

Date

Dear Parent or Carer,

### 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 to build a picture of how children are growing to help plan better health and leisure services for families. **Your child's class will take part in this year's programme.**

The checks are carried out by trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils and school staff.

The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance. Once the measurements have been carried out, you may get a letter in the post with the results (only you as the parent/carer would receive the results - it is your choice if you share them with your child). You may also be contacted by the family health assistants by telephone who will talk through your child's results and offer advice and support.

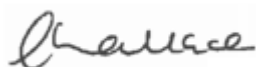
Further details are provided in the pages below, including what data is collected and how it is used. Here is a link to a [new video](#) made by the North Yorkshire NCMP team, which explains why we do the NCMP and what will happen on the day of measurement at school: [The National Child Measurement Programme - YouTube](#)

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

**If you do not want your child's height and weight to be measured, or if your child has a medical condition that affects their height or weight or ability to be measured, please let us know using the contact details below. Please note: opting out your child will only apply to this particular child in this particular year. Also, children will not be made to take part on the day if they do not want to.**

HDFT 0–19 Children's Services: 0300 3030916 [hdfn.ncmp@nhs.net](mailto:hdfn.ncmp@nhs.net)

Yours faithfully,



Louise Wallace, Director of Public Health, North Yorkshire Council

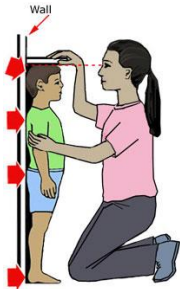
## What will happen on the day?



The family health assistant will visit me at school to check how I'm growing and staying healthy.



The family health assistant will visit my classroom to say hello.



My teacher will take me to the room where the family health assistant will ask me to stand next to a BIG ruler to see how tall I am.



Then I will stand on a little platform that tells the family health assistant how much I weigh.



The family health assistant will write all my information down and then I go back to my class

## Further Information

### Local contacts for the National Child Measurement Programme in North Yorkshire:

- HDFT 0–19 Children’s Services Single point of Contact: 0300 3030916 [hdfn.ncmp@nhs.net](mailto:hdfn.ncmp@nhs.net)



- Elizabeth Archer, Service Manager, Harrogate and District NHS Foundation Trust, [hdfn.ncmp@nhs.net](mailto:hdfn.ncmp@nhs.net)
- Helen Ingle, Public Health Manager, Public Health Team (NYCC) [helen.ingle@northyorks.gov.uk](mailto:helen.ingle@northyorks.gov.uk)

### About the NCMP

You can find further information about the NCMP at [The National Child Measurement Programme](#) NHS webpage.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage [Easy ways to eat well and move more](#).

Another way to help maintain a balanced diet and physical activity for your family is the NHS Healthy Steps email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget. You can sign up to NHS [Healthy Steps - Step this way](#) webpage or scan the QR code:



### Information about how we at North Yorkshire Council collect and use information can be found at [Public Health privacy notice | North Yorkshire Council](#)

You can find information about how NHS England and DHSC collect and use information at:

- NHS England's [How we look after your health and care information](#) webpage
- the DHSC [Personal information charter](#) webpage

You can find information about the organisations NHS England has shared information from the NCMP at NHS England's [National Child Measurement Programme](#) webpage.

## 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. Research is ongoing to ensure this continues to be done in a supportive way.

Individual results are not shared with your child or their school. The weight and height information is shared only with parents, where necessary, via a parent feedback letter or telephone call. It is the parents' choice to share or not share the information with their child.

If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from your GP.

## Why we need your contact details

We need parents' addresses to send a feedback letter (where necessary). This will include the child's measurements together with information about healthy eating, being active and related activities available in the local area.

We need your email address and phone number because we may:

- contact you by email or phone to discuss your child's feedback.
- send you a letter by email.
- offer you further support following your child's height and weight measurement.

## The information we collect and what it is used for

### Your child's data

Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

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 England and Department of Health and Social Care (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. These other data sets may include 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 (including 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 and 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.

