NHS
Birmingham
Community Healthcare
NHS Foundation Trust

Children and Families Division
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Dear Parent/Carer

Height and weight checks for children in Reception and Year 6

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 (NCMP). Height and weight measurements are used to calculate weight status. We collect this information to build a picture of how children are growing, to help plan better health and leisure services for families.

In most areas, parents receive their child's measurement data, because this can be useful information about their child's growth and provides an opportunity to offer support to parents where required. Your child's class will take part in this year's programme.

The programme will be delivered in a safe way, in line with the school and local authority's safety control measures and national guidance for schools and healthcare.

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

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. Research is ongoing to ensure this continues to be done in a supportive way.

Individual results are not shared with your child or their school. The weight and height information is shared only with you, via a parent feedback letter. It is your choice to share or not share the information with your child. If your child is within a healthy range your child will not receive a letter.

If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or GP.

The information we collect and what it is used for

Your child's data

Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

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 (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps 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. These other data sets may include 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 (including 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 and 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.

Why we need your contact details

We need your address 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.

We need your phone number because we may:

- contact you by phone to discuss your child's feedback
- send you your child's feedback letter by post
- offer you further support following your child's height and weight measurement

We are working closely with a family health organisation; Beezee Families, which is part of the Maximus UK Health Division. With their help, families in Birmingham can access free healthy lifestyle support.

The Beezee Families team may call you after your child's measurements have been taken, depending on the results. They can answer any questions or concerns you have. The team will also explain the free support available to you and your family. Their award-winning programme explores how you can build healthy habits as a family and have fun while doing so.

You can see more about Beezee Families and how they can help you at https://bhx.maximusuk.co.uk

All personal information collected will be kept safe and is protected by law.
For further information on your personal data, please refer to Birmingham City Council's privacy policy on our website at: www.birmingham.gov.uk/privacy

How the data is used

All the data collected is also used for research and planning to improve health, care and services.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

The information collected from all schools in the area will be gathered together and held securely by Birmingham Community Health Care NHS FT. We will store your child's information as part of the local child health record on your child's electronic health records (EPR).

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it can be used to monitor and improve the care provided to people across England.

Your child's results may also be shared with our partners Maximus UK who provide BeeZee Families Healthy Lifestyle programmes.

A Beezee Families Coordinator from Maximus UK may make direct contact with you so they can talk to you about what support is available for your family. More information can be found here https://bhx.maximusuk.co.uk

All personal information collected will be kept safe and is protected by law. For further information on your personal data, please refer to https://www.maximusuk.co.uk/privacy-policy

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 DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. NHS England uses the data to produce National Child Measurement Programme statistics reports showing trends at national and local level.

De-personalised information from the NCMP 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

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 your school know so you can complete an opt out form.

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

Further information

You can find further information about the NCMP at The National Child Measurement Programme NHS webpage.

You can find information and fun ideas to help your kids stay healthy at the NHS Better Health: healthier families webpage Easy ways to eat well and move more.

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. You can sign up to NHS Healthy Steps - Step this way webpage or scan the QR code:

Information about how we, Birmingham Community Health Care collect and use information can be found at https://www.bhamcommunity.nhs.uk/patient-privacy-notice/.

You can find information about how NHS England and DHSC collect and use information at:

NHS England's How we look after your health and care information webpage

the DHSC Personal information charter webpage

You can find information about the organisations NHS England has shared information from the NCMP at NHS England's National Child Measurement Programme webpage.

Yours faithfully

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Rukshana Ali
Service Clinical Manager
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