National Child Measurement Programme
Results from 2025/26 school year

Public Health Intelligence team

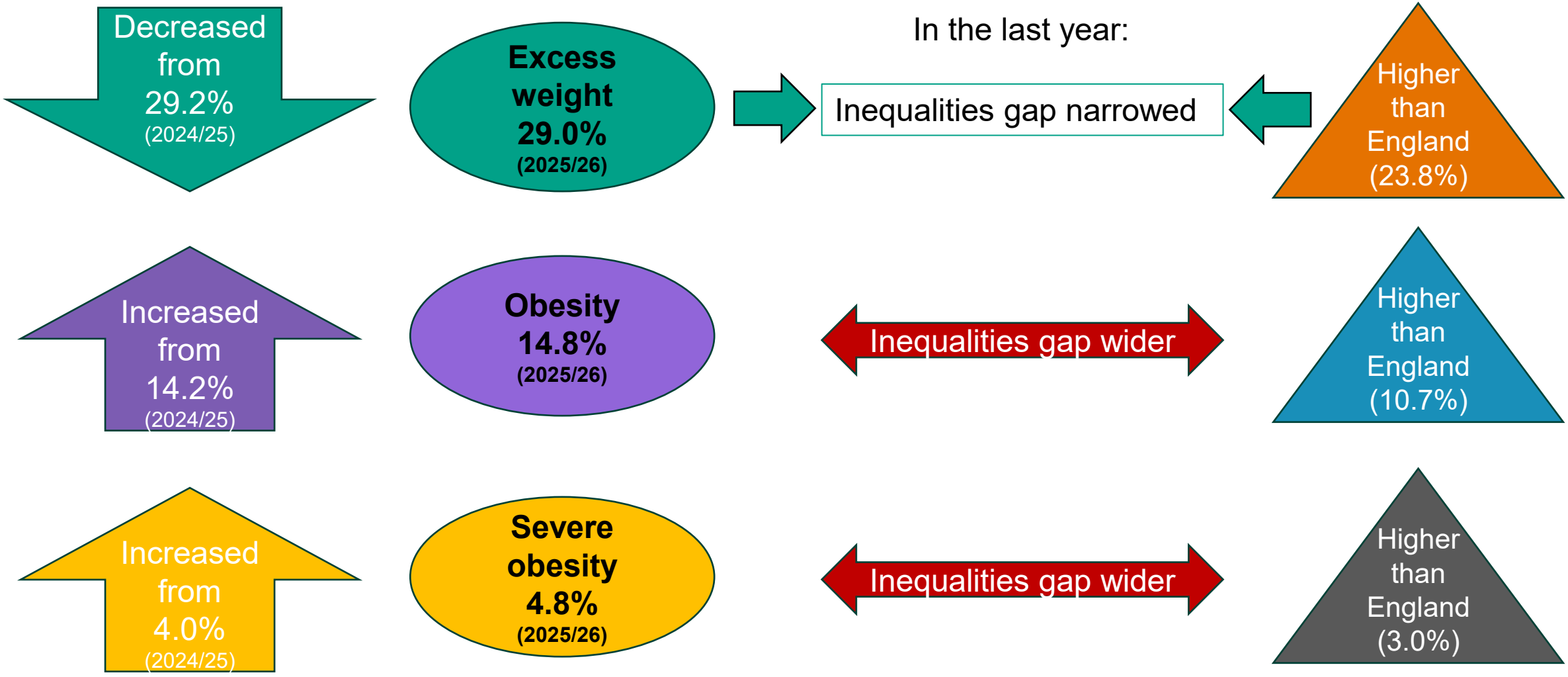
Hull City Council



Summary

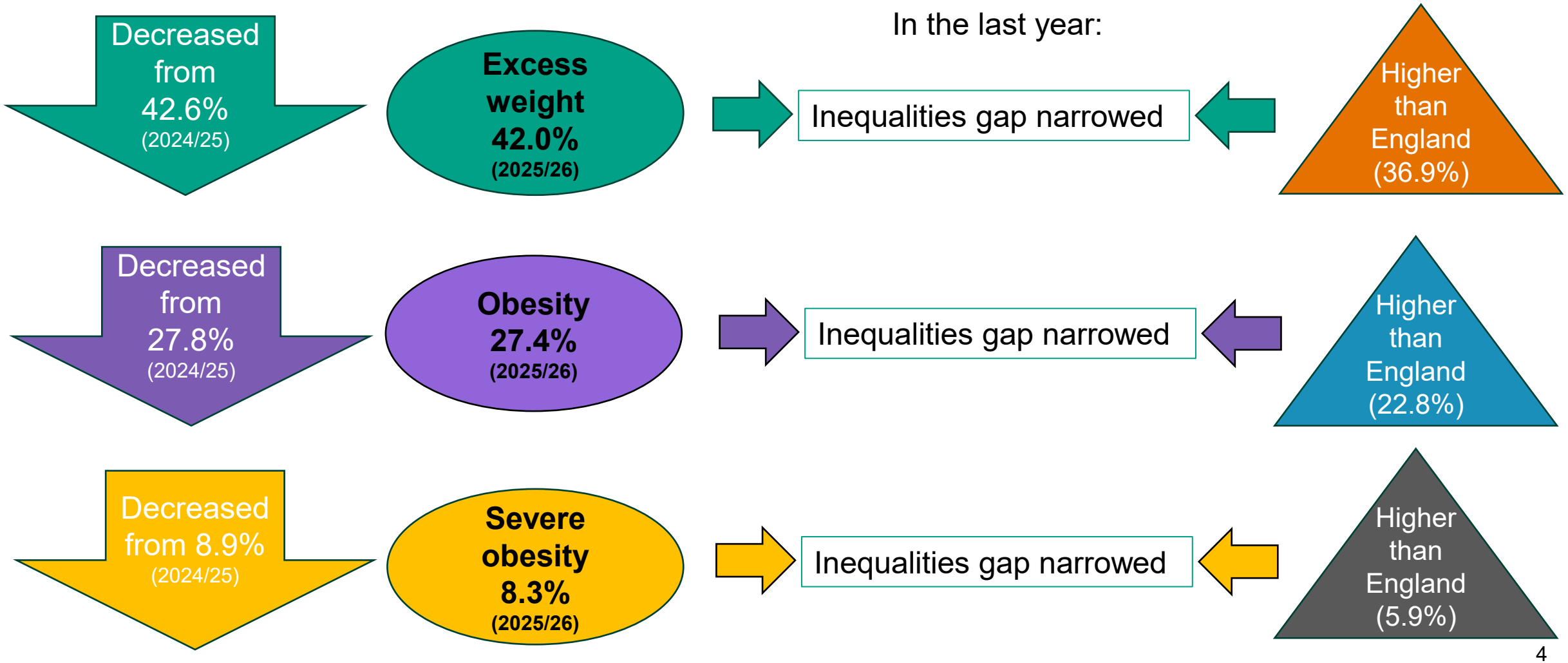
National Child Measurement Programme (NCMP) 2025/26

Year R



National Child Measurement Programme (NCMP) 2025/26

Year 6



Background

National Child Measurement Programme (NCMP)

The National Child Measurement Programme (NCMP), established in 2006, collects annual measurements of the height and weight of over one million children in Reception (age 4-5 years) and Year 6 (age 10-11 years) in primary schools across England. The data is submitted to NHS Digital who validate the results and publish an annual report at local authority level.

The data can be used nationally to support local public health initiatives, and locally to inform the planning and delivery of services for children. The programme is recognised internationally as a world-class source of public health intelligence and holds UK National Statistics status.

The programme was set up in line with the government's strategy to tackle obesity, and to:

•inform local planning and delivery of services for children

•gather population-level data to allow analysis of trends in growth patterns and obesity

•increase public and professional understanding of weight issues in children and

•be a vehicle for engaging with children and families about healthy lifestyles and weight issues.

Heights and weights are measured and used to calculate a Body Mass Index (BMI) centile. The measurement process is overseen by trained healthcare professionals in schools.

The results from the 2025/26 school year were published on 3 November 2026 by the Office for Health Improvement & Disparities (**National Child Measurement Programme (NCMP) annual report: academic year 2025 to 2026, England - GOV.UK**).

This slide set presents NCMP data from the 2025/26 school year showing the patterns and trends in the prevalence of overweight and obesity among Reception and Year 6 children in living in Hull (based on postcode of child).

