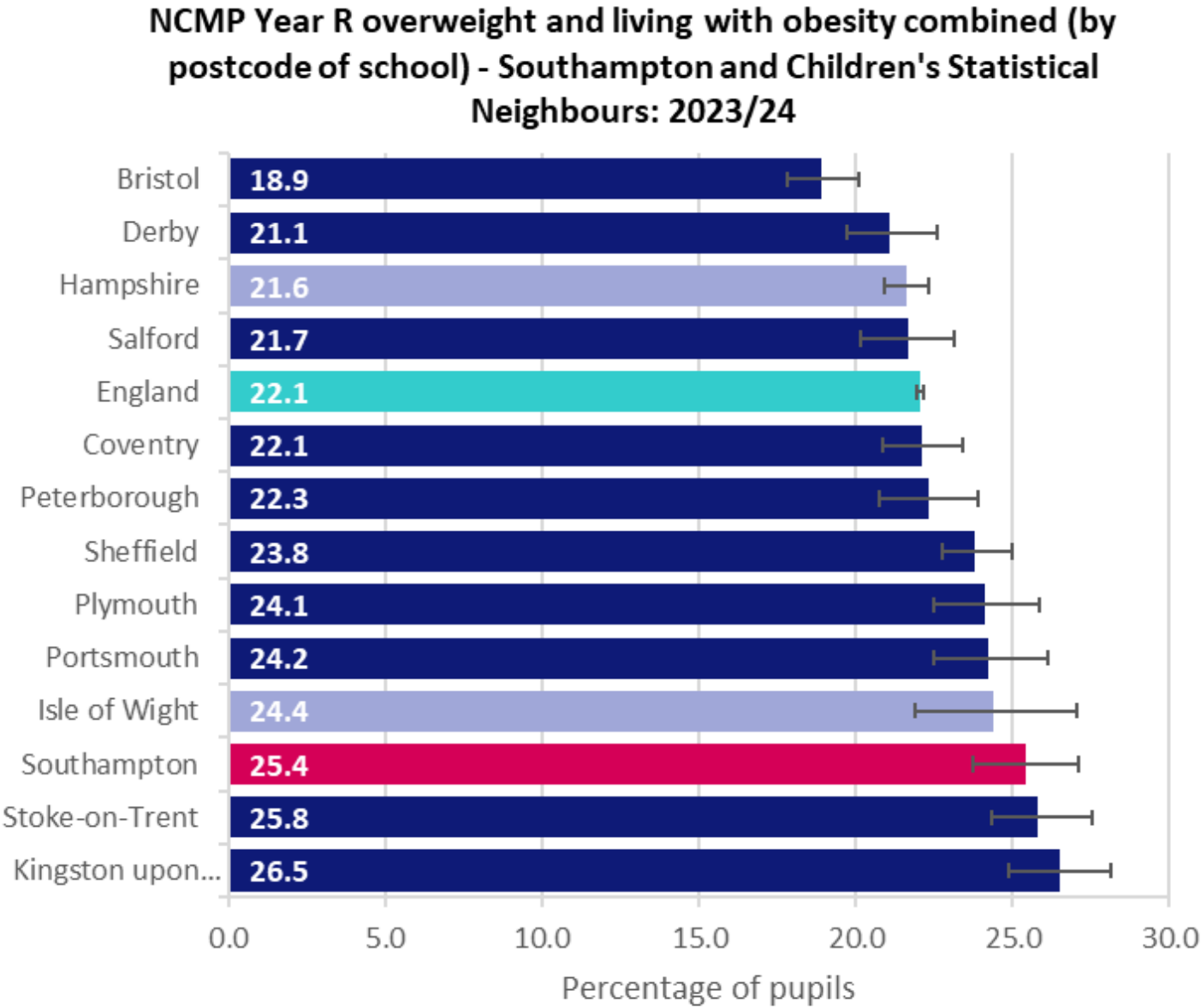# Childhood Obesity

December 2024

Data, Intelligence & Insight Team

- **Year 6 prevalence of overweight (including obesity) rates in Southampton** are now **significantly higher** than England, in **Southampton** in **2023/24 40.4%** of Year 6 are overweight including obesity compared with **35.8%** 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 (**32.4%**) 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** (2021/22))

- 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 **Caribbean or Bangladeshi ethnicity** have the **highest rates** of Year 6 overweight and obesity

NCMP Year R overweight and living with obesity combined (by postcode of school) - Southampton and Children's Statistical Neighbours: 2023/24

Area	Percentage of pupils
Bristol	18.9
Derby	21.1
Hampshire	21.6
Salford	21.7
England	22.1
Coventry	22.1
Peterborough	22.3
Sheffield	23.8
Plymouth	24.1
Portsmouth	24.2
Isle of Wight	24.4
Southampton	25.4
Stoke-on-Trent	25.8
Kingston upon…	26.5

Percentage of pupils

Source: NCMP Dataset, NHS England

- **25.4%** of **Year R children** measured in **Southampton** had **excess weight** in 2023/24, the **highest levels** of excess weight (excluding pandemic 2020/21) of 25.4% or 1 in 4 over the last 8 years, **significantly higher** than the **England** average (22.1%)

- Ranking us **3rd highest** among **Children's statistical** neighbours and **4th highest** among our 16 **CIPFA** comparators.

- Approximately **85 less Year R children** being **overweight or obese** would see us with same prevalence as England.
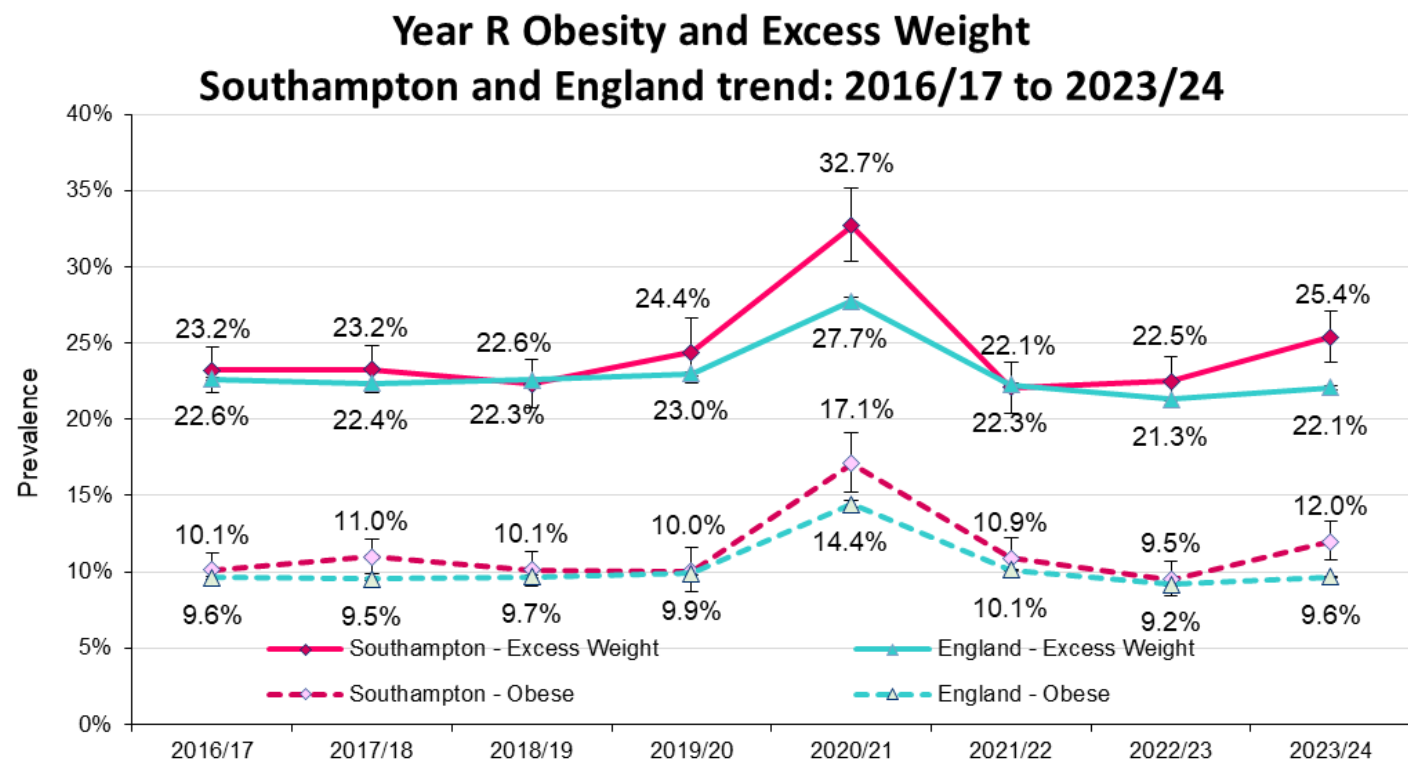
Year R Obesity and Excess Weight Southampton and England trend: 2016/17 to 2023/24

Source: NHS Digital NCMP Enhanced data sets 2016/17 to 2021/22 with 95% Confidence Intervals (Wilson), 2022/23 and 2023/24 data via NHS

2023/24 England - Year R: Obese 9.6%   Excess Weight 22.1%
Southampton - Year R: Obese 12.0%   Excess Weight 25.4%
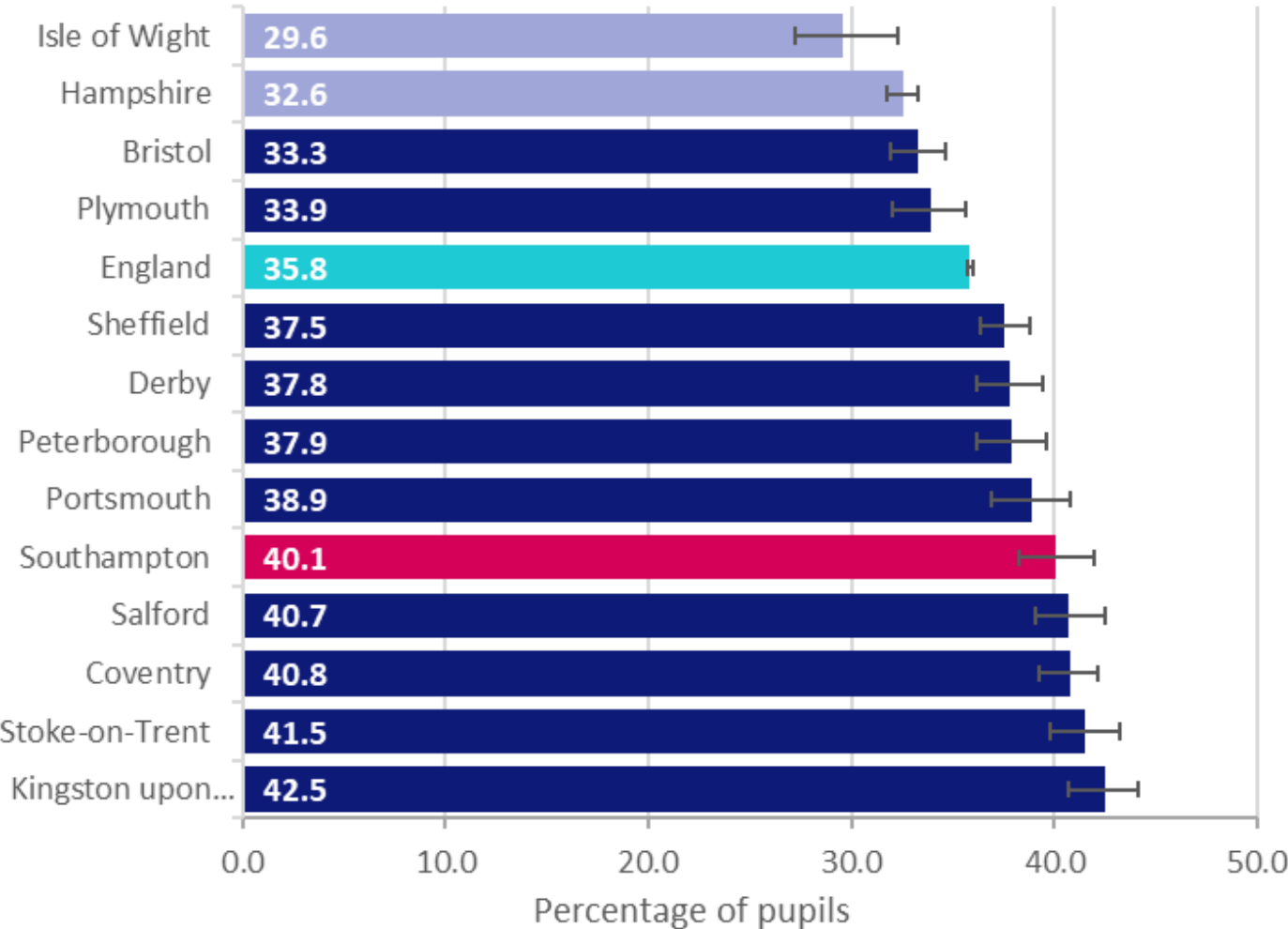
⚠️ **NCMP measurements in 2019/20 and 2020/21 were disrupted by the COVID-19 pandemic. 2021/22 NCMP was the first data collection since the COVID-19 pandemic that was unaffected by school closures and other public health measures.**

- **2023/24 Southampton's excess weight** prevalence **increased** by **2.9%** (percentage points vs the year prior) while England increased by **0.8%**. This was driven by **2.5%** percentage point increase in the prevalence of **obese Year R** while **England** increased by **0.5%**.

- **12.0%** of children in **Southampton** schools are classed as **obese (around 1 in 8),** also **significantly higher** than the **England** average of **9.6%** (**1 in 10 children**).

- Looking over the **last 8 years** (excluding the pandemic year of 2020/21) this is the highest prevalence of obese in our Year R school children and ranks Southampton **4th worst** among its 16 CIPFA comparators. Approximately **60 less Year R children** being **obese** would see us with **same prevalence** as **England.**

Year 6 overweight and obesity prevalence in Southampton

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NCMP Year 6 overweight and living with obesity combined (by postcode of school) - Southampton and Children's Statistical Neighbours: 2023/24

| Area	Percentage
Isle of Wight	29.6
Hampshire	32.6
Bristol	33.3
Plymouth	33.9
England	35.8
Sheffield	37.5
Derby	37.8
Peterborough	37.9
Portsmouth	38.9
Southampton	40.1
Salford	40.7
Coventry	40.8
Stoke-on-Trent	41.5
Kingston upon...	42.5

Percentage of pupils

Source: NCMP Dataset, NHS England

- **40.1%** of **Year 6 children** measured in Southampton were **overweight** in **2023/24**. This is **significantly higher than** the **England** average (**35.8%**) – need approximately **115 less Year 6 children** to be classed as **overweight or obese** at our schools to meet the England average

- Ranking us **5th highest** among **Children's statistical** neighbours and **8th highest** among our 16 **CIPFA** comparators.

