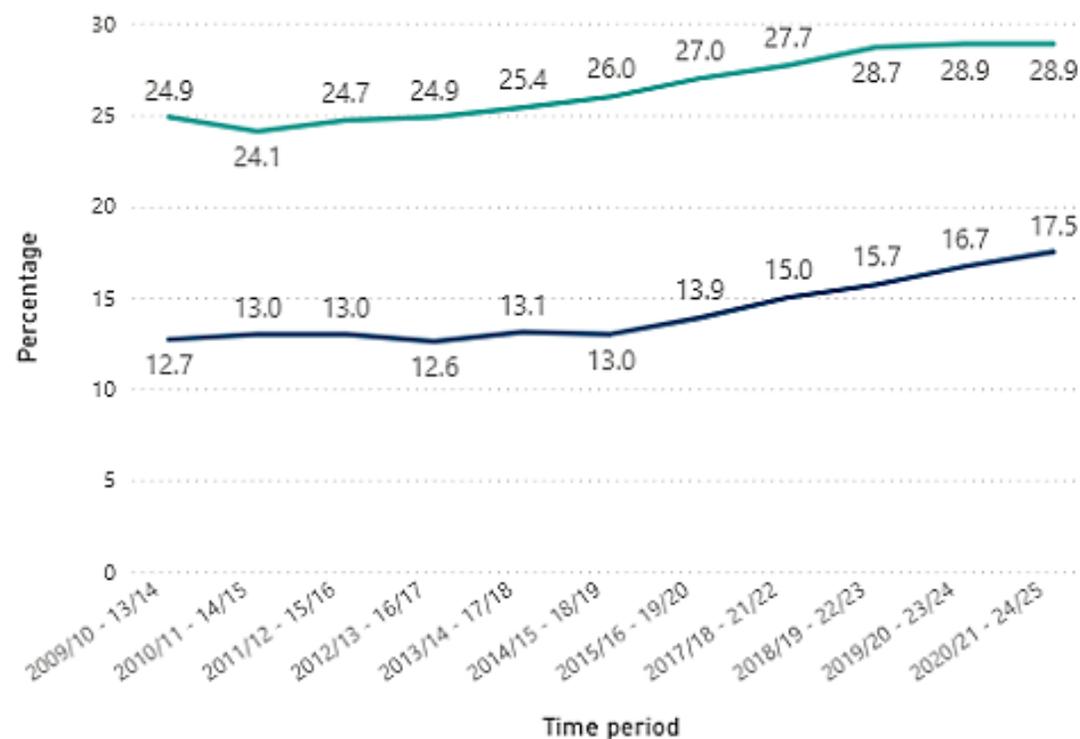
### Gap in reception obesity between most and least deprived quintiles

Category ● Least deprived quintile ● Most deprived quintile



### Gap in Year 6 obesity between most and least deprived quintiles

Category ● Least deprived quintile ● Most deprived quintile



Created by the Business Intelligence & Performance Team

Childhood Obesity, Deprivation Gap

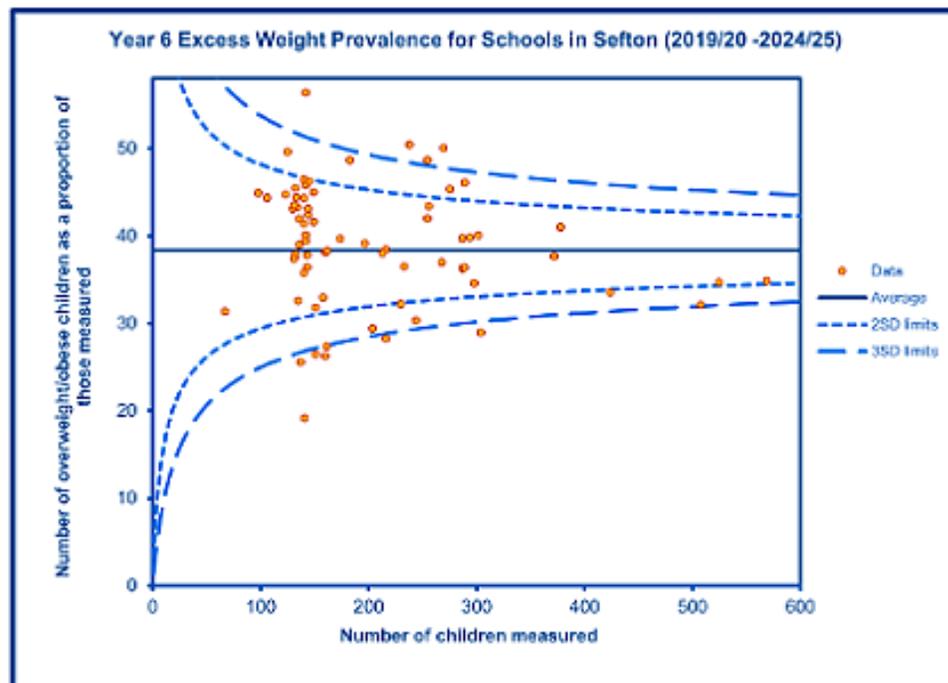
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## Schools

School level analysis has been conducted using Sefton programme data and includes all children measured in Sefton schools (whether residents of Sefton or other boroughs). Due to small class sizes in some schools, several years of NCMP data have been added together to look for differences between schools. For Y6 this is 2019/20 to 2024/25. For Reception this is data from 2021/22 to 2024/25 for all schools and data for 2019/20 for schools where measuring took place.

