Childhood Obesity

December 2025

Data, Intelligence & Insight Team

Summary

- **Year 6 prevalence of overweight (including obesity) rates in Southampton** are now **higher (but not significantly)** than England, in **Southampton** in **2024/25, 37.9%** of Year 6 are overweight including obesity compared with **36.2%** in **England**

- Children in Southampton are **likely to become** a **less healthy weight** in the time between **Year R** and **Year 6**. **Especially in more deprived areas**. Nearly a third (**31.7%**) of **healthy weight Year R** students are **overweight including obese** by the time they reach **Year 6**

- While **Year R obesity** is a **predictive factor** for **obesity** in **Year 6**, **interventions** targeted at **obese children** in **Year R** will only have the potential to reduce Year 6 obesity by a **maximum of one third**
(as **two thirds of obese Year 6 children were not obese in Year R** (2024/25))

- Southampton has **significant differences** in childhood overweight and obesity rates **between deprivation quintiles**, **ethnicities** and **sexes**. **Males**, children living in **more deprived areas** and children with **Bangladeshi, White & Black African and Black African ethnicity** have the **highest rates** of Year 6 overweight and obesity

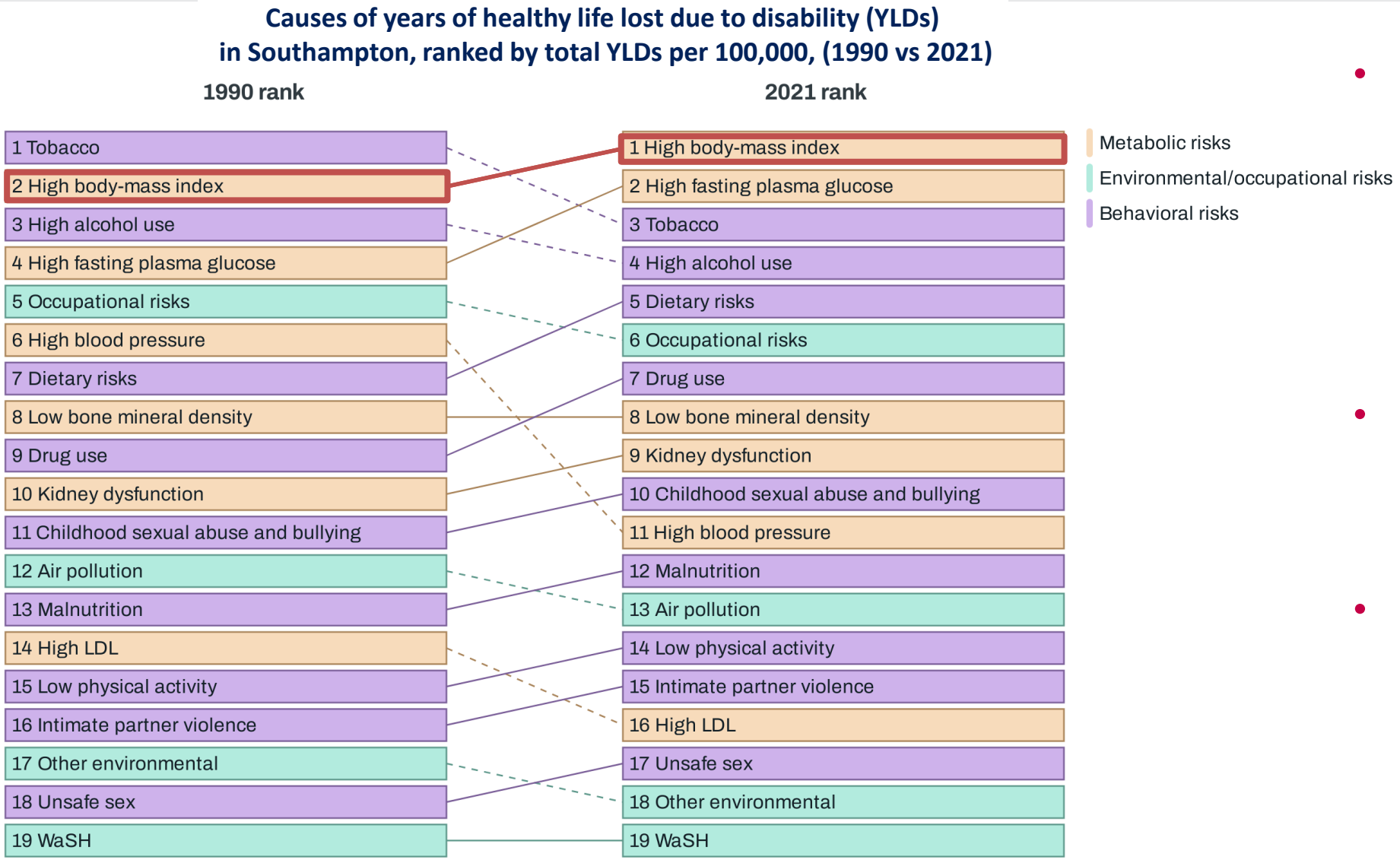
Childhood obesity in Southampton – why is it important?

- **In Southampton**, **high BMI** (Body Mass Index) **is the biggest cause of YLDs** (years of healthy life lost due to disability). **5 of the top 6 risk factors for deaths in Southampton are related to excess weight and dietary risks**. **Obesity is arguably the city's biggest public health issue**.

- **Obesity in children** can cause **asthma**, poor **self-esteem**, **mental health issues** and **stigmatisation**. The World Health Organisation also suggests that children with excess weight are **likely to have excess weight as adults** and are **more likely to develop non-communicable diseases** like **diabetes** and **cardiovascular diseases** at a **younger age**.

- **Excess weight** (and its related diseases) are **largely preventable**, especially earlier in life. **Prevention of childhood obesity needs to be a top priority**.

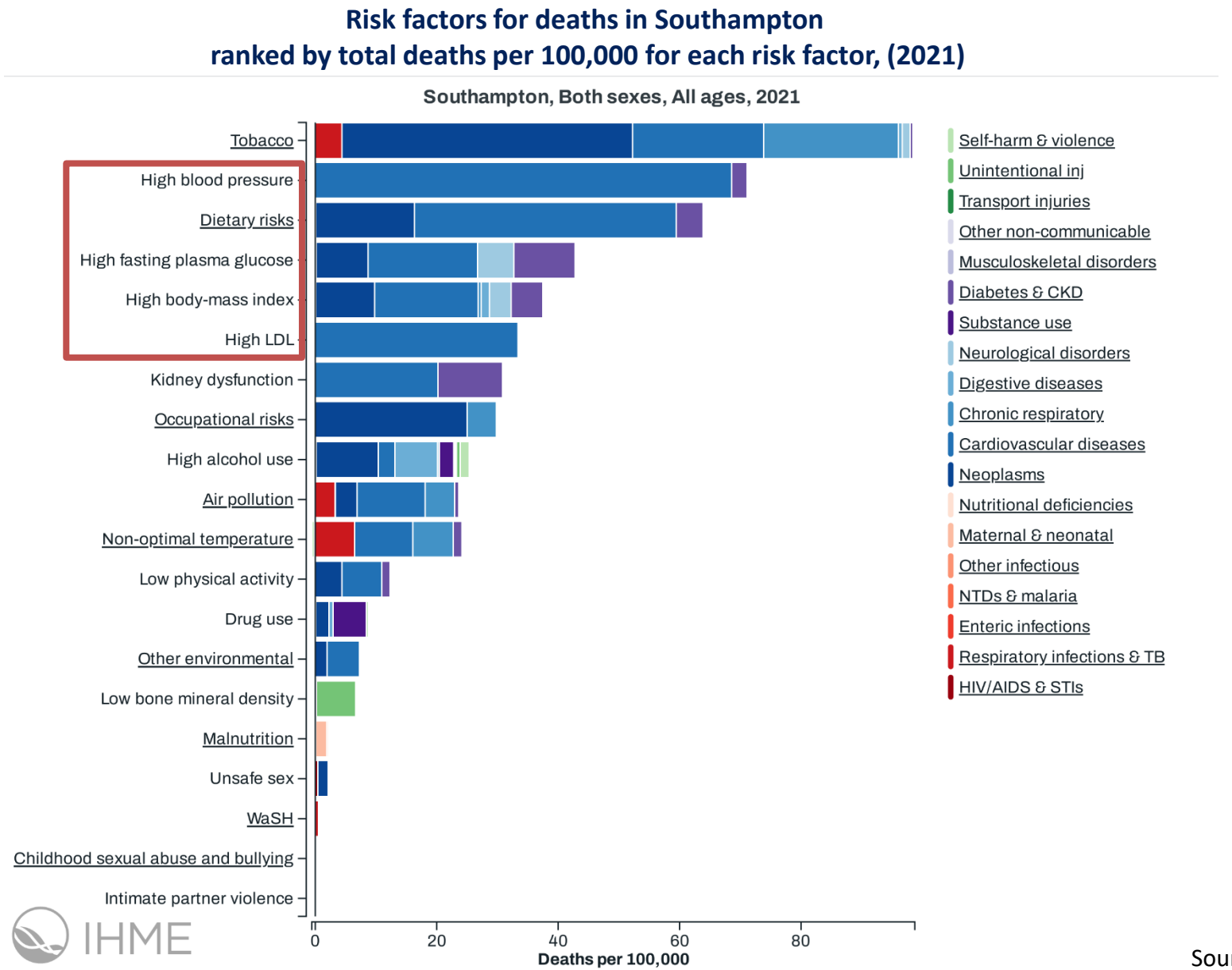
Obesity in Southampton (GBD 2021)



- High body-mass index (BMI) is the **largest** contributor to **years of healthy life lost due to disability** (YLDs) in Southampton.
- **High BMI** accounts for **989.9 YLDs** per 100,000 people in Southampton.
- **High BMI** has **overtaken tobacco** as the **biggest risk factor** in **Southampton** (for YLDs).

Source: Global Burden of Disease 2021

Obesity in Southampton (GBD 2021)



- **5 of the top 6 risk factors for deaths** in Southampton are related to **excess weight** and/or **dietary risks**.
- **High blood pressure**, **high fasting plasma glucose** and **high BMIs** were linked to deaths from **cardiovascular disease**, **cancer**, **diabetes** and **neurological diseases** (Alzheimer's/dementia).

Source: Global Burden of Disease 2021

Measuring childhood obesity – reference information

- **Body Mass Index** (BMI) is the accepted way of measuring obesity divides a person's **weight in kilograms by their height in metres squared**.
- **Adults** are classified as overweight or obese if their BMI is above specified levels….. **overweight** > 25; **obesity** > 30.
- However, **such levels are not appropriate for children as their BMI changes considerably with age and gender**.
- Therefore, **children's BMI is standardised for their age and sex by comparing against a recognised standard – known as the 1990 UK standard**.
- Our primary source of information on childhood obesity comes from the **National Child Measurement Programme** (NCMP) introduced in 2005/06.
- **Children are measured** when they start primary school **Year R** (4-5 year olds) and leave primary school **Year 6** (10-11 year olds).

Measuring childhood obesity – reference information

- **Height** and **weight** is measured by **Public Health school nurses** and recorded along with various demographic information.

- BMI adjusted for age and sex by calculating standard deviation scores (z-scores) using the 1990 UK reference and then converted to centiles (p-scores):

    - **Underweight**: 2nd centile or below
    - **Healthy weight**: 2nd to 85th centile
    - **Overweight**: 85th centile and above
    - **Obese / very overweight**: 95th centile and above

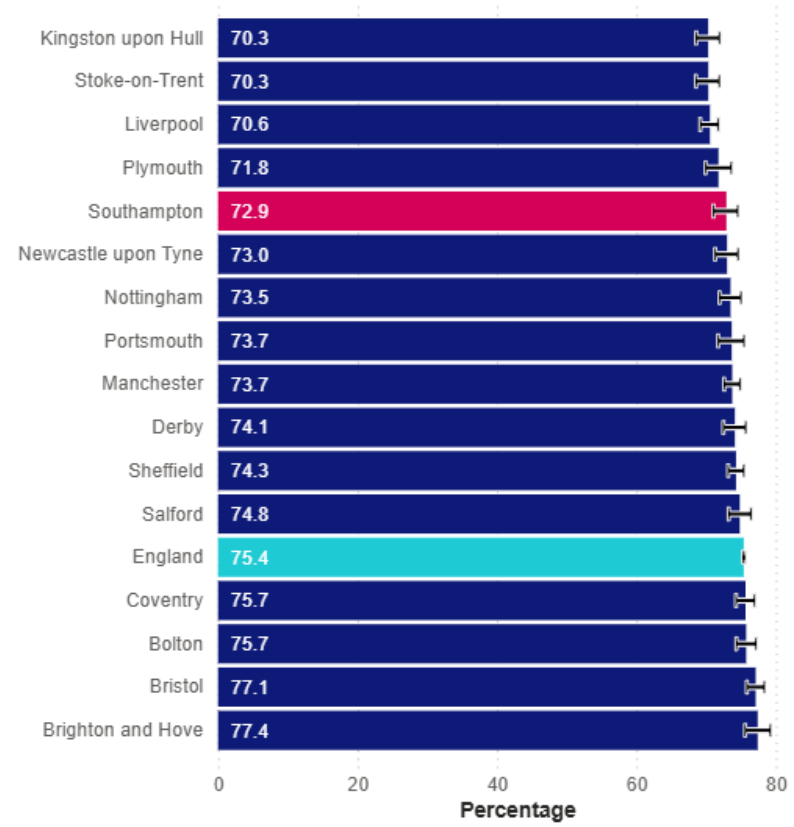
- Each child's NHS number is recorded to allow records to be linked between time points.

- NCMP **measurements** in **2019/20** and **2020/21** were **disrupted** by the **COVID-19** pandemic. **2021/22** NCMP was the **first data collection since the COVID-19 pandemic that was unaffected** by **school closures** and **other public health measures**.

- **Excess weight** is the **combination** of **overweight and obese** BMI classifications.

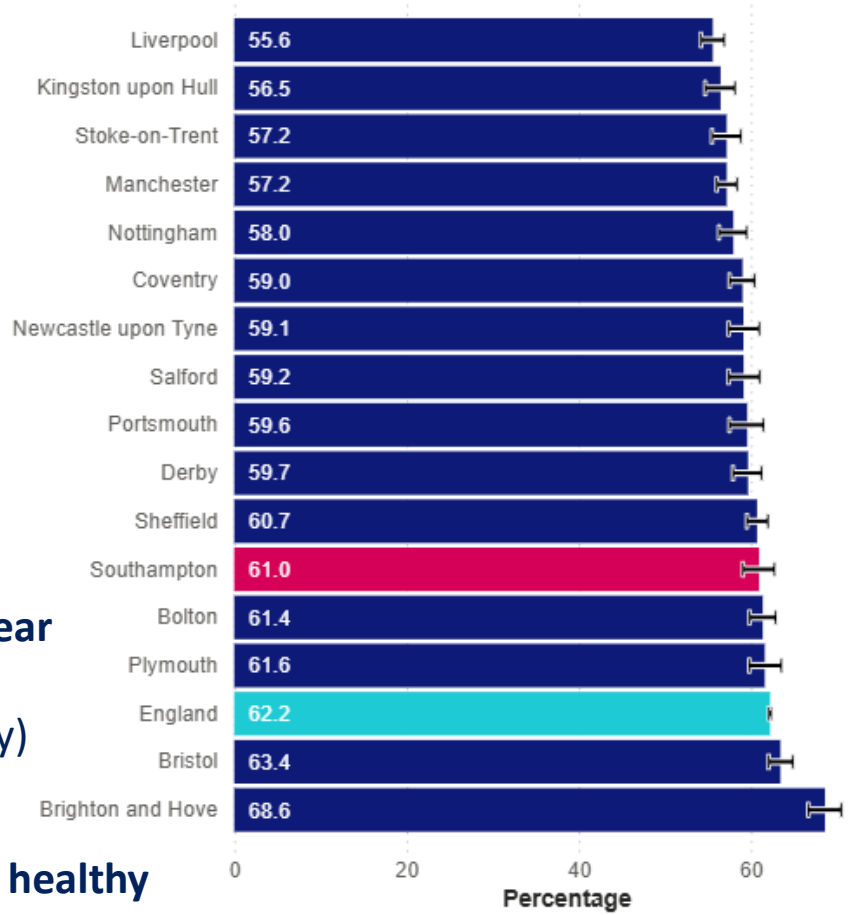
Year R and Year 6 healthy weight prevalence in Southampton

Reception prevalence of healthy weight for Southampton, England and CIPFA Comparators; 2024/25
Data source: NCMP



- In **2024/25, 72.9%** of **Reception** year children were **healthy weight, significantly worse** than **England (75.4%).**
- We would have needed around another **60 Reception year children** of those measured to be **healthy weight** to have **matched** the **England** average**.**
- **Southampton** was **5th worst** among it's 16 LA comparator group for **reception healthy weight**. Portsmouth was 8th with 73.7%.

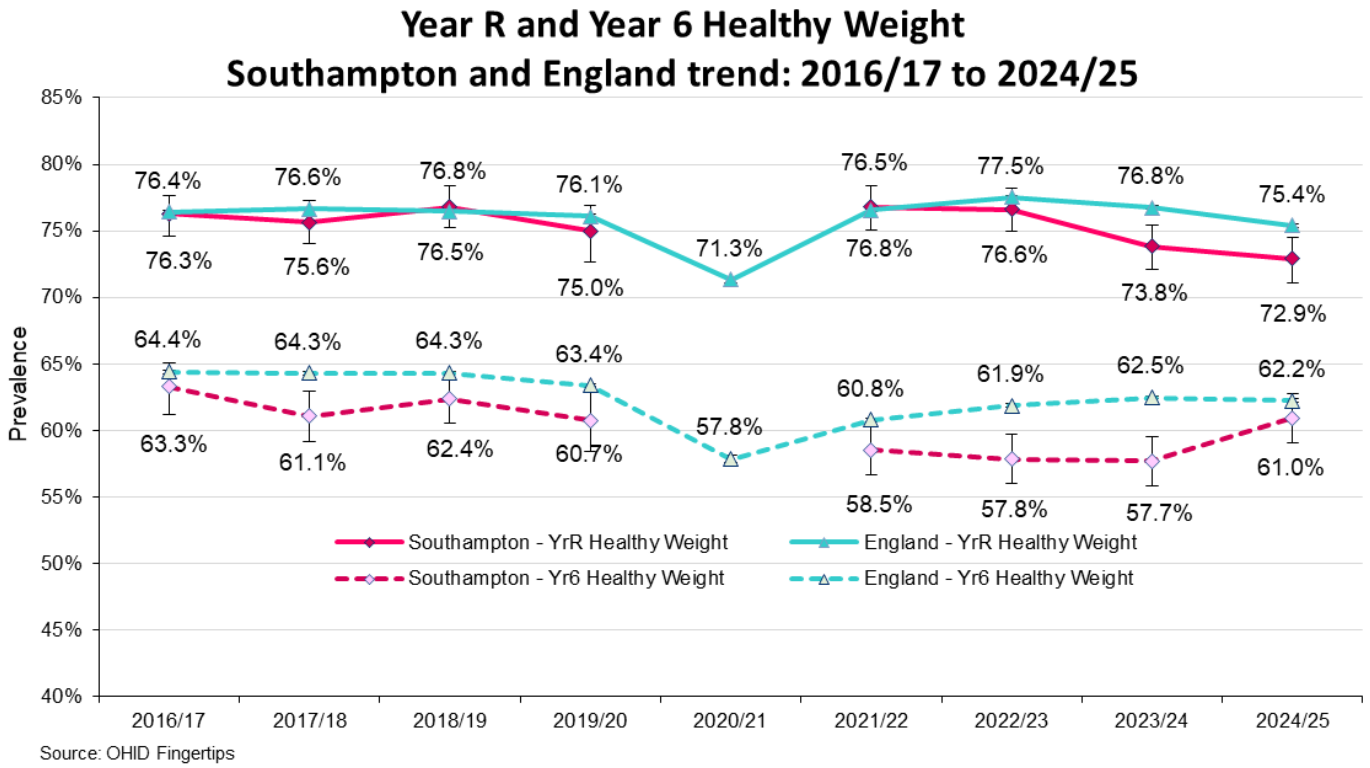
Year 6 prevalence of healthy weight for Southampton, England and CIPFA Comparators; 2024/25
Data source: NCMP



- **3 out of 5,** 61.0% of Southampton **Year 6 children** were **healthy weight** in **2024/25**, worse (but not significantly) than **England** (62.2%).

- We would have needed around another **35 Year 6 children** of those measured to be **healthy weight** to have matched the England average. **Southampton** was **12th worst** among its **16 LA comparator** group (so actually 5th best). Portsmouth was 9th worst with 59.6%.

Year R and Year 6 healthy weight prevalence in Southampton



Source: OHID Fingertips

2024/25 England – Healthy weight: Year R 75.4% Year 6 62.2%
Southampton – Healthy weight: Year R 72.9% Year 6 61.0%

NCMP measurements in 2019/20 and 2020/21 were disrupted by the COVID-19 pandemic. 2021/22 NCMP was the first data collection since the COVID-19 pandemic that was unaffected by school closures and other public health measures.

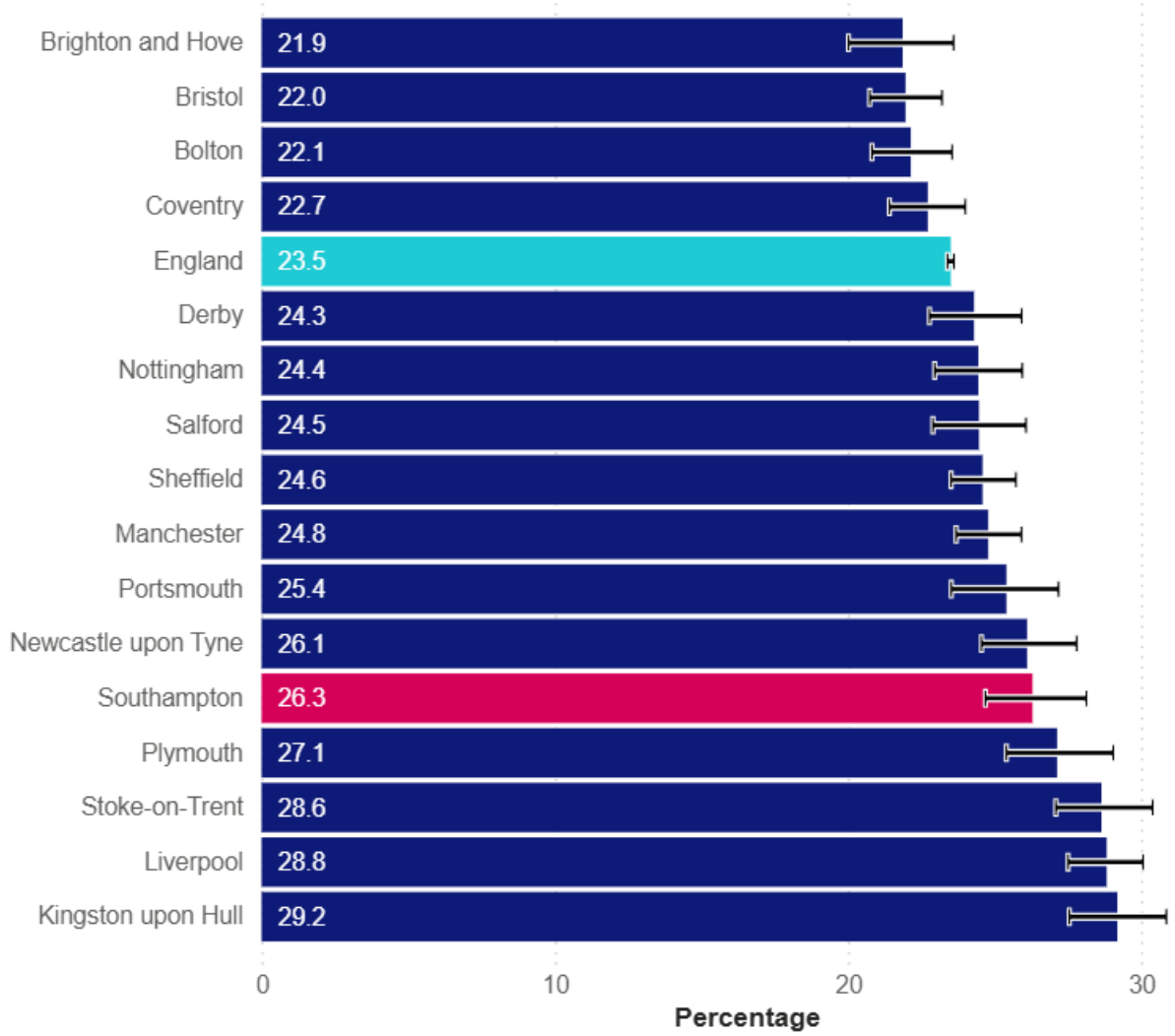
- **2024/25 Southampton's Year 6 healthy weight** prevalence **increased** by **3.2%** (percentage points vs the year prior) **better** compared to **England's decrease** by -**0.2%** (including exact rounding).