Year 6 Obesity and Excess Weight
Southampton and England trend: 2016/17 to 2023/24
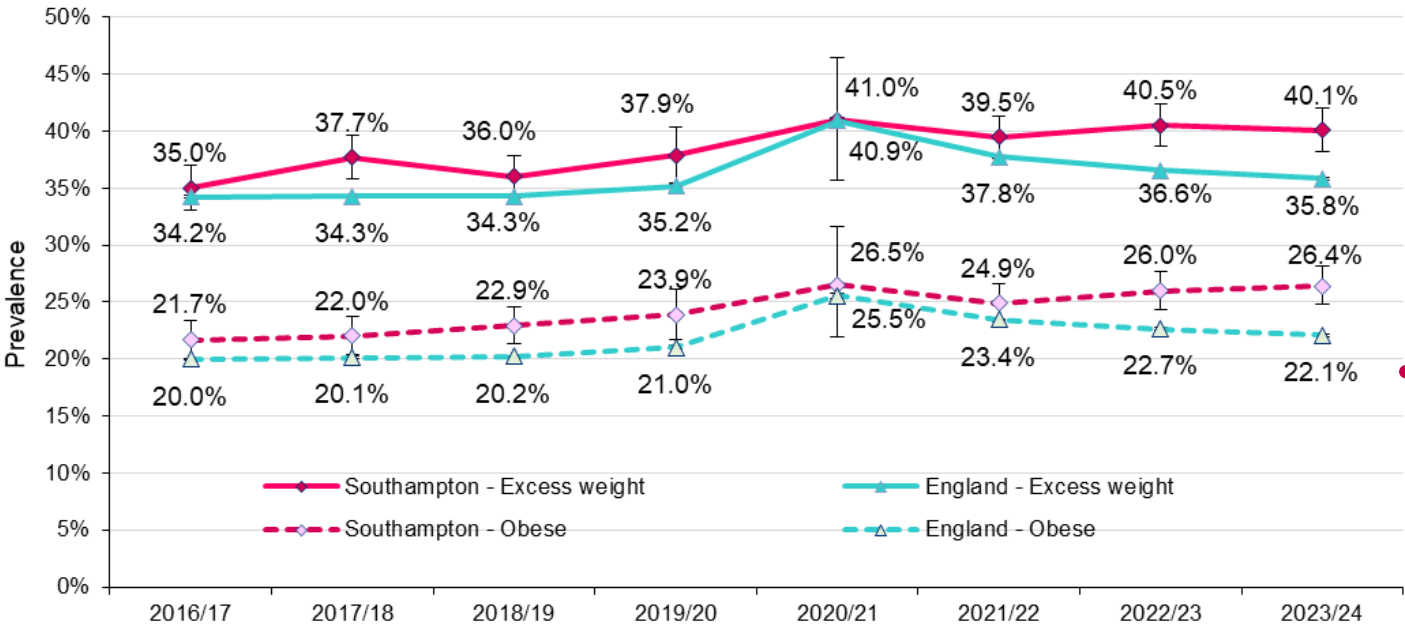
Source: NHS Digital NCMP Enhanced data sets 2016/17 to 2021/22 with 95% Confidence Intervals (Wilson), 2022/23 and 2023/24 data via NHS Digital
Table 3a_6

2023/24 England - Year 6:   Obese 22.1%   Excess Weight 35.8%
Southampton - Year 6:   Obese 26.4%   Excess Weight 40.1%

⚠️ **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.**

- **Historic rates** of Year 6 excess weight in Southampton have been **similar** or **significantly higher** than the England average since 2016/17, where England has continued to fall in the last 3 years. In 2023/24 this **gap grew wider**. The percentage point gap of **4.3%** is the **widest** seen in this period.

- **Southampton** has seen a **21% increase** in Year 6 obesity rates **since 2016/17**. Rates in **England** have increased by **11%** over the same period but have been on a **downward trajectory** for the **last 3 years**.

- **Southampton (26.4%)** is **significantly higher** than the **England** average (22.1%), ranking Southampton 7th worst, we would need **115 Southampton Year 6 school children** to be classed as a **healthier weight** instead of obese to match the **same prevalence as England**

Southampton children in Year R 2015/16 to 2017/18

The NCMP records of **6,944 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 2021/22 to 2023/24

Underweight	0.8% ➜	1.7%
Healthy weight	76.2% ➜	58.3%
Overweight	12.4% ➜	14.2%
Very overweight	10.3% ➜	25.7%

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

We can use the linked analysis to see how each Year R BMI group progressed over the next 6 years...
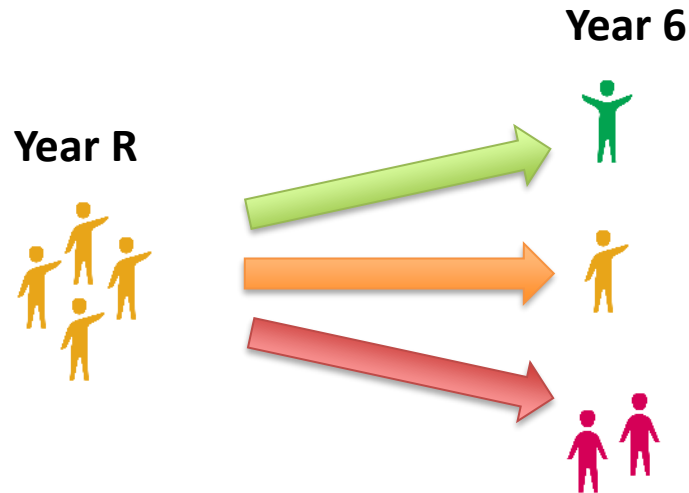
...or to see the origins of each Year 6 BMI category.

Year 6

Year R

Year R

Year 6

Source: NCMP – NHS Digital

Single year 2023/24

Southampton – Single year 2023/24

Year 6 BMI of students who were overweight in year R (school year 2023/24)

Year R → **Year 6**

overweight
healthy weight
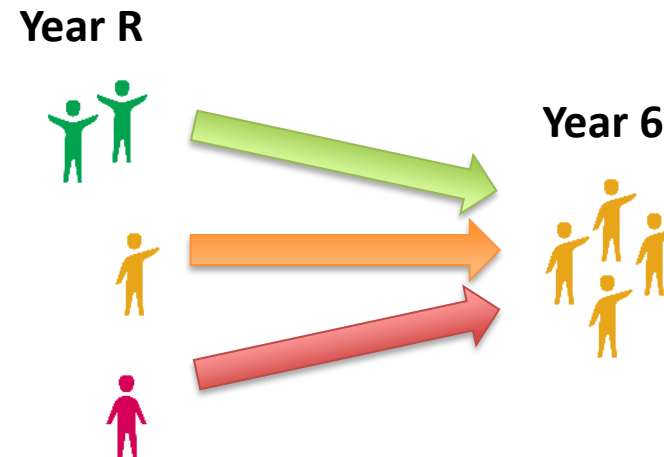very overweight

overweight

- **267 Year 6 children** measured in 2023/24 were **overweight** when they were measured **in Year R.**

- **50.6%** of them were **very overweight** (clinically obese) by the time they were in **Year 6.**

267

Year R Students

Year 6 BMI Category	Students	%
very overweight	135	50.6%
healthy weight	77	28.8%
overweight	55	20.6%

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers
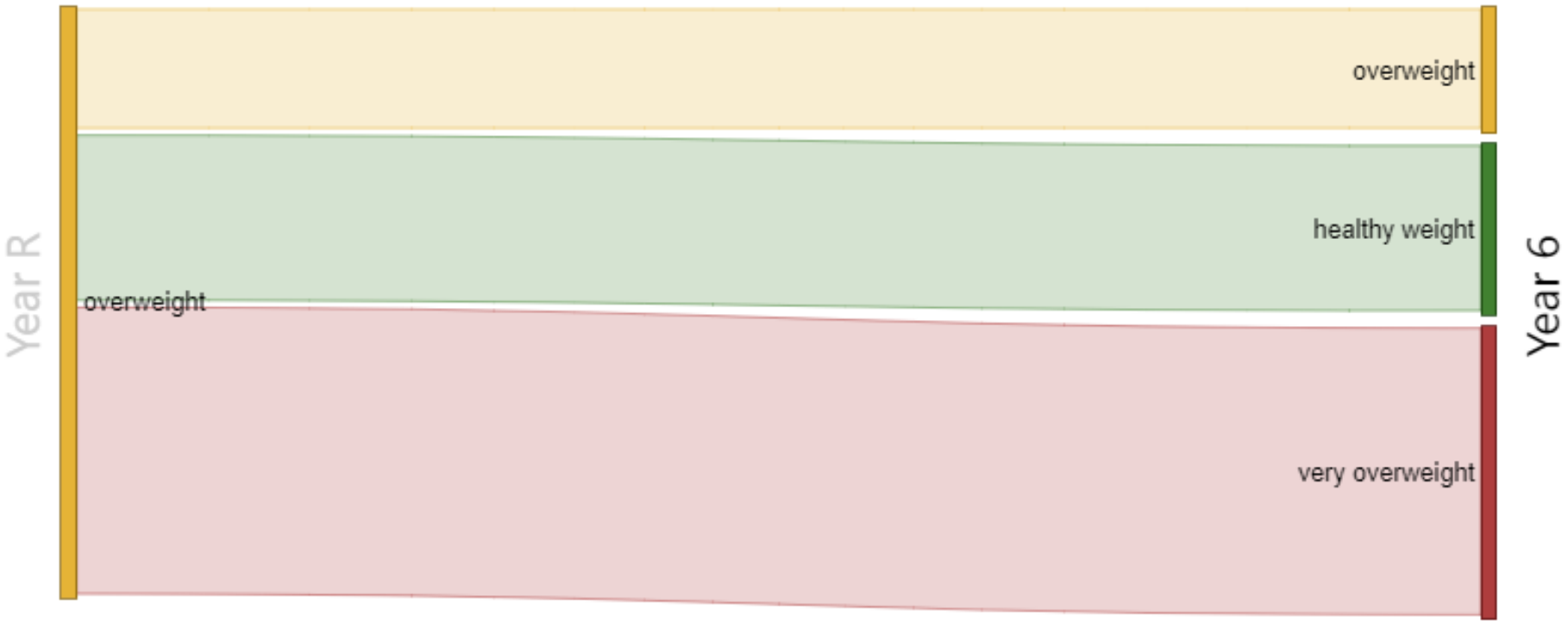
Southampton – Single year 2023/24

Year 6 BMI of students who were very overweight in year R (school year 2023/24)

- **245 Year 6 children** measured in 2023/24 were **very overweight** when they were measured **in Year R**.

- **82.4%** of them were still **very overweight** in **Year 6.**

- **91.0%** 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…**
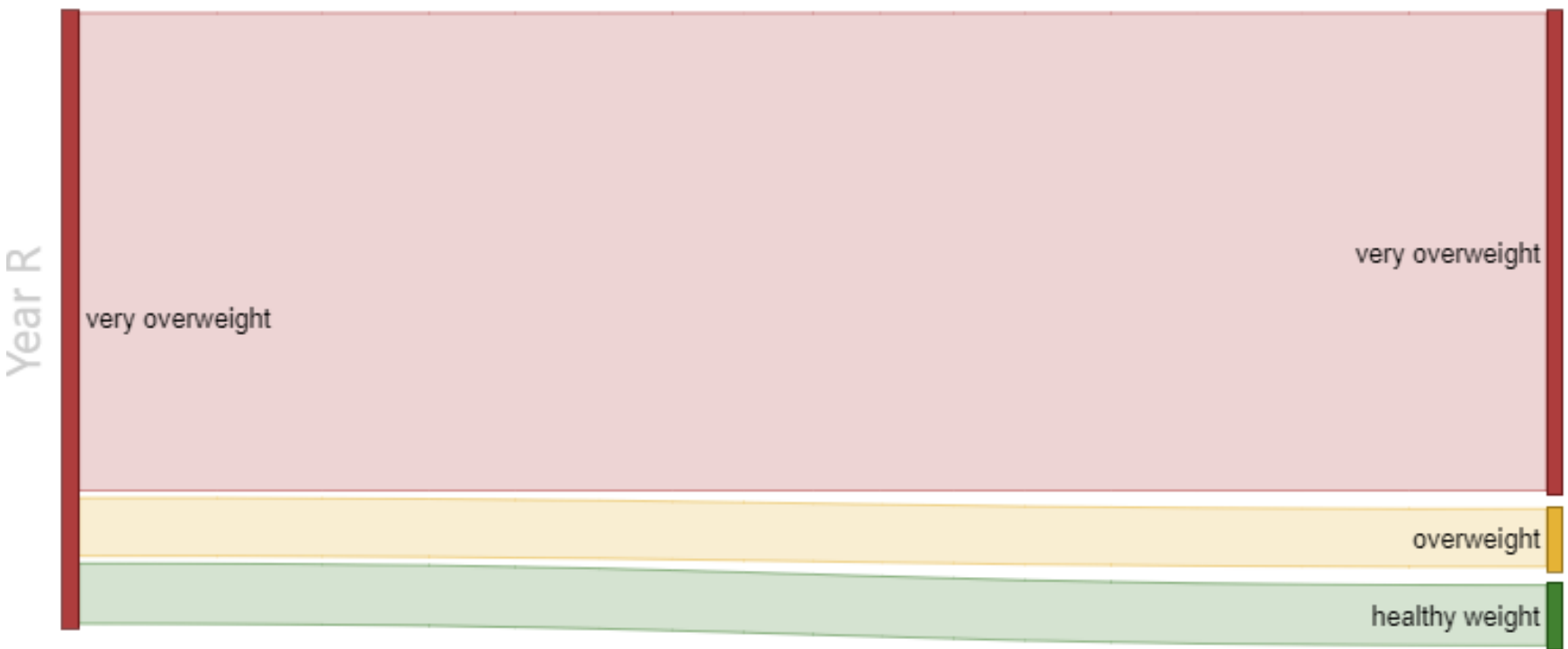
245

Year R Students

Year 6 BMI Category	Students	%
very overweight	202	82.4%
healthy weight	22	9.0%
overweight	21	8.6%

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – Single year 2023/24

Year R BMI of students who were overweight in Year 6 (school year 2023/24)

299

Year 6 Students

Year R BMI Category	Students	%
healthy weight	223	74.6%
overweight	55	18.4%
very overweight	21	7.0%

- **When looking at this the other way...**

- **299 Year 6 children** measured in 2023/24 were **overweight.**

- **74.6%** 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 2023/24

Year R BMI of students who were very overweight in Year 6 (school year 2023/24)

