

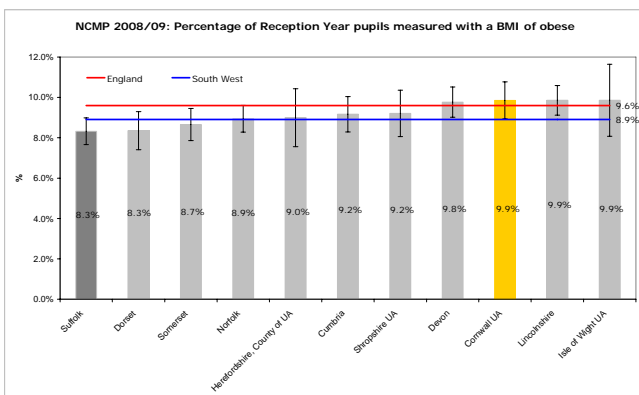
## Healthy Lifestyles

### Obesity

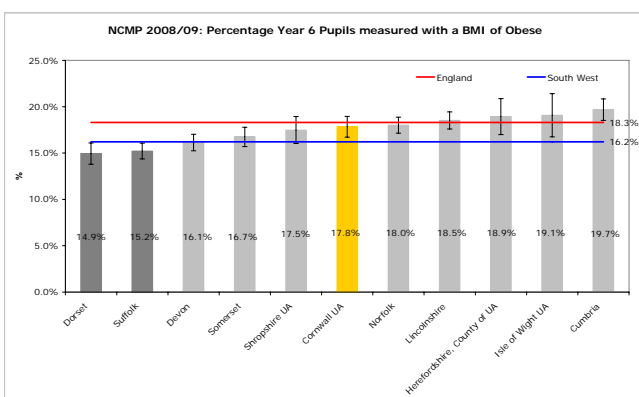
A paper commissioned by the Foresight programme<sup>1</sup> confirms that making precise or comprehensive estimates of the financial costs of obesity is difficult but they certainly amount to billions of pounds a year. Not only are there the direct costs & service implications for higher levels of health care for the obese, social care costs are also higher. Higher levels of sickness & absence rates among the obese can impose costs on businesses & many people are not in employment as a direct result of obesity, reducing national / local output & increasing expenditure on incapacity & unemployment benefit. The report emphasises the need for a partnership approach in order to address obesity: *'Healthcare costs are a minority of the total costs associated with obesity which underlines the need for coordinated action that extends beyond the NHS in tackling obesity.'*<sup>2</sup>

In 2008/09, 80% of schools in Cornwall participated in the National Childhood Measurement Programme (NCMP). An annual weighing & measuring programme for children in reception year & year 6, generating a BMI score & an indication of whether a child is under weight. A healthy weight, over weight or obese.

The chart below shows the proportion of reception year pupils measured with a BMI of obese for Cornwall (*shown in gold*) & its statistical neighbours in addition to the averages for England & the South West region. With 9.9% of reception year children measured showing a BMI of obese in Cornwall this is above the regional & national average. Whilst Cornwall features as the third highest local authority in its statistical neighbour group, it is not possible to say that the difference is statistically significant due to overlapping confidence intervals. Suffolk (*shown in dark grey*) is the exception with 8.3% of reception year children measured showing a BMI of obese which is significantly lower than Cornwall at 9.9%.



The second chart shows the proportion of year 6 pupils measured with a BMI of obese for Cornwall in addition to the averages for England & the South West. Whilst above the average for the region, Cornwall is slightly below the average for England. Cornwall is shown as the 6<sup>th</sup> highest local authority in its statistical neighbour group, however due to overlapping confidence intervals with the majority of authorities (*light grey*) it is not possible to say that any differences are statistically significant.



Dorset & Suffolk (*dark grey*) however show a significantly lower proportion of year 6 children classified as obese than the Cornwall average of 17.9%.

The table overleaf shows the proportion of children with a BMI of obese as measured by the NCMP over the last 3 years. Whilst the trend has remained stable for reception year pupils at 9.9% over each of the 3 years, for Year 6 pupils the trend has been to dip and rise again although by less than a percentage point over this time.

