



SAMPLE · Ravensmere is a fictional London borough and its figures are constructed. The London and England lines are published data.

More than one in four Year 6 children in Ravensmere are living with obesity, above the England average. Most of it is gained during primary school rather than before it. How many children will be affected by 2030/31 turns on two things pulling in different directions: a rate that has been rising, and fewer children coming through.

31.0%

Year 6 obesity, 2024/25 (England 24.6%)

+172%

increase from Reception to Year 6, recent year groups (England +148%)

-12%

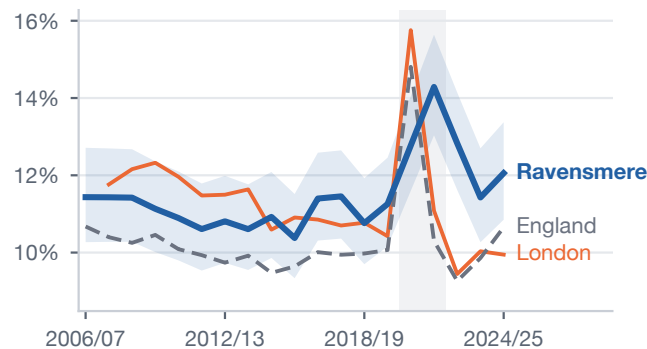
children aged 4, 2024 to 2030

810-900

Year 6 children with obesity in 2030/31, two paths

01 THE RATE, AT SCHOOL ENTRY AND AT YEAR 6

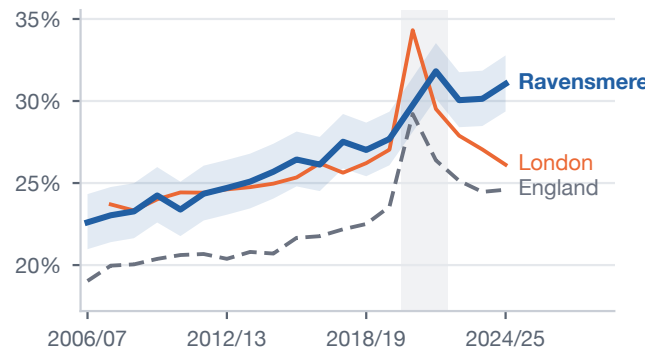
Reception: obesity



Obesity includes severe obesity. Shaded band: 95 per cent confidence interval. Grey column: the pandemic years.

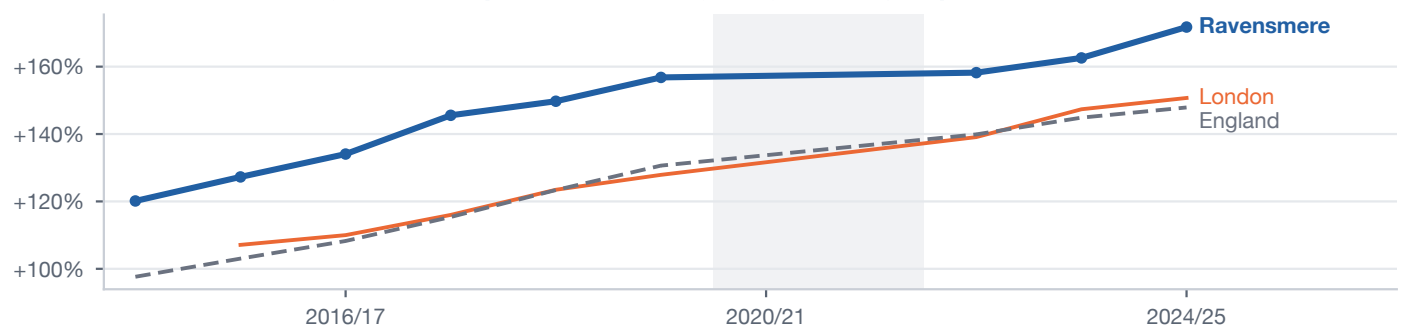
Both rates are above England's. Over the past decade the Year 6 rate has moved broadly in step with England's. Both rates jumped during the pandemic, and Year 6 has not returned to its 2018/19 level of 27.0 per cent.

