

Response to Request for Information

Reference FOI 002411
Date 16 June 2018

National Child Measurement Programme

Request:

I am writing to you under *the Freedom of Information Act 2000* to request the following information from Wolverhampton about the National Child Measurement Programme (NCMP):

- Pre-measurement letter, leaflet, or any other medium used to provide information about the NCMP school heights and weights checks to parents or carers and their Reception Year and Year 6 Children;
- Parent's feedback, or parent's results letter used to inform parents or carers and their Reception Year and Year 6 Children about the NCMP measurement results;
- Proactive feedback used to follow-up with parents or carers and their Reception Year and Year 6 Children;
- Additional documents that you attach alongside the NCMP pre-measurement, parent's feedback and proactive feedback

[In response to your above bullet points, please see attached information.](#)

- Healthy weight care-pathways spreadsheet or service summaries for all children in the Reception Year and Year 6.

[In respect of your above question, it has been established after careful consideration that the Council does not hold the above information.](#)

[Consequently, we are unable to provide any information relating to the above, and are informing you as required by Section 1\(1\) \(a\) of the Act, that states:](#)

["Any person making a request for information to a public authority is entitled to be informed in writing by the public authority whether it holds information of the description specified in the request".](#)

Top Tips for Top Kids



change
4 life

Eat well Move more Live longer



Fun, free and easy ways to get your kids happy and healthy

We all want our children to grow up to be happy, healthy adults. But it can sometimes be hard to know how. So here are 8 easy tips to help you keep your kids feeling great.

These tips have been put together by health professionals and will help your kids to eat well and move more. Whatever their weight, it's important that children eat a healthy balanced diet and get lots of exercise to build a healthy body. The problem is too much stored fat in the body can lead to diseases like heart disease, some cancers and type-2 diabetes. If they're underweight it's just as important for them to eat healthy food and be active.

If you ever have any concerns about your kids' health or weight – please contact your GP.

For more information



Search for Change4Life



Top tip 1

Sugar swaps

Swapping sugary snacks and drinks for ones that are lower in sugar can make a huge difference to kids' calorie intake. Not only that, but it's better for their teeth too. Here are a few ideas on what to swap:

- Sugary drinks have no place in a child's daily diet. Swap to water, lower fat milks, sugar free, diet and no added sugar drinks instead.
- Switch to snacks like fresh fruit, plain rice cakes, plain nuts or toast with low-fat spread instead of sweets or biscuits.
- Swap sugary breakfast cereal to plain cereal such as plain porridge, plain, whole-wheat biscuits or plain shredded whole grain.



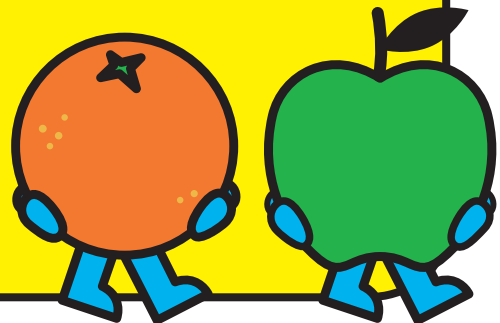
Top tip



Meal time

It's important for kids to have regular, proper meals as growing bodies respond better to routine.

- Try to organise the day around three regular meal times – it's easier to keep kids from pestering for snacks if they know when their next meal is coming!
- Eat together whenever you can. Kids copy parents, brothers, sisters and friends – so when they see other people happily eating lots of different, healthy foods, they'll follow suit.
- They call breakfast the most important meal of the day and it's certainly a great way to give kids the energy they need to give it a kick start, so don't let them skip breakfast. Try lower sugar cereals or toast, and if you add chopped fruit then that counts toward their 5 a day too!



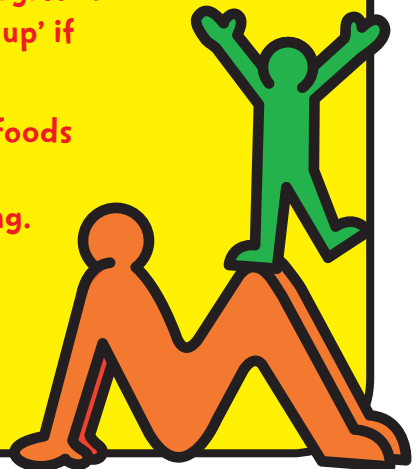
Top tip



Me size meals

Even though they're growing, it's important to make sure kids get just the right amount for their age – not too little and not too much. So here are a few tips to make sure they're getting the right sized portions.

