

# Publication Summary



## Primary 1 Body Mass Index (BMI) Statistics Scotland

School Year 2014/15

Publication date – 16 February 2016



### About this Release

This publication from the Information Services Division provides annual statistics on high, low and healthy body mass index (BMI) for Primary 1 school children, and includes data for school years 2005/06 to 2014/15. 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. All of the figures below are based on epidemiological thresholds used for population monitoring purposes.

### Key Points

- In 2014/15, 77% of children in Primary 1 were classified as 'healthy weight'.
- The prevalence of healthy weight amongst children in Primary 1 decreases as deprivation increases. In the least deprived areas 82% of children were classified as healthy weight while in the most deprived areas 74% were classified as 'healthy weight'.
- The BMI distribution of children in Primary 1 has remained broadly similar over the period 2005/06 to 2014/15. In 2014/15, 22% of children in Primary 1 were at risk of overweight and obesity combined and 1% were at risk of underweight.
- The prevalence of healthy weight was slightly higher amongst girls than boys. In school year 2014/15, 78% of girls were classified as 'healthy weight' compared to 77% of boys.

## 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.

In school year 2014/15 a total of 54,761 valid height and weight measurements were recorded for children in Primary 1 in Scotland. This is approximately 92% of children in Primary 1. 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.

## Contact

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## Further Information

Further information can be found in the [Primary 1 BMI Statistics Scotland Report](#), and the downloadable [data tables](#).

ISD Scotland publishes a wide range of information on Child Health including breastfeeding, immunisations, and 27-30 month assessment. Further information can be found in the [Child Health](#) section on the ISD website.

The next update of this publication will be in February 2017.

### ISD and Official Statistics

Information Services Division (ISD) is the principal and authoritative source of statistics on health and care services in Scotland. ISD is designated by legislation as a producer of 'Official Statistics'. Our official statistics publications are produced to a high professional standard and comply with the Code of Practice for Official Statistics.

Further information [about our statistics](#).