How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

Trends over time and socio-economic differences in health and wellbeing

Key findings for week 58

World Health Organization Collaborating Centre on Investment for Health and Wellbeing, Public Health Wales
Public Health Wales are conducting a public engagement telephone survey to ask members of the public in Wales how coronavirus and related control measures are affecting their health and wellbeing.

The survey interviews approximately 600 randomly selected individuals every other week. It began in April 2020 and includes a set of routine questions asked each survey week, with other questions changing depending on emerging issues.

This report looks at trends in responses to selected questions over the pandemic period, including worry about coronavirus, vaccine acceptance, and mental and physical health. It also looks at socio-economic differences in responses to these questions and additional questions asking how people’s health and wellbeing has changed since before the pandemic.

Key findings for week 58 of the survey are also presented. For these findings, survey data are adjusted to represent the Welsh population by age, sex and deprivation*.

We thank the people of Wales for giving us their valuable time to support this work.

*Unless stated otherwise. Throughout the report, figures may not always add to 100% due to rounding.
Key findings

Around 18,000 Welsh residents have participated in the national public engagement survey since it began in April 2020.

- The proportion of adults that are very worried about catching coronavirus has reduced substantially since the start of 2021, from 31% to 8%.
  Worry about catching coronavirus has been higher among residents in more deprived communities, females and individuals aged 55-74 years.

- Around 18,000 Welsh residents have participated in the national public engagement survey since it began in April 2020.

- The proportion of adults feeling very unhealthy increased from 3% in April 2020 to 13% in January 2021, and is currently at 8%.
  Residents in more deprived communities, females and individuals aged 35-54 years are more likely to have been feeling very unhealthy.

- 42% of adults say their mental health is worse now than it was before the pandemic, equivalent to over 1 million adults.*
  Females and younger adults are more likely to report that their mental health has worsened.

- Feelings of loneliness and isolation have reduced throughout 2021.
  Residents in more deprived communities, females and younger adults are more likely to have been feeling lonely and isolated.

- 18% of adults say their alcohol consumption has increased since the pandemic, equivalent to 445,000 adults.*
  Residents in less deprived communities and those aged 35-54 years are more likely to report increased alcohol consumption.

- 42% of adults say their mental health is worse now than it was before the pandemic, equivalent to over 1 million adults.*
  Females and younger adults are more likely to report that their mental health has worsened.

- 18% of adults say their alcohol consumption has increased since the pandemic, equivalent to 445,000 adults.*
  Residents in less deprived communities and those aged 35-54 years are more likely to report increased alcohol consumption.

- Vaccine acceptance increased from 64% in October 2020 to 95% in March 2021, where it remains.
  Lower vaccine acceptance is associated with higher deprivation, being female and younger age.

*These questions have been asked since January 2021
The first part of this report presents analyses of trends in selected questions over time and of changes in aspects of health and well-being. Analyses use generalized linear models. Trends data are adjusted to population demographics. Figures may vary slightly from those contained in weekly reports due to the larger sample size available for socio-demographic adjustment. Sample sizes are presented in the footnotes.

The figure below shows the weeks on which surveys have been conducted and key time points in the pandemic response.

Survey week number and date
Non-survey week
Worry about catching coronavirus

- The proportion of adults that are very worried about catching coronavirus* has fallen from a peak of 31% in early January to 8% in May 2021.
- Worry about catching coronavirus has been higher among residents of more deprived communities, females and individuals aged 55-74 years.

Adjusted proportion ‘very worried’ about catching coronavirus*, by survey week

*Participants are asked how worried they are about catching coronavirus; response options are not at all, a little, moderately and very. Up to week 16, this question was not asked to those who said they had had coronavirus. From week 23, the question was asked to all individuals.

Data adjusted to sample demographics; n=17,095
The proportion of adults worrying ‘a lot’ about their mental health and wellbeing* rose from 13% in May 2020 to 31% in January 2021.

Worry about mental health and wellbeing has been greater in residents of more deprived communities, females and younger age groups.

*Participants are asked, in the past week, how much they have been worrying about their mental health and wellbeing; response options are not at all, a little, and a lot.
The proportion of adults ‘always’ or ‘often’ feeling lonely* has ranged from 8% in May to 19% in early January.

