

Childhood Obesity

Key Health Data

Dr Helen Carter

Specialist Registrar in Public Health

h.carter@bham.ac.uk

Objectives

- How it's measured- adults/children
- Why it's important
- Two classifications for children
- Trends- adults/children
- West Midlands perspective

Where have you been on your
holidays?

What is it?

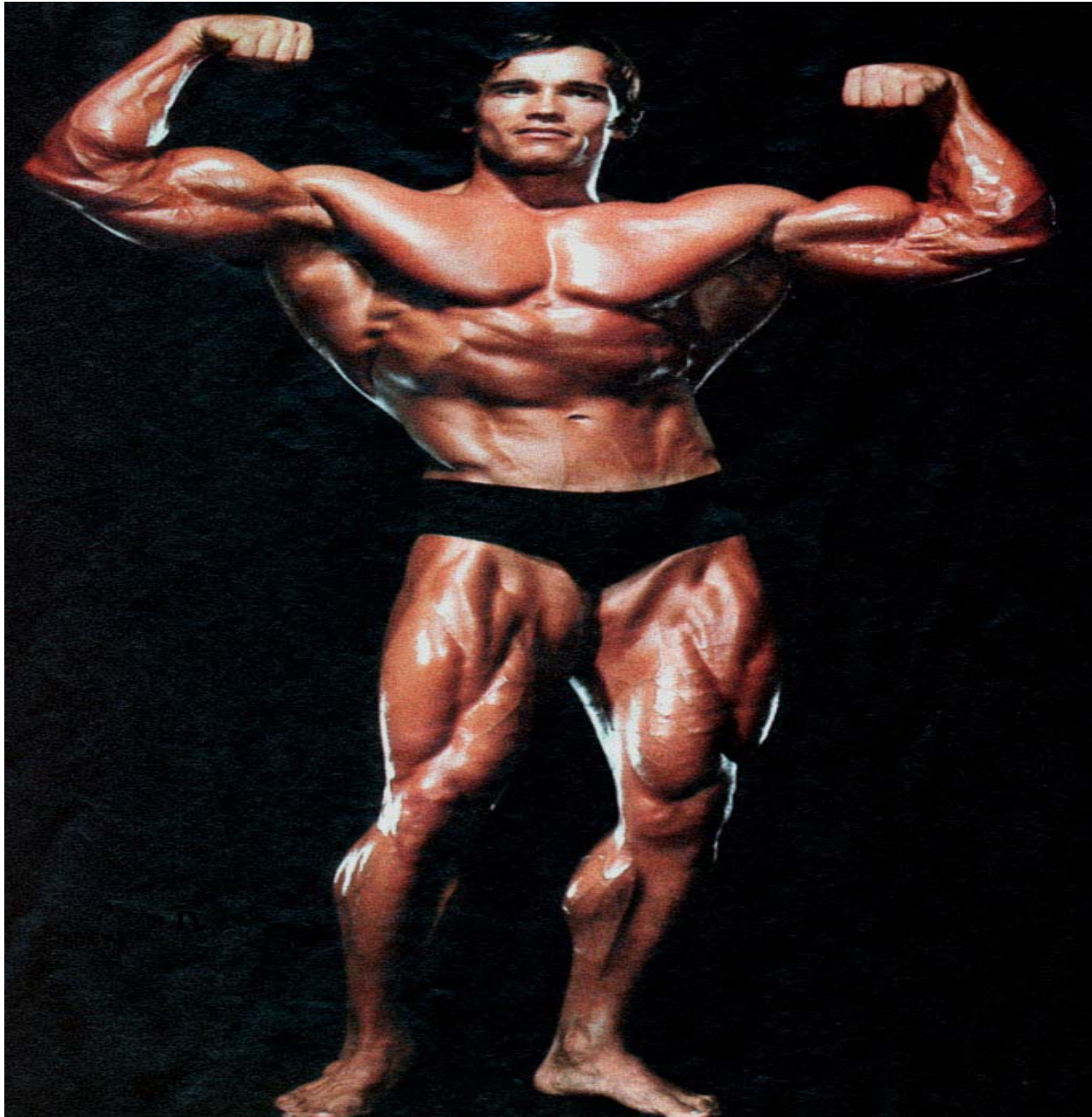
- Easy to spot
- Biologically “simple”
- Causes very complex

Why is it important?