- However, Southampton's **Year R healthy weight** prevalence **decreased** by -0.9%, a smaller decrease than England's of -1.4%. The **recent gap** between Southampton and England is **narrowing**, because England's **healthy weight percentage fell faster** than Southampton between 2023/24 and 2024/25.

Year R overweight and obesity prevalence in Southampton

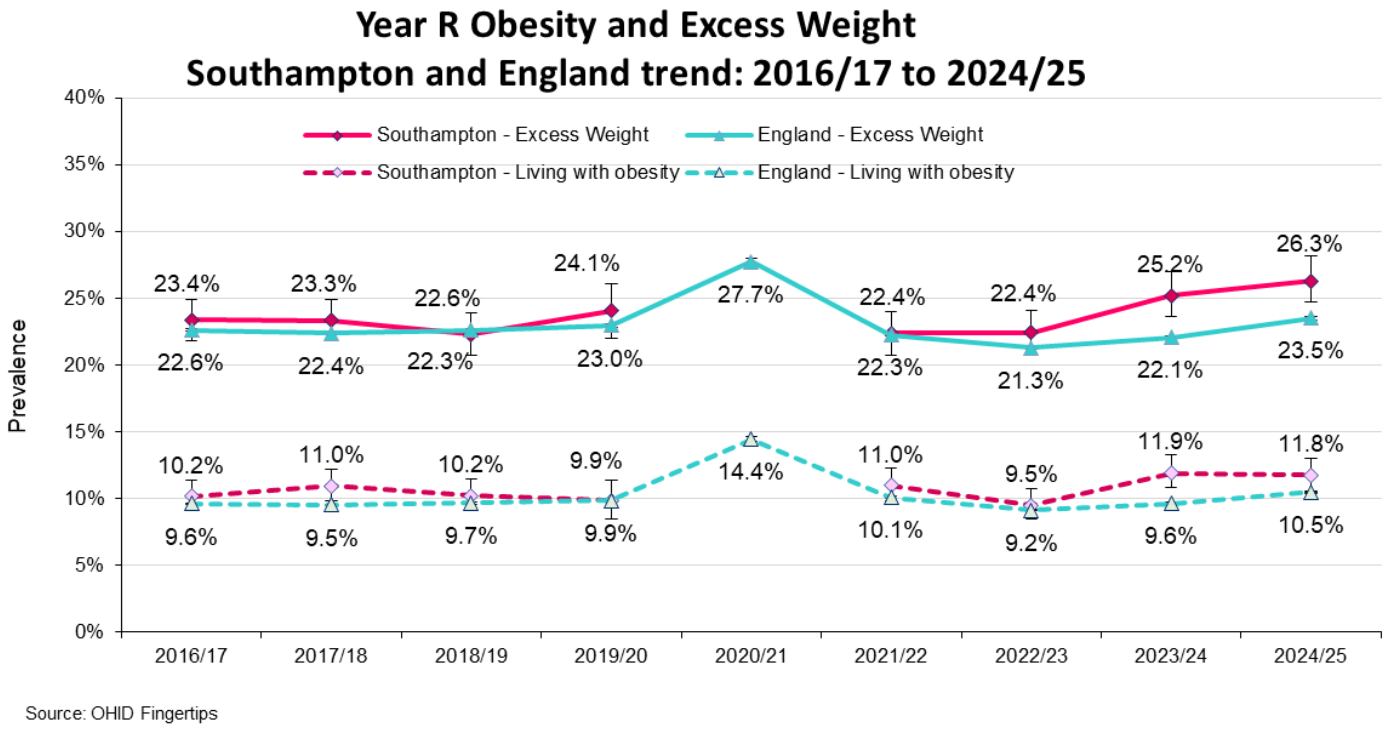
Reception prevalence of overweight (including obesity) for Southampton, England and CIPFA Comparators; 2024/25

Data source: NCMP



- **In 2024/25, more than 1 in 4, 26.3%** of **Year R children** measured in **Southampton** had **excess weight**, the **highest levels** of excess weight (excluding pandemic 2020/21) over the last 8 years, **significantly higher** than the **England** average (23.5%)
- Ranking us **5th highest** among our 16 **CIPFA** comparators. Portsmouth was 7th highest with 25.4%.
- Approximately **70 less Year R children** being **overweight or obese** would see us with same prevalence as England.

Year R overweight and obesity prevalence in Southampton



Source: OHID Fingertips

2024/25 England - Year R: Obese 10.6% Excess Weight 23.5%
Southampton - Year R: Obese 11.8% Excess Weight 26.3%

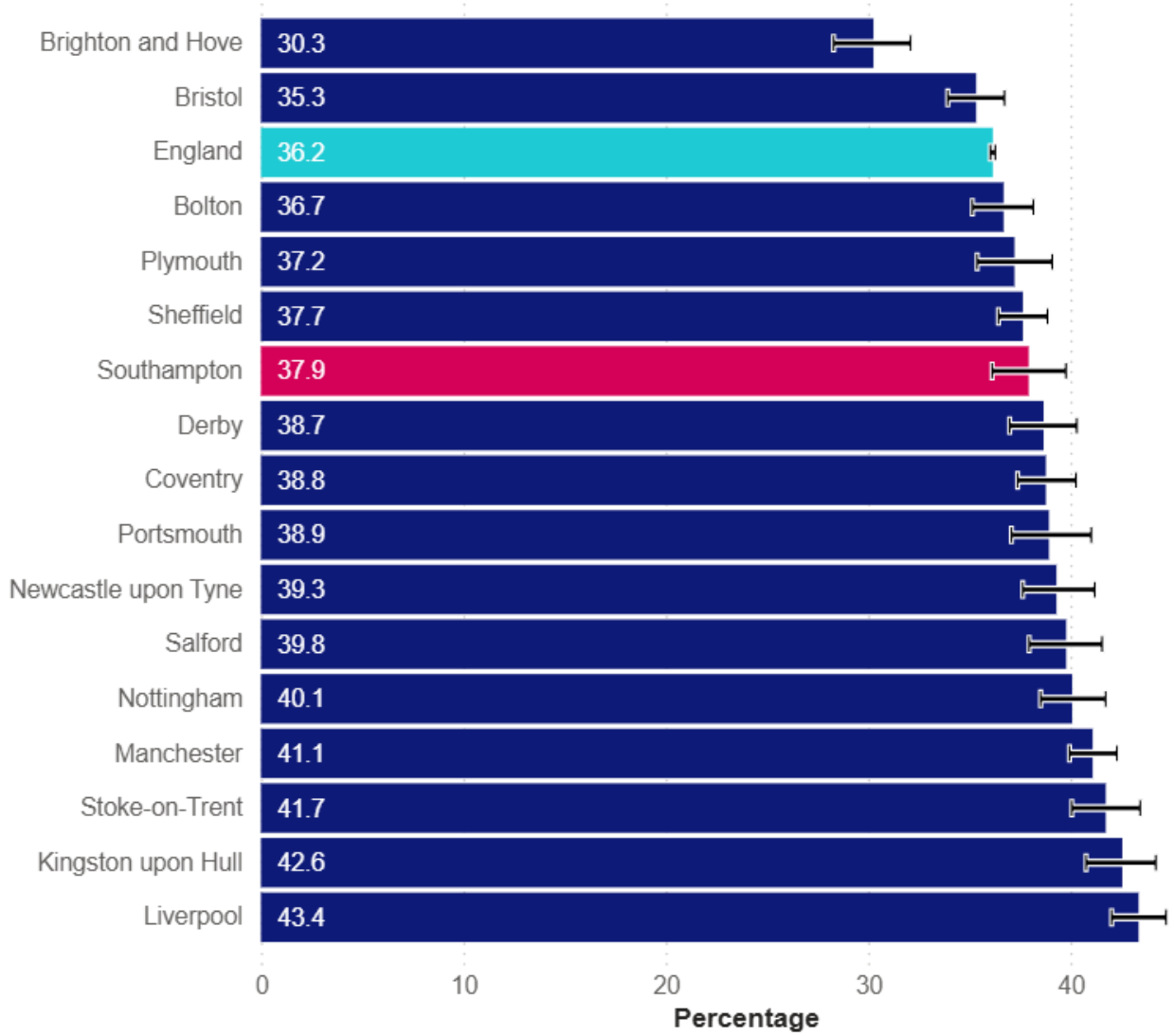
NCMP measurements in 2019/20 and 2020/21 were disrupted by the COVID-19 pandemic. 2021/22 NCMP was the first data collection since the COVID-19 pandemic that was unaffected by school closures and other public health measures.

- **11.8%** of children in **Southampton** schools are classed as **obese (around 1 in 8),** also **significantly higher** than the **England** average of **10.5%** (**1 in 10 children**).
- Looking over the last 8 years (excluding the pandemic year of 2020/21), this is the highest prevalence of **excess weight** in our Year R school children and ranks Southampton **5th worst** among its 16 CIPFA comparators. Approximately **30 less Year R children** living with **obesity** would see us with **same prevalence** as **England.**

Year 6 overweight and obesity prevalence in Southampton

Year 6 prevalence of overweight (including obesity) for Southampton, England and CIPFA Comparators; 2024/25

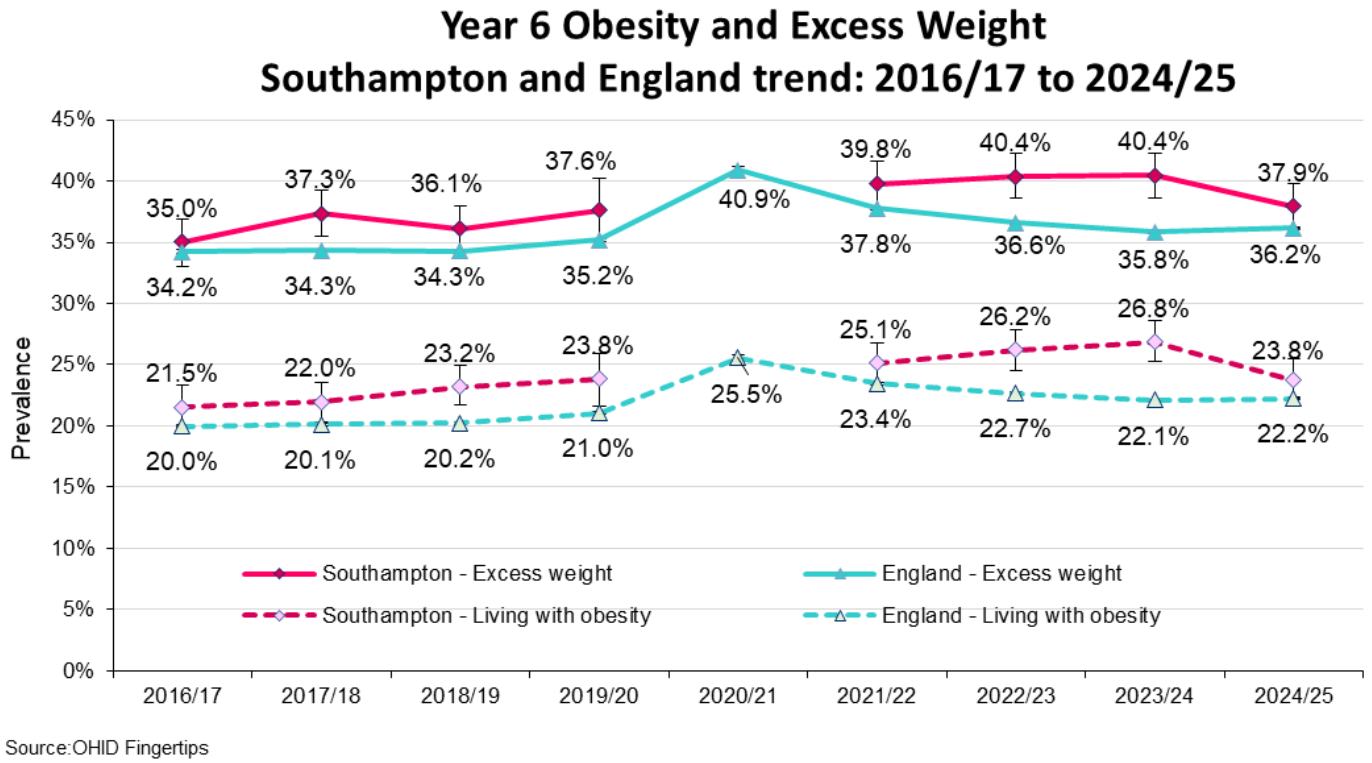
Data source: NCMP



- Just under **4 out of 10, 37.9%** of **Year 6 children** measured in Southampton were **overweight** in **2024/25**. This is **higher** (but not **significantly**) **than** the **England** average (**36.2**%) – need approximately **50 less Year 6 children** to be classed as **overweight or obese** at our schools to meet the England average

- Ranking us **11th highest** among our 16 **CIPFA** comparators. Portsmouth had a higher prevalence and was 8th highest with 38.9%.

Year 6 overweight and obesity prevalence in Southampton



Source:OHID Fingertips

2024/25 England - Year 6: Obese 22.2% Excess Weight 36.2%
Southampton - Year 6: Obese 23.8% Excess Weight 37.9%

NCMP measurements in 2019/20 and 2020/21 were disrupted by the COVID-19 pandemic. 2021/22 NCMP was the first data collection since the COVID-19 pandemic that was unaffected by school closures and other public health measures.

- Between 2023/24 and 2024/25 **England** Year 6 children who have **excess weight increased** by +0.3% but **Southampton decreased** by 2.5%.
- The **gap in Excess Weight (overweight + obese)** prevalence between Southampton and England narrowed in **2024/25** to 1.8% percentage point. A **gap** this **small** was last seen, pre-pandemic in 2018/19.
- The biggest driver of the **decrease** was for **children living with obesity** falling by -**5.0% percentage points** from 26.8% to 23.8%.
- Just under **1 in 4 (23.8%) of** Southampton **Year 6** children were **living with obesity** in **2024/25, worse** (but not significantly) **than 22.2% of Year 6 children across England** ranking Southampton 12th worst, we would need **40 Southampton Year 6 school children** to be classed as a **healthier weight** instead of obese to match the **same prevalence as England**

Linked analysis of Southampton's NCMP measurements

southampton dataobservatory

Southampton children in Year R 2017/18 to 2019/20

The NCMP records of **6,736 Southampton school students** who were measured in **Year R** and **Year 6** have been **linked by their NHS number** to show how their **BMI changed** between these two measurements.

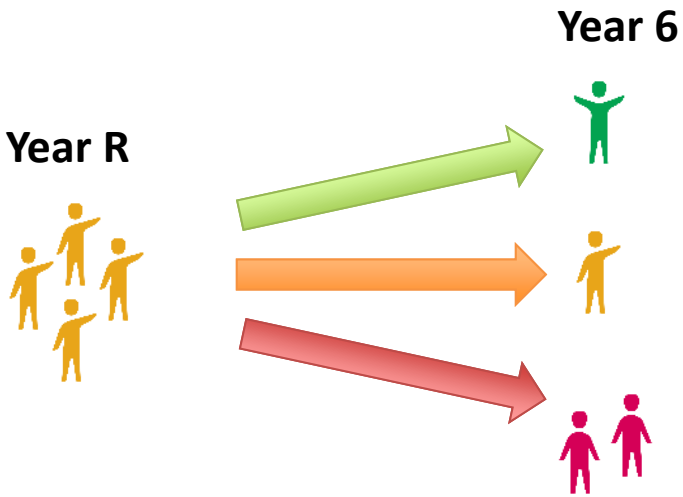
Southampton children in Year 6 2022/23 to 2024/25

Underweight	0.9% ➔	1.5%
Healthy weight	76.1% ➔	56.4%
Overweight	12.3% ➔	13.5%
Very overweight	10.7% ➔	24.5%

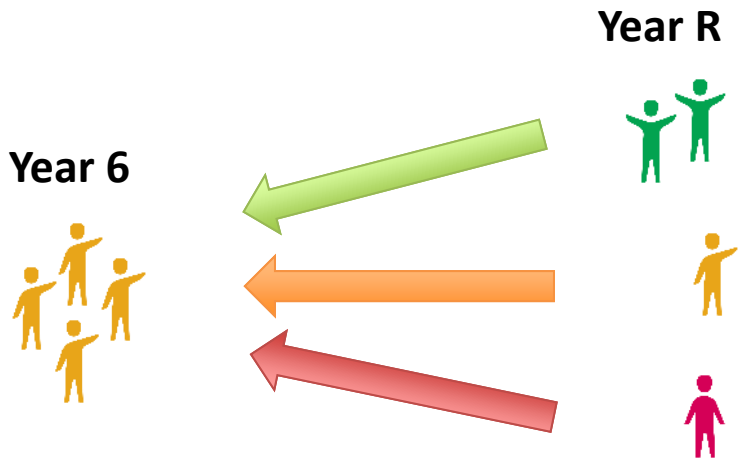
Source: NCMP – NHS Digital. Data may not sum due to rounding

Linked analysis of Southampton's NCMP measurements

We can use the linked analysis to see how each Year R BMI group progressed over the next 6 years…



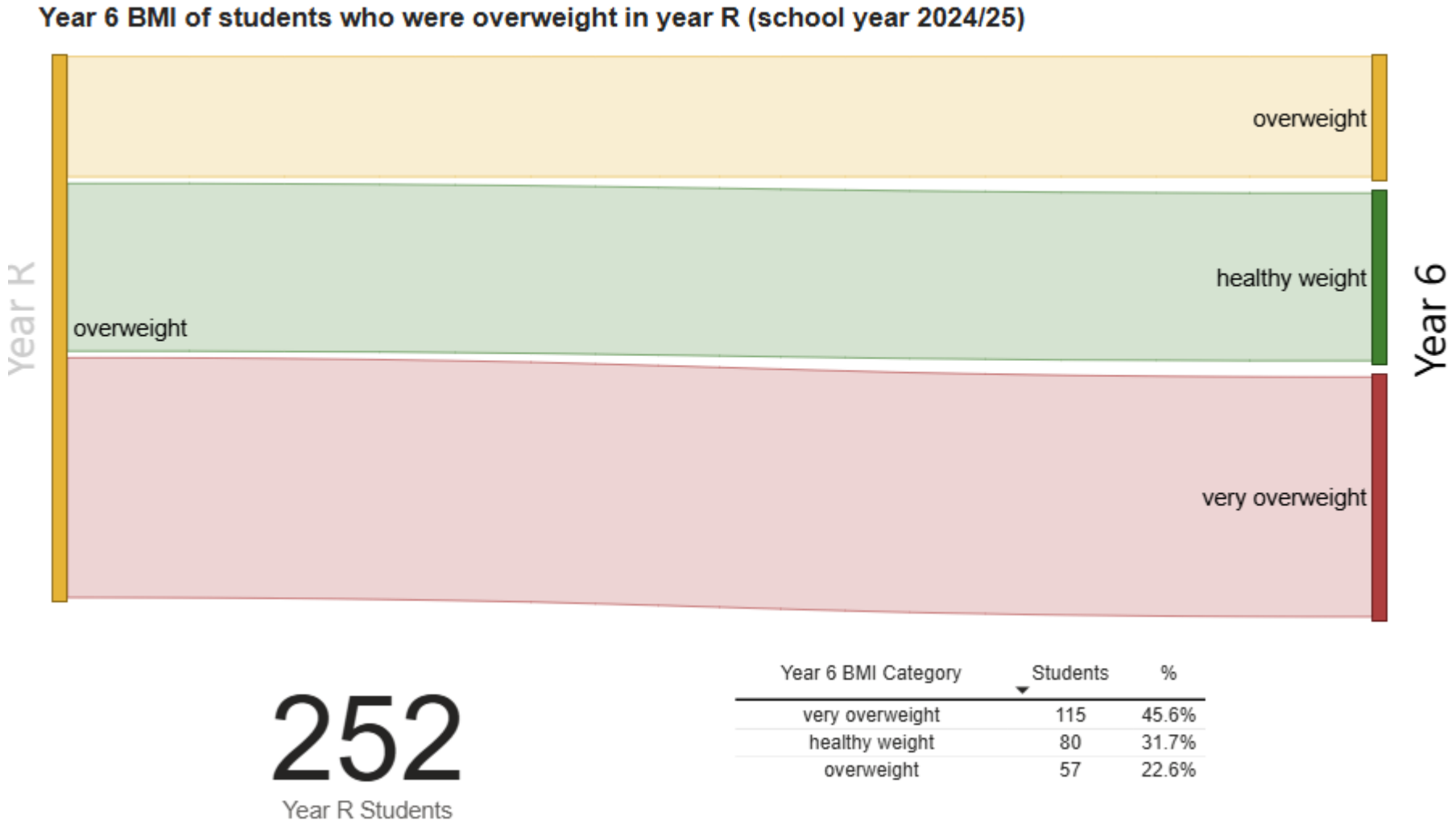
…or to see the origins of each Year 6 BMI category.



