

# Supporting the Health of Young People in Ealing

## A summary report of the Health Related Behaviour Survey 2021

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 2021. 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 11306

pupils took part in 14 secondary and 65 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.

The survey was last completed in 2019, comparative figures are shown throughout this report in brackets( ). There may be some interesting before and after COVID-19 lockdown effects observed.

### LINKS

A selection of questions have been examined in further detail to look for links in behaviours. These are reported on page 7.

### In 2021, 11306 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	1828	1838	1021	939	5626
Girls	1779	1759	981	930	5449
Total	3628*	3642*	2088*	1948*	11306*

*\*231 pupils didn't select male or female.*

### Comparison with 2019

In addition to the 2019 figures quoted throughout the report, Ealing 2021 data have been compared with the previous survey in 2019 for statistical difference. A selection of some of the statistically significant differences can be found on page 7.

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

### Survey topics include:

Citizenship

Emotional Health and Well-being

Healthy Eating

Physical Activity

Relationships and Sexual Health

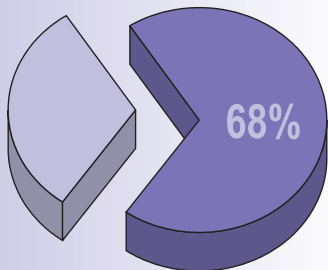
Safety

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

## CITIZENSHIP

### Local Issues

- 44% (44%) of pupils said that they would like their views to be heard via the school council; **68% (66%) said via their teacher.**
- 44% (44%) said that they would like their views to be heard via a survey or questionnaire; 33% (30%) said via a young people's representative.
- 54% (53%) of pupils said that they felt like they belonged 'very strongly' to their school; 43% (44%) said this about Britain.



## SCHOOL LESSONS

- 63% (54%) of Year 6 pupils said their lessons on alcohol/drugs/smoking were 'quite useful' or 'very useful'.
- 50% (49%) of Year 6 pupils said their lessons on managing money were 'quite useful' or 'very useful'.
- 73% (77%) of Year 6 pupils said their lessons on good friendships were 'quite useful' or 'very useful'.

## BEING ONLINE

- 59% (54%) of Year 6 and 33% (34%) of Year 4 pupils said they have their own smart phone with Internet access.
- 15% (13%) of Year 6 and 8% (9%) of Year 4 said they could see any sites that they liked.
- 26% (23%) of Year 6 and 11% (10%) of Year 4 said that their phone had strict parental controls or at least some sites were blocked; 15% of pupils didn't know.
- 83% (87%) of boys and 64% (69%) of girls played live video games online.

### The top games played by Year 4 were:

	Boys		Girls
Fighting/shooting	38%	Something else	35%
Strategy e.g. Minecraft	36%	Dress-up fashion	16%
Sport driving etc.	30%	Puzzles mazes	15%
Something else	30%	Strategy e.g. Minecraft	15%

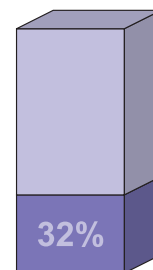
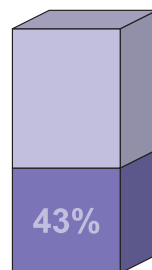
### The top games played by Year 6 were:

	Boys		Girls
Fighting/shooting	53%	Something else	46%
Strategy e.g. Minecraft	51%	Strategy e.g. Minecraft	27%
Sport driving etc.	44%	Puzzles mazes	21%
Something else	33%	Fighting/shooting	15%

- Of those who played games, 52% said their parents knew about all of the games they played; 2% said none of them.
- 24% of boys and 10% of girls spent over 2 hours playing games like these the day before.