Residents in more deprived quintiles, females and younger adults are more likely to have been feeling lonely.

*Participants are asked, in the last week, how often they have been feeling lonely; response options are never, occasionally, often and always.
- The proportion of adults ‘always’ or ‘often’ feeling isolated* has ranged from 11% in September 2020 to 29% in early January 2021.
- Residents in more deprived quintiles, females and younger adults are more likely to have been feeling isolated.

*Participants are asked, in the last week, how often they have been feeling isolated; response options are never, occasionally, often and always.
The proportion of adults feeling very anxious* has ranged from 27% in December 2020 to 18% in late March/early April 2021. Residents in more deprived quintiles and females are more likely to have been feeling very anxious, with no difference between age groups.

Adjusted proportion feeling very anxious*, by survey week

By deprivation quintile

- (Most) 1: 24%
- 2: 23%
- 3: 20%
- 4: 19%
- (Least) 5: 18%

By gender

- Male: 17%
- Female: 25%

By age group

- 18-34: 22%
- 35-54: 21%
- 55-74: 21%
- 75+: 19%

*Participants are asked to rate how anxious they feel today, using a scale of 0 (not at all anxious) to 10 (completely anxious). Responses of 7-10 are categorised as ‘very anxious’.

Data adjusted to sample demographics; n=17,937
The proportion of adults feeling happy* fell from 71% in July 2020 to 48% in early January 2021, but has since increased to around 65%.

Residents of less deprived quintiles, males and older adults are more likely to have been feeling happy.

*Participants are asked to rate how happy they feel today, using a scale of 0 (not at all happy) to 10 (completely happy). Responses of 7-10 are categorised as 'happy'.
Feeling unhealthy

- The proportion of adults feeling very unhealthy* increased from 3% in April 2020 to 13% in early January 2021, and is currently 8%.
- Residents in more deprived quintiles, females and individuals aged 35-54 years are more likely to have been feeling very unhealthy.

*Participants are asked to rate how healthy they feel today, using a scale of 0 (not at all healthy) to 10 (completely healthy). Responses of 0-3 are categorised as ‘very unhealthy’.

Data adjusted to sample demographics; n=17,938
Welsh Government’s response to the pandemic

- The proportion agreeing Welsh Government has responded to the pandemic well* fell to 50% in January 2021 but has since increased to 80%.
- Residents of the least deprived quintile, males and younger adults are less likely to have approved with the Welsh Government response.

*Since week 6, participants have been asked how much they agree with statement “I think that Welsh Government is responding to the problems caused by coronavirus well”. Those responding strongly agree and agree (v. neither agree nor disagree, disagree or strongly disagree) are categorised as agreeing.

Data adjusted to sample demographics; n=15,496
The proportion of adults who want, or have already had, a coronavirus vaccination* increased from 64% in October 2020 to 95% in March 2021.

Residents of the most deprived quintile, females and younger adults are less likely to report vaccine acceptance.

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*From week 16, participants were asked if they would want a coronavirus vaccination if one became available, and from week 37 if they would want a vaccination if offered or had already had one. Those responding yes (v. no or unsure) or already had one are categorised as accepting the vaccine.
From January 2021 (week 40), participants have been asked how their physical health has changed since before the pandemic*.

38% of adults said their physical health is worse now than before the pandemic

Equivalent to 971,000 adults#

<table>
<thead>
<tr>
<th>Deprivation Quintile</th>
<th>Adjusted Proportion Reporting Worse Physical Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Most) 1</td>
<td>43%</td>
</tr>
<tr>
<td>2</td>
<td>40%</td>
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<tr>
<td>3</td>
<td>36%</td>
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<tr>
<td>4</td>
<td>35%</td>
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<tr>
<td>(Least) 5</td>
<td>35%</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Gender</th>
<th>Adjusted Proportion Reporting Worse Physical Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>34%</td>
</tr>
<tr>
<td>Female</td>
<td>41%</td>
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<table>
<thead>
<tr>
<th>Age Group</th>
<th>Adjusted Proportion Reporting Worse Physical Health</th>
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<tbody>
<tr>
<td>18-34</td>
<td>37%</td>
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<tr>
<td>35-54</td>
<td>43%</td>
</tr>
<tr>
<td>55-74</td>
<td>37%</td>
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<tr>
<td>75+</td>
<td>35%</td>
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</tbody>
</table>

*Participants are asked if, compared to last year, before the coronavirus situation, they would say their physical health is much better, better, the same, a bit worse, or much worse. Those responding a bit worse or much worse are categorised as having worse physical health.