<sup>1</sup> Economic costs of obesity & the case for government intervention, McCormick & Stone (2006)

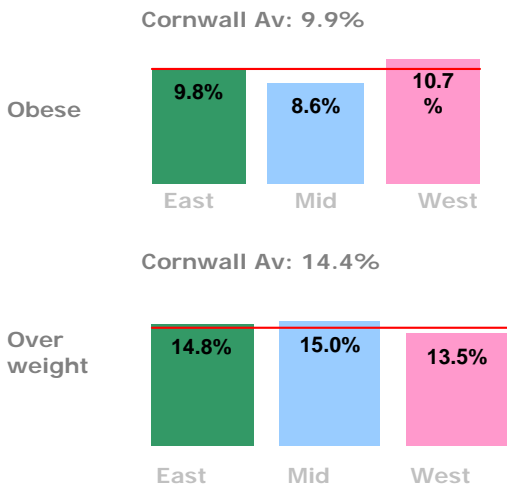
<sup>2</sup> <http://www.foresight.gov.uk/> (01/10/10)

The NCMP also determines the number of pupils that have an under weight BMI. The numbers are particularly small. At a CIoS level 0.4% of reception year pupils and 1.1% of year 6 pupils had an under weight BMI in 2008/09.

% Obese	2006/07	2007/08	2008/09
Reception Year	9.9%	9.9%	9.9%
Year 6	17.8%	17.0%	17.9%

### Reception Year NCMP 2008/09

The charts below show the proportion of reception year children by service delivery area with a BMI of obese or over weight based on the NCMP 2008/09. Table 2.6 provides a break down by network area. This lower level data is based upon pupil residency.



Network Area	Total Measured	Obese	Over weight
Bodmin	158	10.1%	15.8%
Bude	129	7.8%	15.5%
Callington	97	9.3%	12.4%
Camborne and Redruth	542	10.7%	14.8%
Camelford	94	17.0%	17.0%
China Clay	222	11.3%	15.3%
Falmouth and Penryn	325	10.2%	10.8%
Hayle and St Ives	214	10.3%	9.8%
Helston and the Lizard	246	13.0%	15.0%
Launceston	142	10.6%	13.4%
Liskeard and Looe	256	8.6%	16.4%
Newquay	177	6.2%	12.4%
Penzance, Marazion and St Just	268	9.3%	15.7%
Saltash and Torpoint	117	7.7%	16.2%
St Agnes and Perranporth	162	6.2%	13.6%
St Austell	245	8.2%	14.3%
St Blazey, Fowey and Lostwithiel	154	7.8%	14.9%
Truro and Roseland	359	10.0%	17.3%
Wadebridge and Padstow	87	10.3%	8.0%
Isles of Scilly & Devon residency	75	13.3%	14.7%
<b>Cornwall Total / Average</b>	<b>4,069</b>	<b>9.9%</b>	<b>14.4%</b>

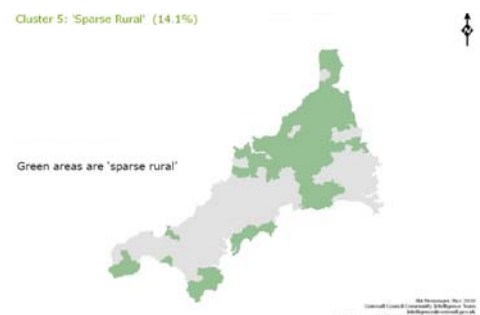
Whilst the Mid area has the lowest proportion of children with a BMI of obese, it has the greatest proportion of children with an indicator of over weight. Conversely the West area has the greatest proportion of children obese & the lowest proportion of children over weight.

Research would suggest that there is a trend for higher rates of obesity amongst areas of high deprivation.

At reception age however the network areas we might expect to see with higher levels of obesity such as Camborne & Redruth, Penzance, Marazion & St Ives & St Austell either have proportions of children with a BMI of obese or over weight broadly in line with or below the county average.

Areas of higher deprivation we might expect to see with higher levels of obesity include the China Clay area with an above average proportion of children with a BMI of obese & Bodmin network area with an above average proportion of children with a BMI of over weight.

Network areas where high levels of obesity may not have been anticipated include Camelford which shows a high proportion of children with a BMI of obese & an above average proportion of children with an over weight BMI. Camelford however, is one of the smaller networks in terms of the number of children measured. The Helston & Lizard network also shows an above average proportion of children with an obese BMI.

