

## Healthy Weight and Physical Activity Detailed Performance Report

|                   | Measure (frequency)  | Oxfordshire | South East | England | Date    | RAG (against England value) | Commentary  | Data Note s                    |
|-------------------|--|-------------|------------|---------|---------|-----------------------------|---|--------------------------------|
| Healthy weight    | Reduce the levels of children obese in reception class (annual)      | 6.7%        | 8.9%       | 9.9%    | 2019/20 | A*                          | Compared to the England and SE Value Oxfordshire levels remain lower. However we still had 295 children obese at this age (2019/20). National data for 2021 shows a steep increase in obesity which is likely to be reflected in Oxfordshire (though we are unable to report local data due to a smaller sample size) | <a href="#">PHE Fingertips</a> |
|                   | Reduce the levels of children obese in year 6 (annual)               | 16.1%       | 17.8%      | 21.0%   | 2019/20 | A*                          | Oxfordshire remains lower than the England and SE average but we still had 680 children who were obese in year 6. National data for 2021 shows a steep increase in obesity which is likely to be reflected in Oxfordshire (though we are unable to report data due to a small sample size)                            | <a href="#">PHE Fingertips</a> |
|                   | Percentage of adults aged 18+ classified as overweight or obese      | 56.3%       | 61.5%      | 62.8%   | 2019/20 | G                           | Oxfordshire remains lower than the SE and England average   | <a href="#">PHE Fingertips</a> |
|                   | Obesity in early pregnancy   | 18.7%       | 20.9%      | 22.1%   | 2018/19 | G                           | Oxfordshire remains lower than the SE and England average   | <a href="#">PHE Fingertips</a> |
| Physical activity | Percentage of physically active adults                               | 73.0%       | 69.5%      | 66.4%   | 2019/20 | G                           | COVID has found physical activity decreasing across England. While Oxfordshire adults remain more physically active than England overall there has been a decrease in physical activity.  | <a href="#">PHE Fingertips</a> |
|                   | Percentage of physically inactive adults                             | 17.4%       | 20.1%      | 22.9%   | 2019/20 | R*                          | COVID has found inactivity increasing across England and this is reflected in Oxfordshire. While our levels of inactivity remain lower than England they have worsened over the past year.  | <a href="#">PHE Fingertips</a> |
|                   | Percentage of physically active children and young people            | 51.2%       | 45.4%      | 44.6%   | 2020/21 | G                           | Physical activity amongst children and young people has reduced across England in the past year and this reduction is more pronounced (though not statistically significantly so) in Oxfordshire  | <a href="#">PHE Fingertips</a> |
|                   | Percentage of adults walking for travel at least three days per week | 15.3%       | 14.9%      | 15.1%   | 2019/20 | A                           | Oxfordshire data remains similar to the England average. Both Oxfordshire and England have seen a steep and statistically significant reduction in walking for travel at least 3 days a week between 2018/19 and 19/20  | <a href="#">PHE Fingertips</a> |
|                   | Percentage of adults cycling for travel at least three days per week | 6.6%        | 2.4%       | 2.3%    | 2019/20 | G                           | Oxfordshire remains higher than England and has seen a slight reduction in cycling over the past year but has the highest levels of cycling for travel at least 3 days a week in the South East.  | <a href="#">PHE Fingertips</a> |
|                   | Access to woodland   | 3.9%        | 15.6%      | 15.0%   | 2020    | -                           | Access to woodland is significantly lower in Oxfordshire than the England average.  | <a href="#">PHE Fingertips</a> |

\* measure is included in the standard performance report, therefore RAG is against local target