# Rounded to the nearest thousand.

Data adjusted to sample demographics; n=5,908
From January 2021 (week 40), participants have been asked how their physical fitness has changed since before the pandemic*.

43% of adults said their physical fitness is worse now than before the pandemic

Equivalent to 1,074,000 adults#

Individuals from more deprived communities, females and those aged 35-54 are more likely to report worse physical fitness.

Adjusted proportion reporting worse physical fitness

**By deprivation quintile**

- (Most) 1: 48%
- 2: 44%
- 3: 39%
- 4: 40%
- (Least) 5: 40%

**By gender**

- Male: 38%
- Female: 46%

**By age group**

- 18-34: 42%
- 35-54: 45%
- 55-74: 41%
- 75+: 40%

*Participants are asked if, compared to last year, before the coronavirus situation, they would say their physical fitness is much better, better, the same, a bit worse, or much worse. Those responding a bit worse or much worse are categorised as having worse physical fitness.

#Rounded to the nearest thousand.

Data adjusted to sample demographics; n=5,908
From January 2021 (week 40), participants have been asked how their mental health has changed since before the pandemic*.

42% of adults said their mental health is worse now than before the pandemic.

Equivalent to 1,055,000 adults#

Females and younger adults are more likely to report worse mental health. There were no significant differences across deprivation quintiles.

Adjusted proportion reporting worse mental health

By deprivation quintile

- (Most) 1: 39%
- 2: 37%
- 3: 38%
- 4: 37%
- (Least) 5: 39%

By gender

- Male: 32%
- Female: 45%

By age group

- 18-34: 48%
- 35-54: 47%
- 55-74: 38%
- 75+: 22%

*Participants are asked if, compared to last year, before the coronavirus situation, they would say their mental health is much better, better, the same, a bit worse, or much worse. Those responding a bit worse or much worse are categorised as having worse mental health.

#Rounded to the nearest thousand.
From January 2021 (week 40), participants have been asked how their family relationships have changed since before the pandemic*.

23% of adults said their family relationships have worsened since the pandemic

Equivalent to 583,000 adults#

Females and younger adults are more likely to report their family relationships to have worsened. There were no significant differences across deprivation quintiles.

Adjusted proportion reporting worse family relationships

<table>
<thead>
<tr>
<th>By deprivation quintile</th>
<th>(Most) 1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>(Least) 5</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>22%</td>
<td>20%</td>
<td>21%</td>
<td>20%</td>
<td>22%</td>
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<table>
<thead>
<tr>
<th>By gender</th>
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<tbody>
<tr>
<td>Male</td>
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<td>Female</td>
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<table>
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<tr>
<th>By age group</th>
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<td>18-34</td>
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<td>35-54</td>
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<tr>
<td>55-74</td>
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<tr>
<td>75+</td>
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</tbody>
</table>

*Participants are asked if, compared to last year, before the coronavirus situation, they would say their family relationships are much better, better, the same, a bit worse, or much worse. Those responding a bit worse or much worse are categorised as having worse family relationships.

#Rounded to the nearest thousand.
From January 2021 (week 40), participants have been asked how their social relationships have changed since before the pandemic.

60% of adults said their social relationships have worsened since the pandemic. Equivalent to 1,509,000 adults.

Residents in less deprived communities, females and adults under the age of 75 are more likely to report worse social relationships.

