

# How are we doing in Wales?

Public Engagement Survey on Health and  
Wellbeing during Coronavirus Measures

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January 2022

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 began in April 2020 and currently operates on a monthly basis. It includes a set of routine questions with other questions changing depending on emerging issues.

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.



1005 Welsh residents aged 18 years and over were interviewed in January 2022\*

**38%**

of people said they understood the current restrictions in place in Wales to reduce the spread of coronavirus ‘very well’ and 44% ‘quite well’. 15% responded ‘not very well’ and 4% ‘not at all’.

**47%**

of people said they had been following the restrictions ‘completely’ and a further 38% reported mostly complying.^

**49%**

of people said they had taken a lateral flow test in the past 7 days.# Of these people, two thirds reported having taken more than one such test.

**67%**

of people thought the restrictions in place to manage coronavirus were ‘about right’. However, 24% thought they were ‘too much’, an increase from 12% in December 2021. The remaining 8% thought the restrictions were ‘too little’.

**85%**

of people said they supported the continued requirement for face coverings in shops and other indoor public places in Wales. However 13% said they did not, an increase from 5% in December 2021. The remainder were unsure.

\*Surveying took place between 10<sup>th</sup> and 28<sup>th</sup> January 2022. ^Scores of 8-9 on a scale of 0 to 10, where 0 was ‘not at all’ and 10 ‘completely’ following the restrictions.

#45% lateral flow test, 4% both lateral flow test and PCR test; see page 5.

Do you think you have or have had coronavirus?

Yes	34%
Don't know	4%

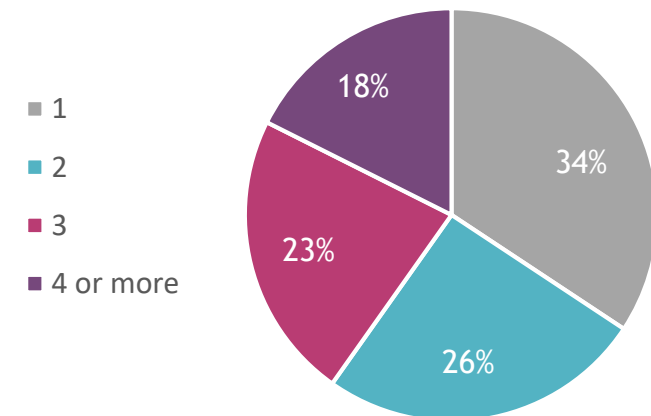
How worried are you that you could get coronavirus?

Not at all	30%
A little	30%
Moderately	27%
Very	13%

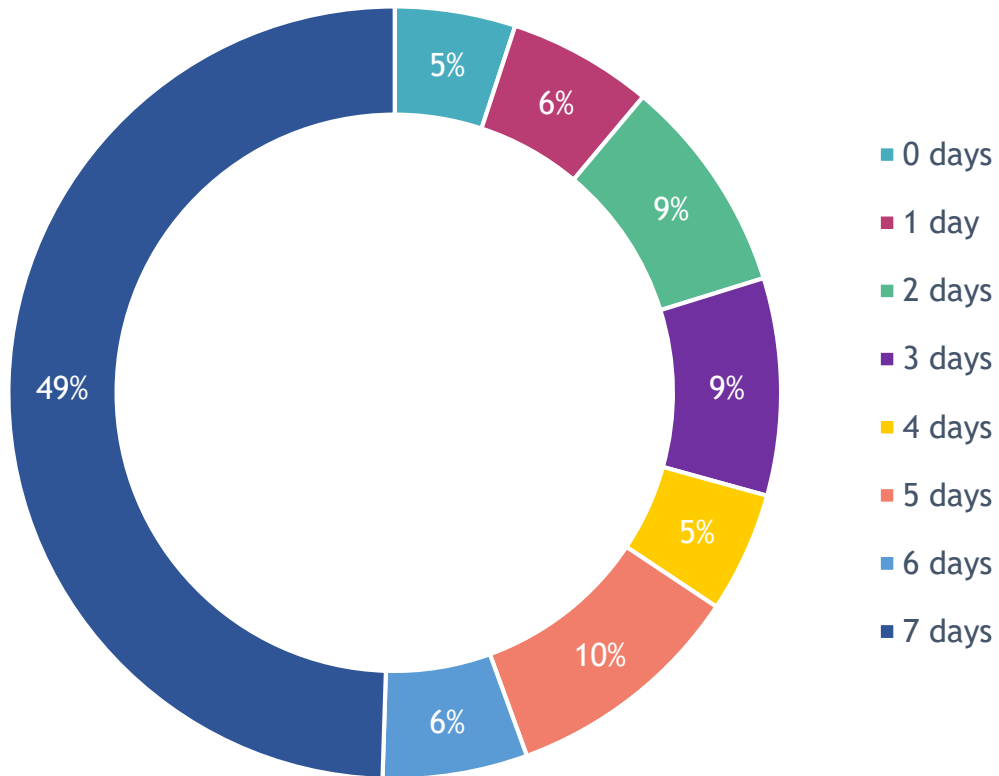
**Have you had a PCR test or done a lateral flow test in the past 7 days?**