- Remember that kids are smaller than adults. It sounds obvious, but an adult tummy is much bigger than a kid's tummy – so try and give them a portion that matches their size and not the same amount of food as you.
- Give a smaller portion to begin with, then let them ask for more if they're still hungry. And try not to nag them to 'eat it all up' if they're full.
- Watch packaging sizes. Lots of foods and drinks, like cans of pop, are designed for adults or for sharing.



Top tip



Snack check

Many snacks are full of the things that are bad for us – sugar, salt, fat and too many calories. So try and keep a careful eye on how many the kids are having. These tips might help keep the snack attacks at bay.

- **Keep count.** Many people are surprised when they actually count up how many sweets, crisps, and biscuits they get through. Keep count and you're more likely to cut down – which is good for your kids and for your purse too.
- **Don't forget that it is sometimes kinder to say no.** We all love to give our kids what they want, but try to find different ways to reward them – stickers, or a trip to the park.

| Snack check | |
|-------------|---|
| Apple | 1 |
| | |
| | |
| | |
| | |
| | |
| | |



Top tip 5

5 a day

It's easier than you think to give your kids five portions of fruit and vegetables a day. For kids, one portion is roughly a handful. Here are a couple of ideas on getting some good things into them:

- Fresh, frozen, dried, juiced and canned fruit and vegetables all count. And it only takes a couple of minutes to boil some frozen peas or open a can of sweetcorn.
- One glass of 150 ml unsweetened fruit juice counts as one of the five but limit the amount to no more than 150ml a day and keep it to meal times as it causes tooth decay.
- A piece of fruit or some vegetables can help cheer up a lunchbox. Try carrot sticks, baby tomatoes or a banana with a face drawn on the skin.



Top tip



Cut back fat

We all know too much fat is bad for us. But it's not always easy to tell where it's lurking. Here are a few fat-busting tips:

- Cut down on snack foods as they're often jam-packed with fat. Try and keep foods like crisps, buns, cakes, pastries and biscuits as occasional treats only.
- Grilling or baking food in the oven rather than frying it on the cooker can reduce the fat content by as much as two-thirds.
- Literally cut the fat. Trim off any fat you can see from meat before you cook it, and skin chicken and turkey first. Draining off the fat after cooking will also help.



Top tip 7

10 minute bursts of activity

Kids need to do at least 60 minutes of activity a day to help them stay happy and healthy. But it doesn't have to be sport – running around and having fun outside count too.

- Get them off the bus and out of the car – if it's walkable, walk it.
- Clock up 60 minutes' worth of active play each day after school and at weekends – this includes running around, going to playgrounds and kids' outdoor games. And it's all free!
- Get them splashing about. Whether it's lengths of the pool, or just playing about in the shallow end, a trip to the pool is a great way to get them moving and wear them out.
- Check out our great 10 Minute Shake Ups! by searching [Change4Life](#). Any burst of 10 minute activity counts and goes towards the 60 minutes of physical activity kids need a day.

Top tip



Get going everyday

The way life is today means that most of us spend too long sitting down. Not being active means our bodies don't burn off enough energy which leads to it storing up as fat inside.

- '2 hours max' - You may find it helpful to set a limit to how long your children can sit still in front of the TV, computer or video game. Some families have found saying '2 hours max' of screen time each day helps them to make sure kids jump up and play, or go outside after they've been sitting still for a while.
- Get them running around after school. We tend to think that they get loads of exercise at school, but they still need to be active out of school hours too.
- Get them up and about after eating, instead of plonking down on the sofa. Moving around helps digestion and can be fun.



change 4 life

Eat well Move more Live longer

Many kids today have too much fat in their bodies, so Change4Life is really important to their future. As Change4Life continues to grow, there will be plenty of interesting things to get involved in all over the country. These will include local events and activities, information packs and recipe ideas for yummy food amongst many other things.

If you're interested in receiving more information on helping your kids stay fit and healthy, why not join Change4Life today?

You can register at

 **Search for Change4Life**



change 4 life

Eat well Move more Live longer

You can register at
 **Search for Change4Life**

www.dh.gov.uk/publications

© Crown copyright 2016.

2905096. 1.25M. March 2016 (ANT) Top Tips for Top Kids Leaflet 2016.

Printed by Williams Lea for Public Health England

School Nursing Service
The Gem Centre
Neachells Lane
Wolverhampton
WV11 3PG
01902 444700

10 July 2018
Private and Confidential

Dear Parent/Carer,

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

Your child is due to have a routine health assessment with the School Nursing Service. This will include height and weight being measured and a vision check for Year 6 children if required. This is part of the governments healthy child programme.