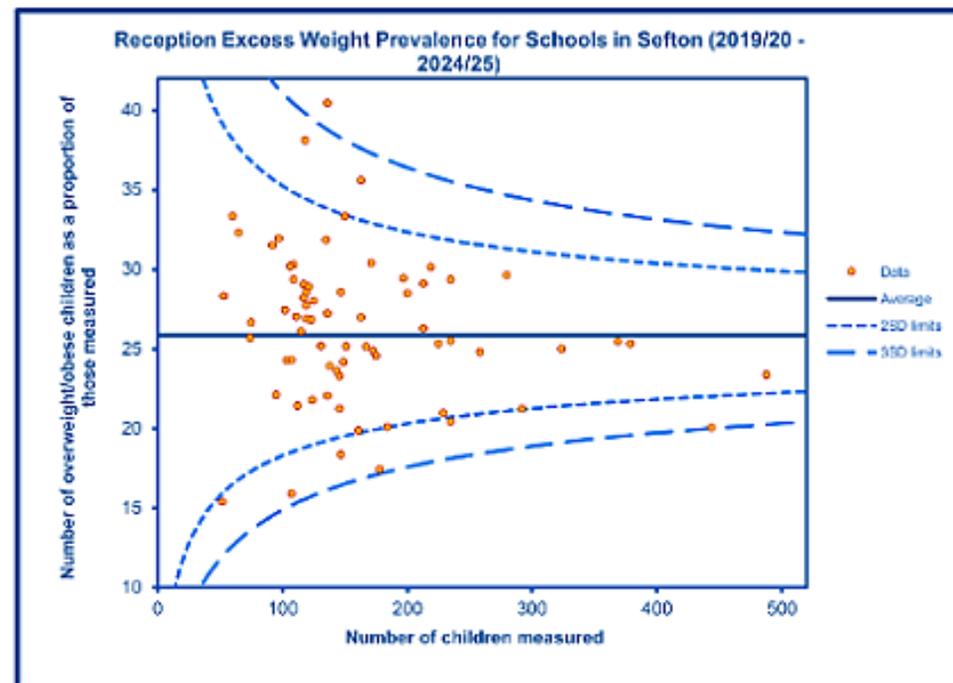
Funnel charts have been created to plot excess weight (overweight and obese) rates for Sefton schools. Funnel charts allow many points to be plotted at the same time and provide information about whether each point is significantly above or below an expected value. In this case the expected value is the average Sefton excess weight prevalence. Funnel charts can help pinpoint schools with rates that lie outside the normal spread of the dataset (2 or 3 standard deviations from the Sefton average). We can be 95% confident that schools with an excess weight two standard deviations away from the Sefton average are statistically significantly different to the Sefton average. For those with an excess weight three standard deviations away from the Sefton average, we can be 99% confident that they are statistically significantly different to the Sefton average.

It is important to take care when giving meaning to school level figures. Differences in excess weight often link to pupil characteristics and are not a measure of school activity or environment.



The Y6 excess weight prevalence was significantly higher than the Sefton average at the 99% level for All Saints, Christ Church, St Elizabeth's and St William of York and at the 95% level for Rimrose Hope, Springwell Park, St Monica's and St John's Waterloo.

The Y6 excess weight prevalence was significantly lower than the Sefton average at the 99% level for St Thomas', St John Bosco, St Jerome's, Freshfield, St Edmund & St Thomas', St Luke's CofE and St Luke's Halsall, and at the 95% level for Forefield Juniors, Larkfield, St Patrick's, Great Crosby and Woodlands.



The YR excess weight prevalence was significantly higher than the Sefton average at the 99% level for Netherton Moss and at the 95% level for Rimrose Hope and The Grange.

The YR excess weight prevalence was significantly lower than the Sefton average at the 95% level for Forefield Infants, Holy Rosary, Northway, Our Lady of Compassion, St Mary's and Valewood.

## Change in Weight Status

Now that the NCMP has been running for over 7 years we can try and track children who have taken part in YR and Y6. This will help improve knowledge of how children's weight changes during primary school and target work to reduce childhood obesity.

The analysis matched YR data from the 2018/19 programme against Y6 data from the 2024/25 programme. There was a match between the two programmes and a valid weight status at both years for 2501 children. This is 84% of those measured in YR in the 2018/19 programme tracked to Y6.

Overall, 71% of the children had the same weight status at Y6 as at YR, 24% had moved to a higher weight status and 5% had changed to a lower weight status.

More specifically:

- Of the children who were a healthy weight in YR, 76% remained a healthy weight, 14% were overweight, 9% were living with obesity and 1% were underweight at Y6.
- Of the children who were overweight in YR, 24% remained overweight, 42% were living with obesity and 34% were a healthy weight at Y6.
- Of the children living with obesity in YR, 88% continued to be living with obesity in Y6, 8% were overweight and 4% were a healthy weight at Y6.

