

North Yorkshire Council

County Hall  
Northallerton  
North Yorkshire  
DL7 8AD9<sup>th</sup> January 2024

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 will get a letter with the results (only you as the parent/carer will receive the results - it is your choice if you share them with your child). You may also be contacted by the family health assistants 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: **[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 [nationalchild.measurementprogramme@nhs.net](mailto:nationalchild.measurementprogramme@nhs.net)

Yours faithfully,



Louise Wallace, Director of Public Health, North Yorkshire Council

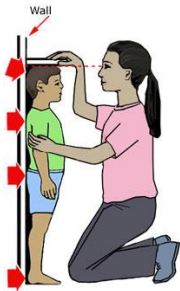
**What will happen on the day?**



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 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  
[nationalchild.measurementprogramme@nhs.net](mailto:nationalchild.measurementprogramme@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/>

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.

Scan the QR code or visit [healthysteps.uk](http://healthysteps.uk) to sign up.



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.hdft.nhs.uk/privacy-notice/patients-privacy-notice/>

Information about how NHS England 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 England 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 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 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

## PARENTS ARE NOTIFIED



Parents receive a letter about measurement day at their child's school. The letter tells parents how children are measured, what data is collected, and why.

## SCHOOL HEIGHT & WEIGHT CHECKS



Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

## PARENTS' FEEDBACK LETTER



Most areas send parents a confidential letter about their child's weight status within 6 weeks of measurement.

## PARENTS' ACTION

A parent can speak to their school nurse or GP for further advice and support about their child's weight and growth.



Parents can visit the [children's weight](#) page at Better Health - Families for tips on healthier changes.

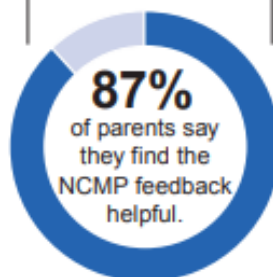
Parents can monitor their child's weight by visiting the [NHS healthy weight calculator](#).

## DATA USE

The data is held by the local authority and sent to NHS England and Department of Health and Social Care, where it is stored securely and used for analysis. It builds a picture of how children are growing to help plan better health and leisure services for families.



Every year in England, over a million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.



### 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.

For more information on helping your family lead a healthy life, please turn over.



**Better  
Health**

Let's  
do this

**NHS**

## 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.



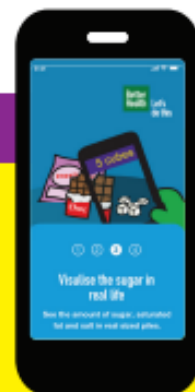
Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 a Day by adding in chopped fruit.

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.



Find Better Health Families on [Facebook!](#)