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| **Somerset County Council**  Public Health  County Hall  B3S  Taunton  Somerset  TA1 4DY |  |
| GP practice»  «GP practice\_Address1»  «GP practice\_Address2»  «GP practice\_Address3»  «GP practice\_Postcode | For **general enquires** about the National Child Measurement Programme please contact:  [publichealth@somerset.gov.uk](mailto:publichealth@somerset.gov.uk)  February 2018 |

To [insert details of GP practice contact],

**Re: The National Child Measurement Programme**

As part of the National Child Measurement Programme (NCMP), children in Reception Year (aged 4-5 years) and Year 6 (aged 10-11years) have their heights and weights measured at school.

Locally, Somerset County Council uses the NCMP to monitor progress on the Public Health Outcomes Framework Indicator for *Excess Weight in Children* and to inform planning of services to promote and achieve healthy weight in childhood. In 2016/17 1 in 5 Reception children and 1 in 3 Year 6 children were found to be overweight or very overweight in Somerset.

This year the measurements will be done by the School Nursing Service between March - May and parents will be notified of the results by letter during the summer school term. There will be four categories: underweight, healthy weight, overweight and very overweight, as measured using the WHO Child Growth Standards.

Parents with concerns or questions will initially be invited to contact the local school nurse teams and given information about the national Change4Life resources. As a final option parents may choose to contact their GP practice.

Research on NCMP suggests that parents of overweight children may prefer to contact their GP. We will therefore be sending you copies of the relevant parent results letters. Please note that these are for your practice records and should not be passed on to the school nursing service.

Please see overleaf for more explanation about the measurements and a list of resources.

Public Health has also produced a FAQ leaflet for parents that you may find helpful: [www.cypsomersethealth.org/resources/Heights\_and\_Weights\_Factsheet.pdf](http://www.cypsomersethealth.org/resources/Heights_and_Weights_Factsheet.pdf)

If you have any comments on receiving NCMP results please feel free to contact us.

We hope this information is of use.

Yours sincerely

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| Julian Wooster |  | Trudi Grant MSc PH, UKPHR, FFPH |
| Director of Children’s Services |  | Director of Public Health |
| Somerset County Council |  | Somerset County Council |

**How the NCMP results are calculated – body mass index (BMI) centiles**

Each child’s NCMP result is based on a ‘BMI centile’, which provides information as to whether a child is a healthy weight for their height, age and sex according to standard growth charts. This is the approach recommended by the National Institute for Health and Care Excellence (NICE) and the Royal College of Paediatrics and Child Health (RCPCH) to assess child weight status. The BMI centile thresholds are indicated below.

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| --- | --- | --- | --- |
| **Underweight** | **Healthy weight** | **Overweight** | **Very overweight** |
| Below 2nd BMI centile (children may be healthy) | Between 2nd and  90th BMI centile | Between 91st and 97th BMI centile | At or above 98th  centile |

**Resources**

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| Free e-learning sessions about child obesity for NHS clinicians | **RCGP e-learning:**  Obesity and using motivational interviewing in practice <http://elearning.rcgp.org.uk/course/info.php?id=147&popup=0>  **BMJ Learning:**  Podcast: Obesity in children: assessment and management <http://learning.bmj.com/learning/module-intro/obesity-in-children--assessment-and-management.html?moduleId=10013988>  Childhood obesity: a guide on diagnosis, prevention and management  [http://learning.bmj.com/learning/module-intro/childhood-obesity--diagnosis--management-prevention.html?moduleId=10008188&searchTerm=“obesity”&page=1&locale=en\_GB](http://learning.bmj.com/learning/module-intro/childhood-obesity--diagnosis--management-prevention.html?moduleId=10008188&searchTerm=) |
| NICE clinical guideline on the prevention, identification, assessment and management of overweight and obesity in adults and children | Obesity: the prevention, identification, assessment and management of overweight and obesity in adults and children (CG43)  [www.nice.org.uk/CG43](http://www.nice.org.uk/CG43) |
| UK child BMI growth charts | The RCPCH website has the official UK 2-18 child growth charts available for download, along with training materials to support the use of the 2-18 growth chart  [www.rcpch.ac.uk/child-health/research-projects/uk-who-growth-charts/uk-growth-chart-resources-2-18-years/uk-2-18-yea](http://www.rcpch.ac.uk/child-health/research-projects/uk-who-growth-charts/uk-growth-chart-resources-2-18-years/uk-2-18-yea) |
| NHS Choices BMI Calculator and iPhone App | The NHS Choices BMI calculator calculates a child’s BMI centile in line with the approach used by the NCMP, and that recommended by NICE and the RCPCH [www.nhs.uk/Livewell/loseweight/Pages/BodyMassIndex.aspx](http://www.nhs.uk/Livewell/loseweight/Pages/BodyMassIndex.aspx)  An iPhone App version of the calculator is available to download from the Apple App Store. |
| Change4Life | Information and resources on the Change4Life programme are  available from [www.nhs.uk/change4life/Pages/change-for-life.aspx](http://www.nhs.uk/change4life/Pages/change-for-life.aspx) |