

MAKING AN INFORMED DECISION

The National Child Measurement Programme

? Why should I care about the NCMP?

There are lots of reasons to consider, but research shows it can and does harm children.

- There is compelling evidence to suggest that perceived "overweight" is associated with disordered eating and predictive weight gain over time.
- It can encourage parents to put their children on calorie-controlled diets (or encourage the children to do this themselves). No child should be on a diet without medical supervision.
- It can perpetuate bullying (anti-fat bias and weight stigma) in children, shown to be independently bad for health and mental wellbeing.

? What is the NCMP?

Since 2006, children in reception and year 6 have been measured in state-funded schools for their height and weight by the local council. Their BMI is calculated and the data is then used for the government to monitor trends in children's weight and to inform their policies on body size in children.

A secondary outcome of the NCMP is a letter sent to parents, informing them of their child's individual BMI category.

? What can I do about the NCMP?

As a parent, you can write to your school (or school nursing team) and actively opt your child out of the programme. We have a sample letter in our information pack showing how this can be done. If you opt out and your child is weighed anyway, you can complain via your school nursing team and also the school itself. You can also empower your child to say 'no' to being weighed on the day.

Your child has the right to say 'no' to being weighed.

? How can I learn more?

We've written a comprehensive information pack for schools, parents and caregivers which includes extensive research as well as resources and advice.

Use the QR code to download the full information pack.



SCAN ME