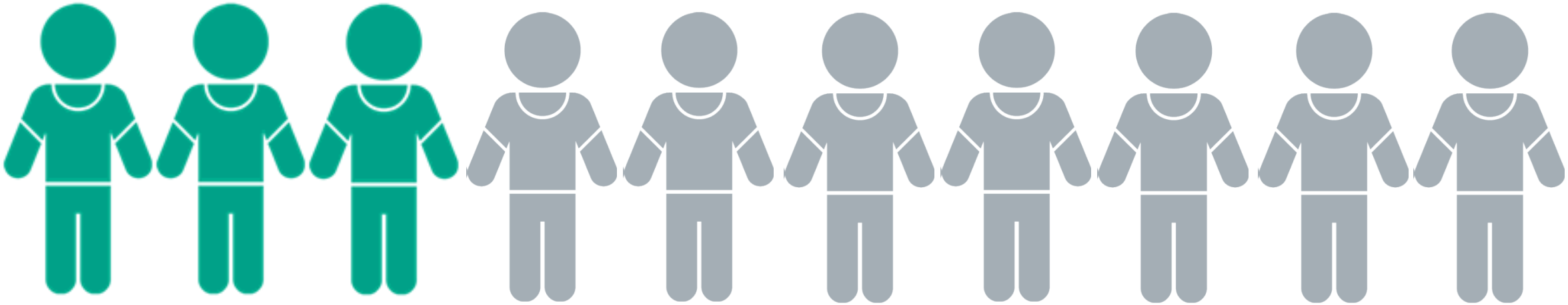
Local Authority Public Health teams will receive a more detailed dataset in due course which will enable additional analyses of the results to be completed, looking at differences by ward, deprivation and ethnicity

Latest data showing prevalence of excess weight and obesity in Hull by age

Reception: Prevalence of overweight (including obesity)

National Child Measurement Programme 2025/26

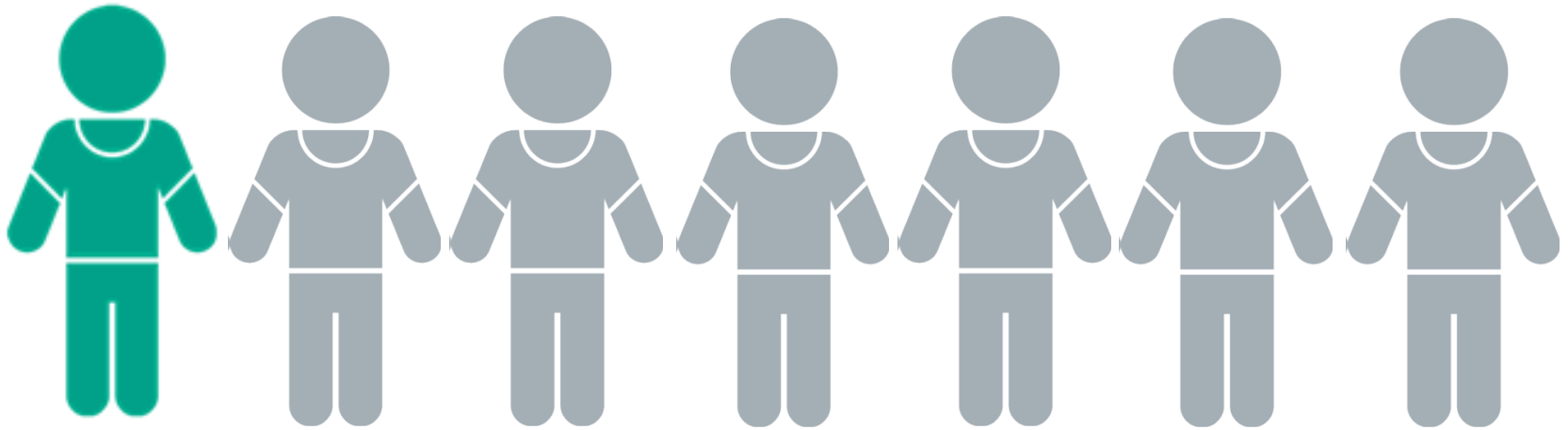
In 2025/26, just under three in ten children in Reception (aged 4-5 years) were overweight or living with obesity in Hull and under one in four children for England
(Hull 29.0%, England 23.8%)



Reception: Prevalence of obesity

National Child Measurement Programme 2025/26

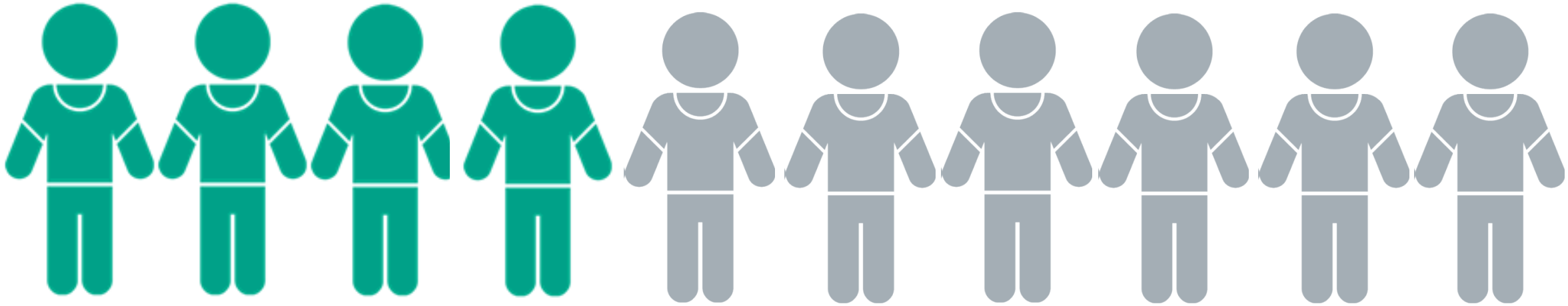
In 2025/26, one in seven children in Reception (aged 4-5 years) were living with obesity in Hull compared to around one in nine children in England
(Hull 14.8%, England 10.7%)



Year 6: Prevalence of overweight (including obesity)

National Child Measurement Programme 2025/26

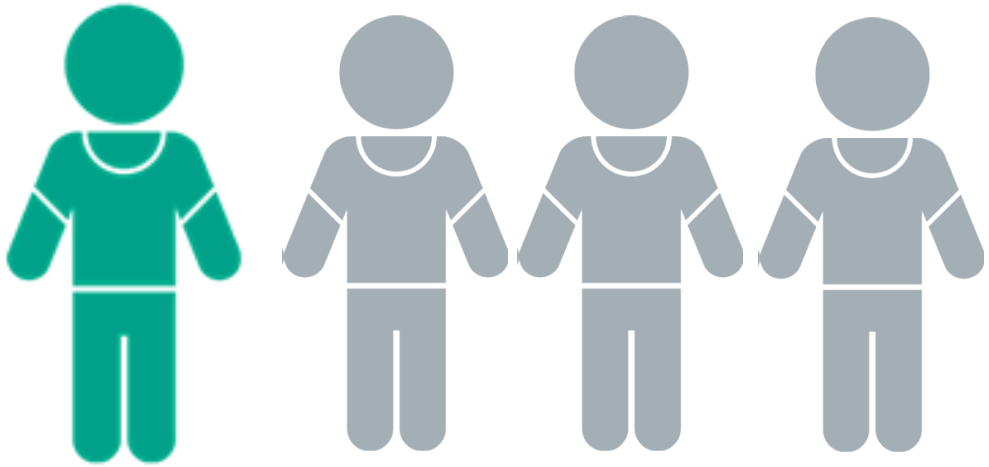
In 2025/26, over four in ten children in Year 6 (aged 10-11 years) were overweight or living with obesity in Hull compared to just over one in three children for England
(Hull 42.0%, England 36.9%)



Year 6: Prevalence of obesity

National Child Measurement Programme 2025/26

In 2025/26, more than one in four children in Year 6 (aged 10-11 years) were living with obesity in Hull compared to under one in four children for England
(Hull 27.4%, England 22.8%)



Number of Hull children* by BMI status and age

National Child Measurement Programme 2025/26

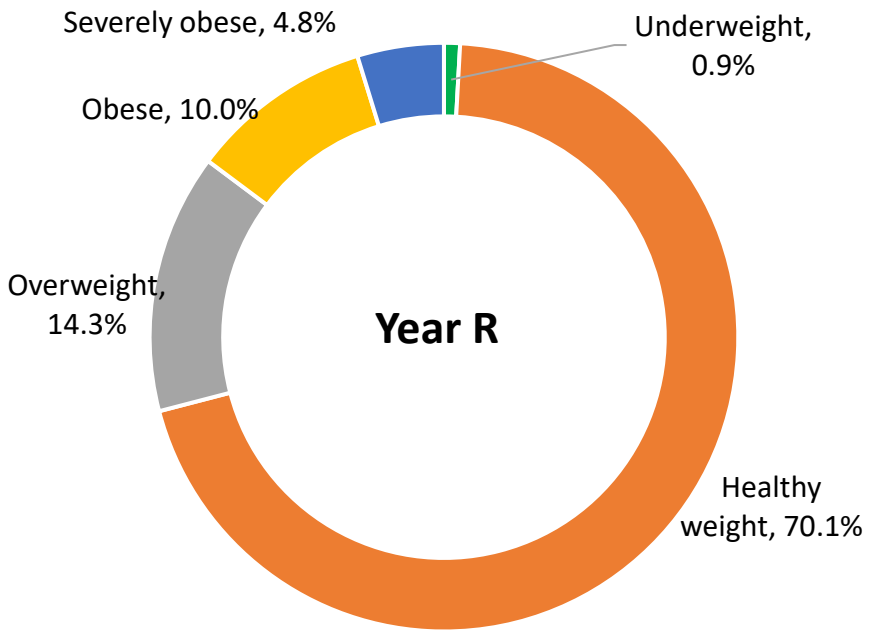
Year	Underweight	Healthy weight	Overweight	Obese (including severely obese)	Severely obese	Excess Weight	Measured
Year R	25	1,990	405	420	135	825	2,840
Year 6	25	1,795	460	860	260	1,320	3,140

