

How are we doing in Wales?

Public Engagement Survey on Health and
Wellbeing during Coronavirus Measures

Week 33 (16th to 22nd November 2020)

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. The information collected provides the basis of the results presented in these **bi-weekly reports**.

Survey data are adjusted to represent the Welsh population by age, sex and deprivation.

In each survey week, some questions are added and others are removed, depending on emerging issues. This week's report contains findings from routine questions used in previous survey weeks and some new questions, including on perceived priority groups for receiving a coronavirus vaccination.

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



Key findings from this week

601 Welsh residents aged 18 years and over were interviewed in week 33 of the survey (16th to 22nd November).

69%

of people think that in six months' time, we will have a vaccine that protects most people from coronavirus; an increase from 38% in the last survey week (2nd-8th November).

70%

of people said they would want to be vaccinated against coronavirus if a vaccine became available. Of those with children in the household, 60% said they would want their children to be vaccinated.

83%

of people thought NHS staff should be prioritised to receive a coronavirus vaccination first.* The next most commonly selected groups for prioritisation were adults with underlying health conditions (40%) and adults aged 70 and over (31%).

66%

of people said their quality of life had been made worse in the last six months by lockdown and other coronavirus restrictions; and 48% that it had been made worse by worrying about catching coronavirus.

75%

of people said they were more worried about catching coronavirus than about having further restrictions imposed on them.

60%

of people are concerned about the impact of coronavirus restrictions on their mental health and wellbeing over the next few months (37% a little concerned, 23% a lot concerned).

*participants were asked which two groups from a list of seven they thought should be prioritised to receive a vaccination first.

Do you think you have or have had coronavirus?

Yes	13%
Don't know	4%

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

Had a coronavirus test	22%
Had an antibodies test	4%

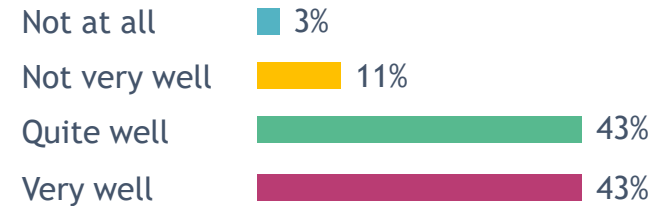
How worried are you that you could get coronavirus?

Includes all respondents

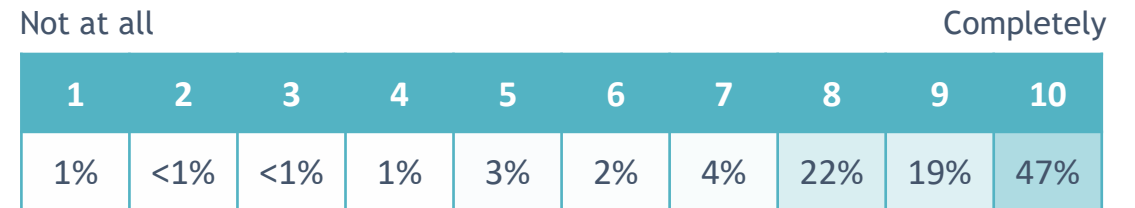
Not at all	19%
A little	24%
Moderately	35%
Very	22%

Knowledge and compliance with restrictions

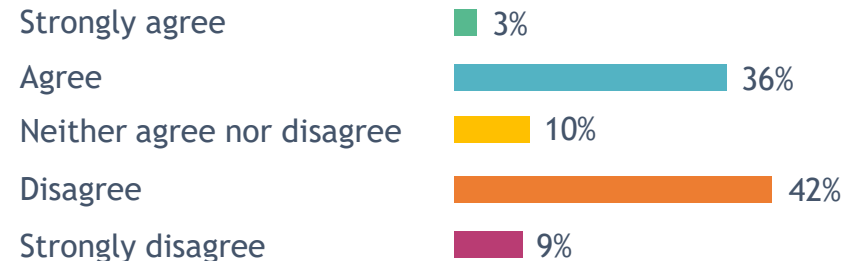
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



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?