## Adult overweight and obesity

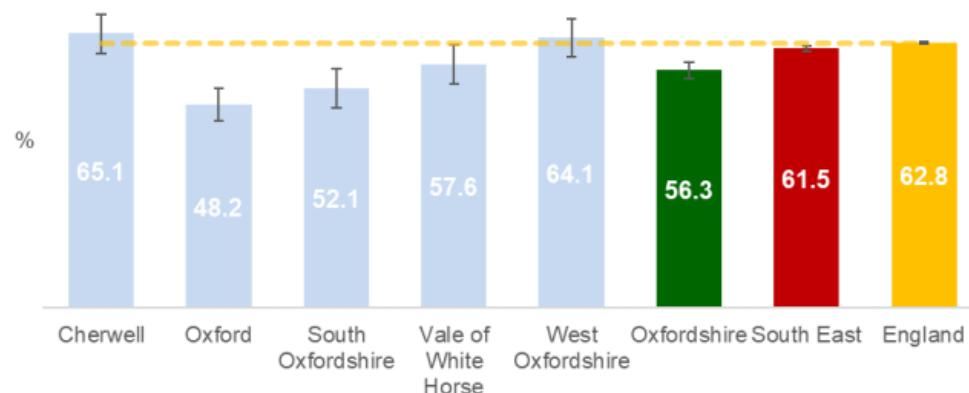
An estimated 55.2% of people aged 18 or over in Oxfordshire are classified as overweight or obese (2018/19), significantly lower than the average for England (62.3%) and the South East (60.9%).

This percentage for Oxfordshire is similar to the percentage in 2015/16 (54.5%).

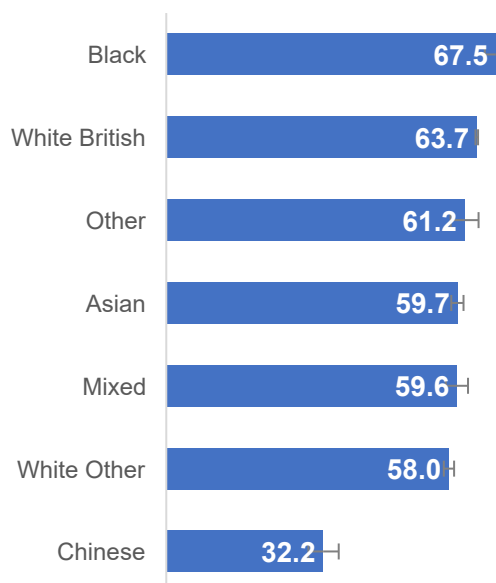
National data shows that :

- Overweight and obesity prevalence tends to be higher in older age groups, ranging from 37.2% in the 18-24 years age group to 71.7% in the 65-74 years age group
- White British and Black ethnic groups have significantly higher prevalence than the national average (62.8%).
- Prevalence is higher in males (68.8%) than in females (56.8%)
- Obesity increases with deprivation, with 68.9% people living in the most deprived areas experiencing overweight or obesity, compared to 55.8% people living in the least deprived areas
- 71.8% of those who were disabled are overweight or obese, compared to 60.9% of those who are not disabled
- Obesity prevalence decreases as education level increases

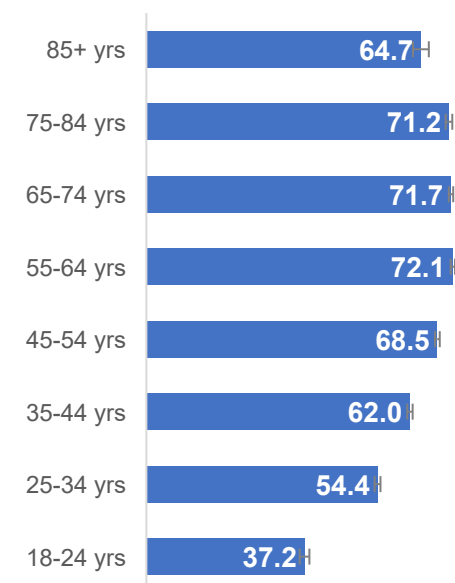
**Percentage of adults (18+) classified as overweight or obese, 2019/20**



**Percentage of adults (18+) overweight or obese by ethnicity, 2019/20**



**Percentage of adults (18+) overweight or obese by age, 2019/20**



## Excess weight in children

The majority of measured children in Oxfordshire are a healthy weight (8 out of 10 Reception children; 7 in 10 Year 6 children).

