

Lincolnshire County Council
Children's Health
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Height and weight checks for children in Reception and Year 6

Every year, over 17,000 schools take part in the National Child Measurement Programme (NCMP). Your school is one of these, and as part of that, your child will have their height and weight checked in this year's programme.

In conjunction with over one million other children's measurements, your child's measurements will then be used to gather information about children's growth and weight patterns across the country, and this will help inform the development of actions, services and programmes to benefit children in Lincolnshire and countrywide.

You'll also receive information about your child's measurements, along with links to services or resources that could be useful for the health and wellbeing of your child and family. Some of these links are included in this letter.

Maintaining the wellbeing of children in the NCMP

Your child's wellbeing is of paramount importance, and as such, a number of measures are taken to ensure these measurements are taken in a safe and sensitive way.

The checks are carried out by trained members of staff employed by Lincolnshire County Council. 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 robust hand and respiratory hygiene and 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 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. In addition, most children report being indifferent or unconcerned about being weighed or measured.

If you are concerned about your child's growth, weight, body image or eating patterns, please seek further support from a General Practitioner, or one of the organisations specified in the links section of this letter.

What happens after the measurements have been taken

Your child's measurements will be shared with you via a letter which you will receive in the post. This will be addressed to you as the parent/carer of your child. **The results will not be shared with your child, or with their school.** It is your choice if you wish to share the information with your child or not.

In order to offer the best support possible, if your child's measurements show that they are overweight, we will share your phone number, and your child's measurements and date of birth with the Gloji Energy team at One You Lincolnshire. They will then contact you directly to share information about their new programme which helps children and families lead healthier and therefore happier lives. Further information about the Gloji Energy offer and roles can be found at [Gloji Energy for Children | Healthy Lifestyle Service | One You Lincolnshire](#)

If you do not want your child's information shared with One You Lincolnshire, please contact us by **5th December 2022** by calling our Single Point of Access (SPA) on 01522 843000 or email BS_HealthServices@lincolnshire.gov.uk

The information collected from all the schools in your area will also be gathered together and held securely, so it can then be analysed to inform decisions about policy, strategy, programmes and services which can benefit the health and wellbeing of children and families around Lincolnshire.

All information is treated confidentially and securely. Full details of information collected and how it is used is outlined in the sections below.

The information we collect and what it is used for

- 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 together with information about healthy eating, being active and related activities available in your area.
- your telephone number is required as you may be contacted by us or the gloji energy team at One You Lincolnshire by telephone/text to discuss your child's feedback or to 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 together and held securely by Lincolnshire County Council.

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.

For children whose measurements show they are overweight, your phone number, your child's measurements and their date of birth will also be shared with the Gloji Energy team at One You Lincolnshire so they can contact you directly with information on their programme.

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.

If you do not want your child's height and weight to be measured, or your child has a medical condition that affects their height or weight please let us know by **5th December 2022** by calling our Single Point of Access (SPA) on 01522 843000 or email BS_HealthServices@lincolnshire.gov.uk
We do not need consent to measure your child's height and weight.

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/healthier-families/>

Information about how we Lincolnshire County Council collect and use information can be found at <https://www.lincolnshire.gov.uk/directory-record/62069/information-management>

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,

A handwritten signature in black ink, appearing to read 'D. Ward'.

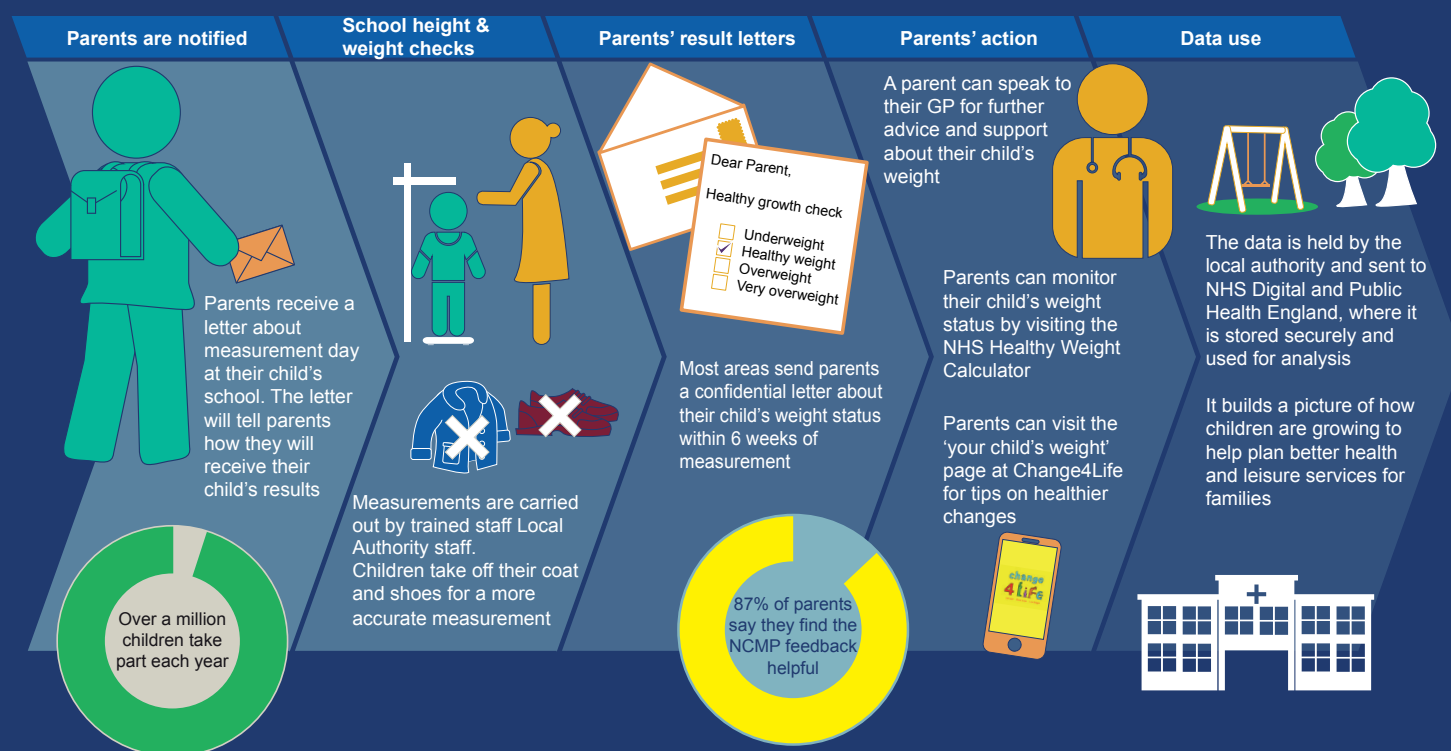
Derek Ward
Director of Public Health
Lincolnshire County Council

A handwritten signature in black ink, appearing to read 'H. Sandy'.

Heather Sandy
Director of Children's Services
Lincolnshire County Council

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!