National policy updates & priorities

Priority 1 Maintaining the NCMP
• GDPR
• Digital Child Health Strategy

Priority 2 Supporting local delivery
• Operational Guidance 2018
  ➢ GDPR/Following-up extreme BMI’s
• Parents feedback letter/leaflet (post measurement)
• Advocacy resources

Priority 3 Improving the use of data
• NCMP Research Network

What’s in development – sneak preview!
Priority 1: Maintaining the NCMP

To ensure the NCMP core requirements are maintained to maximise the quality, use and availability of the NCMP data by supporting local areas to achieve a high participation rate. Working with PHE Risk Factors Intelligence Team to support the use of the data in line with local needs.
• GDPR became UK law on 25 May 2018.
• All processing of data MUST have a lawful basis under GDPR

NCMP update
• Lots of confusion; schools, providers, local authorities, informed parents
• Misinterpretation and understanding of how GDPR applies to NCMP
• Handled all enquiries to date
• Working closely with Dr Robert Kyffin, Data & Information Policy and Partnerships Lead, IG & Policy Office and DHSC legal team lawyers
<table>
<thead>
<tr>
<th>Level</th>
<th>Organization</th>
<th>Role</th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>PHE NCMP National Team</td>
<td>Issue operational guidance on the delivery and oversee adherence</td>
</tr>
<tr>
<td>4</td>
<td>PHE Centres</td>
<td>Support delivery of guidance and alert national team to issues</td>
</tr>
<tr>
<td>3</td>
<td>Local Authority</td>
<td>Implement, deliver &amp; commission the NCMP</td>
</tr>
<tr>
<td>2</td>
<td>NCMP provider</td>
<td>Collect school height and weight check data &amp; send feedback</td>
</tr>
<tr>
<td>1</td>
<td>Schools</td>
<td>Host measurement day and release class lists information to Provider</td>
</tr>
<tr>
<td></td>
<td>Children/Parents</td>
<td>Parents choose to withdraw their children from the programme</td>
</tr>
</tbody>
</table>
Statutory authority for processing NCMP data is provided by:

1. The Local Authorities (Public Health Functions and Entry to Premises by Local Healthwatch Representatives) Regulations 2013 (351).
   

2. The Local Authority (Public Health, Health and Wellbeing Boards and Health Scrutiny) Regulations 2013 (218).
   
   http://www.legislation.gov.uk/uksi/2013/218/contents/made
Key points

• Lawful basis for the processing of NCMP data under the GDPR is;
  – ‘compliance with a legal obligation’ – article 6(1)(c) & 6(1)(e)
  – ‘provision of health or social care’ – article 9(2)(h) & 9(2)(i)

Consent is not the lawful basis for the NCMP.

Providing parents with the opportunity to withdraw their children from participation in the NCMP is required in accordance with Regulation 12. The Local Authority (Public Health, Health and Wellbeing Boards and Health Scrutiny) Regulations 2013.

• No change is needed to the way NCMP data is processed by local authorities from 25 May 2018 onwards for this to be lawful under the GDPR.
NCMP and GDPR action

✔ Addendum published March 2018 – No change
✔ Operational Guidance July 2018 includes GDPR
✔ Updated pre-measurement letter to meet required elements of GDPR July 2018
✔ Schools Letter to Headteachers re; GDPR (x2)
✔ Monitored impact on NCMP Participation levels for 2017/18 – 2018/annual report Oct 2018
✔ Support PHE Centre’s/LA’s and respond to GDPR enquires
NCMP and Digital Child Health Strategy

NCMP surveillance data

Potential to be easily accessible by:
- Parents (feedback)
- Health Professionals
- GP’s

Personal Child Health Record - electronic

DCHS proposes that:
Two measurement events (R & Y6) are added to child’s growth record

https://www.england.nhs.uk/digitaltechnology/child-health/
Data flow NCMP

Local Authority
(LA Regs 2013 Nos. 351 and 218)
Data Controller

NCMP Provider/School Nursing Team working in schools
Reception (age 4/5 years) and Year 6 (age 10/11 years)
Data Processor