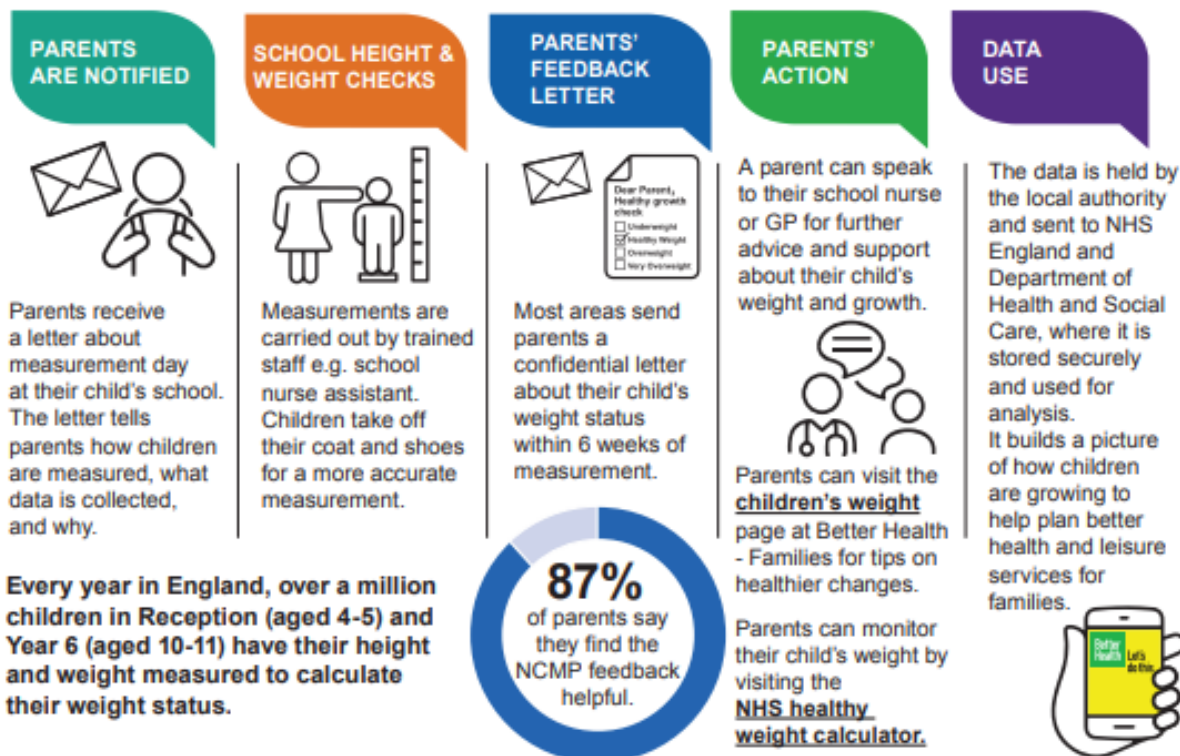
### How the data is used

- All the data collected is also used for research and planning to improve health, care and services.
- All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.
- The information collected from all schools in the area will be gathered together and held securely by North Yorkshire Council. We will store your child's information as part of the local child health record on the NHS's child health information database and share it with the child's GP
- We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it 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 DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.
- Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. NHS England uses the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local level.
- De-personalised information from the NCMP 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.



# School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



## What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

## Why achieving a healthy growth is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.

**Better Health**

Let's do this



## Better Health Families is here to help your family be healthy and happy

### Sign up for NHS Healthy Steps emails

**Better Health**

Let's do this

Sign up for 8 weeks of Healthy Steps emails to help your family make small changes to make a big difference. We'll send you lots of budget-conscious, simple family recipes, fun games and healthy swaps!

Visit [healthysteps.uk](http://healthysteps.uk) or scan the QR code to get started!



### Be Sugar Smart

Kids are having over double the amount of sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.



Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.



Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

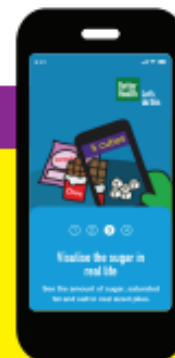


Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.

### See what's really inside your food and drink



Download the FREE NHS Food Scanner app to see how much sugar, salt and saturated fat are in your favourite food and drinks, and to find healthier swaps.



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