



**Office of the Director
of Public Health**

Carol Harman
Senior Public Health Analyst
Plymouth City Council
Windsor House
Plymouth PL6 5UF

T: 01752 398227
E: carol.harman@plymouth.gov.uk
www.plymouth.gov.uk

Date: January 2022

My Ref: RH/AB - NCMP

Your Ref:

Dear Parent/Guardian

Re: Height and weight measurements of children in Reception Year 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.

Your child's class will take part in this year's measurement programme. The measurements are conducted in a sensitive way at school and will be supervised by trained healthcare professionals from the School Nursing Team in Plymouth, in a private space away from other pupils. Children who take part will be fully dressed except for their coats and shoes. Any cultural needs of the child will be respected. 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.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. 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 the School Nursing Team.

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

Routine data, such as your child's name, gender, home address, postcode, ethnicity and date of birth, will also be collected. This information will then be used within the Local Authority and the NHS to help us plan the provision of advice and support for children and their families in Plymouth. All information and results will be treated confidentially. National summaries of the data will be published.

Once completed, we will send you your child's measurements together with information about healthy eating and being active.

The information collected from all schools in the area will be gathered together and held securely by Plymouth City Council. Your child's information will be added to their local child health record. Most GP's have automatic access to this and can access information should they wish to unless consent has not been gained. No individual measurements will be given to school staff or other children.

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 to check how the NHS and social care services are doing, and to use this to 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)* but in a de-personalised form only. This means OHID will not be able to identify your child. OHID is responsible for working to protect and improve the nation's health.

Both NHS Digital and OHID will use the information from the NCMP 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 OHID that identifies your child.

If your child was previously measured for the NCMP, NHS Digital may link your child's current and previous height and weight measurements. It may also link their measurements with other information it holds about your child such as their dental survey results or the reasons for any visits they may have made to hospital. Linking your child's information in this way helps better understand how and why the weight status of children is changing, and how this affects children's health.

De-personalised information from the NCMP 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.

If you are happy for your child to be weighed and measured, you do not need to do anything. If you do not want your child to take part, please complete the form on the next page below and return it to school and your child will not be measured. Children will not be made to participate if they do not want to.

*Please note that Public Health England (PHE) transitioned into the Office for Health Improvement and Disparities (OHID) in the Department of Health and Social Care on 1 October 2021

OFFICIAL

Many thanks for your support in this important programme.

With best wishes

A handwritten signature in black ink that reads "R Harrell". The signature is written in a cursive style with a horizontal line underneath the name.

Dr. Ruth Harrell
Director of Public Health
Plymouth City Council

A handwritten signature in black ink that reads "Alison Botham". The signature is written in a cursive style.

Alison Botham
Director for Children Services
Plymouth City Council

Opting your child out of being weighed and measured

Return this form only if you **do not** want your child to participate.

Opt-out slip

I do not wish my child to be weighed and measured for the 2021/22 National Child Measurement Programme.

Child's name: _____ Year: _____ Class: _____

Child's school: _____

Parent's/carer's name: _____

Parent's/carer's signature: _____

Further information

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 kids stay healthy can be found at <https://www.nhs.uk/change4life>

Information about how we Plymouth City Council collect and use information can be found at <https://www.plymouth.gov.uk/websitetermsandconditions/privacypolicy>

Information about how NHS Digital and the Office for Health Improvement and Disparities (OHID)* 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/public-health-england/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>

*Please note that Public Health England (PHE) transitioned into the Office for Health Improvement and Disparities (OHID) in the Department of Health and Social Care on 1 October 2021