

Reference: NCMP P/C Pre-Measurement [CCC]

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Contact: Val Thomas  
Direct Dial: 07884 183374  
Email: Val.Thomas@Cambridgeshire.gov.uk



Public Health Directorate  
Eastfield House  
5 Latham Road  
Huntingdon  
PE29 6YG

Dear Parent/Carer,

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

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 (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 are overweight, healthy weight or underweight. This helps the local authority and NHS to plan the provision of services to support healthy weight and lifestyles for children and families in the area, such as family healthy lifestyle programmes.

Your child's class will all be asked to take part in this year's programme. 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.

Cambridgeshire County Council commission the organisation Everyone Health ([www.everyonehealth.co.uk](http://www.everyonehealth.co.uk)) to provide the National Child Measurement Programme locally. The checks are carried out by trained 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.

Once completed, Everyone Health will send you your child's measurements together with information about healthy eating and being active. Children's results will be posted to their home, addressed to the Parent/Carer of 'child's name'.

### **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 a school nurse or General Practitioner.

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**

The information collected by Everyone Health on behalf of Cambridgeshire County Council includes your child's height and weight measurements together with their name, age, date of birth, gender, home address and postcode, NHS Number and ethnicity. Further information about this can be found on the last 2 pages.

### **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's height and weight to be checked, please email [eh.ncmp.healthyyou@nhs.net](mailto:eh.ncmp.healthyyou@nhs.net) with your child's official name, date of birth, school and year group confirming you would like to opt out your child. The deadline for opting out is **Friday 10<sup>th</sup> of December 2021**.

If your child has a medical condition that affects their height or weight and you are unsure about whether they should be included in the National Child Measurement Programme, please contact Susie Longford (Everyone Health NCMP Lead) using the contact details below.

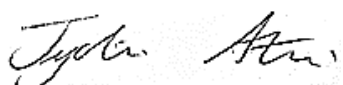
Children will not be made to take part on the day if they do not want to.

Further information about the NCMP 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).

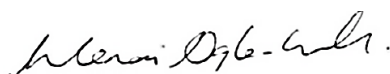
Support and advice for the whole family on how to eat well, sleep well and move more can be found through BMI Can Do It, the NHS-driven healthy living movement, at <https://www.bmicandoit.co.uk>

If you have any questions or would like any further information about the NCMP, please contact Susie Longford, Everyone Health NCMP Lead on 03330 050094 or [eh.ncmp.healthyyou@nhs.net](mailto:eh.ncmp.healthyyou@nhs.net). If you have any general questions about the NCMP please contact Val Thomas, [val.thomas@cambridgeshire.gov.uk](mailto:val.thomas@cambridgeshire.gov.uk)

Yours faithfully,



Jyoti Atri  
Director of Public Health  
Cambridgeshire County Council



Wendi Ogle-Welbourn  
Executive Director, People and Communities  
Cambridgeshire County Council

### **What information do we collect within the National Child Measurement Programme and why?**

- 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.**

## **What happens to the information we collect within the National Child Measurement Programme?**

- The information collected from all schools in the area will be gathered together and held securely by Everyone Health.
- No individual measurements will be given to school staff or other children, and all information will be treated confidentially.
- Information about how Cambridgeshire County Council and Everyone Health collect and use information can be found at <https://www.cambridgeshire.gov.uk/council/data-protection-and-foi/information-and-data-sharing/privacy-statement/privacy-notice> and [www.everyonehealth.co.uk/legal-policies/privacy-policy/](http://www.everyonehealth.co.uk/legal-policies/privacy-policy/)
- All of the information collected about your child will be sent by Everyone Health 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 services. Further information can be found here: <https://digital.nhs.uk/about-nhs-digital/our-work/keeping-patient-data-safe/how-we-look-after-your-health-and-care-information>
- The information collected about your child will also be shared by NHS Digital with the Office for Health Improvement and Disparities (OHID). OHID is part of the Department of Health and Social Care. However, this will always be in a de-personalised form only, which means that OHID will not be able to identify your child. OHID is responsible for working to protect and improve the nation's health. Further information can be found here: <https://www.gov.uk/government/organisations/department-of-health-and-social-care/about/personal-information-charter>
- NHS Digital and OHID will use the information from the National Child Measurement Programme to better understand trends in child weight. This helps with the planning of services to support healthy lifestyles in your area. No information will be published 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 can be found here: [www.digital.nhs.uk/services/national-child-measurement-programme](http://www.digital.nhs.uk/services/national-child-measurement-programme)