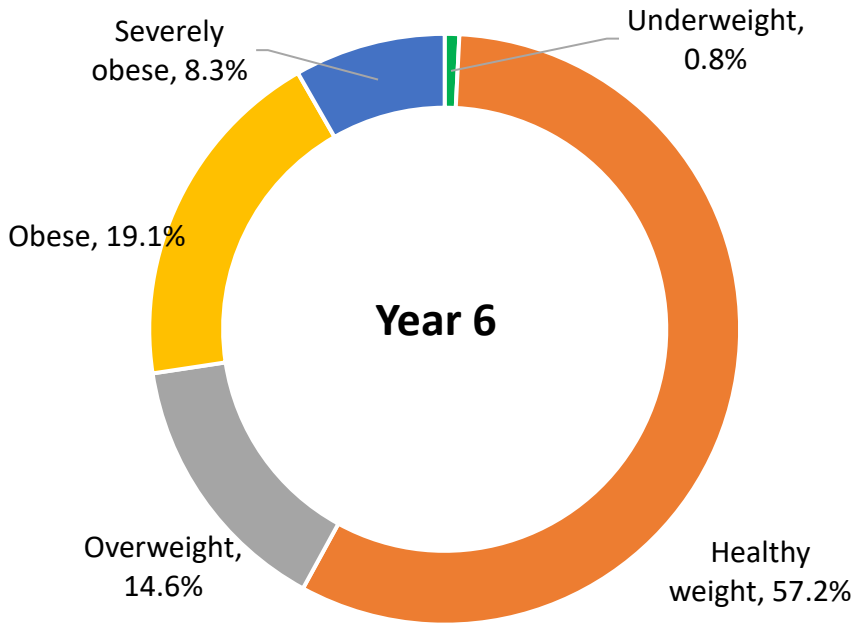
The majority of children in Hull are a healthy weight.

*Numbers rounded to nearest five so do not necessarily sum to total number of children measured.

BMI status of children by age

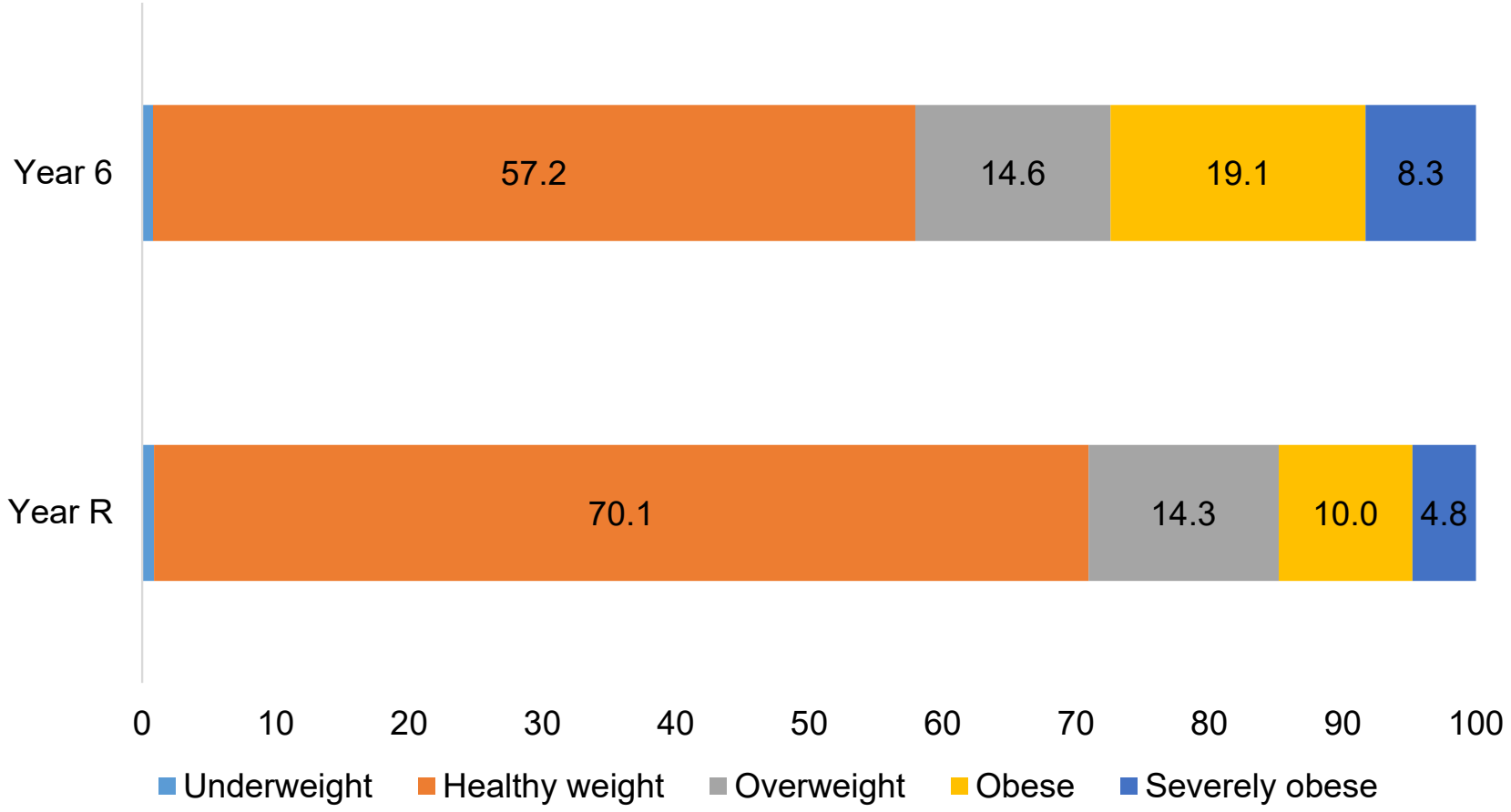
National Child Measurement Programme 2025/26





BMI status of children by age

National Child Measurement Programme 2025/26



Hull’s rankings against upper-tier local authorities

Centile of ranks* of Hull's children by BMI status and age

National Child Measurement Programme 2025/26

Year	Underweight	Healthy weight	Overweight	Obese (including severely obese)	Severely obese	Excess Weight
Year R	61%	97%	24%	2%	3%	4%
Year 6	98%	86%	19%	11%	9%	10%



Hull is in the worst 4% of local authorities in terms of the prevalence of excess weight and obesity for Year R. This is a deterioration from last year when Hull was in the bottom 10% for severe obesity and the bottom 5% for both excess weight.

However, there has been an improvement for Year 6. Hull was in the bottom 6% for excess weight and the bottom 2% for severe obesity.