Child Health Information Services (CHIS)
Data Processor

PCD - NHS No. may be used

Contract and MOU

PCD - non-disclosive once purged annually
Public Aggregate

Row level - anonymised

Parent feedback letters

PCD

General Practitioner
Or other Service Provider
If healthcare required

Access to system PCD

Commissioner

Note: List of children obtained via national census school data, or requested from schools (sharing agreement), or Internally from LA Education Services
New NCMP Guidance (1)

National Child Measurement Programme: Guidance for Analysis and Data Sharing 2018

- Obesity RFI updated guidance designed to support local authorities and other organisations and individuals who wish to make use of the National Child Measurement Programme data
- Overview of the published analyses provided by Public Health England and NHS Digital; information on the dataset and how it can be accessed and shared
- Suggestions for regional, local and neighbourhood analyses
- Guidance on the appropriate use of the NCMP dataset to comply with data protection and disclosure rules; caveats associated with the NCMP data and its interpretation; and suggestions for local data quality checks.

NCMP Media Pack

Aim to help local authorities promote the value of the NCMP and to manage and mitigate negative media coverage of the programme.

Pack includes:

- Support for local areas on preparing reactive and proactive content for local and national media
- Key NCMP messages and other useful information when dealing with media queries about the NCMP
- A guide to answering common queries about the NCMP
- Examples of news stories about the NCMP feedback letter
- Example of a press notice on the NCMP
- Social Media content
Priority 2: Supporting local delivery

Improving information, advice and support offered to local authorities, parents, schools and primary care as a part of the NCMP: To maximise the participation rates and impact of the programme.
Operational guide 2018/19

Key updates

- NCMP Key deliverables table
- GDPR
- Follow-up extreme BMI Centiles

Table 1: Key Deliverable Elements of the National Child Measurement Programme. Part 2 of 2.

<table>
<thead>
<tr>
<th>Parent</th>
<th>School</th>
<th>LA</th>
<th>NCMP Provider</th>
<th>NHS D</th>
<th>Public Health England</th>
</tr>
</thead>
<tbody>
<tr>
<td>Receive results letter within 5 weeks of measurement</td>
<td></td>
<td>Download and save locally the enhanced dataset accessed through the NCMP IT system. Consider local analysis and make Joint Strategic Needs Assessment. Share non-identifiable information with Health and Wellbeing Boards.</td>
<td>Final data validation checks and submit data to NHS Digital using the NCMP IT system.</td>
<td>National validation, checking and analysis of data</td>
<td>CCG, Ward and MSOA level analysis of data and update online visualisation tools and reports.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Send school feedback letters.</td>
<td>Disseminate results letters for parents. Check at least one in every 10 against the information entered into the NCMP IT system for accuracy.</td>
<td>Annual report published</td>
<td>Make 'school feedback letters' available to LAs.</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Deliver Proactive Follow-up, such as phone calls to parents and signposting to local services.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Key deliverable elements</strong></th>
</tr>
</thead>
</table>

**Table 1: Key Deliverable Elements of the National Child Measurement Programme. Part 1 of 2.**

<table>
<thead>
<tr>
<th>Stakeholders</th>
<th>1. Informing Key Stakeholders</th>
<th>2. Planning the measurements</th>
<th>3. Identify eligible cohort</th>
<th>4. Doing the measurements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Parent</strong></td>
<td>Attend Healthy Weight or NCMP parent information session (e.g. parents evening/assembly)</td>
<td>Receive pre-measurement letter and opportunity to opt out</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>School</strong></td>
<td>Use ‘Our Healthy Year’ Resources</td>
<td>Agree measurement dates with NCMP Provider</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>LA</strong></td>
<td>Use NCMP resources to raise awareness of the NCMP among GPs, School nursing service, elected members etc.</td>
<td>Commission NCMP Provider and ensure necessary training</td>
<td>Access class list from schools or census (NB: census available from January)</td>
<td>Ongoing checks of the data quality indicators within the NCMP IT System</td>
</tr>
<tr>
<td><strong>NCMP Provider</strong></td>
<td>Use ‘Our Healthy Year’ Resources</td>
<td>Ensure staff have Disclosure and Barring Service (DBS) checks. Provide staff with necessary training and support</td>
<td>Send parents pre-measurement letter 2 weeks before measurement day Enter pre-measurement information into NCMP IT system Collate opt outs. Consider alternative arrangements for children who cannot participate due to physical disability or medical reasons</td>
<td>Carry out weighing and measuring in a private room or screened off area Enter height and weight data into NCMP IT system</td>
</tr>
<tr>
<td><strong>NHS Digital</strong></td>
<td>Open NCMP IT system for current collection year</td>
<td>Provide ongoing support to LAs and NCMP Providers using the NCMP IT system</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Public Health England</strong></td>
<td>Issue operational guidance and resources</td>
<td>Provide ongoing support to LAs and NCMP Providers delivering the NCMP</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Operational Guidance update (1)