Source: NCMP – NHS Digital

Linked analysis - Single year 2024/25

Southampton – Single year 2024/25



252
Year R Students

Year 6 BMI Category	Students	%
very overweight	115	45.6%
healthy weight	80	31.7%
overweight	57	22.6%

- **252 Year 6 children** measured in 2024/25 were **overweight** when they were measured **in Year R**.
- **45.6%** of them were **very overweight** (clinically obese) by the time they were in **Year 6.**

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – Single year 2024/25

Year 6 BMI of students who were very overweight in year R (school year 2024/25)

216

Year R Students

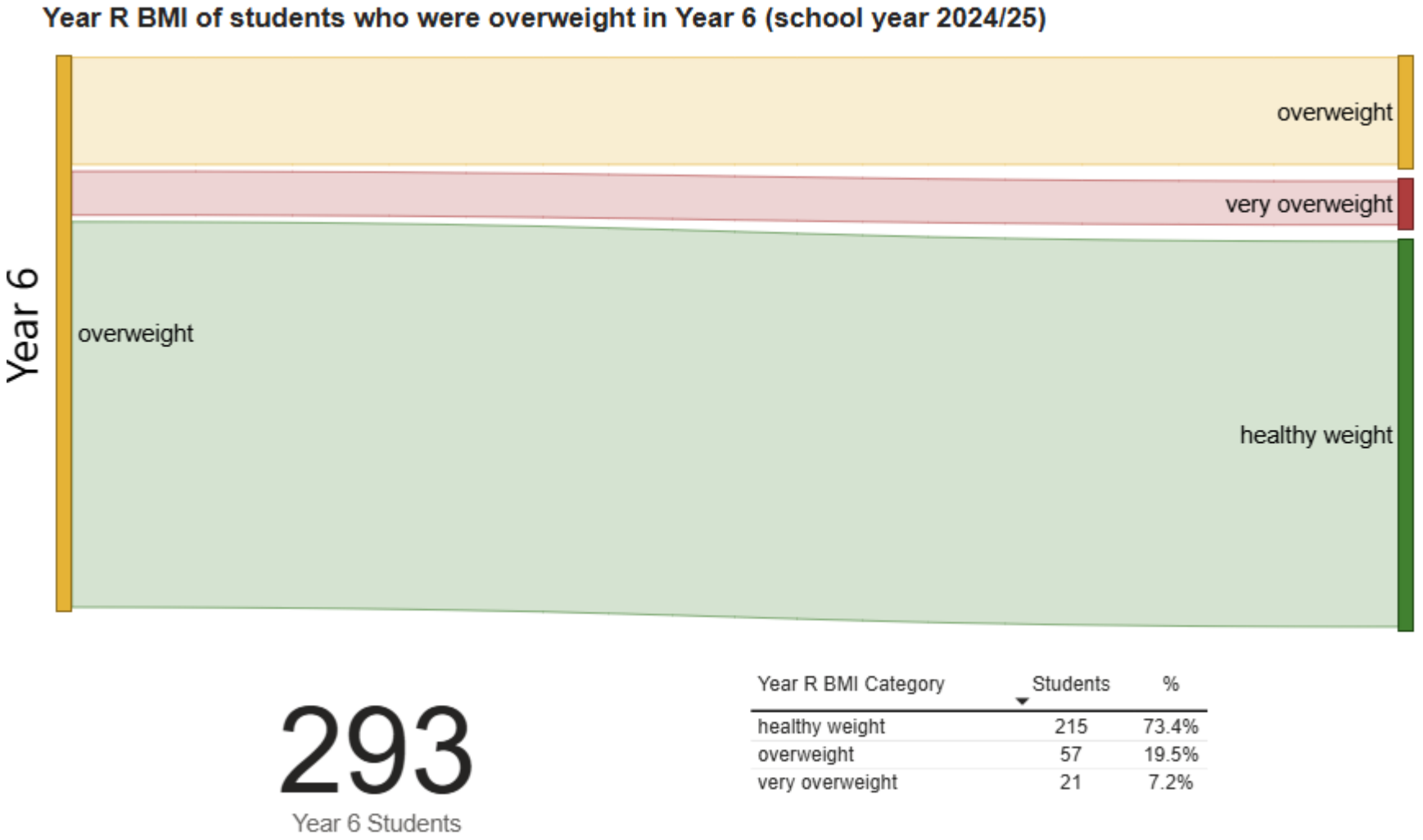
Year 6 BMI Category	Students	%
very overweight	176	81.5%
overweight	21	9.7%
healthy weight	19	8.8%

- **216 Year 6 children** measured in 2024/25 were **very overweight** when they were measured **in Year R**.
- **81.5%** of them were still **very overweight** in **Year 6.**
- **91.2%** of them had **excess weight** by the time they were in **Year 6.**
- **Year R obesity is a clear predictive factor for obesity in Year 6. However…**

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – Single year 2024/25



293

Year 6 Students

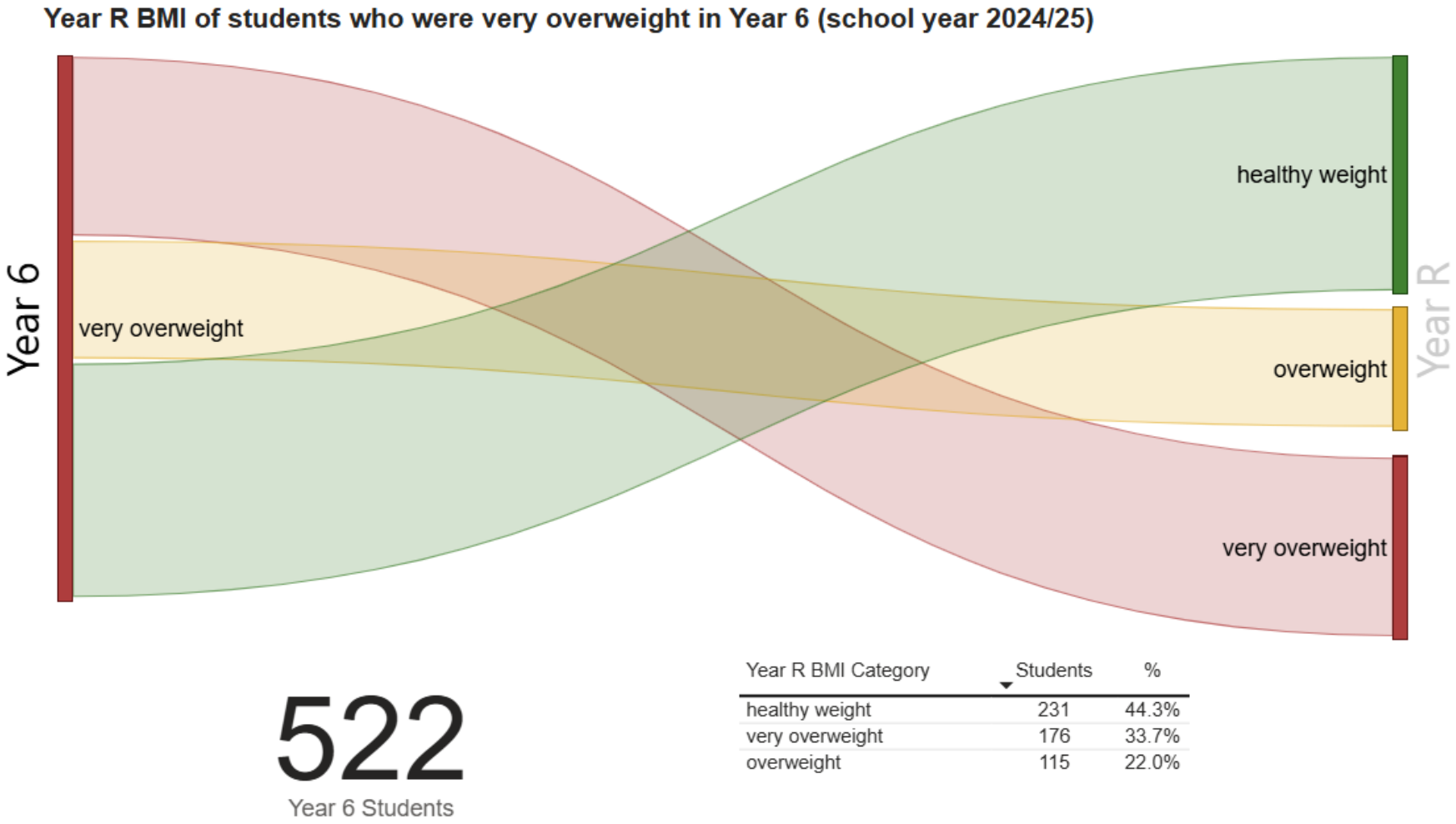
Year R BMI Category	Students	%
healthy weight	215	73.4%
overweight	57	19.5%
very overweight	21	7.2%

- **When looking at this the other way…**
- **293 Year 6 children** measured in 2024/25 were **overweight.**
- **73.4%** of them were originally a **healthy weight** when they were measured in **Year R.**

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – Single year 2024/25



522
Year 6 Students

Year R BMI Category	Students	%
healthy weight	231	44.3%
very overweight	176	33.7%
overweight	115	22.0%

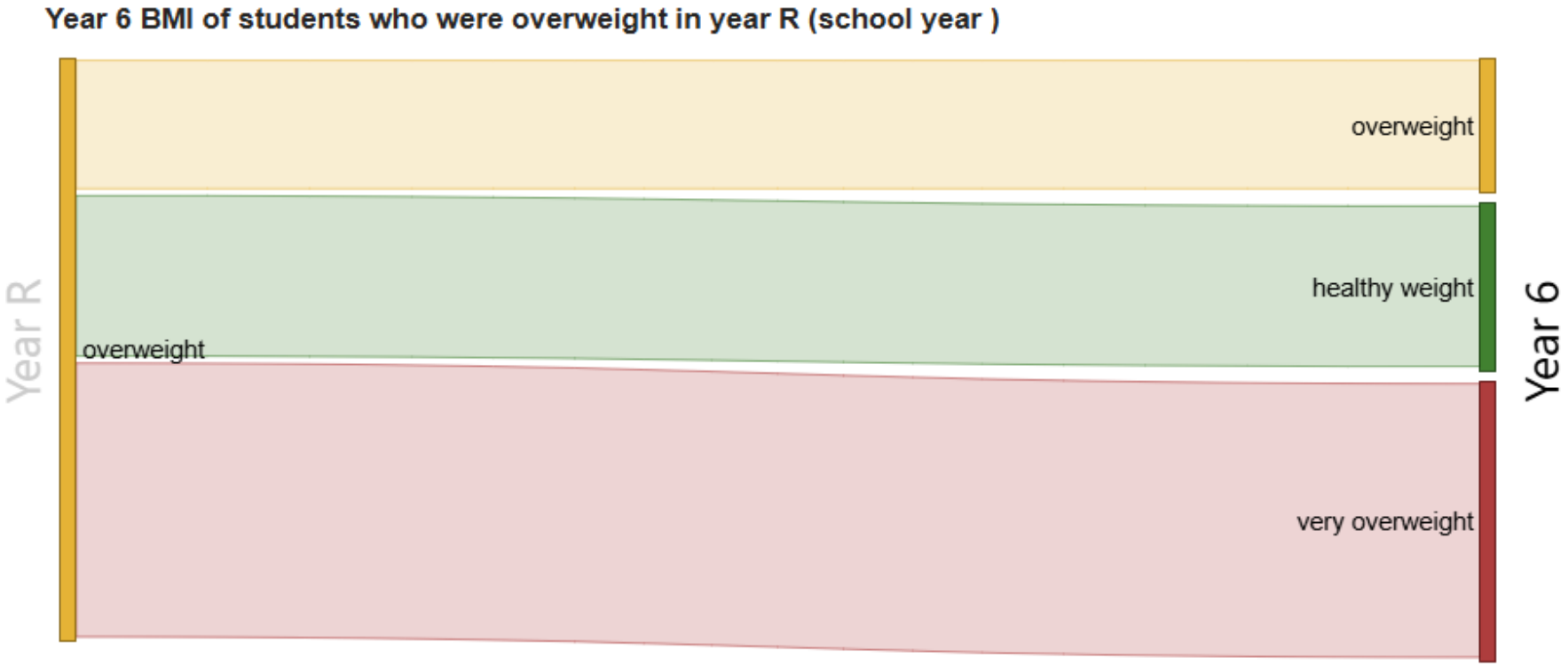
- **522 Year 6 children** measured in 2024/25 were **very overweight.**
- **44.3%** of them were a **healthy weight** when they were measured in **Year R.**
- While **Year R obesity** is a **predictive factor** for **obesity** in **Year 6**, **interventions** targeted at **obese children** in **Year R** will only have the potential to reduce Year 6 obesity by a **maximum of one third** (as **two thirds of obese Year 6 children were not obese in Year R.**

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Linked analysis 3-year pooled 2022/23 to 2024/25

Southampton – 3-year pooled 2022/23 to 2024/25



815

Year R Students

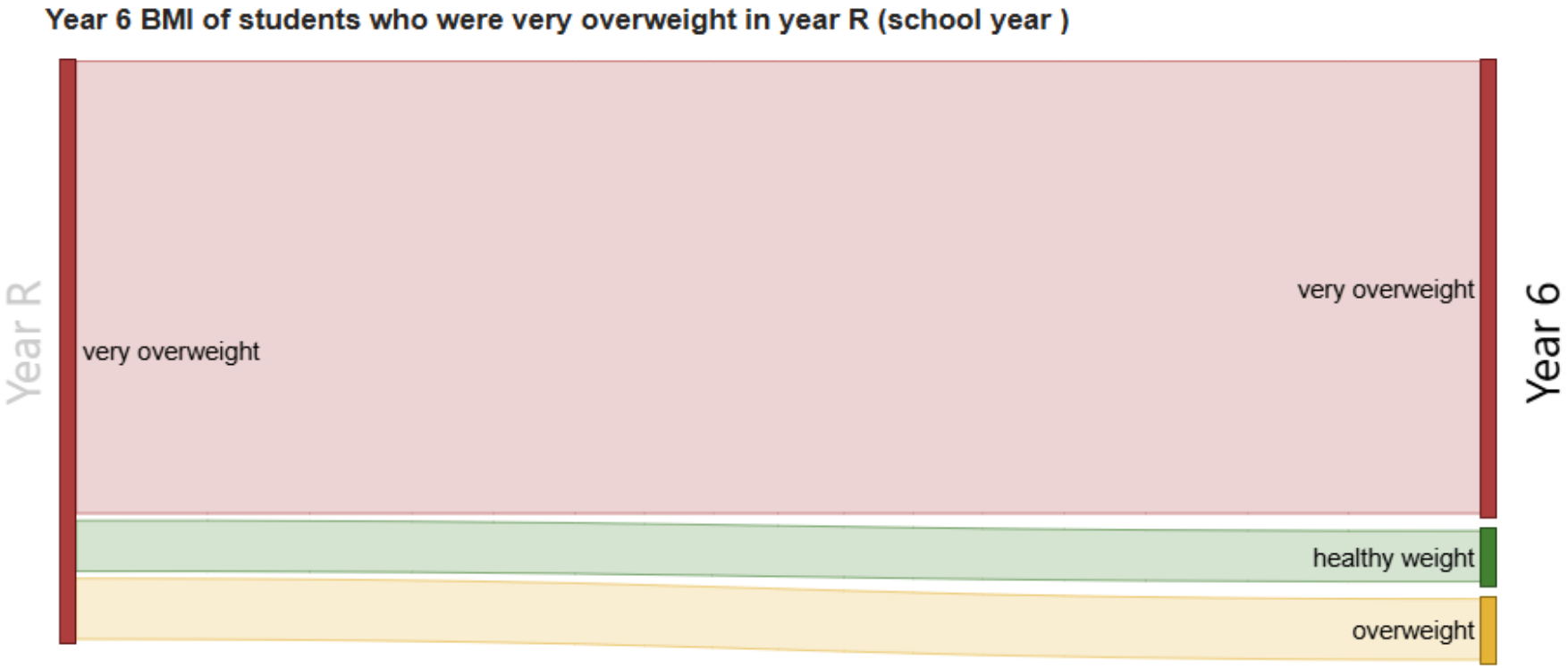
Year 6 BMI Category	Students	%
very overweight	398	48.8%
healthy weight	232	28.5%
overweight	185	22.7%

- **815 Year 6 children** measured in the 3 years 2022/23 to 2024/25 were **overweight** when they were measured **in Year R**.
- **48.8%** of them were **very overweight** (clinically obese) by the time they were in **Year 6.**

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – 3-year pooled 2022/23 to 2024/25



700

Year R Students

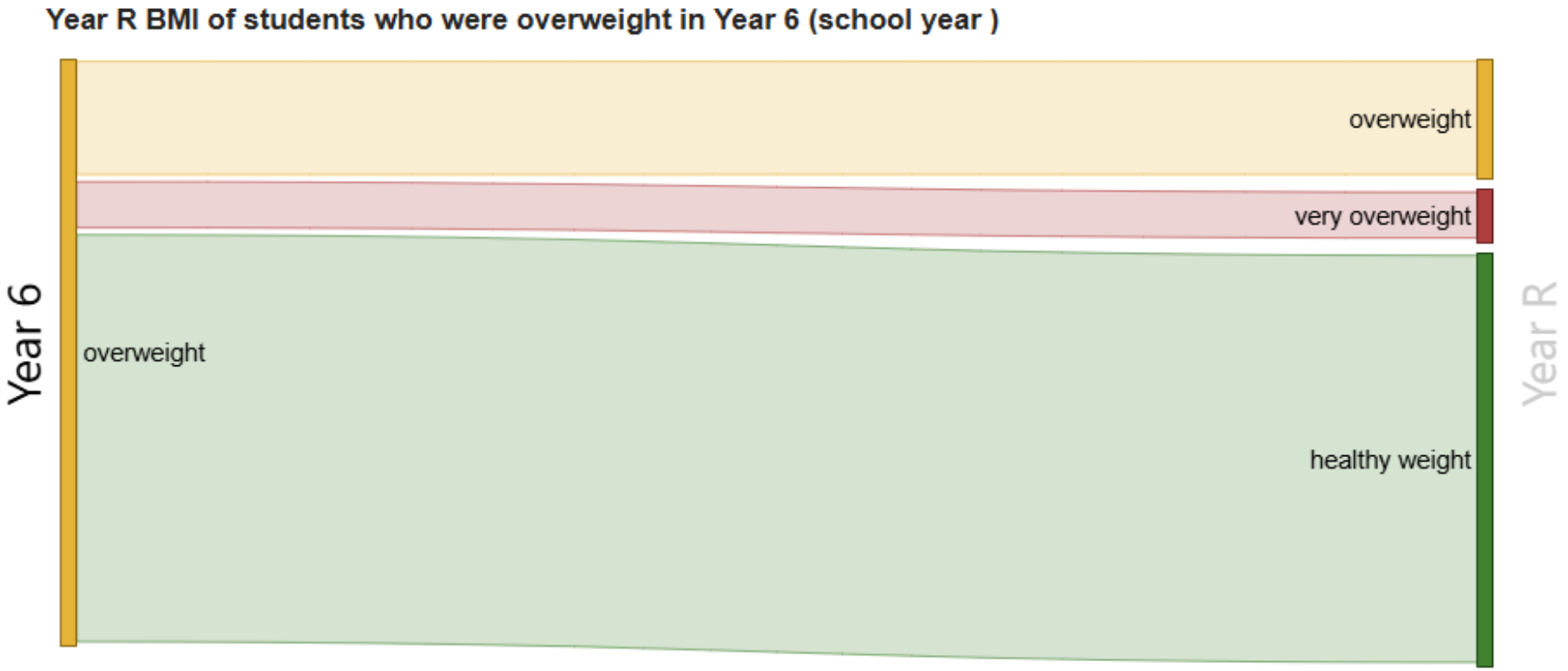
Year 6 BMI Category	Students	%
very overweight	575	82.1%
overweight	69	9.9%
healthy weight	56	8.0%

- **700 Year 6 children** measured in the 3-year period 2022/23 to 2024/25 were **very overweight** when they were measured **in Year R**.
- **82.1%** of them were still **very overweight** in **Year 6.**
- **92.0%** of them had **excess weight** by the time they were in **Year 6.**
- **Year R obesity is a clear predictive factor for obesity in Year 6. However…**

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – 3-year pooled 2022/23 to 2024/25



945

Year 6 Students

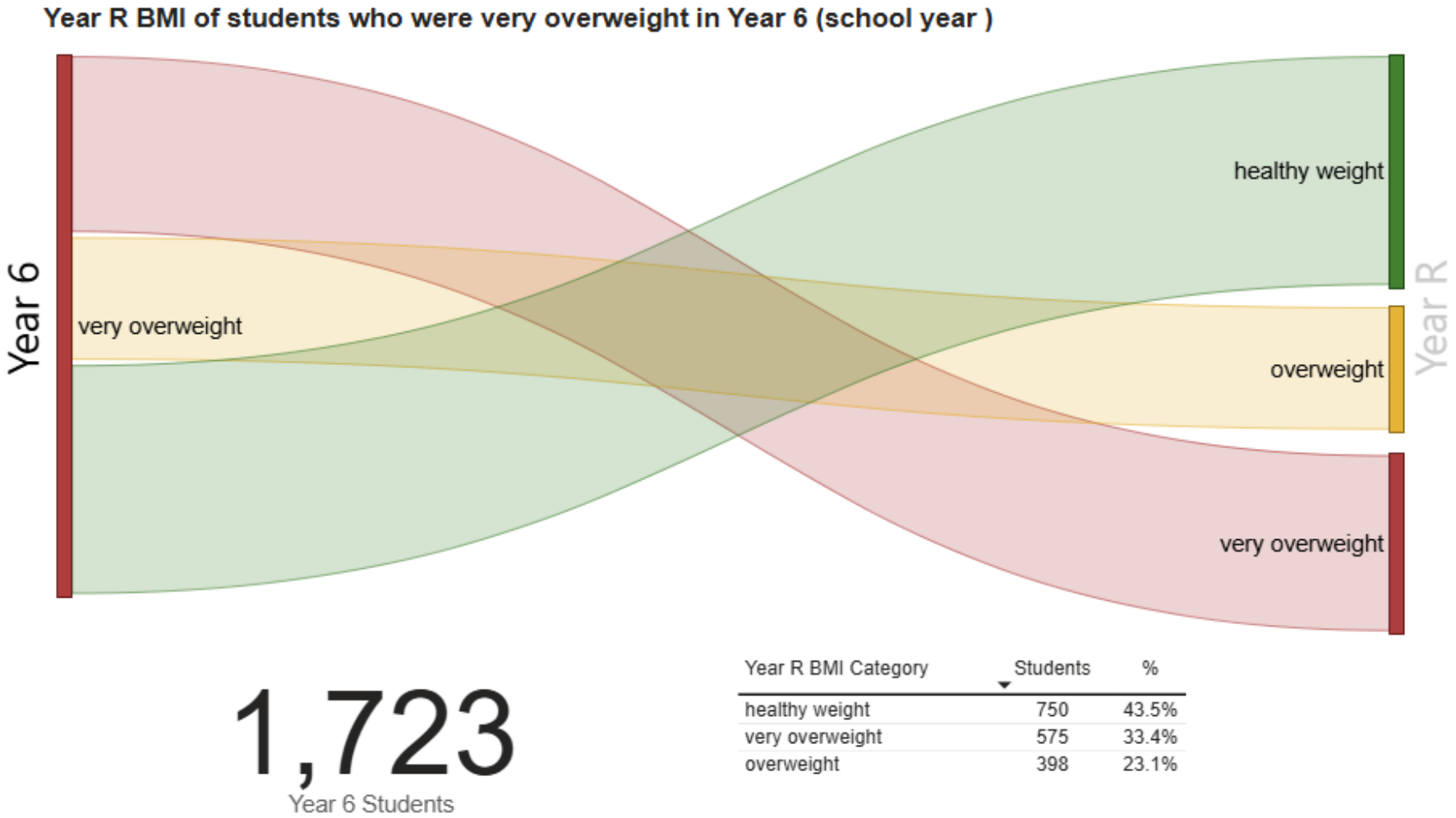
Year R BMI Category	Students	%
healthy weight	691	73.1%
overweight	185	19.6%
very overweight	69	7.3%

- **When looking at this the other way…**
- **945 Year 6 children** measured in the period 2022/23 to 2024/25 were **overweight.**
- **73.1%** of them were originally a **healthy weight** when they were measured in **Year R.**

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – 3-year pooled 2022/23 to 2024/25