- Physical health
- Mental health
- Costs

How is it measured?

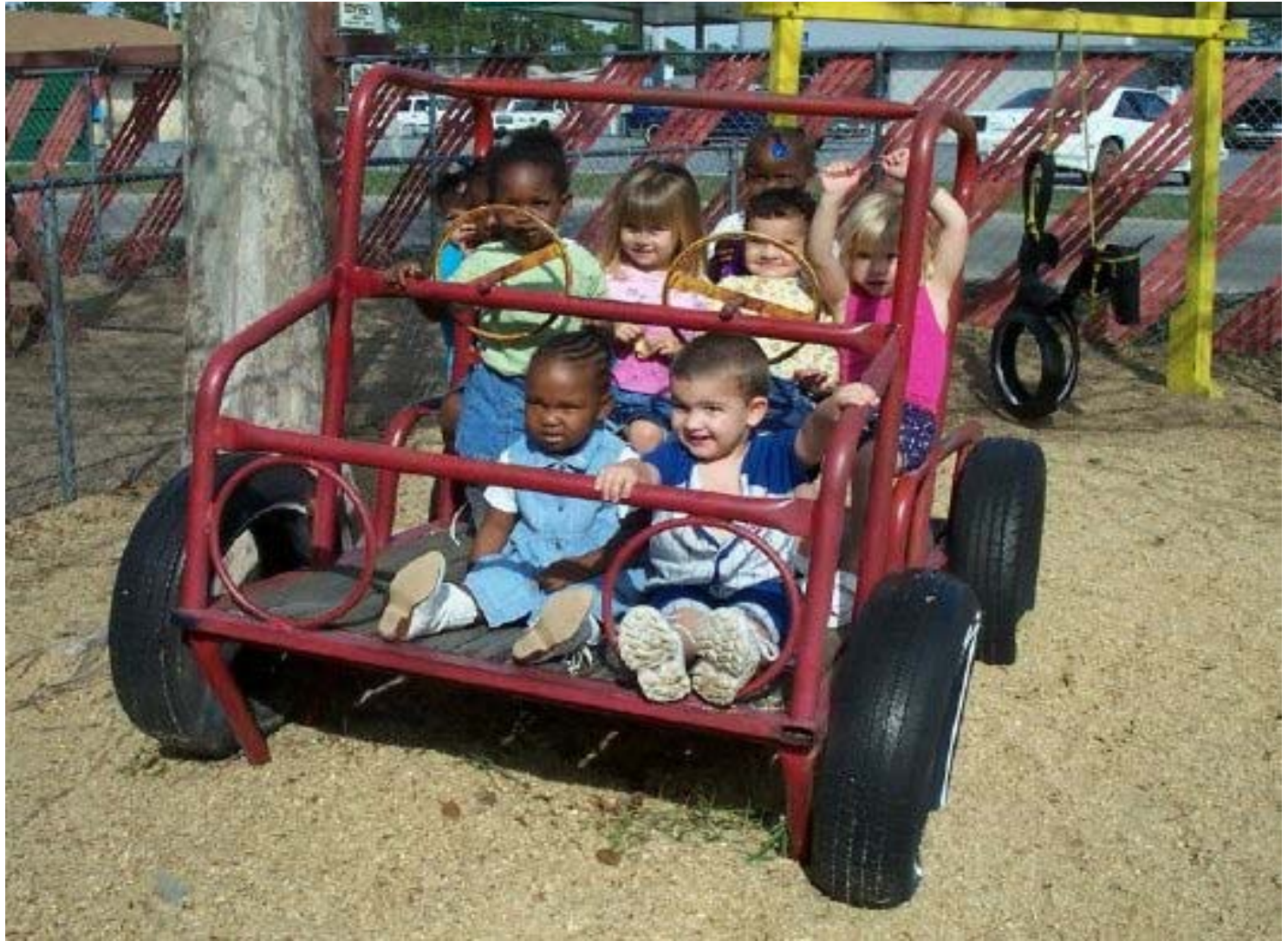
Adults-Body Mass Index



How is it measured for children?