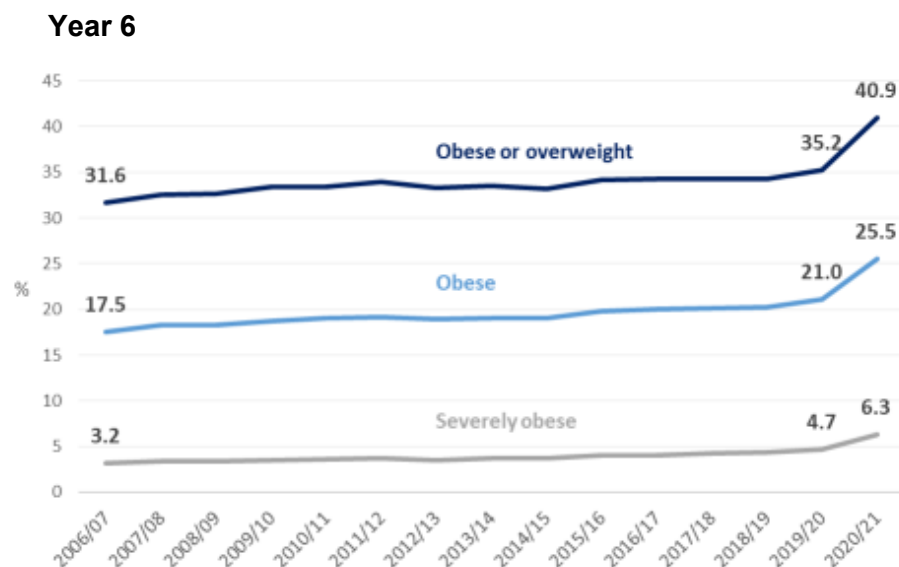
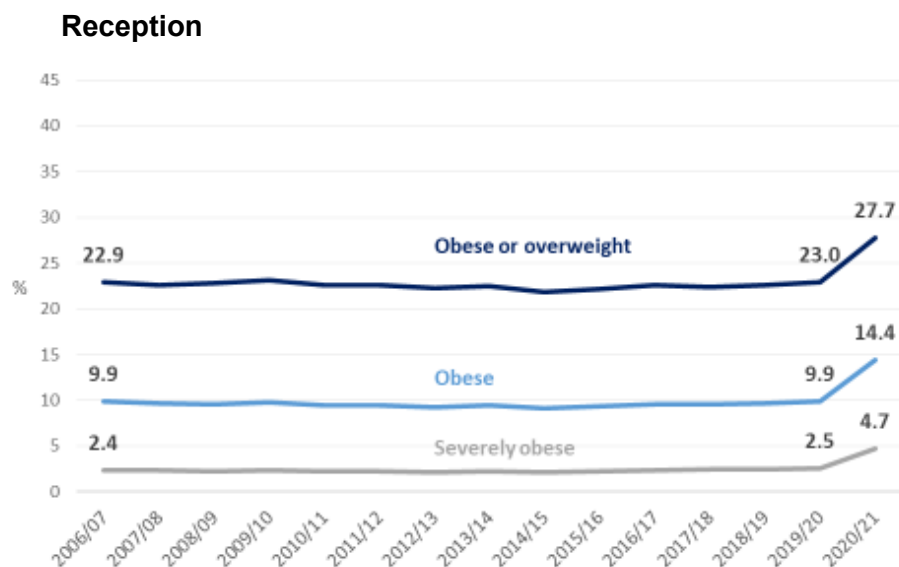
In 2019/20, 18.6% of Reception year children, aged 4 or 5, in Oxfordshire were overweight or obese. This included 6.7% of all children who were obese, and 1.5% who were severely obese.

Overweight and obesity prevalence increases over the course of primary school - in Year 6 (aged 10 or 11), 29.4% of children were overweight or obese. This included 16.1% of all children who were obese, and 3.0% of children who were severely obese.

Prevalence of underweight is also higher by Year 6: 1.0% in Reception compared to 1.5% in Year 6.

While published data show that obesity prevalence has remained relatively stable in Oxfordshire since 2007/08, local intelligence suggests an increase in the most recent year, in line with a rise in England overall. National data for 2020/21 show prevalence of obesity (including severe obesity) rising to 14.4% in Reception and 25.5% in Year 6.

### Prevalence of obese, severely obese or overweight children, England 2006/07 to 2020/21



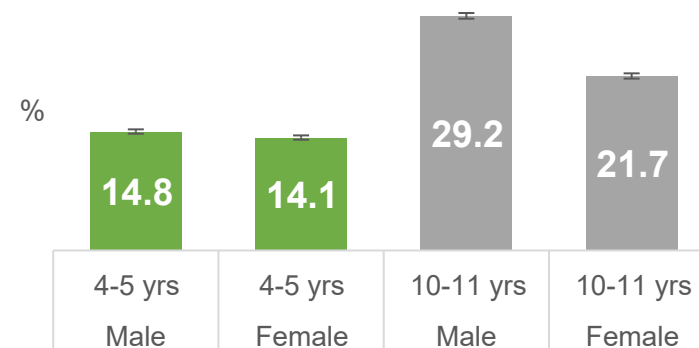
Source: Office for Health Improvement and Disparities, [NCMP and Child Obesity Profile](#); NHS Digital [National Child Measurement Programme, England 2020/21 School Year](#)

