

Your reference NCMP Parents  
Our reference NCMP 21/22  
Date 15 December 2021



City of  
**Stoke-on-Trent**

**Social Care, Health Integration and Wellbeing**

NCMP Team  
Floor 3 Civic Centre  
Glebe Street  
Stoke-on-Trent  
ST4 1HH

Dear Parent / Carer

**National Child Measurement Programme (NCMP).**

**Re: Height and weight checks of Reception and Year 6 children 2021/22.**

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. We collect this information because it is in the public interest to understand how many children are overweight, a healthy weight or underweight. Your child's class will take part in this year's programme.

**The checks are carried out by registered school nurses or trained health care providers. 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. This includes the wearing of appropriate PPE, robust hand and respiratory hygiene, enhanced 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.

**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 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.

Tell us if you need this letter in an alternative format

**Get in touch**

Telephone: 01782 234 234    [stoke.gov.uk](http://stoke.gov.uk)



- 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 together with information about healthy eating, being active and related activities available in your area.
- 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 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.

For more detailed information on how your information will be used please visit:  
[www.stoke.gov.uk/privacynoticeNCMP](http://www.stoke.gov.uk/privacynoticeNCMP)

**All the above 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 together and held securely by Stoke-on-Trent City Council. We may also share your child's individual data with your child's 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.

Public Health England transitioned into the Office for Health Improvement and Disparities in the Department of Health and Social Care on 1 October 2021.

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.

Tell us if you need this letter in an alternative format

#### **Get in touch**

Telephone: 01782 234 234      [stoke.gov.uk](http://stoke.gov.uk)



## MapMe Project Information.

Stoke-on-Trent city council is currently part of the MapMe research project run by Newcastle University. The project aims to support parental knowledge and awareness of child weight status, and look at how child weight status changes over time. Children will be measured during this school year and in 12 months' time.

The NCMP team will share de-personalised data with the project team, including your child's date of birth, date of measurement, age, sex, height, weight, weight category, ethnicity, and publicly available information about the wider postcode that you live in, for research use. If your child is currently in Reception, the project will also link to their National Child Measurement Programme information when they reach Year 6.

**If you would like more information on the MapMe project you can contact the NCMP team on 01782 234267 or email [ncmp@stoke.gov.uk](mailto:ncmp@stoke.gov.uk)**

This study was approved by the Faculty of Medical Sciences Research Ethics Committee, part of Newcastle University's Research Ethics Committee. This committee contains members who are internal to the Faculty. This study was reviewed by members of the committee, who must provide impartial advice and avoid significant conflicts of interests.

## 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.

### Opting out of the NCMP 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 you may withdraw from the programme by;

- Calling the NCMP team on **01782 234267**. Please leave your child's details including their name, date of birth and the school that they attend and their year group.  
Hours of service will be Monday to Friday (9.00am - 5.00pm) an answerphone service will be available for out of hours including Bank Holidays.
- Alternatively please email your child's name, date of birth and the school that they attend and their year group to [ncmp@stoke.gov.uk](mailto:ncmp@stoke.gov.uk)
- Children will not be made to take part on the day if they do not want to.

## Withdrawing your child from the MapMe Study.

If you are happy for your child to take part in the NCMP measurement programme but **do not** wish for your child's de-personalised information to be made available to the MapMe research project, please let us know using the contact details above, clearly stating that you wish your child to be removed from the MapMe part of the measurement programme only.

Tell us if you need this letter in an alternative format

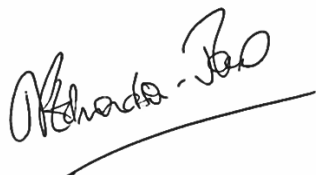
### Get in touch

Telephone: 01782 234 234      [stoke.gov.uk](http://stoke.gov.uk)

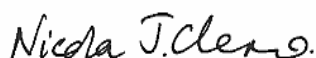


If you are responding to this, please address your correspondence to Cath Dale, NCMP and Physical Activity Lead Stoke-on-Trent City Council, Floor 3 Civic Centre ,Glebe Street, Stoke-on Trent ST4 1HH.

Yours sincerely



**Paul Edmondson-Jones MBE (GMC Number 2549042)**  
**Director of Adult Social Care, Health Integration and Wellbeing (Director of Public Health)**



**Niki Clemo**  
**Interim Director of Children and Family Services**

### **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 Stoke-on-Trent City Council ] collect and use information can be found at [www.stoke.gov.uk/gdpr](http://www.stoke.gov.uk/gdpr)

