

14<sup>th</sup> January 2025

Dear Parent / 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 measured at school as part of the National Child Measurement Programme (NCMP). The programme helps to monitor how children are growing. Your child's class will take part in this year's measurement programme. The measurements are carried out by trained public health nursing staff at school in a private space away from other pupils. Children will be measured fully clothed except for their coats and shoes. If you are happy for your child to be measured, you do not need to do anything. Research tells us that most parents and carers have no objection to their child being measured.

### **To receive your child's results**

If you would like to receive your child's results, please complete this [feedback letter request form](#). Your child's measurements will be available six weeks after measuring.

### **The information we collect and what it is used for is listed below:**

- your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index or BMI)
- 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 England and Department of Health and Social Care (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. These other data sets may include 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 (including 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 and 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.

### How the data is used

All the data collected is also used for research and planning to improve health, care and services. All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

The information collected from all schools in the area will be gathered together and held securely by Somerset Council. We will store your child's information as part of the local child health record on the NHS's child health information database and we may also share it with their GP. We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it 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 England with the Office for Health Improvement and Disparities (OHID) which is part of the DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. NHS England use the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local level.

De-personalised information from the NCMP 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

### Withdrawing your child from the National Child Measurement Programme

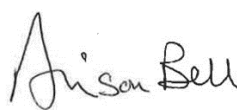
If you **do not** want your child to participate, please complete this [NCMP opt-out form](#) and your child will not be measured. Children will not be made to take part on the day if they do not want to.

For further information about the National Child Measurement Programme including the National Child Measurement Programme Factsheet for Parents, go to the [NCMP](#) page of our Public Health website or contact your child's school.

Yours sincerely



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