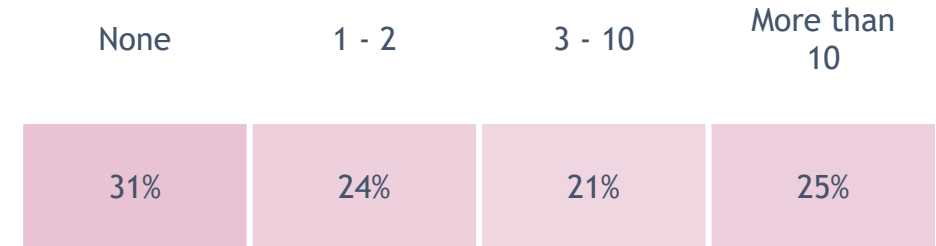


I think most people are following social distancing guidelines



Social distancing and face coverings

Apart from the people in your own or a permitted extended household, in the last 7 days, how many other people have you come into close contact with, meaning within 1 metre?



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



In the last 7 days, how many other people's houses have you been into - not including those of a permitted extended household?



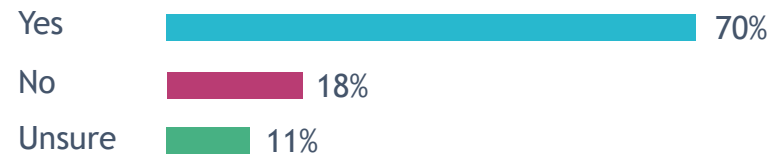
Currently, when you go out, do you wear a face covering...



*do not go out/exempt

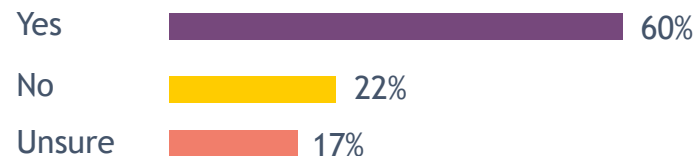
If a vaccine became available that protected against coronavirus infection...

Would you personally want to be vaccinated?



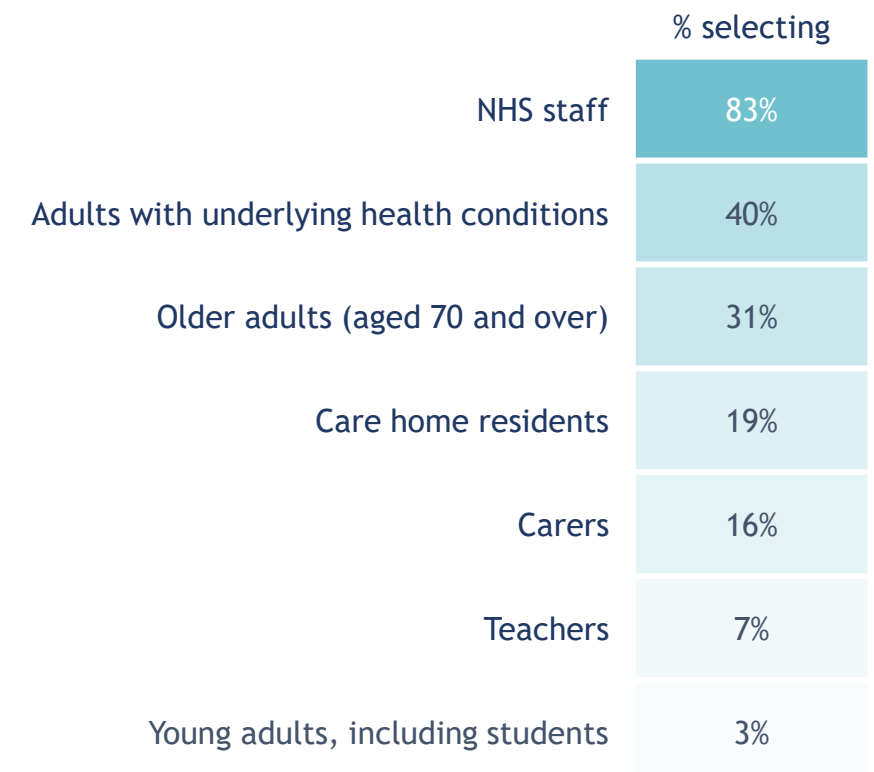
For those with children in the household:*

Would you want your children to be vaccinated?