All children in England in reception year and year 6 have their height and weight checked to enable both the Local Authority and the NHS to have an understanding of how children are growing and provide the best possible services for children with weight related problems.

Your child's class will take place in this year's measurement programme. The measurement will be undertaken by the School Nursing Service. Children who take part will be asked to remove their shoes and will be weighed in normal indoor clothing.

As part of the process, routine data such as your child's sex, address, postcode, ethnicity and date of birth, will be collected to help the Local Authority and NHS plan services for families. Your child's height and weight measurements will be stored locally on your child's health record. All information and measurements collected and recorded will be treated confidentially. Information on children's heights and weights will be made anonymous for use at a national level.

If you do not wish the height and weight of your child to be passed on for data collection in the Local Authority and the NHS, **please contact your School Nurse on 01902 XXXXXX.**

Once your child has had their routine health assessment, you will be informed by post if your child's results are outside of the healthy weight range. Your child's height or weight will not be shared with your child, other children or school staff.

If you would like more information on the National Child Measurement Programme you can contact your child's school nurse. They are also able provide information and tips on healthy eating and being physically active.

Yours sincerely

School Nursing Team

Chairman: Jeremy Vanes
Chief Executive: David Loughton CBE
Preventing Infection – Protecting Patients
A Teaching Trust of the University of Birmingham



Parent/Carer of «FirstName» «LastName»
«Address1»
«Address2»
«Address3»
«Postcode»

Pendeford Health Centre
Whitburn Close, Pendeford
Wolverhampton, WV9 5NJ
Telephone: 01902 444531

Private and Confidential

10 July 2018

Dear Parent/Carer of «FirstName» «LastName»

NHS No: «NHSNumber»

We recently sent you a letter about measuring «FirstName»'s height and weight in school as part of the National Child Measurement Programme.

Using the results, we have worked out «FirstName»'s body mass index, or BMI, which is a good way of checking if your child is a healthy weight. The calculation compares «FirstName»'s BMI to the average height and weight of a child of the same age and sex and is known as a centile. The centile indicates whether your child is underweight, healthy weight, overweight or very overweight.

| «FirstName»'s Results | | | |
|-----------------------|-------------|-----------------------|---------------------|
| Height (cm) | Weight (kg) | BMI Category | Measurement Date |
| «Height» | «Weight» | «ClinicalBMICategory» | «DateOfMeasurement» |

The results suggest that «FirstName» is overweight for their age, sex and height. It can sometimes be difficult to tell if your child is overweight as they look similar to other children of their age, but more children than ever before are above a healthy weight. If your child is overweight now, it can affect their confidence and they are more likely to grow up to be overweight as an adult. This can lead to health problems in the future, such as diabetes.

Please note that the results should be considered with what your child eats and how often they are involved in physical activities, along with any medical conditions your child may have.

This information has **not** been shared with «FirstName», other children or school staff. It is up to you as a parent/carer to decide whether to talk to your child about the results or not. There is no right answer; your approach will depend on your family, child and child's age.

If you would like to learn more about healthy weight for the whole family visit the Change4Life website www.nhs.uk/change4life or the NHS choices website www.nhs.uk/ncmp3

What happens next?

«FirstName»'s results give your family the chance to make informed decisions. There is lots you can do to help your child become a healthy weight as they grow. The NHS Choices website www.nhs.uk/ncmp3 provides useful information, tips and links to handy tools like the new Change4Life 'Food Scanner' app. The app can be downloaded for free to check the calorie information, sugar, salt and saturated fat content of food and drink.

Please find enclosed a leaflet called 'Top Tips for Kids' providing useful information on eating well and moving more. If you would like to learn more about a healthy weight for the whole family, visit the Change4Life website www.nhs.uk/change4life. You can also get advice from your School Nurse or your GP.

If you have any concerns about the information contained within this letter, please contact your School Nurse on the telephone number above.

Yours faithfully

School Nursing Team

Chairman: Jeremy Vane
Chief Executive: David Loughton OBE
Preventing Infection - Protecting Patients

A Teaching Trust of the University of Birmingham
Safe & Effective | Kind & Caring | Exceeding Expectation



Parent/Carer of «FirstName» «LastName»
«Address1»
«Address2»
«Address3»
«Address4»
«Postcode»

School Nursing Service

Private and Confidential

Date:

Dear Parent/Carer of «FirstName» «LastName»,

NHS No: «NHSNumber»

We recently sent you a letter about measuring «FirstName»'s height and weight in school as part of the National Child Measurement Programme.

