



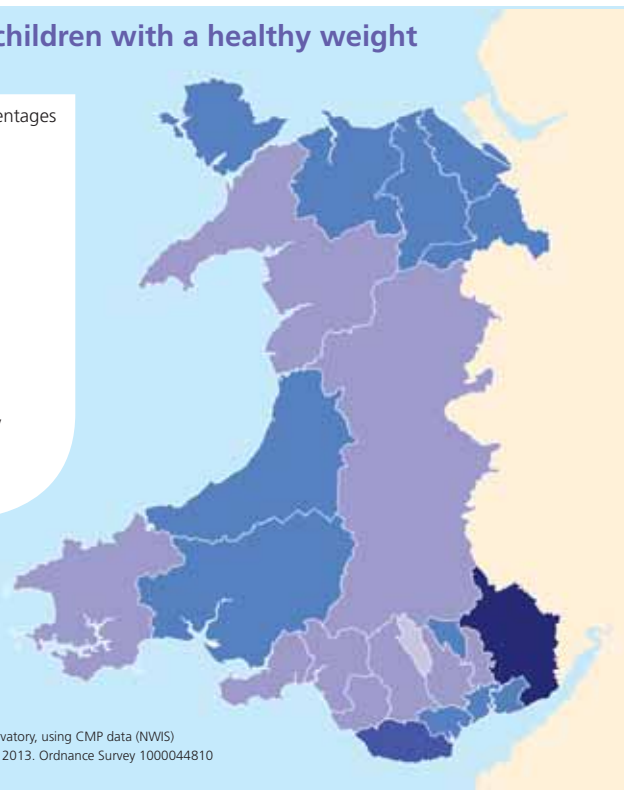
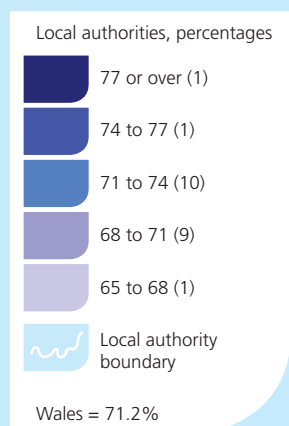
# Child Measurement Programme for Wales

## Children aged 4-5 in 2011/12

The Child Measurement Programme has standardised how height and weight data is collected on children in schools across Wales. During 2011/12, 29,400 children aged 4-5 were measured for the programme, 88% of all those that could have taken part.

- Seven out of ten children were a healthy weight, based on their body mass index.
- Levels of obesity ranged from 10% in the Vale of Glamorgan to 16% in Merthyr Tydfil.
- Childhood obesity levels increased substantially with increasing deprivation, from 9% in the least deprived parts of Wales to 14% in the most deprived areas.
- The level of healthy weight was higher in girls (72%) than boys (70%).
- The prevalence of those overweight or obese in Wales (28%) was higher than that for England (23%) and higher than any single English region.
- Overall, less than one per cent of children were classed as underweight.

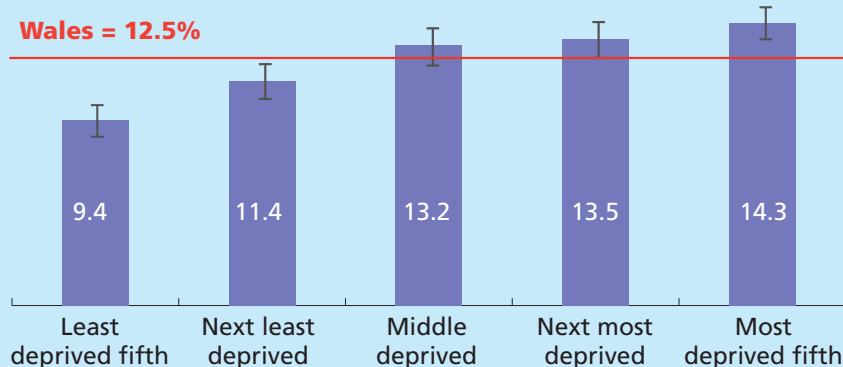
### Percentage of children with a healthy weight



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### Percentage of children obese and deprivation

Wales = 12.5%

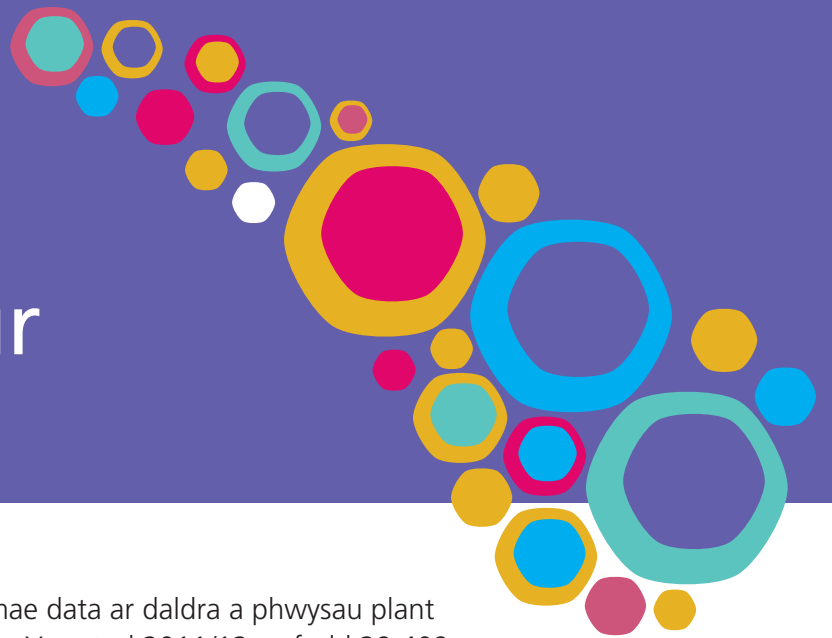


Produced by Public Health Wales Observatory, using CMP data (NWIS)

This first report of the Child Measurement Programme represents a transitional year of data collection as standardisation was incomplete. This may have an impact on data quality especially relating to participation.