- A bit more difficult
- Children grow!







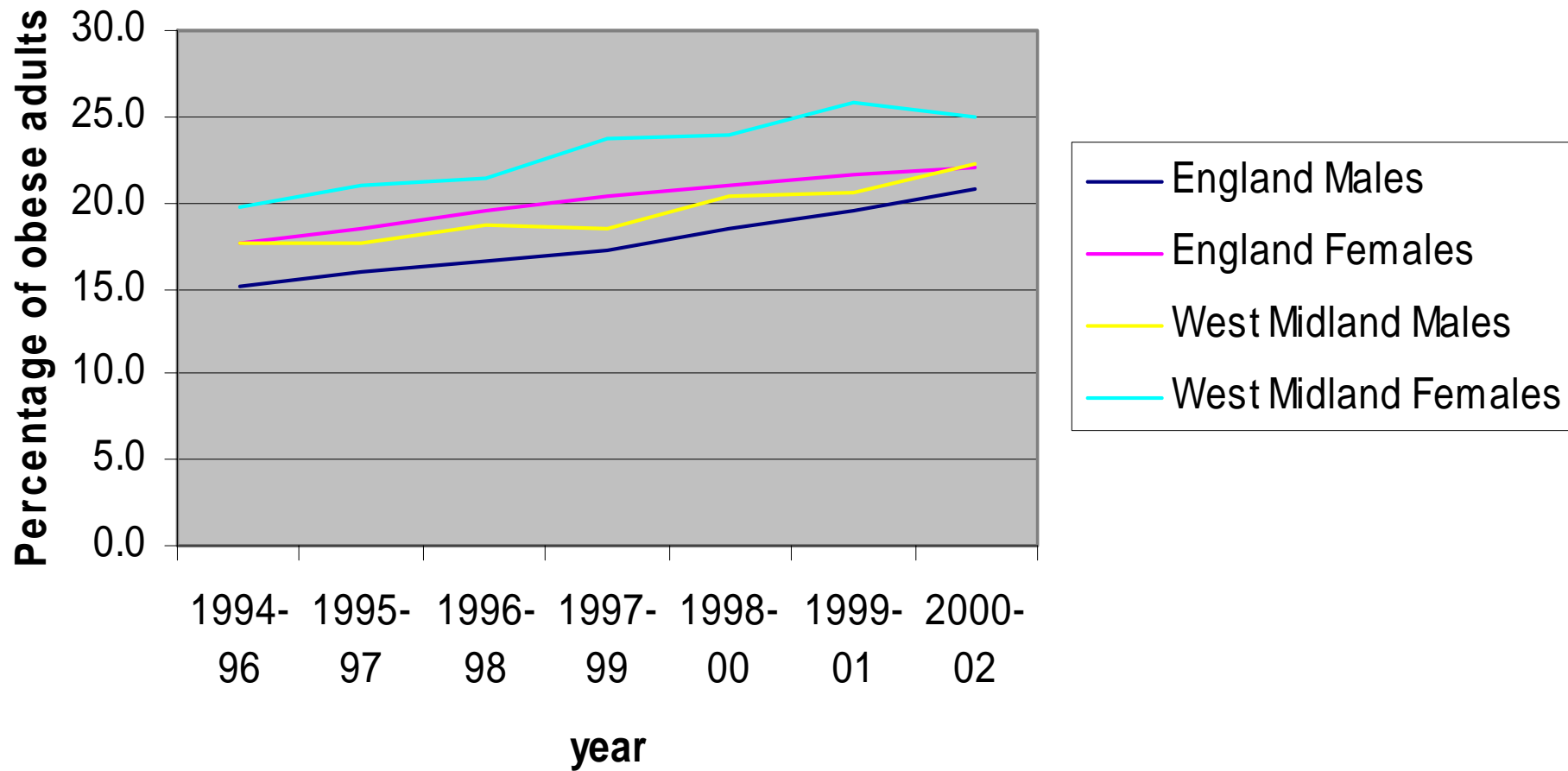
Growth charts

- Plot child's age against weight
- But two classifications

Classifications

- UK 1990 classification
- The International Obesity Task Force international standard