Adjusted proportion reporting worse social relationships

By deprivation quintile

<table>
<thead>
<tr>
<th>Quintile</th>
<th>Proportion (%)</th>
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<tbody>
<tr>
<td>Most</td>
<td>55</td>
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<tr>
<td>2</td>
<td>56</td>
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<tr>
<td>3</td>
<td>57</td>
</tr>
<tr>
<td>4</td>
<td>59</td>
</tr>
<tr>
<td>Least</td>
<td>62</td>
</tr>
</tbody>
</table>

By gender

<table>
<thead>
<tr>
<th>Gender</th>
<th>Proportion (%)</th>
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</thead>
<tbody>
<tr>
<td>Male</td>
<td>56</td>
</tr>
<tr>
<td>Female</td>
<td>60</td>
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By age group

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Proportion (%)</th>
</tr>
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<tbody>
<tr>
<td>18-34</td>
<td>60</td>
</tr>
<tr>
<td>35-54</td>
<td>64</td>
</tr>
<tr>
<td>55-74</td>
<td>60</td>
</tr>
<tr>
<td>75+</td>
<td>47</td>
</tr>
</tbody>
</table>

*Participants are asked if, compared to last year, before the coronavirus situation, they would say their social relationships are much better, better, the same, a bit worse, or much worse. Those responding a bit worse or much worse are categorised as having worse social relationships.

#Rounded to the nearest thousand.
From January 2021 (week 40), participants have been asked how their financial situation has changed since before the pandemic*.

21% of adults said their financial situation has worsened since the pandemic.

Equivalent to 529,000 adults#

Residents in more deprived communities and younger adults are more likely to report a worse financial situation. There were no significant differences by gender.

Adjusted proportion reporting a worse financial situation

By deprivation quintile

- (Most) 1: 18%
- 2: 16%
- 3: 18%
- 4: 15%
- (Least) 5: 14%

By gender

- Male: 16%
- Female: 17%

By age group

- 18-34: 28%
- 35-54: 25%
- 55-74: 17%
- 75+: 5%

*Participants are asked if, compared to last year, before the coronavirus situation, they would say their financial situation is much better, better, the same, a bit worse, or much worse. Those responding a bit worse or much worse are categorised as having a worse financial situation.

#Rounded to the nearest thousand.
Employment or work prospects

From January 2021 (week 40), participants have been asked how their employment or work prospects have changed since before the pandemic*.

14% of adults said their employment or work prospects had worsened since the pandemic

Equivalent to 364,000 adults#

Males and younger adults are more likely to report worse employment or work prospects. There were no significant differences by deprivation level.

Adjusted proportion reporting worse employment or work prospects

By deprivation quintile

By gender

By age group

*Participants are asked if, compared to last year, before the coronavirus situation, they would say their employment or work prospects are much better, better, the same, a bit worse, or much worse. Those responding a bit worse or much worse are categorised as having worse employment or work prospects.

#Rounded to the nearest thousand.
From January 2021 (week 40), participants have been asked how their dental health has changed since before the pandemic.

30% of adults said their dental health had worsened since the pandemic.

Equivalent to 748,000 adults.

Females and adults aged 35-54 were more likely to report worse dental health. There were no significant differences by deprivation level.

Adjusted proportion reporting worse dental health

By deprivation quintile

- (Most) 1: 27%
- 2: 30%
- 3: 28%
- 4: 29%
- (Least) 5: 27%

By gender

- Male: 27%
- Female: 29%

By age group

- 18-34: 26%
- 35-54: 34%
- 55-74: 31%
- 75+: 22%

*Participants are asked if, compared to last year, before the coronavirus situation, they would say their dental health is much better, better, the same, a bit worse, or much worse. Those responding a bit worse or much worse are categorised as having worse dental health.

# Rounded to the nearest thousand.

Data adjusted to sample demographics; n=5,307
From January 2021 (week 40), participants have been asked how their alcohol consumption has changed since before the pandemic.

18% of adults said their alcohol consumption had increased since the pandemic.

Equivalent to 445,000 adults.

Residents in the least deprived quintiles and those in the 35-54 year age group are more likely to have increased their alcohol consumption. There was no significant difference between males and females.

*Participants are asked if, compared to last year, before the coronavirus situation, their alcohol consumption has reduced, stayed the same or increased.

# Rounded to the nearest thousand.
From January 2021 (week 40), participants have been asked how their weight has changed since before the pandemic*.