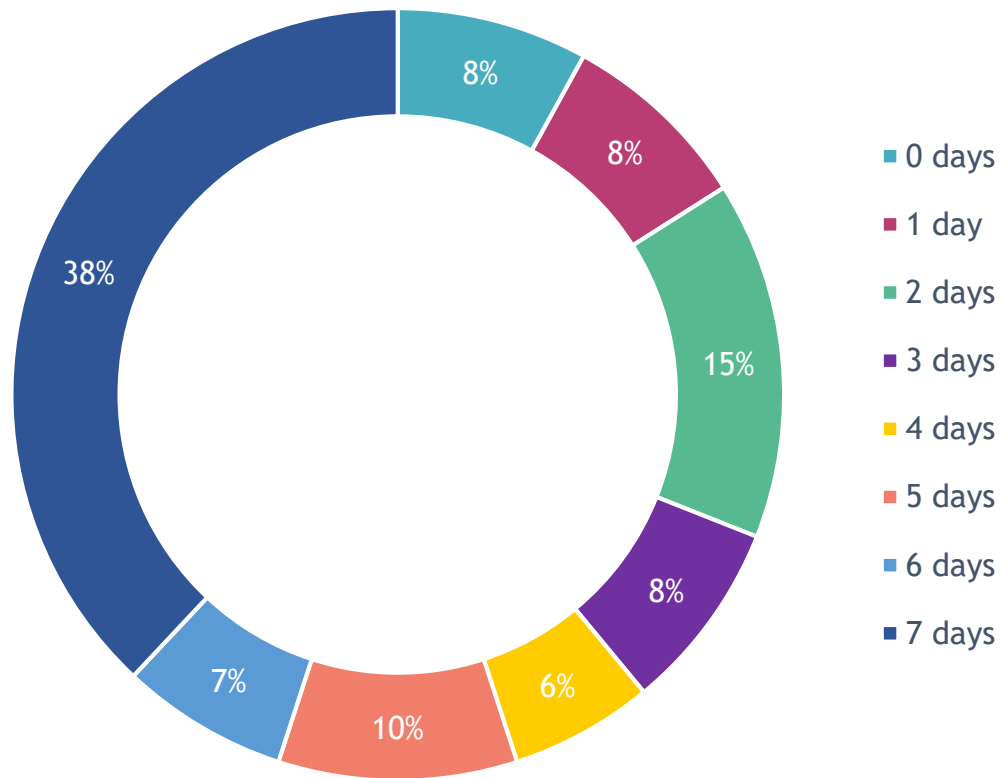
*Limited to those with children living in the household; excluding those responding 'not applicable'; unweighted data.

Of the following groups, which two do you think should be prioritised to receive a coronavirus vaccination first...?



How are we behaving?

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



In the past 7 days, on how many days have you left your home...

	0 days	1-2 days	3-4 days	5+ days
...to work	58%	6%	7%	30%
...to shop	22%	57%	14%	7%
...for medical reasons	78%	21%	1%	0%
...to exercise	48%	14%	11%	28%
...to meet family/friends	59%	32%	4%	5%
...to eat at a café, pub or restaurant	85%	14%	1%	<1%
...for a drink in a pub or bar	92%	7%	1%	0%

How well are we handling coronavirus?

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

Too little 21%



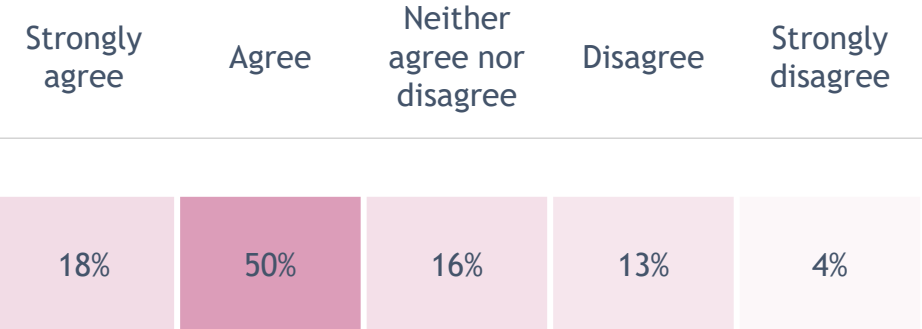
About right 70%



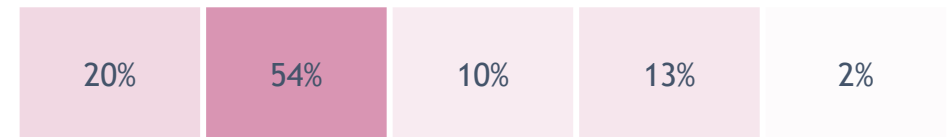
Too much 9%



I think that **Welsh Government** is responding to the problems caused by coronavirus well



I am confident that the **NHS** would be able to adequately care for me if I became seriously ill with coronavirus

