



Humber Teaching
NHS Foundation Trust

National Child Measurement Programme (NCMP) pre-measurement letter to parents

**Humber Teaching NHS Foundation Trust
Integrated Specialist Public Health Nursing Service
Child Health Department
Willerby Hill
HU10 6ED**

Hnf-tr.ncmp@nhs.net

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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 checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status and help us nationally and locally to provide the support children and families may need to maintain a healthy weight. This information is not targeted individually at children to stigmatise their weight but is gathered across England to form part of the picture with regards to the national children and young people's healthy weight policy. Your child's class will take part in this year's programme.

The checks are carried out by staff from the Integrated Specialist Public Health Nursing Service employed by Humber Teaching NHS Foundation Trust. **Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.** 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. Staff will be wearing PPE.

Maintaining the well-being of children in the NCMP

The wellbeing of children and families is very important. 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 are 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 a Health Visitor, School Nurse or General Practitioner

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 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. This includes 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 - includes 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, 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
- your address is required to send you your child's feedback letter. This will include your child's measurements and will direct you to online information about healthy eating and activities.
- your email address and telephone number are required as we may contact you by email or telephone to discuss your child's feedback or offer you further support following your child's height and weight 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 and held securely by Humber Teaching NHS Foundation Trust on behalf of East Riding of Yorkshire 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 share it with their 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.

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



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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 or their ability to stand independently for recording of height and weight please let us know by emailing us at: Hnf-tr.ncmp@nhs.net by **Monday 3rd January 2022.**

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>

Information about how East Riding of Yorkshire Council collect and use information can be found on the final page

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 faithfully,

Andy Kingdom
Director of Public Health
East Riding of Yorkshire Council

Eoin Rush
Director of Children's Services
East Riding of Yorkshire Council

How your child's data is collected and processed as part of the National Child Measurement Programme (NCMP)

Local authorities have a legal duty to collect the NCMP data. They do this by following guidance from Public Health England. Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. Local NCMP service providers are contracted to carry this out, in this instance Integrated Specialist Public Health Nursing Service from Humber Teaching NHS Foundation Trust. The team collecting the data enter it into the NCMP IT system, which is provided by NHS Digital. The data is also entered into a local child health information system. East Riding of Yorkshire Council is responsible for sending the data to NHS Digital. NHS Digital and Public Health England are jointly responsible for the data held at a national level. East Riding of Yorkshire Council is responsible for the data held locally.

The chart below displays what happens to your child's data as part of the NCMP.

