



Local Partnerships
Notts Healthcare NHS Foundation Trust
Ashfield Health & Wellbeing Centre
Portland Street
Kirkby In Ashfield
NG17 7AE

NHS Number «NHSNumber»
Date of Birth «DateOfBirth»

Dear Parent / Carer

NCMP feedback and advice

We recently sent you a letter about measuring «FirstName»'s height and weight in school as part of the National Child Measurement Programme and the measurements have now been done. Seeing if your child's weight is within the healthy range for their age, sex and height can help you make informed choices about their lifestyle.

«FirstName»'s results	
Height	«Height» cm
Weight	«Weight» kg
Date of measurement	«DateOfMeasurement»

These results suggest that your child is above the healthy weight range for their age, sex and height. These measurements are a guide, and do not take into account your child's diet or activities which may affect their Body Mass Index (BMI). Some medical conditions or treatment that your child is receiving may mean that BMI is not the best way to measure your child. Your GP or other health professional caring for your child will be able to discuss this with you. Sometimes there are some simple changes that you and «FirstName» can make such as being more active and eating more healthily which can make a difference. **If you feel you would like to discuss the results, contact Sue or Ellen on the telephone number at the top of this letter.**

If you would like support:

- Contact **ChangePoint**, your local Weight Management service on **03330 050092**, changepointnotts@everyonehealth.co.uk or visit [Everyone Health](#)
- Take a look at the tips on the enclosed leaflet
- Go online for practical advice at www.nhs.uk/change4life and www.nhs.uk/ncmp3

You can find out how «FirstName»'s result was calculated, and check how they are growing over time, by going to www.nhs.uk/bmi.

This information has not been shared with «FirstName», other children or school staff. Locally, this information is held by your local NHS/local authority public health team and is treated confidentially.

We hope this information is useful to you. If you need any advice please contact us.

Yours sincerely,

Professional Service Leads Countywide Health service for Children and Young People