The full report, further resources and information about the programme are available at:

[www.publichealthwales.org/childmeasurement](http://www.publichealthwales.org/childmeasurement)



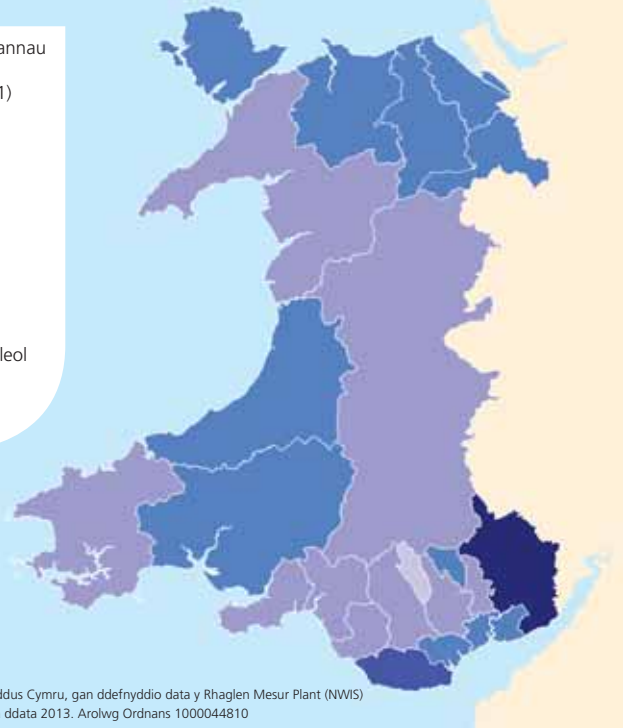
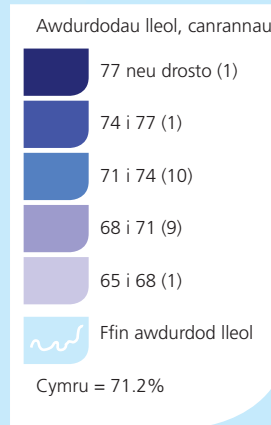
# Rhaglen Mesur Plant Cymru

## Plant 4-5 oed yn 2011/12

Mae'r rhaglen Mesur Plant wedi safoni sut y mae data ar daldra a phwysau plant yn cael eu casglu mewn ysgolion ledled Cymru. Yn ystod 2011/12, cafodd 29,409 o blant 4-5 oed eu mesur, sef 88% o'r rhai a allai fod wedi cymryd rhan.

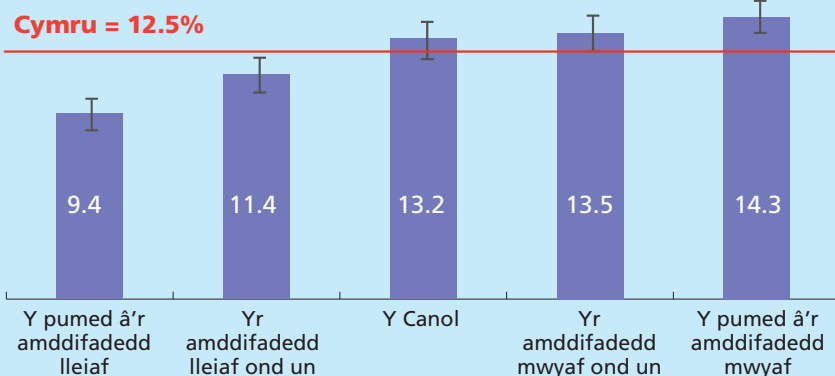
- Roedd gan saith o bob deg o blant bwysau iach, yn seiliedig ar fynegai mas eu corff.
- Roedd y cyfraddau gordewdra yn amrywio o 10% ym Mro Morgannwg i 16% ym Merthyr Tudful.
- Roedd nifer y plant gordew yn cynyddu'n sylweddol yn sgil cynnydd mewn amddifadedd, o 9% yn y rhannau o Gymru â'r amddifadedd lleiaf i 14% yn yr ardaloedd â'r amddifadedd mwyaf.
- Roedd mwy o ferched â phwysau iach (72%) nag o fechgyn (70%).
- Roedd nifer y plant dros eu pwysau neu blant gordew yng Nghymru (28%) yn uwch na'r nifer yn Lloegr (23%) ac yn uwch nag unrhyw ranbarth o Loegr.
- At ei gilydd, roedd llai nag un y cant o blant o dan bwysau.

### Canran y plant â phwysau iach



Cynhyrwyd gan Arsyllfa Iechyd Cyhoeddus Cymru, gan ddefnyddio data y Rhaglen Mesur Plant (NWIS)  
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### Nifer y plant gordew ac amddifadedd



Cynhyrwyd gan Arsyllfa Iechyd Cyhoeddus Cymru, gan ddefnyddio data y Rhaglen Mesur Plant (NWIS)

Mae'r adroddiad cyntaf hwn ar y Rhaglen Mesur Plant yn cynrychioli blwyddyn drosiannol o ran casglu data gan nad oedd y broses safoni yn gyflawn. Gallai hyn fod wedi cael effaith ar ansawdd y data, yn arbennig y data sy'n ymwneud â chyfranogiad.

Mae'r adroddiad llawn, rhagor o adnoddau a gwybodaeth am y rhaglen ar gael yn:

[www.iechydcyhoedduscymru.org/mesurplant](http://www.iechydcyhoedduscymru.org/mesurplant)