**GDPR**

<table>
<thead>
<tr>
<th>EU General Data Protection Regulations (GDPR) and the processing of NCMP data</th>
<th>Page number</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Chapter 3. NCMP and the GDPR</td>
<td>12</td>
</tr>
<tr>
<td>• Chapter 3. Class-list and delivery arrangements (section 3.25)</td>
<td>17</td>
</tr>
<tr>
<td>• Chapter 3. Providing the opportunity to parents to withdraw their child from the NCMP (section 3.32)</td>
<td>18</td>
</tr>
<tr>
<td>• Appendix 1. An overview of the lawful basis for processing the NCMP under the GDPR</td>
<td>42</td>
</tr>
</tbody>
</table>
• **Providing proactive follow up** as part of duty of care in feeding back to parents and for children falling out of the healthy weight range, particularly those children who fall on extreme BMI centiles. E.g. ‘severely obese (99.6\textsuperscript{th})’ or ‘very thin (0.4\textsuperscript{th})’ *(recommended as per RCPCH guidance)*

• **Child BMI centile classifications** information included on extreme centiles ‘very thin’ and ‘severely obese’.
  – Can be viewed on the NCMP IT System (combined data set/pupil grid)
  – Four weight status categories for feedback letters to parents remains the same as previous years:
    ➢ Healthy Weight,
    ➢ Underweight,
    ➢ Overweight
    ➢ Very Overweight
Parents feedback letter 2018

Key changes to 2018 version:

1. Text on how child’s growth compares to national growth charts

2. A social norms statement about overweight and very overweight children being in the minority
   - text in the overweight and very overweight letters is different for children in Reception, compared to those in Year 6.

3. LAs to provide information about the local child weight management services available

4. Making it as easy as possible for a parent to refer/attend a programme (e.g. freepost envelope/place booked for them)

Have you used this letter locally? Do you have any feedback?
NCMP Post-measurement leaflet: Change4Life ‘top tips to keep your family health

- NCMP post-measurement leaflet is for local authorities to send with the NCMP result letters to parents and replaces the ‘top tips for top kids’ leaflet

- Simple tips to help families eat well and move more and highlights information Change4Life

- Hard copies of the leaflet can be ordered from PHE’s Campaign Resource Centre

![Previous version](image1.png)  ![New version (July 2018)](image2.png)
Supporting Parental Engagement

School height and weight checks

Has your child just been measured at school? The results can be surprising, but they’re just a snapshot of your child’s weight and it’s not the end of the world. Get them back to a healthy weight with a few simple changes to help them eat more healthily and be more active.

Make a change today!

Have you received a letter?

Your child’s weight https://www.nhs.uk/change4life-beta/your-childs-weight/home
Our Healthy Year Teacher Resources for Reception and Year 6

- 30+ digital teaching assets that support the printed resources
- Classroom activities
- Take-home challenges
- Celebration certificate
- Information for head teachers and governors

Our Healthy Year Wall chart
NCMP Advocacy resources

- Infographics – available for LA’s to use
- Local Authority reports (x2) and practice examples – plan to publish Q4
- Cost Model – completed user guide being drafted, plan to publish Q4
- Elected Members Briefing – under review (LGA)
What is the National Child Measurement Programme? An overview of the process

Every year in England, in Reception (aged 4-5) and Year 6 (aged 10-11) children have their height and weight measured to calculate their weight status.