1,723
Year 6 Students

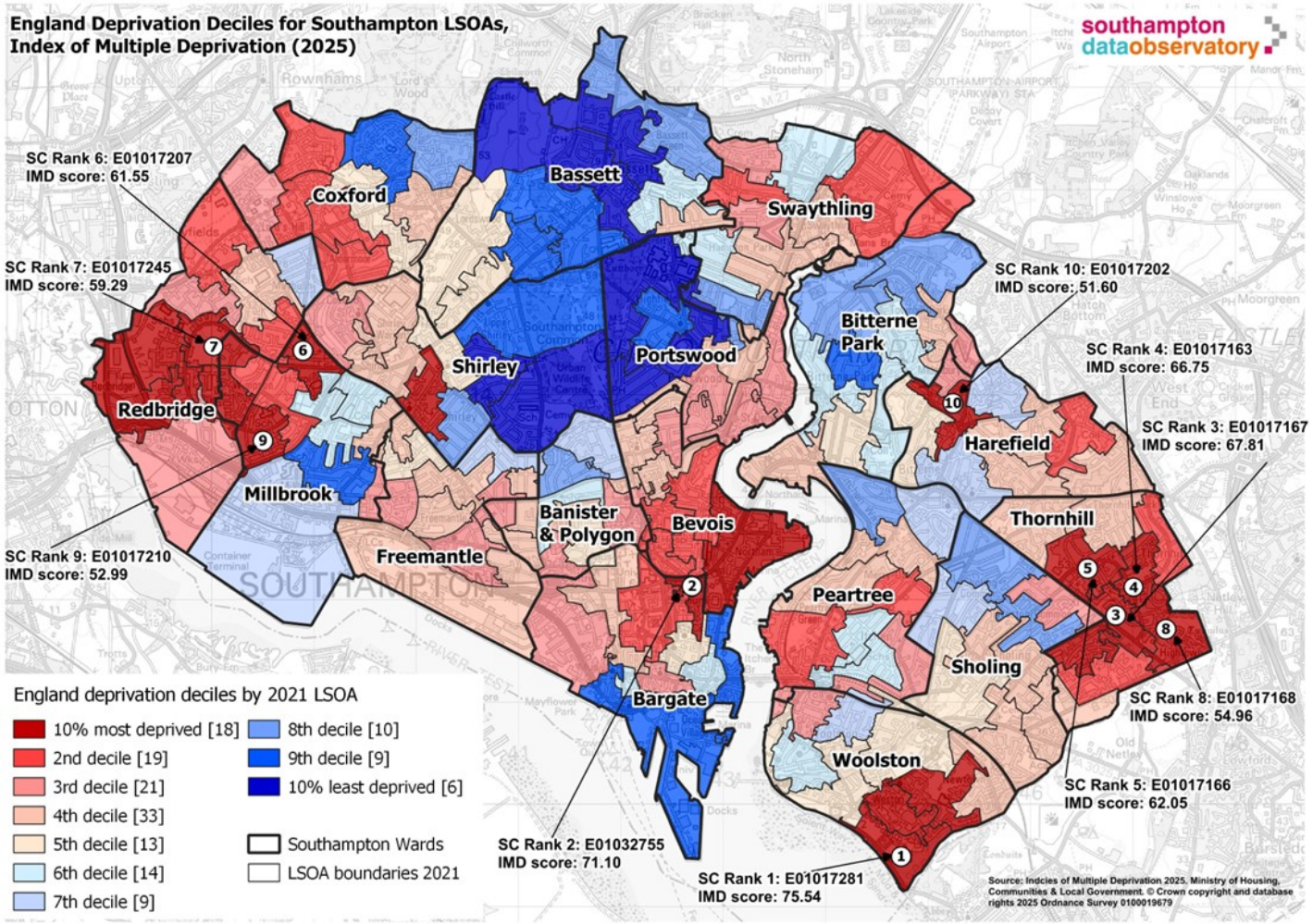
Year R BMI Category	Students	%
healthy weight	750	43.5%
very overweight	575	33.4%
overweight	398	23.1%

- **1,723 Year 6 children** measured in the period 2022/23 to 2024/25 were **very overweight.**
- **43.5%** of them were a **healthy weight** when they were measured in **Year R.**
- While **Year R obesity** is a **predictive factor** for **obesity** in **Year 6**, **interventions** targeted at **obese children** in **Year R** will only have the potential to reduce Year 6 obesity by a **maximum of one third** (as **two thirds of obese Year 6 children were not obese in Year R.**

Source: NCMP – NHS Digital

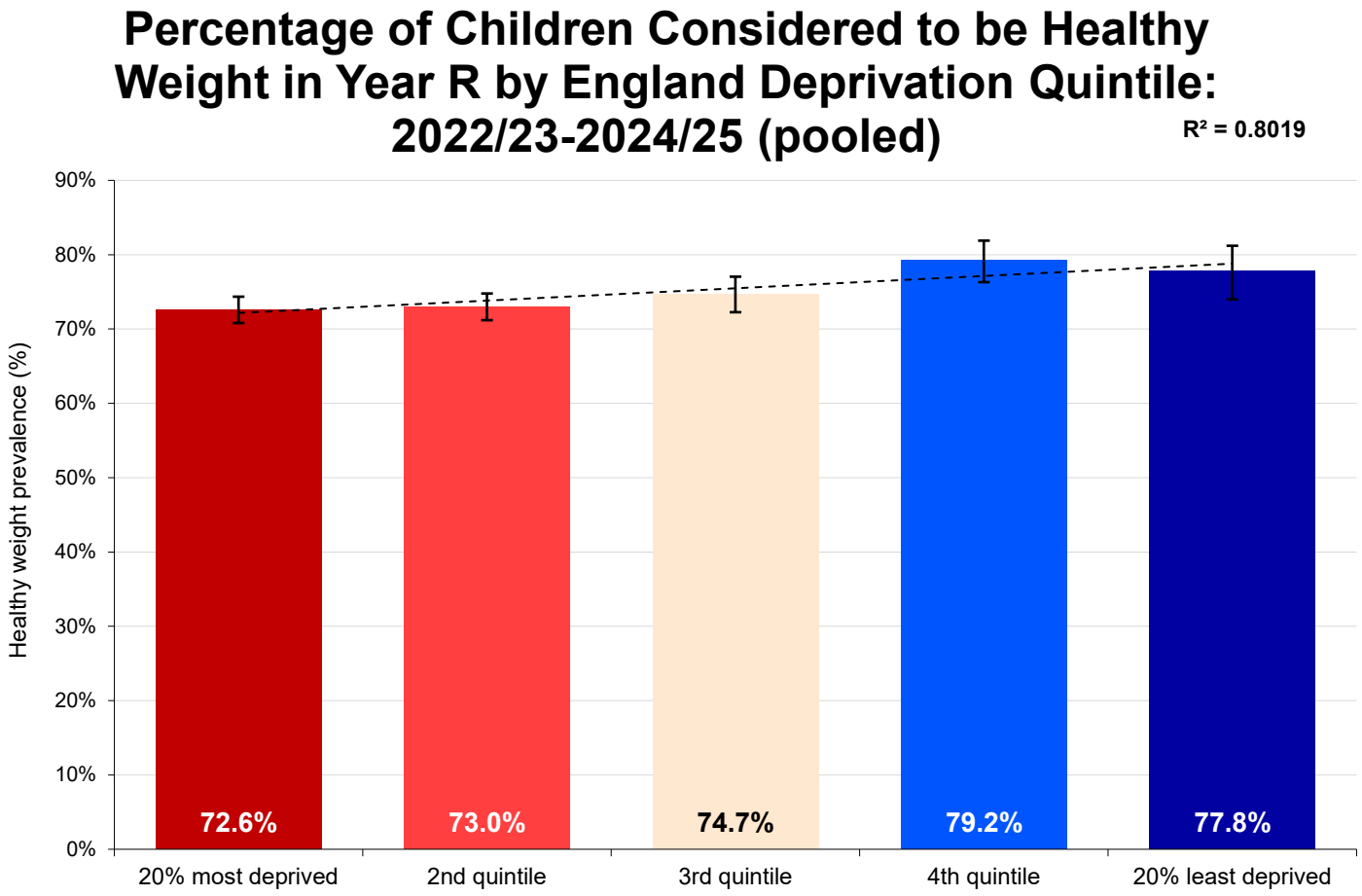
Data for underweight children has been excluded due to small numbers

Deprivation in Southampton



- The **relationship** between **deprivation** and **health** is well documented **(Marmot, 2010).**
- **Southampton** is a **relatively deprived** city. Its average deprivation is ranked **76th** out of England's **296 local authorities** (IMD 2025).
- Around **12%** of Southampton's population live in neighbourhoods within the **10% most deprived** nationally; this **rises to 15.3%** for the **under 16 population**, suggesting deprivation disproportionately **impacts young people in the city**.
- There are **vast disparities** in Southampton as **some neighbourhoods** are among the **least deprived** in England.

Year R healthy weight by deprivation

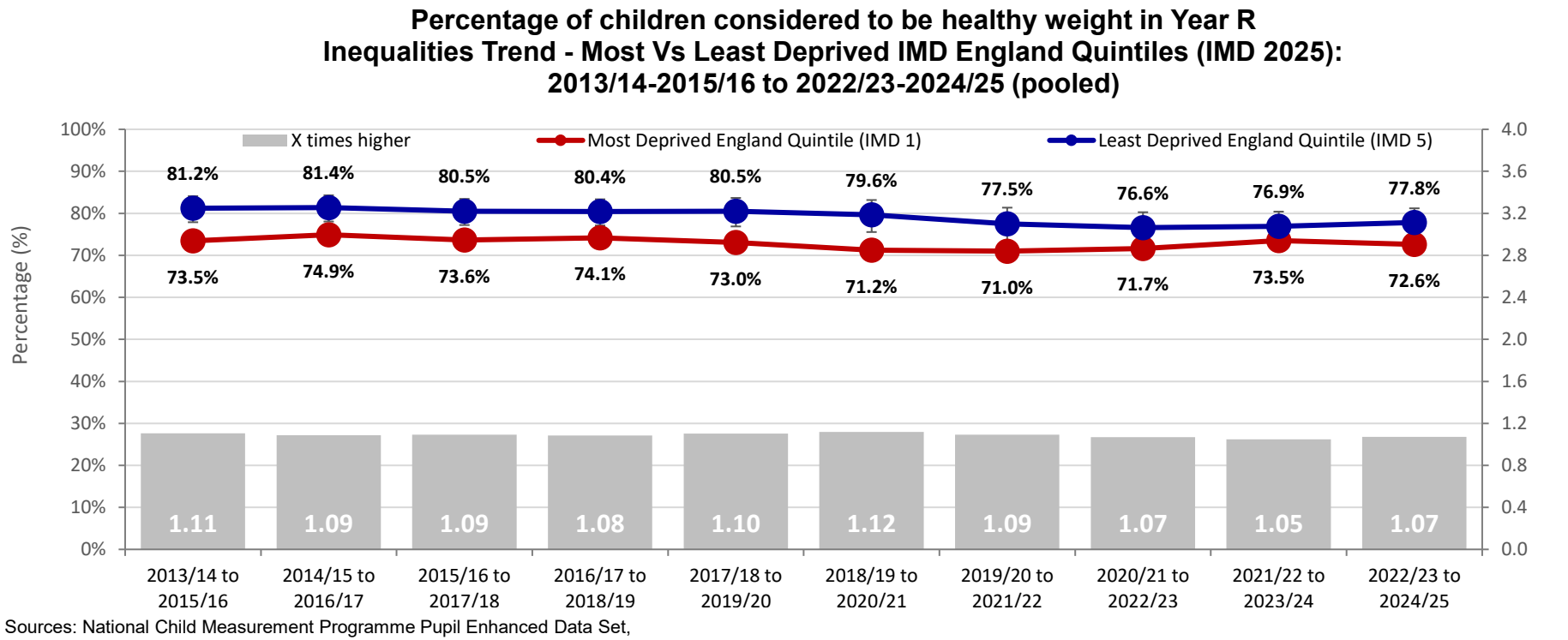


- **Healthy weight in Year R** is **less prevalent** in the **more deprived quintile** (72.6%) than the **least deprived quintile** (77.8%).
- R coefficient (r=0.90) shows a **strong relationship** between **Year R heathy weight** and **deprivation**

Source: National Child Measurement Programme Pupil Enhanced Data Set, NHS Digital - Lifestyle Statistics

Year R healthy weight by deprivation

- For the period 2022/23 to 2024/25 the **Year R rate of healthy weight** in Southampton's **most deprived quintile** was **1.07x lower** than the least deprived.

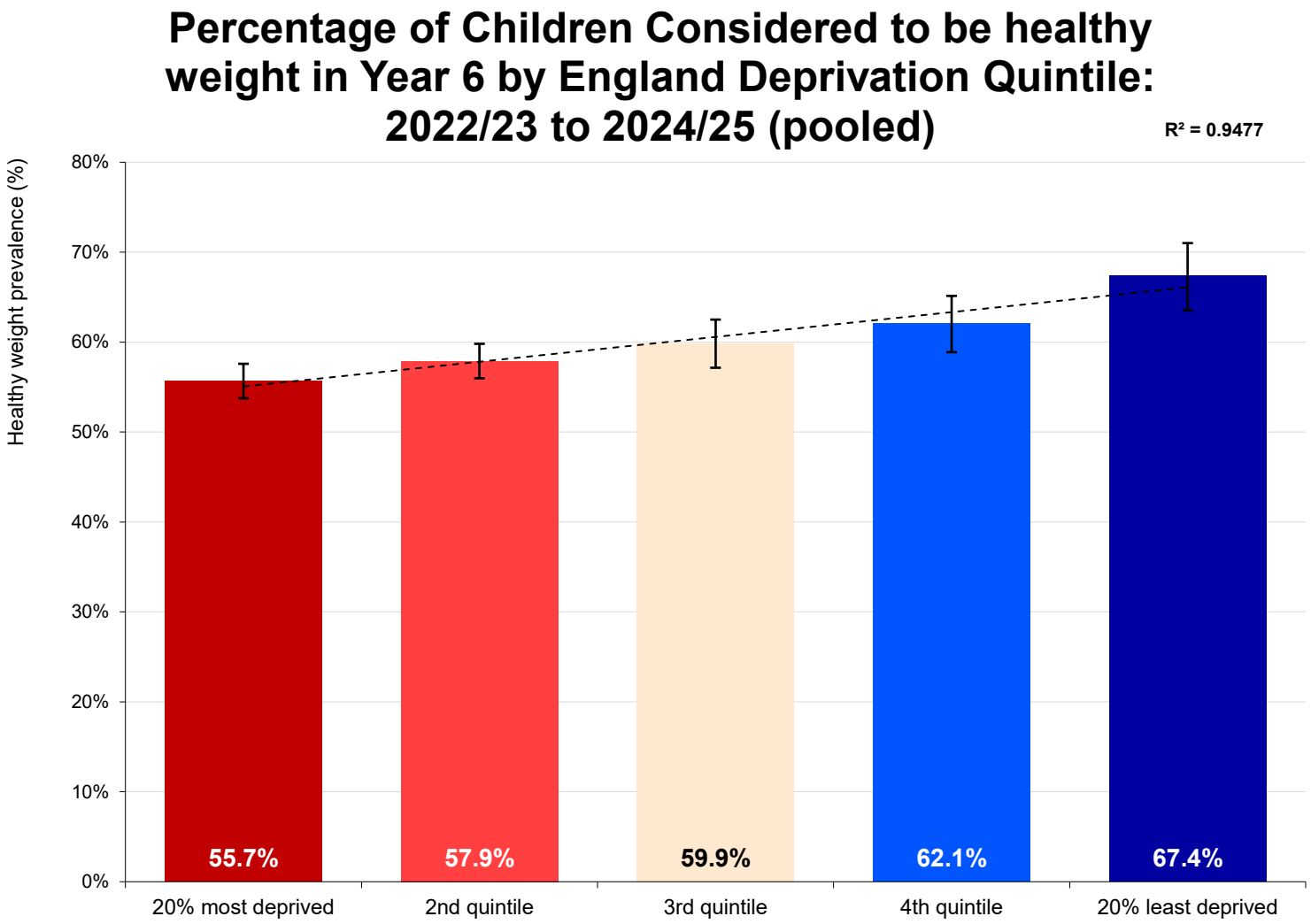


Sources: National Child Measurement Programme Pupil Enhanced Data Set,

The prevalence of healthy weight **decreased** for the **most deprived** quintile in 2022/23 to 2024/25 but increased for the **least deprived.**

The **deprivation gap** remained relatively **similar** since 2013/14 to 2015/16, with the smallest gaps seen in the last 3 data points.

Year 6 healthy weight by deprivation

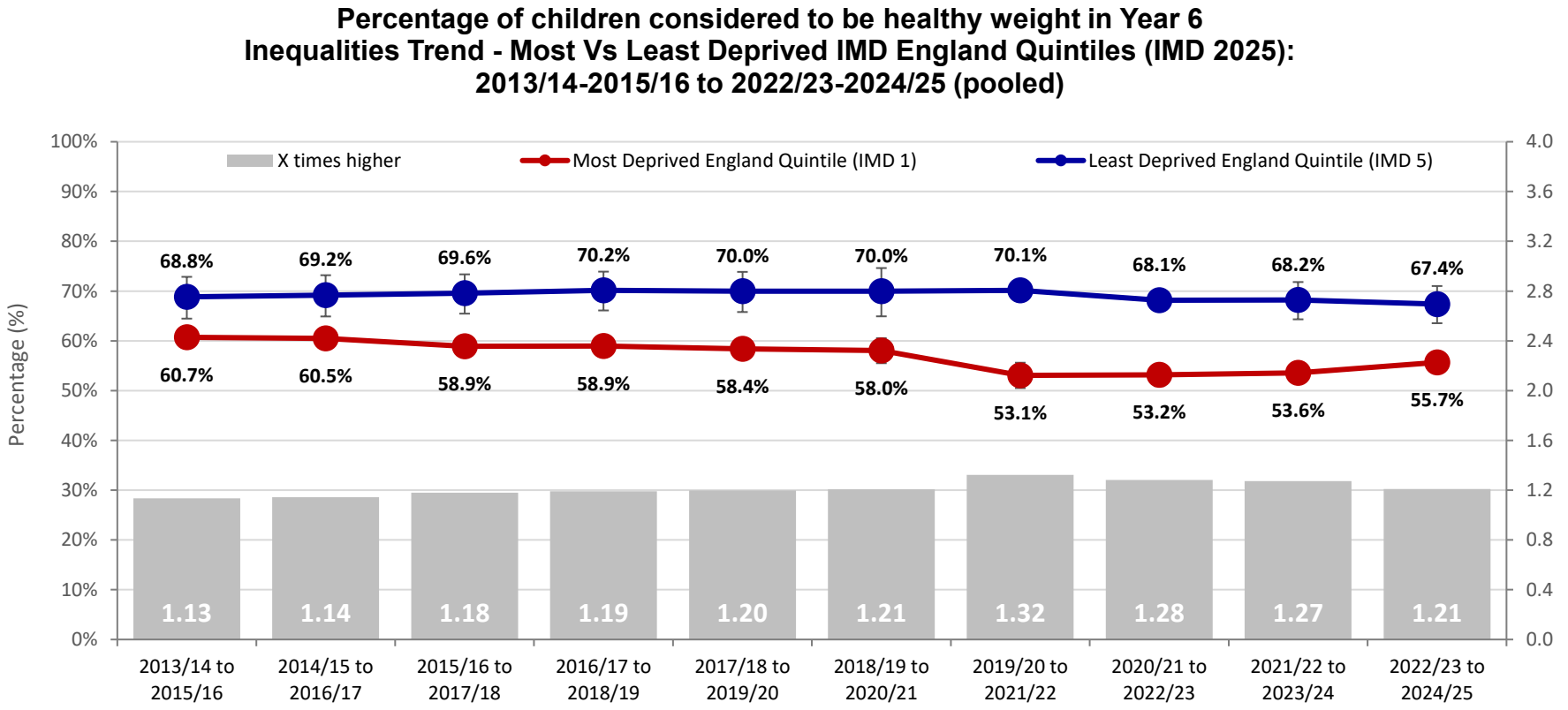


- **Healthy weight in Year 6 children is statistically significantly less prevalent in the most deprived quintile** (55.7%) than the least deprived quintile (67.4%) (2022/23 to 2024/25 pooled).
- R coefficient (r=0.97) shows a **very strong relationship** between **Year 6 healthy weight** and **deprivation, (stronger than that for year R)**

Source: National Child Measurement Programme Pupil Enhanced Data Set, NHS Digital - Lifestyle Statistics

Year 6 heathy weight by deprivation

- For the period 2022/23 to 2024/25 the **Year 6 rate of healthy weight** in Southampton's **most deprived** quintile was **1.21x lower** than the least deprived.

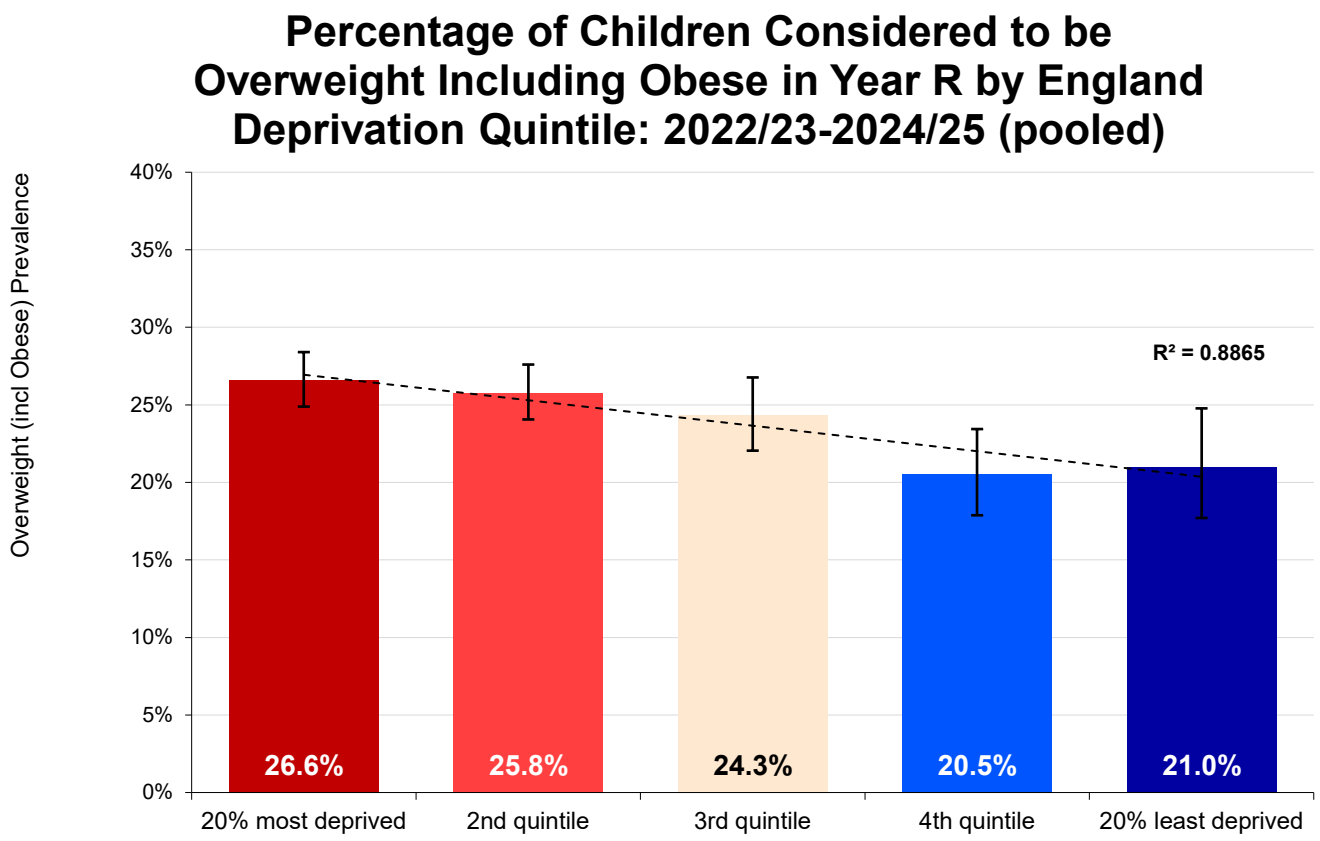


Sources: the National Child Measurement Programme Pupil Enhanced Data Set

- The **deprivation gap** has been **widening** since 2019/20 to 2021/22 for **Year 6**. While the prevalence of healthy weight **increased** in the **most deprived** quintile in 2022/23 to 2024/25 and has decreased in the **least deprived** quintiles.

The **gap** had **widened** for **time periods** overlapping the **pandemic** and is now starting to **narrow closer** to **pre-pandemic levels** as there was an **increase** in the **most deprived** quintile.

