

Supporting the Health of Young People in Ealing

A summary report of the Health Related Behaviour Survey 2019

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 2019. 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 11285 pupils took part in 12 secondary and 66 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.

LINKS

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

In 2019, 11285 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	1981	1935	879	707	5502
Girls	1964	1909	898	867	5638
Total	3963*	3880*	1821*	1621*	11285*

**145 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 a similar version of the questionnaire. These areas include Bristol, Cambridgeshire, Central Bedfordshire, Essex, Greenwich, Hertfordshire, Lambeth, North Yorkshire, Plymouth, Richmond, Somerset and Solihull.

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 reported on page 7.

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

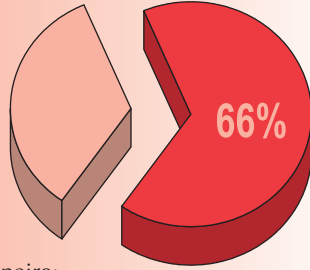
Safety

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

CITIZENSHIP

Local Issues

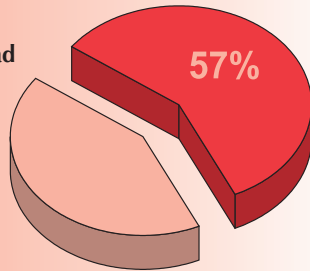
- 44% (47%) of pupils said that they would like their views to be heard via the school council; **66% (68%) said via their teacher.**
- 44% (46%) said that they would like their views to be heard via a survey or questionnaire; 30% (33%) said via a young people's representative.
- 53% (57%) of pupils said that they felt like they belonged 'very strongly' to their school; 44% (48%) said this about Britain.



DRUGS, ALCOHOL AND TOBACCO

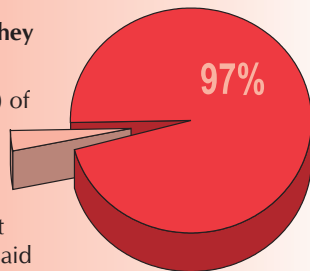
Drugs - Year 6 only

- 57% (52%) of Year 6 pupils reported that their parents had talked to them about drugs.**
- 70% (56%) of Year 6 pupils said their teachers had talked to them about drugs.
- 54% of Year 6 pupils said their lessons on alcohol/drugs/smoking were 'useful' or 'very useful'.
- 11% (8%) of Year 6 pupils say they are 'fairly sure' or 'certain' they know a user of drugs (not medicines).



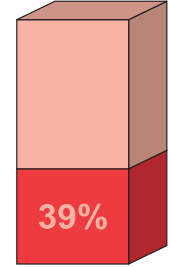
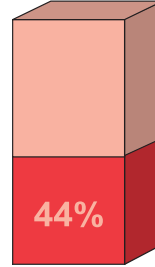
Tobacco - Year 6 only

- 20% (20%) of Year 6 pupils said that their parents/carers smoke.
- 5% (4%) said that someone smokes in a car when they are in it.
- 76% (76%) of pupils said that no-one ever smokes at home.
- 18% (19%) said that smoking only happens outside at home, 4% (4%) said that smokers at home only smoked in certain rooms but 1% (1%) said that smokers could smoke anywhere in their home.
- 97% of pupils reported that they have never smoked/vaped.**
- 3% (2%) of boys and 2% (1%) of girls have tried smoking/vaping at least once or twice.
- 91% (91%) said they wouldn't smoke when older, 8% (8%) said maybe and 1% (1%) think they will smoke when they are older.
- 8% (8%) of pupils said their parents/carers smoke e-cigarettes; 5% (5%) said their parents/carers smoke shisha.



