Wirral Services for Child Health (WSCH)

 Child Development Centre

 Wing 2, Floor 2

 St Catherine’s Hospital

 Church Road

 Tranmare

 Wirral

 CH42 0LQ

**Private and confidential**

Dear Parent/Carer:

**National Child Measurement Programme results for [insert child’s name]**

We recently measured your child’s height and weight at school as part of the National Child Measurement Programme. A letter about this was sent to you before the measurements were done.

The national programme helps monitor children’s health and well-being and aims to make parents aware of any potential problems with their child’s weight so they can seek help if needed. The information is held by your local NHS and treated confidentially. It has not been shared with school staff or other children.

Here are your child’s results

**Date measured:**

**Height:**

**Weight:**

 ▼

|  |  |  |  |
| --- | --- | --- | --- |
| UnderWeight | Healthy Weight | Over Weight | Very Overweight |

The arrow indicates that your child’s weight falls into the Very Overweight category.

These results suggest that your child is very overweight for their age, gender and height. Being very overweight can lead to health problems such as high blood pressure, early signs of type 2 diabetes and low self confidence.

You can go online for practical advice at www.nhs.uk/change4life and www.nhs.uk/ncmp3. You can also find out how your child’s result was calculated, and how they are growing over time, by going to www.nhs.uk/bmi. The enclosed leaflet has some tips on how to help your family eat healthily and be physical active. If you would like further advice about your child’s weight and what to do about these results, ask to see your G.P., or Practice Nurse via school.

**Thank you for reading this letter – we hope this information is useful to you.**