## EMOTIONAL HEALTH & WELL-BEING

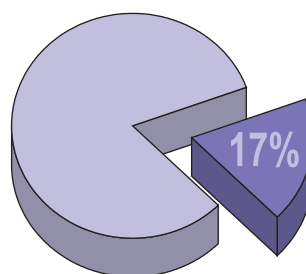
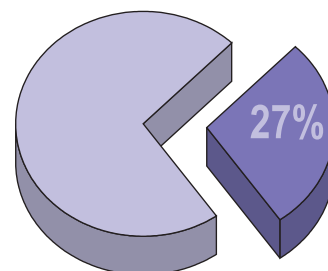
- 43% (44%) of Year 6 boys and 32% (39%) of Year 6 girls have high self-esteem scores.



- 29% (30%) of boys and 26% (26%) of girls in Year 4 have high self-esteem scores
- 5% (4%) of all pupils have low self-esteem scores, 21% (23%) of pupils have medium-low self-esteem scores (more girls than boys).
- 42% (39%) of pupils reported that they worried about schoolwork/SATs etc.
- 35% (30%) of Year 6 pupils said that they worried about moving on to secondary school
- 26% (28%) of pupils said that they worried about gangs and 27% (29%) worry about terrorism.

## BULLYING

- 27% (28%) of pupils reported that they felt afraid to go to school because of bullying, at least sometimes.



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

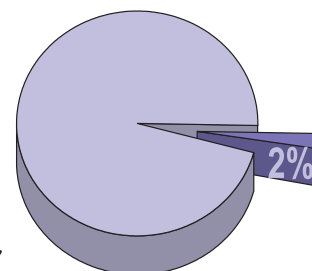
- Behaviour widely reported as causing distress included: being teased or made fun of, being pushed or hit for no reason and being called nasty names.

- 4% (4%) of those who were bullied often reported that they thought they were bullied because of the way they looked, 3% (3%) for being different.

- 2% (2%) thought they were bullied because of their race, or skin colour.

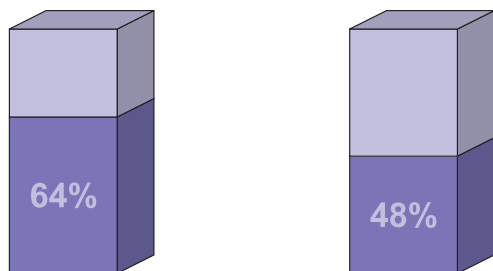
- 7% (6%) who had said that they had been bullied recently kept it to themselves.

- 42% of pupils said that their school deals with face to face bullying 'quite' or 'very well', 14% said it wasn't a problem in their school. 31% said they didn't know but 14% said 'badly' or 'not very well'.

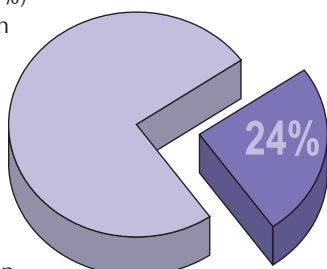


## HEALTHY EATING

- 64% (66%) eat fresh fruit and 48% (47%) vegetables 'on most days'.

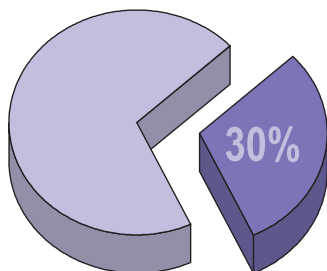


- 4% (2%) of pupils had nothing to eat for breakfast on the morning of the survey. 19% (22%) had a 'healthy' cereal, 11% (11%) had sugar coated cereal 34% (34%) had toast, bread, bagels etc. and 5% (5%) had biscuits.
- 18% (16%) of pupils eat crisps, 19% (15%) sweets, chocolate or choc bars 'on most days'. 11% (11%) have chips 'on most days' and 5% (6%) said they have energy drinks 'on most days'.
- 24% (27%) said that they had five or more portions of fruit and vegetables the day before.
- 31% (28%) said they 'rarely or never' eat salads.
- 85% (83%) drink plain water 'on most days'.
- 20% (26%) of pupils said that they had cooked during lesson time in the last 12 months. 4% (6%) said yes, in an after school club and 2% (4%) said they had cooked in a lesson and in an after-school club.
- 31% (37%) of pupils said that they 'never or hardly ever' get a take away meal in the week. 59% (52%) said once or twice a week but 9% (10%) said three or more times a week.
- 58% of Year 6 pupils said they were happy with their weight, 27% said they would like to lose weight.
- 9% (11%) said that they go on a diet to lose weight at least 'quite often'.