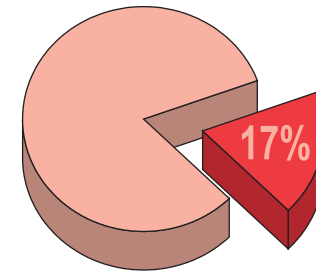
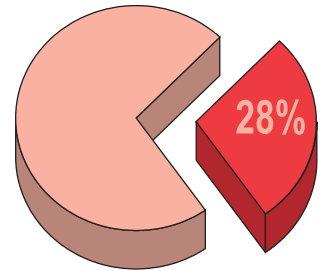
EMOTIONAL HEALTH & WELL-BEING

- 30% (33%) of boys and 26% (28%) of girls in Year 4 have high self-esteem scores
- 4% (4%) of all pupils have low self-esteem scores, 23% (19%) of pupils have medium-low self-esteem scores (more girls than boys).
- 44% (45%) of Year 6 boys and 39% (39%) of Year 6 girls have high self-esteem scores.**



- 39% (47%) of pupils reported that they worried about schoolwork/SATs etc.
- 30% (31%) of Year 6 pupils said that they worried about moving on to secondary school
- 28% (26%) of pupils said that they worried about gangs and 29% (34%) worry about terrorism.

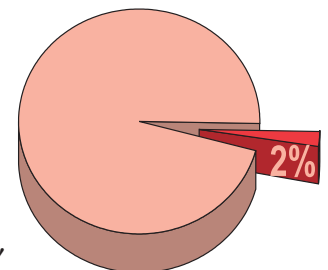
- 28% (28%) of pupils reported that they felt afraid to go to school because of bullying, at least sometimes.**



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

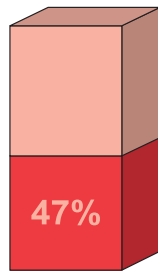
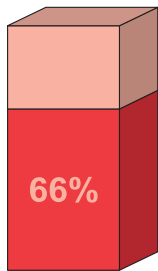
BULLYING

- 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% (5%) of those who were bullied often reported that they thought they were bullied because of the way they looked, 3% (4%) for being different.
- 2% (2%) thought they were bullied because of their race, or skin colour.**
- 6% (6%) who had said that they had been bullied recently kept it to themselves.
- 48% (49%) of pupils said that their school deals with bullying 'quite' or 'very well', 12% (12%) said it wasn't a problem in their school. 25% (24%) said they didn't know

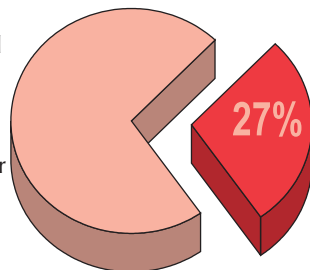


HEALTHY EATING

- 66% (65%) eat fresh fruit and 47% (46%) vegetables 'on most days'.

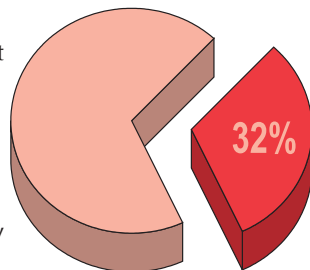


- 2% (2%) of pupils had nothing to eat for breakfast on the morning of the survey. 22% (25%) had a 'healthy' cereal, 11% (13%) had sugar coated cereal 34% (34%) had toast, bread, bagels etc. and 5% (6%) had biscuits.
- 16% (17%) of pupils eat crisps, 15% (17%) sweets, chocolate or choc bars 'on most days'. 11% (11%) have chips 'on most days' and 6% (8%) said they have energy drinks 'on most days'.
- 27% (30%) said that they had five or more portions of fruit and vegetables the day before.
- 28% (24%) said they 'rarely or never' eat salads.
- 83% (81%) drink plain water 'on most days'.
- 26% (25%) of pupils said that they had cooked during lesson time in the last 12 months. 4% (3%) said yes, in lesson and after school club and 6% (6%) said they had cooked in an after-school club.
- 37% (37%) of pupils said that they 'never or hardly ever' get a take away meal in the week. 52% (52%) said once or twice a week but 11% (11%) said three or more times a week.
- 13% (12%) of Year 6 pupils said they were 'too heavy', 11% (10%) said they were 'too light'.
- 11% (11%) said that they go on a diet to lose weight at least 'quite often'.