Obesity prevalence is higher in boys than in girls, and the disparity increases between Reception and Year 6. National data show that for 2020/21:

- In Reception, 14.8% of boys were obese compared to 14.1% of girls.
- By Year 6, 29.2% of boys were obese, compared to 21.7% of girls.

National data show that ethnicity has an effect on obesity prevalence in both Year 6 and Reception boys and girls; obesity prevalence is highest in children from Black, Pakistani, and Bangladeshi ethnic groups. Disparities in obesity prevalence are in general greater in Year 6 than in Reception.

**Prevalence of obesity including severe obesity, England 2020/21**

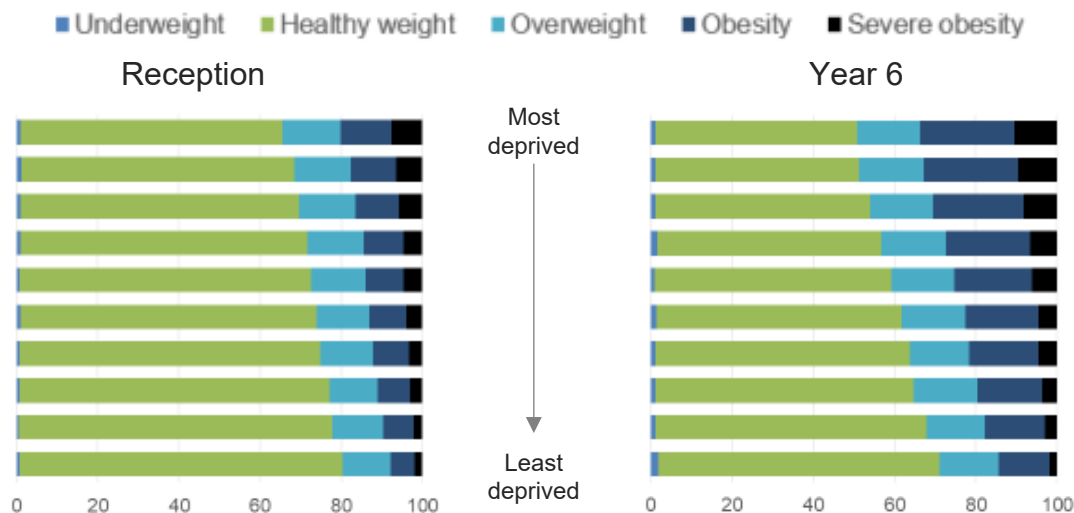


National data show that prevalence of healthy weight decreases as deprivation increases

In Reception, 34.5% of children in the most deprived decile are overweight (including obese), compared to 19.7% of children in the least deprived decile