581
Year 6 Students

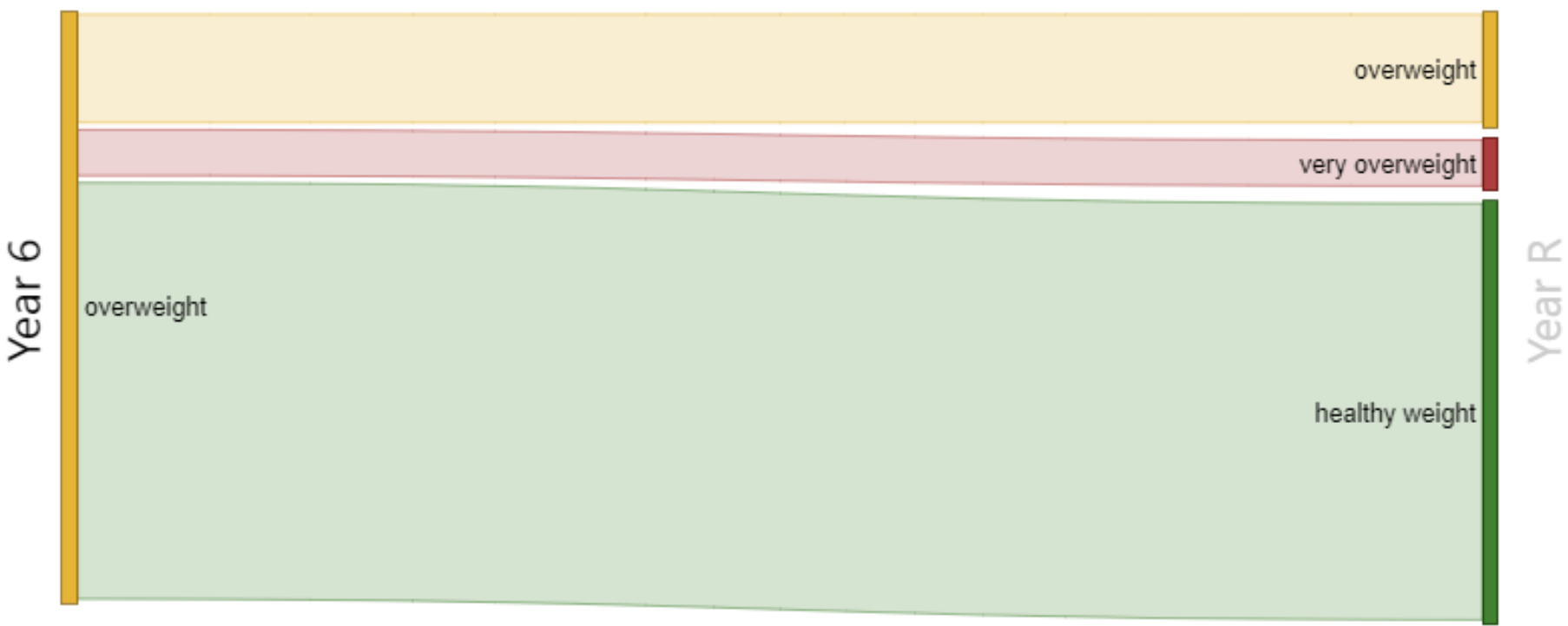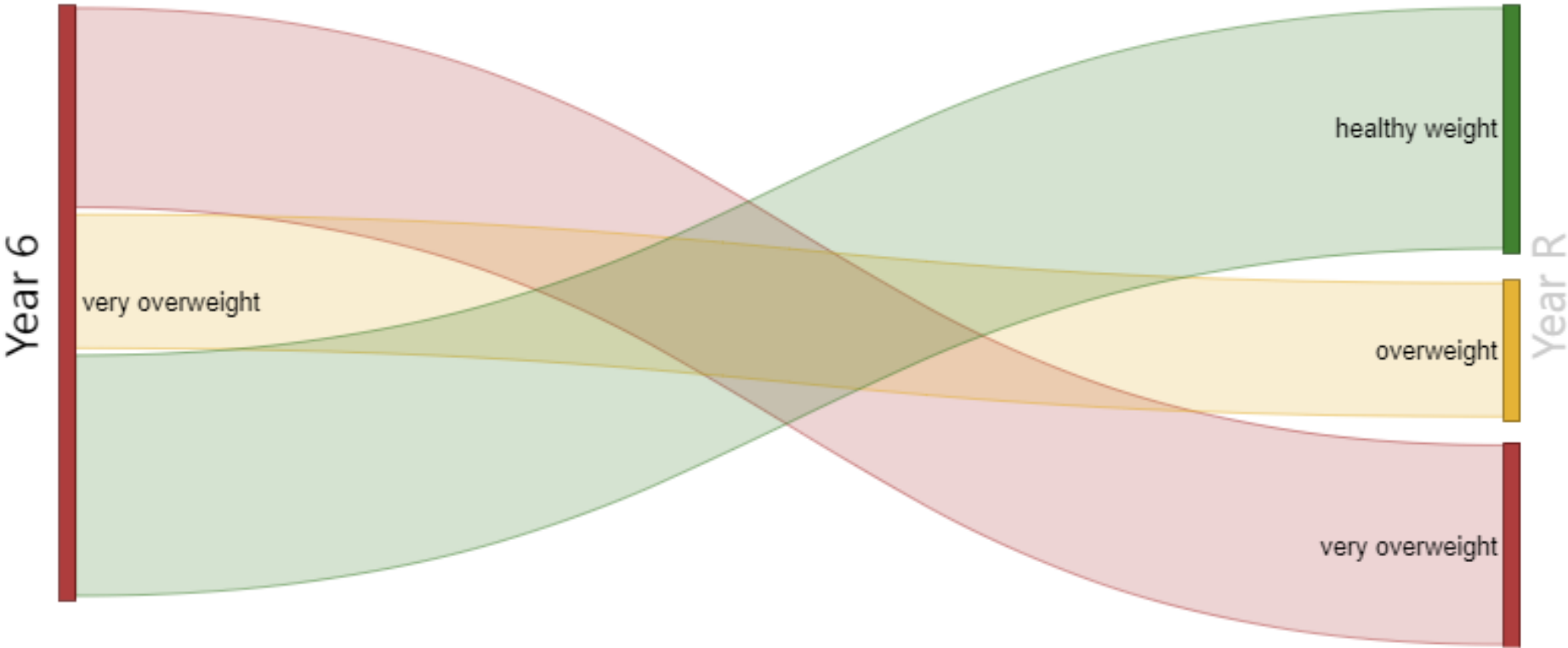| Year R BMI Category	Students	%
healthy weight	244	42.0%
very overweight	202	34.8%
overweight	135	23.2%

- **581 Year 6 children** measured in 2023/24 were **very overweight.**

  42.0% 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 2021/22 to 2023/24

Southampton – 3-year pooled 2021/22 to 2023/24

Year 6 BMI of students who were overweight in year R (school year)

- **861 Year 6 children** measured in the 3 years 2021/22 to 2023/24 were **overweight** when they were measured **in Year R**.

- **49.9%** of them were **very overweight** (clinically obese) by the time they were in **Year 6.**
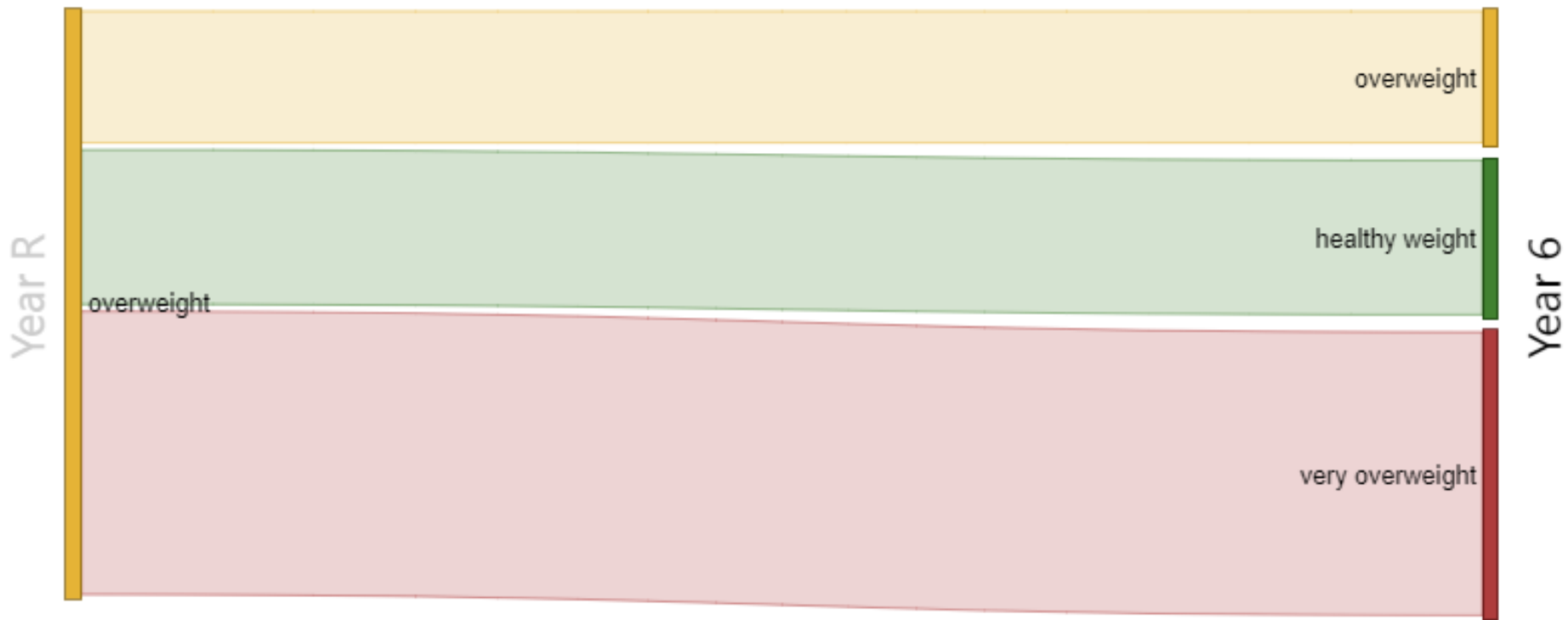
861
Year R Students

Year 6 BMI Category	Students	%
very overweight	430	49.9%
healthy weight	233	27.1%
overweight	198	23.0%

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – 3-year pooled 2021/22 to 2023/24

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

Year R

very overweight

very overweight

healthy weight

overweight

Year 6

718
Year R Students

Year 6 BMI Category	Students	%
very overweight	587	81.8%
overweight	74	10.3%
healthy weight	57	7.9%

- **718 Year 6 children** measured in the 3-year period 2021/22 to 2023/24 were **very overweight** when they were measured **in Year R**.

- **81.8%** of them were still **very overweight** in **Year 6.**

- **92.1%** 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 2021/22 to 2023/24

Year R BMI of students who were overweight in Year 6 (school year)

- **When looking at this the other way…**

- **984 Year 6 children** measured in the period 2021/22 to 2023/24 were **overweight.**

- **72.4%** of them were originally a **healthy weight** when they were measured in **Year R.**

984
Year 6 Students

Year R BMI Category	Students	%
healthy weight	712	72.4%
overweight	198	20.1%
very overweight	74	7.5%

Source: NCMP – NHS Digital

Data for underweight children has been excluded due to small numbers

Southampton – 3-year pooled 2021/22 to 2023/24

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

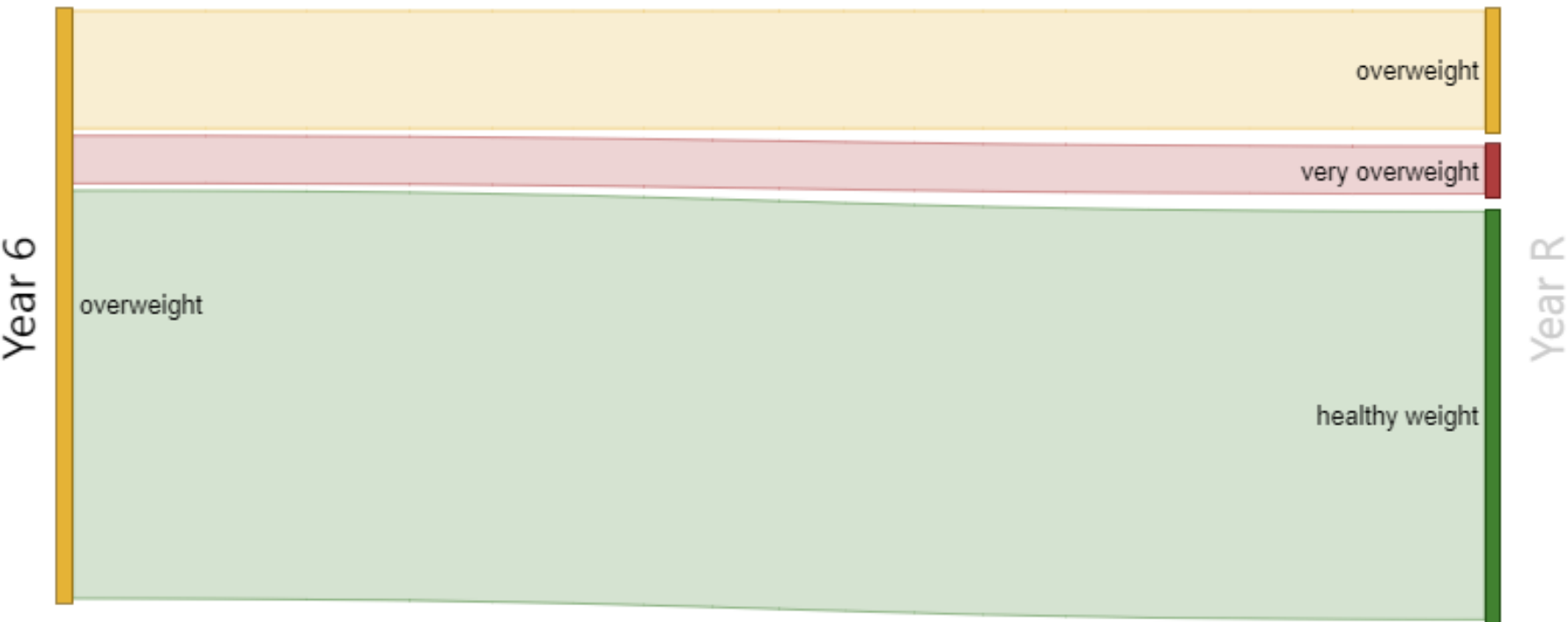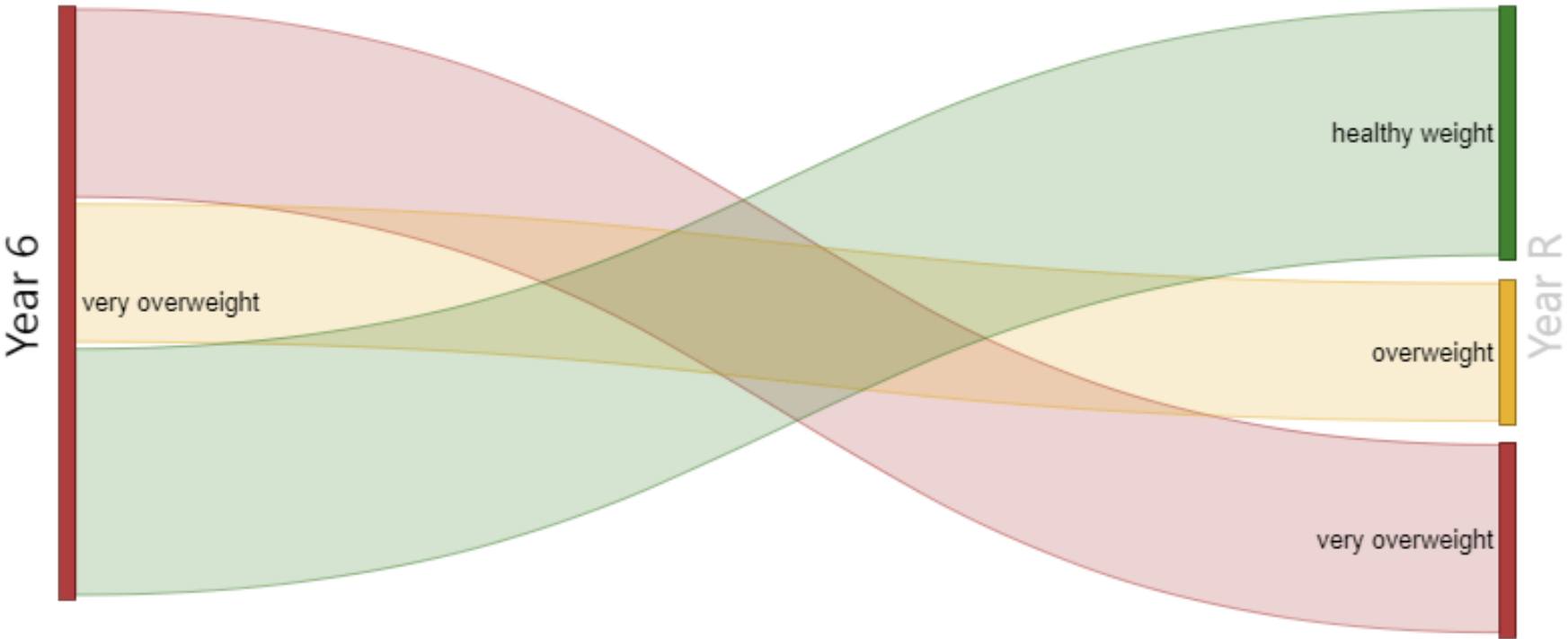| Year R BMI Category	Students	%
healthy weight	770	43.1%
very overweight	587	32.8%
overweight	430	24.1%

1,787
Year 6 Students

- **1,787 Year 6 children** measured in the period 2021/22 to 2023/24 were **very overweight.**

