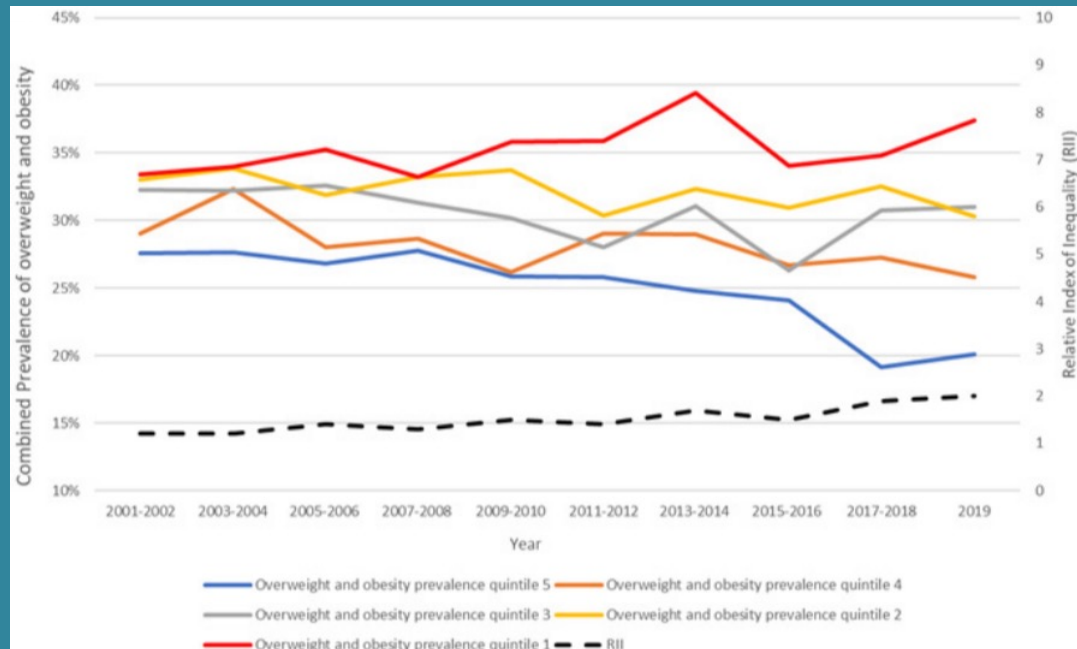


# Despite plateau in overall rates, inequalities in childhood obesity are widening across socio-economic and ethnic groups over time



Broadbent P, Shen Y, Pearce A, Katikireddi SV. Trends in inequalities in childhood overweight and obesity prevalence: a repeat cross-sectional analysis of the Health Survey for England Archives of Disease in Childhood 2024

**Introduction:** Trends in childhood overweight and obesity in England from 1995-2019, exploring socio-economic and ethnic inequalities.

**Methods:** Data from Health Survey for England (HSE) and National Child Measurement Programme (NCMP) used to assess obesity trends, stratified by socio-economic circumstances (SEC), family structure, and ethnicity.

**Results: Overall** Obesity increased from 25.9% in 1995 to 29.3% in 2019.

**Age-Specific** largest increase among 11–15 year olds (27.4% to 42.1%).

**Ethnicity** increase among non-white children from 24.4% to 34.5%.

**Deprivation** Relative index of Inequality (RII) rose (1.2 -2.0)

**Education Trends:** RII increased (0.76 - 1.83)

**Vs. NCMP** HSE and NCMP data indicate growing obesity, especially among older and more deprived children.

**Discussion:** Despite plateau in overall obesity rates, growing inequalities by SECs and ethnicities underscore the need for targeted public health strategies.

## Age standardised prevalence childhood overweight and obesity

Year	Prevalence (%)	SE
1995-1996	26	0.5
1997-1998	27	0.5
1999-2000	28	0.7
2001-2002	32	0.5
2003-2004	33	0.9
2005-2006	31	0.5
2007-2008	31	0.4
2009-2010	31	0.5
2011-2012	30	0.9
2013-2014	31	0.9
2015-2016	29	0.6
2017-2018	29	0.9
2019	29	1.2

## RII in overweight and obesity by deprivation quintile

Year	RII	SE
2001-2002	1.2	0.08
2003-2004	1.2	0.13
2005-2006	1.4	0.10
2007-2008	1.3	0.07
2009-2010	1.5	0.11
2011-2012	1.4	0.18
2013-2014	1.7	0.20
2015-2016	1.5	0.13
2017-2018	1.9	0.25
2019	2	0.35

## RII in overweight and obesity by parental education attainment

Year	RII	SE
1997-1998	1.1	0.10
1999-2000	0.8	0.09
2001-2002	0.8	0.08
2003-2004	1.1	0.12
2005-2006	1.1	0.12
2007-2008	1.3	0.15
2009-2010	1.6	0.21
2011-2012	1.3	0.17
2013-2014	1.8	0.23