

The National Child Measurement Programme (NCMP)

Patient Information

Wigan School Nurse Service

Frequently Asked Questions NCMP - The Results

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Feelings and Concerns

All parents and carers want their child to be healthy, and getting a result that they are underweight, overweight or very overweight, can be a shock. Parents may disagree with the result, and be worried about its impact on their child; they want to know more about services and support.

We hope to cover these issues in this leaflet.

How did you get this result?

We can't tell just by looking if a child is a healthy weight so we use a **BMI (Body Mass Index)** calculation to get each child's result.

The **BMI (Body Mass Index)** calculation is an accurate measure of body fat and is the best and most accurate approved tool available to us at the moment.

Unlike adult BMI calculations, children's BMI is plotted against 'centiles' drawn from data for children of the same age and sex, just like the health charts in their red book as a baby. Plotting a child's height and weight on these growth charts generates a result:

Underweight	< 2 nd centile
Healthy Weight	2 nd – < 91 st
Overweight	> 91 st centile
Very overweight	> 98 th centile

Measurements taken in Reception class at school, and again in Year 6, allow us to see patterns across the years; this enables us to identify and plan appropriate local programmes and services.

Am I expected to tell my child they don't have a healthy weight?

We don't share the results with children, and parents do not need to share the result either, but we do hope that parents will use them as an opportunity to consider if their child's food and exercise routine is meeting their needs:

- encourage at least 60 minutes of exercise a day
- look at your child's food portion sizes
- consider healthy or limited snacking, reducing takeaways & fizzy drinks
- consider limiting your child's time on the computer or gaming, and encourage them to be physically active instead.

It may also be an opportunity to:

- explore any underlying health needs
- think how the family can work together to stay healthy

Forming good habits early can really make a difference to the quality of life we lead now and in the future ...

There's lots of information on getting a healthier lifestyle on these websites:

<https://www.nhs.uk/change4life>

www.weightconcern.org.uk

... I'm big, so they're going to be big ...

... it's genetic, runs in the family ...

... but they're in proportion ...

... they do loads of sports ...

What determines our height and weight can be complex.

We can inherit our physical features such as height from our parents, and even a tendency to gain weight or struggle to lose it.

Some people can have genetic conditions that can affect how they grow, though these are rare.

There are also some types of medication that can affect a person's weight.

A very active child will still gain excess weight if their calorie intake is greater than the exercise they do. Consider just a quarter of a pizza requires a person to walk for almost 1 ½ hours to burn off the calories!

Eating too much and moving too little is generally going to result in gaining weight over time.

Does my child need to go on a diet?

No. This programme is about giving parents the opportunity to make lifestyle changes, not diets.

You may want to increase the family's exercise through walking, and explore your local communities, for example:

<https://www.wigan.gov.uk/Resident/Parking-Roads-Travel/Travel/Walking.aspx>

Let's Get Moving is a programme that offers free sessions, including swim and gym opportunities for children and families:

Phone: **01942 828812** (call to book FREE activities)

Email: Wellbeing@ihlmail.org

Website: www.inspiringhealthylifestyles.org

How can I check that the changes are making a difference?

You can check your child's weight yourself at www.nhs.uk/bmi

If you want more support, contact the School Nurse team in the school's locality. If you are educating at home, contact the School Nurse team in the area that you live in.

Contact Us

Our duty line has a secure answer machine facility; please leave your child's name, school, your telephone number and a brief message and we'll get back to you. Call us on 0300 707 1091.

NCMP (only)

Email Address: wwl-tr.wwlschoolnursingncmp@nhs.net



@WWL_SchoolNursing



Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am to 4pm)

The Patient Relations/PALS Manager
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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



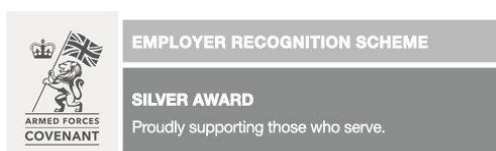
How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please take a look at our “how we use your information” leaflet which can be found on the Trust website: <https://www.wwl.nhs.uk>

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information please ask in the department/ward.

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Call 111 first when it's less urgent than 999.



Phone: 0808 802 1212
Text: 81212
www.veteransgateway.org.uk

