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Dear Parent/Carer

## Measuring the height and weight of children in Year 6 – 2021/22

Helping children to achieve a healthy weight is important for their chances in the rest of life, can help prevent some forms of diabetes and cancer in your child in later life, and also promote mental health and wellbeing. It is really important to have a good understanding of how children are growing so that we can provide the best possible advice and support.

Every year in England, children in Reception and Year 6 have their height and weight measured as part of the National Child Measurement Programme (NCMP). This important programme helps us do this. It is now in its fourteenth year in Herts.

We are writing to you because your child's class will take part in this year's programme. To make sure we respect the privacy and feelings of your child:

- The measurements will only be carried out by trained healthcare professionals from Hertfordshire Community NHS Trust Public Health Nursing Service (School Nursing).
- Measurements will be carried out in a **private area away from other pupils**.
- Children who take part will be measured **fully clothed** except for their coats and shoes.
- Any cultural needs of the child will be respected.
- Children will not be made to take part if they do not want to take part.

Please watch this clip for more information about how this programme is delivered locally:  
<https://youtu.be/uNtJwwHViGk>

Information will be treated **confidentially**. We do **not** give height or weight measurements of any child to school staff or other children. We collect routine data such as your child's name, gender, address, postcode, ethnicity and date of birth. This data is needed because their age, gender, ethnicity and the place they live are known to affect their height and weight.

This information will be used within the local authority and NHS to help us understand and plan support for weight-related problems for children.

To repeat, we do not give height or weight measurements of any child to school staff or other children.

The measurements are analysed nationally in a way that are anonymised and that means individual children **cannot** be directly identified.

Measurements are stored locally on NHS child health records for the purposes of providing results and follow-up advice to parents. The results are based on Body Mass Index (BMI) and if there is any concern about your child's health based on the results, we will write to you, explaining the result and giving information that might support you. In some areas your child's results may also be shared with your GP who may also provide support to your family if required\*. The data from all schools in the area will be gathered together and held securely by Hertfordshire Community NHS Trust. Information regarding how this data is stored by Hertfordshire Community NHS trust can be found here:

<https://www.hct.nhs.uk/about-us/data-protection-and-your-information/>.

The information collected about your child will be shared by NHS Digital with Public Health England (PHE) but in a de-personalised form only. This means PHE will not be able to identify your child. PHE is responsible for working to protect and improve the nation's health. NHS Digital is responsible for collecting health and care information to check how the NHS and social care services are doing, and to use this to improve the care provided to people across England.

Both NHS Digital and PHE 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 (NCMP), NHS Digital 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. 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 NCMP 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 about the NCMP 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> and <https://www.healthforkids.co.uk/>.

Information about the organisations NHS Digital has shared information from the NCMP with, can be found at <https://digital.nhs.uk/services/national-child-measurement-programme>.

### Opting your child out of the programme

If you are happy for your child to be weighed and measured, you do not need to do anything. However, if you do not wish your child to take part, you can email Herts Community NHS Trust (see details below).

Yours faithfully



Jim McManus  
**Director of Public Health**  
Hertfordshire County  
Council



Jenny Coles  
**Director of Children's Services**  
Hertfordshire County Council

Elliot Howard-Jones  
**Chief Executive**  
Hertfordshire Community  
NHS Trust

\*In the Broxbourne area, your GP may contact you directly to offer you further support, but there is absolutely no obligation to take this support up.

If you do not want your child to be included in this programme, please email the area in which your child attends school WITHIN TWO WEEKS of receiving this letter, stating that you wish for them to be excluded from the NCMP.

**Welwyn and Hatfield, East Herts or Broxbourne:**  
**[HCT.SHWBSWH@nhs.net](mailto:HCT.SHWBSWH@nhs.net)**

**Stevenage, Royston or North Herts: [HCT.rsnh@nhs.net](mailto:HCT.rsnh@nhs.net)**

**Watford, 3 Rivers or Hertsmere: [HCT.W3RH@nhs.net](mailto:HCT.W3RH@nhs.net)**

**St Albans or Dacorum: [HCT.stadac@nhs.net](mailto:HCT.stadac@nhs.net)**