Year R overweight and obesity by deprivation

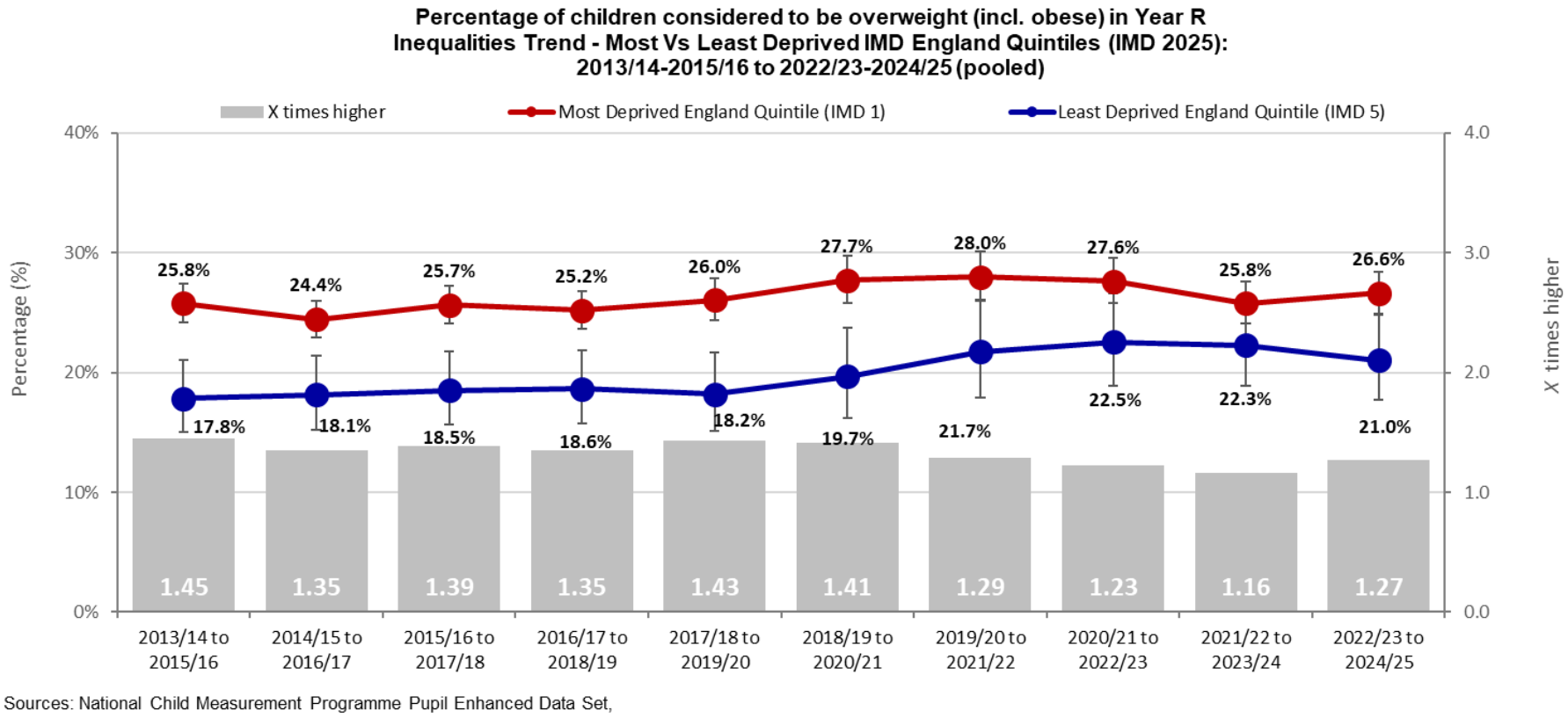


Source: National Child Measurement Programme Pupil Enhanced Data Set, NHS Digital - Lifestyle Statistics

- **Overweight and obesity in Year R** is **more prevalent** in the **most deprived quintile** (26.6%) than the **least deprived quintile** (21.0%).
- R square coefficient (r=0.94) shows a **very strong relationship** between **Year R overweight (including obese)** and **deprivation**

Year R overweight and obesity by deprivation

- For the period 2022/23 to 2024/25 the **Year R rate of overweight and obesity** in Southampton's **most deprived quintile** was **1.27x higher** than the least deprived.

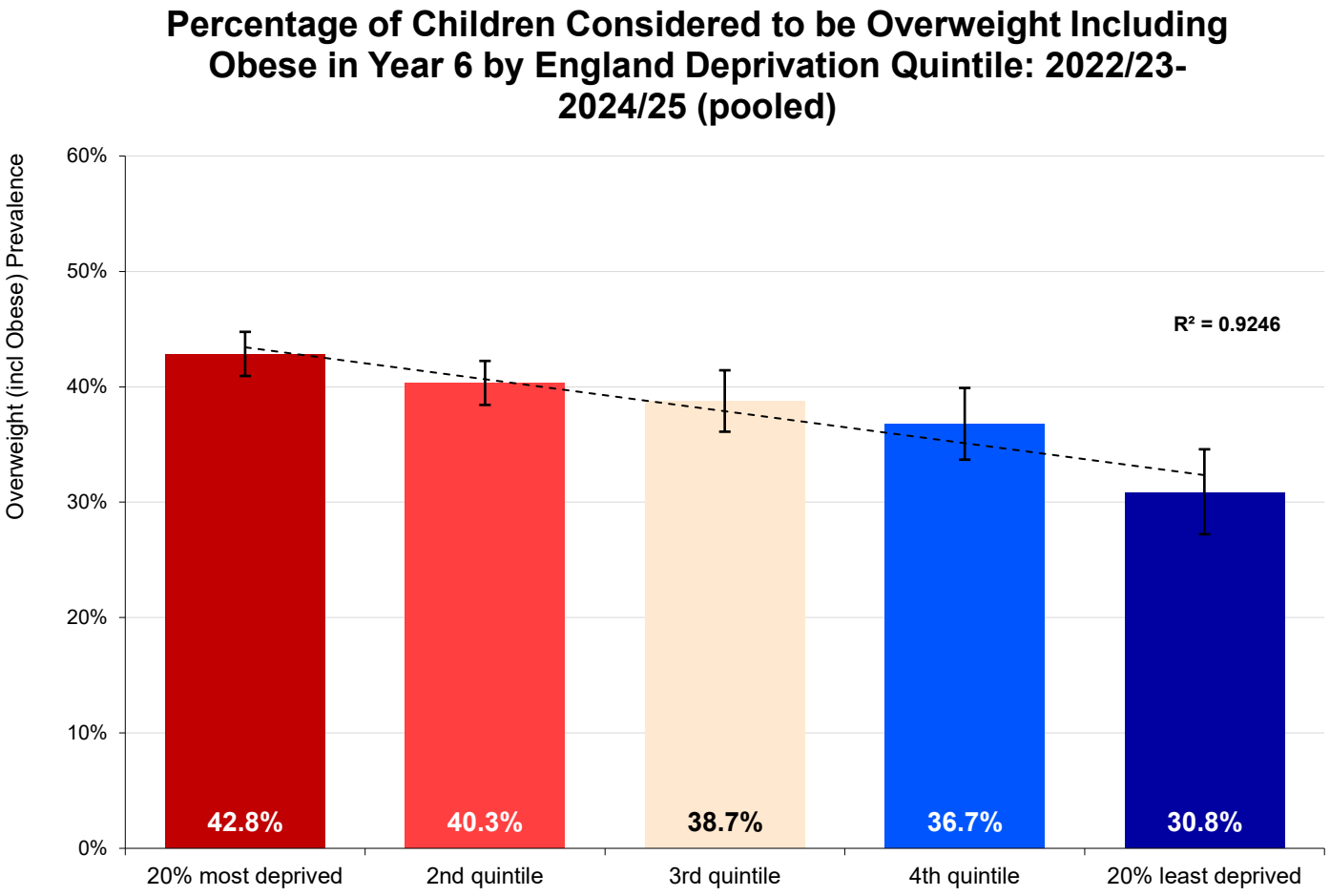


Sources: National Child Measurement Programme Pupil Enhanced Data Set,

- The **deprivation gap** has remained **similar** since 2016/17 to 2018/19. While the prevalence of excess weight **increased** for the **most deprived** quintile in 2022/23 to 2024/25 but decreased for the **least deprived.**

- The **gap widened** slightly as the **reduction** was **greater** in the **least deprived** quintile.

Year 6 overweight and obesity by deprivation

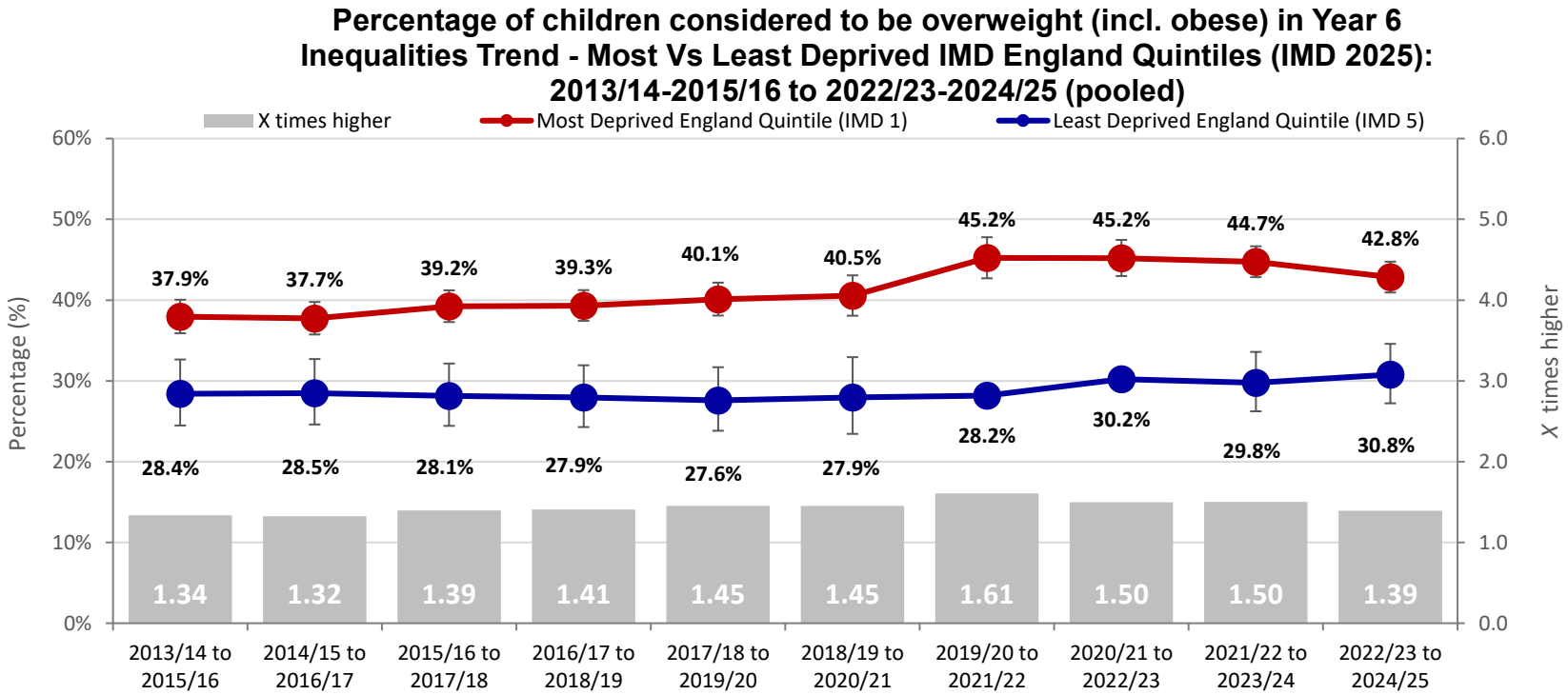


Source: National Child Measurement Programme Pupil Enhanced Data Set, NHS Digital - Lifestyle Statistics

- **Overweight and obesity in Year 6 children is statistically significantly more prevalent in the most deprived quintile** (42.8%) than the least deprived quintile (30.8%) (2022/23 to 2024/25 pooled).
- R coefficient (r=0.96) shows a **very strong relationship** between **Year 6 overweight (including obese)** and **deprivation, (stronger than that for year R)**

Year 6 overweight and obesity by deprivation

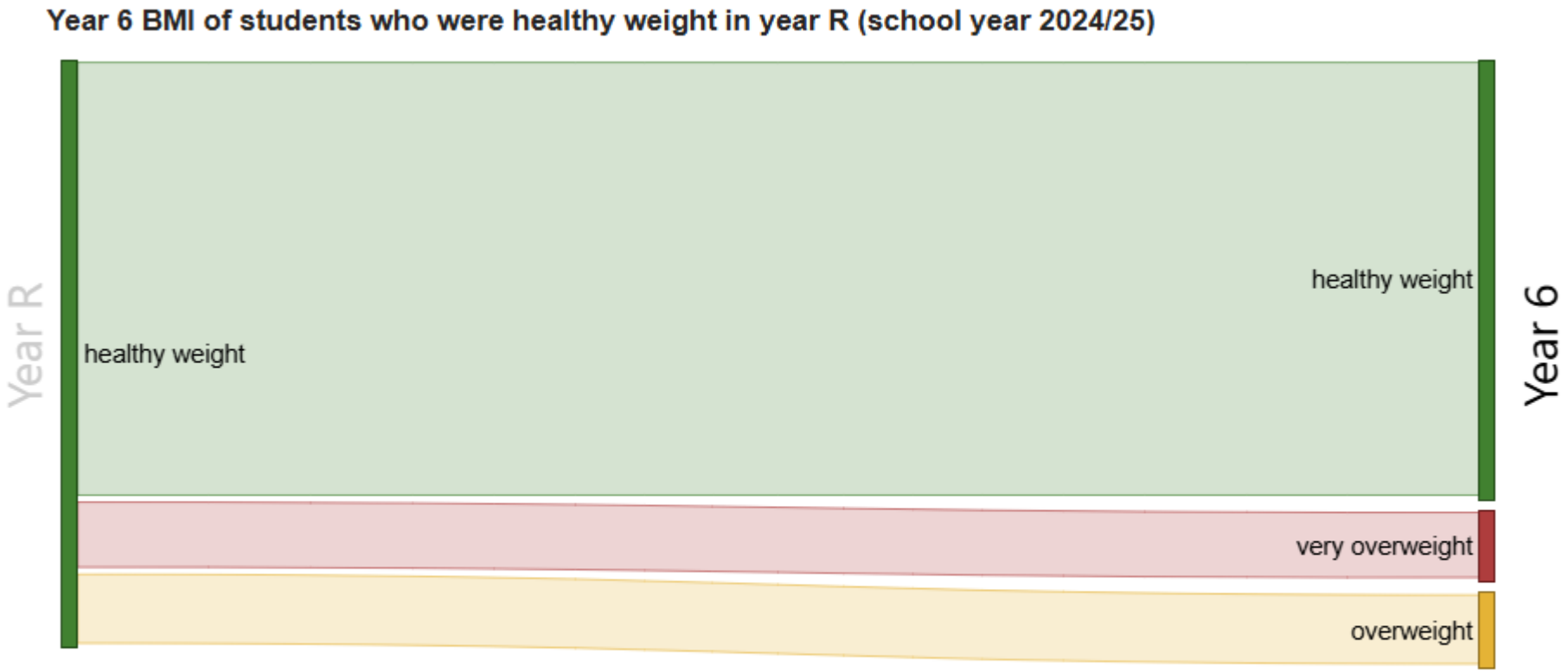
- For the period 2022/23 to 2024/25 the **Year 6 rate of overweight and obesity** in Southampton's **most deprived** quintile was **1.39x higher** than the least deprived.



Sources: the National Child Measurement Programme Pupil Enhanced Data Set

- The **deprivation gap** has been **growing** since 2018/19 to 2020/21 for **Year 6**. While the prevalence of excess weight **reduced** in the **most** quintiles in 2022/23 to 2024/25 and has increased in the **least deprived** quintiles.
- The **gap had narrowed** as there was an **increase** in the **least deprived** quintile.

Southampton's Least Deprived Quintile – Single year 2024/25



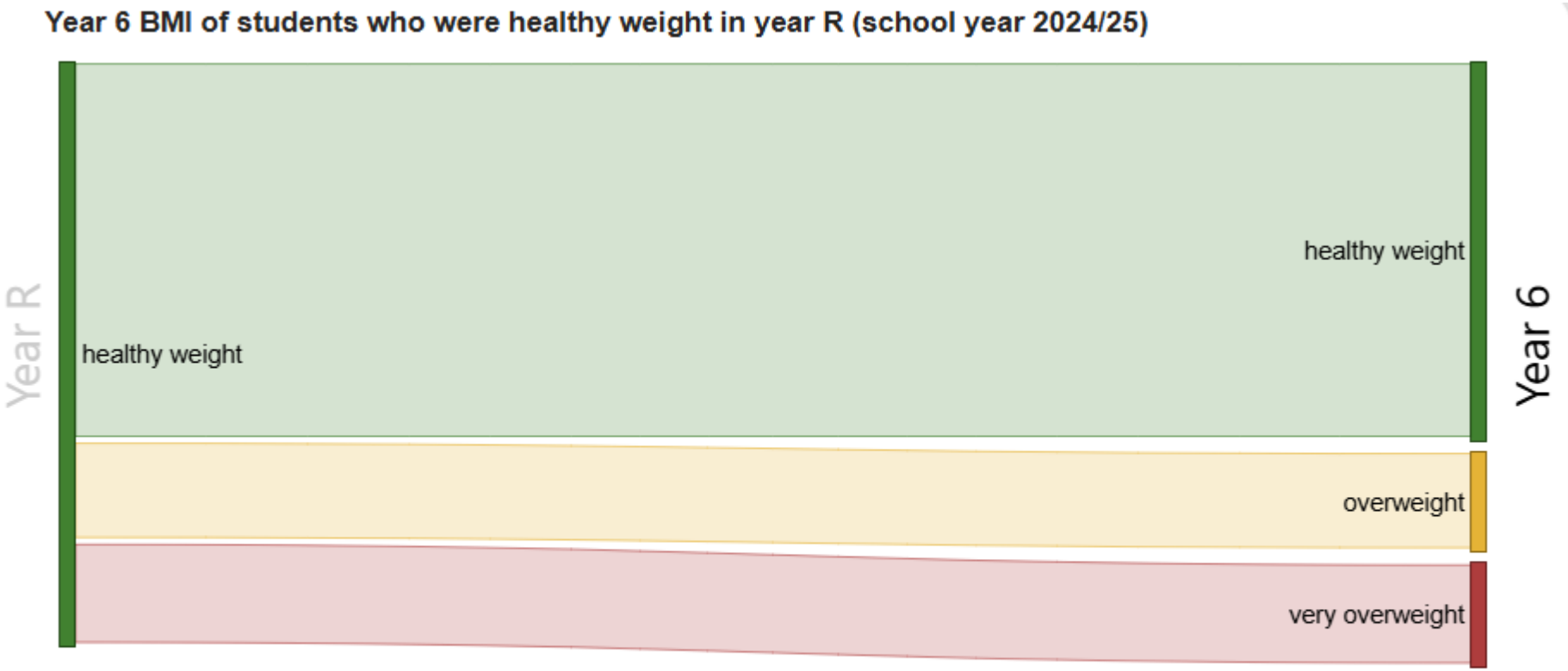
276

Year R Students

Year 6 BMI Category	Students	%
healthy weight	216	78.3%
overweight	31	11.2%
very overweight	29	10.5%

- **78.3%** of children who were a healthy weight in **Year R** and lived in Southampton's **least deprived** quintile **were still a healthy weight** by the time they reached **Year 6** (school year 2024/25).

Southampton's Most Deprived Quintile – Single year 2024/25



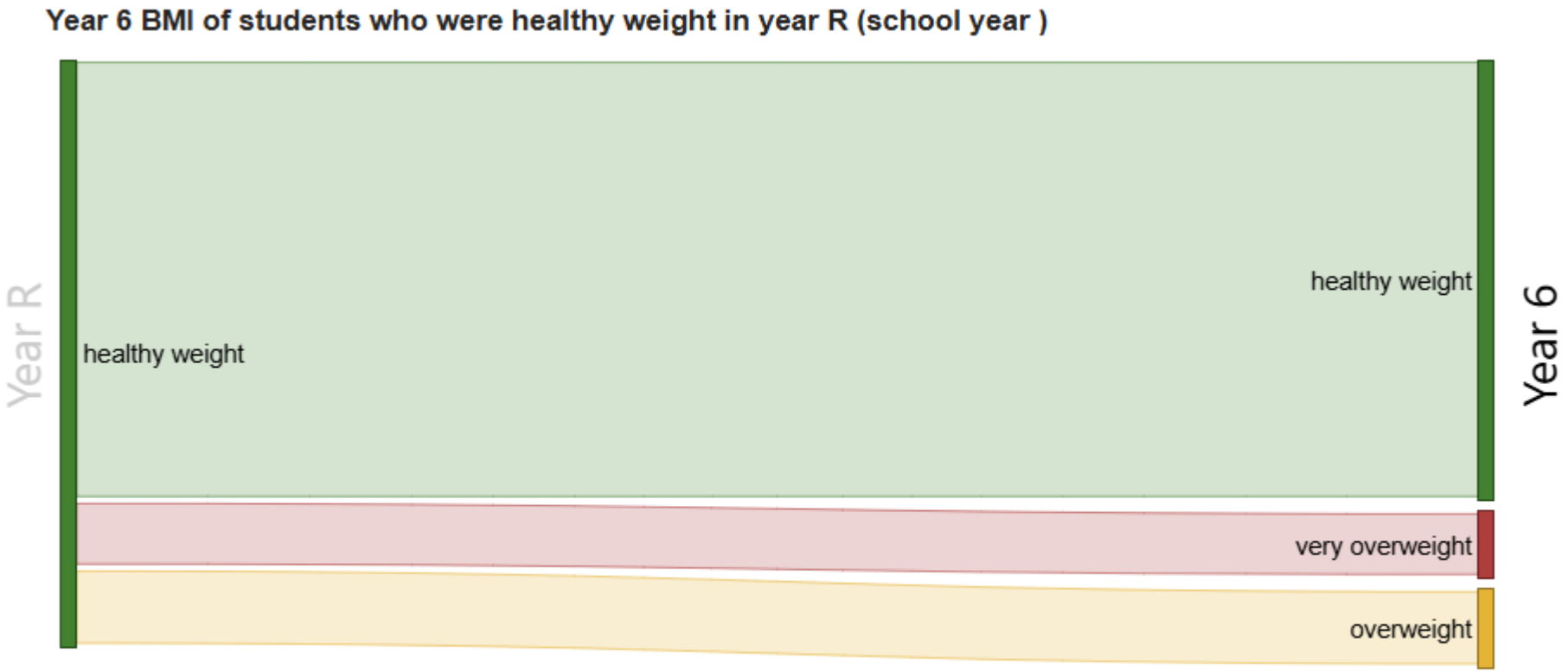
433

Year R Students

Year 6 BMI Category	Students	%
healthy weight	290	67.0%
very overweight	73	16.9%
overweight	70	16.2%

- **67.0%** of children who were a healthy weight in Year R and lived in Southampton's **most deprived** quintile were **still a healthy weight** by the time they reached **Year 6** (school year 2024/25).

