



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 2016 – 31st August 2017)

Each 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 growth. We collect this information because it is in the public interest to understand how many children are of a healthy weight, are overweight or underweight.

Your child's school 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. No individual measurements will be given to your child, school staff or other children and all information will be treated confidentially.

- **If you are happy for your child to be measured, you do not need to do anything.**
- If your child has a medical condition or takes any medication which could affect their growth 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 to discuss these.
- **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, and 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 chose 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 or contact your GP for support and guidance. More information about the NCMP 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 and 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 in the parent or carer feedback letter. It is your choice if you 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.

How will the data be used?

The information collected from all schools in the area will be gathered together and held securely by Cumbria County Council and North Cumbria Integrated Care NHS Foundation 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 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.

Further information

NCMP Pre-measurement leaflet for parents: School height and weight measurements
<https://campaignresources.phe.gov.uk/resources/campaigns/17/resources/2286>

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 Cumbria County Council collect and use information can be found at
<https://www.cumbria.gov.uk/admin/privacy.asp>

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>

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; 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 Digital. The data may also be entered into a local child health information system. Your local authority 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. Your local authority is responsible for the data held locally.

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