Parents are notified

Parents receive a letter about measurement day at their child’s school. The letter will tell parents how they will receive their child’s results.

School height & weight checks

Measurements are carried out by trained staff e.g. school nurse assistant. Children take off their coat and shoes for a more accurate measurement.

Parents’ result letters

Most areas send parents a confidential letter about their child’s weight status within 6 weeks of measurement.

Parents’ action

A parent can speak to their school nurse or GP for further advice and support about their child’s weight.

Parents can monitor their child’s weight status by visiting the NHS Healthy Weight Calculator.

Data use

The data is held by the local authority and sent to NHS Digital and Public Health England, where it is stored securely and used for analysis.

It builds a picture of how children are growing to help plan better health and leisure services for families.

Over a million children take part each year

87% of parents say they find the NCMP feedback helpful
National Child Measurement Programme
The value for local authorities

Every year in England, over 1 million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured to calculate their weight status.

A mandatory public health surveillance programme. All 152 local authorities submit data annually.

The Childhood Obesity Plan: A barometer to measure progress. Data has official National Statistics status.

74% of stakeholders agree the NCMP has an important role in their childhood obesity work.

Informing commissioners' work
- Understanding health inequalities
- Public Health Outcomes
- Framework indicators on child excess weight
- Joint Strategic Needs Assessment priorities

Informing parents
- 72% intend to change lifestyle behaviours
- 87% say they find the feedback helpful
- Web link to the 'Your child’s weight' page on Change4Life

Informing schools
- Encouraging a whole school approach to healthy weight
- 'Our Healthy Year' resources for teachers and school nurses
National Child Measurement Programme
The data is a world-class source of public health intelligence
Every year in England, over 1 million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured.

Obesity trends from 2006/07-2016/17

- **Reception Year**: Obesity has been declining; however, data for 2015/16 and 2016/17 shows an increase.
- **Year 6**: Obesity shows an upward trend.

<table>
<thead>
<tr>
<th>Year 2016/17</th>
<th>No. measured</th>
<th>No. obese</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reception</td>
<td>629,359</td>
<td>60,502</td>
<td>9.6</td>
</tr>
<tr>
<td>Year 6</td>
<td>556,452</td>
<td>111,169</td>
<td>20.9</td>
</tr>
</tbody>
</table>
National Child Measurement Programme
Data showing inequalities within childhood obesity
Every year in England, over 1 million children in Reception (aged 4-5) and Year 6 (aged 10-11) have their height and weight measured.

<table>
<thead>
<tr>
<th>Deprivation</th>
<th>2016/17</th>
<th>Year 6 %</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Reception %</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Most deprived</td>
<td>12.7</td>
</tr>
<tr>
<td></td>
<td>Least deprived</td>
<td>5.8</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>2016/17</th>
<th>Year 6 %</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Boys</td>
<td>10.0</td>
</tr>
<tr>
<td></td>
<td>Girls</td>
<td>9.2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ethnicity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obesity prevalence by ethnic group differs for both Reception and Year 6 children</td>
</tr>
</tbody>
</table>
National Child Measurement Programme
Tracking study 2017: Key findings
Changes in the weight status of children between the first and final years of primary school

<table>
<thead>
<tr>
<th>3% of children in reception year</th>
<th>Predicted weight status in year 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sevarely obese</td>
<td>Around a third become obese</td>
</tr>
<tr>
<td></td>
<td>1 in 10 become overweight</td>
</tr>
<tr>
<td>Obese</td>
<td>Around a third become either a healthy weight or overweight. More than two thirds remain obese or become severely obese</td>
</tr>
<tr>
<td>Overweight</td>
<td>Just under a third either:</td>
</tr>
<tr>
<td></td>
<td>• gain a healthy weight</td>
</tr>
<tr>
<td></td>
<td>• remain overweight</td>
</tr>
<tr>
<td></td>
<td>• become obese</td>
</tr>
<tr>
<td></td>
<td>1 in 10 become severely obese</td>
</tr>
<tr>
<td>Healthy weight</td>
<td>More than 1 in 10 become overweight</td>
</tr>
<tr>
<td></td>
<td>Around 1 in 10 become obese or severely obese</td>
</tr>
<tr>
<td>Underweight</td>
<td>Most gain a healthy weight</td>
</tr>
</tbody>
</table>

