

# Supporting the Health of Young People in Ealing

## A summary report of the Health Related Behaviour Survey 2017

These results are the compilation of data collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Ealing during the Autumn term 2017. This work was commissioned by Ealing Council, as a way of collecting robust information via a Young People's Lifestyle Survey.

Teachers were briefed on how to collect the best data and then pupils in Years 4 and 6 in the primary and Years 8 and 10 in the secondary schools anonymously completed the

questionnaire. A total of 11402 pupils took part in 14 secondary and 60 primary schools.

These were then returned to the Schools Health Education Unit in Exeter for processing.

### Cross-phase links

Many of the questions in the primary and secondary versions of the questionnaire are identical or very similar. Some of these questions are presented on page 6 of this

document so that behaviour can be seen across the age ranges.

### Trend data

This survey was also conducted in 2005, 2007, 2009, 2011, 2013 and 2015, some of the changes in the data can be seen on page 7.

### In 2017, 11402 young people were involved in the survey:

School Year	Year 4	Year 6	Year 8	Year 10	Total
Age	8-9	10-11	13-14	14-15	
Boys	1859	1835	1131	827	5652
Girls	1889	1772	1189	841	5691
Total	3748	3607	2358*	1689	11402*

*\*59 pupils didn't tell us their gender or said 'other'.*

### Reference sample

Ealing data has been compared with a compilation of survey areas that have completed same version of the questionnaire. These areas include Bristol, Cambridgeshire, Croydon, Essex, Greenwich, Hertfordshire, Lambeth, North Yorkshire, Plymouth, Richmond, Somerset and Wakefield.

A selection of some of the statistically significant differences, where the level seen in the Ealing data is either 5% above or below that in the wider reference data, is indicated by the symbol ↗

For more details please contact The Schools Health Education Unit  
Tel. 01392 667272.

### Survey topics include:

Citizenship

Drugs, Alcohol and Tobacco

Emotional Health and Well-being

Healthy Eating

Physical Activity

Relationships and Sexual Health

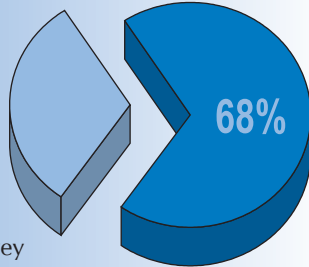
Safety

# Ealing Primary school pupils in Years 4 and 6 (ages 8-9 and 10-11)

## CITIZENSHIP

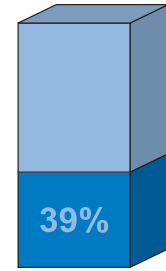
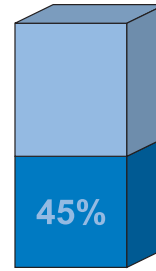
### Local Issues

- 47% of pupils said that they would like their views to be heard via the school council; **68% said via their teacher.**
- 46% said that they would like their views to be heard via a survey or questionnaire; 33% said via a young people's representative.
- 57% of pupils said that they felt like they belonged 'very strongly' to their school; 48% said this about Britain.



## EMOTIONAL HEALTH & WELL-BEING

- 45% of Year 6 boys and 39% of Year 6 girls have high self-esteem scores.

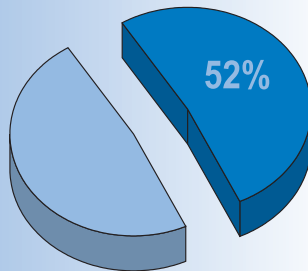


- 33% of boys and 28% of girls in Year 4 have high self-esteem scores
- 4% of all pupils have low self-esteem scores, 19% of pupils have medium-low self-esteem scores (more girls than boys).
- 47% of pupils reported that they worried about SATs.
- 31% said that they worried about moving on to secondary school; 26% said that they worried about gangs and 34% worry about terrorism.

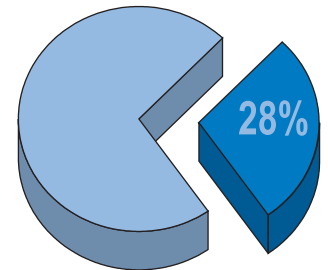
## DRUGS, ALCOHOL AND TOBACCO

### Drugs - Year 6 only

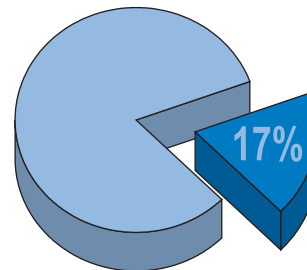
- 52% of Year 6 pupils reported that their parents had talked to them about drugs.**
- 56% of Year 6 pupils said their teachers had talked to them about drugs.
- 16% said they had talked with visitors in school lessons about drugs.
- 26% said they had talked about drugs with their friends.
- 8% of Year 6 pupils say they are 'fairly sure' or 'certain' they know a user of drugs (not medicines).



