

# National Child Measurement Programme

A guide for parents and carers.

Live Life  
**BETTER**  
DERBYSHIRE



## Can I opt out of having my child measured?

Each year we write to the parents and carers of all children eligible to take part in the NCMP to inform them of the programme.

As a parent or carer you can choose to withdraw your child from the process by responding to our letter.

However, the National Child Measurement Programme aims to help children be as healthy and happy as possible and, if an issue is highlighted, then support and help is on offer.

In the letter we will also ask you if your child has any medical conditions that may affect their weight.

In this case you can choose to opt your child out of the programme.

Alternatively, if you would like them to be measured, we can ensure that their condition is taken into account.

**The National Child Measurement Programme aims to help children be as healthy and happy as possible and, if an issue is highlighted, then support and help is on offer.**

## What happens with the data that is collected?

The data that we collect is given to NHS Digital. This information is then used to produce reports that show trends at a national level, differences between groups of pupils and the latest local authority level data.

The data is also shared with Public Health England. All the information is anonymised and no child can be identified.



# What is the National Child Measurement Programme?

Keeping children healthy and well is a key priority in Derbyshire. One of the ways that we can do this is to ensure children and young people are a healthy weight.

That's where the National Child Measurement Programme comes in.

Derbyshire County Council is required to collect data on reception and year 6 children's height and weight from schools within their area.

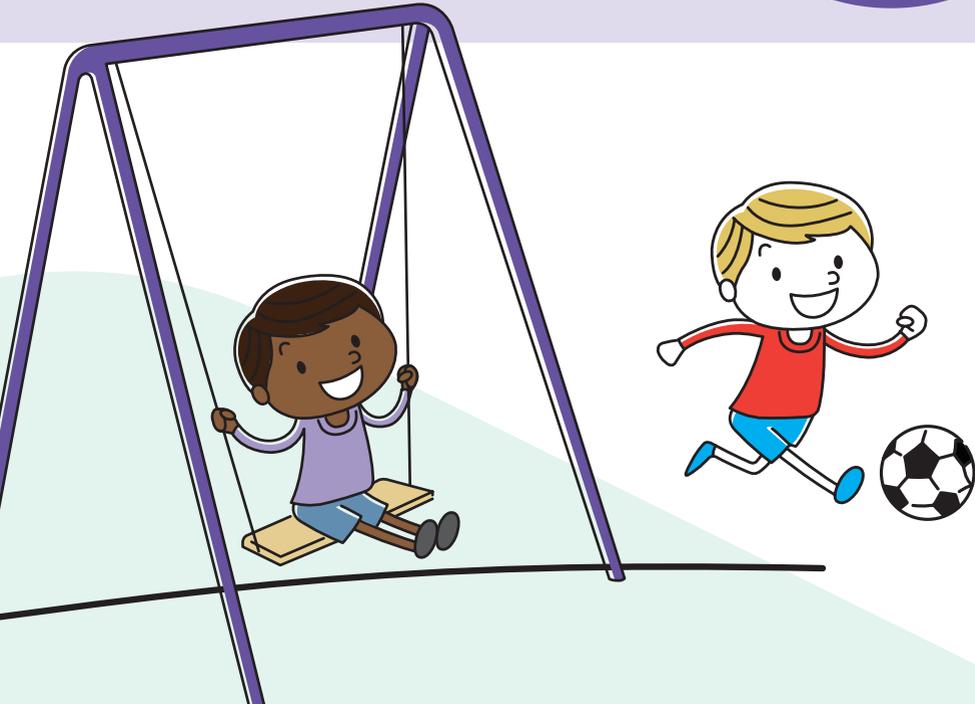
During the school year a team of specially trained advisors will visit all state-maintained schools in Derbyshire, to weigh and measure all pupils in reception and year 6.

## What will happen on the day?

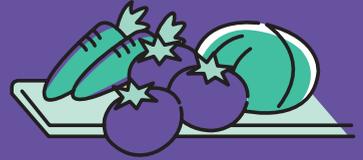
You may want to tell your child that they will be asked to stand on scales and have their height measured.

You child will be measured in a private room or in a screened off area to ensure that their information is kept private.

**Your child will be weighed and measured by our trained staff. This will take around a minute**



# How do you work out whether my child is a healthy weight or not?



The method of working out if your child is a healthy weight differs slightly to the way we would work it out for an adult.

The recognised method is the body mass index also known as BMI. This uses your height and weight to work out if your weight is healthy.

**For children and young people aged two to 18, a BMI calculator takes into account age and gender as well as height and weight.**

**A child's BMI is expressed as a "centile" to show how their BMI compares with children who took part in national surveys.**

**For example, a girl on the 75th centile is heavier than 75 out of 100 other girls her age.**



**All of this information helps us to work out if your child is classed as under, over or a healthy weight.**



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## What support is on offer?

The National Child Measurement Programme aims to help you and your family to be as healthy and well as possible.

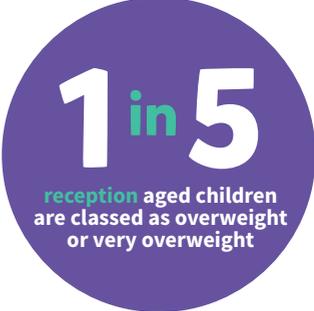
Childhood obesity is a growing issue in England with 22.4% of reception-aged children and 34.3% of year 6 children classed as overweight or very overweight.

Evidence shows that if a child is overweight then it can lead to serious physical health and emotional issues in later life.

If the measurement programme highlights that your child could be classed as under or over a healthy weight then you will be offered support and advice.

Derbyshire County Council's healthy lifestyles service Live Life Better Derbyshire can offer support for families who want to improve their health and wellbeing.

You can find out more at  
[www.livelifebetterderbyshire.org.uk/healthyfamilies](http://www.livelifebetterderbyshire.org.uk/healthyfamilies)



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## More information

You can find out more about the National Child Measurement Programme on the NHS webpages here [digital.nhs.uk/services/national-child-measurement-programme](https://digital.nhs.uk/services/national-child-measurement-programme)

You can check your child's BMI on the NHS website at [www.nhs.uk/bmi](https://www.nhs.uk/bmi)