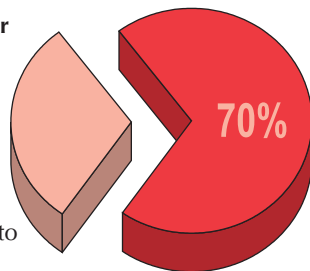
Dental Care

- 82% (83%) of pupils reported that they cleaned their teeth at least twice a day (the recommended frequency).
- 82% (90%) had visited the dentist within the last 12 months. 32% (32%) of pupils had a filling the last time they visited the dentist.



Puberty and Growing up

- 70% (69%) of pupils said their parents had talked to them about how their body changes as they grow up (79%* [79%] of Year 6 girls).
- 75% (70%) of Year 6 and 51% (50%) of Year 4 pupils said their teachers had talked to them about how their body changes as they grow up.



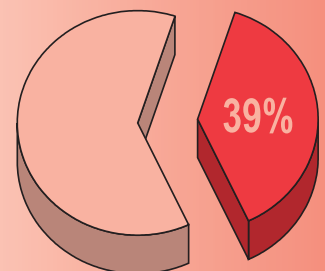
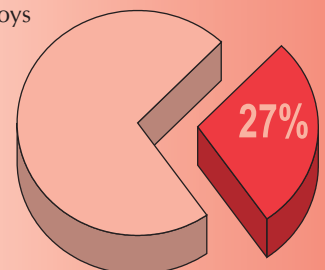
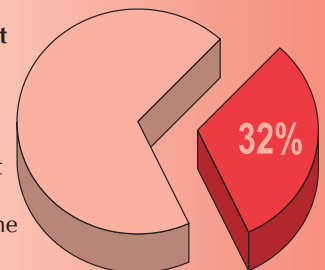
- 17% (16%) of the boys and 20% (19%) of the girls reported that they worried about the way they looked.
- 24% (24%) of the boys and 26% (25%) of the girls worried about how their body changes as they grow up.

SAFETY

- 11% (10%) of pupils said that there had been violence at home in the last month.
- 50% (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'; 18% (20%) said that they could 'rarely' or 'never' say no.
- 48% (50%) said that when they want a friend to do something they 'usually or always know what to say'.
- Of those who cycle, 44% (43%) of pupils said that they most times/always wear a cycle helmet when they cycle. 40% (40%) said that when they cycle in the dark or in poor weather they most times/always use bike lights.
- 89% (88%) said that they wash their hands after visiting the toilet 'whenever possible/always'.

PHYSICAL ACTIVITY

- 32% (29%) of pupils said that they did some physical activity on at least 5 days in the last 7 days.
- 15% (13%) of pupils said that they got out of breath and sweaty on at least 5 days in the last 7 days.
- 54% (54%) of pupils said that they go for walks at least once a week. 56% (57%) said that they run or jog and 40% (42%) said they ride their bike at least once a week.
- 21% (22%) of pupils (more boys than girls) play in a school team at least once a week (not including lesson time).
- 27% (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. 66% (61%) said swimming and 52% (48%) said football (70% [66%] boys). 56% (58%) of girls said trampolining.
- Other activities children do that compete with their time for physical activity include watching TV/DVD/computer games 52% (56%), reading a book for pleasure 70% (69%), and music lesson or practice 40% (41%).
- 39% (38%) 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)

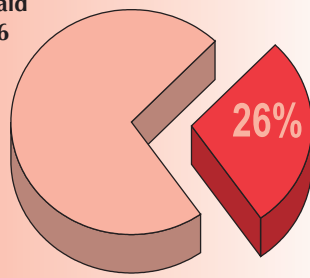
CITIZENSHIP

Background

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

Moving schools

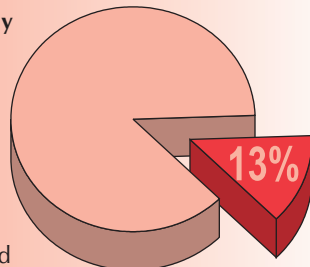
- 26% (24%) of Year 8 pupils said that when they were in Year 6 they were 'quite' or 'very' worried about moving to high schools.
- 23% (27%) said they were not at all worried. Another 44% (42%) said that they were a little worried about moving to high school.
- 20% (19%) said that they worried most about making friends, 17% (14%) said they worried most about homework and 13% (12%) said they worried about fitting in.



