## Appendix A: Childhood Obesity data

Figure 1: National Childhood Measurement Programme

calculated change getting	worse get	ting better	getting	worse	getting be		st/Lowest 25th Perci	Benchmark Value	centile Best/	'Highest
Indicator	Period	Leics			Region England		England			
		Recent Trend	Count	Value	Value	Value	Worst/ Lowest	Range	Best/ High	lest
Reception: Prevalence of underweight	2019/20	-	85	1.3%	1.1%	0.9%	3.2%	•		0.4%
Reception: Prevalence of healthy weight	2019/20	-	5,305	79.8%	76.9%	76.1%	67.7%			8%
Reception: Prevalence of overweight (including obesity)	2019/20	+	1,265	19.0%	22.0%	23.0%	31.8%		0	
Reception: Prevalence of overweight	2019/20	-	770	11.6%	12.8%	13.1%	8.2%	0		%
Reception: Prevalence of obesity (including severe obesity)	2019/20	+	495	7.4%	9.2%	9.9%	14.6%		0	
Reception: Prevalence of severe obesity	2019/20	-	130	2.0%	2.5%	2.5%	5.1%		0	0.7%
Reception: Inequality in the prevalence of obesity (including severe obesity)	2019/20	-	-	-	6.3%	7.9%	-	Insufficient number o	f values for a spir	ie chart
Year 6: Prevalence of underweight	2019/20	-	125	1.9%	1.6%	1.4%	3.4%	•		0.6%
Year 6: Prevalence of healthy weight	2019/20	-	4,450	67.4%	63.5%	63.4%	53.6%		0	
Year 6: Prevalence of overweight (including obesity)	2019/20	-	2,020	30.6%	34.9%	35.2%	44.7%			
Year 6: Prevalence of overweight	2019/20	-	860	13.0%	14.0%	14.1%	11.1%	•		6.2%
Year 6: Prevalence of obesity (including severe obesity)	2019/20	+	1,160	17.6%	20.8%	21.0%	30.1%		0	
Year 6: Prevalence of severe obesity	2019/20	-	230	3.5%	4.7%	4.7%	8.1%			9%
Year 6: Inequality in the prevalence of obesity (including severe obesity)	2019/20	-	-		14.9%	17.2%		Insufficient number of	f values for a spir	e chart
Reception: Prevalence of obesity (including severe obesity), 5-years data combined	2015/16 - 19/20	-	-	8.2%	9.4%	9.6%	13.8%		0	
Year 6: Prevalence of obesity (including severe obesity), 5-years data combined	2015/16 - 19/20	-	-	17.0%	19.7%	20.2%	29.2%		0	

Leicestershire performs relatively well in comparison to the rest of England, but absolute numbers of children and young people are over 1000 young people.

Figure 2: % of physically active children and young people

Better 95%  Similar  Worse 95%  ONot applicable									
Recent trends: - Could not be No significant functionality and change getting worse		easing & ing better	Decrea getting		Decreasin getting be	etter	Worst 25th Perc	Benchmark Value	centile Best
Indicator	Period	Leics			Region	England	England		
		Recent Trend	Count	Value	Value	Value	Worst	Range	Best
Percentage physically active for at least one hour per day seven days a week at age 15	2014/15	-	-	14.9%	15.3%	13.9%	8.3%		0 %
Percentage of physically active adults	2019/20	-	-	67.6%	65.9%	66.4%	49.4%		2%
Percentage of physically inactive adults	2019/20	-	-	21.9%	23.4%	22.9%	35.2%		4.2%
Percentage of physically active children and young people	2020/21	-		45.5%	44.9%	44.6%		Insufficient number c	f values for a spine chart

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