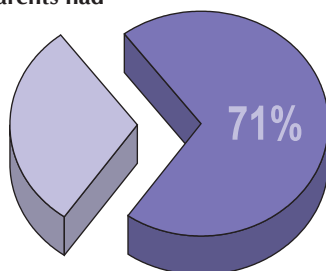
## Dental Care

- 80% (82%) of pupils reported that they cleaned their teeth at least twice a day (the recommended frequency).
- 72% (83%) had visited the dentist within the last 12 months. 30% (32%) of pupils had a filling the last time they visited the dentist.



## Puberty and Growing up

- 71% (70%) of pupils said their parents had talked to them about how their body changes as they grow up (82% [79%] of Year 6 girls).
- 74% (75%) of Year 6 and 52% (51%) of Year 4 pupils said their teachers had talked to them about how their body changes as they grow up.



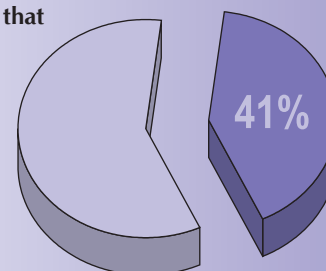
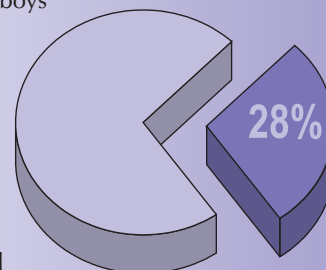
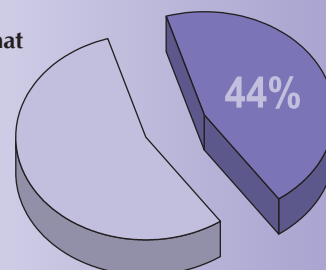
- 18% (17%) of the boys and 26% (20%) of the girls reported that they worried about the way they looked.
- 23% (24%) of the boys and 28% (26%) of the girls worried about how their body changes as they grow up.

## SAFETY

- 10% (11%) of pupils said that there had been violence at home in the last month.
- 51% (50%) 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'; 18% (18%) said that they could 'rarely' or 'never' say no.
- 46% (48%) said that when they want a friend to do something they 'usually or always know what to say'.
- Of those who cycle, 42% (44%) of pupils said that they most times/always wear a cycle helmet when they cycle. 37% (40%) said that when they cycle in the dark or in poor weather they most times/always use bike lights.
- 90% (89%) said that they wash their hands after visiting the toilet 'whenever possible/always'.

## PHYSICAL ACTIVITY

- 44% (32%) of pupils said that they did some physical activity on at least 5 days in the last 7 days.
- 21% (15%) of pupils said that they got out of breath and sweaty on at least 5 days in the last 7 days.
- 71% of pupils said that they go for walks at least once a week. 70% said that they run or jog and 47% said they ride their bike at least once a week.
- 23% (21%) of pupils (more boys than girls) play in a school team at least once a week (not including lesson time).
- 28% (27%) 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. 63% (66%) said swimming and 55% (52%) said football (73% [70%] boys). 54% (56%) of girls said trampolining.
- Other activities children do that compete with their time for physical activity include watching TV/Videos/DVD 71%, reading a book for pleasure 78%, and music lesson or practice 45% at least weekly.
- 41% (39%) of pupils said that they go to a before or after-school club at least once a week.