DRUGS, ALCOHOL & TOBACCO

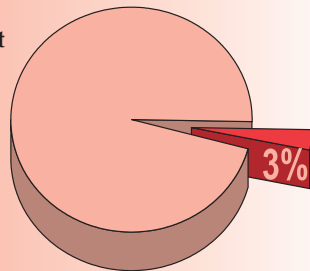
Drugs

- 13% (14%) of pupils are 'fairly sure' or 'certain' that they know someone who takes drugs to get high.
- 14% (17%) of Year 10 boys and 12% (16%) of Year 10 girls have been offered drugs.
- 3% (4%) of Year 10 pupils said they had taken at least one of the drugs listed in the questionnaire at some point.
- 2% (2%) of Year 10 pupils said that they know where to get help to stop taking drugs.



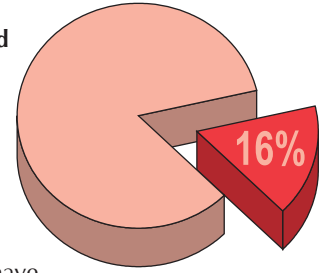
Alcohol

- 3% (3%) of pupils had at least one alcoholic drink in the week before the survey.
- 3% (3%) of Year 10 pupils drank alcohol at home in the week before the survey and 1% (2%) of Year 10 girls drank at a friend or relation's home.
- 1% (1%) of Year 10 pupils said they had drunk alcohol outside in a public place.



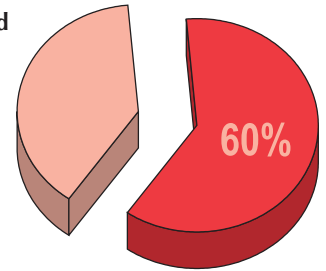
Tobacco

- 16% (22%) of pupils reported that parents/carers smoked. 5% (5%) said someone smokes inside their home.
- 3% (2%) of Year 10 pupils reported that they smoke occasionally or regularly.
- 6% (10%) 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% use them regularly.
- 5% (8%) of pupils said they have ever smoked Shisha. 2% (4%) said they smoke it 'sometimes'.



EMOTIONAL HEALTH & WELL-BEING

- 60% (64%) of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.
- 47% (49%) of pupils enjoy 'most' or 'all' of their lessons; 9% (9%) said 'hardly any of them'.
- 75% (70%) of pupils reported that they worried about at least one problem 'quite a lot' or 'a lot'.



SELF-ESTEEM

- 45% (49%) of pupil had high self-esteem scores (more boys than girls).
- 2% (2%) of pupils had very low self-esteem scores.

The top four worries for Year 8 pupils were:

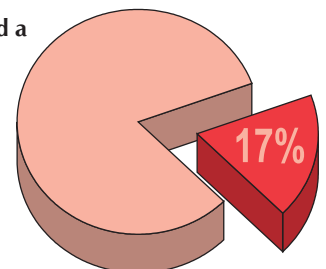
	Boys		Girls
Their future	37%	Their future	47%
Getting a job	33%	Exams & tests	41%
Exams & tests	26%	Getting a job	40%
Environment	24%	Their looks	27%

The top four worries for Year 10 pupils were:

	Boys		Girls
Their future	48%	Exams & tests	70%
Getting a job	41%	Their future	66%
Exams & tests	40%	Getting a job	55%
Environment	19%	Their looks	36%

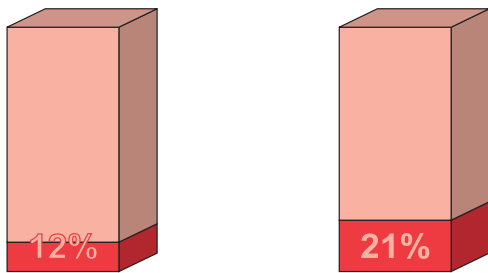
BULLYING

- 17% (15%) of pupils reported a fear of going to school at least sometimes because of bullying.
- 8% (7%) said they worried 'quite a lot' or 'a lot' about bullying. 6% (5%) worried about cyber-bullying.

