

North Yorkshire County Council

County Hall  
Northallerton  
North Yorkshire  
DL7 8AD

[www.northyorks.gov.uk](http://www.northyorks.gov.uk)

18<sup>th</sup> October 2022

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 because it is in the public interest to understand how many children are overweight, healthy weight or underweight and so we can offer support and advice to parents. **Your child's class will take part in this year's programme in school.**

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.

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. Once the measurements have been carried out, you will get a letter with the results. You may also be contacted by the NCMP staff 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.

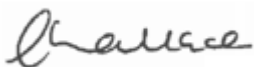
**If you are happy for your child to be measured, you do not need to do anything.**

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):

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

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

Yours faithfully,



Louise Wallace  
Director of Public Health

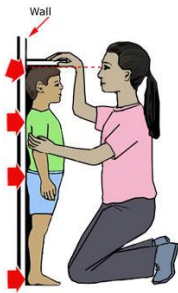
## What will happen on the day?



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 asks me to stand next to a BIG ruler to see how tall I am



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



The family health assistant writes 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.nyorksdt@nhs.net](mailto:hdfn.nyorksdt@nhs.net)
- Debbie Stuart, Clinical Lead for Infant Feeding, Family Diet and Nutrition, HDFT 0–19 Children’s Services [deborah.stuart@nhs.net](mailto:deborah.stuart@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

Further information about the National Child Measurement Programme can be found at:

<https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>  
<https://healthyschoolsnorthyorks.org/ncmp/>

Information and fun ideas to help your kids stay healthy can be found at  
<https://www.nhs.uk/healthier-families/>

Information about how we (Harrogate and District NHS Foundation Trust 0 - 19 Children’s Services) collect and use information can be found at <https://www.hdfn.nhs.uk/privacy-notice/patients-privacy-notice/>

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>

### Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. NCMP 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.

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. If you are concerned about your child’s growth, weight, body image or eating patterns, seek further support from your General Practitioner.

### 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.
- 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 telephone number is required as we may contact you by telephone to discuss your child's feedback and offer you further support following your child's 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.

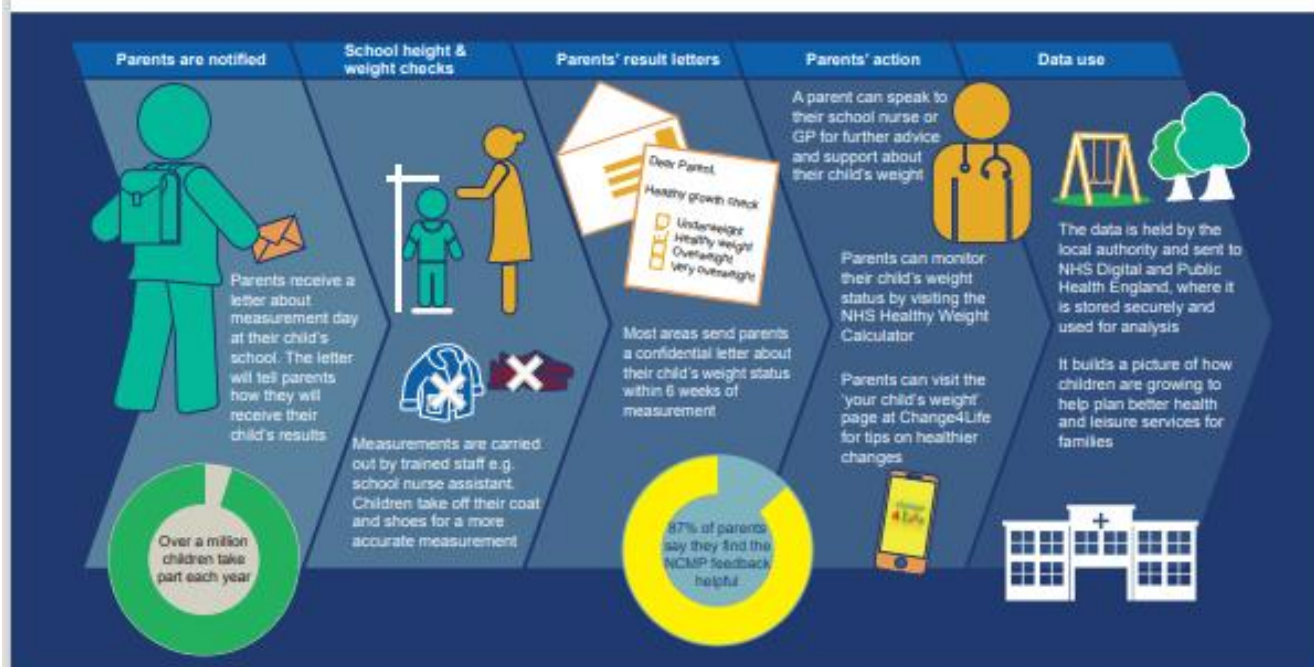
### How the data is used

- The information collected from all schools in the area will be gathered together and held securely by North Yorkshire County Council. We will store your child's information as part of their local child health record on the NHS's child health information database (your GP may have access to this).
- 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.
- 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.



# 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 weight 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.