- 28% of pupils reported that they felt afraid to go to school because of bullying, at least sometimes.**

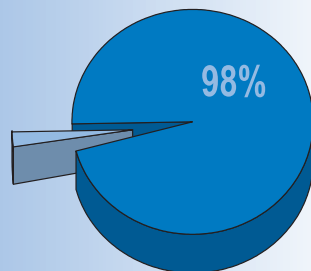


- 17% said that they had been bullied at or near school in the past 12 months.**



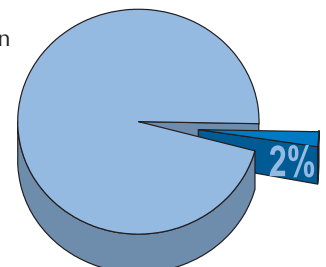
### Tobacco - Year 6 only

- 20% of Year 6 pupils said that their parents/carers smoke.
- 4% said that someone smokes in a car when they are in it.
- 76% of pupils said that no-one ever smokes at home.
- 19% said that smoking only happens outside at home, 4% said that smokers at home only smoked in certain rooms but 1% said that smokers could smoke anywhere in their home.
- 98% of pupils reported that they have 'never smoked a cigarette'.**
- 2% of boys and 1% of girls have tried smoking at least once or twice.
- 91% said they wouldn't smoke when older, 8% said maybe and 1% think they will smoke when they are older.
- 8% of pupils said their parents/carers smoke e-cigarettes; 5% said their parents/carers smoke shisha.



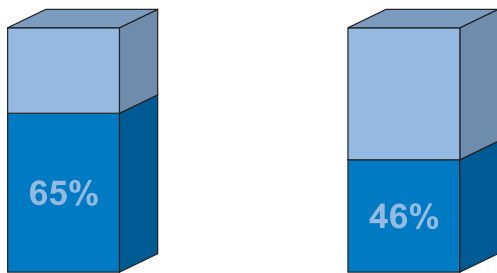
## BULLYING

- Behaviour widely reported as causing distress included: being pushed or hit for no reason, being teased or made fun of and being called nasty names.
- 5% of those who were bullied often reported that they thought they were bullied because of the way they looked, 4% for being different.
- 2% thought they were bullied because of their race, or skin colour.**
- 6% who had said that they had been bullied recently kept it to themselves.
- 49% of pupils said that their school deals with bullying 'quite' or 'very well', 12% said it wasn't a problem in their school. 24% said they didn't know but 14% said 'badly' or 'not very well'.
- 36% of pupils said that they have been to see their school counsellor 'sometimes' or 'often'; 9% said their school doesn't have one.



## HEALTHY EATING

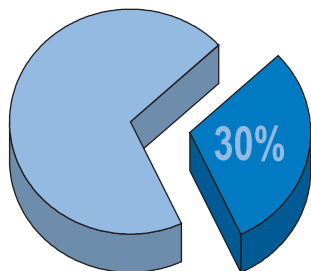
- 65% eat fresh fruit and 46% vegetables 'on most days'.



- 2% of pupils had nothing to eat for breakfast on the morning of the survey. 25% had a 'healthy' cereal, 13% had sugar coated cereal 34% had toast, bread, bagels etc. and 6% had biscuits.

- 17% of pupils eat crisps, 17% sweets, chocolate or choc bars 'on most days'. 11% have chips 'on most days' and 8% said they have energy drinks 'on most days'.

- 30% said that they had five or more portions of fruit and vegetables the day before.



- 24% said they 'rarely or never' eat salads.

- 81% drink plain water 'on most days'.

- 25% of pupils said that they had cooked during lesson time in the last 12 months. 3% said yes, in lesson and after school club and 6% said they had cooked in an after-school club.

- 37% of pupils said that they 'never or hardly ever' get a take away meal in the week. 52% said once or twice a week but 11% said three or more times a week.

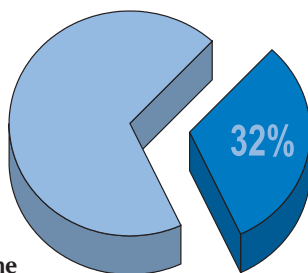
- 12% of Year 6 pupils said they were 'too heavy', 10% said they were 'too light'.

- 11% said that they go on a diet to lose weight at least 'quite often'.

## Dental Care

- 83% of pupils reported that they cleaned their teeth at least twice a day (the recommended frequency).