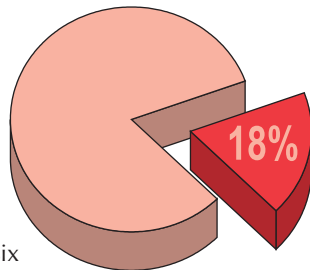


HEALTHY EATING

- When choosing what they eat, **12% (11%)** of pupils said that they 'never' consider their health, **21% (22%)** said 'very often' or 'always'.

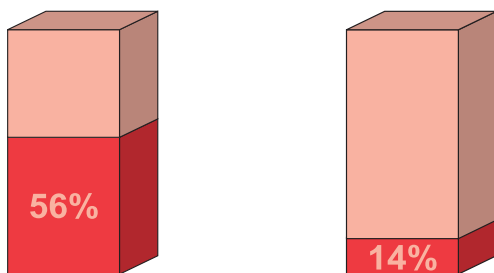


- 43% (43%) of the Year 10 girls and 34% (30%) of the Year 10 boys said that they diet to lose weight at least sometimes.
- 6% (7%) of pupils said they have takeaway food 'on most days' 31% (32%) said 'rarely or never'.
- 10% (11%) of pupils said they drank non-diet fizzy drinks and 7% (8%) said they have energy drinks 'on most days'. 14% (15%) ate crisps and 15% (17%) ate sweets 'on most days'.
- 5% (5%) of pupils said they 'rarely or never' ate any fresh fruit.
- 18% (19%)** of pupils said that they had 5 or more portions of fruit and vegetables the day before.
- 80%* (80%) of pupils had visited the dentist within the six months prior to the survey.

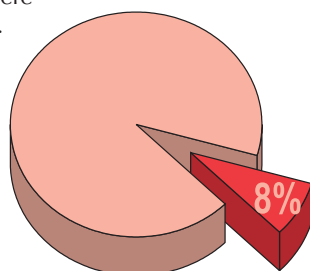


RELATIONSHIPS & SEXUAL HEALTH

- 21% (30%) of Year 10 boys and 20% (29%) 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. **56% (51%)** said school lessons and **14% (18%)** said parents.



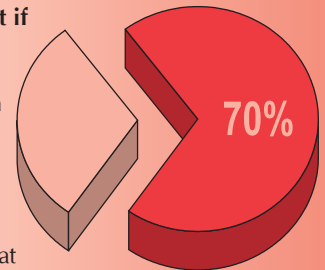
- 71% (75%) of Year 10 boys and 59% (62%) of Year 10 girls believed male condoms were reliable methods of contraception to stop pregnancy.
- 74% (69%) of boys and 67% (63%) of girls in Year 10 also thought that male condoms were reliable at stopping infections.
- 8% (7%)** of Year 10 pupils said that they had been in a relationship with someone who was angry or jealous when they wanted to spend time with friends.



- 4% (5%) of Year 10 pupils said their boy/girlfriend had asked them to send pictures/videos to them of a sexual nature.
- 3% (3%) of Year 10 pupils said their boy/girlfriend had put pressure on them to have sex or do other sexual things.
- 64% (64%) of pupils said that if any of these things happened to them, they would know where to go to get help.

SAFETY

- 70% (71%)** of pupils said that if they were worried about something they know an adult they trust that they can talk to about this.
- 29% (28%) of pupils said if they feel stressed or had a problem that worried them, they would lash out in anger at least 'sometimes'; 14% (11%) said they would hurt themselves in some way.

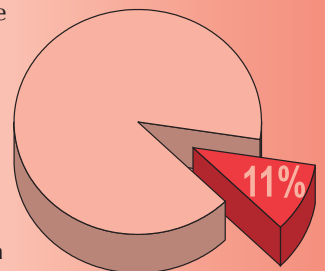


Internet safety

- 82% (80%) of pupils said that they chat online.
- 13% (12%) have received a chat message or picture that scared them or made them upset.
- 9% (10%) of pupils said they have had hurtful comments posted about them on a social networking site.