40% of adults said their weight had increased since the pandemic

Equivalent to 1,008,000 adults#

Females and younger adults are more likely to have gained weight. Differences by deprivation level were not significant.

Adjusted proportion reporting increased weight

By deprivation quintile

(Most) 1
2
3
4
(Least) 5
41%
39%
37%
38%
37%

By gender

Male
Female
32%
45%

By age group

18-34
35-54
55-74
75+
40%
44%
39%
32%

*Participants are asked if, compared to last year, before the coronavirus situation, their weight has reduced, stayed the same or increased.

#Rounded to the nearest thousand.
601 Welsh residents aged 18 years and over were interviewed in week 58 of the survey (10\textsuperscript{th} to 16\textsuperscript{th} May 2021).

This section presents findings from the weekly survey. Key findings include:

- **30%** of people said they were not at all worried about catching coronavirus, and a further 35% said they were only a little worried.
- **27%** of people said they had been worrying ‘a lot’ about losing someone they love to coronavirus; down from 43% in early March*.  
- **39%** of people said that at least one person from outside a permitted support bubble had been into their house in the last 7 days.
- **51%** of people said they understood the restrictions in place in Wales to reduce the spread of coronavirus ‘very well’ and a further 41% said they understood them ‘quite well’.
- **43%** of people said they were following the restrictions ‘completely’ and a further 43% reported majority compliance**.
- **65%** of people thought coronavirus should be among the top three policy priorities for 2021; below NHS waiting lists, which was selected by 68% of people. 37% placed coronavirus as their top priority; down from 54% in March*.

*Week 48; 1\textsuperscript{st} and 7\textsuperscript{th} March; **Majority compliance - ratings of 8 or 9 on a scale of 1 to 10, where 1 is not at all and 10 is completely following the restrictions.
### About coronavirus

**Do you think you have or have had coronavirus?**

<table>
<thead>
<tr>
<th></th>
<th>Yes</th>
<th>17%</th>
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<tbody>
<tr>
<td></td>
<td>Don’t know</td>
<td>5%</td>
</tr>
</tbody>
</table>

**Have you been tested for coronavirus or had an antibodies test?**

<table>
<thead>
<tr>
<th></th>
<th>Had a coronavirus test</th>
<th>49%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Had an antibodies test</td>
<td>8%</td>
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</tbody>
</table>

**How worried are you that you could get coronavirus?**

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<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>30%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>A little</td>
<td>35%</td>
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<tr>
<td></td>
<td>Moderately</td>
<td>27%</td>
</tr>
<tr>
<td></td>
<td>Very</td>
<td>8%</td>
</tr>
</tbody>
</table>
Knowledge and compliance with restrictions

How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?

- Not at all: 1%
- Not very well: 7%
- Quite well: 41%
- Very well: 51%

On a scale of 1 to 10 where 1 is not at all and 10 is completely, how much would you say you are following the restrictions?

<table>
<thead>
<tr>
<th>Score</th>
<th>Not at all</th>
<th>Completely</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>&lt;1%</td>
<td>43%</td>
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<tr>
<td>2</td>
<td>0%</td>
<td>22%</td>
</tr>
<tr>
<td>3</td>
<td>0%</td>
<td>21%</td>
</tr>
<tr>
<td>4</td>
<td>2%</td>
<td>10%</td>
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<tr>
<td>5</td>
<td>2%</td>
<td>1%</td>
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<tr>
<td>6</td>
<td>1%</td>
<td>0%</td>
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<tr>
<td>7</td>
<td>0%</td>
<td>2%</td>
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<tr>
<td>8</td>
<td>0%</td>
<td>2%</td>
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<tr>
<td>9</td>
<td>0%</td>
<td>1%</td>
</tr>
<tr>
<td>10</td>
<td>0%</td>
<td>&lt;1%</td>
</tr>
</tbody>
</table>

I think most people are following social distancing guidelines

- Strongly agree: 5%
- Agree: 43%
- Neither agree nor disagree: 11%
- Disagree: 29%
- Strongly disagree: 11%
Apart from the people in your own household or a permitted support bubble, in the last 7 days, how many other people have you come into close contact with, meaning within one metre?

