

Publication Summary



Primary 1 Body Mass Index (BMI) Statistics

School Year 2012/13

Publication date – 25 February 2014



About this Release

This publication provides annual statistics on high, low and healthy body mass index (BMI) for Primary 1 school children, and includes data to school year 2012/13. Statistics in this release are derived from height and weight measurements collected at health reviews in Primary 1 and recorded on the CHSP School system by NHS Boards.

Key Points

- In school year 2012/13 a total of 53,987 valid height and weight measurements were recorded for children in Primary 1 in Scotland. This is approximately 95% of children in Primary 1.

Based on epidemiological thresholds used for population monitoring purposes:

- In 2012/13, 77.5% of children in Primary 1 were classified as healthy weight, a small increase on the 2011/12 figure of 76.9%.
- The BMI distribution of children in Primary 1 has remained broadly similar over the period 2001/02 to 2012/13 with around 21% to 23% of children (one in five) at risk of overweight and obesity combined and around 1.5% at risk of underweight. In 2012/13, 21.3% of children in Primary 1 were at risk of overweight and obesity combined and 1.2% at risk of underweight.

Based on clinical thresholds for assessing children:

- In 2012/13, 85.1% of children in Primary 1 in Scotland were classified as healthy weight, a small increase on the 2011/12 figure of 84.6%.
- The BMI distribution of children in Primary 1 has remained broadly similar over the period 2001/02 to 2012/13 with around 14% to 16% of children overweight, obese and severely obese combined and around 0.5% underweight. In 2012/13, 14.6% of children were classified as overweight, obese and severely obese combined and 0.3% underweight.

Background

There is continued concern over the levels of overweight and obesity among children in Scotland. Obesity during childhood is a health concern in itself, but can also lead to physical and mental health problems in later life, such as heart disease, diabetes, osteoarthritis, back pain, increased risk of certain cancers, low self-esteem and depression. Underweight in childhood can also be a cause for concern, indicating poor nutritional intake and/or underlying medical problems. Both over- and underweight develop as a result of an imbalance between energy consumption and energy expenditure.

The publication presents information for both epidemiological and clinical thresholds for classifying children into over- and underweight categories. Although the report includes brief commentary on the proportion of children in each clinical category, the main focus of the report commentary is the proportion of children in each epidemiological category. The reason is for comparability with previous years' publications and for ease of reference with published data in the rest of the UK, for example, the annual report on the [National Child Measurement Programme in England](#). Clinical thresholds have been included in order to support planning and delivery of clinical services, such as child healthy weight programmes in NHS Boards.

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Further Information

Further information can be found in the [Full Publication Report](#) or on the [ISD website](#)

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