

Use of digital technology for health in Wales



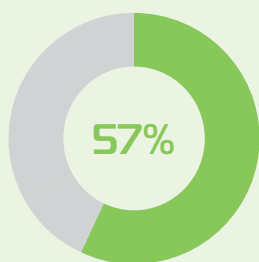
A nationally representative household survey asked 1,240 individuals aged 16+ years, resident in Wales, about how they use digital technology to support and monitor their health.



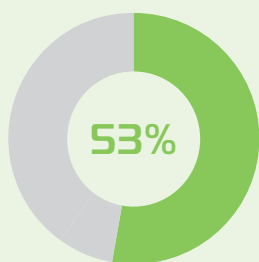
2 in 3 people^a in Wales use digital technology to support their health through one or more of the following:

Find information about...

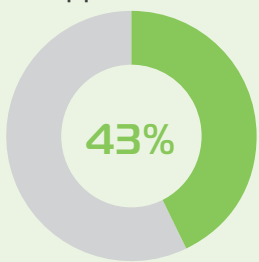
general health



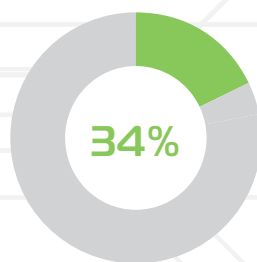
health services



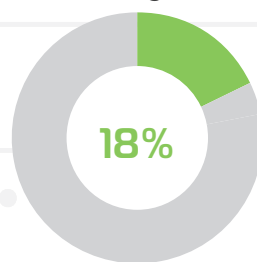
activities to support health



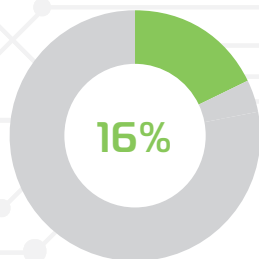
Self-diagnose a health condition



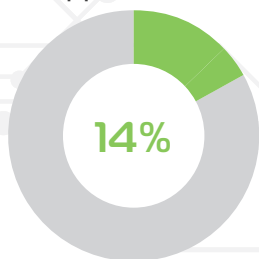
Track personal health goals



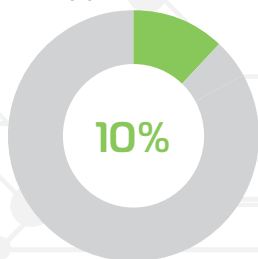
Manage a long-term health condition



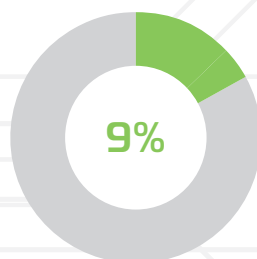
Make a healthcare appointment



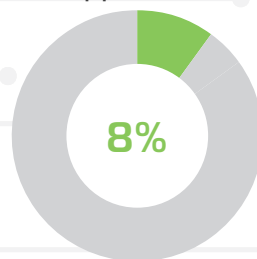
Find emotional support online



Manage medication



Manage other supplements



The proportion^b using digital technology to support their health

By gender^c

71%
Women



65%
Men

By age group^c

87%
16-29
year olds



24%
70+
year olds

By deprivation quintile^c

51%
Most
deprived



84%
Least
deprived

By general health^c



68%
High



72%
Average



62%
Low

By mental wellbeing^d



69%
Average



65%
Low

By HHBs^{c,e}



76%
0 HHBs



65%
1 HHB



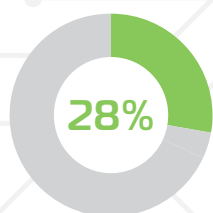
57%
2-3 HHBs

^aWeighted to the population Welsh Index of Multiple Deprivation 2015; ^bProportion adjusted to the sample mean for age, gender and deprivation. See report for full details; ^cDifferences between groups presented were found to be statistically significant ($p < 0.05$); ^dDifferences between groups presented were not found to be statistically significant ($p > 0.05$); ^eHHB = Health-harming behaviour (smoking, binge drinking, physically inactive).

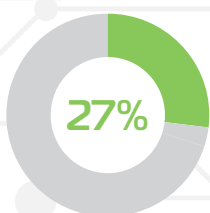


1 in 3 people^f in Wales use digital technology to monitor their health through one or more of the following:

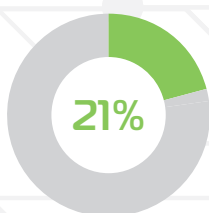
Step count



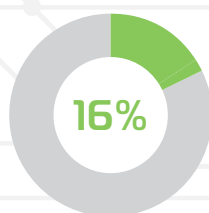
Fitness



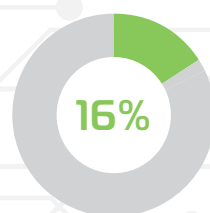
Nutrition/
Food intake



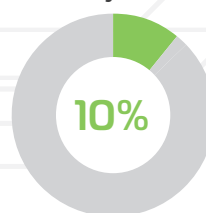
Heart rate



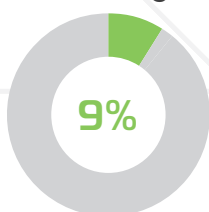
Sleep patterns



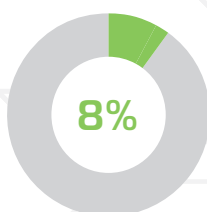
Stress or
anxiety levels



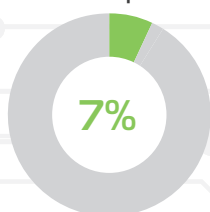
Mental
wellbeing



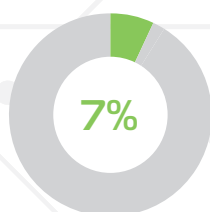
Medication



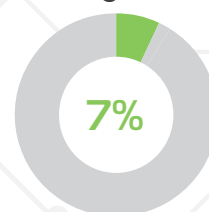
Water
consumption



Headaches



Pain
management



The proportion^g using digital technology to monitor their health

By gender^h

39%
Women



20%
Men

By age group^h

52%
16-29
year olds



6%
70+
year olds

By deprivation quintile^h

40%
Most
deprived



20%
Least
deprived

By general healthⁱ



29%
High



31%
Average



24%
Low

By mental wellbeingⁱ



30%
Average



24%
Low

By HHBs^h



34%
0 HHBs



27%
1 HHB



19%
2-3 HHBs



More than 1 in 10 people in Wales do not have access to the internet at home

Access is lower amongst the following groups: older adults, those living in more deprived areas, and those with poorer health.

^fWeighted to the population WIMD 2015; ^gProportion adjusted to the sample mean for age, gender and deprivation. See report for full details; ^hDifferences between groups presented were found to be statistically significant ($p < 0.05$); ⁱDifferences between groups presented were not found to be statistically significant ($p > 0.05$).

The Digital Technology and Health survey captured the opinions of 1,252 individuals (12 excluded from the analysis) aged 16+ years from across Wales through a nationally representative household survey. We are grateful to all those who voluntarily gave their time to participate. The information in this infographic is taken from the report: **Population Health in a digital age. The use of digital technology to support and monitor health in Wales.** Davies AR, Sharp CA, Homolova L, Bellis MA (2019) Public Health Wales & Bangor University. Available from: phw.nhs.wales/DigitalTechnologyandHealth



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