

Childrens Services
Public Health Nursing Service
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www.solent.nhs.uk

National Child Measurement Programme (NCMP)

YEAR 6

Dear Parent/Guardian,

Every year in England all children in Year 6 will have their height and weight measured as part of the National Child Measurement Programme. We collect this information because it is in the public interest to understand how many children are overweight, healthy weight or underweight. Height and weight measurements are used to calculate weight status and this information is collected to understand how many children are overweight, healthy weight, or underweight. Within Southampton your child's height and weight will be measured unless you opt out your child. The height and weight measurements will then be added to the National Childhood Measurement Programme.

Your child's class will take part in this year's programme. The checks are carried out by trained school nurses or trained health care staff from Southampton Public Health Nursing Service who will be coming into your child's school. All Solent NHS staff comply with COVID-19 guidance and safety measures which include wearing a surgical face mask, gloves, apron and goggles or visor. Children are measured fully clothed, except for their coats and shoes in a private space.

Once completed, the results of your child's height and weight will be sent home with them in a sealed envelope via school, on the day they have been screened, together with information about healthy eating and being physically active.

The results letter will **not** have been shared with your child. No child's height and weight will be given to school staff, other children or other parents.

After the height and weight check you may be contacted by a Public Health Nurse or trained health care staff if we identify that your child's growth falls outside the healthy range to offer support with healthy lifestyles.

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

- Your child's age, gender 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 from Reception and 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. Linking your child's information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health.
- Your child's ethnicity and address are used to help understand some of the reasons for the difference in changes in child weight across England.

- All of 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 by us. 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 Southampton City Council. We will store your child's information as part of their local child health record on the NHS's child health information database and this may be shared with your GP.

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 Public Health England but in a de-personalised form only. This means Public Health England will not be able to identify your child. Public Health England is responsible for working to protect and improve the nation's health.

Both NHS Digital and Public Health England 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 Public Health England that identifies your child.

If your child was previously measured for the National Child Measurement Programme, NHS Digital or Southampton City Council 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. We do this as part of our local public health duties and linking your child's information in this way helps better understand how and why the weight status of children is changing.

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.

Withdrawing your child from the National Child Measurement Programme

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 contact the Public Health Nursing Team on 0300 123 6661.

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

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

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> or call 0300 1234567 for more information about Change 4 Life.

Information about how we, Solent NHS Trust and Southampton City Council collect and use information can be found at www.solent.nhs.uk

Information about how NHS Digital and Public Health England 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>

Yours sincerely



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