Using the results, we have worked out «FirstName»'s body mass index, or BMI, which is a good way of checking if your child is a healthy weight. The calculation compares «FirstName»'s BMI to the average height and weight of a child of the same age and sex and is known as a centile. The centile indicates whether your child is underweight, healthy weight, overweight or very overweight.

| «FirstName»'s Results | | | |
|-----------------------|-------------|-----------------------|---------------------|
| Height (cm) | Weight (kg) | BMI Category | Measurement Date |
| «Height» | «Weight» | «ClinicalBMICategory» | «DateOfMeasurement» |

The results suggest that «FirstName» is underweight for their age, sex and height. Many underweight children are perfectly healthy but some can develop health problems.

Please note that the results should be considered with what your child eats and how often they are involved in physical activities, along with any medical conditions your child may have.

This information has **not** been shared with «FirstName», other children or school staff. It is up to you as a parent/carer to decide whether to talk you your child about the results or not. There is no right answer; your approach will depend on your family, child and child's age.

What happens next?

Your school nurse will contact you shortly to discuss any concerns you may have about your child's weight. You can also find out more about «FirstName»'s results by using the measurements in the NHS BMI calculator, visit www.nhs.uk/bmi . Please find enclosed a leaflet called 'Top Tips for Kids' providing useful information on eating well and moving more. If you would like to learn more about a healthy weight for the whole family visit the Change4Life website www.nhs.uk/change4life or the NHS choices website www.nhs.uk/Livewell/Goodfood/Pages/Underweightyoungchild.aspx

Meanwhile, if you have any concerns about the information contained within this letter please contact your school nurse on the telephone number above.

Yours faithfully

School Nursing Team

Chairman: Jeremy Vanes
Chief Executive: David Loughton CBE
Preventing Infection - Protecting Patients

A Teaching Trust of the University of Birmingham
Safe & Effective | Kind & Caring | Exceeding Expectation



Parent/Carer of «FirstName» «LastName»
«Address1»
«Address2»
«Address3»
«Address4»
«Postcode»

School Nursing Service

Private and Confidential

Date:

Dear Parent/Carer of «FirstName» «LastName»,

NHS No: «NHSNumber»

We recently sent you a letter about measuring «FirstName»'s height and weight in school as part of the National Child Measurement Programme.

Using the results, we have worked out «FirstName»'s body mass index, or BMI, which is a good way of checking if your child is a healthy weight. The calculation compares «FirstName»'s BMI to the average height and weight of a child of the same age and sex and is known as a centile. The centile indicates whether your child is underweight, healthy weight, overweight or very overweight.

| «FirstName»'s Results | | | |
|-----------------------|-------------|-----------------------|---------------------|
| Height (cm) | Weight (kg) | BMI Category | Measurement Date |
| «Height» | «Weight» | «ClinicalBMICategory» | «DateOfMeasurement» |

The results suggest that «FirstName» is underweight for their age, sex and height. Many underweight children are perfectly healthy but some can develop health problems.

Please note that the results should be considered with what your child eats and how often they are involved in physical activities, along with any medical conditions your child may have.

This information has **not** been shared with «FirstName», other children or school staff. It is up to you as a parent/carer to decide whether to talk you your child about the results or not. There is no right answer; your approach will depend on your family, child and child's age.

What happens next?

Your school nurse will contact you shortly to discuss any concerns you may have about your child's weight. You can also find out more about «FirstName»'s results by using the measurements in the NHS BMI calculator, visit www.nhs.uk/bmi . Please find enclosed a leaflet called 'Top Tips for Kids' providing useful information on eating well and moving more. If you would like to learn more about a healthy weight for the whole family visit the Change4Life website www.nhs.uk/change4life or the NHS choices website www.nhs.uk/Livewell/Goodfood/Pages/Underweightolderchild.aspx

Meanwhile, if you have any concerns about the information contained within this letter please contact your school nurse on the telephone number above.

