

**Public Health**  
First floor, Westfields  
c/o Municipal Building  
Earle Street  
Crewe  
CW1 2BJ

DATE: 14/03/2024

OUR REF: NCMP/PR24

YOUR REF:

Dear Parent/Guardian

## **Height and weight checks for children in Reception and in 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). Locally, this programme is delivered by school nurses from Cheshire East 0-19 Service and aims to:

- Understand local and national patterns in children's weight
- Provide feedback to parents/carers and offer support, advice and information to help families live a healthy lifestyle

Good health during childhood helps to maintain good health and wellbeing throughout life. Acting early on weight measurements that fall outside the normal range can lead to improved confidence and self-esteem, as well as supporting good all-round physical development and improved mental health.

We have provided more information below to explain the NCMP process. 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, or your child has a medical condition that affects their height or weight please let us know by emailing the school nursing screening team at [wchc.centalscreeners@nhs.net](mailto:wchc.centalscreeners@nhs.net)

Results are not shared with your child or with their school. The information is shared only with NHS England and yourself. Following feedback from parents/carers, we will only send you a results letter if your child's results fall outside the expected range. If your child's results are in the expected range you will not receive a letter, but you are welcome to contact the Contact Hub on 0300 123 4058 after 28th June 2024 to discuss your child's individual results in more detail.

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

Yours faithfully,



Dr Matt Tyrer  
Director of Public Health  
Cheshire East Council



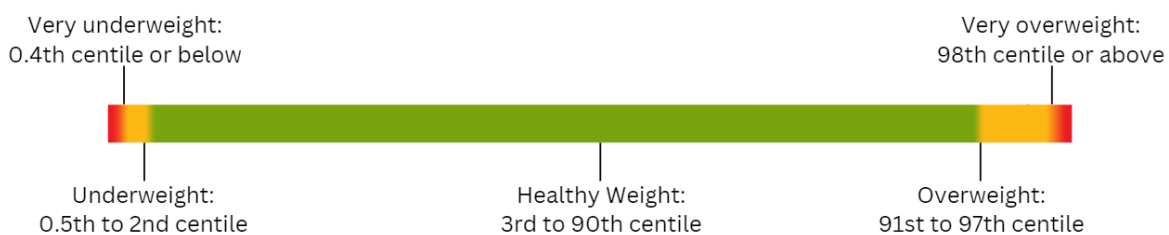
Deborah Woodcock  
Executive Director of Children's Services  
Cheshire East Council

## How is your child's growth measured?

Your child's growth is assessed using the Body Mass Index (BMI). Whilst it is not perfect, BMI is currently the most accurate method available for assessing weight in children. Both the World Health Organisation (WHO) and the NHS recommend its use.

BMI for children is calculated differently than it is for adults, by taking into account their date of birth and sex, as well as their height and weight to calculate a BMI centile. This shows how their BMI compares with children of the same age and sex who took part in national surveys. BMI centile is a useful starting point, however we acknowledge that it is not the only measure of health and there are many other influences on our overall health and wellbeing.

The scale below illustrates the weight categories for children's BMI centiles:



## How is the measurement undertaken?

The measurement is carried out by registered school nurses or trained health care providers. Children are measured in a private space away from other pupils, fully clothed but with their coats and shoes removed. The programme is delivered in line with the school and local authority's safety control measures. This includes careful hand and respiratory hygiene, together with robust cleaning arrangements for the rooms and equipment used to measure your child's height and weight as recommended in the national guidance for schools and healthcare.

## What information do we collect and why?

- Your child's date of measurement, sex and date of birth are used to calculate your child's BMI value.
- Your child's name, date of birth and NHS Number are used to link your child's measurements in Reception and in Year 6. Other data sets may also be linked such as your child's dental survey results or any visits to hospital they may have had. This helps us to understand if changes are occurring which might affect your child's health.
- Your child's ethnicity and home address help us to understand the factors that impact on child growth across England.
- Your address is required to send you a feedback letter if your child's BMI falls outside of their expected range. This will include your child's measurements together with information on how to access support.
- Your email address and telephone number are required as we may contact you by email or telephone to discuss your child's feedback and offer you further support. This may include a referral to the Council's free **Family Weight Management**

programme which is part of the **One You Cheshire East** service ([www.oneyoucheshireeast.org](http://www.oneyoucheshireeast.org)).

### **How is the information used?**

The information collected from all schools is held securely by Cheshire East Council. We will store your child's information as part of their local child health record on the NHS's child health information database. All the information collected about your child will be sent by us to NHS England, which is a body responsible for monitoring and improving healthcare throughout England.

The information collected from the programme will also be shared by NHS England with the Office for Health Improvement and Disparities (OHID), but this will not identify your child individually. Information may also be shared by NHS England with other organisations, such as universities, again your child will not be individually identifiable. Information is shared for research and planning purposes, to improve health outcomes across the country.

Both NHS England and OHID will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and BMI. This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child.

De-personalised information from the National Child Measurement Programme 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, and NHS England only ever shares information for research with the approval of an independent group of experts.

### **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 [Healthier Families - Home - NHS \(www.nhs.uk\)](http://www.nhs.uk/healthier-families)
- Information about how Cheshire East Council collects and uses your data can be found at [https://www.cheshireeast.gov.uk/council\\_and\\_democracy/council\\_information/website\\_information/privacy-notice/privacy-notice.aspx](https://www.cheshireeast.gov.uk/council_and_democracy/council_information/website_information/privacy-notice/privacy-notice.aspx)
- Information about how NHS England collect and use information can be found at [NHS England](http://www.nhs.uk/privacy)
- Information about the organisations NHS England has shared information from the National Child Measurement Programme with can be found at [National Child Measurement Programme - NHS Digital](http://www.nhs.uk/child-measurement-programme)