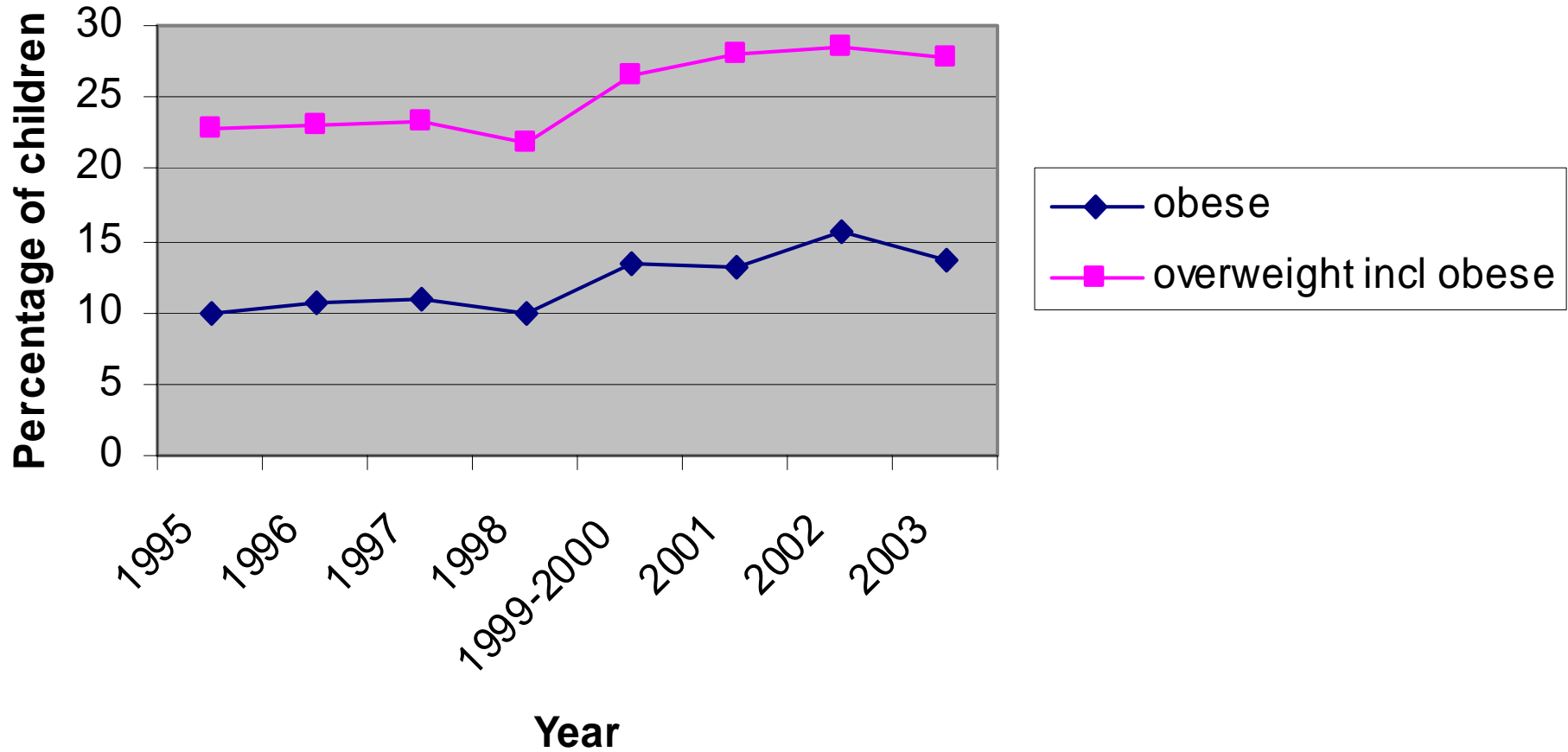
Trends for adults



Trend for adults

- 1980 6% males and 8 % females obese
- 2004 23.6% males and 23.8% females obese

Trends for children



Public Sector Agreement

“ Halt the year-on-year rise in obesity among children under 11 by 2010 in the context of a broader strategy to tackle obesity in the population as a whole”

School Measurements

- Hall Report
- Variation

Guidance for PCTs

- **Reception and Year 6**
 - Full name
 - Date of birth
 - Gender
 - School name
 - Date of measurement
 - Height
 - Weight