Southampton's Least Deprived Quintile – 3-year pooled 2022/23 to 2024/25



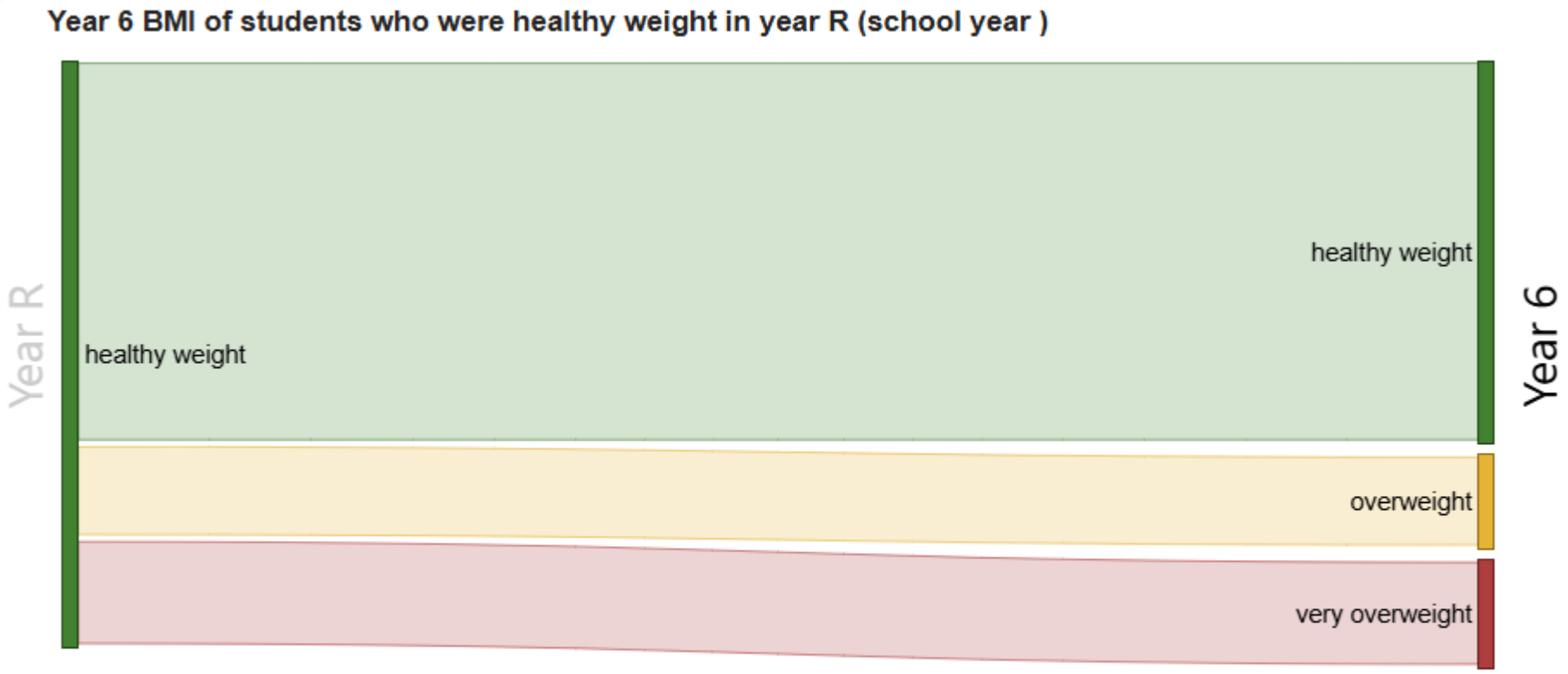
794

Year R Students

Year 6 BMI Category	Students	%
healthy weight	621	78.2%
overweight	95	12.0%
very overweight	78	9.8%

- **78.2%** of children who were a healthy weight in **Year R** and lived in Southampton's **least deprived** quintile **were still a healthy weight** by the time they reached **Year 6.**

Southampton's Most Deprived Quintile – 3-year pooled 2022/23 to 2024/25



1,416
Year R Students

Year 6 BMI Category	Students	%
healthy weight	954	67.4%
very overweight	249	17.6%
overweight	213	15.0%

- **67.4%** of children who were a healthy weight in Year R and lived in Southampton's **most deprived** quintile were **still a healthy weight** by the time they reached **Year 6.**

Sex differences in NCMP measurements

southampton dataobservatory

Year R 2022/23 to 2024/25 Year 6

Overweight including obese

25.1%

24.5%

% Point gap

0.6%

Statistically similar

Overweight including obese

42.5%

36.4%

% Point gap

6.0%

Males significantly higher

Obese

11.8%

10.4%

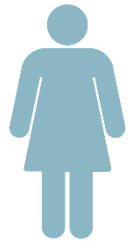
% Point gap

1.4%

Statistically similar

Obese

28.5%



22.4%

% Point gap

6.0%

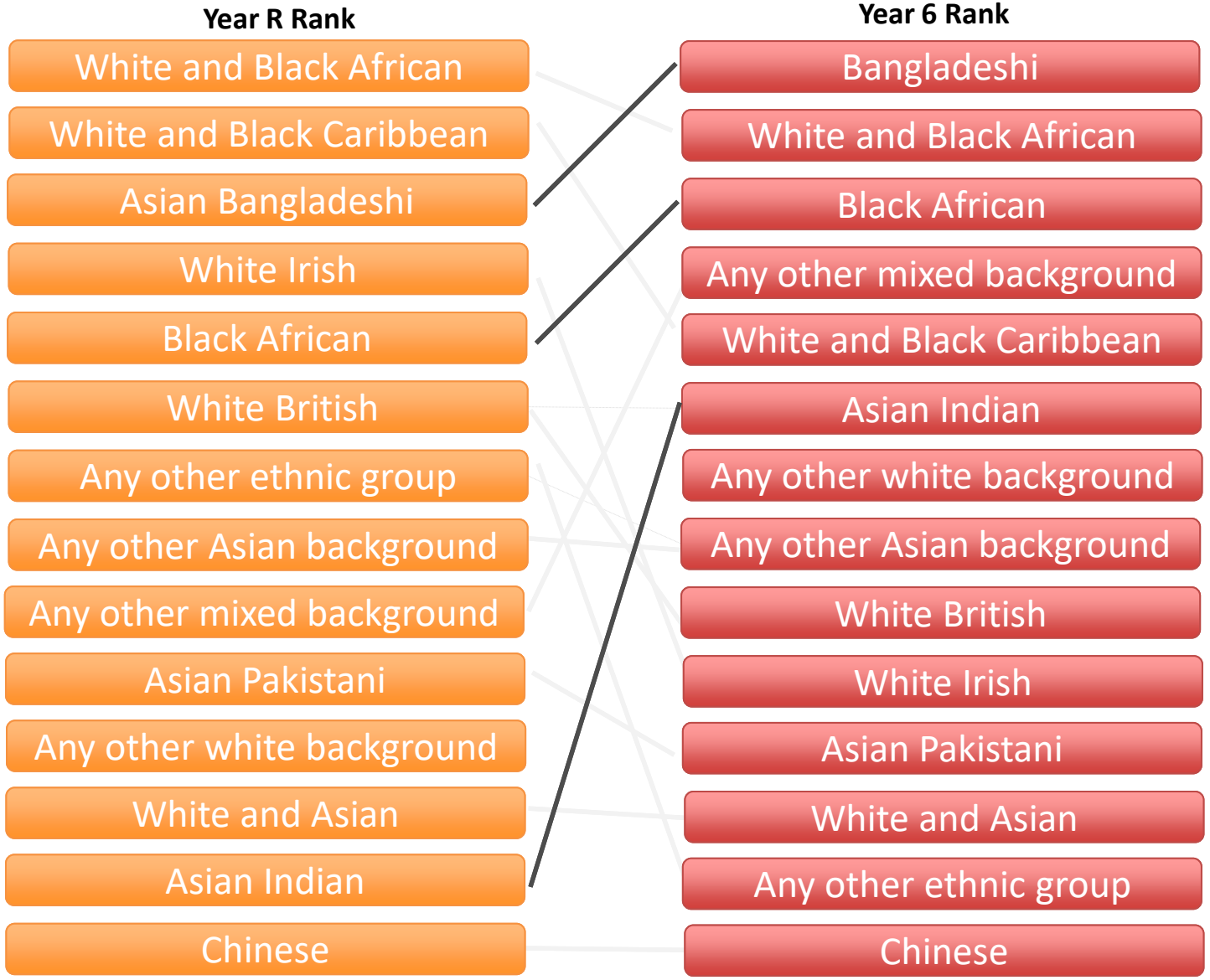
Males significantly higher

Prevalence of **obesity** and **overweight including obesity** is **significantly higher in Year 6 males compared to Year 6 females** but statistically **similar** between the sexes in **Year R** (although this has widened since 2021/22 to 2023/24 where the point gaps was 0.1% for overweight including obese and 0.9% for obese).

Source: NCMP – NHS Digital

Ethnicity differences in NCMP measurements

Prevalence of Southampton children who are very overweight and obese by ethnicity, ranked highest to lowest (Yr R -2017/18 - 2019/20 and Yr6 – 2022/23 - 2024/25)



- **31.8% of children** with from **white and black African backgrounds** had **excess weight** in **Year R**. This group also had the **2nd highest prevalence** of **excess weight** in **Year 6** (**48.3%**).
- Children with **Bangladeshi** ethnicity are among the **most likely** to have **excess weight** in **Year R** (**31.1%**) and **Year 6** (**48.5%**).
- Children with **Indian** ethnicity were among the **least likely** to have **excess weight** in **Year R** but are **more likely** in **Year 6.**
- Children with a **White British** ethnicity had an excess weight of **24.6%** in **Year R** and rate **39.2%** in **Year 6**.

Ethnic groups with 5 or less pupils have been suppressed

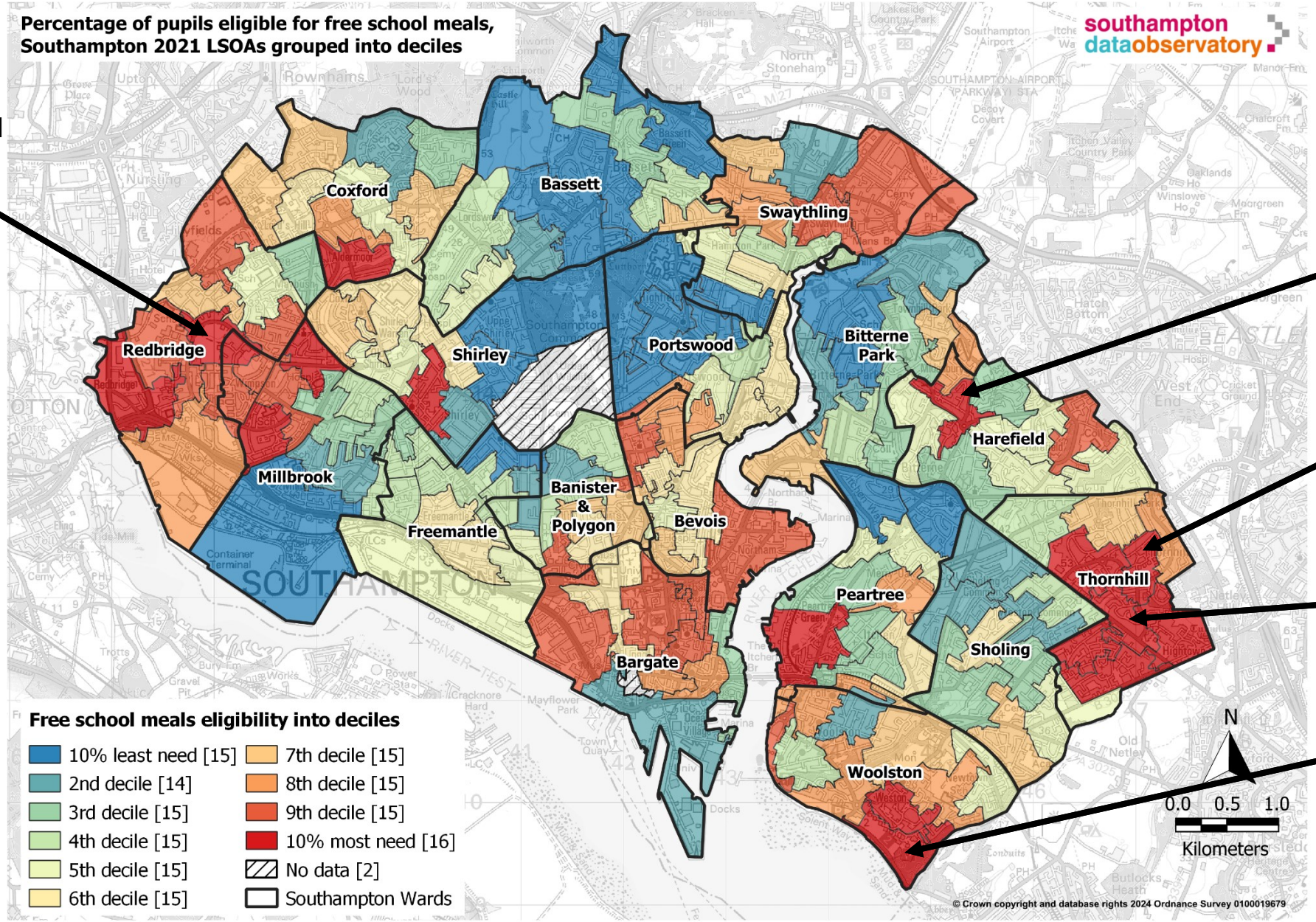
Map pack of food environment and other factors

Free school meals eligibility 2022/23

Rank 5: E01017245
65.8% eligible for FSM

4 of the top 5 LSOAs with the highest free school meal eligibility are in the East of the city.

The city average for free school meal eligibility is 32.1%.



Rank 3: E01017202
67.2% eligible for FSM

Rank 4: E01017163
66.9% eligible for FSM

Rank 2: E01017167
67.8% eligible for FSM

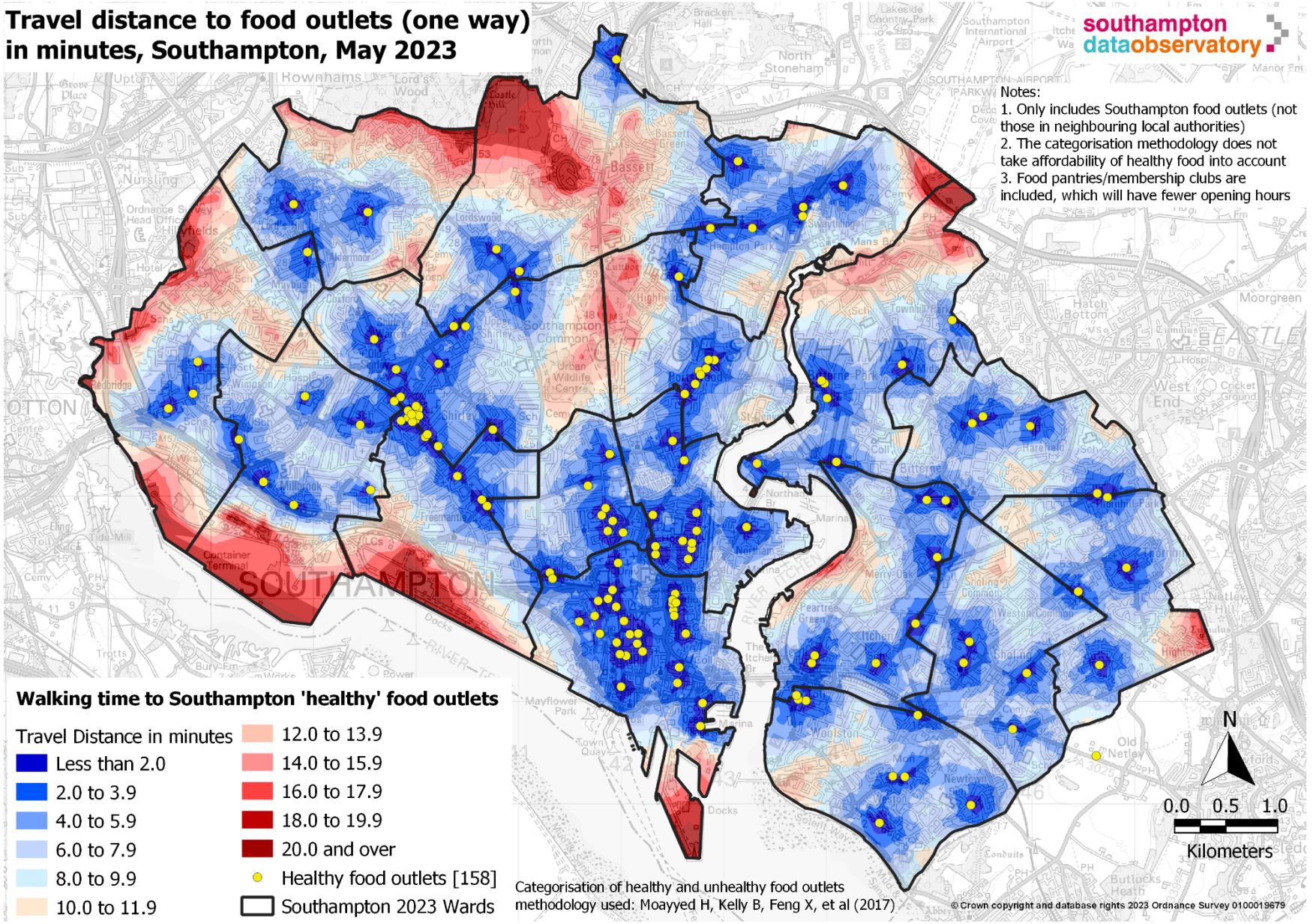
Rank 1: E01017281
70.1% eligible for FSM

Healthy outlets

Areas on the outskirts of the city have at least a 16 minute walk to healthy food outlets.

In the East and Central of the city, majority of residents are able to walk to a health food outlet within 10 minutes.

Areas in Millbrook and Freemantle have a 20 minutes or more walk to healthy food outlets, however less of the population live in these areas due to it being the Southampton Docks.



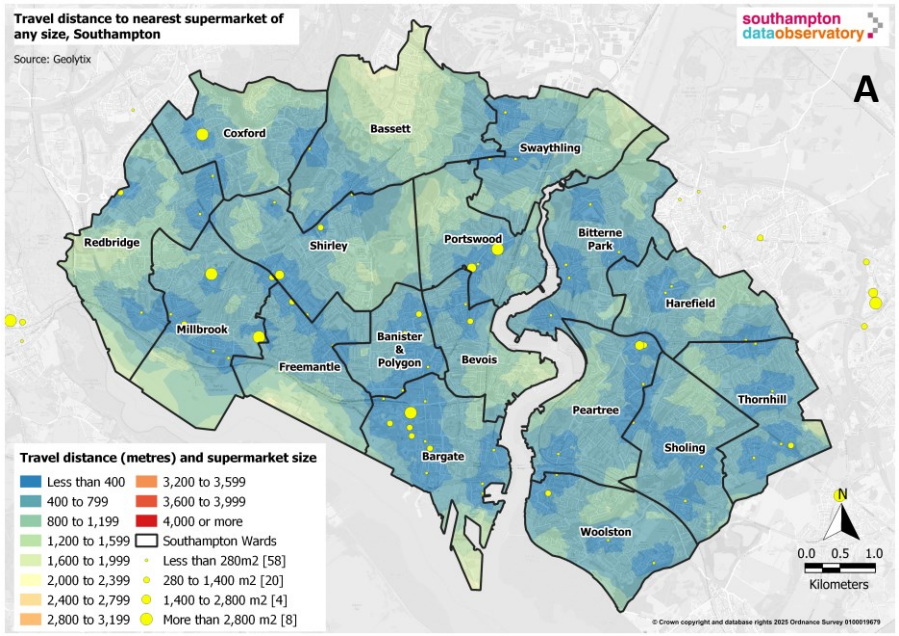
Supermarkets (Geolytixs)

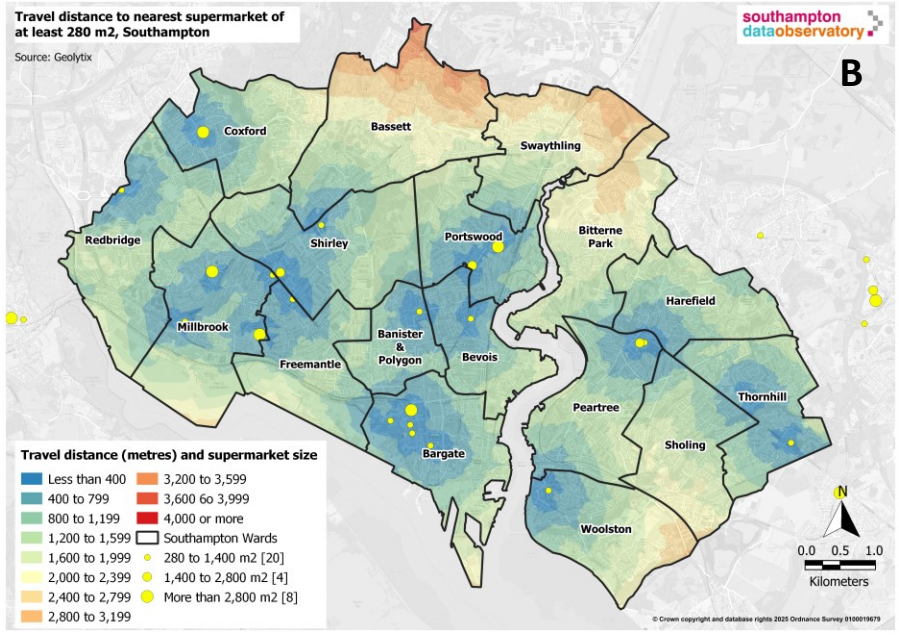
Supermarkets fairly accessible across the city, at least by car.

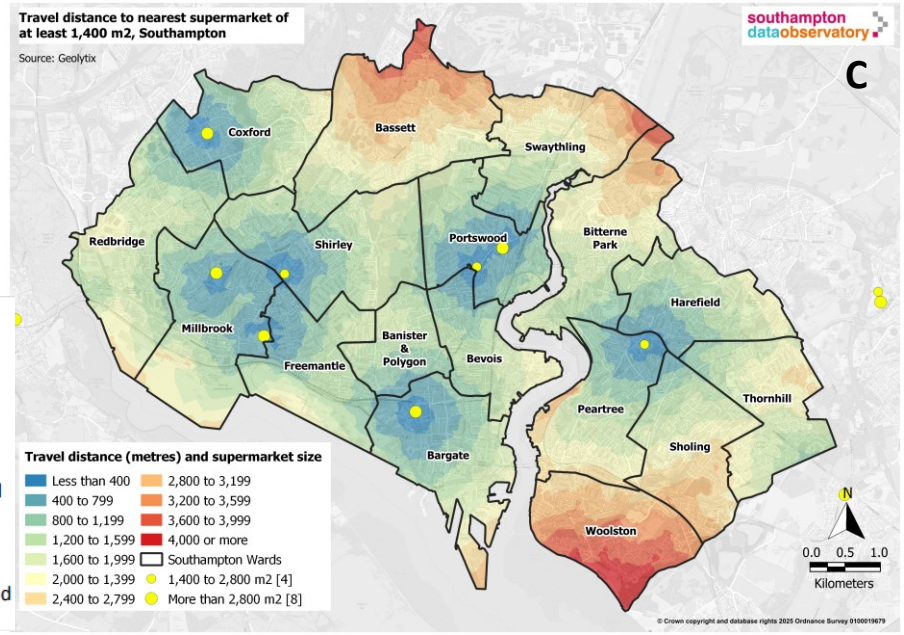
Walking potentially less feasible to residents in certain pockets across the city (parts of Bevois, Redbridge, north and eastern wards)

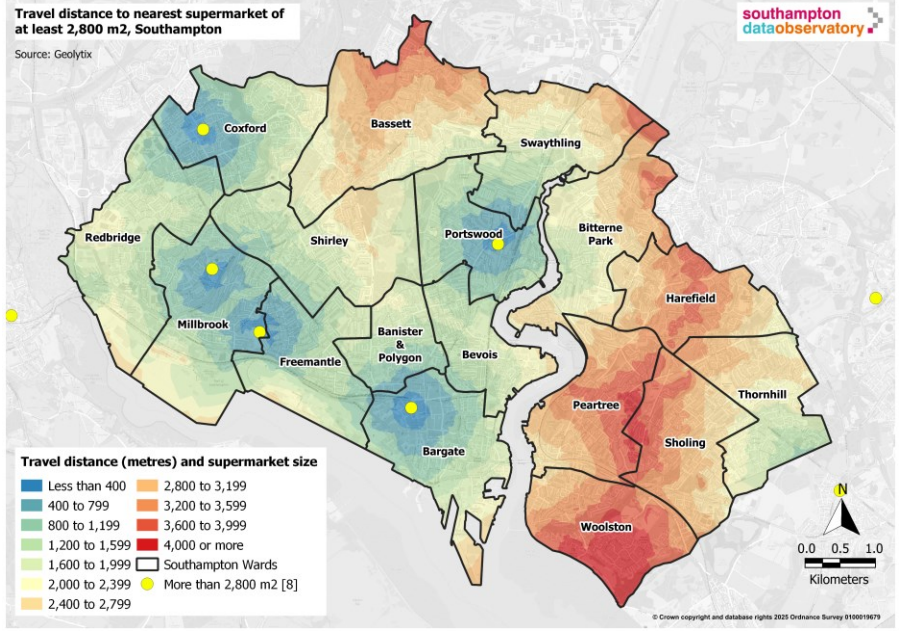
Further travel distance to largest supermarkets (D) in East of the city, especially Woolston – although still an estimated 10 minute drive (one way)

https://geolytix.com/#geodata









Four way classification for size band of store:

A – Less than 3,013 ft² (280 m²)
C-Store with unlimited Sunday hours in England and Wales.