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

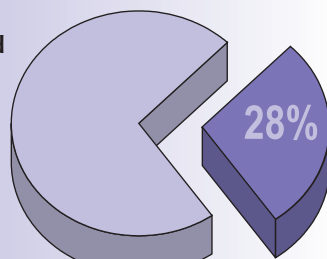
## CITIZENSHIP

### Background

- 28% (35%) of pupils said that they felt like they belonged 'very strongly' to their school
- 24% (29%) said they felt like they belonged 'very strongly' to the London Borough of Ealing; 31% (36%) said this about Britain.

### Moving schools

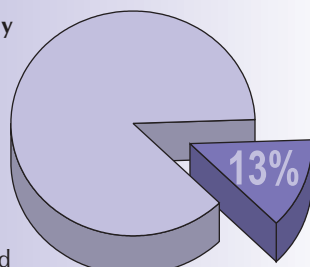
- 28% (26%) of Year 8 pupils said that when they were in Year 6 they were 'quite' or 'very' worried about moving to high schools.
- 25% (23%) said they were not at all worried. Another 40% (44%) said that they were a little worried about moving to high school.
- 21% (20%) said that they worried most about making friends, 16% (17%) said they worried most about homework and 13% (13%) said they worried about fitting in.



## DRUGS, ALCOHOL & SMOKING

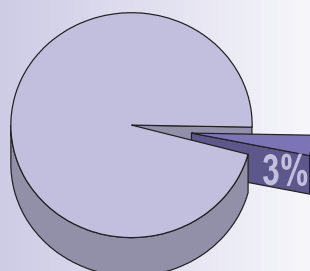
### Drugs

- 13% (13%) of pupils are 'fairly sure' or 'certain' that they know someone who takes drugs to get high.
- 9% (14%) of Year 10 boys and 11% (12%) of Year 10 girls have been offered drugs.
- 2% (3%) of Year 10 pupils said they had taken at least one of the drugs listed in the questionnaire at some point.
- 1% (2%) of Year 10 pupils said that they know where to get help to stop taking drugs.
- 9% of Year 8 pupils and 17% of Year 10 pupils said that they thought cannabis leaf, resin or oil was safe if used properly.
- If they were struggling/felt bad or stressed, 2% of Year 10 pupils said they would take drugs at least 'sometimes'.



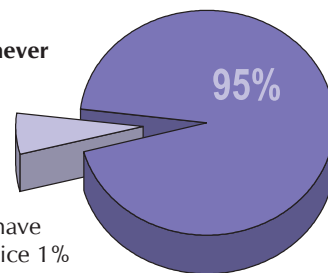
### Alcohol

- 3% (3%) of pupils had at least one alcoholic drink in the week before the survey.
- If they were struggling/felt bad or stressed, 4% of Year 10 pupils said they would drink alcohol at least 'sometimes'.



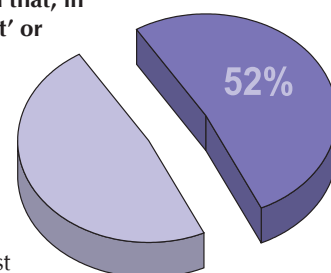
### Smoking

- 95% (94%) of pupils have never smoked at all
- 0% (2%) of Year 10 pupils reported that they smoke occasionally or regularly.
- 7% (6%) of Year 10 pupils have tried e-cigarettes once or twice 1% (1%) of Year 10 pupils said they used to smoke them but don't now. 1% (1%) use them regularly.



## EMOTIONAL HEALTH & WELL-BEING

- 52% (60%) of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.
- 41% (47%) of pupils enjoy 'most' or 'all' of their lessons; 12% (9%) said 'hardly any of them'.
- 77% (75%) of pupils reported that they worried about at least one problem 'quite a lot' or 'a lot'.



