



States of Guernsey
Public Health Services

Guernsey Child Measurement Programme

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Guernsey Child Measurement Programme (GCMP)

- Annual surveillance (not screening) of weight status distribution among children.
- Surveillance began in 2013.
- School years 1 (5–6 yrs) and 5 (9 –10 yrs).
- Opt-out design and feedback available if desired.
- Height and weight measurements recorded for eligible children at all local primary schools.
- All measurements by Specialist Schools' Nurse for Weight Management.



GCMP – Data Analysis

- Heights and weights used to calculate BMI values
- Age-sex specific centile values for height, weight, and BMI are calculated with reference to the UK90 growth reference curve (*LMS Growth analytical package*)
- Population monitoring thresholds applied:

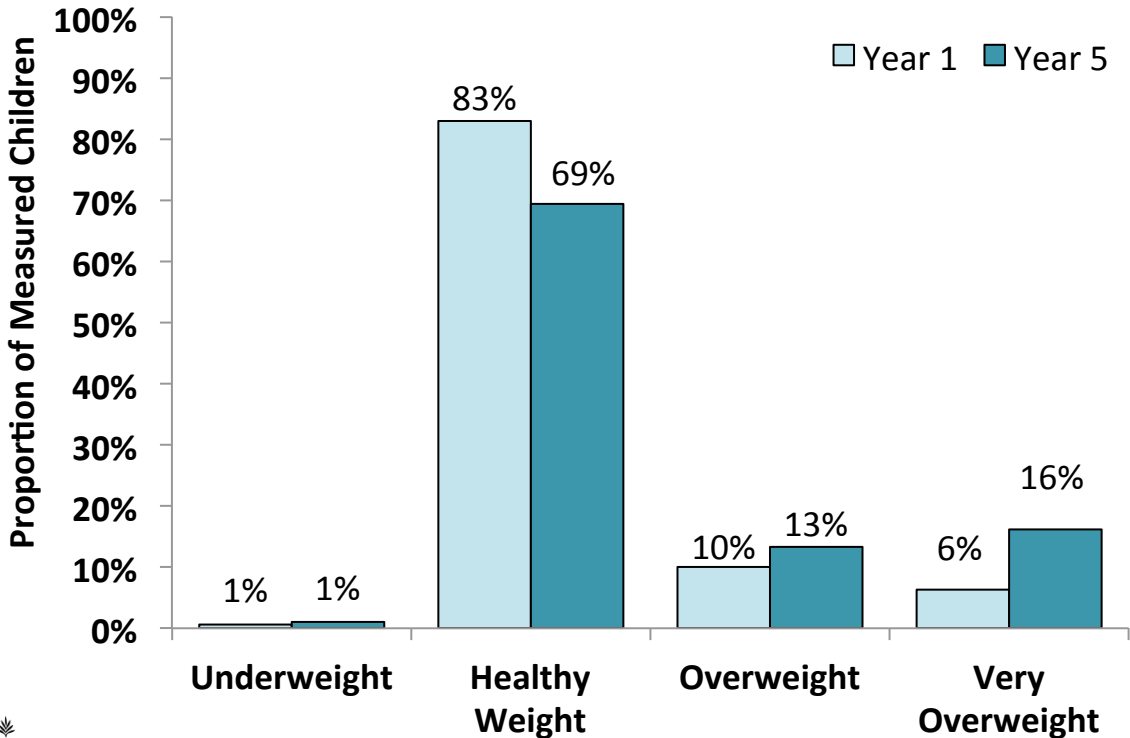
BMI centile ≤ 2	=	Underweight
BMI centile $>2 <85$	=	Healthy weight
BMI centile $\geq 85 <95$	=	Overweight
BMI centile ≥ 95	=	Very Overweight



GCMP – Results

2013-2015

- 3470 children measured (participation rate = 93%)



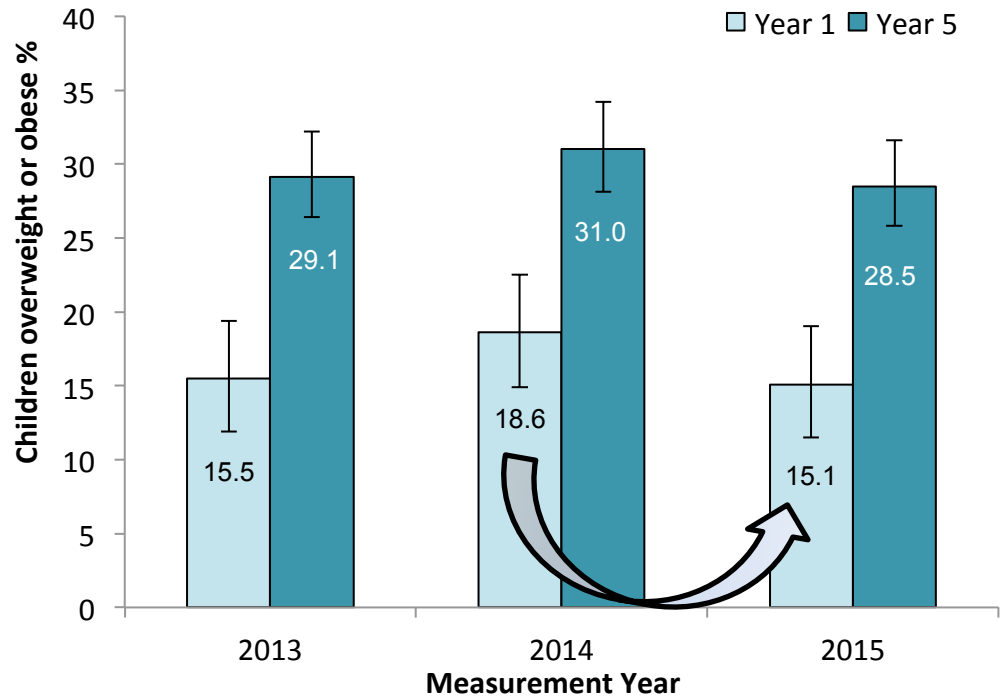
Year 1
Overweight = 180
V.Overweight = 133

Year 5
Overweight = 224
V.Overweight = 273

Total
Overweight and
V.Overweight = 790

GCMP - Results

- Yearly non-sig. fluctuations.
- Sig. decrease in Year 1 between 2014 and 2015.
- Slight increase in both measurement years in 2016.
- Consistent doubling in year 5 compared to year 1.



Summary

- Between 2013 and 2015 a total of 790 children have been identified as being overweight or very overweight.
- The proportion of children overweight or very overweight in year 5, is double that of year 1 children.
- Data from 2016 demonstrates that the proportion of children overweight or very overweight is not reducing.



THANK YOU FOR YOUR TIME



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Oblivobesity

Research Study

- 3000 children and parental perception.
- One in three parents underestimated weight status.
- Subjective 4, to an objective 369 children very overweight.

“If we are to eradicate oblivobesity, it will not be with objective measures alone, but also with compassion, guidance and empowerment. If, instead, we choose not to know what our kids weigh and whether or not it is a threat to their health, it invites potential grave consequences”.

Katz, 2015



Overall Health

Eating well and being active are important regardless of weight, because they promote health. Weight is merely one among many measures that suggest something about overall health – albeit an important one (Katz, 2015).