Year 6: obesity



02 ACROSS PRIMARY SCHOOL

Increase in obesity from Reception to Year 6, by the year the group reached Year 6

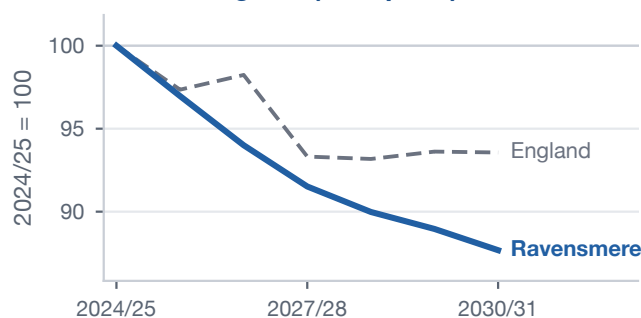


Each point averages three year groups. Groups that reached Year 6 in 2020/21 or 2021/22 are left out.

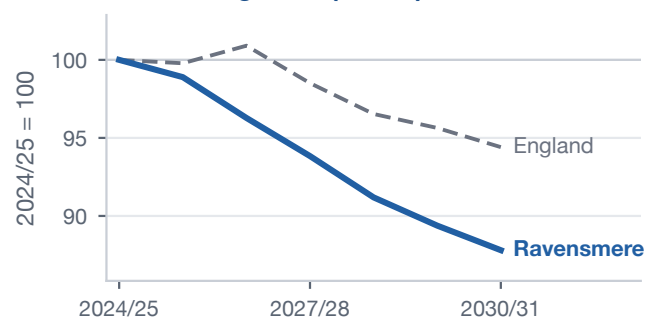
Following each year group from Reception to Year 6 shows how much obesity is gained during the primary years. Across England the Reception rate has stayed at about one child in ten throughout, while the increase across primary school has grown from about 98 per cent for the year groups that started in the late 2000s to about 148 per cent now. The national rise in Year 6 obesity happens in school, not before it. In Ravensmere recent year groups have gained more than that, about 172 per cent, so the gap with England opens during the school years.

03 THE CHILDREN COMING THROUGH

Children aged 4 (Reception)



Children aged 10 (Year 6)



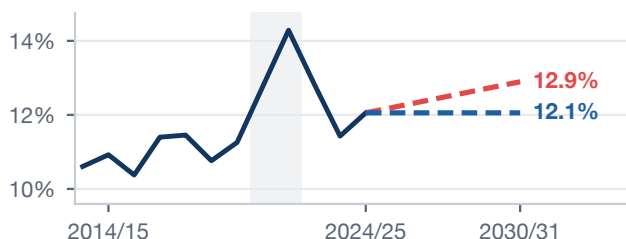
ONS projects 12 per cent fewer four-year-olds in Ravensmere by 2030 than in 2024, against a fall of 6 per cent across England. Ten-year-olds fall by 12 per cent. Fewer children means fewer children with obesity at any given rate. That fall is demographic: it says nothing about whether prevention is working.

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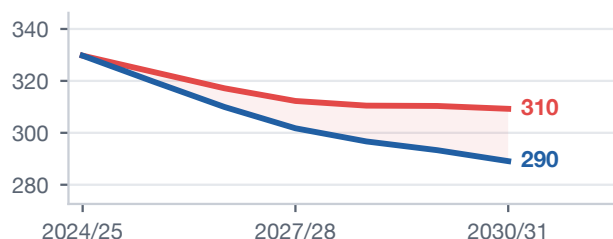
04 TO 2030/31: RATES AND NUMBERS

Two paths that differ only in what the rate does: **trend**, the 2013/14 to 2024/25 pace continues; **holds**, the rate stays at its 2024/25 level; **year group**, the children measured at Reception in 2024/25, carried through the recent increase. Children are the rate applied to the projected cohort.

