

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). Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children overweight, healthy weight are or underweight. Your child's class will take part in this year's programme starting the end of October 2021.

Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

The checks are carried out by registered school nurses or trained health care providers. 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, in line with the school and local authority's safety control measures and 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 conducted in a sensitive way, in private and away from other children. Individual results are not shared with your child or their school. The weight and height information is shared only with you in the parent or carer feedback letter. It is your choice if you share the information with your child. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from the Healthy Family Team or General Practitioner.

You will not be notified of your child's measurement if your child is in the healthy weight category. If your child falls outside this category (underweight or above healthy weight) you will receive a letter with your child's results.

If you have any concerns with your child's growth, the Healthy Families Team is there for help and advice. Please contact 03001233387 – option 4.

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

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.

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

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.

Withdrawing your child from 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 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 stating your child's name, date of birth, school and class, and reasons for opting out.

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

Information on healthy lifestyles – Your Family, Your Way

Your Family, Your Way 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** 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,



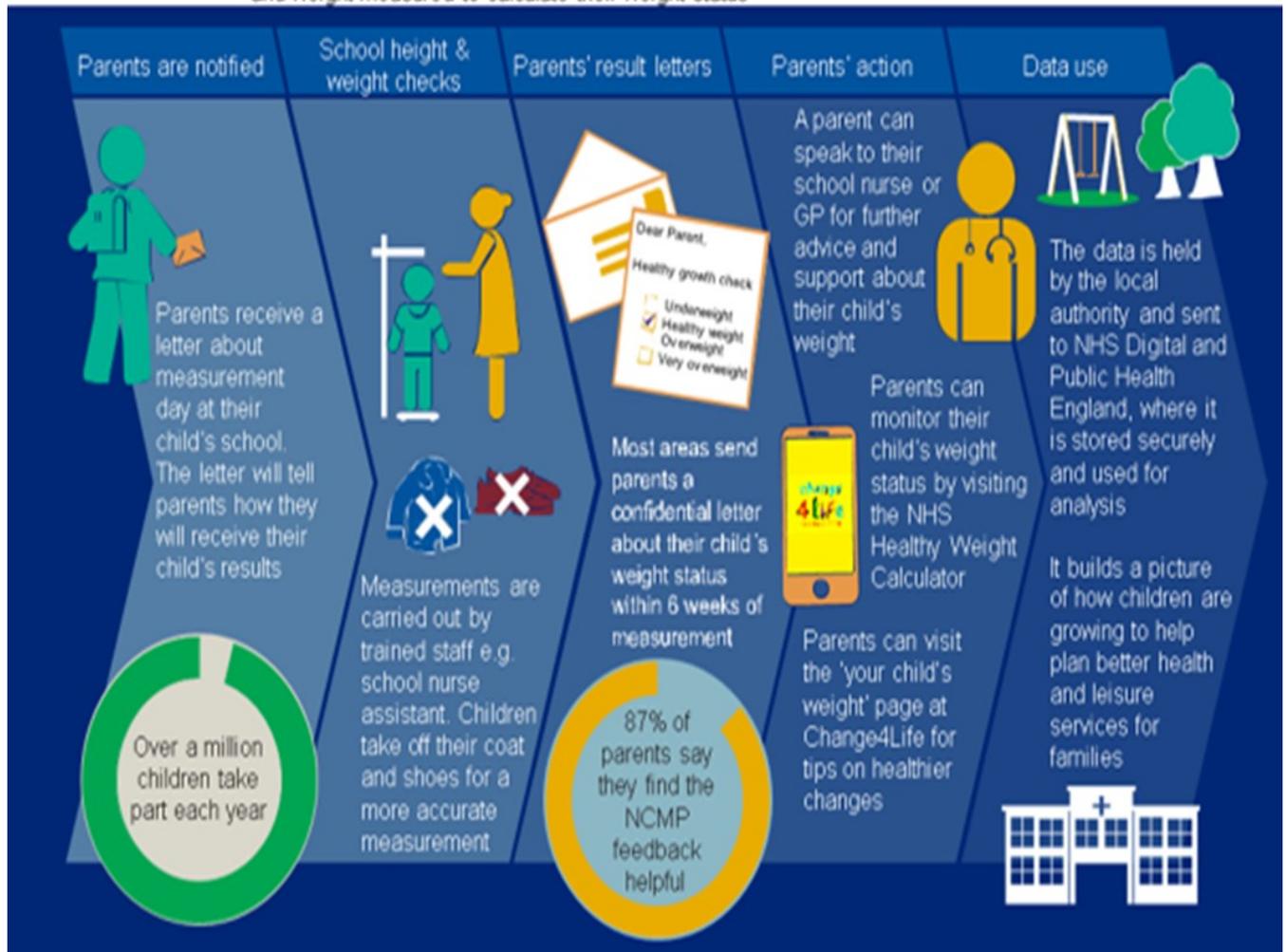
Jonathan Gribbin
Director of Public Health
Nottinghamshire County Council



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 your child's height and 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 County Council, to NHS Digital. NHS Digital is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to improve the care provided to people across England.
- The information collected about your child will also be shared by NHS Digital with Public Health England but in a de-personalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.
- Both NHS Digital and Public Health England 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 Public Health England that identifies your child.
- If your child was previously measured for the National Child Measurement Programme, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as their dental survey results or the reasons for any visits they may have made to hospital. Linking your child's information in this way helps better understand how and why the weight status of children is changing.
- 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

Information and fun ideas to help your kids stay healthy can be found at 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>