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

	Boys		Girls
Their future	42%	Their future	50%
Getting a job	37%	Exams & tests	50%
Exams & tests	32%	Getting a job	42%
Mental health of family	21%	Their looks	32%

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

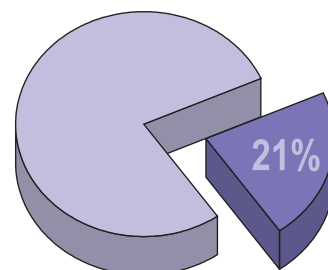
	Boys		Girls
Their future	53%	Exams & tests	69%
Exams & tests	43%	Their future	67%
Getting a job	42%	Getting a job	56%
Mental health of family	18%	My mental health	41%

## SELF-ESTEEM

- 48% (54%) of boys and 30% (39%) of girls had high self-esteem scores (more boys than girls).
- 3% (2%) of pupils had very low self-esteem scores.

## BULLYING

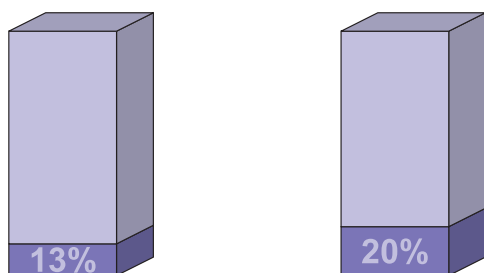
- 21% (17%) of pupils reported a fear of going to school at least sometimes because of bullying.
- 8% (8%) said they worried 'quite a lot' or 'a lot' about bullying. 6% (6%) worried about cyber-bullying.



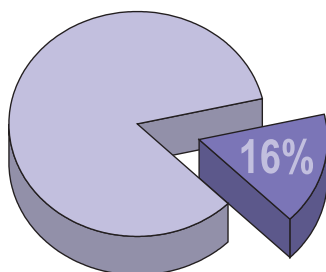


## HEALTHY EATING

- When choosing what they eat, 13% (12%) of pupils said that they 'never' consider their health, 20% (21%) said 'very often' or 'always'.

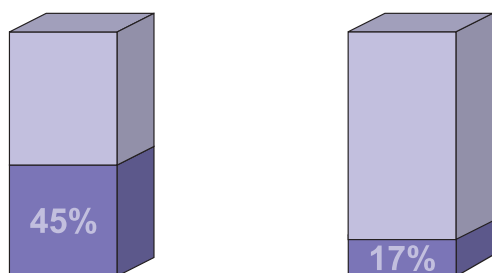


- 43% (43%) of the Year 10 girls and 35% (34%) of the Year 10 boys said that they diet to lose weight at least sometimes.
- 6% (6%) of pupils said they have takeaway food 'on most days' 29% (31%) said 'rarely or never'.
- 10% (10%) of pupils said they drank non-diet fizzy drinks and 7% (7%) said they have energy drinks 'on most days'. 15% (14%) ate crisps and 16% (15%) ate sweets 'on most days'.
- 5% (5%) of pupils said they 'rarely or never' ate any fresh fruit.
- 16% (18%) of pupils said that they had 5 or more portions of fruit and vegetables the day before.
- 62% (80%) of pupils had visited the dentist within the six months prior to the survey.

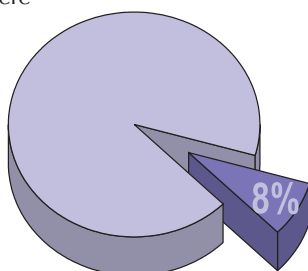


## RELATIONSHIPS & SEXUAL HEALTH

- 14% (21%) of Year 10 boys and 14% (20%) of Year 10 girls said they know where young people can get condoms free of charge.
- Pupils were asked who was their main source of information about sex and relationships. 45% (56%) said school lessons and 17% (14%) said parents.



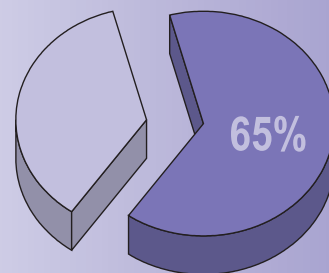
- 70% (71%) of Year 10 boys and 57% (59%) of Year 10 girls believed male condoms were reliable methods of contraception to stop pregnancy.
- 64% (74%) of boys and 59% (67%) of girls in Year 10 also thought that male condoms were reliable at stopping infections.
- 8% (9%) of Year 10 pupils said that they had been in a relationship with someone who was angry or jealous when they wanted to spend time with friends.



