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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 safe way, in line with the school and local authority's safety control measures. This includes robust hand hygiene and 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 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 **8<sup>th</sup> December 2023** by calling our Single Point of Access (SPA) on 01522 843000 or email [BS\\_HealthServices@lincolnshire.gov.uk](mailto: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 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 England 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 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 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.

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 **8<sup>th</sup> December 2023** by calling our Single Point of Access (SPA) on 01522 843000 or email [BS\\_HealthServices@lincolnshire.gov.uk](mailto: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/>

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](https://healthysteps.uk) to sign up.



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 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>

Yours faithfully,

A handwritten signature in black ink that reads "D Ward". The signature is written in a cursive style.

Derek Ward  
Director of Public Health  
Lincolnshire County Council

A handwritten signature in black ink that reads "H Sandy". The signature is written in a cursive style.

Heather Sandy  
Director of Children's Services  
Lincolnshire County Council

## 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 may also be entered into a 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.