Population monitoring

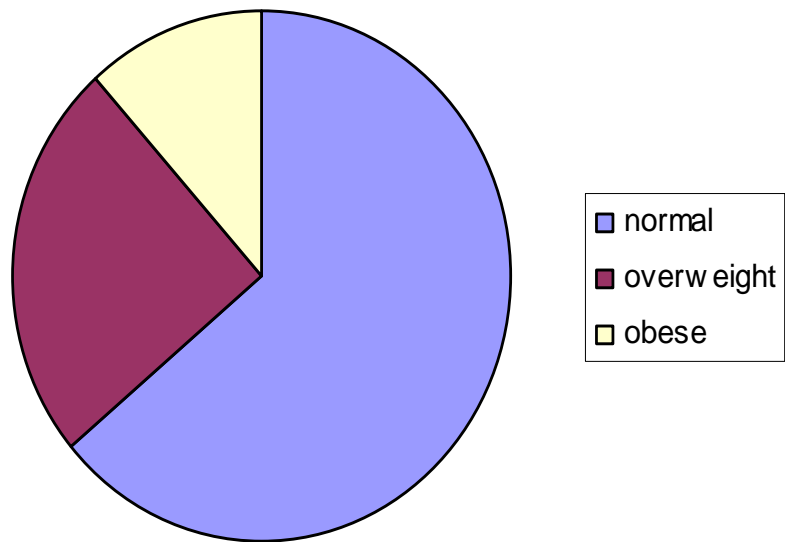
- Not screening

West Midlands data

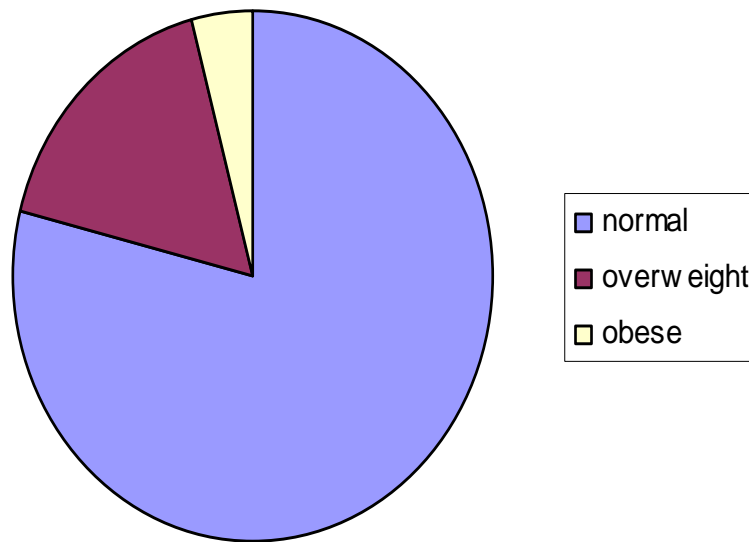
- Many thanks to Kristina Routh, Penny Toff and Katie Watson