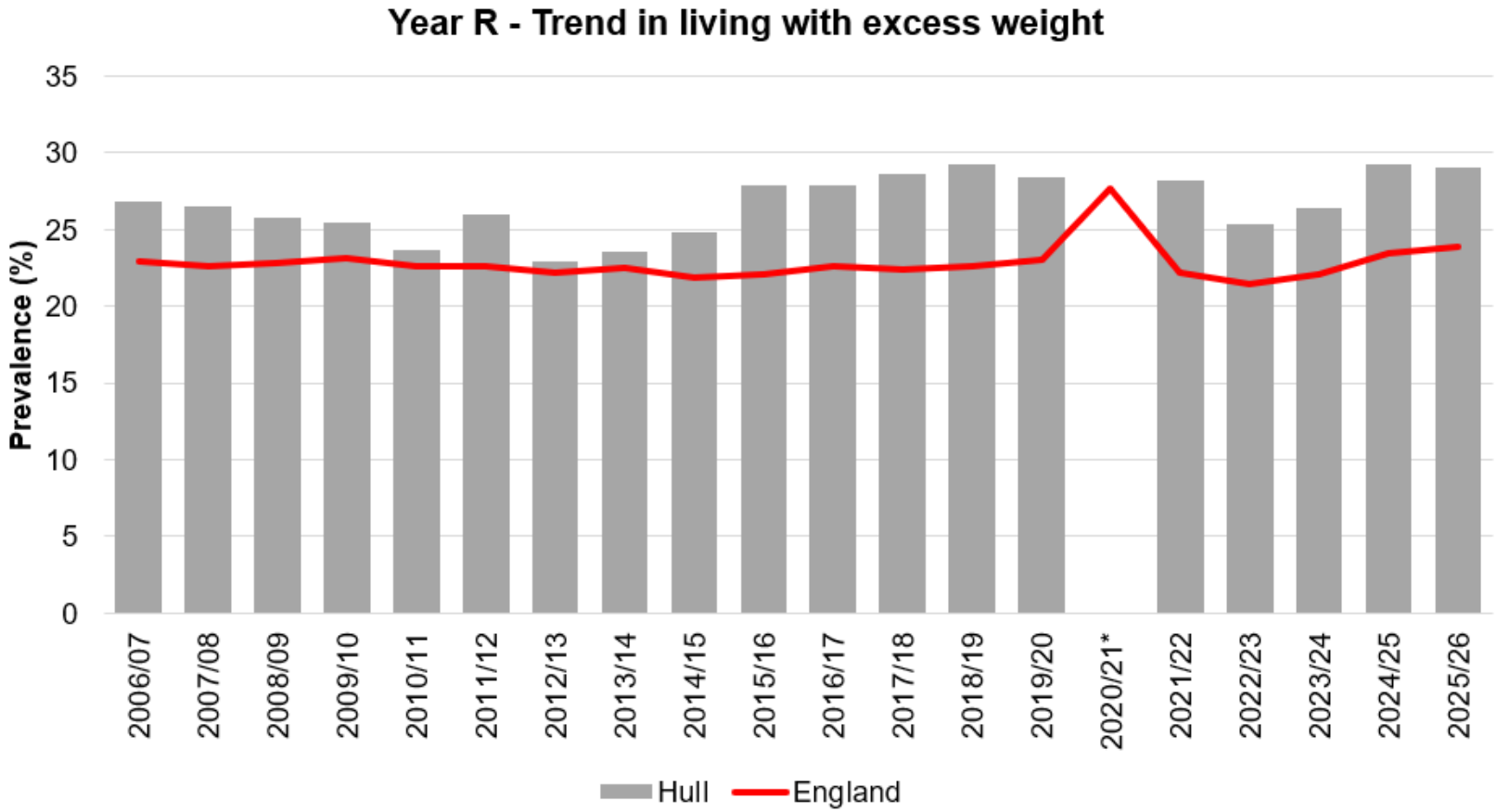
*There are 153 upper-tier local authorities of which two have too smaller numbers so are not presented. A further one local authority has too smaller numbers for underweight for both Year R and Year 6, and severely obese for Year 6. A further 10 local authorities have too smaller numbers for Year R underweight. The figures presented show where Hull is in relation to other local authorities. For instance, a figure of 5 denotes that Hull is in the bottom 5% (worst) of upper-tier local authorities for the measure.

Trends in prevalence of child overweight and obesity in Hull v England

Reception: Prevalence of overweight (including obesity)

National Child Measurement Programme 2025/26

Period	Hull	England	Gap
2006/07	26.8	22.9	3.9
2007/08	26.5	22.6	3.9
2008/09	25.8	22.8	3.0
2009/10	25.5	23.1	2.4
2010/11	23.7	22.6	1.1
2011/12	26.0	22.6	3.4
2012/13	22.9	22.2	0.7
2013/14	23.6	22.5	1.1
2014/15	24.8	21.9	2.9
2015/16	27.9	22.1	5.8
2016/17	27.9	22.6	5.3
2017/18	28.6	22.4	6.2
2018/19	29.2	22.6	6.6
2019/20	28.4	23.0	5.4
2020/21*		27.7	
2021/22	28.2	22.2	6.0
2022/23	25.4	21.4	4.0
2023/24	26.4	22.1	4.3
2024/25	29.2	23.5	5.7
2025/26	29.0	23.8	5.2

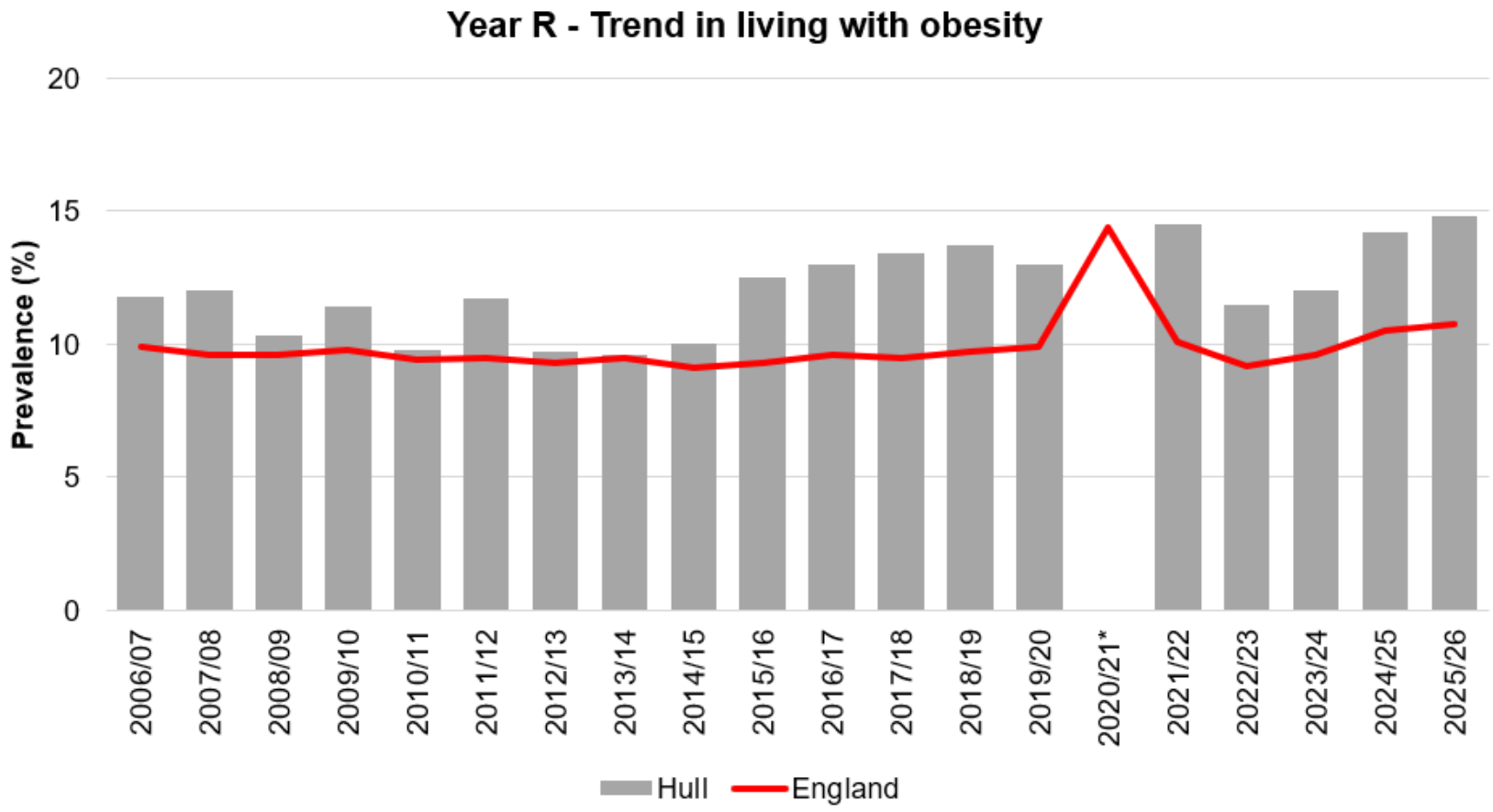


* Hull data was not complete enough for 2020/21 to be used due to COVID19 pandemic (sample size around 1/5th of normal NCMP cohorts).

Reception: Prevalence of obesity

National Child Measurement Programme 2025/26

Period	Hull	England	Gap
2006/07	11.8	9.9	1.9
2007/08	12.0	9.6	2.4
2008/09	10.3	9.6	0.7
2009/10	11.4	9.8	1.6
2010/11	9.8	9.4	0.4
2011/12	11.7	9.5	2.2
2012/13	9.7	9.3	0.4
2013/14	9.6	9.5	0.1
2014/15	10.0	9.1	0.9
2015/16	12.5	9.3	3.2
2016/17	13.0	9.6	3.4
2017/18	13.4	9.5	3.9
2018/19	13.7	9.7	4.0
2019/20	13.0	9.9	3.1
2020/21*		14.4	
2021/22	14.5	10.1	4.4
2022/23	11.5	9.2	2.3
2023/24	12.0	9.6	2.4
2024/25	14.2	10.5	3.7
2025/26	14.8	10.7	4.1

