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# How are we doing in Wales?



## **Public Engagement Survey on Health and Wellbeing during Coronavirus Measures**

**Week 13<sup>th</sup> April to 19<sup>th</sup> April 2020**

*World Health Organization Collaborating Centre on  
Investment for Health and Well-being  
Public Health Wales*



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- 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 information collected from **500 or more randomly selected individuals** provides the basis of the results presented in each **weekly report**.
- The survey aims to provide data representative of the Welsh population and 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.



500 Welsh residents aged 18 years and over were interviewed in week 2 of the survey, covering the six days from 14<sup>th</sup> April to 19<sup>th</sup> April\*. Findings have been adjusted to population demographics (gender, age group and deprivation quintile).

- 13% of people think they have had a coronavirus infection and 6% are unsure if they have or not.
- **8% of people report that someone close to them like a family member or friend has been seriously ill with coronavirus.**
- 60% of people use the NHS as a source of information on coronavirus but only 13% say the NHS is their main source – 61% say news outlets are their main source.
- **59% of people agree or strongly agree that government is responding well to coronavirus; 98% think the NHS is responding well.**
- 75% of people trust the police to use their new powers sensibly.
- **65% of people are worried ‘a lot’ about losing someone to the virus. 65% of those with children in their household are worried ‘a lot’ about their children’s wellbeing.**
- 14% of people are worried ‘a lot’ about losing their job or not being able to find one; 23% of people have been suspended from work or put on lower pay (e.g. furloughed).
- **31% of people leave their house every day to exercise; 16% of people have not left their house or garden at all in the last 7 days.**
- 25% of drinkers consumed more alcohol this week than they did in the previous week.
- **18% of people are feeling less happy than last week; 12% are feeling more isolated than last week.**
- 19% of people have been worrying ‘a lot’ about their mental health and well-being and a further 37% of people have been worrying ‘a little’.
- **Compared to normal times, 43% of people are using social media more, 42% are talking to family and friends more, and 41% are snacking more (e.g. on crisps, biscuits, cakes).**
- Compared to normal times, arguing with household members has increased for 17% of people and decreased for 6%.
- **21% of people are volunteering or supporting other members of their community through the coronavirus situation.**

\*No interviews were undertaken on the Easter bank holiday (13<sup>th</sup> April 2020)



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

Yes	13%
Don't know	6%

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

\*excludes those answering 'yes' to having had coronavirus

Not at all	15%
A little	26%
Moderately	35%
Very	25%

**Are you the same, more or less worried than you were last week?\***

\*excludes those answering 'yes' to having had coronavirus

Same	75%
More	14%
Less	11%

**Has someone close to you like a family member or friend become seriously ill\* with coronavirus?**

\*hospitalised or died

Yes	8%
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# Information on coronavirus

**Do you feel you have enough information on how to protect yourself and your family from coronavirus?**

Yes

94%

**Which sources are you using to get information on coronavirus?**

	Using	Main source used
NHS	60%	13%
Government	79%	8%
Public Health Wales	53%	4%
News outlets	94%	61%
Social media	48%	4%
Family, friends and colleagues	73%	8%
Other	5%	2%



# How well are we handling coronavirus?

Do you think the restrictions in place to manage coronavirus are...

Too little	38%
About right	59%
Too much	3%

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I think that the <b>government</b> is responding to the problems caused by coronavirus well	15%	44%	19%	13%	8%
I think that the <b>NHS</b> is responding well to coronavirus	67%	31%	1%	1%	1%
I am confident that the <b>NHS</b> would be able to adequately care for me if I became seriously ill with coronavirus	37%	43%	12%	6%	2%
I trust the <b>police</b> to use their new powers to restrict people's movement sensibly	32%	43%	10%	12%	2%
If I need help during the coronavirus situation, there are people in my <b>community</b> who are there for me	36%	45%	13%	5%	1%



# What are people worried about?

## Family and relationship issues

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

	Not at all	A little	A lot
The wellbeing of your children*~	11%	25%	65%
Your relationship with your children*~	56%	19%	25%
Your children's education*~	24%	34%	42%
Your marriage/relationship#~	68%	16%	16%
Losing someone you love to the virus	9%	26%	65%
The wellbeing of other family members	8%	34%	58%

**At the moment, would you say relationships between members of your household were#~ ....**

Very good	Good	Okay	Bad	Very bad
63%	27%	10%	0%	0%

**Is this the same, better or worse than they were a week ago? #~**

Same	Better	Worse
90%	7%	3%

\*limited to those with children in the household; ~Unweighted data; #Excludes those responding 'not applicable'



# What are people worried about?

## Practical and financial issues

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

	Not at all	A little	A lot
Getting essential medicines	62%	24%	14%
Accessing food	69%	20%	11%
Losing your job or not being able to find one <sup>#~</sup>	69%	16%	14%
Work, even if your job is secure <sup>#~</sup>	61%	23%	16%
Your finances	58%	26%	16%