No	49%
Yes, a PCR test	2%
Yes, a lateral flow test	45%
Yes, both a PCR and a lateral flow test	4%

**Number of lateral flow tests taken in the past 7 days by those reporting having taken a test\***



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	63%	9%	9%	19%
...to shop	17%	55%	18%	10%
...to exercise	36%	22%	14%	28%
...to meet family/friends	40%	40%	14%	7%
...to eat at a café, pub or restaurant	63%	32%	5%	1%
...for a drink in a pub or bar	80%	18%	2%	0%

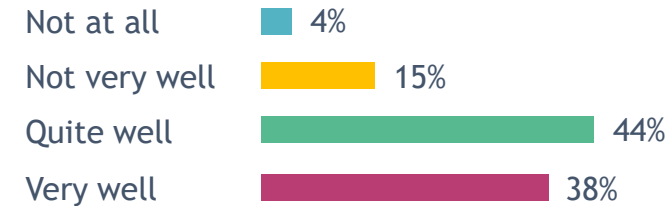
# What are we worried about?

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

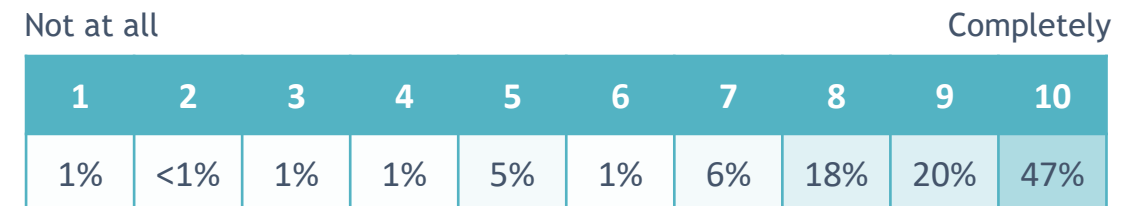
	Not at all	A little	A lot
Other health issues not related to coronavirus	51%	30%	19%
Losing someone you love to the virus	38%	33%	29%
The wellbeing of your children*#~	19%	39%	42%
Your children's education*#~	18%	32%	50%
Losing your job or not being able to find one#~	75%	14%	11%
Your finances	60%	25%	15%
Going out in public places#	44%	39%	17%
The impacts of Brexit	53%	27%	20%