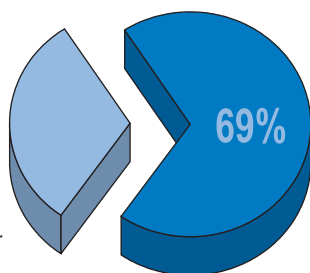
- 90% had visited the dentist within the last 12 months. 32% of pupils had a filling the last time they visited the dentist.



## Puberty and Growing up

- 69% of pupils said their parents had talked to them about how their body changes as they grow up (79% of Year 6 girls).

- 70% of Year 6 and 50% of Year 4 pupils said their teachers had talked to them about how their body changes as they grow up.



- 16% of the boys and 19% of the girls reported that they worried about the way they looked.

- 24% of the boys and 25% of the girls worried about how their body changes as they grow up.

## SAFETY

- 10% of pupils said that there had been violence at home in the last month.

- 49% of pupils said that when a friend asked them to do something they didn't want to do, they could 'usually or always say no'; 20% said that they could 'rarely' or 'never' say no.

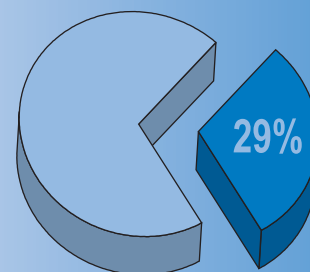
- 50% said that when they want a friend to do something they 'usually or always know what to say'.

- Of those who cycle, 43% of pupils said that they most times/always wear a cycle helmet when they cycle. 40% said that when they cycle in the dark or in poor weather they most times/always use bike lights.

- 88% said that they wash their hands after visiting the toilet 'whenever possible/always'.

## PHYSICAL ACTIVITY

- 29% of pupils said that they did some physical activity on at least 5 days in the last 7 days.



- 13% of pupils said that they got out of breath and sweaty on at least 5 days in the last 7 days.

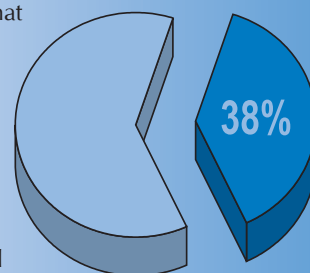
- 54% of pupils said that they go for walks at least once a week. 57% said that they run or jog and 41% said they ride their bike at least once a week.

- 22% of pupils (more boys than girls) play in a school team at least once a week (not including lesson time).

- 26% play for a local sports club (more boys than girls) at least once a week.

- When given a list and asked what additional activities they would like to do. 61% said swimming and 48% said football (66% boys). 58% of girls said trampolining.

- Other activities children do that compete with their time for physical activity include watching TV/DVD/computer games, 56%, reading a book for pleasure, 69%, and music lesson or practice 41%.



- 38% of pupils said that they go to a before or after-school club at least once a week.

- Ealing pupils were also asked if there were anything that would help and encourage them to be more active and play more sport. The following were the top responses for Year 4 pupils:

	Boys		Girls
More free activities in the parks	48%	More free time	51%
More free time	43%	More activities during school holidays	42%
More activities during school holidays	30%	More free activities in the parks	35%
A safe place to leave my bike	25%	If someone would go with me	32%

# Ealing Secondary school pupils in Years 8 and 10 (ages 12-13 and 14-15)

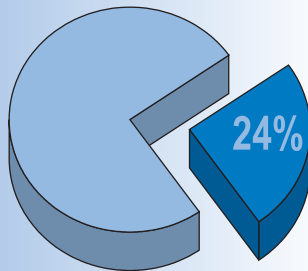
## CITIZENSHIP

### Background

- 35% of pupils said that they felt like they belonged 'very strongly' to their school
- 28% said they felt like they belonged 'very strongly' to the London Borough of Ealing; 36% said this about Britain.

### Moving schools

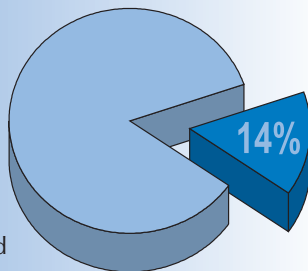
- 24% of Year 8 pupils said that when they were in Year 6 they were 'quite' or 'very' worried about moving to high schools.
- 27% said they were not at all worried. Another 42% said that they were a little worried about moving to high school.
- 19% said that they worried most about making friends, 14% said they worried most about homework and 12% said they worried about fitting in.



