The National Child Measurement Programme (NCMP)

Lots of children in England aged 4-5 and 10-11 have their height and weight checked at school. This is part of the yearly National Child Measurement Programme. It is carried out by skilled health staff. Your child's class will take part in this year's programme.

You can scan the QR code or visit www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/ to find out more about the National Child Measurement Programme.

What to expect on the day

Children are measured in a quiet space away from others, and staff do this in a careful way. They are measured fully clothed, except for their coat and shoes.

Your child's height and weight are not shared with the school or your child.

Children can also say no to taking part on the day.

Why is this done?

Your child's height, weight, age, sex, and date of birth are used to work out their weight group. This is their Body Mass Index - BMI. This helps us better learn how children are growing.

It also helps local councils and the NHS to support healthier lifestyles for children. We then plan health and leisure services for families in your local area.

How to get help

Please ask for help if you are worried about any of the following: your child's growth, weight, how they feel about their body or eating habits from:

- Healthy Together Helpline by calling 0300 300 3001.
- text ChatHealth on 0720 615 382
- or speak to your GP.

My child's results

You will get a letter in the post with your child's results. This will explain your child's height and weight measurements.

It is up to you if you share this information with your child or not.

If your child's weight is outside the expected range for their age, we will send you details of healthy eating, meal ideas and things to do in your local area.

You can ring the Healthy Together Helpline on 0300 300 3001 if you do not get the results letter after 6 weeks.

Taking part in NCMP

If you do not want your child to join in, email us at:

- Email: lpt.ncmpprogramme@nhs.net or visit: bit.ly/ncmpwithdraw

You can also scan the QR code below to fill out a quick online withdrawal form.

If your child has health problems that affect their height or weight, please e-mail the team on **lpt.ncmpprogramme@nhs.net**.

Yours sincerely,



Dr Shaun McGill
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