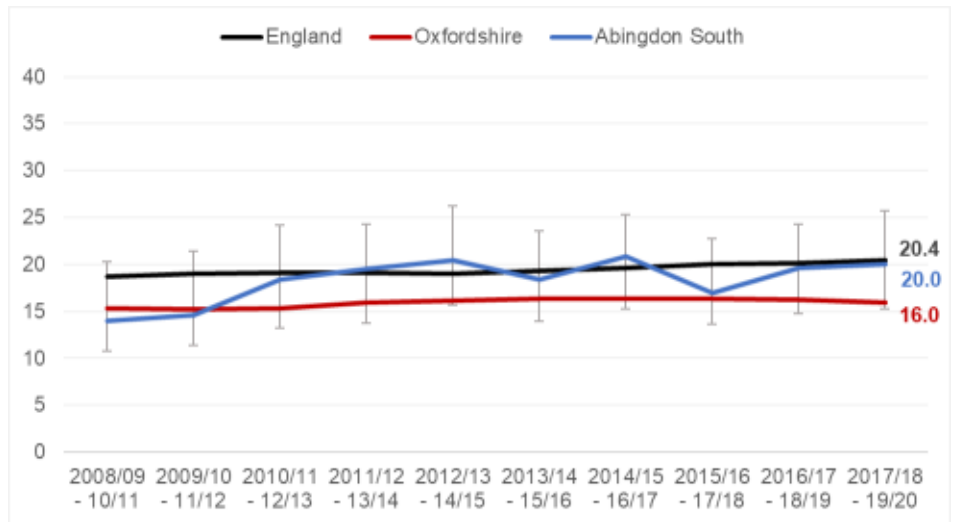
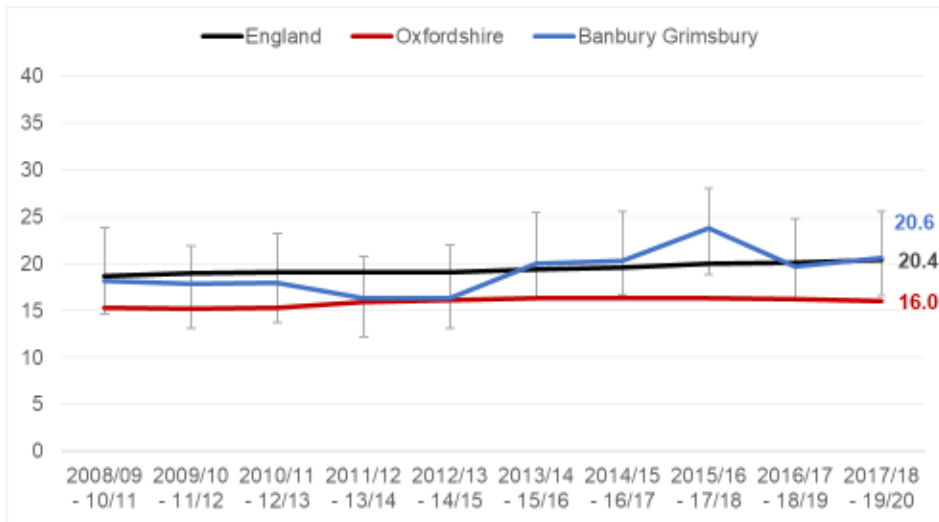
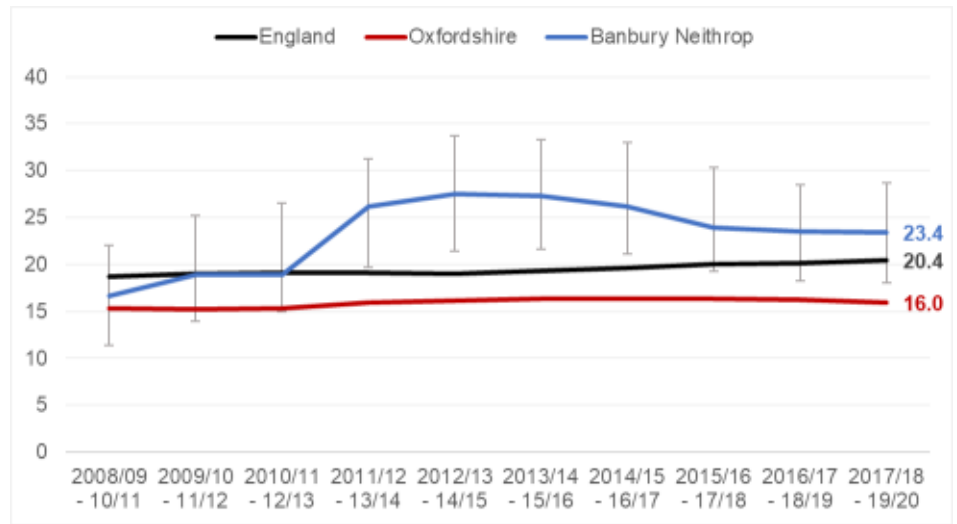
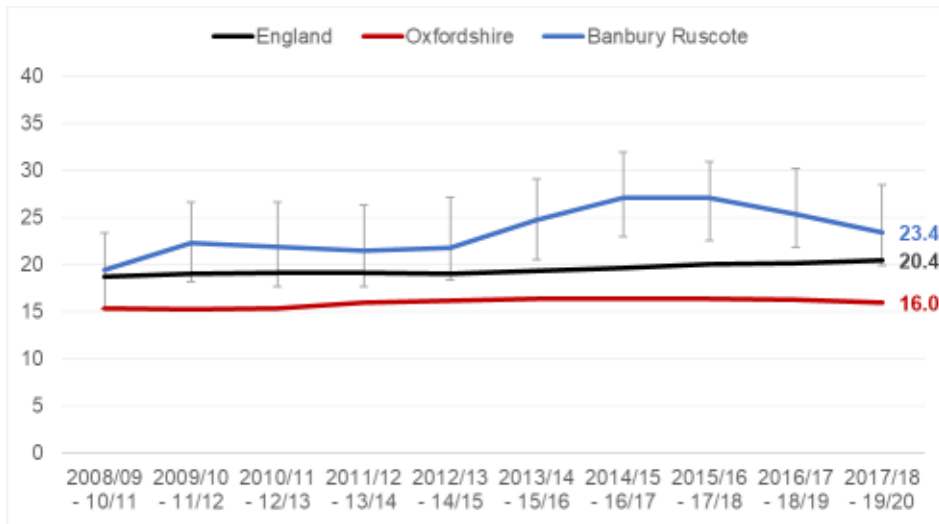
In Year 6, 49.2% of children in the most deprived decile are overweight (including obese), compared to 28.9% of children in the least deprived decile