B – 3,013 to 15,069 ft² (280 m² to 1,400 m²)
Mid-sized grocer as defined by the CMA. Restricted Sunday hours, typically the large majority is food.

C – 15,069 to 30,138 ft² (1,400 to 2,800 m²)
Large supermarkets as defined by the CMA. Typical 'large' supermarket with GM and fashion offer.

D – 30,138+ ft² (2,800+ m²)
Also large as classified by the CMA. This is a Geolytix arbitrary banding to equate roughly to a hypermarket, typically with significant clothing and GM departments and large free car park.

Food – access and costs

In 2021, the cost of a 20 item basket of goods varied from **£16.27 at Tesco** in New Milton to **£38.70** at **Tesco Express** in Brockenhurst; the difference persisted in 2023.

Notably, **smaller communities** and villages had **higher costs** for this basket

Interviewees noted the **lack of affordable transport** to **larger stores** where food was cheaper

'For someone like me who doesn't drive, it's definitely the small shops that are quite expensive to live on' Gabby, resident

Smith et al, 2021: doi:10.5258/SOTON/P1188

E-food Desert Index

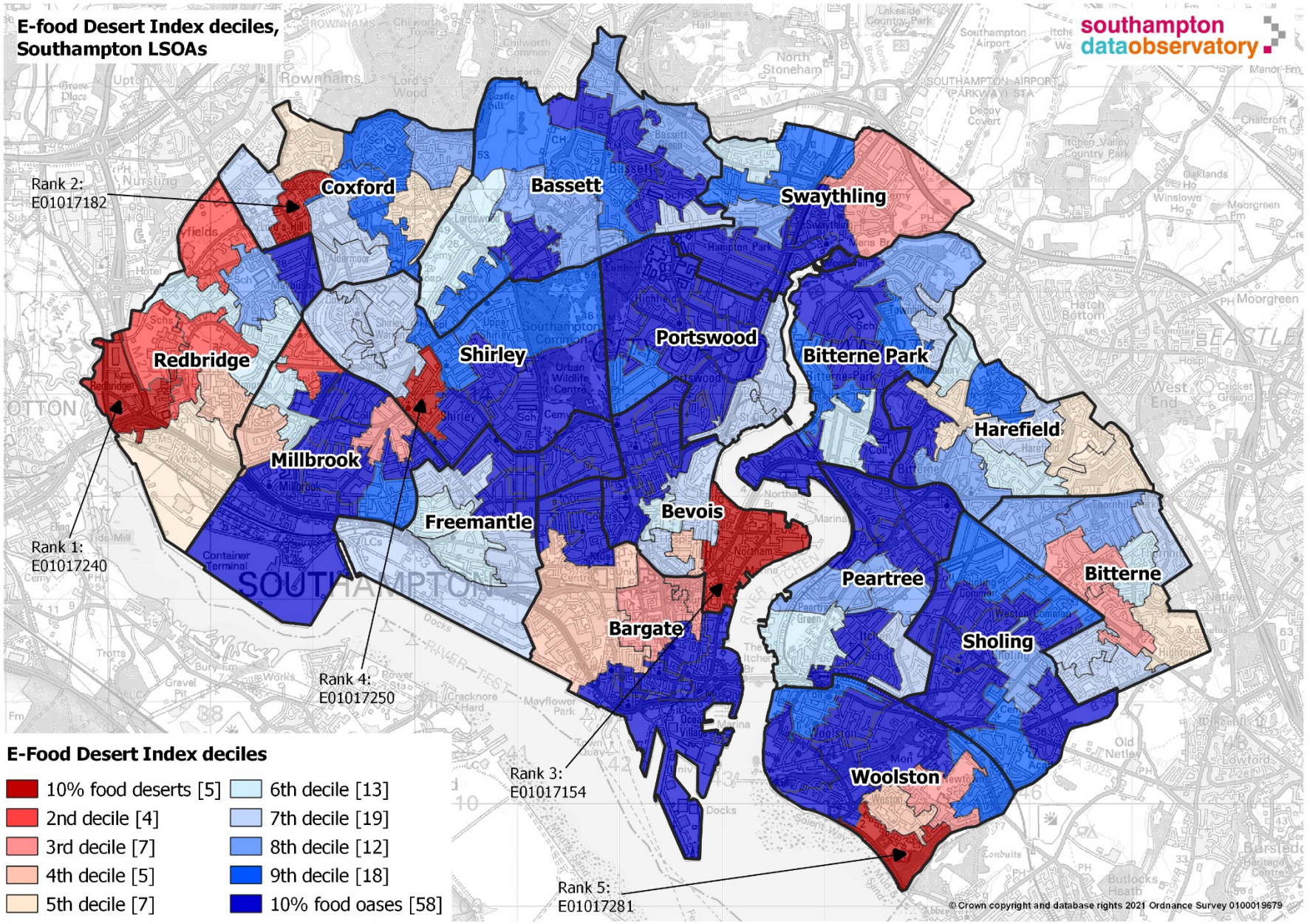
National index by LSOAs produced by University of Leeds in 2020.

Measures the extent to which LSOAs exhibit characteristics associated with food deserts, whilst also considering the online shopping behaviours – by four key drivers:

- Proximity and density of grocery retail facilities
- Transport and accessibility
- Neighbourhood socio-economic and demographic characteristics
- E-commerce availability and propensity

Majority of Southampton classed as food oases, although some neighbourhoods in more deprived parts of the city appear as food deserts.

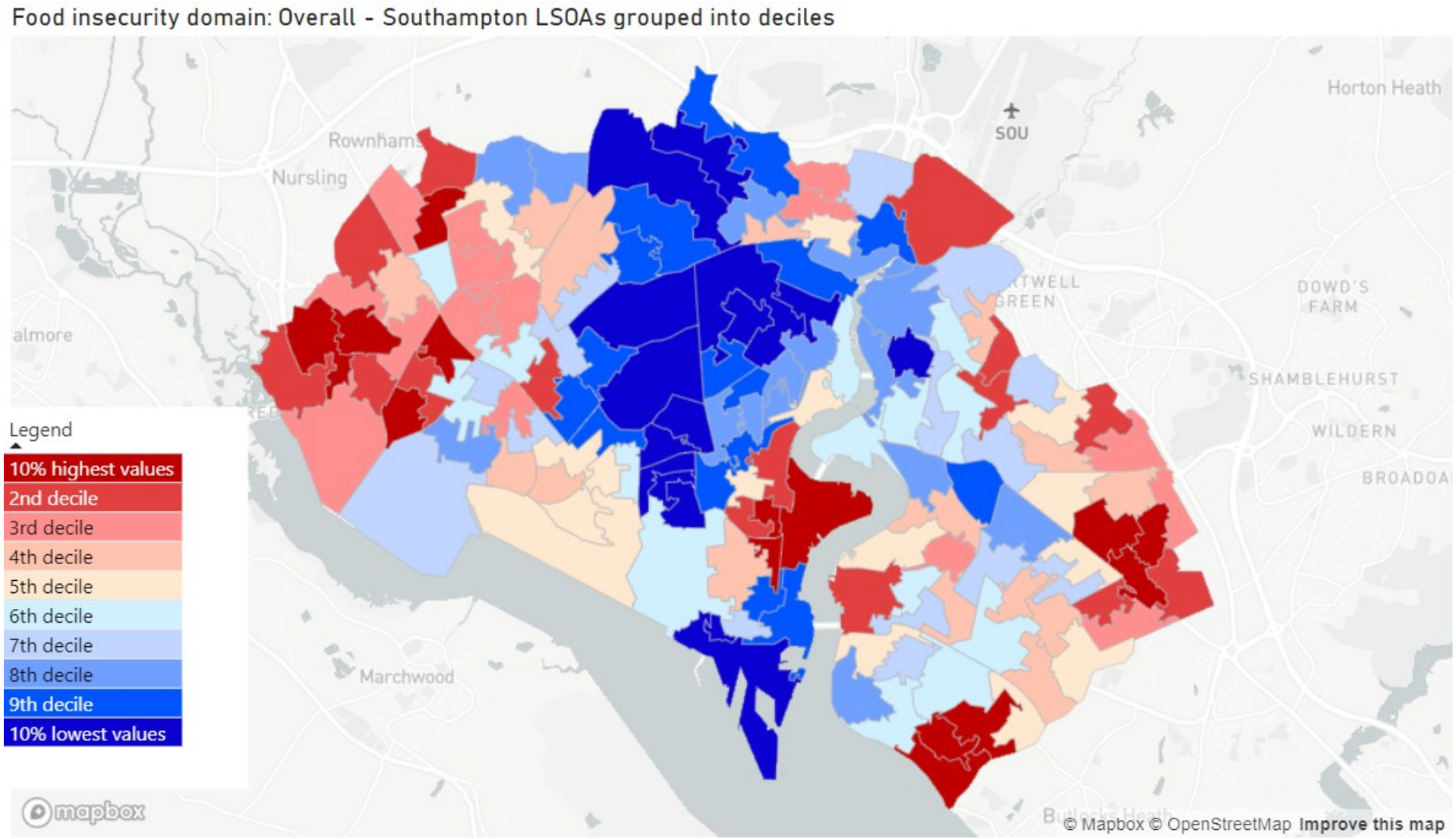
https://data.cdrc.ac.uk/dataset/e-food-desert-index



Food insecurity

Food insecurity data supplied by University of Southampton uses an overall index combining the two sub domains; compositional (including benefit claimants, low income, mental health and educational attainment) and structural (bus stops, distances to employment/food stores and internet speeds).

Overall, the maps suggests food insecurity mirrors the high levels of deprivation across the city.

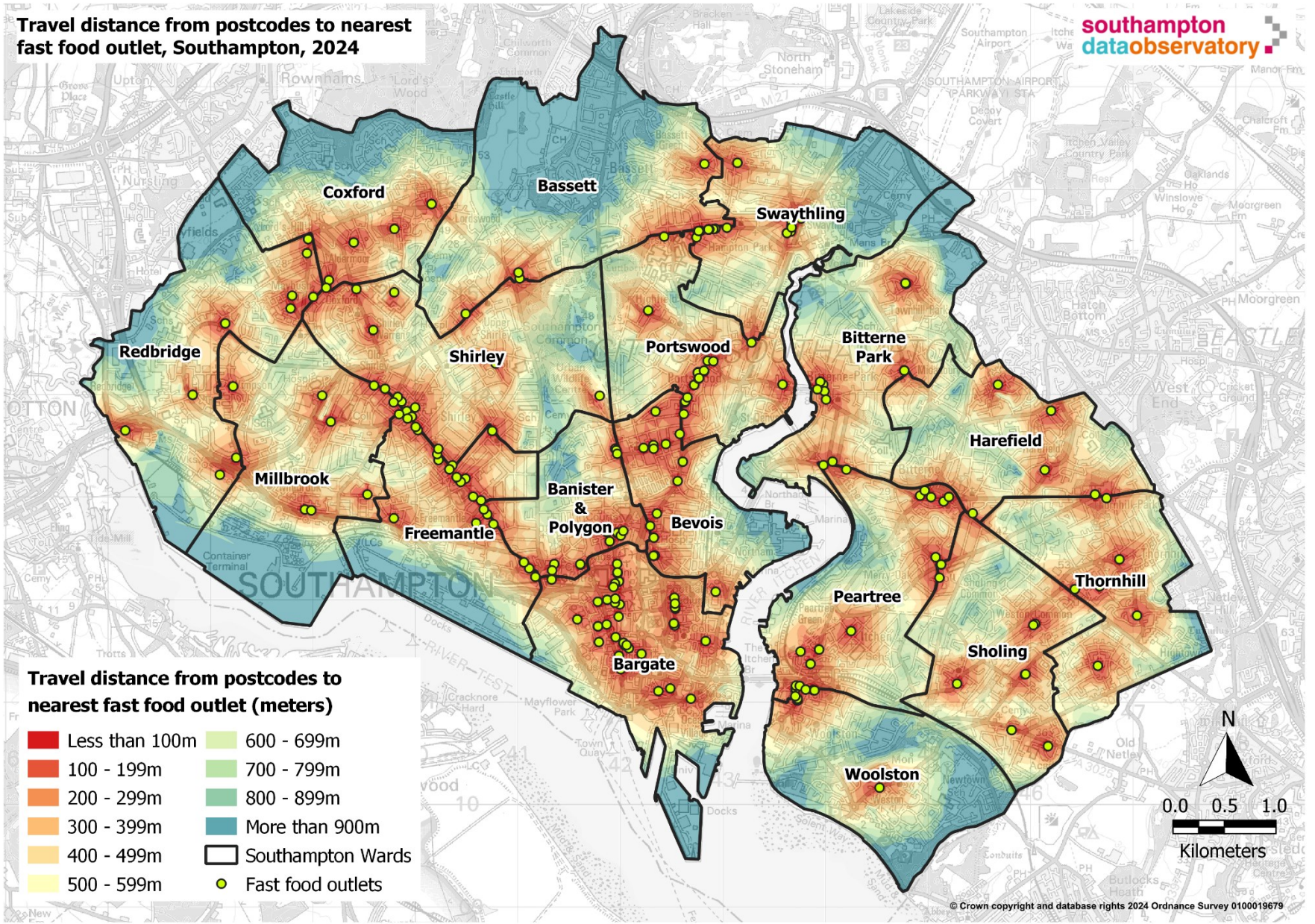


Fast food

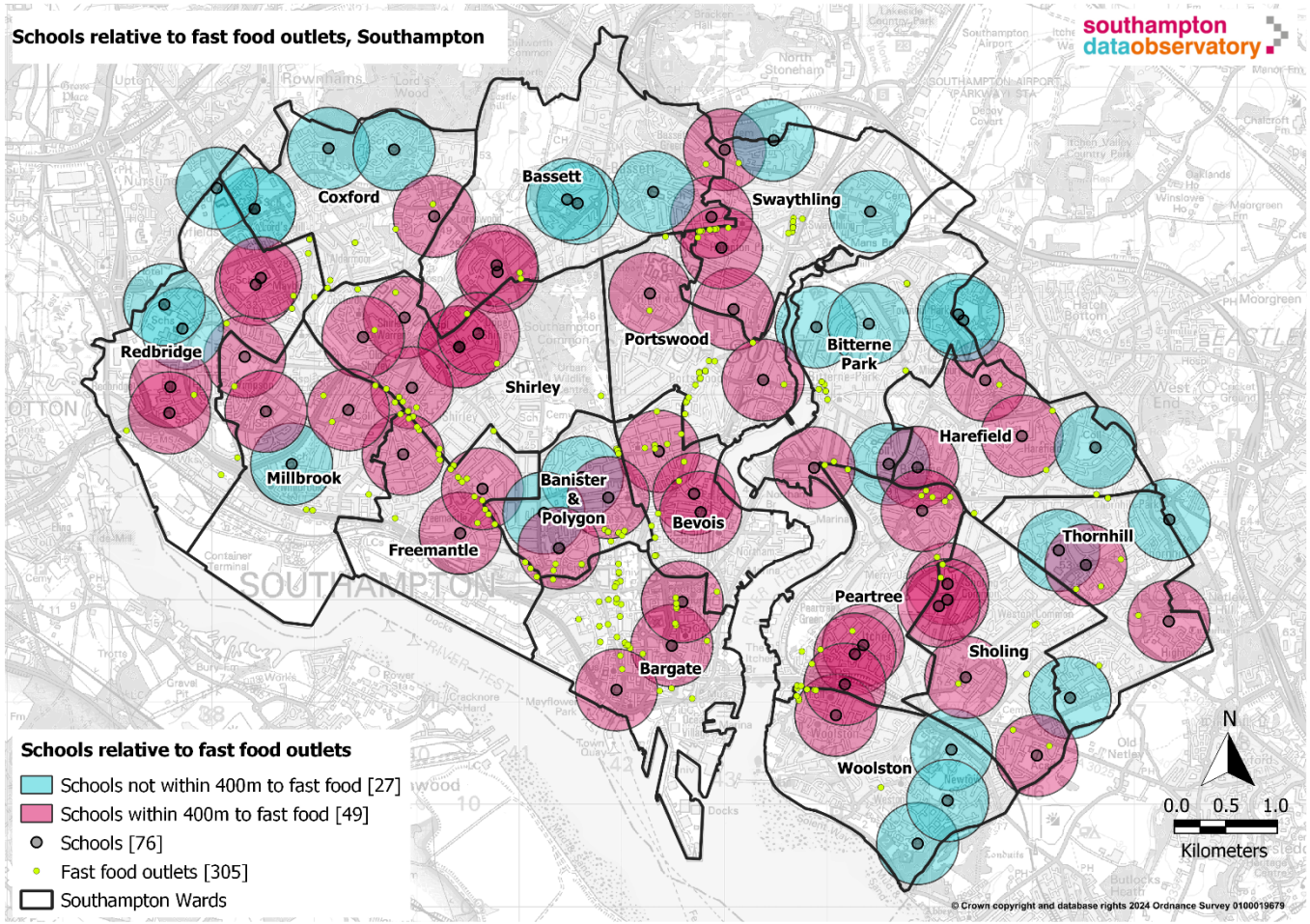
Fast food easily accessible across the city by foot or car, some pockets on the edges of the city where one would have to travel 1 km or more, however a delivery driver would still be able to travel those distances within 5 to 10 minutes.

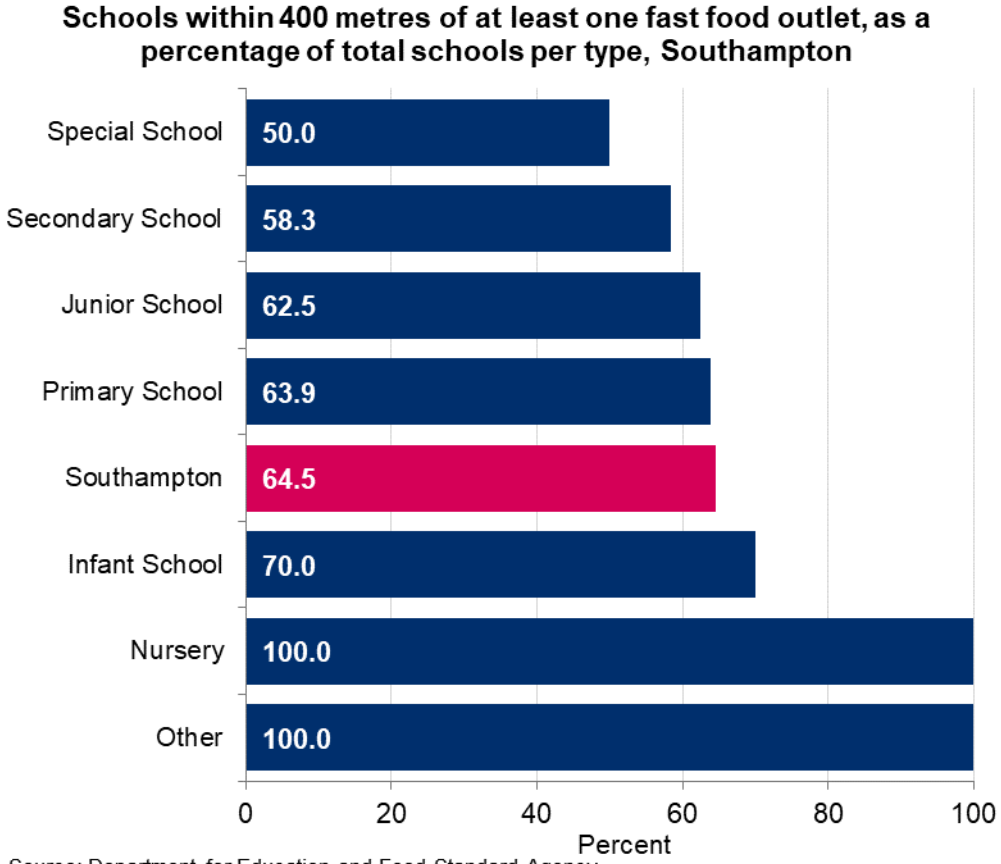
Fast food outlets outside the local authority are not considered. Outlets in areas such as Totton and Eastleigh may increase ease of access, especially for neighbourhoods on the outskirts of Southampton.