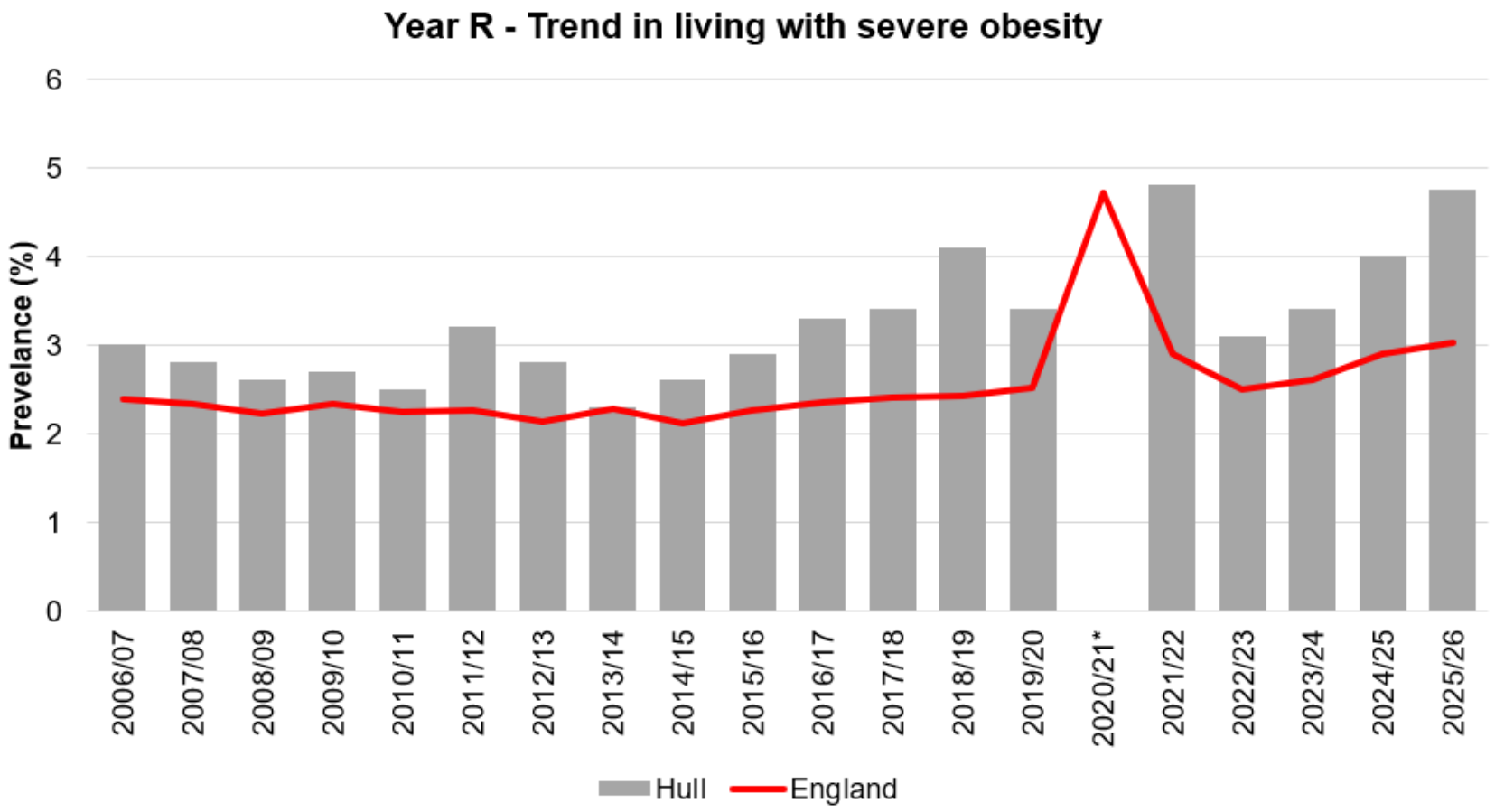


* Hull data was not complete enough for 2020/21 to be used due to COVID19 pandemic (sample size around 1/5th of normal NCMP cohorts).

Reception: Prevalence of severe obesity

National Child Measurement Programme 2025/26

Period	Hull	England	Gap
2006/07	3.0	2.4	0.6
2007/08	2.8	2.3	0.5
2008/09	2.6	2.2	0.4
2009/10	2.7	2.3	0.4
2010/11	2.5	2.3	0.2
2011/12	3.2	2.3	0.9
2012/13	2.8	2.1	0.7
2013/14	2.3	2.3	0.0
2014/15	2.6	2.1	0.5
2015/16	2.9	2.3	0.6
2016/17	3.3	2.3	1.0
2017/18	3.4	2.4	1.0
2018/19	4.1	2.4	1.7
2019/20	3.4	2.5	0.9
2020/21*		4.7	
2021/22	4.8	2.9	1.9
2022/23	3.1	2.5	0.6
2023/24	3.4	2.6	0.8
2024/25	4.0	2.9	1.1
2025/26	4.8	3.0	1.7



* Hull data was not complete enough for 2020/21 to be used due to COVID19 pandemic (sample size around 1/5th of normal NCMP cohorts).

Year 6: Prevalence of overweight (including obesity)

National Child Measurement Programme 2025/26

Period	Hull	England	Gap
2006/07	34.0	31.7	2.3
2007/08	37.5	32.6	4.9
2008/09	35.8	32.6	3.2
2009/10	34.6	33.4	1.2
2010/11	37.9	33.4	4.5
2011/12	36.8	33.9	2.9
2012/13	36.4	33.3	3.1
2013/14	34.5	33.5	1.0
2014/15	35.8	33.2	2.6
2015/16	37.4	34.2	3.2
2016/17	36.1	34.2	1.9
2017/18	37.9	34.3	3.6
2018/19	36.0	34.3	1.7
2019/20	37.5	35.2	2.3
2020/21*		40.9	
2021/22	42.6	37.7	4.9
2022/23		36.6	3.8
2023/24	42.2	35.8	6.4
2024/25	42.6	36.2	6.4
2025/26	42.0	36.9	5.2

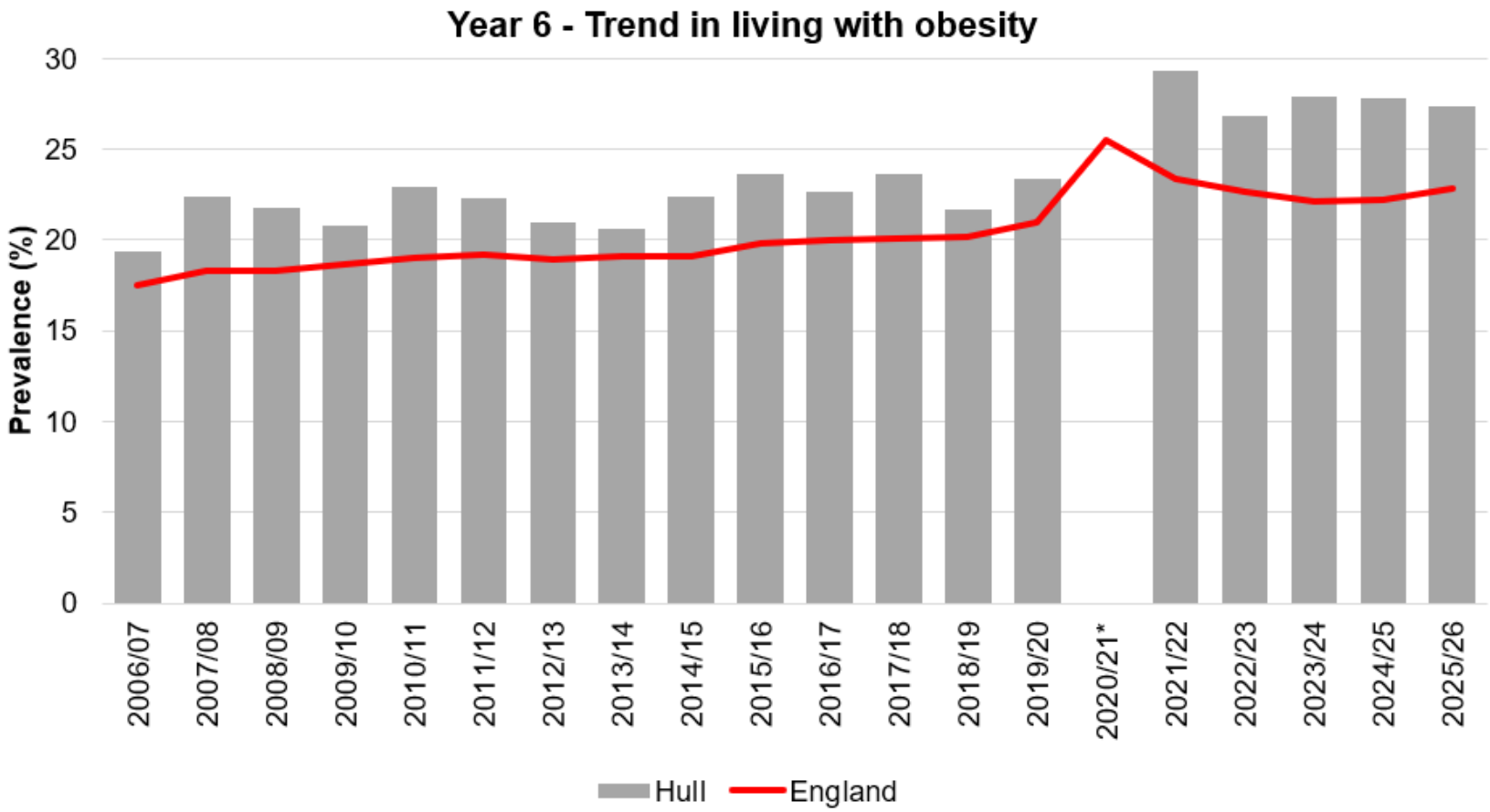


* Hull data was not complete enough for 2020/21 to be used due to COVID19 pandemic (sample size around 1/5th of normal NCMP cohorts).

