

**Public Health**

1st Floor Main Building  
County Hall  
Topsham Road  
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EX2 4QL  
(01392) 386382

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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. 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 class will take part in this year's programme.

The checks are carried out by Devon County Council's School Nursing Team. 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 Devon County Council 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 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
- 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 and being active

**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 Devon 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.

**We are currently part of the MapMe research project run by Newcastle University. The project aims to support parental knowledge and awareness of child weight status, and look at how child weight status changes over time. Children will be measured during this school year and in 12 months' 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 your child is currently in Reception, the project will also link to their National Child Measurement Programme information when they reach Year 6. For more information on the MapMe project you can contact Rachel Humphries on 01392 386382.**

**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 by contacting Rachel Humphries on (01392) 386382. If this is the case your child will not be re-measured in 12 months time.**

This study was approved by the Faculty of Medical Sciences Research Ethics Committee, part of Newcastle University's Research Ethics Committee. This committee contains members who are internal to the Faculty. This study was reviewed by members of the committee, who must provide impartial advice and avoid significant conflicts of interests.

## 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 checked please let us know by completing our [online form](#) **as soon as you receive this letter** and we will let the School Nursing service know before the programme starts. Children will not be made to take part on the day if they do not want to.

Thank you for your co-operation and help,

Best wishes

A handwritten signature in black ink, appearing to read 'Steve Brown', with a stylized flourish at the end.

**Steve Brown**  
**Director of Public Health**  
**Devon County Council**

### **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 activities for families can be found at <https://www.nhs.uk/change4life>

Information about how we and use information can be found at here <http://devon.cc/privacy>

Information about how NHS Digital and Public Health England collect and use information can be found [here](#) and [here](#)

Information about the organisations NHS Digital has shared information from the National Child Measurement Programme can be found [here](#).