- 3% of Year 10 pupils said their boy/girlfriend had asked them to send nudes or semi-nudes.
- 2% (3%) of Year 10 pupils said their boy/girlfriend had put pressure on them to have sex or do other sexual things.
- 61% (64%) of pupils said that if any of these things happened to them, they would know where to go to get help.

## SAFETY

- 65% (70%) of pupils said that if they were worried about something they know an adult they trust that they can talk to about this.
- 33% (29%) of pupils said if they feel stressed or had a problem that worried them, they would lash out in anger at least 'sometimes'; 19% (14%) said they would hurt themselves in some way.

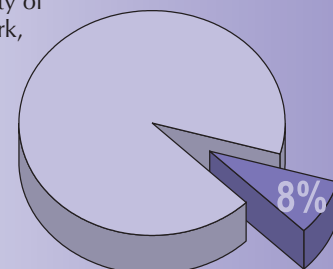


## Internet safety

- 87% (82%) of pupils said that they chat online.
- 18% (13%) have received a chat message or picture that scared them or made them upset.
- 13% (9%) of pupils said they have had hurtful comments posted about them on a social networking site.

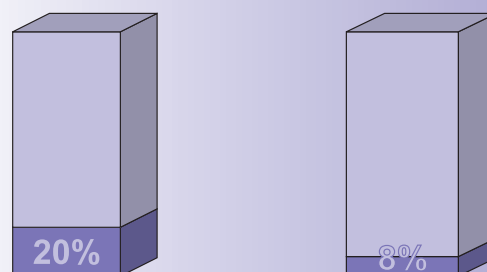
## Local Area

- 22% (23%) of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 3% (4%) said this about going out during the day.
- 8% (11%) of pupils said that they worry about being targeted to support terrorism or terrorist groups.
- 8% (11%) of pupils said that they worried about being recruited to a gang.
- 6% (7%) of pupils said that they had been the victim of violence in the past 12 months.



## PHYSICAL ACTIVITY

- 20% (17%) of boys and 8% (8%) of girls did physical activity on 7 days in the previous week.



- 14% (12%) 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% (26%) said none.
- 68% (72%) of pupils said that they enjoyed physical activity 'quite a lot' or 'a lot'.

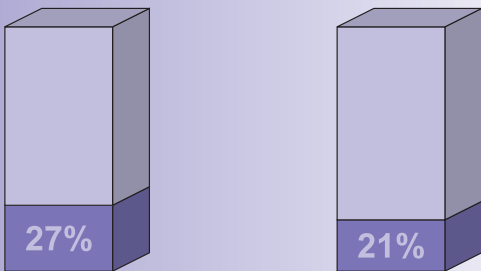
# Questions included in both the primary and secondary versions of the questionnaire

## Cross-phase data

### BULLYING

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

- 27% (28%) of primary pupils and 21% (17%) of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.



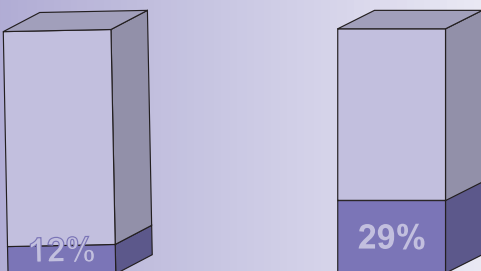
- Our surveys show that the fear of bullying figure for girls is consistently higher than for boys.

