

Startwell

Being active, eating well, achieving more.



Birmingham
forward
steps
The best start for our children

 **Birmingham**
City Council

NHS

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Startwell

NHS

Latest obesity statistics

On 3rd November 2022 the latest report from the Government's National Child Measurement Programme (NCMP) for England was published. The table below summaries the obesity data for England and Birmingham over the last 3 years.

	Birmingham 2019/20	Birmingham 2020/21	Birmingham 2021/22	England 2019/20	England 2020/21	England 2021/22
Reception	11%	Unavailable due to Covid	12.2%	9.9%	14.4%	10.1%
Year 6	25.7%		28.1%	21%	25.5%	23.4%



The key findings from the National report are:



- The prevalence of reception-aged children living with obesity has decreased from 14.4% in 2020/21 (during the covid-19 pandemic) to 10.1% in 2021/22.
- The prevalence of Year 6 children living with obesity decreased from 25.5% in 2020/21 to 23.4% in 2021/22. *This is still higher than pre-pandemic levels (21% in 2019/20).*
- Boys have a higher prevalence of living with obesity than girls for both age groups.
- Children in the most deprived areas were more than twice as likely to be living with obesity compared to those living in the least deprived (for reception this was 13.6% compared to 6.2% respectively).

The key findings for Birmingham are:



- The prevalence of reception-aged children living with obesity in Birmingham is 12.2%.
- The prevalence of Year 6 children living with obesity in Birmingham is 28.1%
- The obesity figures for Birmingham are higher than the national average for reception-aged and Year 6 children.
- The obesity figures for Birmingham remain higher than the 2019/20 pre-pandemic levels (11% for reception-aged children and 25.7% Year 6 aged children). Regional data (including Birmingham) is unavailable for 2020/21 due to the Covid-19 pandemic.



Newsletter



- To hear about the latest news make sure you are signed up to Startwell's newsletter. We shared the obesity statistics in our January newsletter.
- Sign up to the newsletter on the Startwell website <https://startwellbirmingham.co.uk/startwell-newsletter/>

We send out regular e-newsletters with hints, tips and advice to a subscriber list. Please feel free to subscribe to the newsletter below or view some of our past issues.

Stay Up To Date

Please sign up to the Startwell eNewsletter for all the latest news, views, advice and much more

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Blog



Key information from our newsletters also go onto our blog page on the Startwell website. You can search the blog by categories for example oral health, physical activity, mealtimes. <https://startwellbirmingham.co.uk/startwell-blog/>

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Free Early Years Startwell Training 2023



Our training aims to build participants' knowledge around nutrition and physical skills for children under 5 and their families. This training will give you knowledge and skills to embed the Startwell key messages into your setting. You will go away with lots of practical ideas to use in your setting.

Training	Date	Time	Venue
Startwell Characters and Messages	Tuesday 17 th January 2023	9.30-11.15am	Online, Through Microsoft Teams
Music, Movement and Maths	Monday 23 rd January 2023	1.00-2.45pm	Online, Through Microsoft Teams
Oral Health	Tuesday 31 st January 2023	1.00-2.45pm	Online, Through Microsoft Teams
Physical 2 Year Olds	Tuesday 14 th February 2023	9.30-11.15am	Online, Through Microsoft Teams
Startwell Characters and Messages	Monday 20 th February 2023	1.00-2.45pm	Online, Through Microsoft Teams
Fussy Eating	Wednesday 1 st March 2023	9.30-11.15am	Online, Through Microsoft Teams

To book your places please visit <https://startwellbirmingham.co.uk/training-dates/> click on the training date you're interested in, and then click on 'book now'. You will be emailed afterwards letting you know if you have got a place. To take part in virtual training you will need a stable interconnection and would preferably be in a quiet place if you want the opportunity to speak and ask the trainer questions.



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Training	Date	Time	Venue
Physical Pre-Schoolers	Monday 6 th March 2023	1.00-2.45pm	Online, Through Microsoft Teams
Startwell Characters and Messages	Wednesday 15 th March 2023	1.00-2.45pm	Online, Through Microsoft Teams
Food and Mealtimes	Tuesday 28 th March 2023	9.30-11.15am	Online, Through Microsoft Teams
Weaning	Monday 17 th April 2023	1.00-2.45pm	Online, Through Microsoft Teams
Physical Babies	Wednesday 19 th April 2023	9.30-11.15am	Online, Through Microsoft Teams
Startwell Characters and Messages	Tuesday 25 th April 2023	1.00-2.45pm	Online, Through Microsoft Teams

To book your places please visit <https://startwellbirmingham.co.uk/training-dates/> click on the training date you're interested in, and then click on 'book now'. You will be emailed afterwards letting you know if you have got a place. To take part you will need a stable interconnection and would preferably be in a quiet place if you want the opportunity to speak and ask the trainer questions.



Startwell Social Media



Startwell Birmingham



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Stay in touch:

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