Yours faithfully

School Nursing Team

Chairman: Jeremy Vanes
Chief Executive: David Loughton CBE
Preventing Infection - Protecting Patients

A Teaching Trust of the University of Birmingham
Safe & Effective | Kind & Caring | Exceeding Expectation



Parent/Carer of «FirstName» «LastName»
«Address1»
«Address2»
«Address3»
«Postcode»

Pendeford Health Centre
Whitburn Close, Pendeford
Wolverhampton, WV9 5NJ
Telephone: 01902 444531

Private and Confidential

10 July 2018

Dear Parent/Carer of «FirstName» «LastName»

NHS No: «NHSNumber»

We recently sent you a letter about measuring «FirstName»'s height and weight in school as part of the National Child Measurement Programme.

Using the results, we have worked out «FirstName»'s body mass index, or BMI, which is a good way of checking if your child is a healthy weight. The calculation compares «FirstName»'s BMI to the average height and weight of a child of the same age and sex and is known as a centile. The centile indicates whether your child is underweight, healthy weight, overweight or very overweight.

| «FirstName»'s Results | | | |
|-----------------------|-------------|-----------------------|---------------------|
| Height (cm) | Weight (kg) | BMI Category | Measurement Date |
| «Height» | «Weight» | «ClinicalBMICategory» | «DateOfMeasurement» |

The results suggest that «FirstName» is very overweight for their age, sex and height. It can sometimes be difficult to tell if your child is overweight as they look similar to other children of their age, but more children than ever before are above a healthy weight. If your child is overweight now, it can affect their confidence and they are more likely to grow up to be overweight as an adult. This can lead to health problems in the future, such as diabetes.

Please note that the results should be considered with what your child eats and how often they are involved in physical activities, along with any medical conditions your child may have.

This information has **not** been shared with «FirstName», other children or school staff. It is up to you as a parent/carer to decide whether to talk to your child about the results or not. There is no right answer; your approach will depend on your family, child and child's age.

If you would like to learn more about healthy weight for the whole family visit the Change4Life website www.nhs.uk/change4life or the NHS choices website www.nhs.uk/ncmp4

What happens next?

«FirstName»'s results give your family the chance to make informed decisions. There is lots you can do to help your child become a healthy weight as they grow. The NHS Choices website www.nhs.uk/ncmp4 provides useful information, tips and links to handy tools like the new Change4Life 'Food Scanner' app. The app can be downloaded for free to check the calorie information, sugar, salt and saturated fat content of food and drink.

Please find enclosed a leaflet called 'Top Tips for Kids' providing useful information on eating well and moving more. If you would like to learn more about a healthy weight for the whole family, visit the Change4Life website www.nhs.uk/change4life. You can also get advice from your School Nurse or your GP.

If you have any concerns about the information contained within this letter please contact your school nurse on the telephone number above.

Yours faithfully

School Nursing Team

Chairman: Jeremy Vanes
Chief Executive: David Loughton CBE
Preventing Infection - Protecting Patients

A Teaching Trust of the University of Birmingham
Safe & Effective | Kind & Caring | Exceeding Expectation



Support for you and your family

Other sources of advice and support

- [PHE Food Scanner App](#)
- [PHE 10 Minute Shake-Up videos](#) (online) and sign up to emails; in school activity and resources
- [PHE Smart Recipes App](#)
- [PHE Meal Mixer](#) 4 week support email programme
- [Change4Life website](#)
- [Wolverhampton Information Network](#) (WIN) - directory of services

If you would like more information about the national child weight management programme which is undertaken with Reception and Year 6 children in local schools, please use the following link:

<http://www.nhs.uk/Livewell/childhealth1-5/Pages/ChildMeasurement.aspx>

Further advice can also be found at the Change4Life website by using the following link:

<https://www.nhs.uk/change4life-beta/your-childs-weight/home#Qg7AYToDVYqQbsEg.97>

Health advice for people with children aged 6 to 15 years old. Advice for parents or guardians of children aged 6 to 15 years old including support with exams, diet and relationships:

<http://www.wolverhampton.gov.uk/article/4645/Health-advice-for-people-with-children-aged-6-to-15-years-old>

Change4Life fun generator - app is packed with over 100 fun activities for your kids to enjoy, indoors and out.

Go to <https://itunes.apple.com/gb/app/change4life-fun-generator/id526706782?mt=8>

Free NHS Weight Loss Plan: The plan, which has been downloaded more than 2 million times, is designed to help adults lose weight safely - and keep it off. Go to: <http://www.nhs.uk/Livewell/weight-loss-guide/Pages/losing-weight-getting-started.aspx>

Easy Meals App: download the app for over a hundred delicious and simple meal ideas to get you eating foods that are healthier for you. This app, together with other One You apps to help the family eat well and be more active, are available from <https://www.nhs.uk/Tools/Pages/easy-meals.aspx>