



«PCTName»
 «Address_Line1»
 «Address_Line2»
 «Address_Line3»
 «Address_Line4»
 «Address_Line5»
 «PCT_Postcode»

Telephone: «PCT_Telephone»
 Email Address: «PCTEmail»

Private and confidential

Parent / Carer of «Child_Firstname» «Child_Surname»
 «Child_Address1»
 «Child_Address2»
 «Child_Address3»
 «Child_Address4»
 «Child_Postcode»

[Date]

NHS Number [Optional]

Dear Parent/Carer,

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 taken. Your child's results are shown below.

Your child's results:

Date measured	Date of Birth	Height	Weight	Body-mass index centile
«DateofMeasurement»	«DateofBirth»	«Height2»	«Weight2»	«BMIPercentile2» (see table overleaf)

(Child summary paragraph goes here [see page 3])

Yours sincerely,

«PCTLeadContact» («PCTLeadContactTitle»)

What is Body-mass index (BMI) centile?

BMI centile is a good way of finding out whether a child is a healthy weight and is used by health care professionals.

By comparing your child's weight with their height, age and sex, we can tell whether they're growing as expected. This is something you may have done when your child was a baby, using the growth charts in the Personal Child Health Record.

Once your child's BMI centile has been calculated, they will be in one of four categories:

	BMI centile range
Underweight	below 2 nd BMI centile
Healthy weight	between 2 nd and 90 th BMI centile
Overweight	Between 91 st up to 97 th BMI centile
Very Overweight (doctors call this clinically obese)	At or above 98 th BMI centile

Most children should fall in the healthy weight range, with fewer than one in ten in the overweight or very overweight range.

Research shows that children who are overweight or very overweight have higher risk of ill health during childhood and in later life.

Some medical conditions or treatment that your child is receiving may mean that BMI centile is not the best way to measure for your child. Your GP or other health professional caring for your child will be able to discuss this with you.

For more information about BMI centiles, visit www.nhs.uk/tools/pages/healthyweightcalculator.aspx.

[Underweight]

Your child's result is in the underweight range.

We wanted to let you know your child's result because it is an important way of checking how your child is growing.

Many underweight children are perfectly healthy, but sometimes it can mean they have a health problem.

Some parents find it helpful to re-check their child's BMI after a few months, to see if they have moved into the healthy range as they grow. You can do this using the Healthy Weight tool at www.nhs.uk/tools/pages/healthyweightcalculator.aspx

If you would like to speak to us about your child's result, please phone the number at the top of this letter.

[Healthy]

Your child's result is in the healthy range.

We wanted to let you know your child's result because it is an important way of checking how your child is growing.

Children of a healthy weight are more likely to grow into healthy adults. To keep growing healthily, it is important that your child eats well and is active.

Some parents find it helpful to re-check their child's BMI after a few months, to see if they remain in the healthy range as they grow. You can do this using the Healthy Weight tool at www.nhs.uk/tools/pages/healthyweightcalculator.aspx

Many parents have found the tips in the enclosed leaflet and at www.nhs.uk/change4life useful in helping them make changes to help their child grow healthily. If you would like more advice about your child's eating or activity, visit www.nhs.uk/change4life, or phone the number at the top of this letter.

[Overweight]

You may be surprised that your child's result is in the overweight range.

It can sometimes be difficult to tell if your child is overweight as they may look similar to other children of their age, but more children are overweight than ever before.

Research shows that if your child is overweight now, they are more likely to grow up to be overweight as an adult. This can lead to health problems. So this measurement is an important way of checking how your child is growing.

Many parents have found the tips in the enclosed leaflet and at www.nhs.uk/change4life useful in helping them make small lifestyle changes to keep their child in the healthy weight range.

Some parents also find it helpful to re-check their child's BMI after a few months, to see if they have moved into the healthy range as they grow. You can do this using the Healthy Weight tool at www.nhs.uk/tools/pages/healthyweightcalculator.aspx

If you are concerned about the result and would like further information and to find about local activities, please phone us on the number at the top of this letter. **[If PCT is proactively following up overweight children: We will also contact you soon to offer you further information].**

[Very overweight]

Your child's result is in the very overweight range. Doctors call this clinically obese. We wanted to let you know your child's result because it is an important way of checking how your child is growing.

Children who are very overweight are more likely to have health problems at a young age, such as high blood pressure, early signs of type 2 diabetes and low self-confidence. Later in life, they are more likely to have illnesses like heart disease and some types of cancer.

Small lifestyle changes started now can help your child to grow healthily. Many parents have found the tips in the enclosed leaflet and at www.nhs.uk/change4life useful in helping them make changes to help their child grow healthily.

Some parents also find it helpful to re-check their child's BMI after a few months, to see if they have moved towards the healthy range as they grow. You can do this using the Healthy Weight tool at www.nhs.uk/tools/pages/healthyweightcalculator.aspx.

If you are concerned about the result and would like further information, please phone us on the number at the top of this letter. **[If PCT is proactively following up overweight children: We will also contact you soon to offer you further information].**