- **43.1%** 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.**

England Deprivation Deciles for Southampton LSOAs, Index of Multiple Deprivation (2019)
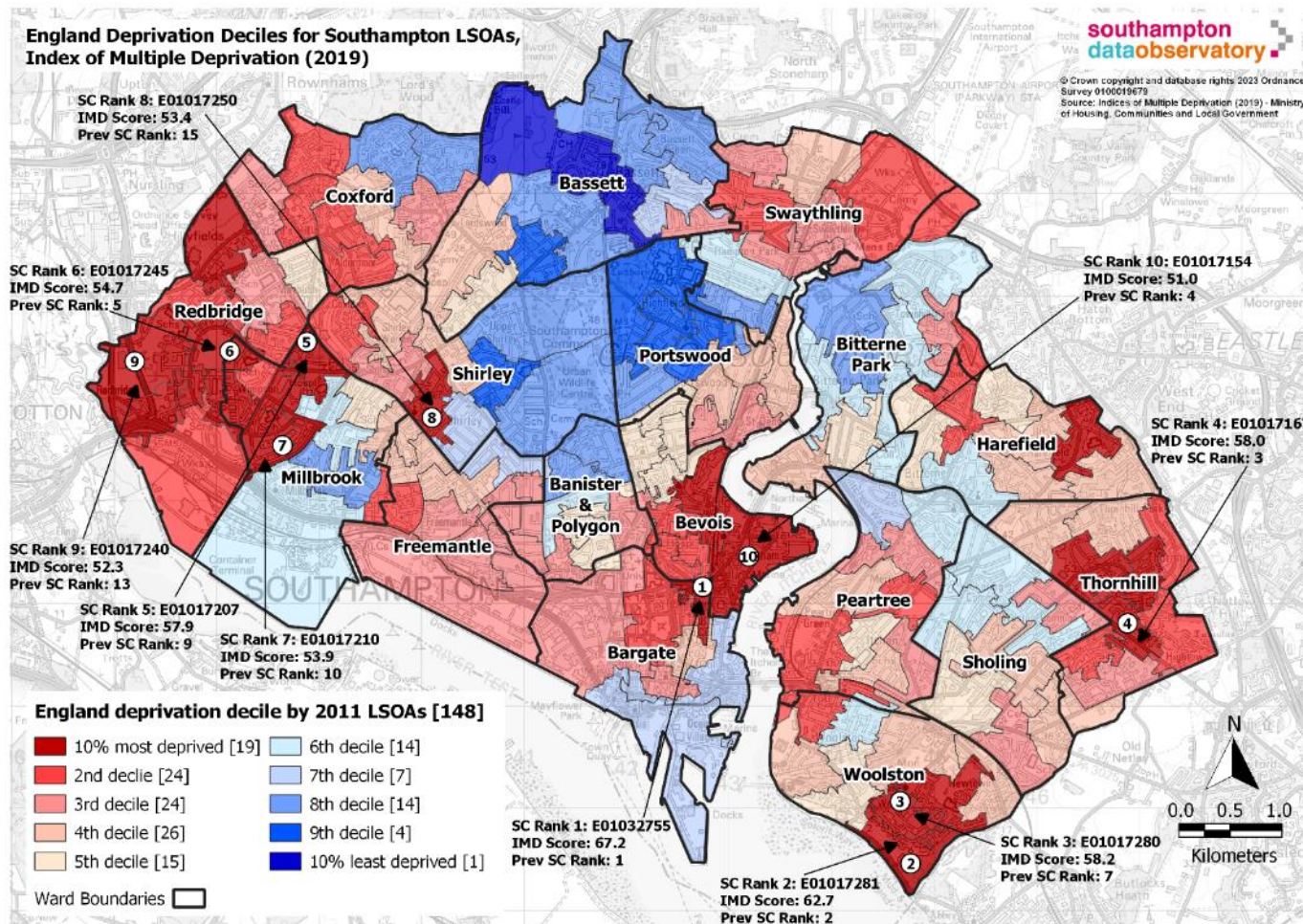
- The **relationship** between **deprivation** and **health** is well documented **(Marmot, 2010).**

- **Southampton** is a **relatively deprived** city. Its average deprivation is ranked **55th** out of England's **317 local authorities** (IMD 2019).

- Around **12%** of Southampton's population live in neighbourhoods within the **10% most deprived** nationally; this **rises to 18%** for the **under 18 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.

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Percentage of Children Considered to be Overweight Including Obese in Year R by England Deprivation Quintile: 2021/22 to 2023/24 (pooled)

R² = 0.8798

Overweight (incl Obese) Prevalence

20% most deprived	2nd quintile	3rd quintile	4th quintile	20% least deprived
25.2%	22.3%	21.3%	20.6%	20.0%

Source: National Child Measurement Programme Pupil Enhanced Data Set, NHS Digital - Lifestyle Statistics
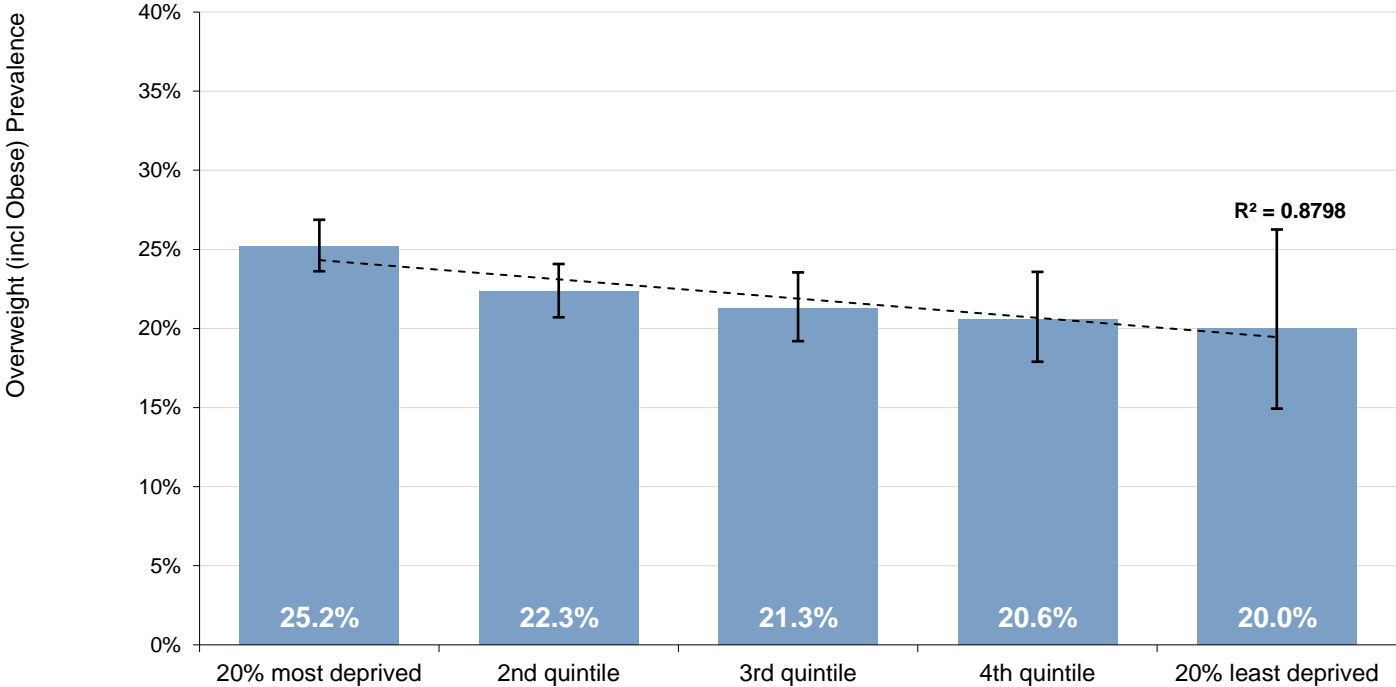
Overweight and obesity in Year R is **more prevalent** in the **most deprived quintile** (25.2%) than the **least deprived quintile** (20.0%).

R square coefficient s (r=0.94) shows a **strong relationship** between **Year R overweight (including obese)** and **deprivation**

Year R overweight and obesity by deprivation

Percentage of children considered to be overweight (incl. obese) in Year R Inequalities Trend - Most Vs Least Deprived IMD England Quintiles (IMD 2019): 2013/14-15/16 to 2021/22-23/24 (pooled)

Legend:
- X times higher
- Most Deprived England Quintile (IMD 1)
- Least Deprived England Quintile (IMD 5)

Most Deprived values: 25.8%, 24.6%, 25.7%, 25.0%, 25.9%, 27.8%, 28.4%, 27.6%, 25.2%

Least Deprived values: 18.0%, 18.5%, 18.9%, 19.7%, 20.1%, 21.7%, 23.4%, 21.7%, 20.0%

X times higher: 1.43, 1.33, 1.36, 1.27, 1.29, 1.28, 1.21, 1.27, 1.26

X-axis categories: 2013/14 to 2015/16, 2014/15 to 2016/17, 2015/16 to 2017/18, 2016/17 to 2018/19, 2017/18 to 2019/20, 2018/19 to 2020/21, 2019/20 to 2021/22, 2020/21 to 2022/23, 2021/22 to 2023/24

Sources: National Child Measurement Programme Pupil Enhanced Data Set, NHS Digital - Lifestyle Statistics (data for 2013/14 onwards)

- For the period 2021/22 to 2023/24 the **Year R rate of overweight and obesity** in Southampton's **most deprived quintile** was **1.27x higher** than the least deprived.

- The **deprivation gap** has remained **similar** since 2016/17 to 2018/19. While the prevalence of excess weight **reduced** for the **most and least deprived** quintile in 2021/22 to 2023/24, the **gap widened** slightly as the **reduction** was **greater** in the **least deprived** quintile.

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Percentage of Children Considered to be Overweight Including Obese in Year 6 by England Deprivation Quintile: 2021/22 to 2023/24 (pooled)
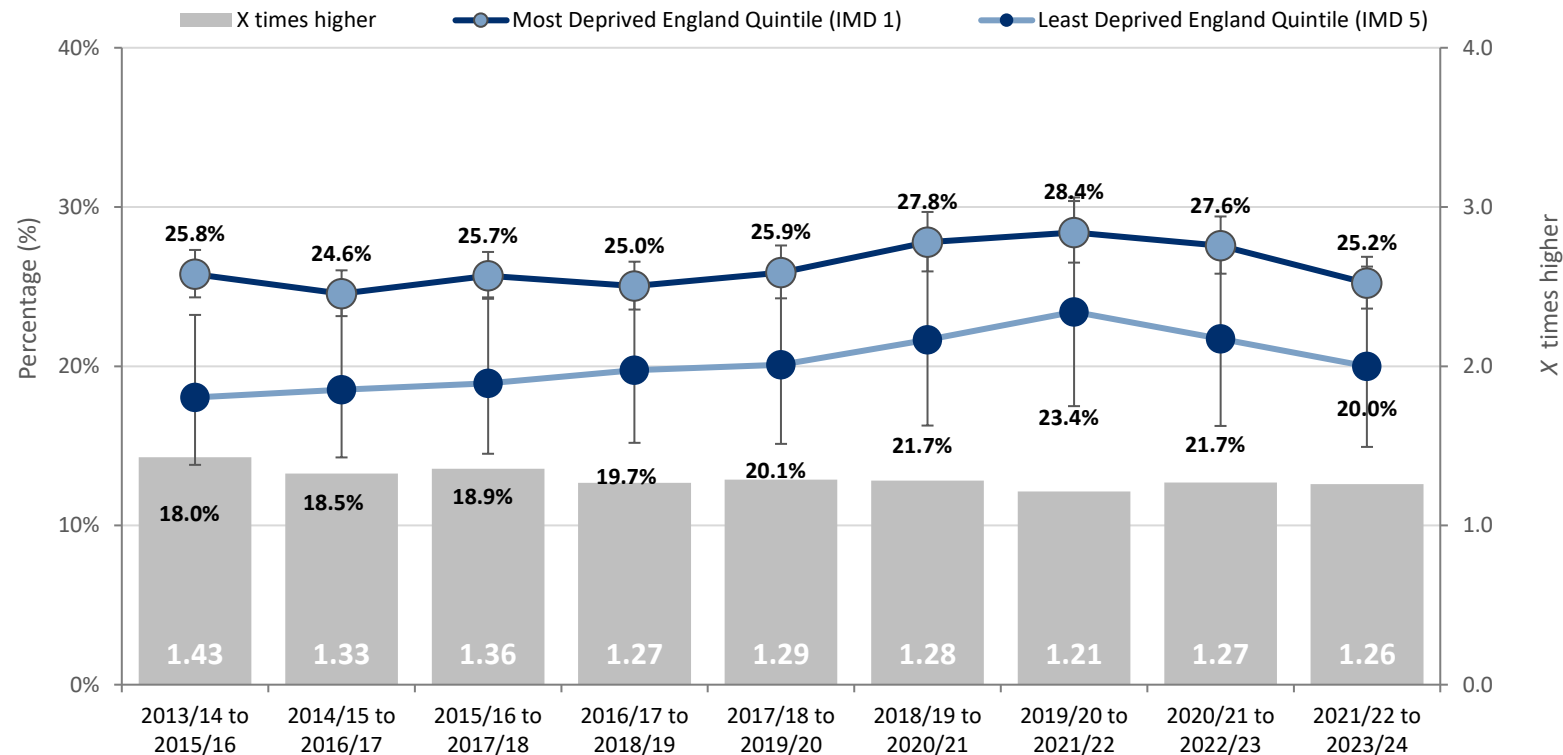

R² = 0.9555

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** (43.6%) than the least deprived quintile (22.2%) (2021/22 to 2023/24 pooled).

- R square coefficient s (r=0.98) shows a **very strong relationship** between **Year 6 overweight (including obese)** and **deprivation, (stronger than that for year R)**

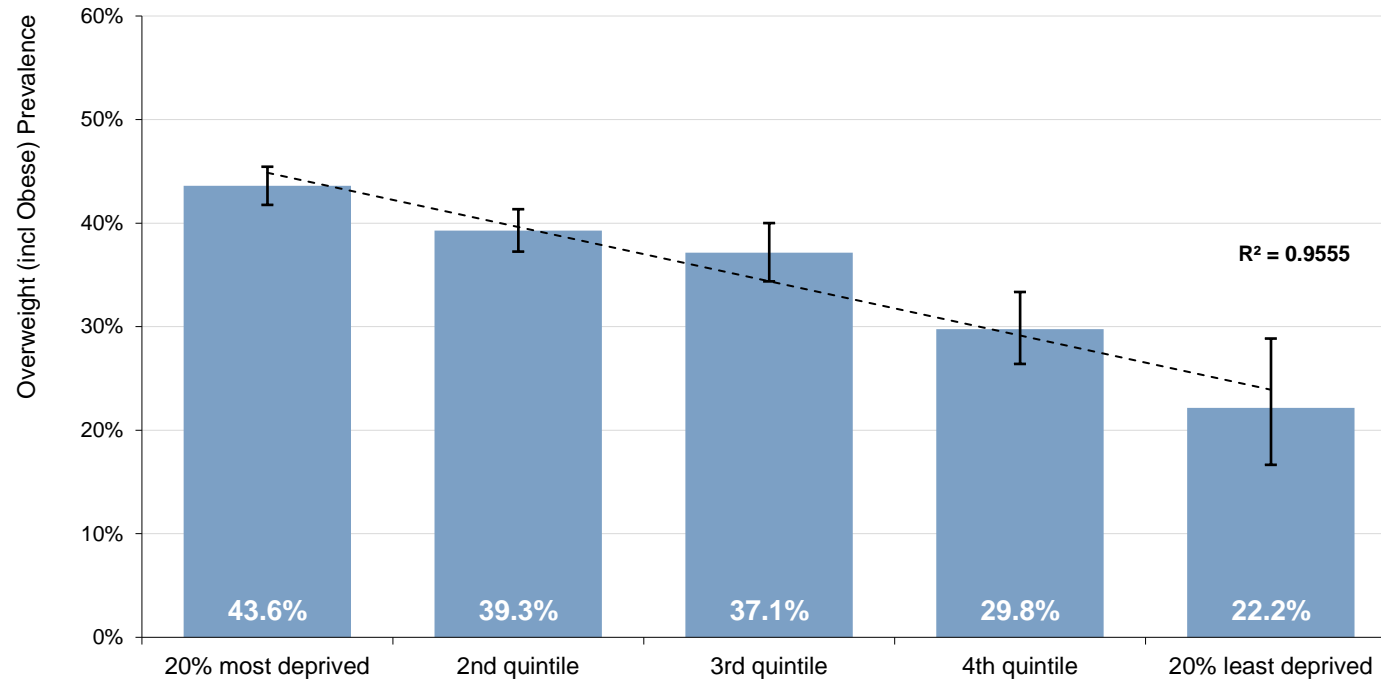# Year 6 overweight and obesity by deprivation

Percentage of children considered to be overweight (incl. obese) in Year 6 Inequalities Trend - Most Vs Least Deprived IMD England Quintiles (IMD 2019): 2013/14-15/16 to 2021/22-23/24 (pooled)

Legend: X times higher | Most Deprived England Quintile (IMD 1) | Least Deprived England Quintile (IMD 5)

Most Deprived values: 38.4%, 37.5%, 39.2%, 39.1%, 40.5%, 40.9%, 45.2%, 44.3%, 43.6%

Least Deprived values: 22.9%, 24.4%, 25.1%, 26.9%, 28.7%, 30.7%, 26.6%, 23.8%, 22.2%

X times higher bar values: 1.68, 1.54, 1.56, 1.45, 1.41, 1.33, 1.70, 1.86, 1.97

X-axis categories: 2013/14 to 2015/16 | 2014/15 to 2016/17 | 2015/16 to 2017/18 | 2016/17 to 2018/19 | 2017/18 to 2019/20 | 2018/19 to 2020/21 | 2019/20 to 2021/22 | 2020/21 to 2022/23 | 2021/22 to 2023/24

Sources: the National Child Measurement Programme Pupil Enhanced Data Set, NHS Digital - Lifestyle Statistics (data for 2013/14 onwards)

- For the period 2021/22 to 2023/24 the **Year 6 rate of overweight and obesity** in Southampton's **most deprived** quintile was **1.97x higher** than the least deprived.