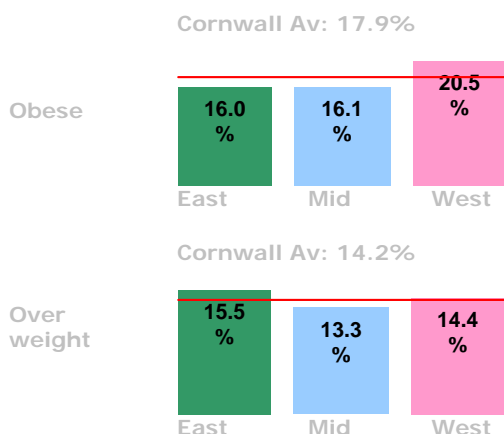


At reception age, higher levels of obesity tends to be in networks areas that have large expanses of rural areas & as a result may face barriers to accessing services including leisure. The green areas on the map above (source: Planning for

the role & future of smaller settlements in Cornwall, December 2009) identifies locations where the population function is considered 'sparse rural'. Areas covering much of North Cornwall, the area of Polperro between Falmouth & Mevagissey & on the Lizard & Lands End peninsulas are considered to be 'sparse rural'.

### Year 6 NCMP 2008/09

The charts below show the proportion of year 6 children by service delivery area with a BMI of obese or over weight based on the NCMP 2008/09. 23.7 provides a break down by network area. This lower level data is based upon pupil residency.



Following the same trend as the proportion of reception age children with an obese BMI, the West area also has the greatest proportion of year 6 children obese. The Mid area is marginally below the county average for the proportion of children with an obese & over weight indicator. The East area has the greatest proportion of children with an over weight BMI.

Network Area	Total Measured	Obese	Over weight
Bodmin	160	21.3%	12.5%
Bude	151	17.9%	15.2%
Callington	121	13.2%	19.8%
Camborne and Redruth	587	23.0%	12.3%
Camelford	113	13.3%	19.5%
China Clay	214	13.6%	8.9%
Falmouth and Penryn	368	23.1%	15.8%
Hayle and St Ives	229	14.0%	15.3%
Helston and the Lizard	262	18.3%	17.2%
Launceston	155	16.1%	20.0%
Liskeard and Looe	318	17.0%	13.2%
Newquay	177	13.6%	14.7%
Penzance, Marazion and St Just	358	19.3%	13.7%
Saltash and Torpoint	139	16.5%	15.1%
St Agnes and Perranporth	141	8.5%	18.4%
St Austell	261	17.6%	11.9%
St Blazey, Fowey and Lostwithiel	208	19.2%	12.5%
Truro and Roseland	380	18.7%	14.7%
Wadebridge and Padstow	78	-	10.3%
Isles of Scilly & Devon Residency	61	19.7%	-
<b>Cornwall Total / Average</b>	<b>4,481</b>	<b>18.1%</b>	<b>14.4%</b>

Table 2.7 shows that a greater number of network areas (10) have a proportion of year 6 children with a BMI of obese than the county average, compared to the number with above average levels at reception year (3 areas with above average levels, 1 area with high levels).

Falmouth & Penryn network area (23.1%) shows the greatest proportion of year 6 children with an obese BMI, followed by Camborne & Redruth (23.0%) & Bodmin (21.3%). Whilst there are still network areas that have large expanses of 'sparse rural' population with above average levels of obesity, the highest levels of obesity at year 6 are seen in network areas with large towns & potentially more 'urban' areas.

At year 6, both the Helston & Lizard & Falmouth & Penryn network areas show above average proportions of children with a BMI of obese & overweight. In both areas these children account for over a third of the total cohort measured.

Table 2.8 shows the network areas where the proportion of year 6 children that have a BMI of obese & overweight is greater than a third of the total year 6 cohort of children measured.

Conversely the Wadebridge & Padstow network show a well below average proportion of children obese (figures suppressed) however only 78 children were measured in this network area. Below average obesity levels are also seen in the Camelford network area which at reception year

Network Area	Total Measured	% BMI Obese / Overweight
Falmouth and Penryn	368	38.9%
Launceston	155	36.1%
Helston and the Lizard	262	35.5%
Camborne and Redruth	587	35.3%
Bodmin	160	33.8%
Truro and Roseland	380	33.4%

## 2. Be Healthy

showed a high proportion of children with an obese BMI.

For further comparisons & analysis the [National Obesity Observatory provides an e -atlas](#) which enables users to compare prevalence data from the National Childhood Measurement Programme at Primary Care Trust (PCT) & LA level.