

## Height and weight checks for children in Reception and Year 6

Every year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme (NCMP). These measurements are used to check they're in the healthy weight range. Your child's class will take part in this year's programme starting the end of October 2022.

Find out more about the National Child Measurement Programme: <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

### What happens in the child measurement programme?

**The checks are carried out by members of the Healthy Family's Team. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.** The programme will be delivered in a COVID-safe way.

The wellbeing of children and families is very important. Measurements are conducted sensitively and your child's results will not be shared with teachers or other children. It is your choice if you share the information with your child.

### How do I find out my child's results?

You will not be notified of your child's measurement if your child is in the healthy weight category. If your child is underweight or above healthy weight, you will receive a letter with your child's results. The weight and height information are shared only with you.

This letter will include your child's measurements together with information about healthy eating, being active and related activities available in your area.

### Why do we need to take the measurements?

We collect this information because it is in the public interest to understand how many children overweight, healthy weight are or underweight. By comparing your child's weight with their age, height and sex, we can tell whether they're growing as expected. Your child's ethnicity and address are used to help understand some of the reasons for differences in child weight across England.

We can use your child's NHS number to link their measurements in Reception and Year 6. We can also use other data to understand how and why a child's weight may be changing, how this affects their health and education and how we can improve the care they receive. This data includes:

- their birth, hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions)

- mental health
- social care
- primary care - includes all healthcare outside of hospital such as GP and dental appointments,
- public health - including data relating to preventing ill health such as immunisation records
- records for when and the reason why people pass away
- medical conditions such as cancer, diabetes
- health, lifestyle and wellbeing surveys that your child has participated in

All the data collected is also used for improving health, care and services through research and planning. The information is treated confidentially and held securely.

### **Withdrawing your child from the National Child Measurement Programme**

The emotional impact of the NCMP has been researched and studies show that body image, self-esteem, weight-related teasing, and restrictive eating behaviours do not change as a result of being measured or receiving feedback.

If you do not want your child to take part, or your child has a medical condition that affects their height or weight, please write in confidence to the school marking the envelope – for the attention of the Healthy Families Team and NCMP within 10 days of receiving this letter. You will need to include your child 's name, date of birth, class, school and reasons for opting out.

Children will not be made to take part on the day if they do not want to.

If you are happy for your child to be measured, you do not need to do anything.

### **Where can I get help?**

If you have any concerns with your child's growth, the Healthy Families Team is there for help and advice. Please TELEPHONE: 03001235436 or TEXT: 07520619919

**FAB Families** is a FREE service in Nottinghamshire designed to help you and your family with food, exercise, and lifestyle changes. If you are interested in getting some support, **please text FAMILY to 62277 or call 0115 772 2515** for more information and a member of the team will be happy to talk you through the options available. You can also follow the @yhywnotts Facebook page for healthy tips, exercise videos and much more.