- 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 and least deprived** quintiles in 2021/22 to 2023/24, the **gap continued to widen** as the **reduction** was **greater** in the **least deprived** quintile.
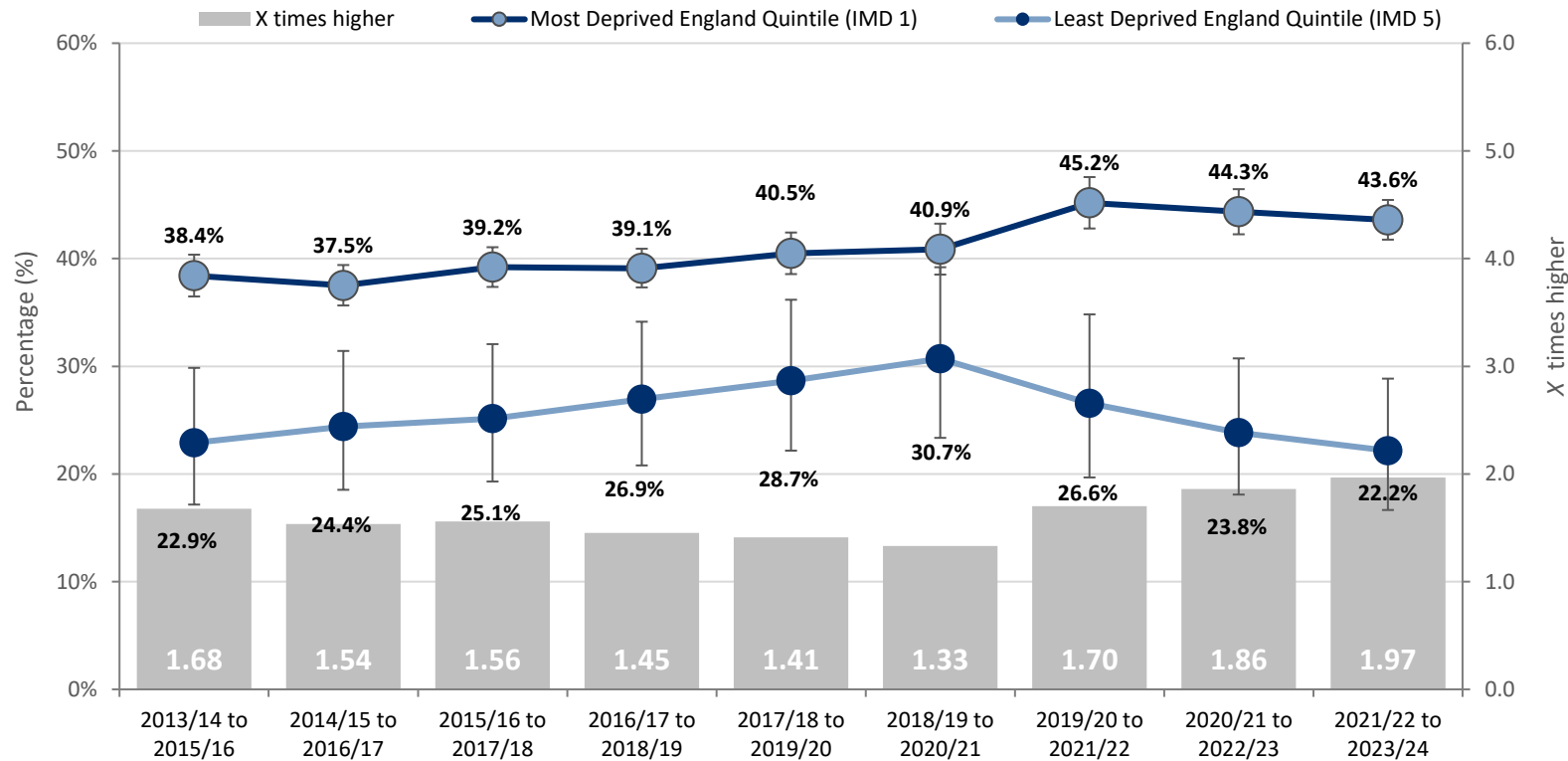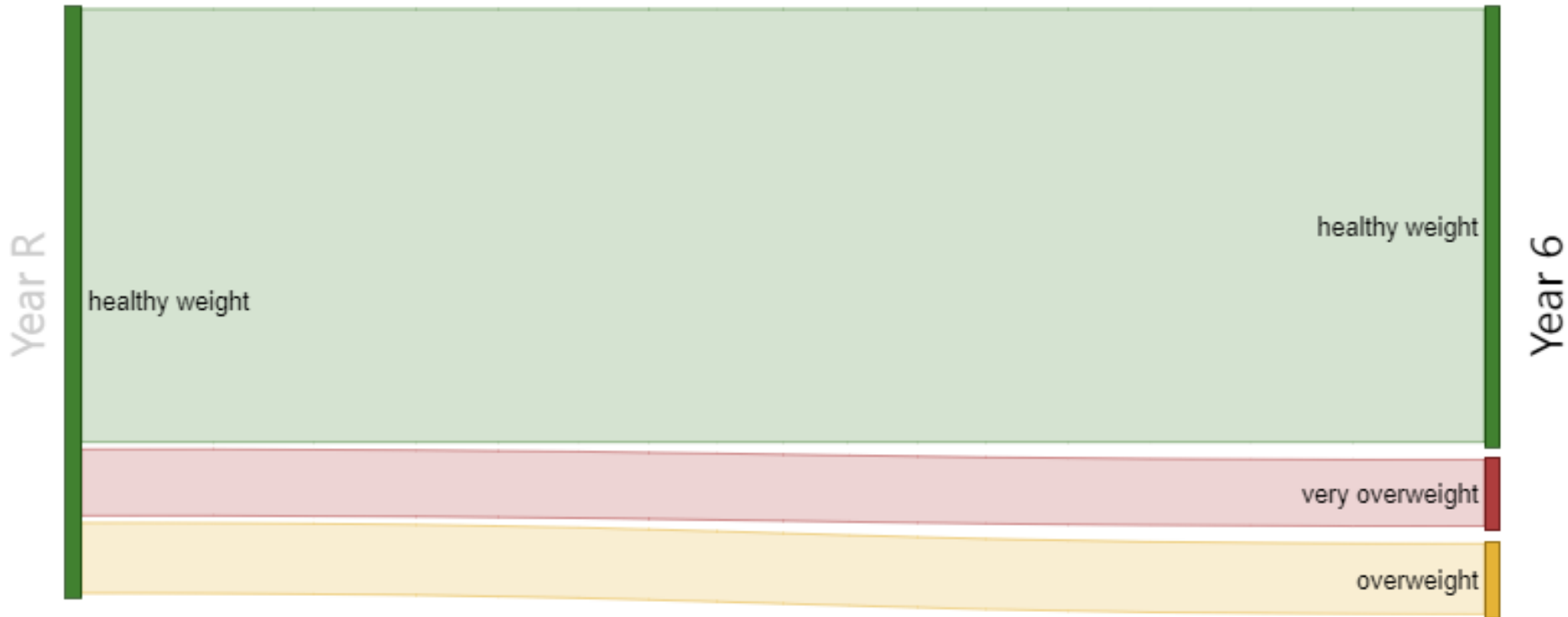
Southampton – Single year 2023/24

Year 6 BMI of students who were healthy weight in year R (school year 2023/24)

Year R

healthy weight

healthy weight

overweight

very overweight

Year 6

- **66.7%** 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 2023/24).

436

Year R Students

Year 6 BMI Category	Students	%
healthy weight	291	66.7%
very overweight	82	18.8%
overweight	63	14.4%

Southampton – 3-year pooled 2021/22 to 2023/24

Year 6 BMI of students who were healthy weight in year R (school year)

- **79.9%** 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.**
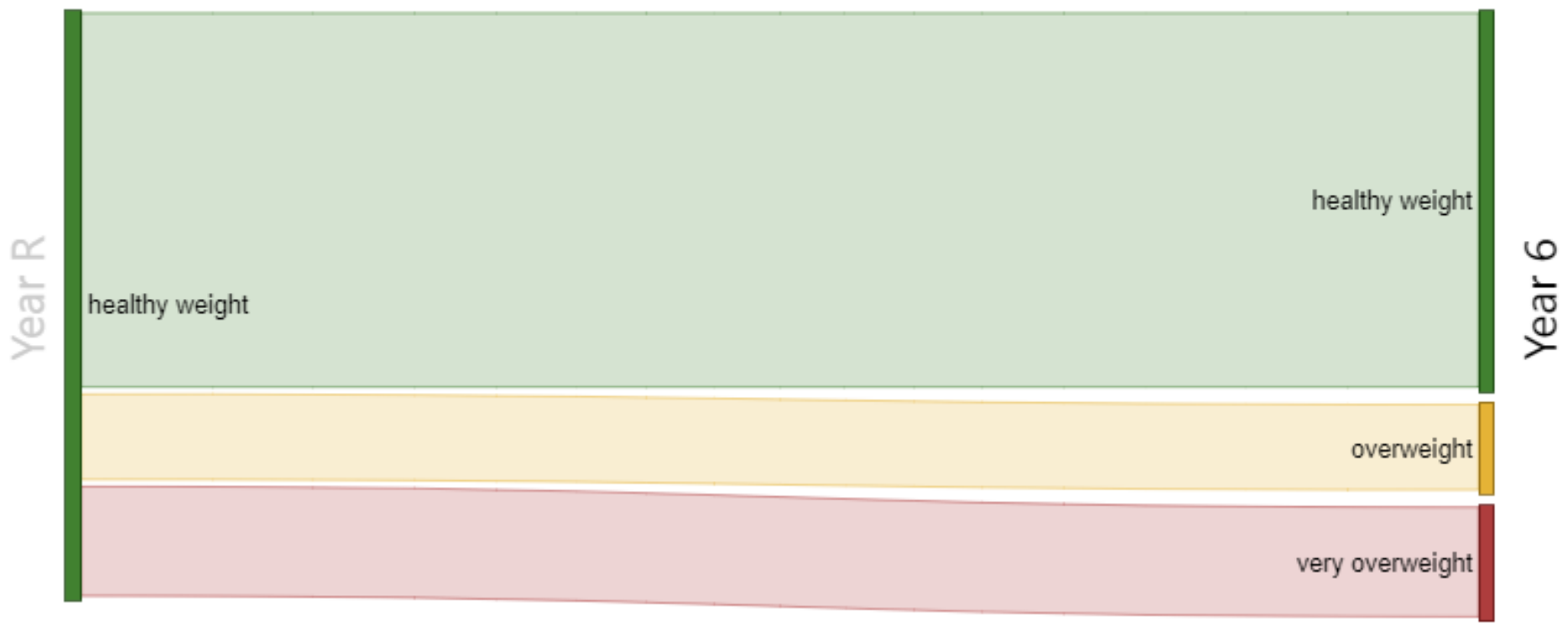
771

Year R Students

Year 6 BMI Category	Students	%
healthy weight	616	79.9%
overweight	93	12.1%
very overweight	62	8.0%

Southampton – 3-year pooled 2021/22 to 2023/24

Year 6 BMI of students who were healthy weight in year R (school year)

- **66.8%** 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.**
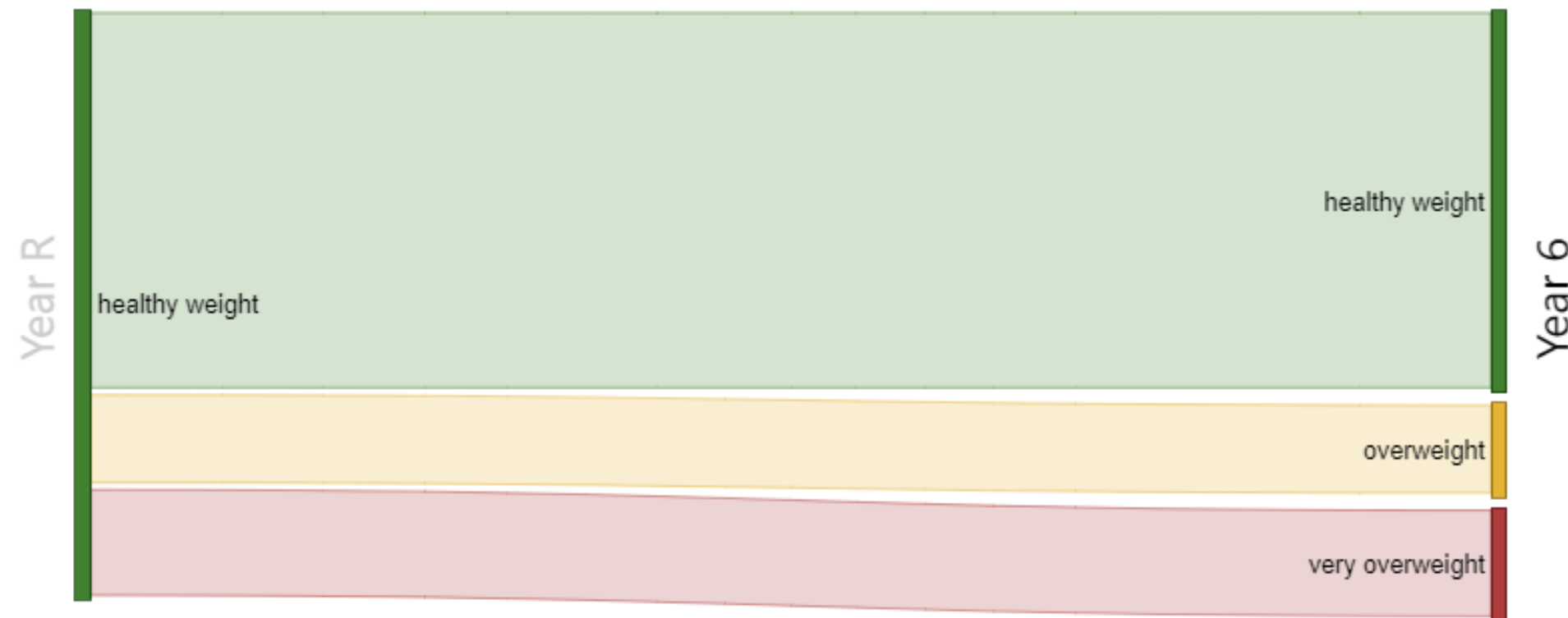
1,461
Year R Students

Year 6 BMI Category	Students	%
healthy weight	976	66.8%
very overweight	266	18.2%
overweight	219	15.0%

Year R | **2021/22** to **2023/24** | **Year 6**

Overweight including obese

Males: **23.4%**
Females: **23.4%**
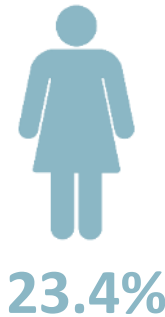
% Point gap
0.1%
Statistically similar

Overweight including obese

Males: **42.9%**
Females: **37.0%**
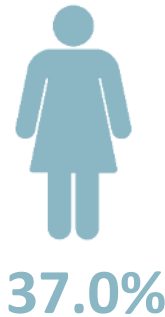
% Point gap
5.9%
Males significantly higher

Obese

Males: **11.2%**
Females: **10.3%**
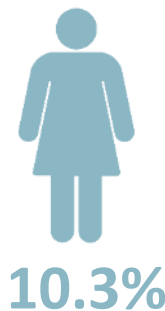
% Point gap
0.9%
Statistically similar

Obese

Males: **28.7%**
Females: **22.9%**

% Point gap
5.8%
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**.