34,048 children tracked between 2006/07 and 2014/15
Local authorities can use the model to predict weight status

28
Priority 3: Improving use of NCMP data and research associated with the programme
NCMP Research priorities

Research Area (1): Improving our understanding of the NCMP data sets
• Ethnicity, SES, localised downward trends, data linkage e.g. R & Yr6, birth episode

Research Area (2): Learning how to improve the NCMP feedback letter to increase referral rates and instigate behaviour change
• role that the letter can play and how to develop its content

Research Area (3): Identifying good practice in embedding NCMP in a supportive whole school approach to healthy weight

Research Area (4): Supporting Local Authorities to commission and deliver the NCMP in the most cost effective way
• Guide researchers & inform funding agencies
Making use of NHS no. to connect results with other health outcomes and to analyse changes from reception to measurement year:

4. Using NHS number as an identifier and interrogating the data from other NHS data sets, what correlations and trends can be detected that inform our understanding of the relationship between obesity and other health outcomes e.g. oral health, type 2 diabetes?

5. What factors correlate with different weight status and with the changes between reception and year 6 measurements for individual pupils?

Driving our understanding of behaviour change in connection with the programme:

8. What are the factors/techniques associated with the NCMP that can drive behaviour change of parents and children with regard to maintaining a healthy weight?

9. What text and image content produces the greatest level of action and ultimately behaviour change in parents and children?
NCMP Research Programme

E-bulletin x2/year

NCMP Research Network

Seminar

Build Membership

Academic & LA collaboration
What’s new!
NHS Choices BMI Calculator – relaunch 2018

✓ BMI algorithm (ages 2-4 now aligns with WHO/UK90)

✓ Corrected all errors reported e.g. ‘100th centile’

✓ Aligns with NCMP BMI centiles/categories

✓ Stigmatising language revised

✓ New tool has the ability to separate out answers and advice based on BMI, age, activity level, gender and ethnicity (adults only)

✓ Supporting information tailored to BMI result e.g. underweight/healthy weight/overweight
NCMP weight feedback

- Approx. 80% of Local authorities send out parent feedback letters
- 87% of parents found the feedback to be helpful*
- Nearly 75% reported an intention to make positive lifestyle changes**


Guide for School Nurses/NCMP practitioners

Work in progress……..

A guide for school nurses/NCMP practitioners to have supportive conversations with parents about weight

Includes;

• Understanding parents reactions to the NCMP
• Creating the conditions for a supportive conversation about a child’s weight
• Weight Awareness Continuum: Awareness, Acceptance, Action
• Using an NCMP Conversation Framework to respond to parents
• Responding helpfully to common questions or challenges from parents
Creating the conditions for a supportive conversation about a child’s weight

1. Check child’s details
2. Allow expression of parents concern or query
3. Empathise with parents emotional response
4. Seek permission to respond/intervene
5. Deliver targeted response to support the parent/carer

Confidential environment
Weight Awareness Continuum

**Awareness**
Extent to which parents know that their child is above a healthy weight

**Acceptance**
Extent to which parents agree with the information from NCMP weight feedback and its implications for their child’s health and wellbeing

**Action**
Extent to which parents have accepted their child’s weight status, understand the options available to them for taking action, and is ready to do it

Weight awareness continuum
For more information

Alison Gahagan/Jade Clark
NCMP Programme Managers

Lisa Mabbs
NCMP Programme Support

Email: gahagan.taylor@phe.gov.uk
Email: ncmp@phe.gov.uk

Twitter: @PHE_Obesity
Web: www.gov.uk/phe
About Public Health England

Public Health England exists to protect and improve the nation’s health and wellbeing, and reduce health inequalities. We do this through world-leading science, knowledge and intelligence, advocacy, partnerships and the delivery of specialist public health services. We are an executive agency of the Department of Health and Social Care, and a distinct delivery organisation with operational autonomy. We provide government, local government, the NHS, Parliament, industry and the public with evidence-based professional, scientific and delivery expertise and support.

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Published: February 2018
PHE publications gateway number: 2017776