

Dear Parent/Carer,

### **Measuring the height and weight of children in Reception Year and Year 6**

As you may be aware from the media, the increase in the number of overweight and obese children is a major public health concern. In Devon, our Public Health team want to have accurate information to support all children to maintain a healthy weight. So, every year, as part of a national programme, all children in Reception Year and Year 6 have their height and weight measured and recorded.

Your child's class will be taking part in this year's measurement programme. Measurements will be taken by trained healthcare professionals in a private area away from other pupils. Children who take part will be asked to remove their shoes and will be weighed in normal indoor clothing. Routine information, such as your child's name, sex, address, postcode, ethnicity and date of birth will be collected and used to help us understand and plan services for children and families in Devon.

All information and results are treated confidentially, and your child's measurements will not be given directly to your child, to school staff or other children. The record of your child's measurement will be held securely by Devon County Council and stored locally on child health records. If you would like to know more about how data is stored and used please see the privacy notice via the link here and information overleaf <https://new.devon.gov.uk/privacy/privacy-notices/privacy-notice-for-national-child-measurement-programme/>

If you would like to receive a copy of the results, then please complete the online form found at <https://new.devon.gov.uk/ncmp/>. If you would rather do this via post, please see details over the page. Please be aware results will be sent out 6-8 weeks after measurements are taken and measurements could be any time over the school year. To help you support your child's health and wellbeing, feedback will also be sent to all parents/carers where children measured are outside of the healthy weight range. Along with your child's height and weight, we will also include information on how you can help your child maintain a healthy weight through keeping active and eating a healthy diet. If you would like further advice, your child's School Nurse can provide additional support and ideas and can be contacted via your child's school or the Virgin Care website: <http://www.virginicare.co.uk/>

If you wish to feedback any comments, compliments or complaints on the service provided by the trained staff taking the measurements, please contact Devon Integrated Children's Services Customer Services [customerservices@virginicare.co.uk](mailto:customerservices@virginicare.co.uk) or (0300 303 9509).

Choices we make are often influenced by where we live, work and play. It's often hard to make healthy choices because of the way places are designed or the way in which food and drinks are promoted to us. The Public Health team at Devon County Council are keen to learn from you about what would help your family to lead happier and healthier lives, please complete this short online survey <http://devon.cc/i-18e> so we can use your views to inform our decisions.

### **What to do if you do not want your child weighed and measured**

If you are happy for your child to be weighed and measured, you do not need to do anything. If you do **not** wish your child to take part, please complete the form below and **return to your child's school**. Children will not be made to participate if they do not wish to.

Best wishes

*Virginia Pearson*

**Dr Virginia Pearson**

**Chief Officer for Communities, Public Health, Environment & Prosperity/ Director of Public Health  
Devon County Council**

### Data protection and security

Data is submitted to NHS Digital and then anonymized for analysis by Public Health England.

Data may be used by both NHS Digital and Public Health England to:

- better understand numbers and trends in child weight and body mass index (BMI).
- Help with the planning of services to support healthy lifestyles in your area.

If your child was previously measured for the National Child Measurement Programme, NHS Digital may link your child's information to help better understand how and why the weight status of children is changing.

They may:

- link your child's current and previous height and weight measurements.
- link their measurements with other information it holds such as dental survey results or reasons for any visits they may have made to hospital.

NHS Digital may share de-personalised information with other organisations, such as universities, to help improve health, care and services through research and planning. NHS Digital only ever shares unidentified information for research with the approval of an independent group of experts. **No information will ever be published or shared by NHS Digital or Public Health England that identifies your child.**

### Opting your child out of being weighed and measured

If you **do not** wish your child to participate, please complete this form and return it to your school.

#### Opt-out slip

**I do not wish** my child to be weighed and measured.

Child's full name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Year: \_\_\_\_ Class: \_\_\_\_

Child's school: \_\_\_\_\_

Parent's/carer's name: \_\_\_\_\_

Parent's/carer's signature: \_\_\_\_\_

**Please return this slip to your child's school.**

### Requesting Feedback via post

Requesting results via the online form here <https://new.devon.gov.uk/ncmp/> is preferable as saves postage and ensures all required details are clearly completed. If you would still like to request results via post, please send the following details:- child's name, child's date of birth, child's school, full parent/carer name, child's home address, postcode, telephone number, email address, signature and date to the following address:- CONFIDENTIAL NCMP, Public Health Room 141, Devon County Council, County Hall, Topsham Road, Exeter, Devon, EX2 4QD Please ensure you include all details to enable us to accurately match the request to your child's results.