Source: NCMP – NHS Digital

Ethnicity differences in NCMP measurements

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Prevalence of Southampton children who are very overweight and obese by ethnicity, ranked highest to lowest (Yr R -2016/17-2018/19 and Yr6 – 2021/22-2023/24)

Year R Rank

- White and Black African
- Bangladeshi
- White and Black Caribbean
- Irish
- Caribbean
- African
- Any other Asian background
- British
- Any other mixed background
- Pakistani
- Any other ethnic group
- Any other white background
- Chinese
- Indian
- White and Asian

Year 6 Rank

- African
- Bangladeshi
- White and Black African
- White and Black Caribbean
- Indian
- Any other Asian background
- White and Asian
- British
- Any other white background
- Any other ethnic group
- Caribbean
- Any other mixed background
- Pakistani
- Irish
- Chinese

- **32.6% of children** with from **white and black African backgrounds** had **excess weight** in **Year R**. This group also had the **3rd highest prevalence** of **excess weight** in **Year 6** (**44.8%**).

- Children with **Bangladeshi** ethnicity are among the **most likely** to have **excess weight** in **Year R** (**30.4%**) and **Year 6** (**49.5%**).

- Children with **White & Asian** or **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 **24.0%** in **Year R** and rate **39.3%** in **Year 6.**

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Food environment presentation

More information on the food environment is available in the
Food Environment Presentation
available of the Southampton Data observatory

Free school meals eligibility 2022/23

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Percentage of pupils eligible for free school meals, Southampton 2021 LSOAs grouped into deciles
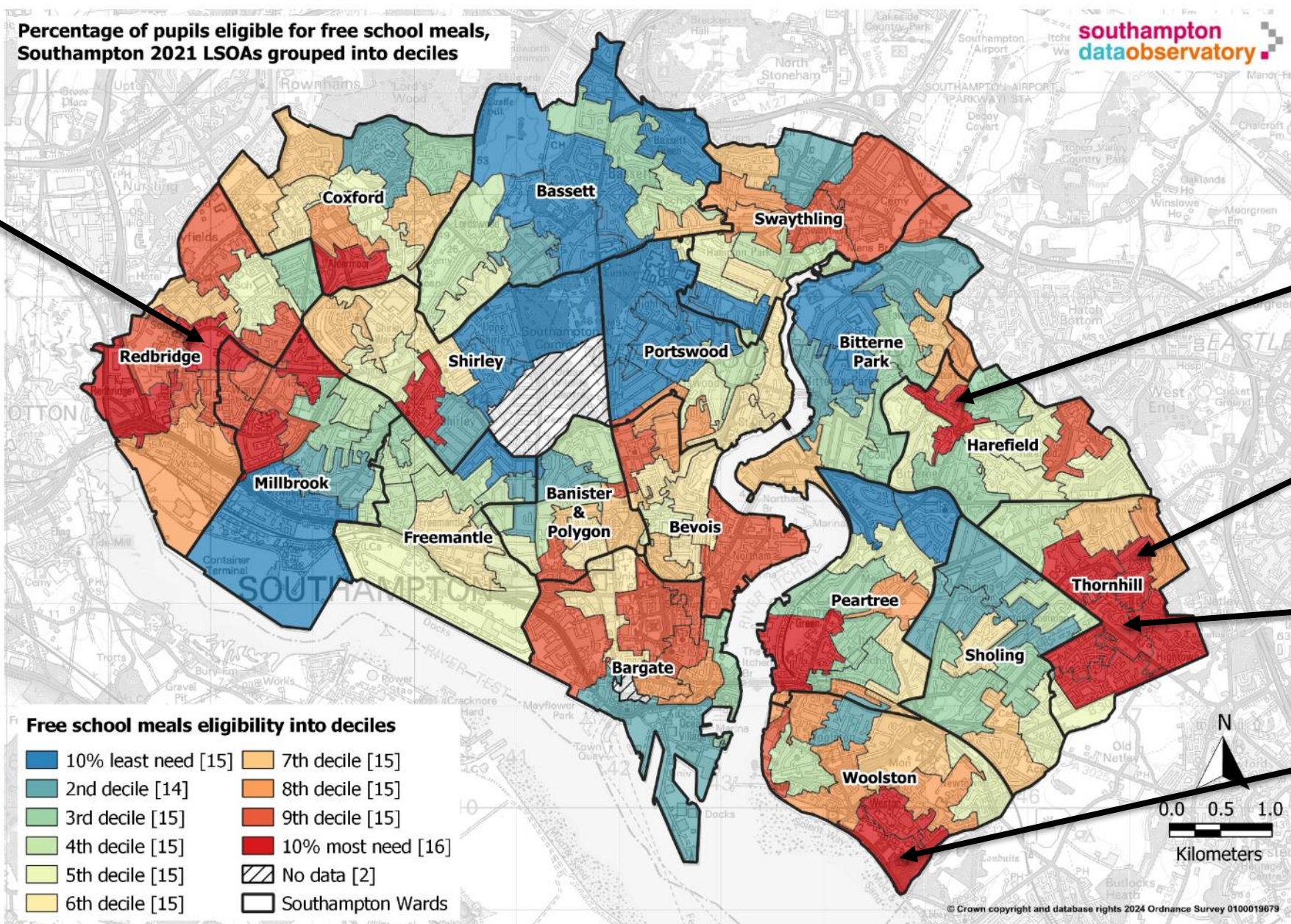
Rank 5: E01017245
65.8% eligible for FSM

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

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%.

Free school meals eligibility into deciles

- 10% least need [15]
- 2nd decile [14]
- 3rd decile [15]
- 4th decile [15]
- 5th decile [15]
- 6th decile [15]
- 7th decile [15]
- 8th decile [15]
- 9th decile [15]
- 10% most need [16]
- No data [2]
- Southampton Wards

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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.

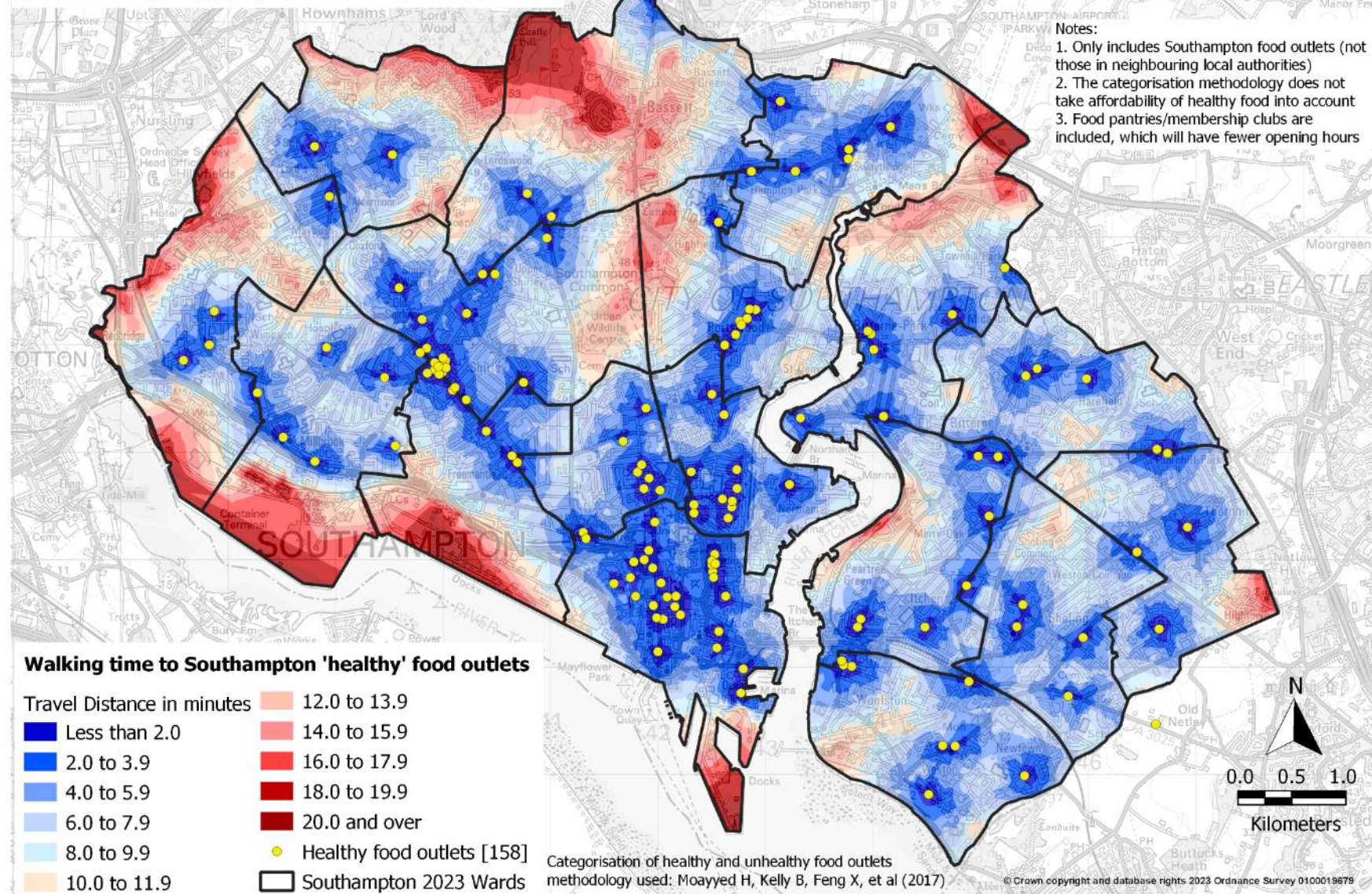Areas in Millbrook and Freemantle have a 20 minutes or more walk to healthy food outlets, however less of the population live in these areas due to it being the Southampton Docks.

Travel distance to food outlets (one way) in minutes, Southampton, May 2023

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Notes:
1. Only includes Southampton food outlets (not those in neighbouring local authorities)
2. The categorisation methodology does not take affordability of healthy food into account
3. Food pantries/membership clubs are included, which will have fewer opening hours

Walking time to Southampton 'healthy' food outlets

Travel Distance in minutes

Less than 2.0	12.0 to 13.9
2.0 to 3.9	14.0 to 15.9
4.0 to 5.9	16.0 to 17.9
6.0 to 7.9	18.0 to 19.9
8.0 to 9.9	20.0 and over
10.0 to 11.9	● Healthy food outlets [158]
	▢ Southampton 2023 Wards

Categorisation of healthy and unhealthy food outlets methodology used: Moayyed H, Kelly B, Feng X, et al (2017)

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N

0.0   0.5   1.0

Kilometers

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
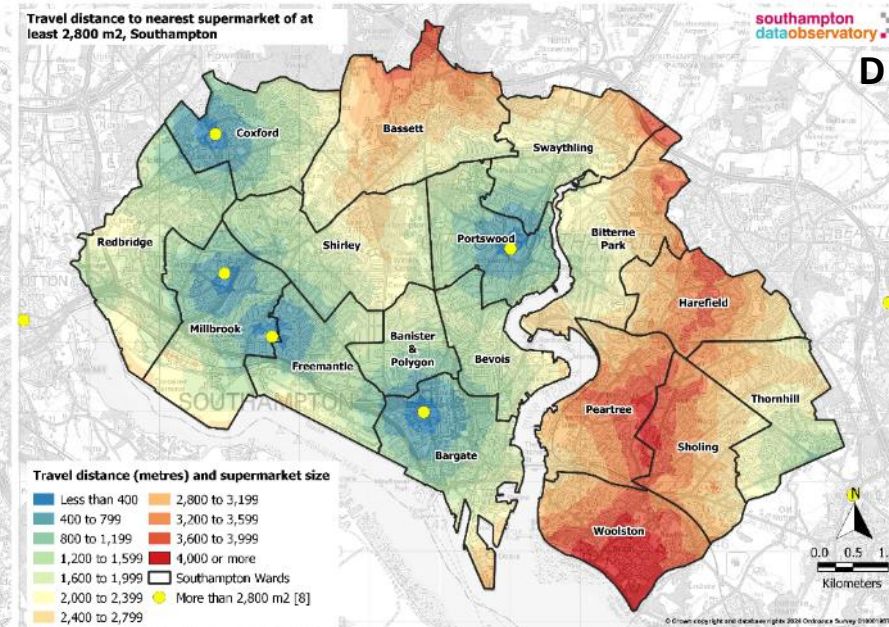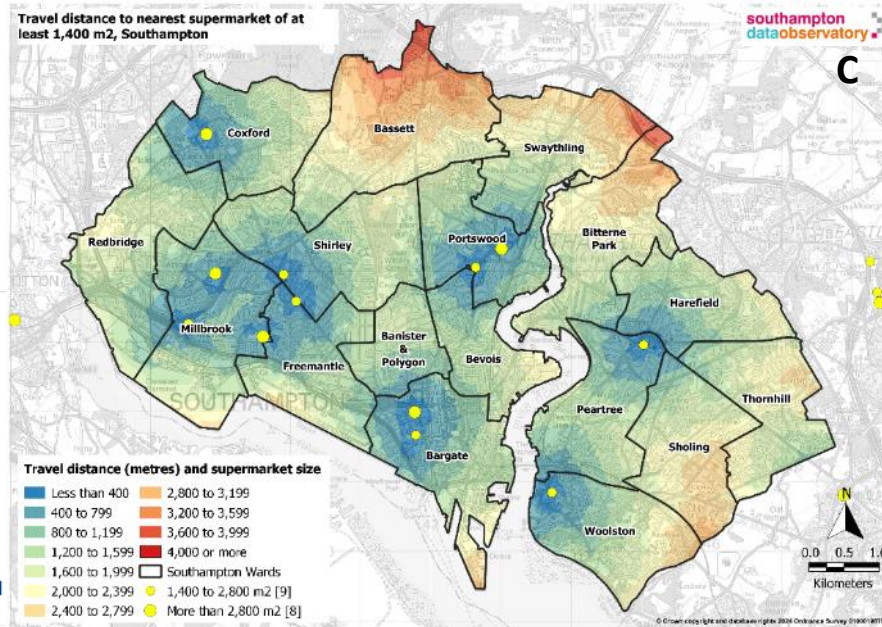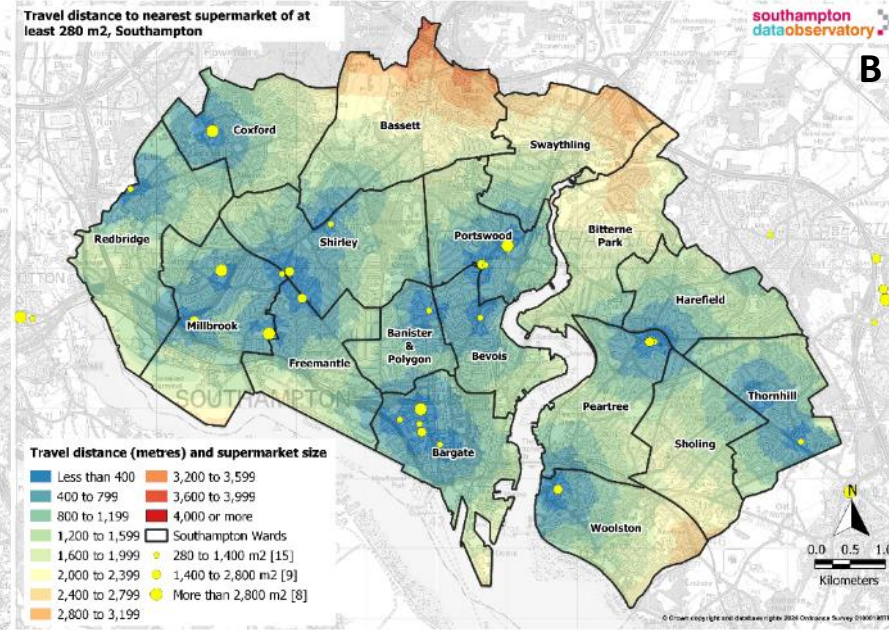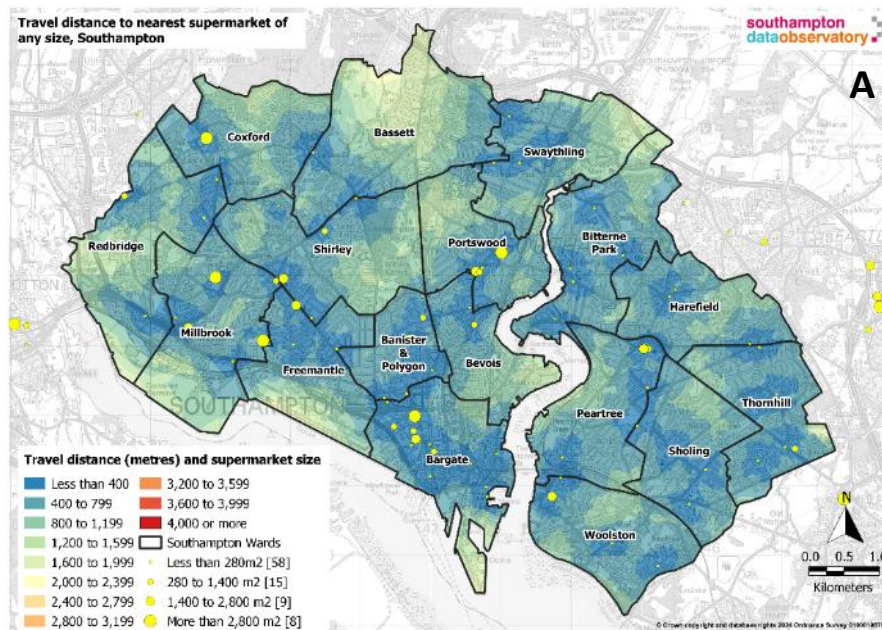
Four way classification for size band of store:

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**

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

E-food Desert Index deciles, Southampton LSOAs

E-Food Desert Index deciles
- 10% food deserts [5]
- 2nd decile [4]
- 3rd decile [7]
- 4th decile [5]
- 5th decile [7]
- 6th decile [13]
- 7th decile [19]
- 8th decile [12]
- 9th decile [18]
- 10% food oases [58]

Rank 2: E01017182
Rank 1: E01017240
Rank 4: E01017250
Rank 3: E01017154
Rank 5: E01017281

Coxford, Bassett, Swaythling, Redbridge, Shirley, Portswood, Bitterne Park, Harefield, Millbrook, Freemantle, Bevois, Bitterne, Peartree, Bargate, Sholing, Woolston

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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.