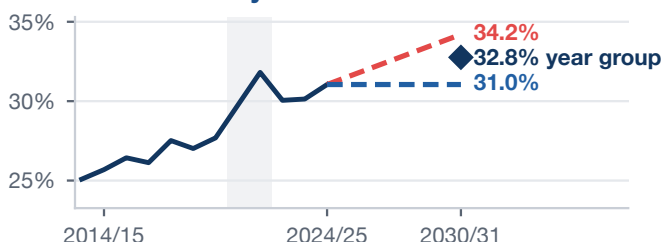
Reception: obesity rate



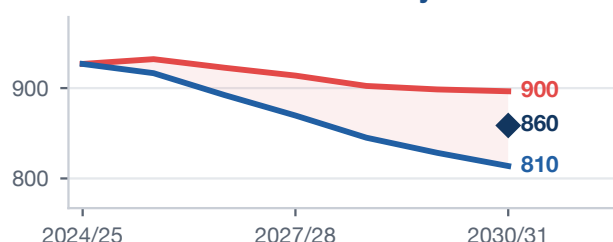
Reception: children with obesity



Year 6: obesity rate



Year 6: children with obesity



If the Year 6 rate keeps moving at its 2013/14 to 2024/25 pace, 34.2 per cent of Year 6 children would be living with obesity by 2030/31, about 900 children in that one year group. If it holds at today's level, about 810. Fewer ten-year-olds coming through keep even the trend path close to today's 930, and on the hold path the number falls. Neither is a sign that the rate is improving. The children who will be in Year 6 in 2030/31 are already in school: they were measured at Reception in 2024/25. Carried through the increase recent year groups have seen, they point to about 32.8 per cent, between the two paths.

At Reception, fewer four-year-olds pull the number of children with obesity down on both paths, to between 290 and 310 by 2030/31 from 330 now: a fall that comes from the cohort, not the rate.

The number of children services will need to reach by 2030/31 depends on a rate that is still moving and a cohort that is changing size. Neither today's count nor today's rate is a safe planning figure on its own: the two need projecting separately, with the uncertainty stated.

05 WHAT A FULLER MODEL WOULD ADD

- Forecasts chosen on the evidence.** Several methods tested against held-back years, the best kept, and a confidence interval on every figure, in place of two straight lines.
- Year groups followed through school.** The Reception measurements already taken shape Year 6 for the next six years. A model built on them is firmer than a trend.
- Where the numbers will fall.** With the council's own NCMP records, projections by ward, school and deprivation, so services can be placed where the children are.
- What it means for services and budgets.** Children likely to meet referral thresholds, the places needed, and the return on prevention spending, with savings to the NHS and to the council shown separately.

A model of this kind has been built for a London borough's child weight management commissioning, from sixteen years of NCMP data. A worked example is at infoinsight.co.uk.

06 METHOD AND CAVEATS

Obesity is as published by OHID from the National Child Measurement Programme: children at or above the 95th centile of the UK90 reference, including severe obesity, with 95 per cent confidence intervals. The increase across primary school compares Reception in one year with Year 6 six years later, averaged over three year groups, leaving out groups that reached Year 6 in the pandemic years. The trend path extends a straight line fitted to the 10 published years from 2013/14, leaving out 2020/21 (not published below national level) and 2021/22 (a pandemic step that partly unwound). The year group marker applies the increase for Year 6 in 2022/23 to 2024/25 to the 2024/25 Reception rate. Children are the rate applied to ONS projected residents aged 4 and 10 at mid-year.

- Ravensmere is not a real local authority. Its figures are constructed for illustration and do not describe any council; the London and England figures are as published.
- The forward view is an illustration from published data, not a commissioned forecast. A straight line does not respond to policy or services.
- A year group is not the same children throughout: children move in and out of the area between Reception and Year 6.
- Counts are all resident children of the age, not only those measured, rounded. Population projections assume recent births, deaths and migration continue.
- The 2019/20 collection stopped early when schools closed, so that year rests on a smaller sample.

07 SOURCES

- Ravensmere: constructed series, not published data. Everything else below is published.
- OHID, National Child Measurement Programme, via Fingertips: 2006/07 to 2024/25, upper-tier authorities on April 2023 boundaries, extracted 14 October 2026. OGL v3.0.
- ONS, Subnational population projections for England, 2022-based: migration category variant, single year of age, April 2023 boundaries, extracted 14 October 2026. OGL v3.0.