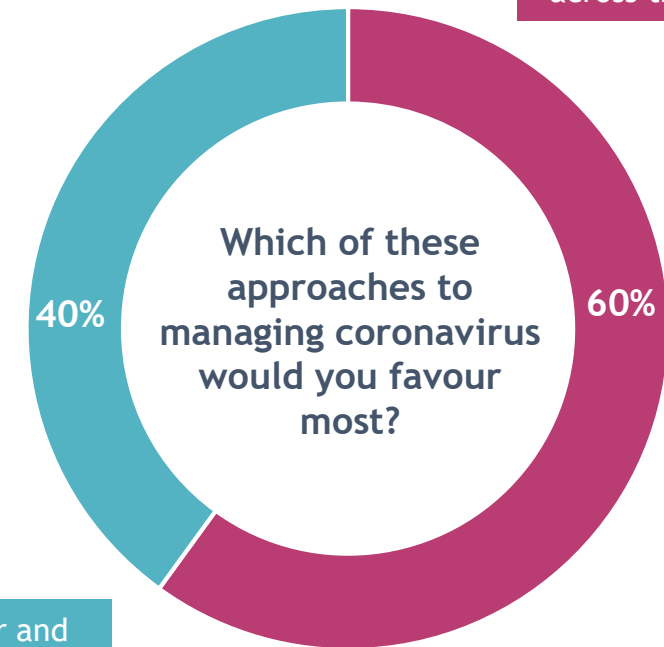


I trust the **police** to use their powers to restrict people's movement sensibly



In six months' time, do you think...

	Yes	No	Unsure
We will have a vaccine that protects most people from coronavirus	69%	14%	18%
We will still be having local lockdowns	61%	26%	13%
We will be in a national lockdown	37%	42%	21%
We will have learned to live with people being infected in our communities	77%	15%	9%



Having restrictions that apply to all people to try and reduce coronavirus across the population

Protecting older and vulnerable people from coronavirus while letting other people return to normal life

In general, over the last 6 months, have lockdown and other coronavirus restrictions affected your quality of life?

No	31%
Yes, made my quality of life worse	66%
Yes, made my quality of life better	3%

In general, over the last 6 months, has worrying about catching coronavirus made your quality of life worse?

Yes	48%
No	52%

What worries you more?

Catching coronavirus	75%
Further restrictions being imposed on you	25%

What are we worried about?

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

	Not at all	A little	A lot
Becoming seriously ill with coronavirus	33%	41%	26%
Losing someone you love to the virus	18%	31%	51%
The wellbeing of your children*#~	22%	27%	51%
Your children's education*#~	22%	29%	49%
Losing your job or not being able to find one#~	54%	20%	26%
Work, even if your job is secure#~	49%	26%	25%
Your finances	57%	21%	22%
Going out in public places#	39%	40%	20%

What are we worried about?

Thinking about the next few months as we head into winter, how concerned are you about the impact of coronavirus restrictions on the following...?

	Not at all	A little	A lot
Your ability to keep in touch with family and friends	28%	32%	40%
Your ability to meet your basic needs (e.g. getting food, heating your home)	63%	24%	12%
Your mental health and wellbeing	40%	37%	23%
Your physical health	48%	37%	15%
Feeling lonely or socially isolated	55%	28%	17%
Your finances	61%	24%	15%

How are we feeling?

Feeling healthy

How healthy do you feel today?

0 = Very unhealthy; 10 = Very healthy

0-3

7%

4-6

35%

7-10

58%

Feeling happy

How happy do you feel today?

0 = Not at all happy; 10 = Completely happy

0-3

7%

4-6

37%

7-10

57%

Feeling anxious

How anxious do you feel today?

0 = Not at all anxious; 10 = Completely anxious

0-3

42%

4-6

33%

7-10

25%

Exercise

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

0 days

26%

1-4 days

35%

5+ days

39%

How are we feeling?

In the last week, how often have you felt...

	Lonely	Isolated
Never	61%	53%
Occasionally	26%	28%
Often	9%	14%
Always	4%	5%

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

Your mental health and wellbeing

Not at all	39%
A little	39%
A lot	21%

Published 26th November 2020

Enquiries

Data and Analytics

Professor Karen Hughes

Analytical support

Dr Emma Harrison

Survey Development

Professor Mark A Bellis

Email

generalenquiries@wales.nhs.uk

Tel

02920 227744

Web

phw.nhs.wales

Policy and International
Health, WHO Collaborating
Centre on Investment for
Health & Well-being

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

Canolfan Gydweithredol
Sefydliad Iechyd y Byd
ar Fuddsoddi ar gyfer
Iechyd a Llesiant

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

phwwhocc.co.uk



@phwwhocc



Phwwhocc

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

