

Body Mass Index of Primary 1 Children

In Scotland



School Year 2015/16

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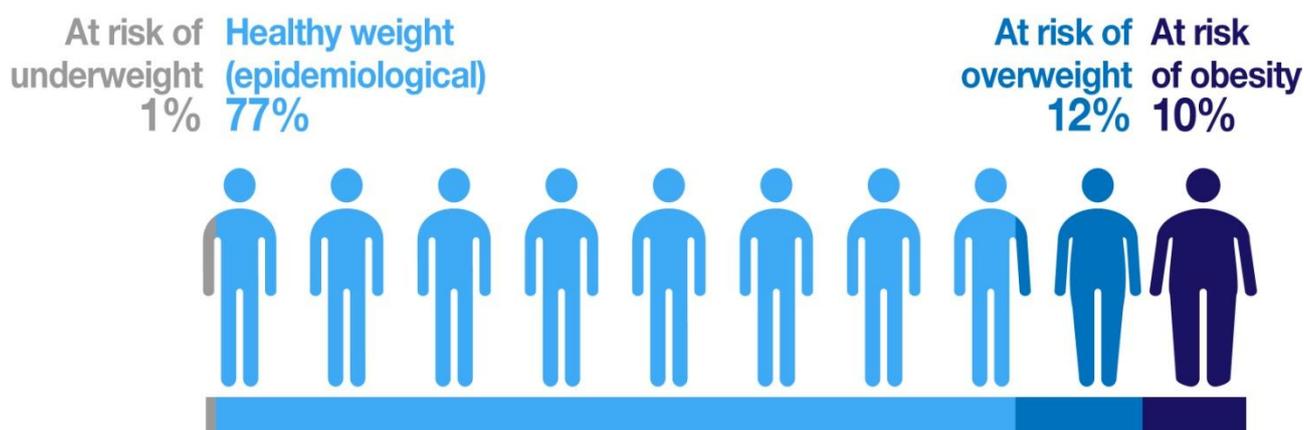
About this release

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 2006/07 to 2015/16. Statistics in this release are derived from height and weight measurements collected at health reviews in Primary 1. Information is presented for both epidemiological and clinical thresholds for classifying children into over- and underweight categories. All of the figures below are based on epidemiological thresholds used for population monitoring purposes.

Main Points

- In 2015/16, 77% of children in Primary 1 were classified as 'healthy weight'.

Body Mass Index of Primary 1 Children 2015/16



- The BMI distribution of children in Primary 1 has remained broadly similar over the last decade. In 2015/16, 22% of children in Primary 1 were at risk of overweight and obesity combined and 1% were at risk of underweight.
- Children from less deprived areas were more likely to be of a healthy weight. In the least deprived areas 81% of children were classified as healthy weight compared to 73% in the most deprived areas.
- The prevalence of healthy weight was broadly similar between girls and boys. In school year 2015/16, 77% of girls and 76% of boys were classified as 'healthy weight'.

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. Being 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 2015/16 a total of 53,637 valid height and weight measurements were recorded for children in Primary 1 in Scotland on the Child Health Surveillance Programme School system (CHSP-PS). This is approximately 92% of children in Primary 1. Although the report includes information based on both clinical and epidemiological thresholds, the main focus of the report commentary is the proportion of children in each epidemiological category. The reason for this 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 [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 release of this publication will be in December 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](#).