




City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL



  
<https://bradford.gov.uk-my.sharepoint>

**Department of Public Health**

5th Floor  
Britannia House  
Broadway  
Bradford  
BD1 1HX

Tel: **(01274) 435660**

Dear Parent/Carer

In Reception children have their height and weight measured as part of the National Child Measurement Programme. This is to help us understand how many children are not within a healthy weight and to offer help if needed.

The measurements will be done in school, by school nurses. Children will be measured fully clothed, except for their coats and shoes, in private away from other pupils. Children will not be made to take part on the day if they do not want to.

We would like to provide some assurance for parents of children with Special Educational Needs or Disabilities (SEND). We will allow extra time and support for the children who require this. If you would like to discuss this further, please contact the School Nursing Service.

The results of the measurements will not be given to your child or their school and are only available to health authorities. A letter addressed to the parent/carers will be sent to you if your child is outside of the healthy weight range.

If you have any questions about your child's growth, weight, body image or eating patterns, you can speak to your school nurse or Doctor. You can also visit [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) for help available in Bradford and information on healthier lifestyles.

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 measured, or your child has a medical condition that affects their height or weight please click on this link to opt out:

<https://bradford.childscreening.co.uk/Forms/ChildScreeningOptOut>

The opt out form needs to be completed within 2 weeks of receiving this email. If you have problems with the link please ring our School Nursing Admin Hub: **01274 221223 / 221203**.

If you would like to know about the information we collect and what it is used for, **see the additional information in the end of the letter** or click here [National Child Measurement Programme: privacy notice - GOV.UK](#)

Yours faithfully

Craig Blundred  
Director of Public Health



## **The information we collect and what it is used for**

### **Your child's data**

Your child's height, weight, date of measurement, sex and date of birth are used to calculate your child's weight category (also known as body mass index, or BMI).

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 held by NHS England and Department of Health and Social Care (DHSC) may also be linked to allow information from health and education records to be added, where lawful to do so. This helps understand how and why the weight of children is changing, and how this affects children's health and education and how the care children receive can be improved. These other data sets may include your child's health data relating to:

their birth

hospital care (including time in hospital and out-patient appointments and diagnosis of medical conditions)

mental health

social care

primary care (including all healthcare outside of hospital, such as GP and dental appointments)

public health (including data relating to preventing ill health, such as immunisation records)

records for when and the reason why people pass away

medical conditions, such as cancer and diabetes

health, lifestyle and wellbeing surveys that your child has participated in

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.

### **Why we need your contact details**

We need your address 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.

We need your email address and phone number because we may:

contact you by email or phone to discuss your child's feedback

send you your child's feedback letter by email

offer you further support following your child's height and weight measurement

## **How the data is used**

All the data collected is also used for research and planning to improve health, care and services.

All this information is treated confidentially and held securely. No individual measurements will be given to school staff or other children.

The information collected from all schools in the area will be gathered together and held securely by Bradford Metropolitan District Council. We will store your child's information as part of the local child health record on the NHS's child health information database and share it with the child's GP.

We will send all the information collected about your child to NHS England. NHS England is responsible for collecting data and information about health and care so that it 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 England with the Office for Health Improvement and Disparities (OHID) which is part of DHSC but in a de-personalised form only. This means OHID will not be able to identify your child.

Both NHS England and OHID will use the information from the NCMP to better understand numbers and trends in child weight and BMI. This helps to plan services to support healthy lifestyles in your area. No information will ever be published by NHS England or OHID that identifies your child. NHS England uses the data to produce [National Child Measurement Programme statistics reports](#) showing trends at national and local level.

De-personalised information from the NCMP may also be shared by NHS England 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. NHS England only ever shares information for research through formal assurance and approvals processes, seeking advice from experts as necessary.

## **How your child's data is collected and processed as part of the National Child Measurement Programme**

Local authorities have a legal duty to collect the National Child Measurement Programme (NCMP) data. They do this by following guidance from the Office for Health Improvement and Disparities (OHID), part of the Department of Health and Social Care.

Local authorities are responsible for making decisions on how the data is collected and making sure it is protected. Local NCMP service providers are contracted to do the measurements. This might be through the school nursing team or a local healthcare provider. The team collecting the data enter it into the NCMP IT system, which is provided by NHS England. The data may also be entered into a local child health information system.

Your local authority is responsible for sending the data to NHS England. NHS England and OHID are jointly responsible for the data held at a national level. Your local authority is responsible for the data held locally.

# Children and Families Living Well Service



**Are you a young person who is above a healthy weight?**

**Are your children above a healthy weight?**

Have you or your children ever wanted support to learn more about eating a healthy diet, being active, getting a good night's sleep, and looking after your mental health?



Building healthy habits in childhood and adolescence is the beginning of the journey to good health as an adult.



**mylivingwell.co.uk**







## Why is it important for you to eat well?

- To have energy to move, play and have fun.
- To help your body to feel healthy, strong and free from disease
- To boost your mood, concentration and focus
- To help you grow into a healthy body that's the right shape and size for you



## Why should you be physically active?

Being active is good for your body and your mind. Young people should aim to do at least 60 minutes of physical activity a day.

Whether crawling, running, playing or doing sports, moving our bodies can help us to be strong, healthy and free from disease. It can help us feel happy and sleep better at the end of the day.



## Let's talk about sleep

Good quality sleep is vital for our health and wellbeing. Children and teenagers need different amounts of sleep.

A regular sleeping pattern can help you get the right amount of sleep so that you feel happy, energetic, able to learn, and able to make healthier food choices more easily.



## Mental health and wellbeing

This describes your mental state, how you're feeling and how well you can cope with day-to-day life. Looking after your mental health helps you have resilience, to cope with life's ups and downs and feel good about yourself. Building good social relationships, getting good sleep and knowing where to go when things get too much are all important.

Our friendly advisors will help you strengthen your mental wellbeing by supporting you to access activities and resources which improve self-esteem and resilience. Being physically active, eating well and sleeping well all contribute to feeling mentally well.



# The Children and Families Living Well Service accept referrals for children in Bradford district aged 2-19 years who are above a healthy weight.

Your family will be supported by friendly Living Well advisors trained in health coaching, who offer at least six sessions in your home or a comfortable community setting.

We can take a family-based approach, or work with teenagers one-to-one if preferred. Older teens can be more involved in decisions about the lifestyle changes and goals we can help you work towards.

Because of the personalised support approach of the service, additional sessions can be offered if needed.


Our team is supported by a registered mental health nurse and dietitian.

Our Living Well Advisors understand that making changes takes time. They will encourage you and your family to learn from things you've tried before and help you to take positive steps towards goals that can help the whole family in the following ways:

- Eating well
- Moving well
- Sleeping well
- Feeling mentally well

## To access this service or for more information please get in touch:

When we receive your referral, one of our friendly trained advisors will contact you by telephone within a few weeks to discuss your referral and individual needs.

 **01274 435660**

 **ChildrenFamilies.LivingWellService@bradford.gov.uk**



The wording in this leaflet can be made available in other formats such as large print and Braille.  
Call 01274 435660.

**mylivingwell.co.uk**