**As a result of coronavirus, have you or anyone in your household...**

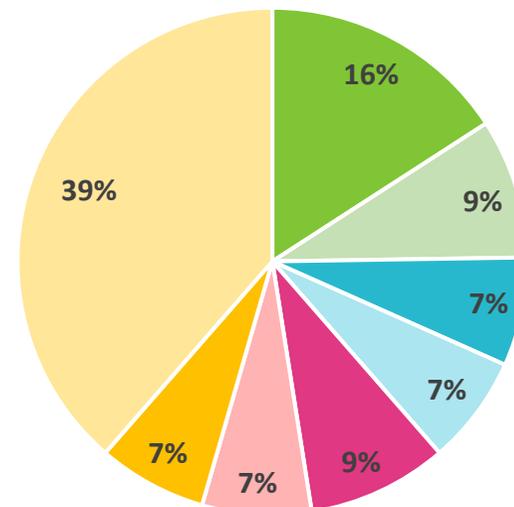
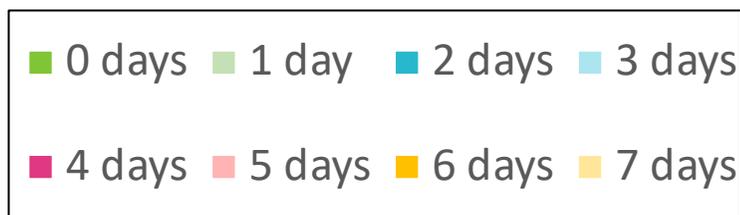
	Yes
Lost their job permanently	7%
Been suspended from work on lower or no pay (e.g. furloughed)	23%
Had their income considerably reduced through getting less work or reduced hours	15%
Experienced any other financial impact on the household due to coronavirus?	12%

<sup>#</sup>excludes those responding 'not applicable'; <sup>~</sup> Unweighted data



# How are we behaving?

**In the past 7 days, on how many days have you left your home or garden?**



**On how many days have you left your home...**

	0	1	2	3	4	5	6	7
...to work?	82%	2%	1%	2%	6%	3%	2%	1%
...to shop for food?	38%	36%	17%	5%	2%	<1%	<1%	2%
...for medical reasons?	81%	17%	1%	0%	<1%	0%	0%	<1%
...to exercise?	42%	6%	6%	6%	3%	4%	1%	31%
...to volunteer / support members of your community?	90%	3%	3%	1%	<1%	0%	<1%	2%



# How are we behaving?

Of participants that drink alcohol (67%)...  
**On how many days in the last week did you drink?**

0	1	2	3	4	5	6	7
17%	19%	13%	13%	11%	6%	1%	19%

**Would you say you drank about the same, more or less than in the previous week?**

Same	More	Less
58%	25%	17%

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

0	1	2	3	4	5	6	7
27%	5%	7%	7%	8%	4%	3%	40%

**Would you say this was about the same, more or less than in the previous week?**

Same	More	Less
74%	15%	11%



# How are we feeling?

How healthy do you feel today?

0 = Very unhealthy

10 = Very healthy

0	1	2	3	4	5	6	7	8	9	10
<1%	<1%	1%	2%	6%	15%	13%	22%	22%	9%	8%
The same		80%		More healthy		10%		Less healthy		10%

Compared to a week a go is this...

How happy do you feel today?

0 = Not at all happy

10 = Completely happy

0	1	2	3	4	5	6	7	8	9	10
1%	<1%	2%	2%	4%	14%	14%	21%	22%	8%	12%
The same		72%		More happy		10%		Less happy		18%

Compared to a week a go is this...

How anxious do you feel today?

0 = Not at all anxious

10 = Completely anxious

0	1	2	3	4	5	6	7	8	9	10
19%	5%	14%	9%	8%	16%	8%	8%	9%	3%	3%
The same		73%		More anxious		13%		Less anxious		14%

Compared to a week a go is this...