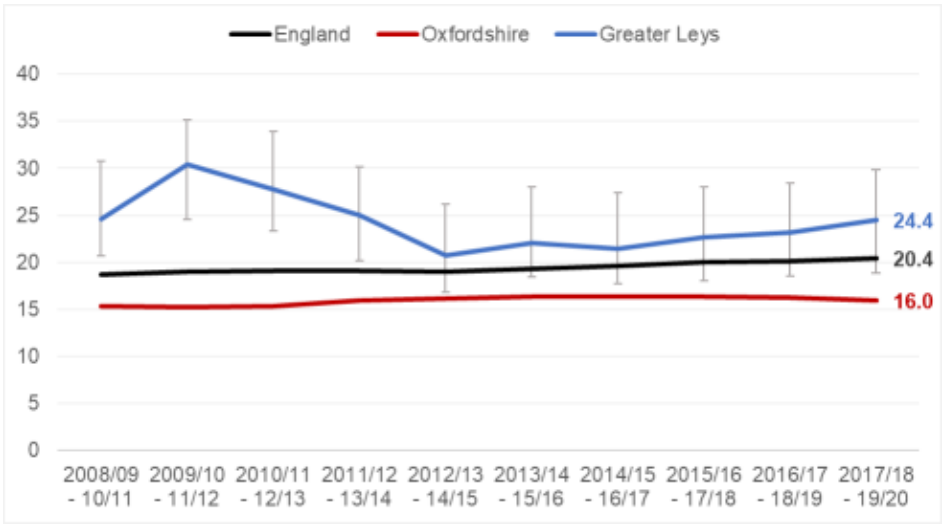
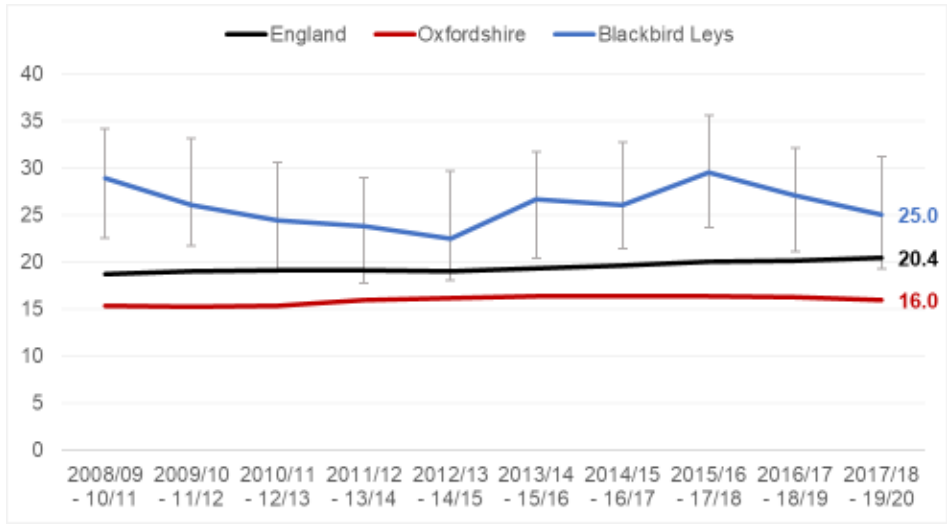
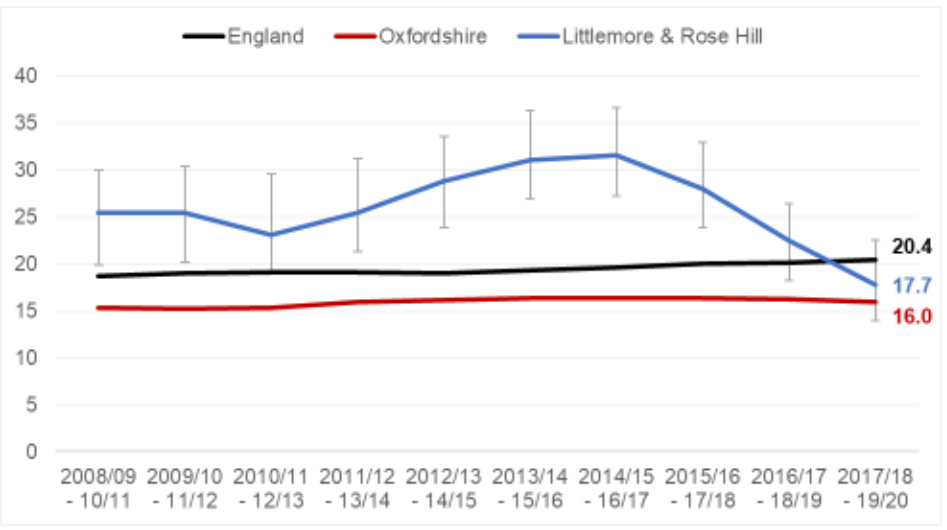
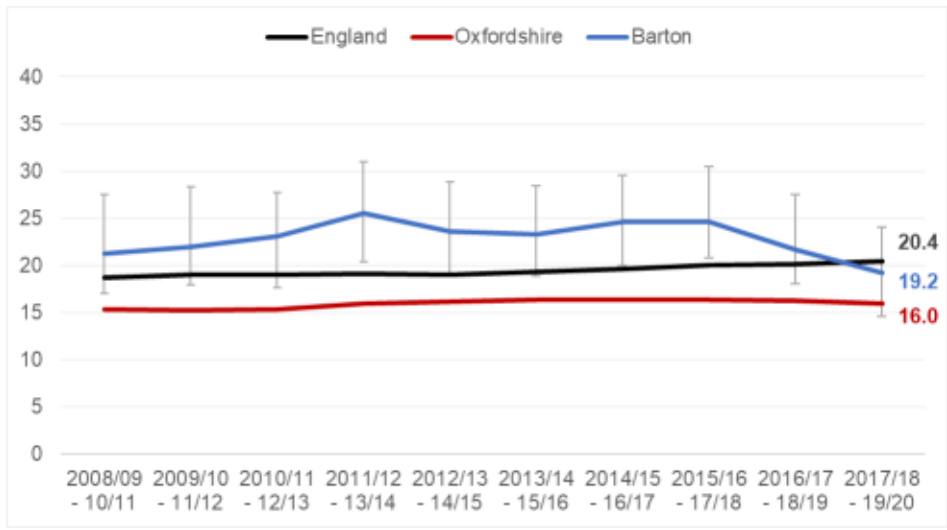
**Weight categories of children across deprivation deciles, England 2020/21**