### SELF-ESTEEM

- Self esteem generally increases with age. 43% (44%) of Year 6 boys recorded levels of high self-esteem; the girls 32% (39%). In Year 10 the levels for high self-esteem are boys 52% (57%) and girls 32% (40%).
- 33% (30%) of Year 6 pupils said they were 'quite' or 'very worried' about moving to high school. 42% (39%) of primary pupils worried about schoolwork/SATs/tests. 49% (45%) of secondary pupils worried about schoolwork/exams and tests, 53% (50%) of secondary pupils worried about their future.

### RESILIENCE

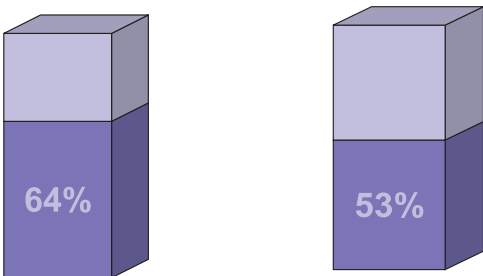
- If at first they don't succeed, 71% (73%) of Year 6 pupils said they 'usually' or 'always' keep trying, 55% (66%) of Year 10 pupils said the same.
- 40% (46%) Year 6 pupils recorded a 'high' resilience score, 22% (29%) of secondary pupils recorded the same.
- There is an upward trend in the proportion of pupils who recorded low resilience scores: primary 12% (10%), secondary 29% (22%).



### 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 64% (66%), secondary 53% (53%).

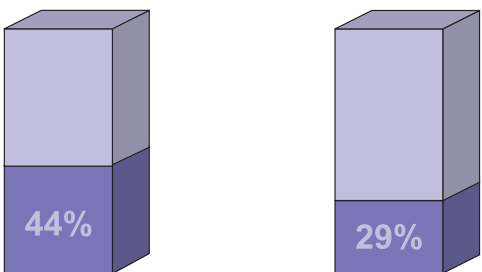


- Similar proportions of boys report drinking energy/sports drinks 'on most days': primary 7% (8%) secondary Year 10 boys 8% (9%).

### PHYSICAL ACTIVITIES

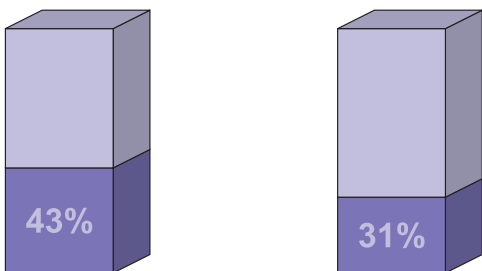
*How many days were you physically active?*

- 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 higher among primary pupils in 2021 compared with secondary pupils 38% (31%) compared with 30% (29%) respectively.
- 44% (32%) 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 lower at 29% (25%) for secondary aged pupils.



### BELONGING

- 54% (53%) of primary pupils said they very strongly feel that they belong to their school. 28% (35%) of secondary pupils said the same.
- 31% (32%) of primary pupils said they very strongly feel that they belong to the London Borough of Ealing. 24% (29%) of secondary pupils said the same.
- 43% (44%) of primary pupils said they very strongly feel that they belong to Britain. 31% (36%) of secondary pupils said the same.



## PRIMARY LINKS §

### **Parental online controls**

**Year 6 pupils** who said they can **see all online sites** are **more likely** than pupils whose parents have **strict controls** to:

- Play fighting/shooting games online
- Spent more than 2 hours playing live video games the day before
- Say lessons on managing money were not useful
- Have lower resilience
- Chat to friends of friends online
- Say they rarely eat vegetables
- Had less than 8+ hours sleep the night before.

## PRIMARY LINKS §

### **Don't belong**

**Year 6 pupils** who **don't feel they belong to their school** are **more likely** than pupils who do feel like they belong to:

- Feel afraid of going to school because of bullying
- Feel sad at school
- Worry about the way they look
- Have lower resilience
- Get less than 8+ hours sleep
- Worry about moving to high school
- Play fighting/shooting games online
- Feel really cross or angry.