<table>
<thead>
<tr>
<th>None</th>
<th>1 - 2</th>
<th>3 - 10</th>
<th>More than 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>21%</td>
<td>23%</td>
<td>27%</td>
<td>30%</td>
</tr>
</tbody>
</table>

Apart from the people in your own household or a permitted support bubble, in the last 7 days, how many people have come into your house?

<table>
<thead>
<tr>
<th>None</th>
<th>1 - 2</th>
<th>3 - 10</th>
<th>More than 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>61%</td>
<td>29%</td>
<td>9%</td>
<td>1%</td>
</tr>
</tbody>
</table>

In the last 7 days, how many other people’s houses have you been into - not including that of a permitted support bubble?

<table>
<thead>
<tr>
<th>None</th>
<th>1 - 2</th>
<th>3 - 10</th>
<th>More than 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>74%</td>
<td>22%</td>
<td>2%</td>
<td>2%</td>
</tr>
</tbody>
</table>
If you were offered a coronavirus vaccination...

Would you personally want to be vaccinated?

- Vaccinated* 75%
- Yes 19%
- No 4%
- Unsure 2%

*Already received a coronavirus vaccination.

For those with children in the household**:

Would you want your children to be vaccinated?

- Yes 67%
- No 18%
- Unsure 15%

**Limited to those with children living in the household; excluding those responding ‘not applicable’; unweighted data.
In the past 7 days, on how many days have you left your home or garden?

- 0 days: 51%
- 1 day: 7%
- 2 days: 10%
- 3 days: 8%
- 4 days: 8%
- 5 days: 9%
- 6 days: 2%
- 7 days: 2%

How are we behaving?

- To work:
  - 0 days: 54%
  - 1-2 days: 8%
  - 3-4 days: 10%
  - 5+ days: 27%
- To shop:
  - 0 days: 19%
  - 1-2 days: 54%
  - 3-4 days: 17%
  - 5+ days: 9%
- To exercise:
  - 0 days: 42%
  - 1-2 days: 17%
  - 3-4 days: 12%
  - 5+ days: 29%
- To meet family/friends:
  - 0 days: 51%
  - 1-2 days: 38%
  - 3-4 days: 5%
  - 5+ days: 6%
- To eat at a café, pub or restaurant:
  - 0 days: 85%
  - 1-2 days: 12%
  - 3-4 days: 2%
  - 5+ days: <1%
<table>
<thead>
<tr>
<th>Question</th>
<th>Strongly agree</th>
<th>Agree</th>
<th>Neither agree nor disagree</th>
<th>Disagree</th>
<th>Strongly disagree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I think that Welsh Government is responding to the problems caused by coronavirus well</td>
<td>26%</td>
<td>52%</td>
<td>11%</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>I am confident that the NHS would be able to adequately care for me if I became seriously ill with coronavirus</td>
<td>33%</td>
<td>51%</td>
<td>8%</td>
<td>6%</td>
<td>2%</td>
</tr>
<tr>
<td>I trust the police to use their powers to restrict people’s movement sensibly</td>
<td>19%</td>
<td>47%</td>
<td>12%</td>
<td>16%</td>
<td>7%</td>
</tr>
</tbody>
</table>
Over the past week, how much have the following been worrying you?

<table>
<thead>
<tr>
<th>What are we worried about?</th>
<th>Not at all</th>
<th>A little</th>
<th>A lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>Losing someone you love to coronavirus</td>
<td>43%</td>
<td>30%</td>
<td>27%</td>
</tr>
<tr>
<td>The wellbeing of your children*#</td>
<td>28%</td>
<td>31%</td>
<td>41%</td>
</tr>
<tr>
<td>Your children’s education*#</td>
<td>30%</td>
<td>32%</td>
<td>38%</td>
</tr>
<tr>
<td>Losing your job or not being able to find one#</td>
<td>72%</td>
<td>13%</td>
<td>15%</td>
</tr>
<tr>
<td>Your finances</td>
<td>65%</td>
<td>20%</td>
<td>15%</td>
</tr>
<tr>
<td>Going out in public places#</td>
<td>46%</td>
<td>41%</td>
<td>13%</td>
</tr>
<tr>
<td>The impacts of Brexit</td>
<td>64%</td>
<td>24%</td>
<td>12%</td>
</tr>
</tbody>
</table>

*Limited to those with children in the household; #Excludes those responding ‘not applicable’; ~Unweighted data.
Of this list of potential policy areas, which do you think should be the first, second and third priorities for 2021?