Year 6: Prevalence of obesity

National Child Measurement Programme 2025/26

Period	Hull	England	Gap
2006/07	19.4	17.5	1.9
2007/08	22.4	18.3	4.1
2008/09	21.8	18.3	3.5
2009/10	20.8	18.7	2.1
2010/11	22.9	19.0	3.9
2011/12	22.3	19.2	3.1
2012/13	21.0	18.9	2.1
2013/14	20.6	19.1	1.5
2014/15	22.4	19.1	3.3
2015/16	23.6	19.8	3.8
2016/17	22.7	20.0	2.7
2017/18	23.6	20.1	3.5
2018/19	21.7	20.2	1.5
2019/20	23.4	21.0	2.4
2020/21*		25.5	
2021/22	29.3	23.4	5.9
2022/23	26.8	22.7	4.1
2023/24	27.9	22.1	5.8
2024/25	27.8	22.2	5.6
2025/26	27.4	22.8	4.6

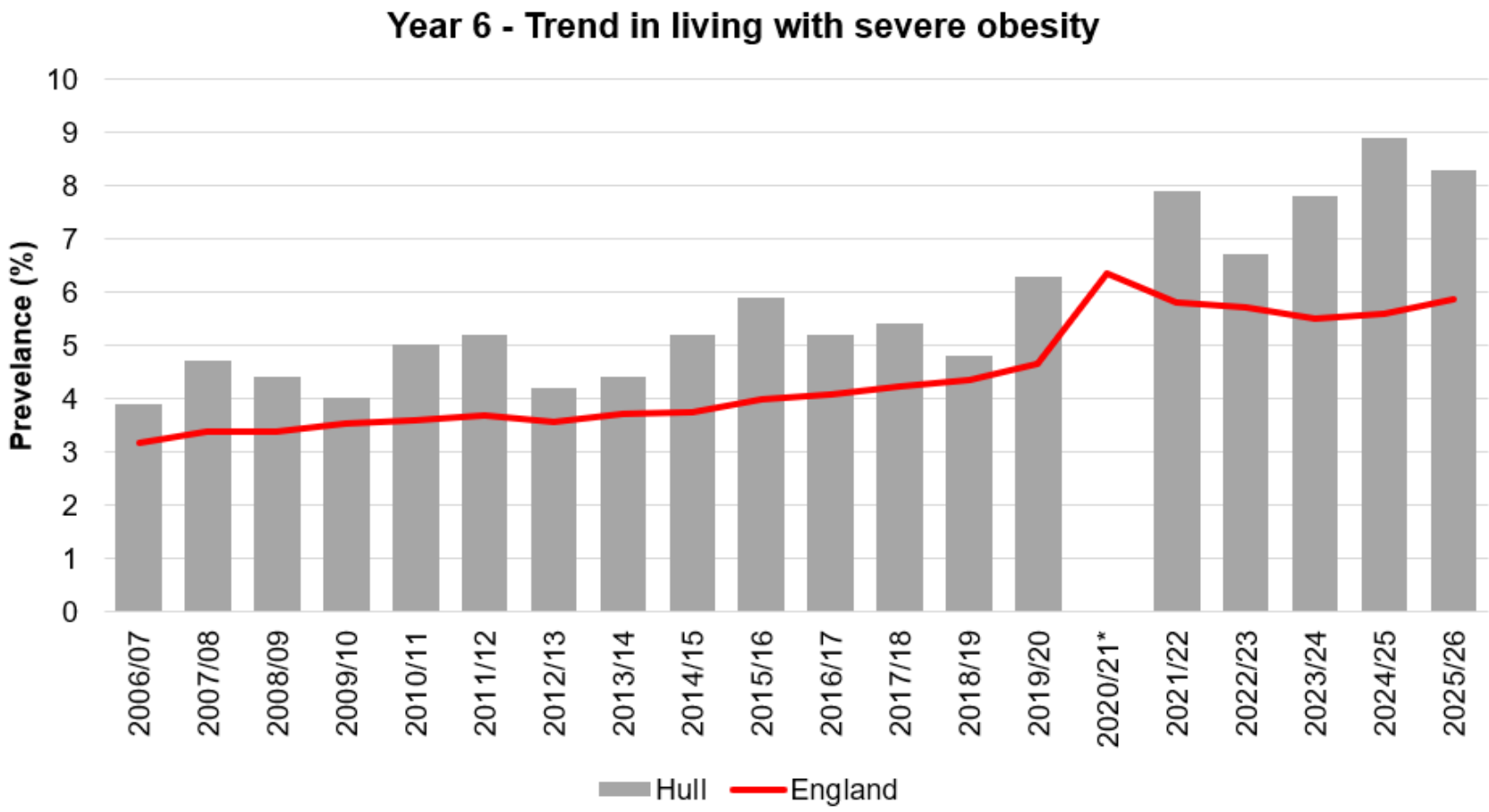


* Hull data was not complete enough for 2020/21 to be used due to COVID19 pandemic (sample size around 1/5th of normal NCMP cohorts).

Year 6: Prevalence of severe obesity

National Child Measurement Programme 2025/26

Period	Hull	England	Gap
2006/07	3.9	3.2	0.7
2007/08	4.7	3.4	1.3
2008/09	4.4	3.4	1.0
2009/10	4.0	3.5	0.5
2010/11	5.0	3.6	1.4
2011/12	5.2	3.7	1.5
2012/13	4.2	3.6	0.6
2013/14	4.4	3.7	0.7
2014/15	5.2	3.7	1.5
2015/16	5.9	4.0	1.9
2016/17	5.2	4.1	1.1
2017/18	5.4	4.2	1.2
2018/19	4.8	4.4	0.4
2019/20	6.3	4.7	1.6
2020/21*		6.3	
2021/22	7.9	5.8	2.1
2022/23	6.7	5.7	1.0
2023/24	7.8	5.5	2.3
2024/25	8.9	5.6	3.3
2025/26	8.3	5.9	2.4

