



Dear Parent/Carer,

### **The National Child Measurement Programme (NCMP)**

The National Child Measurement Programme (NCMP) took place at your school today. A member of the school nurse team measured the height and weight of your child. Please be assured that measurements were conducted in a sensitive way, in private and away from other children, following national guidelines. The measurements have not been shared with your child, school staff or other children but will be sent to you in a confidential letter within six weeks.

The letter will provide you with important health information about your child whilst the programme itself informs the planning and delivery of services that help children and families to lead healthy lives.

### **What the measurements mean**

The letter will include your child's height and weight measurements. If you would like to find out whether your child is underweight, a healthy weight or above a healthy weight, you can do this by simply entering their height and weight details into the NHS Body Mass Index (BMI) calculator. You could also plot their height and weight in their 'Red Book' to see how their growth may have changed since early childhood.

We know how important your child's health is to you and supporting your child's healthy growth is a really important part of that. Children come in all shapes and sizes and it is very difficult to tell whether a child is growing well just by looking at them. BMI is a useful tool that provides a snapshot of your child's weight in relation to their height, age, and sex. Research shows that being a healthy weight can help children to be fitter, better able to learn, more self-confident and reduces the risk of health problems later in life.

The decision of whether to talk to your child about the results is entirely yours. A guide on how to talk to your child about weight can be found at the end of this letter. The aim of this guide is to help parents/carers talk with their children about weight in a positive way. It gives tips and advice on what to say and do to help children be healthy and feel good about their bodies. This guidance is for parents/carers of children of all shapes and sizes.

### **How can I find out more?**

If you would like read more about the NCMP process and BMI calculations, visit [www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/](http://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/)

If you would like to speak to someone about making healthy choices as a family, call the Healthy Cornwall Team on 01872 324200 or go to their website at [www.healthycornwall.org.uk](http://www.healthycornwall.org.uk).

**Cornwall Council | Konsel Kernow**

Public Health, 1 East, New County Hall, Treyew Road, Truro, TR1 3AY

E: [ncmp@cornwall.gov.uk](mailto:ncmp@cornwall.gov.uk) T: 0300 1234 100

[www.cornwall.gov.uk](http://www.cornwall.gov.uk)

**Other good places for information are:**

- School Nurse Advice Line:  
[hvsnadvice@cornwall.gov.uk](mailto:hvsnadvice@cornwall.gov.uk) or 01872  
322779
- Active Cornwall: [www.activecornwall.org](http://www.activecornwall.org)
- Better Health Healthier Families:  
[www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)
- NHS website: [www.nhs.uk](http://www.nhs.uk)
- Your GP or Practice Nurse

Yours sincerely,  
Dhywgh hwi yn hwir

The NCMP Team

**Wellbeing and Public Health**

Email: [ncmp@cornwall.gov.uk](mailto:ncmp@cornwall.gov.uk)

Telephone: 0300 1234 100

Find out more about the NCMP process and BMI calculations.

[www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/](http://www.nhs.uk/live-well/healthy-weight/childrens-weight/national-child-measurement-programme/)



A short information video about the NCMP in Cornwall.

<https://www.youtube.com/watch?v=Wx4DSch3hPo>



Talking to children about weight: A guide for parents and caregivers of children aged 4-11 years.

[www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/](http://www.bath.ac.uk/publications/talking-to-your-child-about-weight-a-guide-for-parents-and-caregivers-of-children-aged-4-11-years/)



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