

School Height & Weight Check – National Child Measurement Programme (NCMP)

Each year in England, school children in Year 6 have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. The information gathered allows services to plan how to support families to lead healthy lives.

Your child's class will take part in this year's programme.

The checks are carried out by trained staff from the Healthy Child Programme. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils. A member of the school staff may be present during screening.

The programme will be delivered in a COVID-safe way, in line with the school and local authority's safety control measures. This includes robust hand and respiratory hygiene and enhanced cleaning arrangements for the rooms and equipment used to measure your child's height and weight as recommended in the national guidance for schools and healthcare

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. Measurements are carried out in a sensitive way, in private and away from other children. Your child's results are not shared with your child or their school. The weight and height results are only shared with you. It is your choice if you share the information with your child.

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.

Please see page 2 of this letter on how to opt your child out of these checks.

NCMP results – what happens next:

- **Healthy Weight** - You will not receive a results letter if your child is in the healthy weight range. You can talk to a member of our team about your child's height and weight results by contacting us on the details above.
- **Underweight** - You will receive a letter within 6 weeks with the results and further information. A member of our team will contact you to talk about the results.
- **Overweight** - You will receive a letter with the results within 6 weeks. This letter will also include useful links to further information available on our Just One Norfolk website.
- **Very Overweight** - You will receive a letter within 6 weeks with the results. This letter will also include useful links to further information available on our Just One Norfolk website. A member of our team may contact you to talk about your child's results. You can also get in contact with us using the above details.

Opting your child out of the National Child Measurement Programme

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

If you do not wish your child's height and weight to be checked, please follow the steps below in the grey box. Children will not be made to take part if they do not want to.

If you wish to opt your child out of the National Child Measurement Programme (NCMP) please follow the steps below:

- Contact us by **Thursday 22nd September 2022**
- Call us on 0300 300 0123 or
- email: CCS-TR.NCMPScreeningOptOut@nhs.net
- Leave the following information:-
 - child's full name
 - NHS Number (if known)
 - date of birth
 - current home address
 - school they attend
 - check/test you're opting them out of

It is very important that we receive all the above information when you are opting your child out.

We provide this service to help protect the health of your child as part of our public task as a health service provider. Your child's school has provided us with your contact details. We will update your child's electronic health record of the outcome of our screening programme.

<http://www.cambscommunityservices.nhs.uk/docs/default-source/ig-privacy-notice/pn-hcp-service-v1-2-sept-2018.pdf?sfvrsn=16>

For information regarding the data collection and how it's used please see separate attachment – NCMP data collection.

Please do not hesitate to contact the team if you have any queries.

Yours faithfully,

Healthy Child Programme (HCP) team

The information we collect and what it is used for is listed below:

- **your child's date of measurement, sex and date of birth are used to calculate your child's weight category**
- **your child's name, date of birth and NHS Number are used to link your child's measurements in Reception and Year 6. Other data sets held by NHS Digital and Department of Health and Social Care, may also be linked as this would let us add information from health and education records, where lawful to do so, to understand how and why the weight of children is changing, and how this affects children's health and education and how we can improve the care children receive. This includes your child's health data relating to;**
 - **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**
- **your child's ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England**
- **your address is required to send you your child's feedback letter. This will include your child's measurements together with information about healthy eating, being active and related activities available in your area.**
- **your email address and telephone number are required as we may contact you by email or telephone to discuss your child's feedback/ send you your child's feedback letter by email/ offer you further support following your child's height and weight measurement.**

All the data collected is also used for improving health, care and services through research and planning.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

How the data is used

The information collected from all schools in the area will be gathered together and held securely by local authority Public Health team. We will store your child's information as part of their local child health record on the NHS's child health information database and share it with their GP.

All the information collected about your child will be sent by us 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 (DHSC) 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 (DHSC) 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 <https://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 <https://www.nhs.uk/healthier-families/>

Information about how NHS Digital and Office for Health Improvement and Disparities 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/department-of-health-and-social-care/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>