## DRUGS, ALCOHOL & TOBACCO

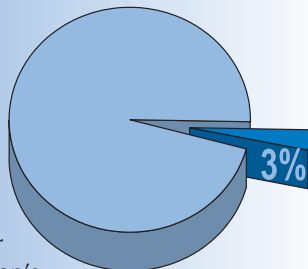
### Drugs

- 14% of pupils are 'fairly sure' or 'certain' that they know someone who takes drugs to get high.
- 17% of Year 10 boys and 16% of Year 10 girls have been offered drugs.
- 4% of Year 10 pupils said they had taken at least one of the drugs listed in the questionnaire at some point.
- 2% of Year 10 pupils said that they know where to get help to stop taking drugs.



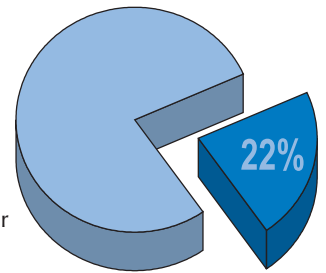
### Alcohol

- 3% of pupils had at least one alcoholic drink in the week before the survey.
- 3% of Year 10 pupils drank alcohol at home in the week before the survey and 2% of Year 10 girls drank at a friend or relation's home.
- 1% of Year 10 pupils said they had drunk alcohol outside in a public place.
- 7% of secondary aged pupils said that they had experienced sickness (hangover etc.) from alcohol or drug use. 2% of Year 10 girls had regretted decisions made when drunk or after taking drugs.
- 4% of pupils said they had hurt themselves or been in an accident and 3% had been to hospital as a result.



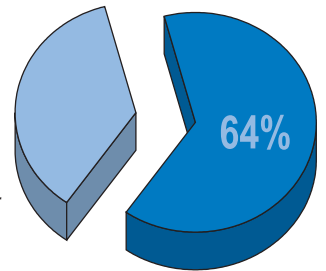
## Tobacco

- 22% of pupils reported that parents/carers smoked. 5% said someone smokes inside their home.
- 2% of Year 10 pupils reported that they smoke occasionally or regularly.
- 10% of Year 10 pupils have tried e-cigarettes once or twice 1% of Year 10 pupils said they used to smoke them but don't now.
- 8% of pupils said they have ever smoked Shisha. 4% said they smoke it 'sometimes'.



## EMOTIONAL HEALTH & WELL-BEING

- 64% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.
- 49% of pupils enjoy 'most' or 'all' of their lessons; 9% said 'hardly any of them'.
- 70% of pupils reported that they worried about at least one problem 'quite a lot' or 'a lot'.



## SELF-ESTEEM

- 49% of pupil had high self-esteem scores (more boys than girls).
- 2% of pupils had very low self-esteem scores.

### The top four worries for Year 8 pupils were:

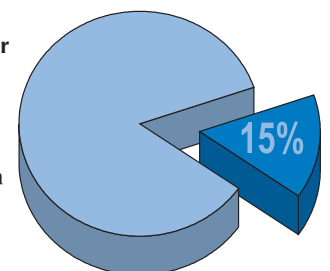
	Boys		Girls
Their future	35%	Exams & tests	49%
Getting a job	33%	Their future	45%
Exams & tests	31%	Getting a job	40%
Terrorism	17%	Their looks	25%

### The top four worries for Year 10 pupils were:

	Boys		Girls
Their future	46%	Exams & tests	68%
Exams & tests	43%	Their future	62%
Getting a job	38%	Getting a job	51%
School work problems	20%	School work problems	38%

## BULLYING

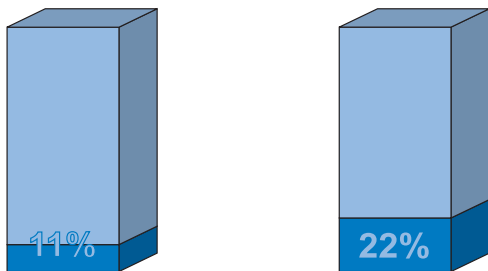
- 15% of pupils reported a fear of going to school at least sometimes because of bullying.
- 7% said they worried 'quite a lot' or 'a lot' about bullying. 5% worried about cyber-bullying.



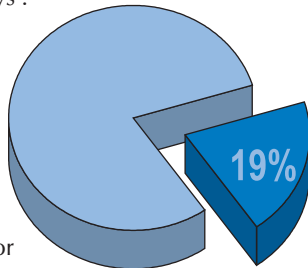


## HEALTHY EATING

- When choosing what they eat, 11% of pupils said that they 'never' consider their health, 22% said 'very often' or 'always'.

