

Email: ncm-tr.NCMPCumbriaScreening@nhs.net

Dear Parent/Carer

National Child Measurement Programme (NCMP)

Height and weight checks for children of Reception age (born 1st September 2018 – 31st August 2019)

Every year in England, school children of Reception age have their height and weight checked at school as part of the National Child Measurement Programme (NCMP). Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing to help plan better health and leisure services for families.

Your child's class will take part in this year's programme. The checks are carried out by trained NHS screening staff. Children are measured fully clothed, except for their coats and shoes, in a space away from other pupils. The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare. No individual measurements will be given to your child, school staff or other children and all information will be treated confidentially. You will receive a letter to your home address, which will include your child's height and weight measurement and a link to the BMI calculator so that you can see if they are of a healthy weight. You may be contacted in the future about courses or support offered by the Public Health 5-19 Team [Public Health 5-19 | Cumberland Council \(cumberland.gov.uk\)](#)

- **If you are happy for your child to be measured, you do not need to do anything.**
- If your child is absent on the day of screening we will endeavour to carry out the screening at another time throughout the school year.
- If your child has a medical condition or takes any medication, which could affect their growth that you feel we need to be aware of, please contact us on the email at the top of this letter.
- If your child has any additional needs or requires any additional support to participate in this programme that you feel we need to be aware of please contact us on the email address above.
- **If you do not want your child to take part**, please notify us on the email address above stating that you wish for your child to opt out of the screening. Please include the following information, your child's full name, D.O.B, address, name of your child's school and NHS number if you know it, **within 2 weeks of receiving this letter.**

If you choose to opt out of the screening programme your child will not be measured in school.

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

If you are concerned about your child's growth, weight, body image or eating patterns then please do not hesitate to contact us on the email above, make an E-school nurse appointment on 01228 603973, or contact your GP for support and guidance. More information about the NCMP programme, Healthy Habits 4 life programme, data collection and health lifestyle choices can be found in further pages of this letter.

Yours Faithfully

The School Aged Screening Team

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, away from other children. Individual results are not shared with your child or their school. The weight and height information is shared only with you via a parent feedback letter. It is your choice to share or not share the information with your child.

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 to allow the addition of 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 the care children receive can be improved. 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 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.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

How will the data be used?

The information collected from all schools in the area will be gathered together and held securely by Cumberland Council and North Cumbria Integrated Care Trust. 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. NHS England 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 England with the Office for Health Improvement and Disparities (OHID) which is part of the Department of Health and Social Care (DHSC) but in a de-personalised form only. This means OHID will not be able to identify your child. OHID focuses on improving the nation's health so that everyone can expect to live more of life in good health, and on levelling up health disparities to break the link between background and prospects for a healthy life.

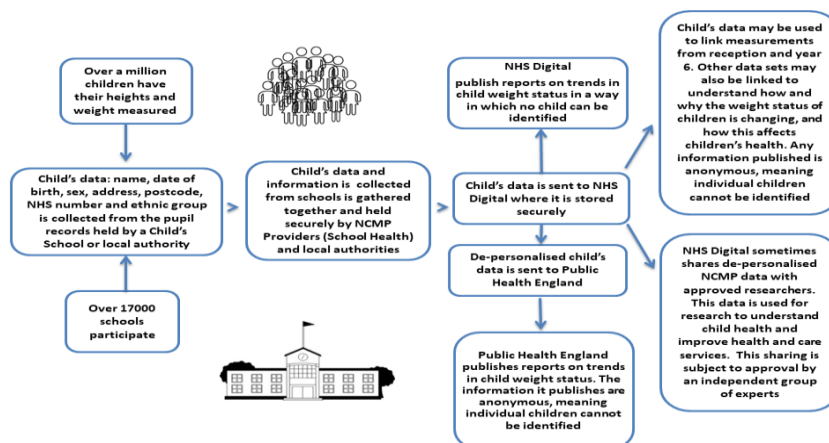
Both NHS England and the Office for Health Improvement and Disparities (DHSC) will use the information from the National Child Measurement Programme to better understand numbers and trends in child weight and body mass index (BMI). This helps with the planning of services to support healthy lifestyles in your area. No information will ever be published by NHS England or the Office for Health Improvement and Disparities (DHSC) that identifies your child. NHS England use the data to produce National Child Measurement Programme statistics reports showing trends at national and local community level.

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 through formal assurance and approvals processes, seeking advice from experts as necessary.

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 the office for Health Improvement and Disparities part of the Department of Health and Social Care (DHSC). 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; this might be through the school nursing team working in schools or a local healthcare provider. The team collecting the data enter it into the NCMP IT system, which is provided by NHS England. The data is also entered into the local child health information system. Your local authority is responsible for sending the data to NHS England. NHS England and the Office for Health Improvement and Disparities are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

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



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/healthier-families/>

Another way to help maintain a balanced diet and physical activity for your family is the **NHS Healthy Steps** email programme. Sign up for the 8-week Healthy Steps emails and you will be sent lots of low-cost easy tips, fun games, healthy swaps and tasty recipes on a budget.