Reception

UK 1990

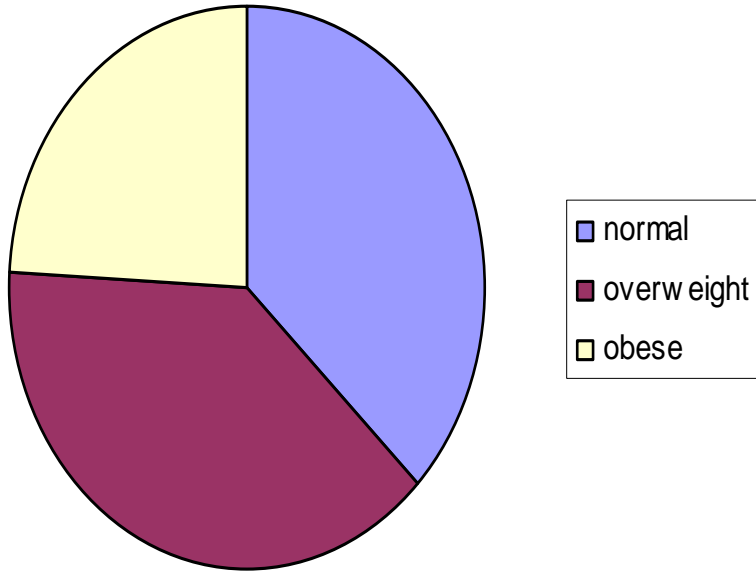


IOTF

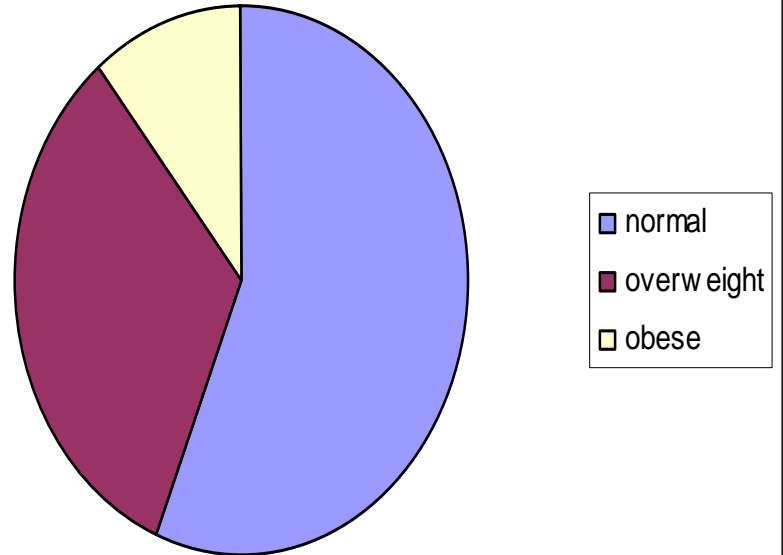


Year 5

UK 1990

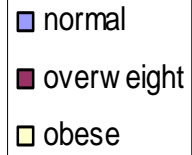
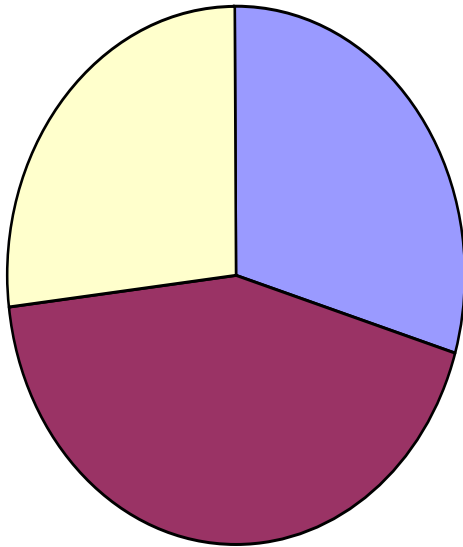


IOTF

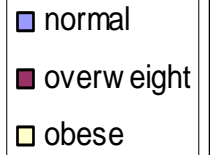
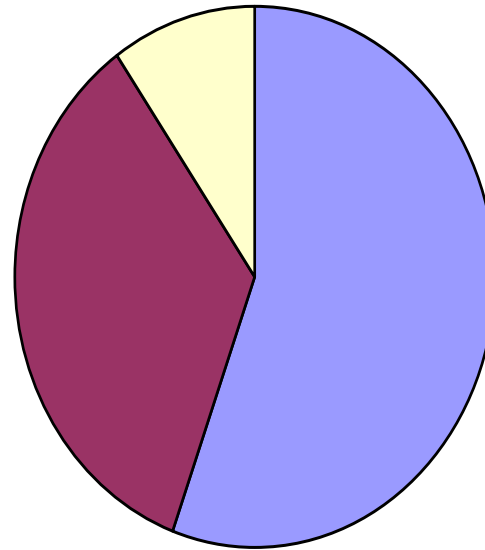


Year 7

UK 1990



IOTF



Overall prevalence

- **UK 1990**

- Overweight 35%
- Obese 20%

- **IOTF**

- Overweight 24%
- Obese 7%

Health Survey for England obesity estimate for
West Midlands 15.8% for children

Summary

- How it's measured- 2 classifications
- Important issue
- Increasing problem
- West Midlands

Thank you