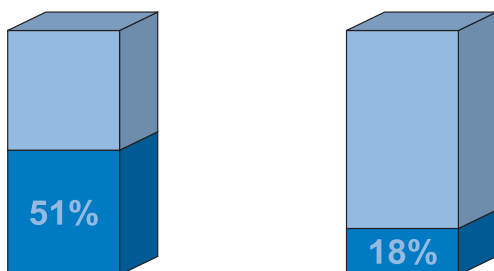


- 43% of the Year 10 girls and 30% of the Year 10 boys said that they diet to lose weight at least sometimes.
- 68% of pupils said that they had tried to do more exercise to lose weight. 12% said that they were always exercising to lose weight.
- 7% of pupils said they have takeaway food 'on most days' 32% said rarely or never'.
- 11% of pupils said they drank non-diet fizzy drinks and 8% said they have energy drinks 'on most days'. 15% ate crisps and 17% ate sweets 'on most days'.
- 5% of pupils said they 'rarely or never' ate any fresh fruit.
- 19% of pupils said that they had 5 or more portions of fruit and vegetables the day before.
- 80% of pupils had visited the dentist within the six months prior to the survey.



## RELATIONSHIPS & SEXUAL HEALTH

- Pupils were asked who was their main source of information about sex and relationships. 51% said school lessons and 18% said parents.

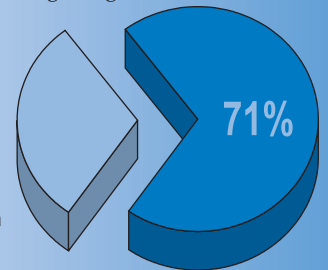


- 30% of Year 10 boys and 29% of Year 10 girls said they know where young people can get condoms free of charge.
- 75% of Year 10 boys and 62% of Year 10 girls believed condoms were reliable methods of contraception to stop pregnancy.
- 69% of boys and 63% of girls in Year 10 also thought that condoms were reliable at stopping infections.
- 45% of Year 10 boys and 39% of Year 10 girls thought young people would like to be able to access condoms or emergency contraception from vending machine.
- 7% of Year 10 pupils said that they had been in a relationship with someone who was angry or jealous when they wanted to spend time with friends.

- 5% of Year 10 pupils said their boy/girlfriend had asked them to send pictures/videos to them of a sexual nature.
- 3% of Year 10 pupils said their boy/girlfriend had put pressure on them to have sex or do other sexual things.
- 64% of pupils said that if any of these things happened to them, they would know where to go to get help.

## SAFETY

- 71% of pupils said that if they were worried about something they know an adult they trust that they can talk to about this.
- 28% of pupils said if they feel stressed or had a problem that worried them, they would lash out in anger at least 'sometimes'; 11% said they would hurt themselves in some way.



## Internet safety

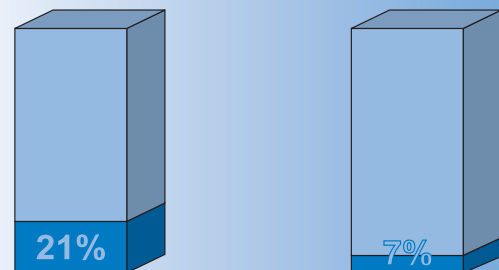
- 80% of pupils said that they chat online. 21% of pupils said that they chat with people they don't know in real life.
- 12% have received a chat message or picture that scared them or made them upset.
- 10% of pupils said they have had hurtful comments posted about them on a social networking site.

## Local Area

- 17% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 3% said this about going out during the day.
- 12% of pupils said that they worry about being targeted to support terrorism or terrorist groups.
- 6% of pupils said that they had been the victim of violence in the past 12 months.

## PHYSICAL ACTIVITY

- 21% of boys and 7% of girls did physical activity on 7 days in the previous week.



- 14% of pupils reported that they had exercised hard enough to get out of breath and sweaty on at least five days in the last week; 23% said none.
- 73% of pupils said that they enjoyed physical activity 'quite a lot' or 'a lot'.
- When asked what would encourage them to be more active and play more sport 65% said 'more free facilities in the parks such as parkour, multi-games areas, etc.'
- 51% of pupils said more more information displayed in school about local sports opportunities would encourage them to be more active.

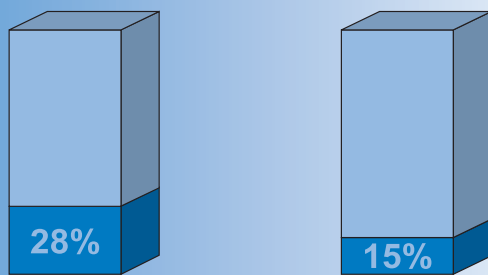
# Questions included in both the primary and secondary versions of the questionnaire

## Cross-phase data

### BULLYING

#### Are you ever afraid of going to school because of bullying?

- 28% of primary pupils and 15% of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.



- Our surveys show that the figure for girls is consistently higher than for boys.