https://ratings.food.gov.uk/



Fast food



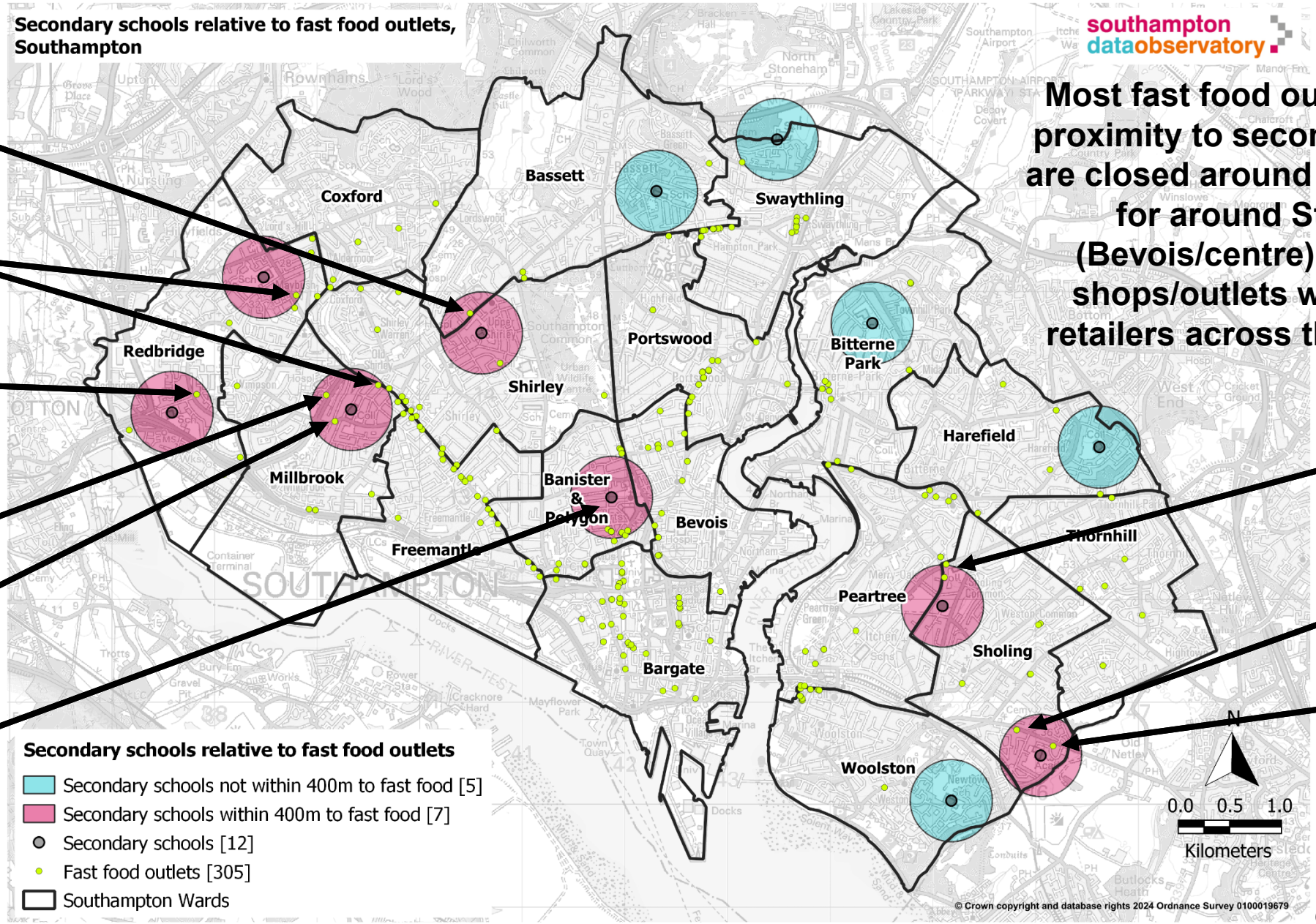


Source: Department for Education and Food Standard Agency

"Other" includes Pupil Referral Unit, All through School and Hospital school

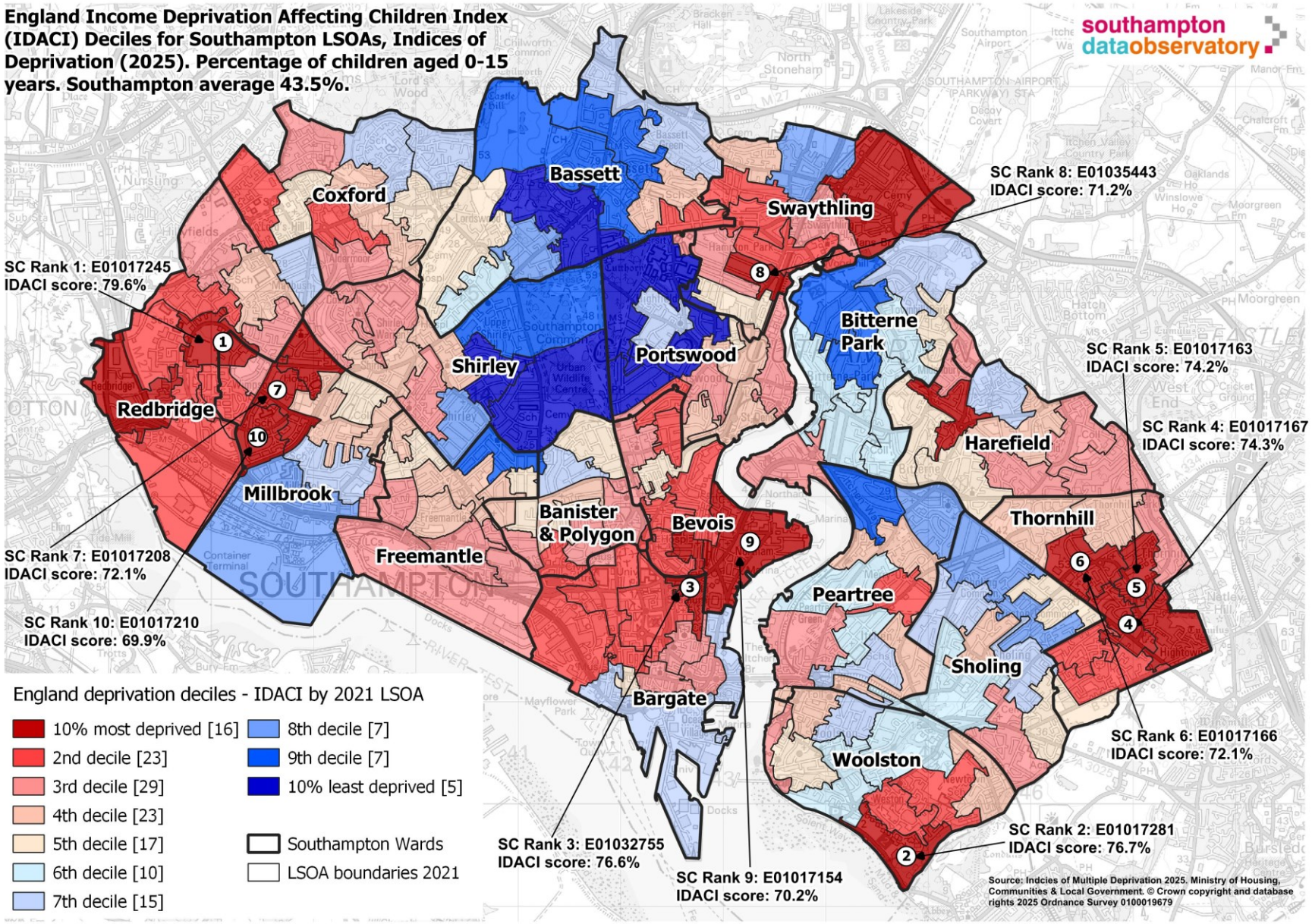
Across the whole city 64.5% of schools are within 400 metres of a fast food outlet.
Schools around the city centre and more deprived wards are generally in closer proximity to fast food outlets.
All schools in Bargate, Bevois, Freemantle, Peartree, Portswood, Shirely and Sholing are within 400 metres of a fast food outlet however in Woolston, Coxford and Bitterne Park it was 25% or less of schools.

Fast food



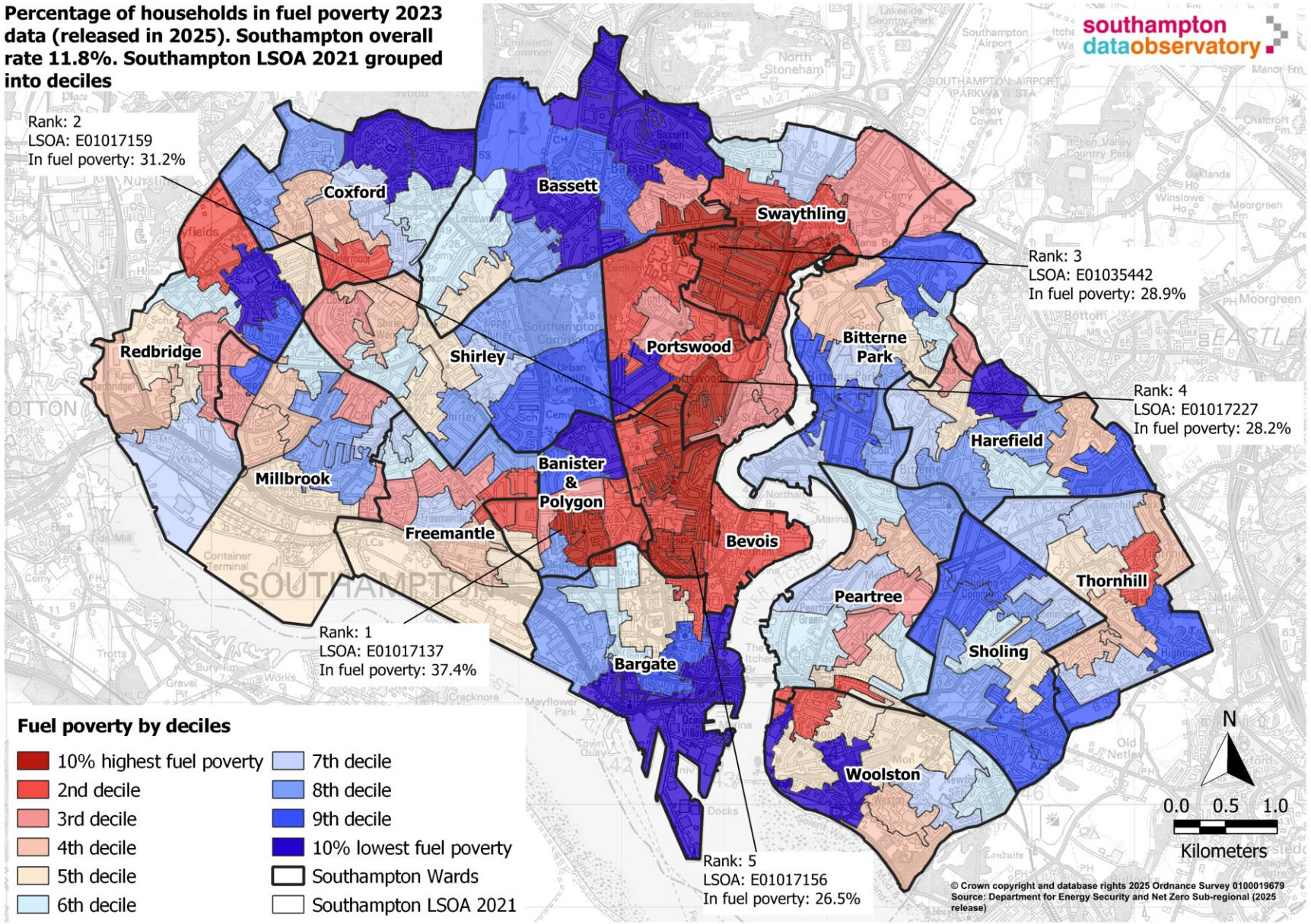
Opening times via Google

Income deprivation affecting children



- **15.3%** for under 16s in Southampton, live in the 10% worst areas for Income Deprivation Affecting Children Index (IDACI) suggesting deprivation has a disproportionate impact on young people in the city
- Compared to **11.7%** of Southampton's total population who live in the 10% most deprived areas nationally

Fuel poverty



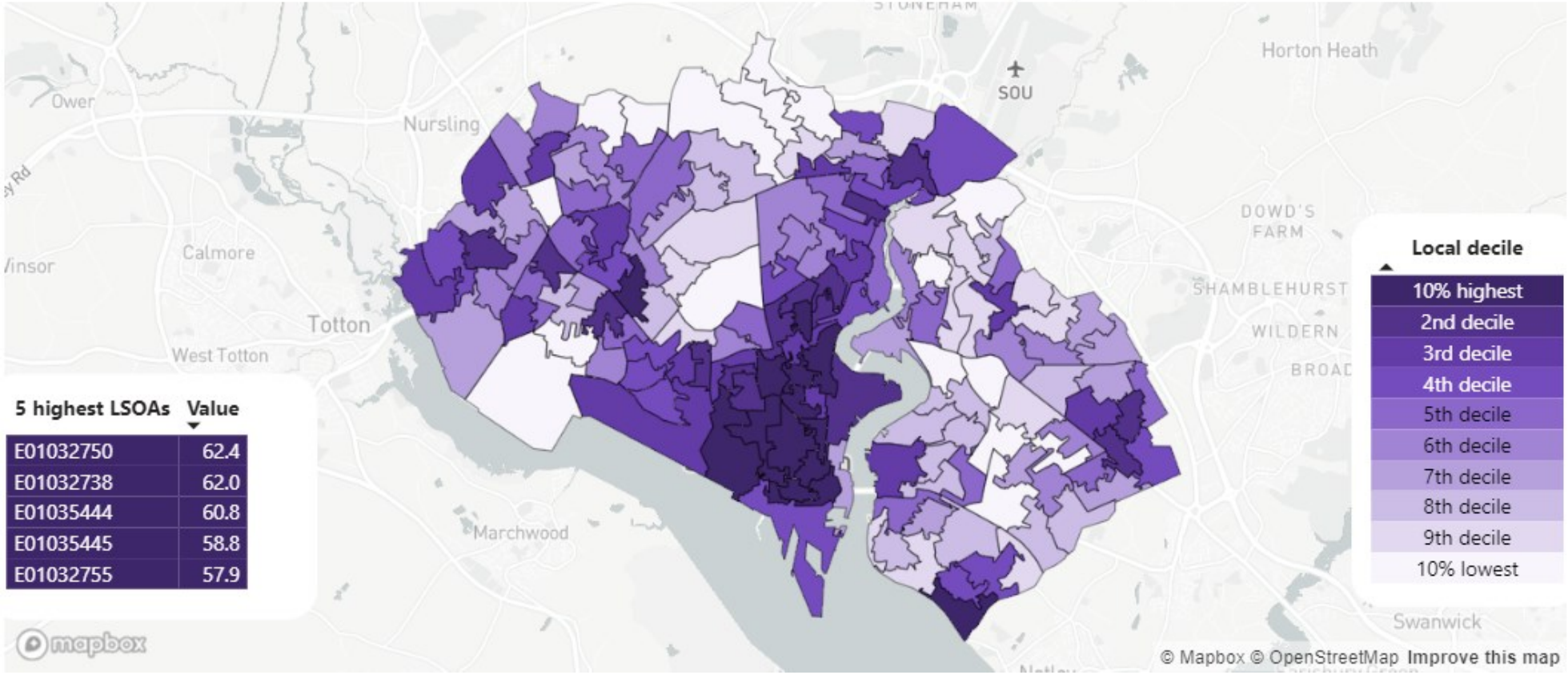
- **Each decile contains around 15 neighbourhoods which have been ranked highest to lowest, then grouped into tenths**
- **Southampton** has **more households** in **fuel poverty (11.8%)** compared to **England** households in fuel poverty **(11.0%).**
- The range of the proportions of neighbourhoods in fuel poverty varies from the **highest levels** of a fuel poverty neighbourhood in **Banister and Polygon (37.4%)** to the **lowest; 3.0%** in **Woolston** (High density new builds in Centaury Quay)

Households with no car or van (2021)

Number of cars or vans: No cars or vans in household

Southampton city average	Highest LSOA	Lowest LSOA	E01032750: 62.4
27.4	E01032750: 62.4	E01017148: 6.7	Significantly higher

Number of cars or vans: No cars or vans in household, deciles of households, Southampton by lower layer super output areas (LSOAs): Census 2021



5 highest LSOAs	Value
E01032750	62.4
E01032738	62.0
E01035444	60.8
E01035445	58.8
E01032755	57.9

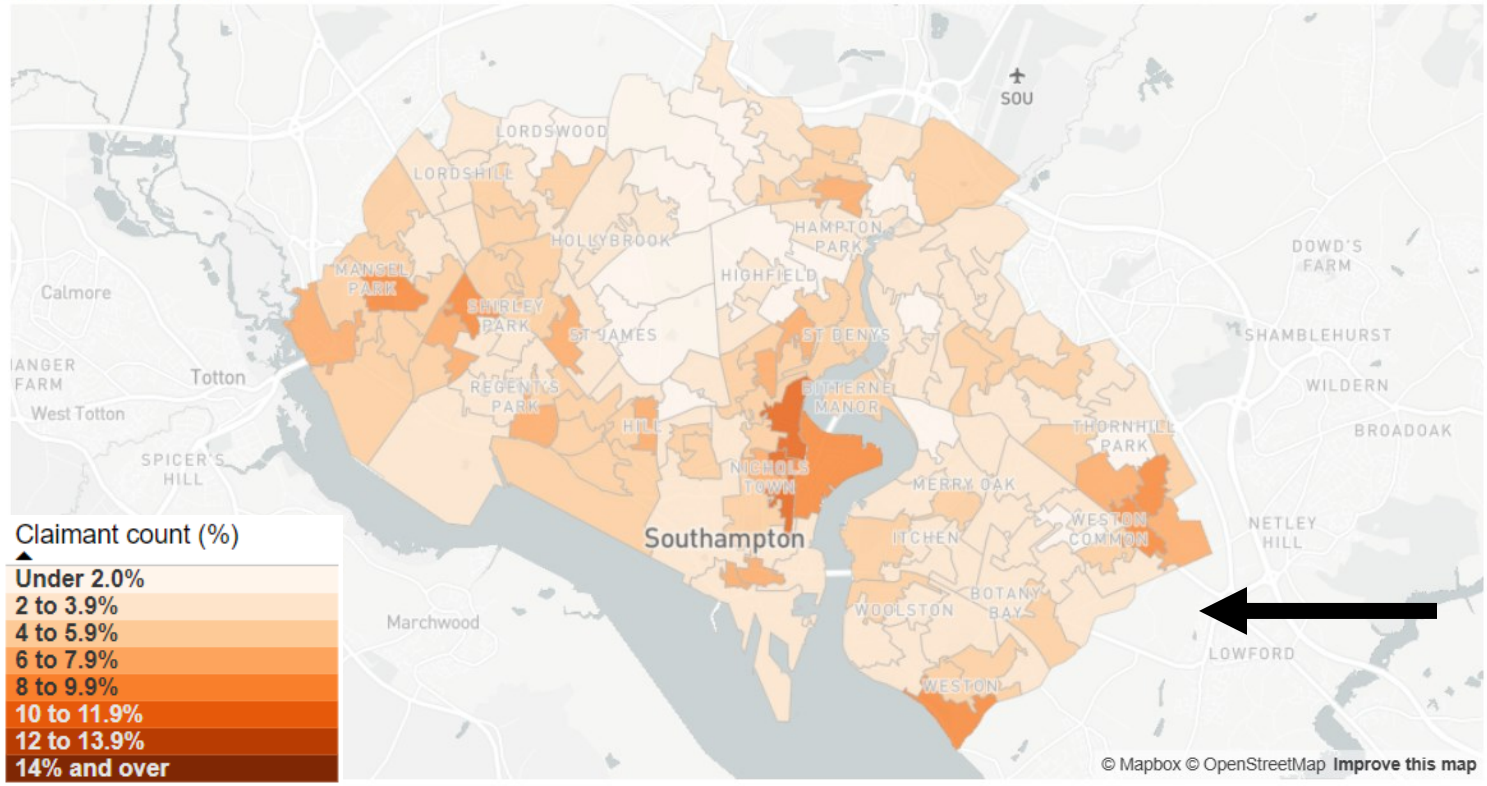
From the 2021 Census, there are lesser car or van ownership within city centre (Bevois, Bargate, Freemantle), plus student areas of Portswood and Swaythling, but also some more deprived parts in the East and West of Southampton (Redbridge, Woolston, Bitterne).

Claimant count

Claimant count from March 2025 to November 2025 has remained fairly consistent. The areas with higher claimant counts are also areas with high levels of deprivation.

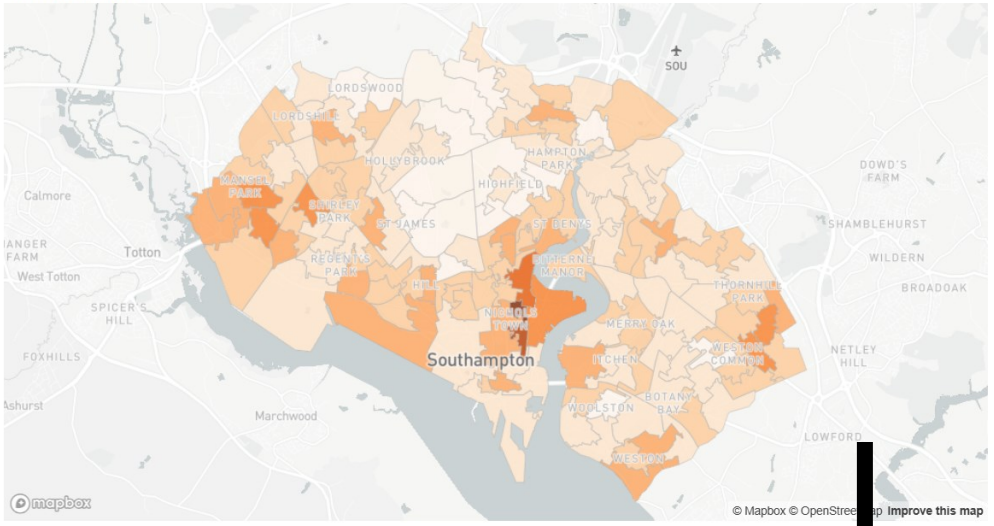
Claimant count (total) as a percentage of the working age population by LSOA: November-2025

Source: DWP via Nomis



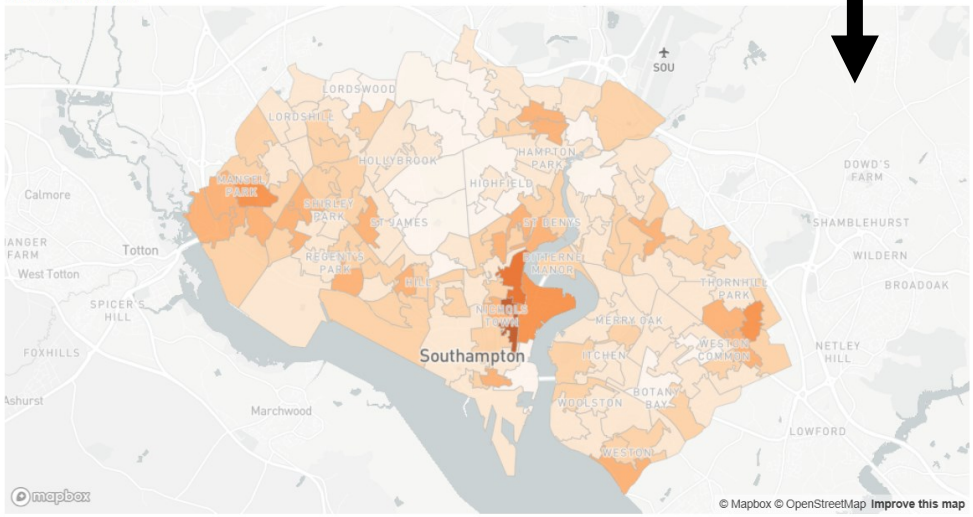
Claimant count (total) as a percentage of the working age population by LSOA: March-2025

Source: DWP via Nomis



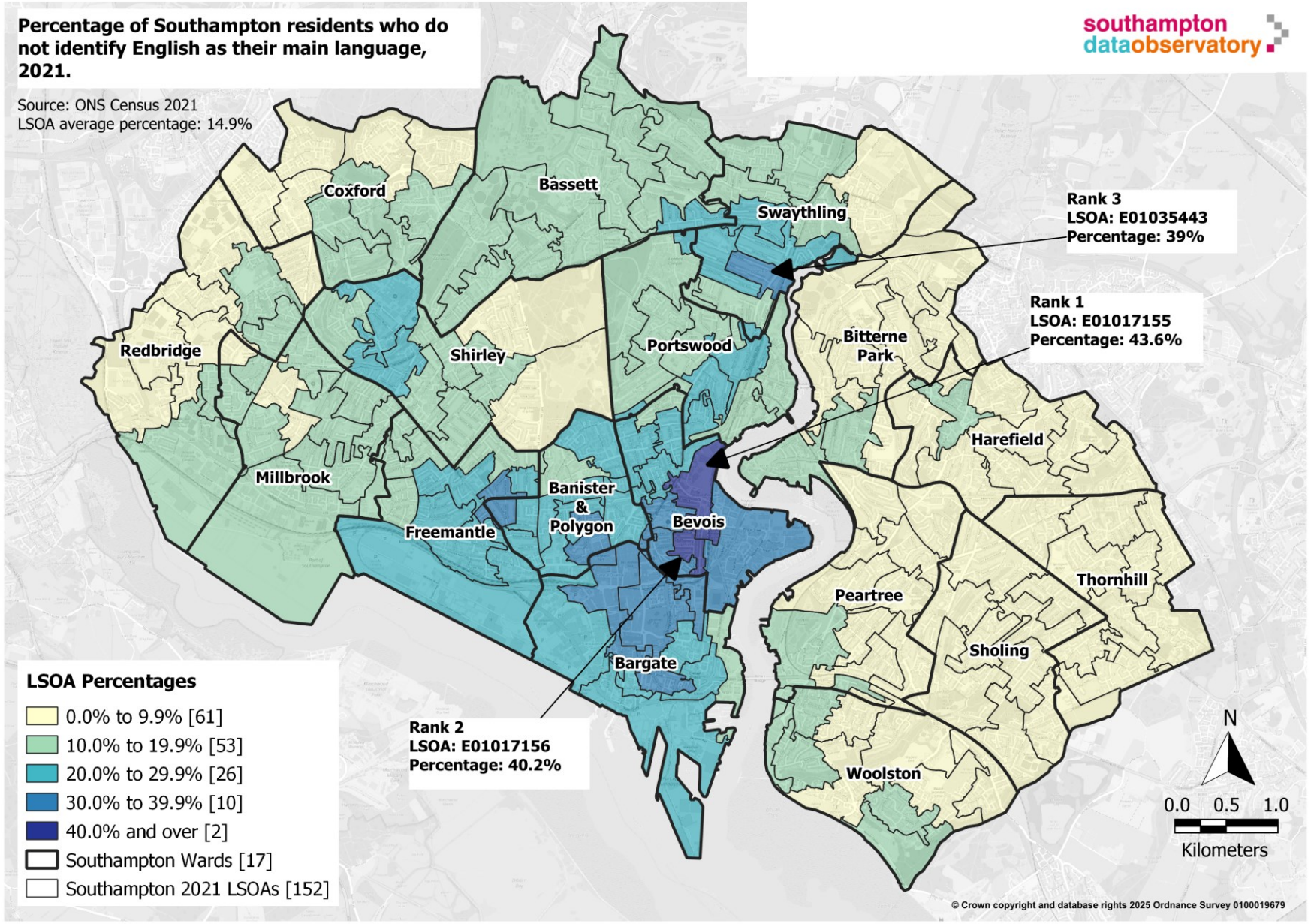
Claimant count (total) as a percentage of the working age population by LSOA: June-2025

Source: DWP via Nomis



People claiming job seeker's allowance and the work element of universal credit.

English not main language



English not main language & cannot speak English well or at all