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Public Health Dorset: 01305 224400

**Children and Young People Public Health Service (school nursing)**  
**Pan-Dorset contact number: 01929557558**  
<https://www.dorsethealthcare.nhs.uk/school-nursing>

**Dear Parent/ Carer**

## **National Child Measurement Programme (NCMP)**

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

#### **What is the NCMP?**

Each 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. Height and weight measurements are used to calculate weight status.

Your child's class will take part in this year's 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 line with the school and local authority's safety control measures.



Scan the QR code or visit

<https://healthysteps.betterhealth-healthierfamilies.co.uk/signup>

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 children stay healthy can be found at <https://www.nhs.uk/healthier-families/> or sign up for the 8-week **NHS Healthy Steps** email programme. You will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.

Information about talking to your child about healthy weight is available at:  
<https://www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/>

## **The information we collect and why we do**



Date of measurement, sex and date of birth are used to calculate your child's weight category

Name, date of birth and NHS Number are collected to link your child's measurements between when taken in Reception and then again in 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. Linking information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health. **All the data collected is also used for improving health, care and services through research and planning.**



Ethnicity and address are used to help understand some of the reasons for the difference and changes in child weight across England

**All this information is treated confidentially and held securely.**

## Maintaining the wellbeing 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.

Feedback to some measurements is provided to parents and carers. There are no judgements made and it is recognised that children and young people are constantly changing, including their size and shape as they grow.

The emotional impact of the NCMP has been researched and studies show that there are no negative changes as a result of being measured or receiving feedback.

**No individual measurements will be given to school staff or other children.**

Managing active, healthy lifestyles can be tricky and weight can change due to many different lifestyle choices or individual circumstances. The feedback offered to parents and carers is the opportunity to have an informal chat to identify the possible reasons for their child's result, which is followed by best suited support and guidance to the child and family.

## How you will receive feedback after your child is measured and where to find support

It is important to us that after the measurement, you have opportunity to discuss your child's result and find the right support for you and your child.

If you do not receive feedback but have any questions you wish to ask regarding your child's health, including lifestyle, please do contact your Children and Young People Public Health Service for support on the number at the top of this letter.

You are welcome to contact the Children and Young People Public Health Service or your family GP for support at any point if you are concerned about your child's weight, you do not have to wait for the measurements to be completed or to receive feedback from a measurement result.



Your child's measurements and feedback **will not** be shared with your child's teacher or school.

Your child's measurements and feedback **will not** be shared with your child on the day the measurements are taken.

If your child is identified as being underweight or very overweight you will receive a feedback letter in your ordinary postal service addressed to you as a parent or carer. **It is for you to decide if it is appropriate to share this result with your child.**

**A member of the Children and Young People Public Health Service team will follow-up the feedback letter with a phone call to offer any further advice or answer any questions you may have.**

## How the data is used

The information collected from all schools in the area for the NCMP will be held securely, as part of local child health record, by our **Children and Young People Public Health Service providers, Dorset HealthCare University NHS Foundation Trust (DHC)**.

All the information collected about your child will be sent by us to **NHS England**. NHS England 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 England** 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 England** 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 England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local community level.

**De-personalised information** from the National Child Measurement Programme may also be shared by NHS England 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 England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

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>

GDPR (General Data Protection Regulation) and local data collection, and privacy policies <https://ico.org.uk/for-organisations/guide-to-the-general-data-protection-regulation-gdpr>  
<https://www.dorsethealthcare.nhs.uk/about-us/your-information/privacy-notice>  
[www.publichealthdorset.gov.uk/footer/privacy.aspx](http://www.publichealthdorset.gov.uk/footer/privacy.aspx)

## 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.

**Please inform your child's school as soon as possible** after reading this letter:

- **if you do not want** the height and weight of your child to be checked
- if your child has a medical condition that affects their height or weight or taking part in the measurements

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

The Children and Young People Public Health Service will also be working with schools in promoting healthy lifestyles, which may include additional activities for children and families. Look out at your school for any activities or signposting during term and holiday time.

Support and advice for **adult healthy lifestyle and behaviour change** can be found at <https://www.livewelldorset.co.uk/>

Yours faithfully



**Sam Crowe**

**Director of Public Health for  
Dorset Council and  
Bournemouth, Christchurch & Poole Council**



**Cathi Hadley**

**Director of Children's Services  
Bournemouth, Christchurch & Poole Council**