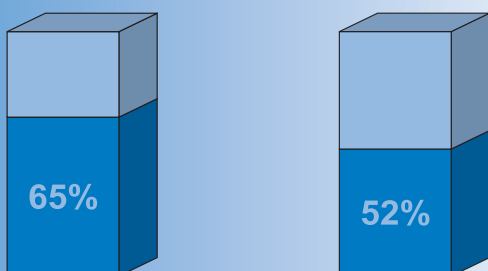
### SELF-ESTEEM

- Self esteem generally increases with age. 45% of Year 6 boys recorded levels of high self-esteem; the girls 39%. In Year 10 the levels for high self-esteem are boys 58% and girls 44%.
- 29% of Year 6 pupils said they were 'quite' or 'very worried' about moving to high school. 47% of primary pupils worried about SATs/tests. 47% of secondary pupils worried about exams and tests, 46% of secondary pupils worried about their future.

### HEALTHY EATING

#### How often do you eat or drink the following... 'on most days'?

- There is a downward trend in the number of pupils who report eating fresh fruit 'on most days': primary 65%, secondary 52%.



- There is an upward trend in the number of boys who report drinking energy/sports drinks 'on most days': primary 10% secondary Year 10 boys 12%.
- There is also a clear difference in the boys and girls data with more girls choosing the healthy options except for sweets where secondary aged girls report having more than boys do.

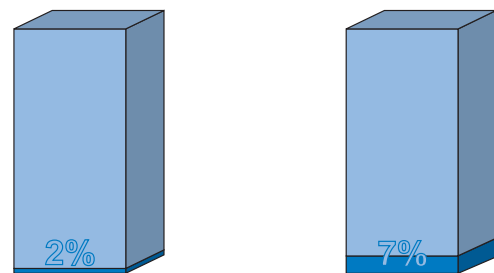
### DRUGS, ALCOHOL AND TOBACCO

#### Did you drink alcohol in the last week?

- 2% of Year 8 pupils had at least one alcoholic drink in the last week, this increased to 5% for Year 10 pupils.

#### Have you smoked in the past?

- 2% of Year 6 pupils said they had smoked at least once or twice, this rose to 7% for secondary pupils.



- 9% of Year 6 pupils said they may, or would smoke when older.

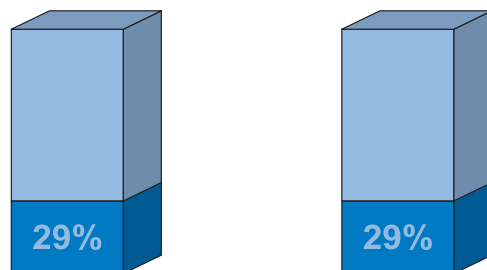
#### Do you know anybody who uses drugs that are not medicines? Have you been offered drugs?

- 8% of Year 6 pupils and 14% of secondary pupils are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- 16% of Year 10 pupils have been offered illegal drugs.

### PHYSICAL ACTIVITIES

#### How many days were you physically active?

- 29% of primary school pupils said that they did physical activity on at least 5 days in the last 7 days'. The secondary school data reveal that this figure is the same at 29% for secondary aged pupils.



- The proportion of pupils who reported that they exercised at least three days or more in the last week, enough to get out of breath and/or sweaty, was lower among primary compared with secondary pupils (27% compared with 32% respectively).

# Trend data

## DIFFERENCES IN EALING 2005 - 2017

### SECONDARY

- ↻ Until 2013, there had been an upward trend for pupils saying that they were generally satisfied with their lives 'a lot'. 21% said this in 2005, 28% in 2007, 29% in 2009, 30% in 2011 and 36% in 2013. Since then it has fallen to 33% in 2015 and again to 31% in 2017.
- ↻ 22% of pupils said they had nothing for breakfast in 2005, this fell to 11% in 2007. It rose to 13% in 2009 before falling to 12% in 2011 and 2013, falling again to 11% in 2015 and 10% in 2017.
- ↻ There is an increasing trend for pupils saying they have 'never smoked at all'. In 2005 75% said this, 77% in 2007 and 79% in 2009. This had risen again in 2011 to 82% and to 87% in 2013. It is higher still at 90% in 2015 rising to 93% in 2017.
- ↻ Pupils in 2017 were more likely to say that school lessons were their main source of information about sex compared with previous years. 32% said this in 2005 compared with 29% in 2007 and 35% in 2009. This rose to 40% in 2011 but dropped to 37% in 2013. In 2015 49% of pupils said this rising to 51% in 2017.
- ↻ 58% of pupils said that they didn't know anyone personally who used drugs not as medicines in 2005. In 2007 this dropped slightly to 56% but it rose again in 2009 and 2011 to 63%. In 2013 it rose to 69% and again in 2015 to 70% and to 72% in 2017.
- ↻ There has been an upward trend for pupils recording levels of 'high self-esteem'. 44% recorded levels of high self-esteem in 2005, 46% in 2007, 49% in 2009, 49% in 2011 and 51% in 2013, this was also seen at 51% in 2015 but has fallen back slightly to 49% in 2017.