## SECONDARY LINKS §

### **Pupils who have a long standing illness, disability or Special needs**

**Year 10 pupils** who said they have this are more likely than other pupils to:

- Have missed breakfast that morning
- Have lower self-esteem
- Experience anxiety every day
- Feel sadder than before COVID
- Have visited websites showing pornography
- Know someone who uses drugs
- Have been bullied at or near school
- Look after other members of their family and this stops them enjoying other things.

## SECONDARY LINKS §

### **Worry about being targeted**

**Year 10 pupils** who worry they may be **targetted to support terrorism** or terrorist groups are more likely than other pupils to:

- Have lower self-esteem
- Worry about their mental health
- Have trouble falling asleep
- Have been frightened by shouting and arguing at home in the last month
- Say they don't feel that they belong to their school
- Have been approached to support extremist activity
- Worry about getting a job.

## Comparison with 2019 - Primary

Ealing primary pupils in 2021 differ from pupils in 2019 in the following areas:

- Ealing pupils in 2021 are less likely to have been to the dentist in the last 6 months (52% vs. 65%)
- Ealing pupils are more likely to have been physically active at least 5 days (44% vs. 32%)
- Ealing pupils are less likely to have cooked in school lesson time (22% vs 30%)
- Ealing pupils are more likely to be able to get water during class time (78% vs. 62%)
- Ealing pupils are more likely to have received a message/picture that upset them (20% vs. 17%)
- Ealing pupils are more likely to have been bullied through their mobile phone (14% vs. 9%)
- Ealing pupils are more likely to have walked to school in 2021 (60% vs. 57%).

## Comparison with 2019 - Secondary

Ealing secondary pupils in 2021 differ from pupils in 2019 in the following areas:

- Ealing pupils are more likely to have trouble falling asleep (27% vs. 18%)
- Ealing pupils are less likely to have been to the dentist in the last 6 months (62% vs. 80%)
- Ealing pupils are less likely to say they belong to their school (70% vs. 77%)
- Ealing pupils are less likely to say they enjoy learning (46% vs. 51%)
- Ealing pupils are more likely to have searched for violent images/films/games (25% vs. 19%)
- Ealing pupils are less likely to say they have trusted adult to share problems with (65% vs. 70%)
- Ealing pupils are less likely to say school lessons are their main source of information about sex and relationships in 2021 (45% vs. 56%).

# 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 provide 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, Ark Acton Academy, Ark Byron Primary Academy, Ark Priory Primary Academy, Beaconsfield Primary and Nursery School, Berrymede Junior School, Blair Peach Primary School, Brentside Primary School, Brentside High School, Christ the Saviour CE Primary School, Clifton Primary School, Coston Primary School, Dairy Meadow Primary School, Dormers Wells Junior School, Dormers Wells High School, Downe Manor Primary School, Drayton Green Primary School, Drayton Manor High School, Durdans Park Primary School, Ealing Alternative Provision, East Acton Primary School, Elthorne Park High School, Featherstone Primary and Nursery School, Featherstone High School, Fielding Primary School, Gifford Primary School, Grange Primary School, Greenford High School, Greenwood Primary School, Hambrough Primary School, Havelock Primary School and Nursery, Hobbayne Primary School, Holy Family Catholic Primary School, Horsenden Primary School, John Perryn Primary School, Khalsa Primary School, Lady Margaret Primary School, Little Ealing Primary School,

Montpelier Primary School, Mount Carmel Catholic Primary School, North Ealing Primary School, Northolt High 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 Mary's CE Primary School, Norwood Green, St Raphael's Catholic Primary School, St Vincent's Catholic Primary School, Stanhope Primary School, The Cardinal Wiseman Catholic School, The Edward Betham CE Primary School, The Ellen Wilkinson School for Girls, Three Bridges Primary School, Tudor Primary School, Twyford CE High School, Vicar's Green Primary School, Viking Primary School, Villiers High School, West Acton Primary School, West Twyford Primary School, Willow Tree Primary School, Wolf Fields Primary School, Wood End Primary School and Woodlands Academy.

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