Yours faithfully,



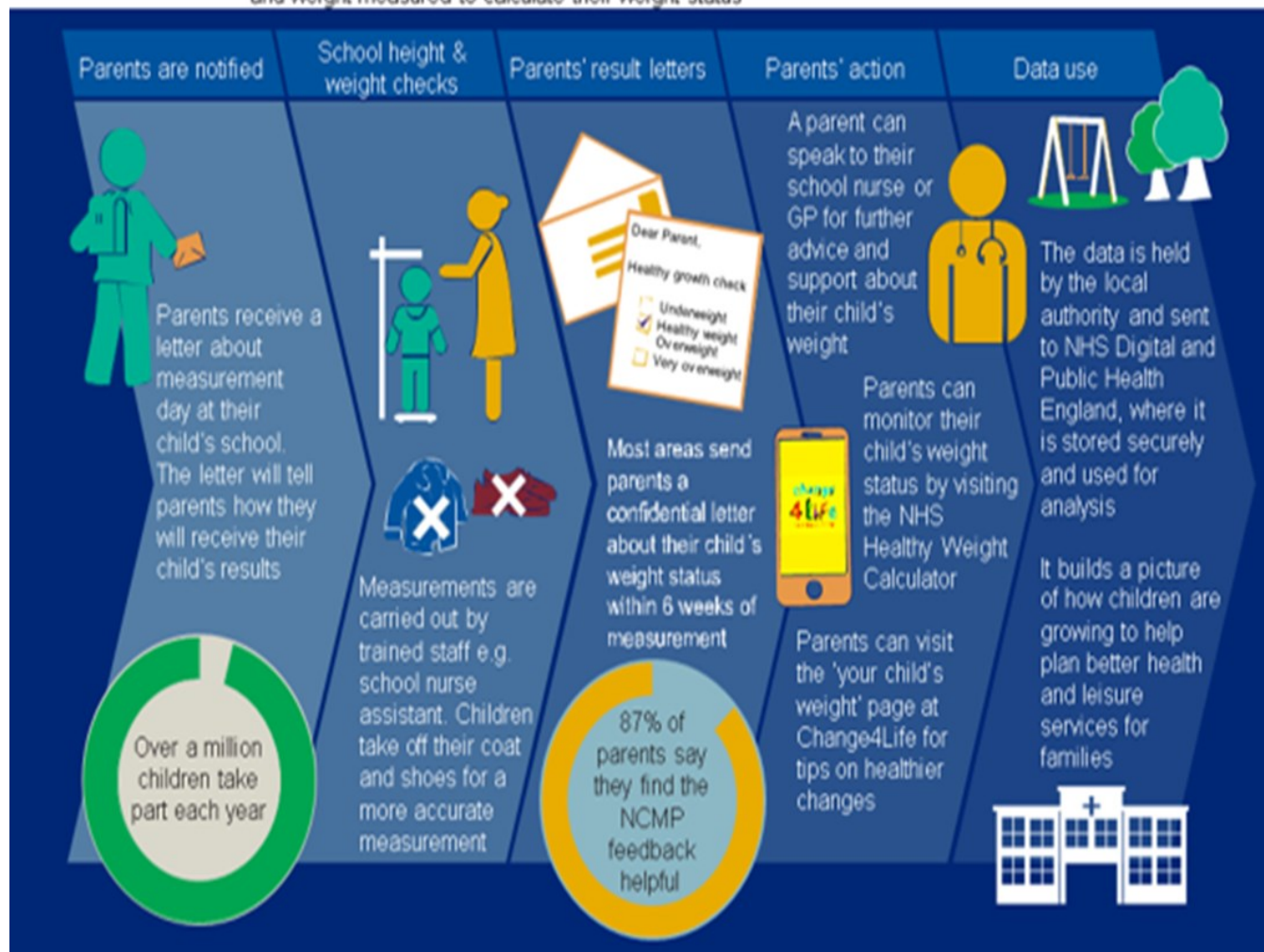
Jonathan Gribbin  
Director of Public Health  
Nottinghamshire County Council



Colin Pettigrew  
Corporate Director for Children and  
Families Services  
Nottinghamshire County Council

## What is the National Child Measurement Programme? An overview of the process

Every year in England, in Reception (aged 4-5) and Year 6 (aged 10-11) children have their height and weight measured to calculate their weight status



## Appendix A: Further Details about how your child's information is collected and used

- The information collected by Nottinghamshire Healthcare Foundation Trust (NHFT) includes child's height weight measurements together with their name, date of birth, gender, home address and postcode, NHS Number, and ethnicity. This information about your child is needed because their age, gender, ethnicity, and the place they live are known to affect their height and weight. Their name, date of birth and NHS Number is needed to link your child's measurements to other information about your child. All this information is treated confidentially and held securely by NHT and Nottinghamshire County Council. It will not be shared with your child's school or with other children.
- All the information collected about your child will be sent by Nottinghamshire Healthcare Foundation Trust, acting on behalf of Nottinghamshire to NHS Digital. NHS Digital is responsible for collecting data and information about health and care so that this can be used to monitor and improve the care provided to people across England.
- The information collected about your child will also be shared by NHS Digital with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.
- Both NHS Digital and the Office for Health Improvement and Disparities (OHID) will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS Digital or the Office for Health Improvement and Disparities (OHID) that identifies your child.
- De-personalised information from the National Child Measurement Programme may also be shared by NHS Digital with other organisations, such as universities. This is to help improve health, care and services through research and planning. This information cannot be used to identify your child, and NHS Digital only ever shares information for research with the approval of an independent group of experts.

### Further information

Further information about the National Child Measurement Programme can be found at [www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme](http://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme)

Information and fun ideas to help your kids stay healthy can be found at [www.nhs.uk/change4life](http://www.nhs.uk/change4life)

Information about how NHS Digital and Public Health England collect and use information can be found at <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information> and <https://www.gov.uk/government/organisations/public-health-england/about/personal-information-charter>

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>