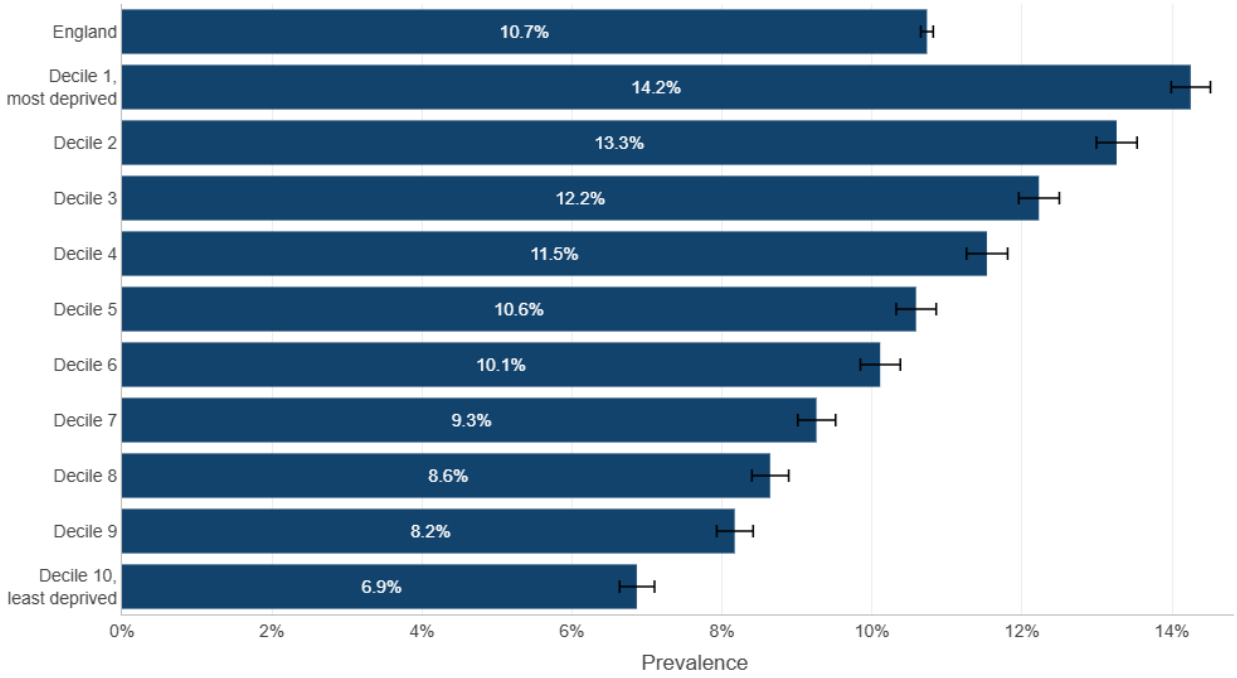


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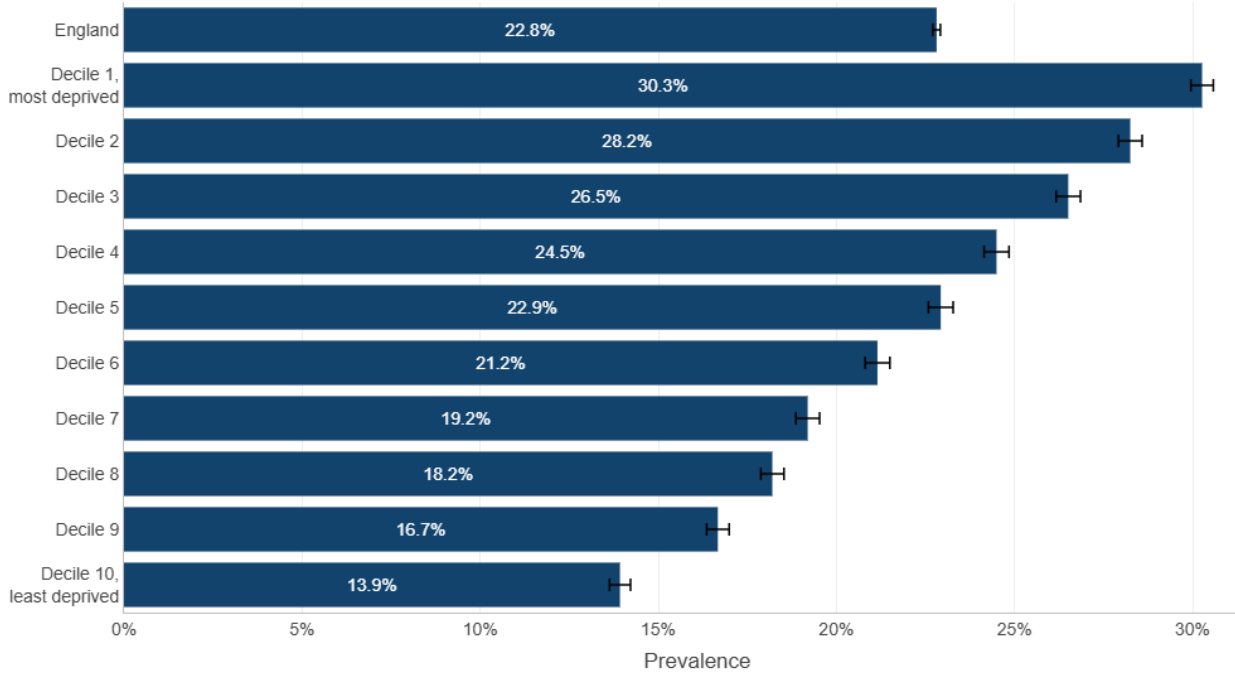
Geographic variation in child obesity (national data)

Variations by deprivation – ENGLAND 2025/26

Year R living with obesity



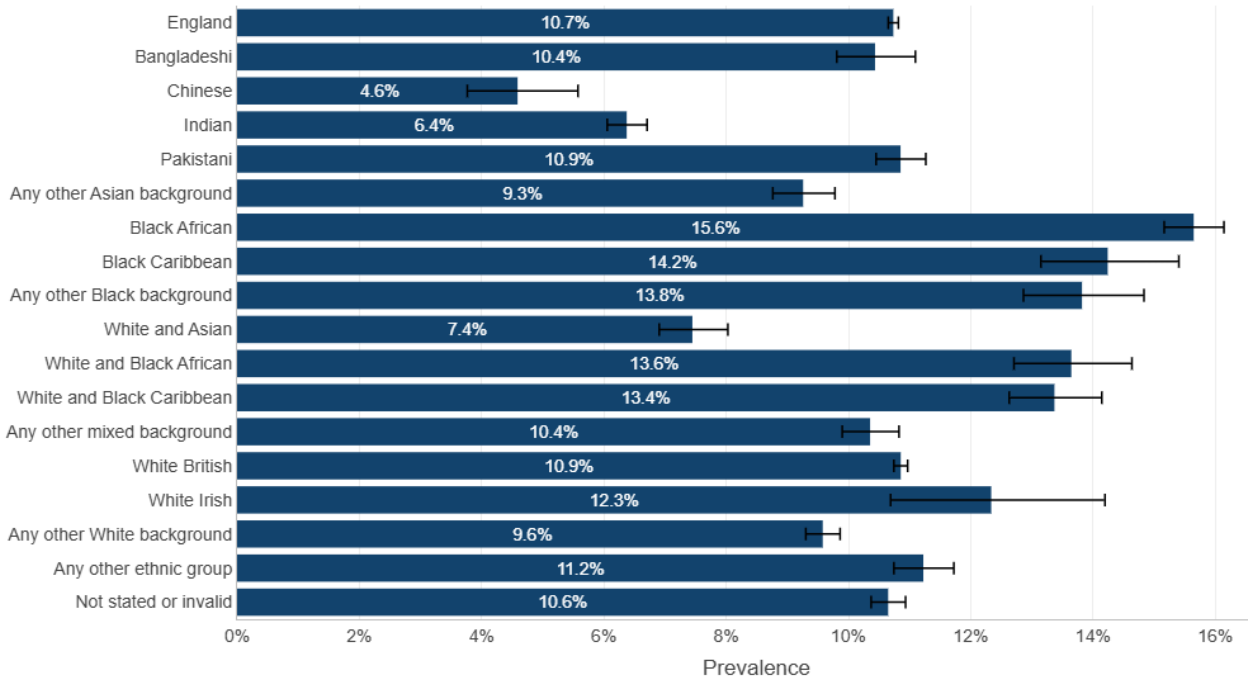
Year 6 living with obesity



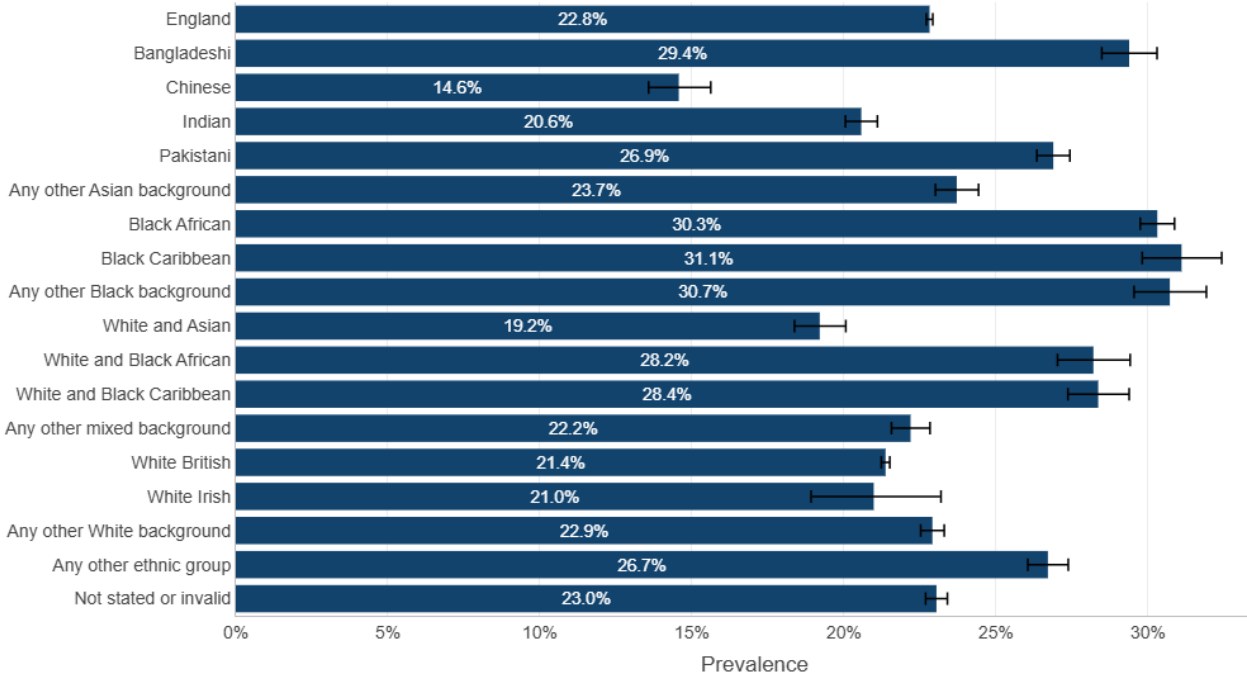
In England, there is a very strong association with obesity and deprivation.