Food insecurity domain: Overall – Southampton LSOAs grouped into deciles

Legend
10% highest values
2nd decile
3rd decile
4th decile
5th decile
6th decile
7th decile
8th decile
9th decile
10% lowest values

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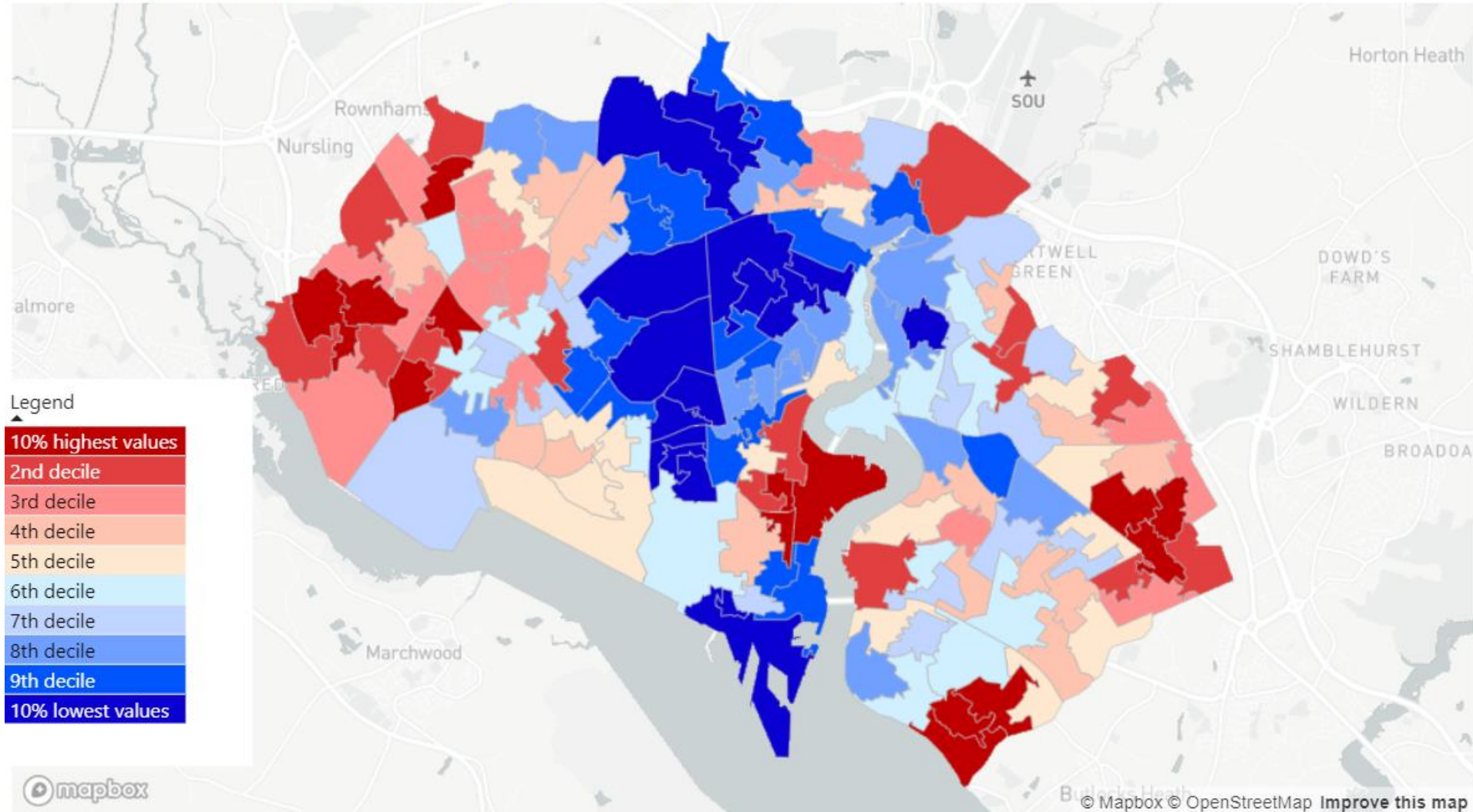
Fast food easily accessible across the city by foot or car, some pockets on the edges of the city where one would have to travel 1 km or more, however a delivery driver would still be able to travel those distances within 5 to 10 minutes.

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/

Travel distance from postcodes to nearest fast food outlet, Southampton, 2024

Travel distance from postcodes to nearest fast food outlet (meters)

Colour	Distance	Colour	Distance
	Less than 100m		600 - 699m
	100 - 199m		700 - 799m
	200 - 299m		800 - 899m
	300 - 399m		More than 900m
	400 - 499m		Southampton Wards
	500 - 599m		Fast food outlets

Schools relative to fast food outlets, Southampton

Schools relative to fast food outlets
- Schools not within 400m to fast food [27]
- Schools within 400m to fast food [49]
- Schools [76]
- Fast food outlets [305]
- Southampton Wards

Schools within 400 metres of at least one fast food outlet, as a percentage of total schools per type, Southampton

School Type	Percent
Special School	50.0
Secondary School	58.3
Junior School	62.5
Primary School	63.9
Southampton	64.5
Infant School	70.0
Nursery	100.0
Other	100.0
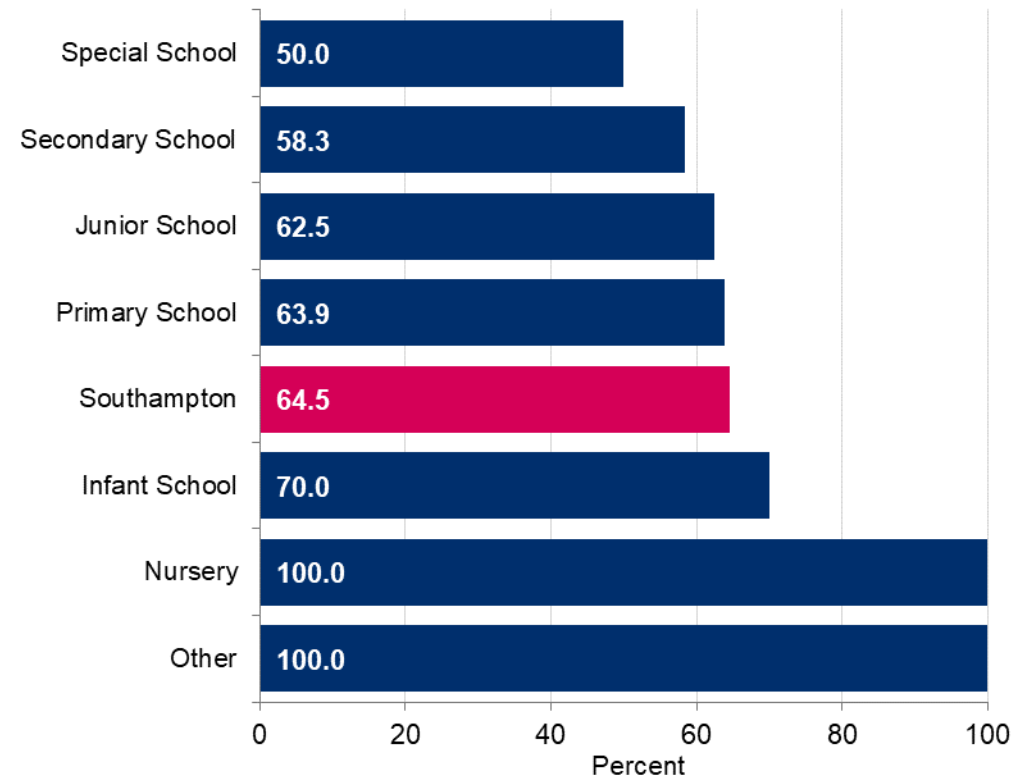
Source: Department for Education and Food Standard Agency
"Other" includes Pupil Referral Unit, All through School and Hospital school

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.

Secondary schools relative to fast food outlets, Southampton

Most fast food outlets in close proximity to secondary schools are closed around 3/4pm, except for around St. Anne's (Bevois/centre) and coffee shops/outlets within larger retailers across the whole city

Opens between 4:30pm and 5pm

Closes 2pm

Opens 4.30pm to 9:30pm

Costa inside Tesco open 7am to 6pm

Closes 3pm

8 out of 15 are open between 3-4pm 10 out of 15 are open between 12am and 4am (student issue)

Southampton Grill opens at 3pm

One of two is open until 4pm

Opens 5pm

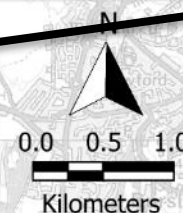**Secondary schools relative to fast food outlets**

- Secondary schools not within 400m to fast food [5]
- Secondary schools within 400m to fast food [7]
- Secondary schools [12]
- Fast food outlets [305]
- Southampton Wards

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Opening times via Google
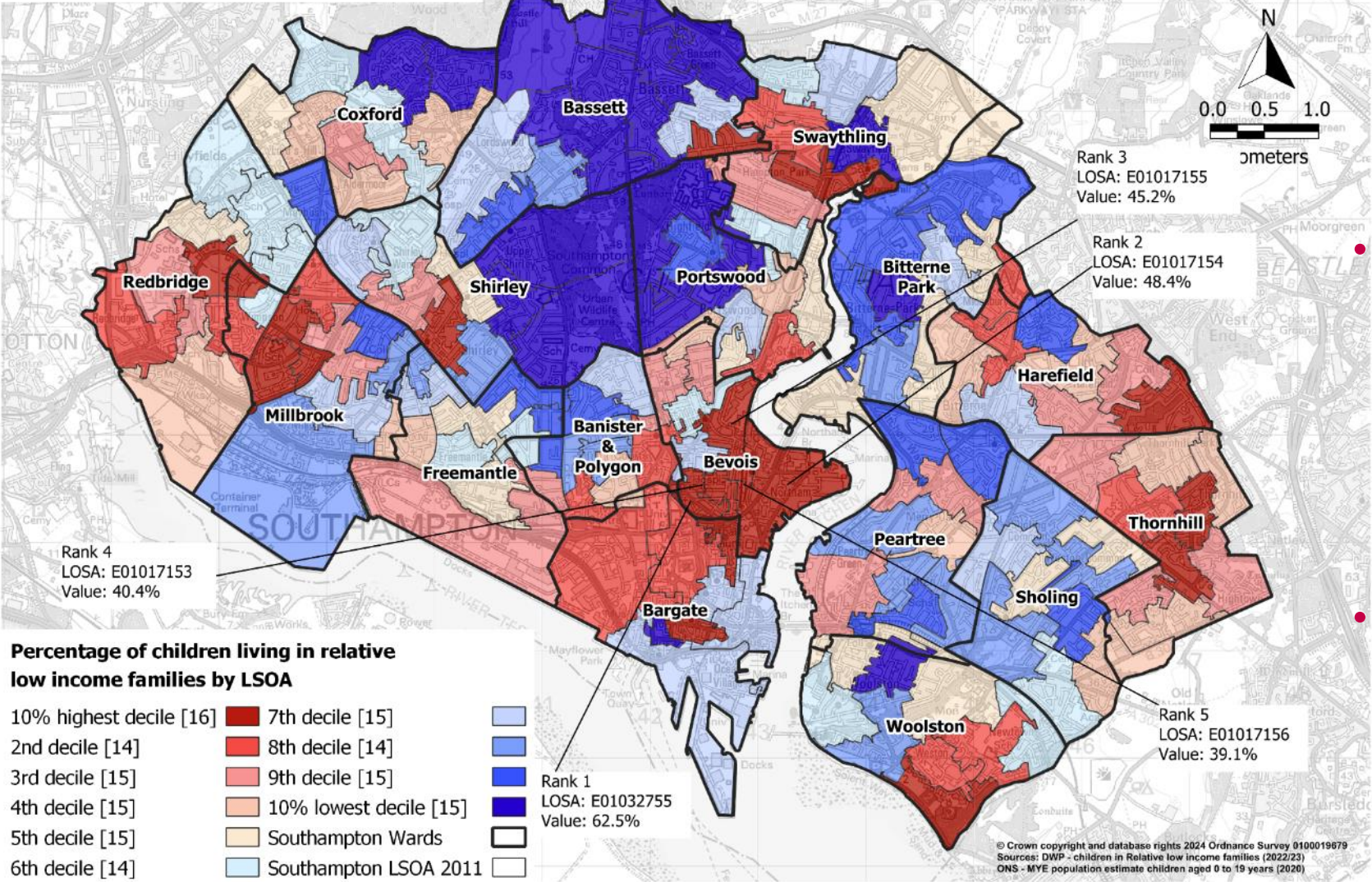
Percentage of children living in relative low income families (2022/23) as a percentage of all children aged 0 to 19 years (MYE 2020)