# Knowledge of and compliance with restrictions

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

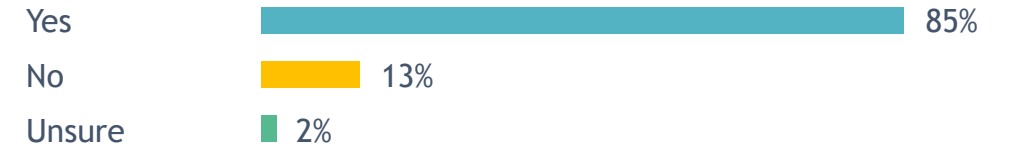


On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



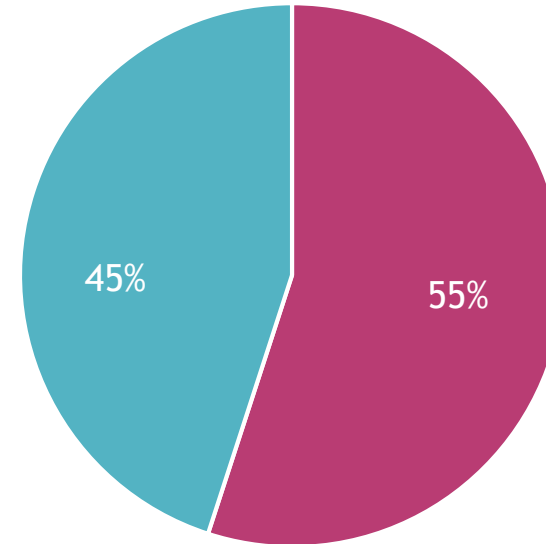


**Do you support the continued requirement for face coverings in shops and other indoor public places in Wales?**



**Which of these would worry you more?**

- Catching coronavirus
- Wales going back into lockdown



# How well are we handling coronavirus?

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

Too little 8%



About right 67%



Too much 24%



	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I think that <b>Welsh Government</b> is responding to the problems caused by coronavirus well	20%	47%	13%	12%	8%
I am confident that the <b>NHS</b> would be able to adequately care for me if I became seriously ill with coronavirus	21%	47%	13%	16%	3%

Which of the following, if any, are you doing to reduce your risk of catching or spreading coronavirus?

	Yes
Wearing a face covering in indoor public places	95%
Avoiding crowded places	84%
Sanitising hands regularly	92%
Avoiding travelling abroad	82%
Maintaining social distancing around others who I do not live with	86%
Arranging to meet up with other people in outdoor settings where possible	69%
Keeping the number of people I meet with to a minimum	82%
Self-isolating if I have coronavirus symptoms	96%
Regularly using lateral flow tests	75%
Working from home*	54%

Of this list of potential policy areas, which do you think should be the first, second and third priorities over the next 12 months?

	1 <sup>st</sup> priority	2 <sup>nd</sup> priority	3 <sup>rd</sup> priority	Included in top three priorities
NHS waiting lists	44%	21%	13%	78%
Coronavirus	25%	19%	13%	57%
Mental health	9%	21%	19%	50%
Education	9%	15%	17%	41%
Climate change	6%	8%	13%	27%
Brexit	3%	9%	12%	24%
Unemployment	3%	7%	12%	23%

# Trust in sources of information

Thinking not just about COVID but in general, how much do you trust information from the following sources, using a scale of 0 to 10 where 0 is 'do not trust at all' and 10 is 'completely trust'

	High trust		Low trust	
	7-10	4-6	0-3	NA*
Welsh government	67%	22%	11%	<1%
Public Health Wales	81%	15%	5%	<1%
BBC news sources (including TV & websites)	44%	36%	19%	1%
Other TV news sources	36%	43%	18%	3%
Other online news sources	21%	42%	30%	7%
Social media such as Twitter and Facebook	9%	30%	51%	10%
Newspapers	20%	40%	29%	11%
Family members	48%	37%	14%	1%
Friends	45%	42%	13%	1%

For each source, would you say your level of trust in them has increased, stayed the same or reduced as a result the COVID pandemic?