Scan the QR code or visit healthysteps.uk to sign up.



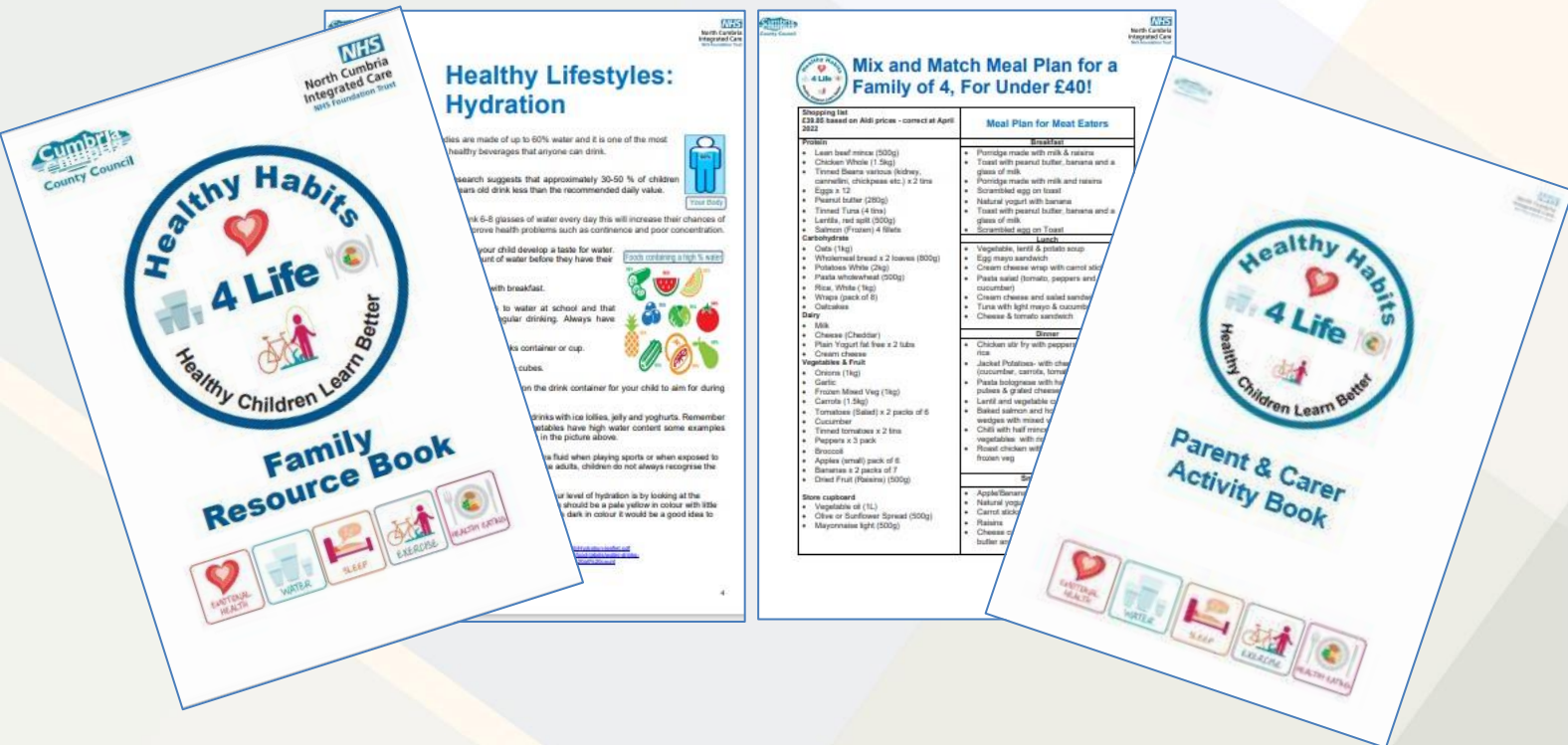
Information about how we North Cumbria Integrated Care and Cumberland Council collect and use information can be found at <https://www.ncic.nhs.uk/privacy-notice>
<https://www.cumberland.gov.uk/your-council/data-protection-and-privacy/privacy-notice>

Information about how NHS England and Office for Health Improvement and Disparities 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/department-of-health-and-social-care/about/personal-information-charter>

Information about the organisations NHS England has shared information from the National Child Measurement Programme can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>

Healthy Habits 4 Life

Healthy Habits 4 Life is a **FREE** programme run by the Public Health 5-19 team for families in Cumbria with children in Reception to Year 7 who want to make the change to a healthier lifestyle. Families will be offered 1:1 support and advice on a range of areas



A Public Health Practitioner will arrange to meet with you at a time and place to suit you and your family, this could be in your own home, at school or via video and will work with you over a number of weeks.

If you would like to know more or want your child to be included please contact us via the E-School Nurse clinic **E-SchoolNurse@ncic.nhs.uk**