Rank 3
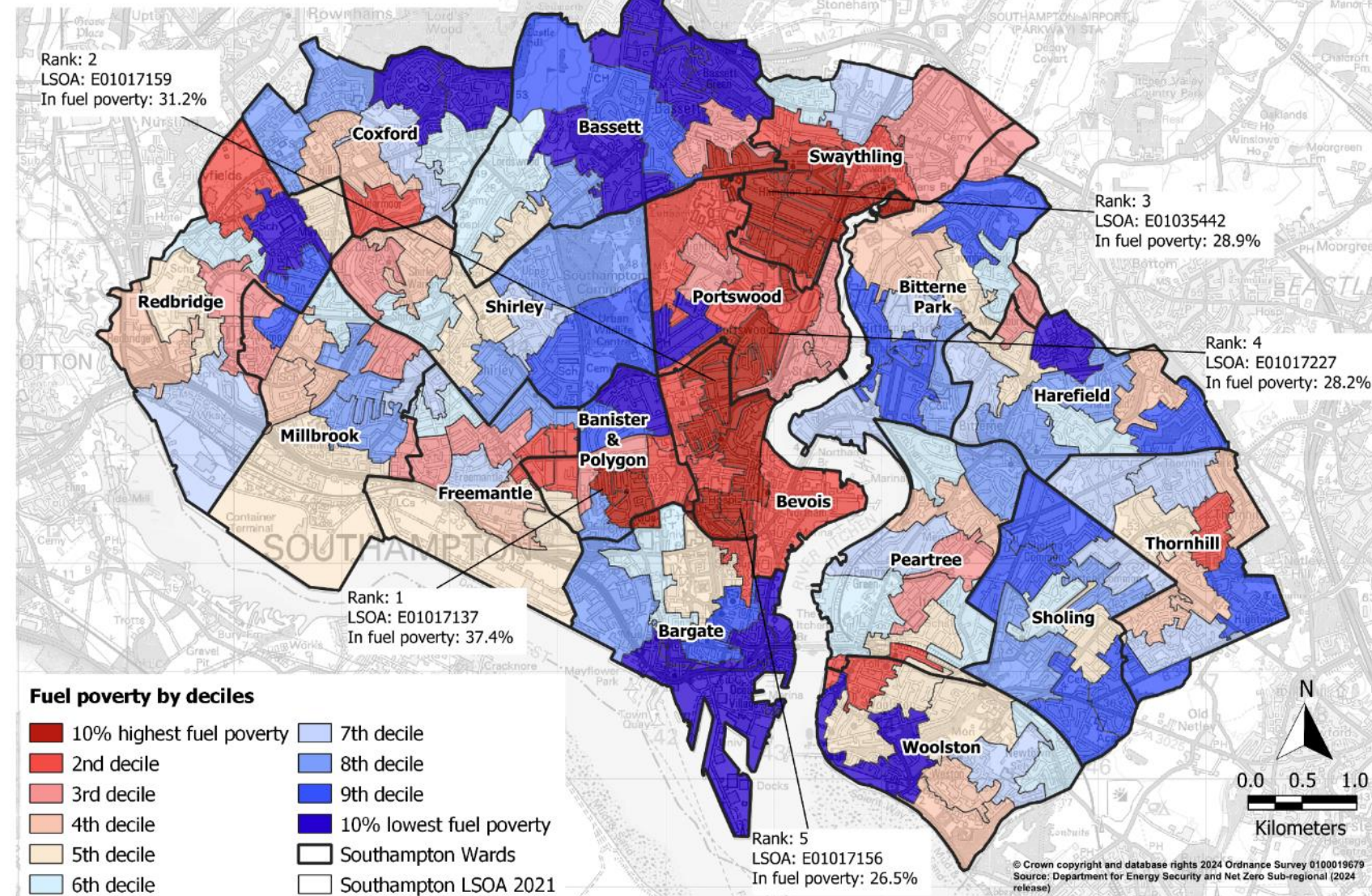LOSA: E01017155
Value: 45.2%

Rank 2
LOSA: E01017154
Value: 48.4%

Rank 4
LOSA: E01017153
Value: 40.4%

Rank 5
LOSA: E01017156
Value: 39.1%

Rank 1
LOSA: E01032755
Value: 62.5%

Percentage of children living in relative low income families by LSOA

10% highest decile [16]
2nd decile [14]
3rd decile [15]
4th decile [15]
5th decile [15]
6th decile [14]

7th decile [15]
8th decile [14]
9th decile [15]
10% lowest decile [15]
Southampton Wards
Southampton LSOA 2011

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Sources: DWP - children in Relative low income families (2022/23)
ONS - MYE population estimate children aged 0 to 19 years (2020)

- **Each decile contains around 15 neighbourhoods which have been ranked highest to lowest, then grouped into tenths**

- **Southampton** has **significantly higher percentage of children** in **child poverty (19.6%)** compared to **England** households in fuel poverty **(18.5%).**

- The range of the proportions of neighbourhoods in fuel poverty varies from the **highest levels** of a fuel poverty neighbourhood in **Bevois (62.5%)** to the **lowest; 1.1%** in **Bitterne Park**

Percentage of households in fuel poverty 2022. Southampton LSOA21 grouped into deciles

Rank: 2
LSOA: E01017159
In fuel poverty: 31.2%

Rank: 3
LSOA: E01035442
In fuel poverty: 28.9%

Rank: 4
LSOA: E01017227
In fuel poverty: 28.2%

Rank: 1
LSOA: E01017137
In fuel poverty: 37.4%

Rank: 5
LSOA: E01017156
In fuel poverty: 26.5%

Fuel poverty by deciles

- 10% highest fuel poverty
- 2nd decile
- 3rd decile
- 4th decile
- 5th decile
- 6th decile
- 7th decile
- 8th decile
- 9th decile
- 10% lowest fuel poverty
- Southampton Wards
- Southampton LSOA 2021

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Source: Department for Energy Security and Net Zero Sub-regional (2024 release)

- **Each decile contains around 15 neighbourhoods which have been ranked highest to lowest, then grouped into tenths**

- **Southampton** has **fewer households** in **fuel poverty (11.8%)** compared to **England** households in fuel poverty **(13.1%).**

- 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)

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

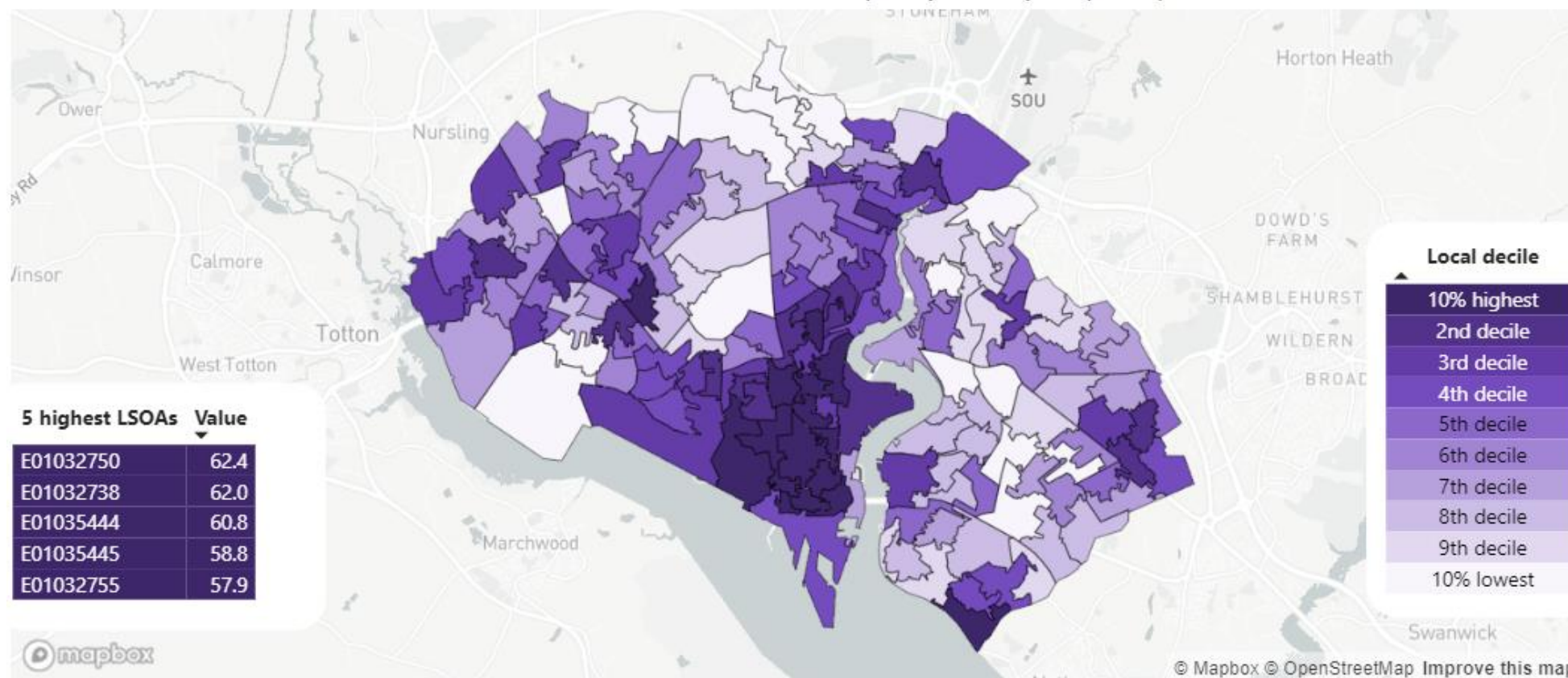| Southampton city average	Highest LSOA	Lowest LSOA	E01032750: 62.4
27.4	**E01032750: 62.4**	**E01017148: 6.7**	**Significantly higher**

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

Local decile

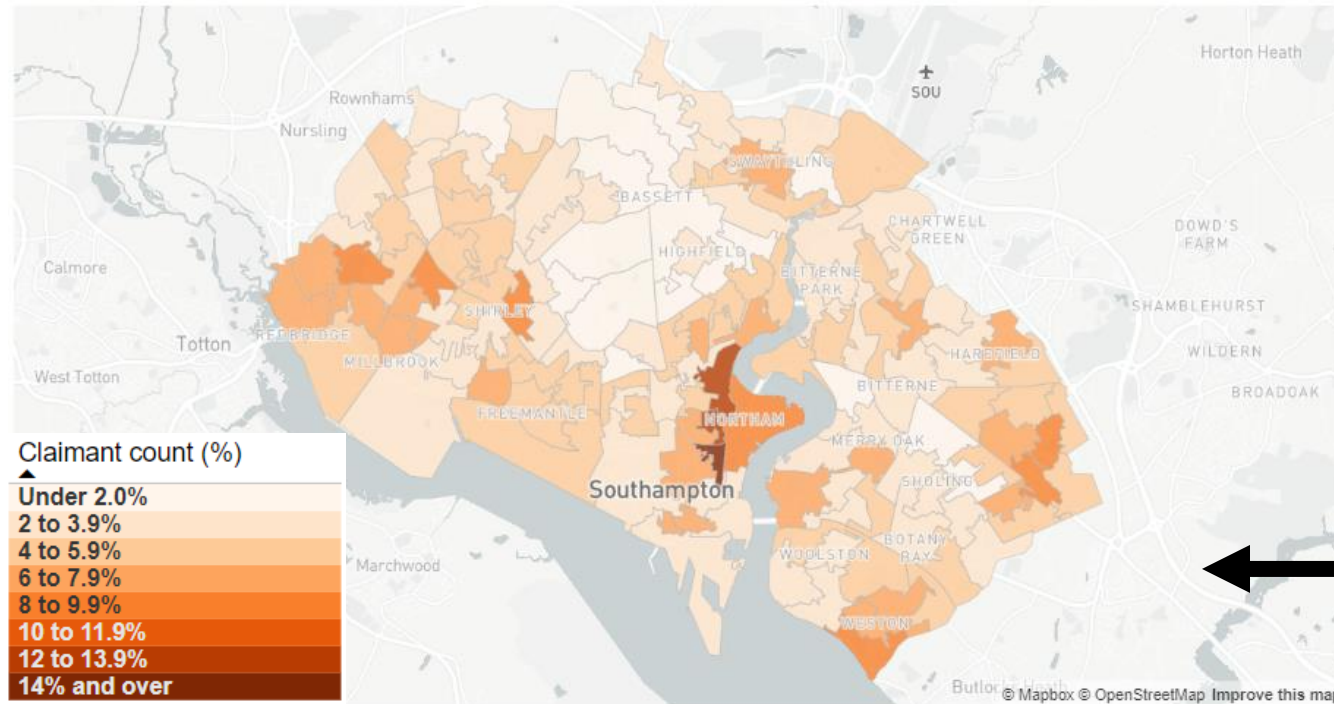| |
|---|
| 10% highest |
| 2nd decile |
| 3rd decile |
| 4th decile |
| 5th decile |
| 6th decile |
| 7th decile |
| 8th decile |
| 9th decile |
| 10% lowest |

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).

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Claimant count from March 2024 to September 2024 has remained fairly consistent. The areas with higher claimant counts are also areas with high levels of deprivation.
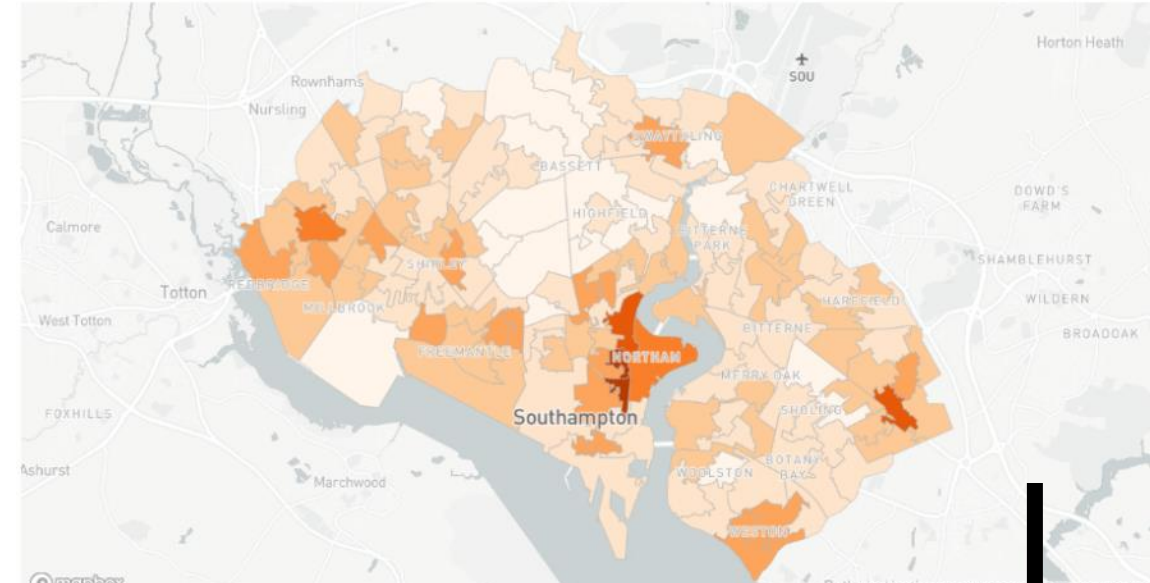
Claimant count (total) as a percentage of the working age population by LSOA: March-2024
Source: DWP via Nomis

Claimant count (total) as a percentage of the working age population by LSOA: September-2024
Source: DWP via Nomis

Claimant count (%)

	Under 2.0%
	2 to 3.9%
	4 to 5.9%
	6 to 7.9%
	8 to 9.9%
	10 to 11.9%
	12 to 13.9%
	14% and over

© Mapbox © OpenStreetMap Improve this map

Claimant count (total) as a percentage of the working age population by LSOA: June-2024
Source: DWP via Nomis

© Mapbox © OpenStreetMap Improve this map
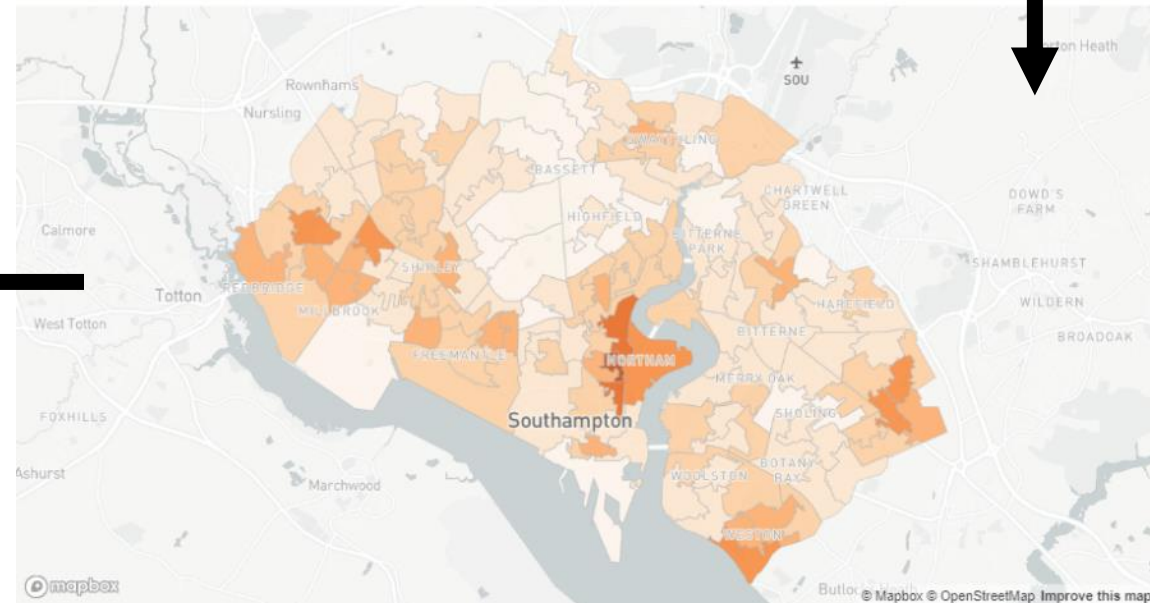
People claiming job seeker's allowance and the work element of universal credit.