# How are we feeling?

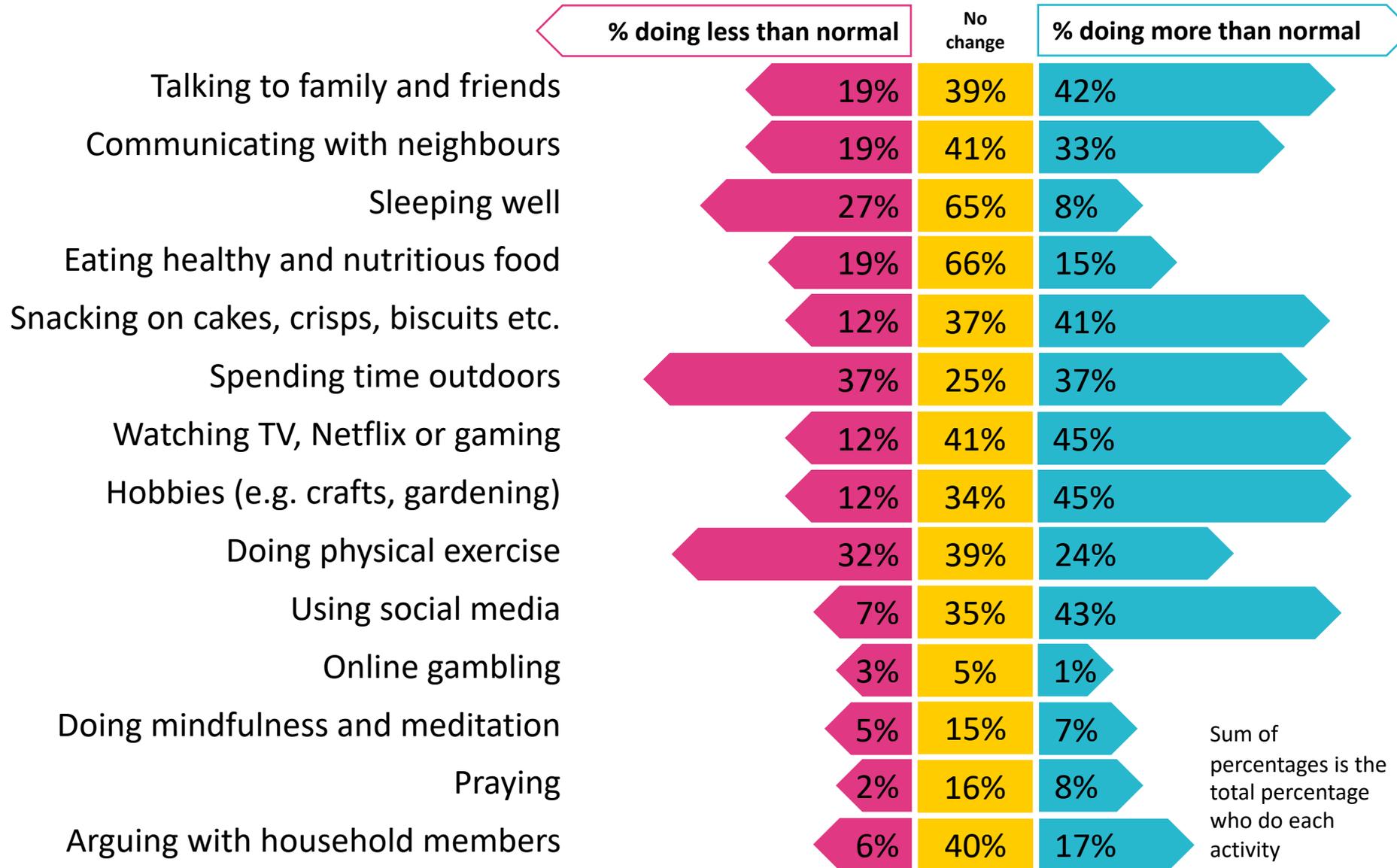
In the last week, how often have you felt....		
	Lonely	Isolated
Never	67%	43%
Occasionally	25%	37%
Often	5%	14%
Always	3%	6%

Would you say this was the same, more or less than you did last week?		
	Same	90%
More	8%	12%
Less	2%	2%

Over the past week, how much have the following been worrying you?			
	Not at all	A little	A lot
Your mental health and wellbeing	44%	37%	19%



# What are we doing less and more of?





# Getting and giving support

**Which of the following resources do you have to support you through the coronavirus situation, if needed?**

	Yes	No	Don't know
Family and friends	93%	7%	0%
Neighbours	66%	33%	<1%
Work colleagues	48%	49%	3%
Community support network (e.g. to help with shopping)	39%	54%	7%
Online social networks	55%	41%	4%
Local authority	34%	55%	12%
Religious network	13%	83%	4%

**Are you currently volunteering or supporting other members of your community through coronavirus?**

Yes	<b>21%</b>	of whom:
Community support volunteer	10%	
NHS volunteer	8%	
Helping neighbours with shopping	50%	
Helping at risk family or friends	51%	



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## Enquiries

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Gwefan/Web: [www.iechydcyhoedduscymru.org](http://www.iechydcyhoedduscymru.org)  
[www.publichealthwales.org](http://www.publichealthwales.org)

For general information on how to look after yourself, your friends and family during the coronavirus restrictions visit:

[www.phw.nhs.wales/howareyoudoing](http://www.phw.nhs.wales/howareyoudoing)

21<sup>st</sup> April 2020