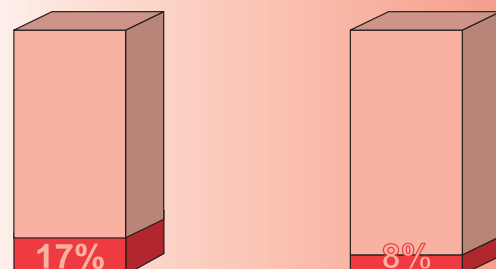
Local Area

- 23% (17%) of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 5% (3%) said this about going out during the day.
- 11% (12%)** of pupils said that they worry about being targeted to support terrorism or terrorist groups.
- 7% (6%) of pupils said that they had been the victim of violence in the past 12 months.



PHYSICAL ACTIVITY

- 17% (21%)** of boys and **8% (7%)** of girls did physical activity on 7 days in the previous week.



- 12% (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; 26% (23%) said none.
- 72% (73%) of pupils said that they enjoyed physical activity 'quite a lot' or 'a lot'.

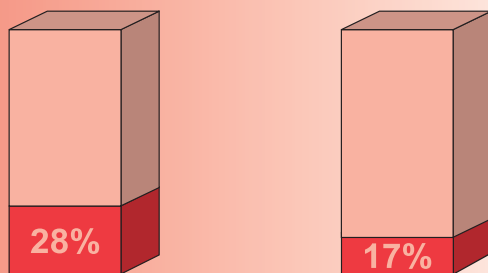
Questions included in both the primary and secondary versions of the questionnaire

Cross-phase data

BULLYING

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

- 28% (28%) of primary pupils and 17% (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.

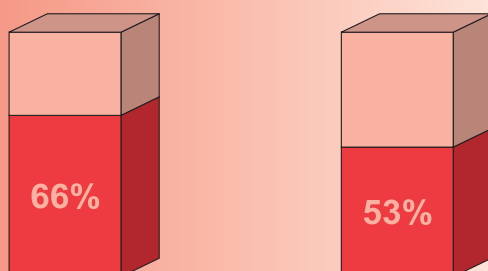
SELF-ESTEEM

- Self esteem generally increases with age. 44% (45%) of Year 6 boys recorded levels of high self-esteem; the girls 39% (39%). In Year 10 the levels for high self-esteem are boys 57% (58%) and girls 40% (44%).
- 30% (29%) of Year 6 pupils said they were 'quite' or 'very worried' about moving to high school. 39% of primary pupils worried about schoolwork/SATs/tests. 45% of secondary pupils worried about schoolwork/exams and tests, 50% (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 66% (65%), secondary 53% (52%).



- Similar proportions of boys report drinking energy/sports drinks 'on most days': primary 8% (10%) secondary Year 10 boys 9% (12%).

- There is a clear difference generally 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.

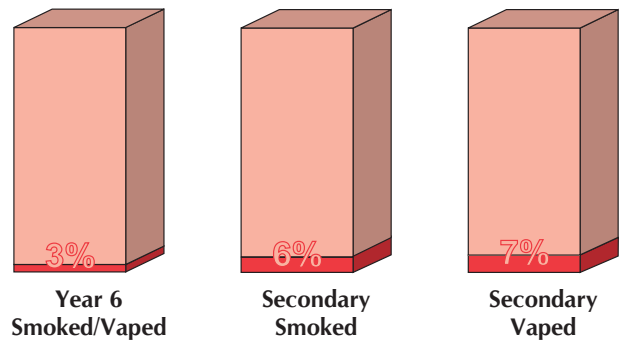
DRUGS, ALCOHOL AND TOBACCO

Did you drink alcohol in the last week?

- 1% (2%) of Year 8 pupils had at least one alcoholic drink in the last week, this increased to 5% (5%) for Year 10 pupils.

Have you smoked in the past?

- 3% of Year 6 pupils said they had smoked/vaped at least once or twice. 6% of secondary pupils said they had smoked and 7% of secondary said that they had vaped.