### PRIMARY

- ↻ The proportions of pupils reporting having 5 or more portions of fruit and vegetables the day before fluctuates from year to year. 29% said this in 2005, rising to 30% in 2007 and again to 34% in 2009. In 2011 it fell back to 30%, was at 32% in 2013 and fell back to 29% in 2015. 30% said this in 2017.
- ↻ The proportion of primary pupils saying that they have crisps 'on most days' remains low when compared with 2005. 29% said this in 2005, and 21% in 2007. It was still 21% in 2009 but fell to 17% in 2011 and again to 15% in 2013. In 2015 it rose slightly to 16% and again to 17% in 2017.
- ↻ Similarly the figure for sweets and chocolate was 29% in 2005 falling to 22% in 2007 and 2009, and to 19% in 2011. In 2013 this figure had fallen again to 17% and again slightly to 16% in 2015. The 2017 figure has risen slightly to 17%.
- ↻ There is an overall decreasing trend for pupils reporting being bullied in the last 12 months. 30% said this in 2007, 26% in 2009, 27% in 2011, 26% in 2013 and 22% in 2015. Only 17% reported this in 2017.
- ↻ There is a decreasing trend for pupils reporting worrying about a range of issues. Particularly crime: 48% worried in 2005, 42% in 2007, 27% in 2009, 23% in 2011 and 21% in 2013 and 2015. This has risen to 27% in 2017 sadly. Worries around family problems have also fallen from 40% in 2005, 30% in 2007 to 24% in 2009, 19% in 2011 and 18% in 2013 and 2015; sadly again this is 24% in 2017.
- ↻ 64% of pupils said that they didn't know anyone personally who used drugs not as medicines in 2005. In 2007 this rose to 70% and again in 2009 to 72%. In 2011, 75% said this. The question was only asked of Year 6 pupils from 2013 but the figure was 80% then, rising slightly to 81% in 2015 but falling back to 79% in 2017.
- ↻ There is an increase in the proportion of pupils saying they won't smoke when they are older from 83% in 2009 to 91% in 2015 and 2017.

## DIFFERENCES BETWEEN EALING AND THE REFERENCE SAMPLE

### SECONDARY

- ↻ 49% of Ealing pupils said that they enjoy 'most' or 'all' of their lessons. This compares with 44% saying the same in the wider sample.
- ↻ 49% of Ealing secondary pupils scored in the high self-esteem category, in the wider sample the figure was 38%.
- ↻ 18% of Ealing pupils said they know where to get condoms free of charge. 41% said the same in the wider sample.
- ↻ 14% of Ealing pupils said that they know someone personally who takes drugs to get high. 32% of pupils said the same in the wider sample.
- ↻ 2% of Ealing pupils said that they have used drugs to get high compared with 7% in the wider sample.
- ↻ 93% of Ealing pupils said that they have never smoked at all. This compared with 83% saying the same in the wider sample.
- ↻ 97% of Ealing pupils said that they drank no alcohol in the previous week. This compared with 85% of the wider sample.
- ↻ 85% of Ealing pupils said that they are 'never' afraid to go to school because of bullying. This compared with 75% saying the same in the wider sample.
- ↻ 11% of pupils in Ealing said that they have been bullied at or near school in the last 12 months. This is lower than the 19% seen in the wider sample.
- ↻ 46% of Ealing pupils said that their school deals with bullying 'quite' or 'very well' compared with 32% of the wider sample.
- ↻ 6% of Ealing pupils said that a partner had been angry or jealous when they wanted to spend time with a friend. This compared with 18% of the wider sample.
- ↻ 4% of Ealing pupils said a partner had used hurtful or threatening language towards them. This is lower than the 10% seen in the wider sample.
- ↻ 35% of Ealing pupils said that they would like to lose weight. This compared with 45% saying this in the wider sample.
- ↻ 15% of pupils in Ealing said that they eat crisps 'on most days'. This is lower than the 23% of pupils saying this in the wider sample.
- ↻ 52% of Ealing pupils said that they eat fresh fruit 'on most days' compared with 46% of the wider sample.

