

Height and weight checks for children in Year 1 and Year 7

Every year in England, school children in Reception and Year 6 have their height and weight checked at school as part of the National Child Measurement Programme. Height and weight measurements are used to calculate weight status. We collect this information because it is in the public interest to understand how many children are overweight, healthy weight or underweight. Your child's primary school took part in the programme last year.

The National Child Measurement Programme is taking part in a research project run by Newcastle University called MapMe, and so will additionally be measuring children who are now in Year 1 and Year 7 (those who were in Reception and Year 6 last school year).

The MapMe project aims to support parental knowledge and awareness of child weight status and look at how child weight status changes over time. We will share de-personalised data with the project team, including your child's date of birth, date of measurement, age, sex, height, weight, weight category, ethnicity and publicly available information about the wider postcode that you live in, for research use. If you would like more information on the MapMe project you can contact healthyschools@newcastle.gov.uk. If you do not wish for your child's de-personalised information to be made available to the MapMe research project, please let us know using the contact details below healthyschools@newcastle.gov.uk

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, in private and away from other children. Individual results are not shared with your child or their school.

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.

Full study results will also be published on the MapMe study website at the end of the project in 2024.

The checks are carried out by registered school nurses or trained health care providers. Children are measured fully clothed, except for their coats and shoes, in a private space away from other pupils.

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 may also be linked such as your child's dental survey results or any visits to hospital they may have had. Linking your child's information in this way helps us to understand how and why the weight status of children is changing, and how this affects children's health**
- **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**

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 Newcastle City Council.

Withdrawing your child from the Year 1 and Year 7 height and weight checks

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 checked, or your child has a medical condition that affects their height or weight please let us know using the contact details provided below healthyschools@newcastle.gov.uk.

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

Further information

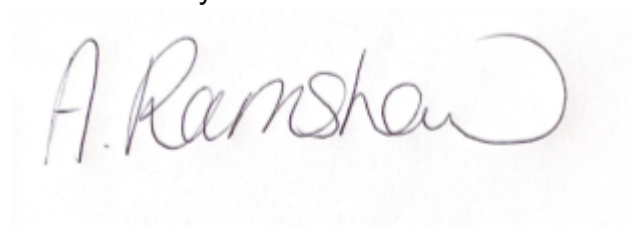
Further information about the National Child Measurement Programme can be found at <https://www.nhs.uk/live-well/healthy-weight/national-child-measurement-programme>

Information and fun ideas to help your kids stay healthy can be found at <https://www.nhs.uk/healthier-families/>

Information about how NHS Digital 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 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 blue ink that reads "A. Ramshaw". The signature is written in a cursive style with a large, looping "A" and a trailing flourish.

Miss. Alex Ramshaw

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NIHR | National Institute for
Health and Care Research

How your child's data is collected and processed

Local authorities collect the data 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 will enter it into an IT system developed specifically for the Year 1 and Year 7 height and weight checks. The data may also be entered into a local child health information system. Your local authority is responsible for sending the data to the MapMe research team. Your local authority is responsible for the data held locally.