Variations by ethnicity – ENGLAND 2025/26

Year R living with obesity



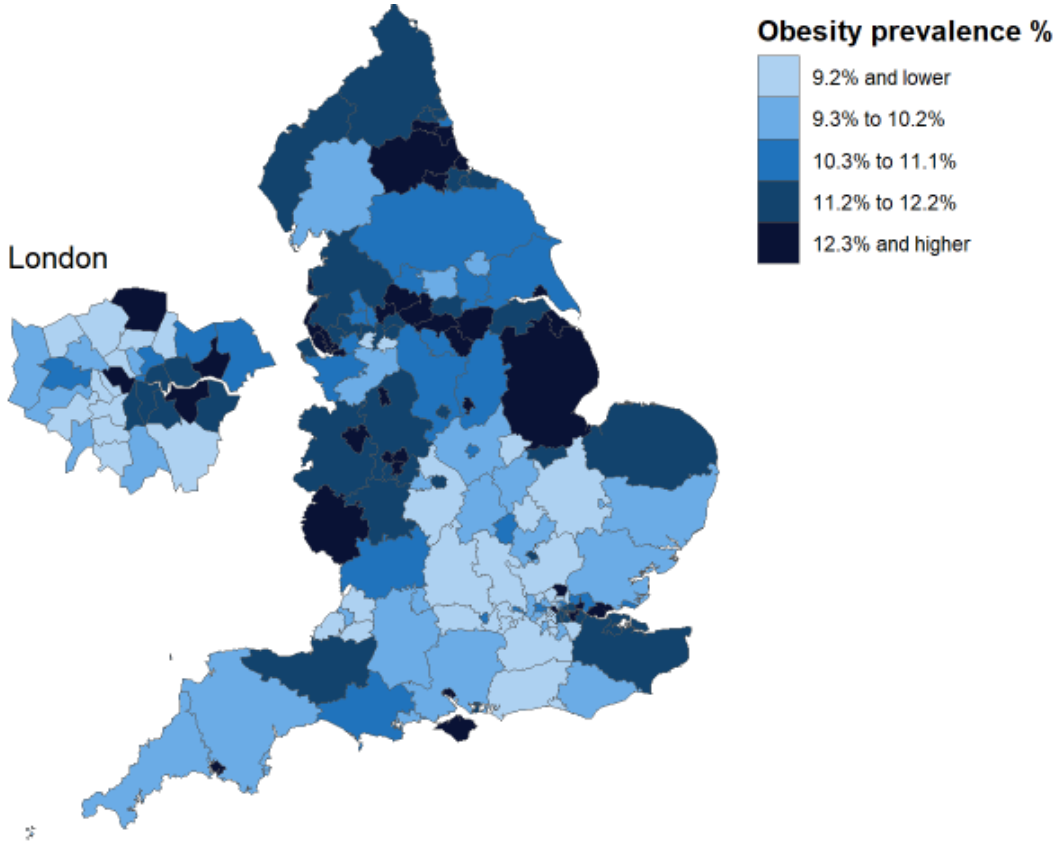
Year 6 living with obesity



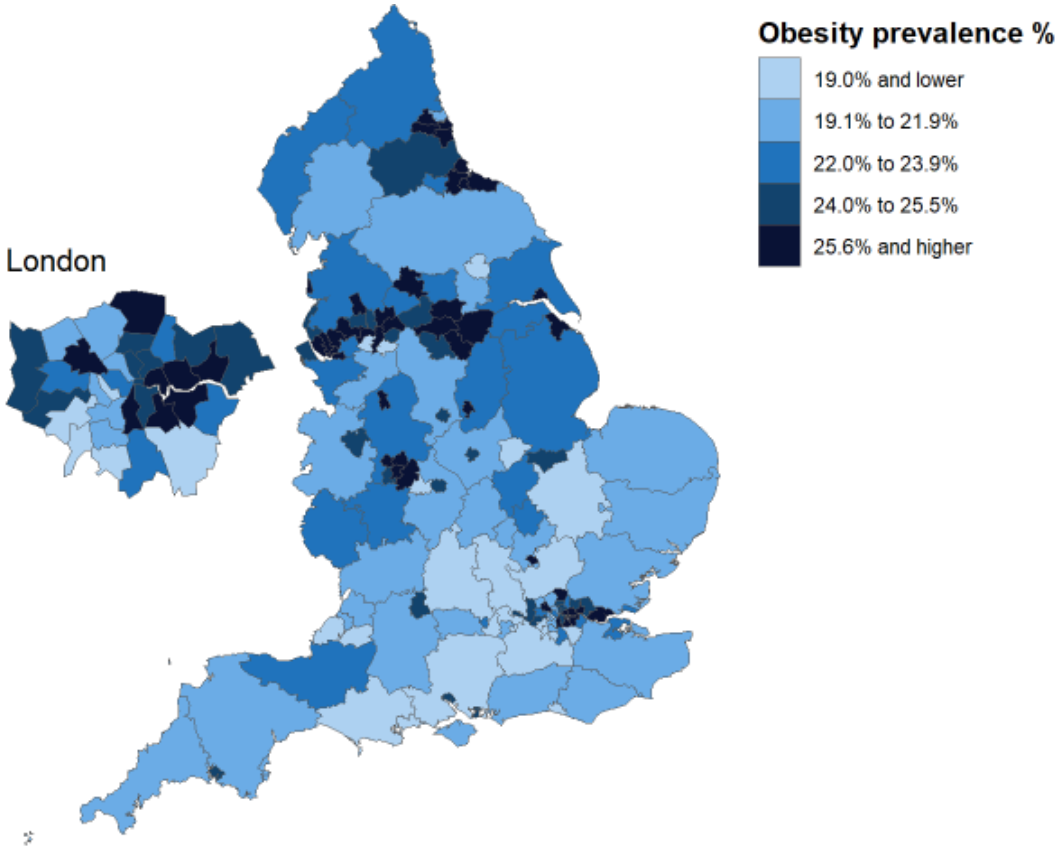
In England, Black children and children with White and Black Mixed heritage have the highest prevalence of obesity, as do Year 6 Bangladeshi and Pakistani children.

Variations by local authority – ENGLAND 2025/26

Year R living with obesity



Year 6 living with obesity



Further information and definitions

More Information

Hull Joint Strategic Needs Assessment

www.hulljsna.com

OHID Fingertips data

www.fingertips.phe.org.uk

National NCMP report

National Child Measurement Programme (NCMP) annual report: academic year 2025 to 2026, England - GOV.UK

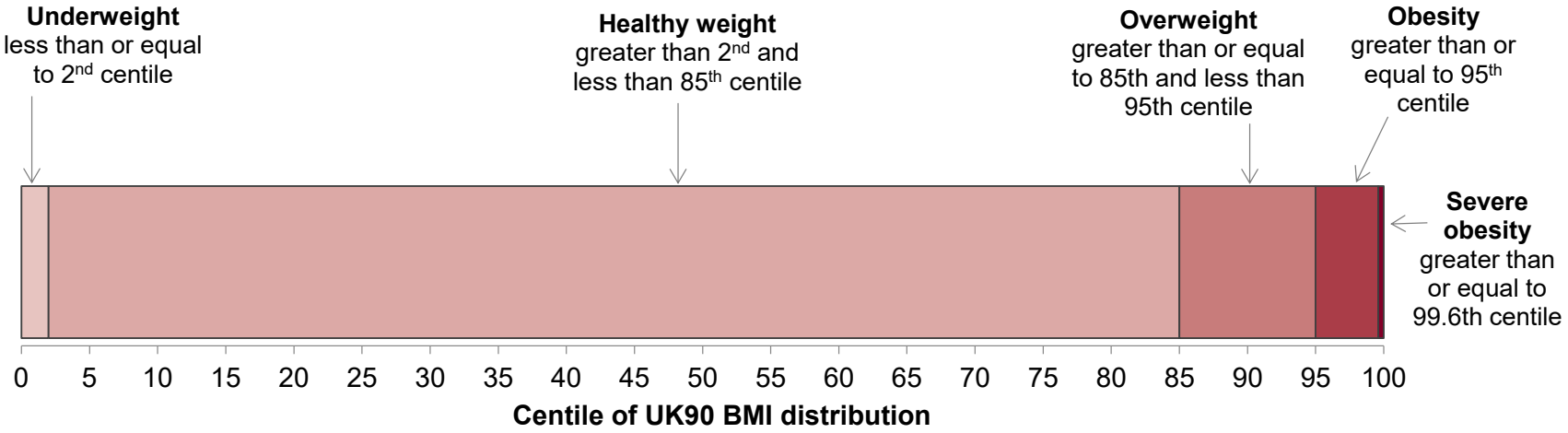
Hull Public Health Intelligence team

publichealthintelligence@hullcc.gov.uk

Appendix: Child body mass index classification

Definitions for population monitoring

For population monitoring purposes body mass index (BMI) is classified according to the following image using the British 1990 growth reference (UK90[1]). This is used to examine patterns in children's weight status across the country and over time. The population monitoring cut points for overweight, and obesity are slightly lower than the clinical cut points used to assess individual children, this is to capture those children with an unhealthy BMI for their age and those at risk of moving to an unhealthy BMI. This helps ensure that adequate services are planned and delivered for the whole population.



1 Cole TJ, Freeman JV, Preece MA. Body mass index reference curves for the UK, 1990. Archives of Disease in Childhood 1995 73:25-29.