### PRIMARY

- ↻ Ealing pupils were less likely to say that they have crisps and sweets 'on most days'. 17% of pupils in Ealing had crisps compared with 29% in the wider sample.
- ↻ 65% of Ealing pupils said that they eat fresh fruit 'on most days'. This is higher than the 60% seen in the wider sample.
- ↻ Ealing Year 6 girls were more likely to record 'high' self-esteem than girls in the wider sample. 39% of Year 6 girls compared with 34% in the wider sample.
- ↻ 17% of pupils in Ealing said they had been bullied during the last 12 months (24% said they didn't know if they had). 26% said they had been bullied in the wider sample.
- ↻ 72% of Ealing pupils said they are 'never' afraid of going to school because of bullying compared with 66% saying this in the wider sample.
- ↻ 49% of Ealing pupils said that their school deals with bullying 'quite' or 'very well' compared with 32% of the wider sample.
- ↻ 57% of pupils in Ealing walked to school on the day of the survey compared with 44% of the wider sample. 32% came by car compared with 48% in the wider sample.
- ↻ Ealing pupils were more likely to have had a filling the last time they visited the dentist; 32% vs 23%.
- ↻ 76% of Ealing pupils said they enjoyed 'most' or 'all' of their lessons compared with 66% in the wider sample.
- ↻ 44% of Year 6 pupils said that their school lessons on managing money have been useful, compared with 52% of the wider sample.



# The Way Forward - over to you

Thank you to all the Headteachers, staff and young people for their time and contributions to this survey. The Health Related Behaviour Survey has been an integral piece of work in Ealing since 2005 and the data helps provides important information on children & young people's health & well-being needs. This year the data will be analysed & used to inform each Extended Services Locality Health Improvement Plan. Each plan outlines the key health & well-being priorities for each locality and sets out how schools, the local authority & the Public Health Teams can address these through key actions.

It will also act as a resource to help schools establish appropriate curriculum development opportunities particularly in PSHE and provide data to support aspects of school self-evaluation in preparation for an Ofsted Inspection. Finally, the findings will also be shared with other departments within the local authority, and will inform the annual Joint Strategic Needs Assessment.

## ***Our thanks go to the staff and pupils of the schools that took part:***

Alec Reed Academy, Allenby Primary School, Beaconsfield Primary and Nursery School, Berrymede Infant and Junior Schools, Blair Peach Primary School, Christ the Saviour CE Primary School, Clifton Primary School, Coston Primary School, Dairy Meadow Primary School, Derwentwater Primary School, Dormers Wells Junior School, Downe Manor Primary School, Durdans Park Primary School, East Acton Primary School, Edward Betham CE Primary School, Featherstone Primary and Nursery School, Fielding Primary School, Gifford Primary School, Grange Primary School, Greenwood Primary School, Hambrough Primary School, Havelock Primary School, Hobbayne Primary School, Holy Family Catholic Primary School, Horsenden Primary School, John Perryn Primary School, Khalsa VA Primary School, Lady Margaret Primary School, Little Ealing Primary School, Mayfield Primary School, Montpelier Primary School, Mount Carmel Catholic Primary School, North Ealing Primary School, North Primary School, Oaklands Primary School, Oldfield Primary School, Our Lady of the Visitation Catholic Primary School, Perivale Primary School, Petts Hill Primary School, Ravenor Primary School, Selborne Primary School, Southfield Primary School, St. Anselm's Catholic Primary School, St. Gregory's Catholic Primary School, St. John Fisher Catholic Primary School, St. John's Primary School, St. Joseph's Catholic Primary School, St. Mark's Primary School, St. Raphael's Catholic Primary School, St. Vincent's Catholic Primary School, Stanhope Primary School, Three Bridges Primary School, Tudor Primary School, Vicar's Green Primary School, Viking Primary School, West Twyford Primary School, Willow Tree Primary School, Wolf Fields Primary School, Wood End Academy, Acton High School, Alec Read Academy, Brentside High School, Dormers Wells High School, Drayton Manor High School, Ealing Alternative Provision, Elthorne Park High School, Featherstone High School, Greenford High School, Northolt High School, The Cardinal Wiseman Catholic School, The Ellen Wilkinson School for Girls, Twyford CE High School and William Perkins High School.

## ***For further information about the survey contact:***

**Nicole McGregor**  
Health Improvement Officer  
Children's Commissioning  
2nd Floor NE  
Perceval House  
14-16 Uxbridge Road  
Ealing  
London W5 2HL

Tel: 0208 825 5484  
Email:  
McGregorN@ealing.gov.uk

Claire Meade  
Health Improvement Officer  
PSHE and RSE  
Perceval House  
14-16 Uxbridge Road  
Ealing W5 2HL

Tel: 020 8825 6173  
Email: meadec@ealing.gov.uk