



North Tyneside Council

0-19 Children's Public Health Service

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Height and weight checks of Year 7 as part of NCMP/MapMe programmes

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 because it is in the public interest to understand how many children are overweight, healthy weight or underweight. Your child's primary/middle 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 Karen Heslop, Locality Nurse Manager responsible for the Council's School Nursing Team, on (0191) 643 8251. 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 the School Nurse Team on (0191) 643 8251 or 5-19PHNorthWest@northtyneside.gov.uk

Maintaining the wellbeing 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. It is your choice if you share the information with your child. If you are concerned about your child's growth, weight, body image or eating patterns, seek further support from a school nurse or General Practitioner.

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.

If you would like to know your child's results, please contact (0191) 6438251. You will be sent a letter through the post with your child's results if their weight is classified as underweight or overweight for their age and height. Full study results will also be published on the MapMe study website at the end of the project in 2024 (children's names and other details will not be included).

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 programme will be delivered in line with the school and local authority's safety and infection 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. 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, being active and related activities available in your area.

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 North Tyneside Council.

Local authorities collect the data by following guidance from the Office for Health Improvement and Disparities (OHID), which is part of the Department of Health and Social Care. Local authorities are responsible for making decisions on how the data is collected and for making sure it is protected. 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. North Tyneside Council is responsible for sending the data to the MapMe research team. OHID is responsible for the data held at a national level and North Tyneside Council is responsible for the data held locally.

Withdrawing your child from the 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 by phoning (0191) 643 8251 or emailing 5-19PHNorthWest@northtyneside.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/change4life>

Information about how North Tyneside Council collect and use information can be found at <https://my.northtyneside.gov.uk/category/1001/data-protection>

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>

Yours sincerely,



Wendy Burke
Director of Public Health