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>

Tell us if you need this letter in an alternative format

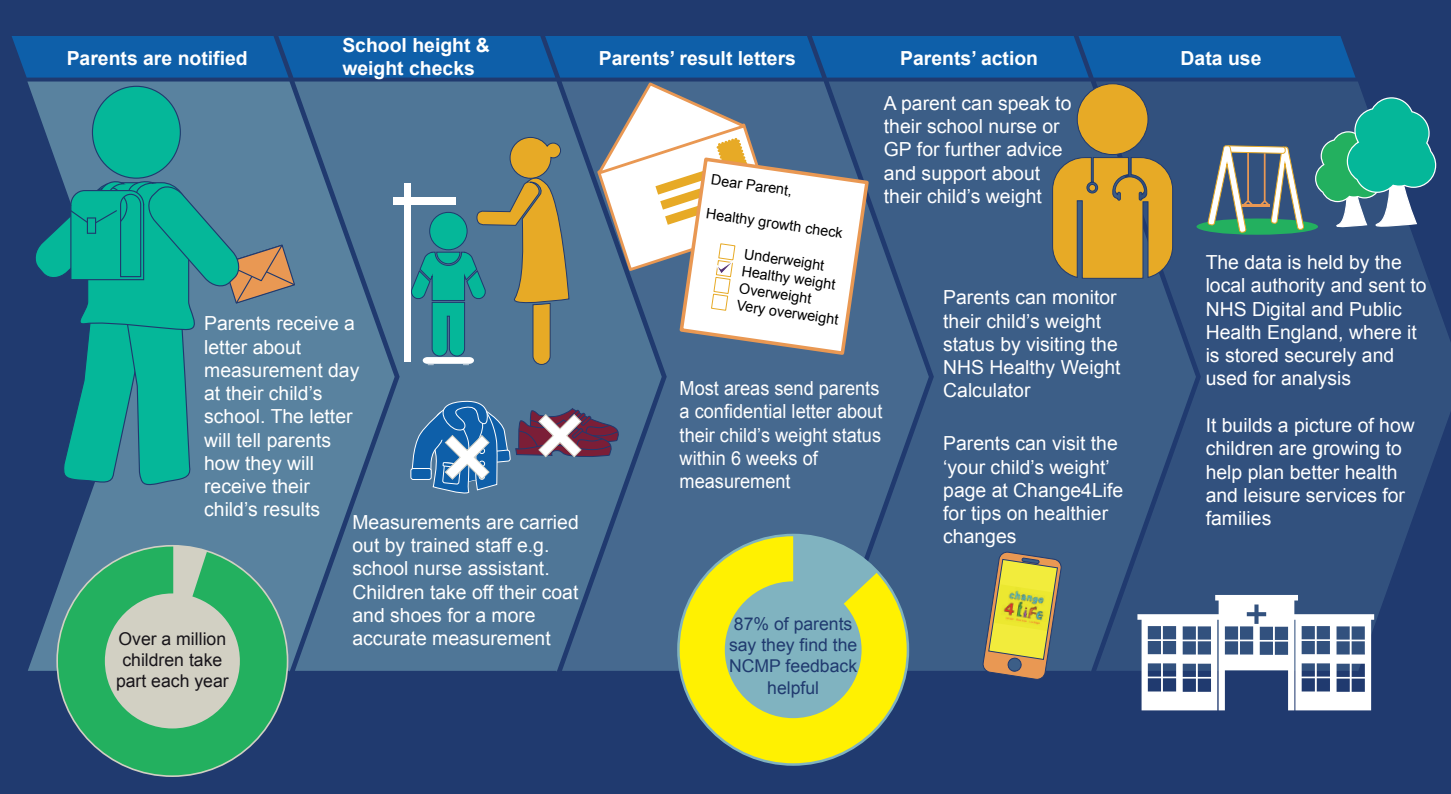
### **Get in touch**

Telephone: 01782 234 234      [stoke.gov.uk](http://stoke.gov.uk)



# School height and weight measurements

Every year, throughout England, more than a million children in Reception and Year 6 have their height and weight measured at school as part of the National Child Measurement Programme



## What we know from the data collected so far

- Most children in Reception and Year 6 are a healthy weight.
- Around one in ten children in Reception is very overweight. This doubles to one in five children by year 6.
- The number of very overweight children in Year 6 is increasing year on year.
- Most children who are overweight in Reception will remain so or become even more overweight for their age by year 6 without action to achieve a healthier weight.

Because many children are overweight, we are all becoming used to seeing heavier children as the norm. It means we cannot always tell when a child is overweight. That is why many parents find it helpful to have an objective measurement of how their child is growing. More than 8 in 10 parents say this information is helpful and they can then make decisions about their child's lifestyle and wellbeing to make changes, or seek support if necessary.

## Why achieving a healthy weight is important

When children are a healthy weight, they feel better about themselves. They find it easier to play and learn. And they are more likely to grow up healthy too. Helping them to be a healthier weight when they are a child can set up their health and wellbeing for life.

You can encourage the whole family to enjoy eating healthily and being active which will help your child achieve and maintain a healthier weight. Children who see their parents, grandparents and carers following a healthy and active lifestyle tend to join in and learn by example. These habits become a normal part of everyday life for the whole family.



# Change4Life is here to help your family be healthy and happy

change  
4 life

## Be Sugar Smart

Kids are having nearly three times more sugar than they should. Too much sugar is bad for teeth and can lead to weight gain. But don't worry, we have some simple swaps to help you be sugar smart and cut back.

- 1** Sugary drinks are bad for teeth and lead to decay. Swap fizzy drinks, juice drinks and flavoured milks for water, lower-fat milks and no added sugar drinks. Limit fruit juice to no more than 150ml a day and stick to meal times.
- 2** Eating breakfast every day is important, but some breakfast choices have much more sugar than you think. Opt for plain porridge, shredded wholegrain or plain wholewheat biscuit cereals. Help your kids towards their 5 A DAY by adding in chopped fruit.
- 3** Sugary snacks can all add up! Fruit and vegetables are always the best snack. But when choosing packaged snacks, stick to two a day max.



## See what's really inside your food and drink

Download our food scanner app for FREE and see for yourself the amount of sugar, salt and saturated fat in everyday food and drinks.



change 4 life is here to help.

Search Change4Life and sign up for loads of healthy eating tips, tasty recipes, easy lunchbox ideas, fun activities and much more!



We're on Facebook too and want to hear from you!