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

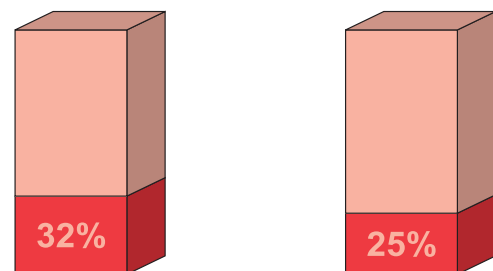
Do you know anybody who uses drugs that are not medicines? Have you been offered drugs?

- 11% (8%) of Year 6 pupils and 13% (14%) of secondary pupils are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- 13% (16%) of Year 10 pupils have been offered illegal drugs.

PHYSICAL ACTIVITIES

How many days were you physically active?

- 32% (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 lower at 25% (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 similar among primary compared with secondary pupils (31% (27%) compared with 29% (32%) respectively).

PRIMARY LINKS §

High Self-esteem

Year 6 girls who have **high self-esteem** are **less likely** than girls who don't to:

- Be afraid of going to school because of bullying
- Worry about going to high school
- Experience shouting and arguing at home
- Have low resilience
- Feel sad at school
- Say they are too heavy
- Have been bullied in last 12 months
- Have blocked someone because something upsetting happened online.

SECONDARY LINKS §

Controlling partner behaviour

Year 10 pupils who have had an **angry or jealous partner** are more likely than other pupils to:

- Have smoked or used e-cigarettes
- Think most young people have sex before the age of 16
- Have been a victim of violence
- Think cannabis is safe if used properly
- Have visited websites showing self-harm
- Have carried weapons for someone else
- Have used livestreaming
- Know where to get condoms free of charge.

Comparison with SHEU - Primary

Ealing primary pupils differ from pupils in the SHEU wider dataset in the following areas:

- Ealing pupils are less likely to have sweets and crisps 'on most days' (16% vs. 30%)
- Ealing pupils are less likely to eat vegetables 'on most days' (47% vs. 55%)
- Ealing Y6 pupils are less likely to have been bullied in last 12 months (15% vs 23%)
- Ealing pupils are more likely to walk to school (57% vs. 51%)
- Ealing parents are less likely to smoke (20% vs. 28%)
- Ealing pupils are less likely to say their school cares whether they are happy or not (63% vs. 73%)
- Ealing pupils are more likely to worry about health.

PRIMARY LINKS §

5-A-Day

Year 6 pupils who had **5+ portions** yesterday are **more likely** than pupils who had 0-3 to:

- Have been physically active on 5+ days
- Have eaten a healthy cereal that morning
- Have high resilience
- Be able to swim at least a length
- Have been to the dentist in the last 6 months
- Say no-one ever smokes at home
- Have slept for 8+ hours the night before
- Have high self-esteem
- Cycle to school.

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:

- Worry about their future
- Have been bullied in the last 12 months
- Have lower self-esteem
- Feel unsafe on public transport
- Have received a nasty message online
- Smoke Shisha
- Look after an adult at home
- Have been frightened by shouting and arguing at home in the last month.

Comparison with SHEU - Secondary

Ealing secondary pupils differ from pupils in the SHEU wider dataset in the following areas:

- Ealing pupils are less likely to be afraid of going to school because of bullying (17% vs. 27%)
- Ealing pupils are more likely to have high self-esteem (45% vs. 34%)
- Ealing pupils are less likely to have smoked cigarettes (6% vs. 17%) or had alcohol last week (3% vs. 12%)
- Ealing pupils are less likely to have had a jealous/possessive partner (7% vs. 21%)
- Ealing pupils are more likely to have a school lunch (46% vs. 38%)
- Ealing pupils are more likely to consider their health when making food choices (20% vs. 14%)

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, Ark Byron Primary Academy, Ark Priory Primary Academy, Beaconsfield Primary and Nursery School, Berrymede Junior School, Blair Peach Primary School, Brentside 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, 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, Edward Betham CE 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, 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 Mary's CE Primary Norwood Green, St Raphael's Catholic Primary School, St Vincent's Catholic Primary School, Stanhope Primary School, The Cardinal Wiseman Catholic 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, William Perkin CE High School, Willow Tree Primary School, Wolf Fields Primary School, Wood End Academy, Woodlands Academy,

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