## Year 6: Prevalence of obesity, 3-years data combined

Trends are shown below for Oxfordshire MSOAs containing our most deprived areas. Values for Oxford Central MSOA have been suppressed for disclosure control reasons and are not included below.





Source: Office for Health Improvement and Disparities, NCMP and Child Obesity Profile

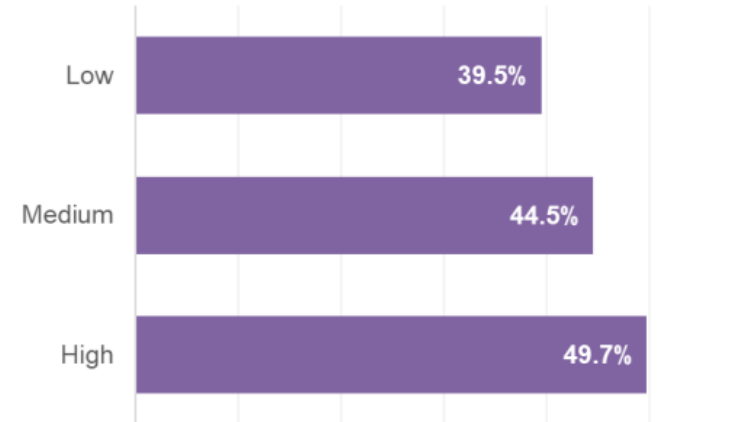
## Physical Activity in Children

National data from the 2020/21 academic year show that a similar proportion of boys (44.7%) and girls (45.3%) are physically active.