<table>
<thead>
<tr>
<th>Policy Area</th>
<th>1st Priority</th>
<th>2nd Priority</th>
<th>3rd Priority</th>
<th>Included in top three priorities</th>
</tr>
</thead>
<tbody>
<tr>
<td>NHS waiting lists</td>
<td>26%</td>
<td>27%</td>
<td>15%</td>
<td>68%</td>
</tr>
<tr>
<td>Coronavirus</td>
<td>37%</td>
<td>15%</td>
<td>13%</td>
<td>65%</td>
</tr>
<tr>
<td>Mental health</td>
<td>13%</td>
<td>16%</td>
<td>19%</td>
<td>48%</td>
</tr>
<tr>
<td>Education</td>
<td>11%</td>
<td>15%</td>
<td>21%</td>
<td>47%</td>
</tr>
<tr>
<td>Unemployment</td>
<td>3%</td>
<td>13%</td>
<td>14%</td>
<td>30%</td>
</tr>
<tr>
<td>Climate change</td>
<td>6%</td>
<td>8%</td>
<td>12%</td>
<td>25%</td>
</tr>
<tr>
<td>Brexit</td>
<td>3%</td>
<td>7%</td>
<td>7%</td>
<td>16%</td>
</tr>
</tbody>
</table>
## How are we feeling?

### How healthy do you feel today?

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3</td>
<td>8%</td>
</tr>
<tr>
<td>4-6</td>
<td>36%</td>
</tr>
<tr>
<td>7-10</td>
<td>56%</td>
</tr>
</tbody>
</table>

### How happy do you feel today?

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3</td>
<td>6%</td>
</tr>
<tr>
<td>4-6</td>
<td>29%</td>
</tr>
<tr>
<td>7-10</td>
<td>65%</td>
</tr>
</tbody>
</table>

### How anxious do you feel today?

<table>
<thead>
<tr>
<th>Score Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-3</td>
<td>51%</td>
</tr>
<tr>
<td>4-6</td>
<td>29%</td>
</tr>
<tr>
<td>7-10</td>
<td>20%</td>
</tr>
</tbody>
</table>

### On how many days in the last week did you do at least 30 minutes exercise (enough to make you out of breath)?

<table>
<thead>
<tr>
<th>Days Range</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 days</td>
<td>28%</td>
</tr>
<tr>
<td>1-4 days</td>
<td>37%</td>
</tr>
<tr>
<td>5+ days</td>
<td>35%</td>
</tr>
</tbody>
</table>

Week 58 (10th to 16th May 2021)
In the last week, how often have you felt...

- Never: 62% (Lonely), 59% (Isolated)
- Occasionally: 27% (Lonely), 27% (Isolated)
- Often: 8% (Lonely), 9% (Isolated)
- Always: 3% (Lonely), 4% (Isolated)

Over the past week, how much has the following been worrying you?

Your mental health and wellbeing

- Not at all: 50%
- A little: 30%
- A lot: 20%

Week 58 (10th to 16th May 2021)
Published 21st May 2021

Enquiries

<table>
<thead>
<tr>
<th>Data and Analytics</th>
<th>Analytical support</th>
<th>Survey Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professor Karen Hughes</td>
<td>Natasha Judd</td>
<td>Professor Mark A Bellis</td>
</tr>
</tbody>
</table>

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Floor 5, Public Health Wales, 2 Capital Quarter, Tyndall Street, Cardiff CF10 4BZ

phwwhoccc.co.uk
@phwwhoccc
Phwwhoccc

How are you doing?

For general information on how to look after yourself, your friends and family during the coronavirus restrictions visit:
phw.nhs.wales/howareyoudoing