Increased	No change	Reduced	NA*
26%	47%	26%	1%
32%	52%	14%	1%
9%	53%	35%	2%
7%	52%	37%	4%
6%	48%	38%	8%
5%	38%	45%	12%
5%	54%	30%	11%
12%	73%	13%	1%
12%	73%	13%	2%

\*NA, not applicable: no opinion, never used. This response category was not read out to participants.

## How healthy do you feel today?

0 = Very unhealthy

10 = Very healthy

0-3

4-6

7-10

8%

35%

57%

## How happy do you feel today?

0 = Not at all happy

10 = Completely happy

0-3

4-6

7-10

4%

28%

68%

## How anxious do you feel today?

0 = Not at all anxious

10 = Completely anxious

0-3

4-6

7-10

48%

31%

21%

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

0 days

1-4 days

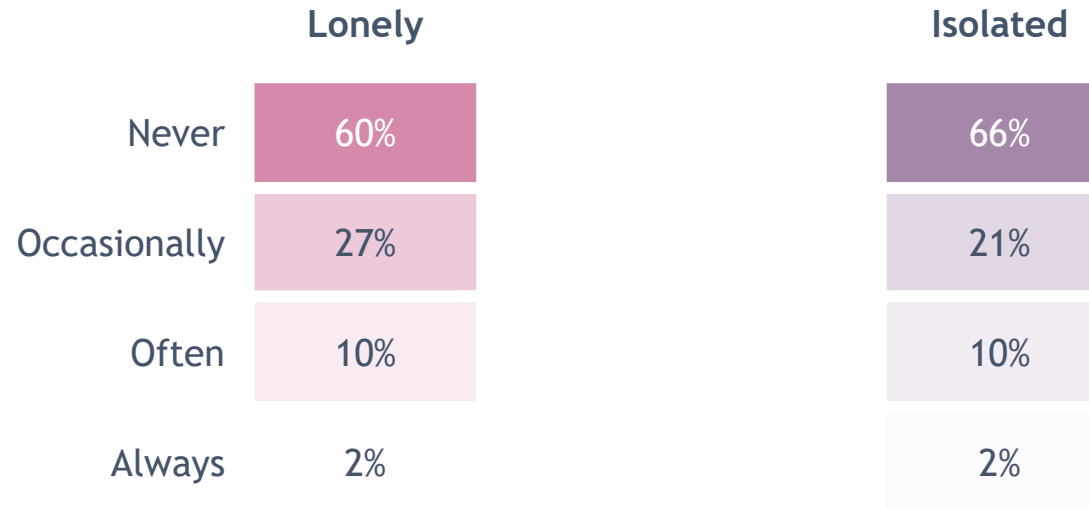
5+ days

23%

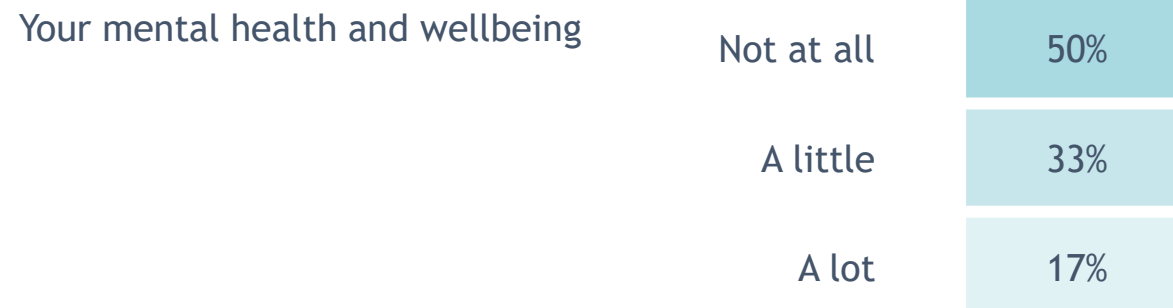
41%

36%

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



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



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## Enquiries

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## 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](https://phw.nhs.wales/howareyoudoing)**