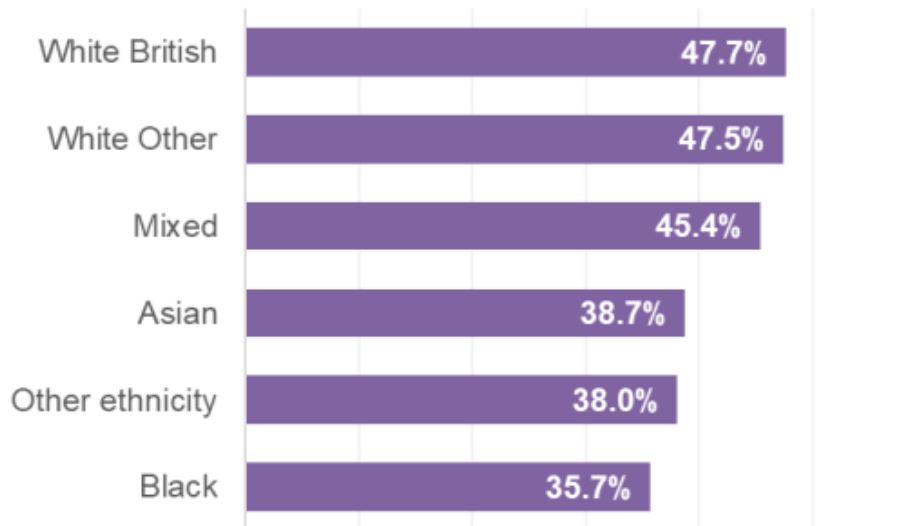
Activity levels have fallen compared to pre-pandemic (2018-19) for children and young people from the least affluent families, while remaining unchanged for those from the most affluent families – widening the gap between the two.

Children and young people from White British, White Other and Mixed backgrounds are more likely to be active than those from Asian, Black and Other ethnic backgrounds. In addition, Asian and White Other boys are currently more likely to be active than Asian and White Other girls respectively, while White British girls are more likely to be active than White British boys.

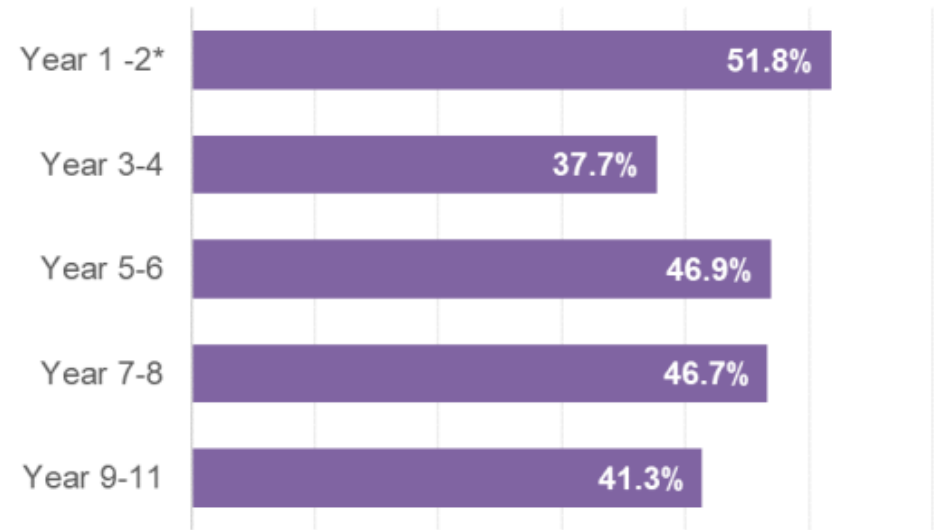
## Physically active children and young people by family affluence



## Physically active children and young people by ethnicity



## Physically active children and young people by school year



\* Completed by parent