

How are we doing in Wales?

Public Engagement Survey on Health and
Wellbeing during Coronavirus Measures

Week 37 (14th to 20th December 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.*

The survey includes a set of routine questions asked each survey week, with other questions changing depending on emerging issues. This week's survey included questions on individuals' plans for meeting people over Christmas. All participants completed the survey before the announcement that restricted household mixing at Christmas to one day (25th December) and brought forward the national lockdown.

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



Key findings from this week

602 Welsh residents aged 18 years and over were interviewed in week 37 of the survey (14th to 20th December).

16%

of people think they have had or currently have coronavirus. One in forty participants reported currently having acute or long term symptoms.

58%

of people agreed with the statement 'I think Welsh government is handling the problems caused by coronavirus well'; down from 67% in the last survey week.

27%

of people said they were feeling highly anxious[#]; up from 21% in the last survey week.

28%

of people have been worrying 'a lot' about becoming seriously ill with coronavirus and 57% have been worrying 'a lot' about losing someone they love to the virus; up from 18% and 42% respectively in the last survey week.

48%

of people said they would prefer tighter restrictions over Christmas (questions were asked prior to the tightening of restrictions). 42% thought the Christmas restrictions at the time of survey were about right and 10% said they would prefer more relaxed restrictions.

34%

of people have been worrying 'a lot' about going out in public places; up from 20% in the last survey week.

79%

of people said they would want (78%) or had already had (1%) a coronavirus vaccination; an increase from 68% saying they would want a vaccination in the previous survey week.*

65%

of people agreed with the statement 'I am confident that the NHS would be able to adequately care for me if I became seriously ill with coronavirus'; down from 80% in the last survey week.

60%

of people disagreed with the statement 'I think that most people are following social distancing guidelines'; up from 48% in the last survey week.

Do you think you have or have had coronavirus?

Yes*
Don't know

16%

8%

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

Had a coronavirus test
Had an antibodies test

36%

7%

How worried are you that you could get coronavirus?

Not at all
A little
Moderately
Very

23%

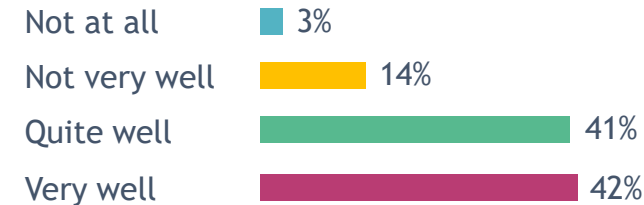
21%

32%

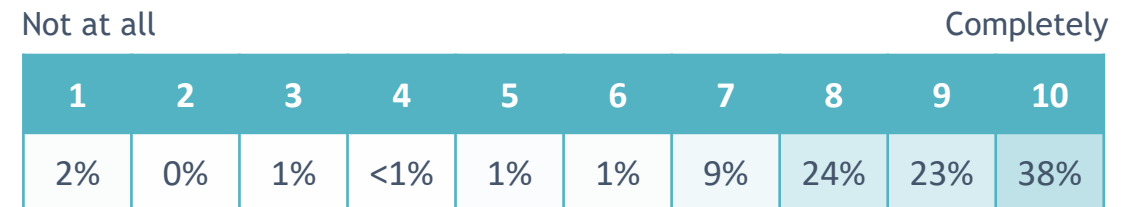
24%

Knowledge and compliance with restrictions

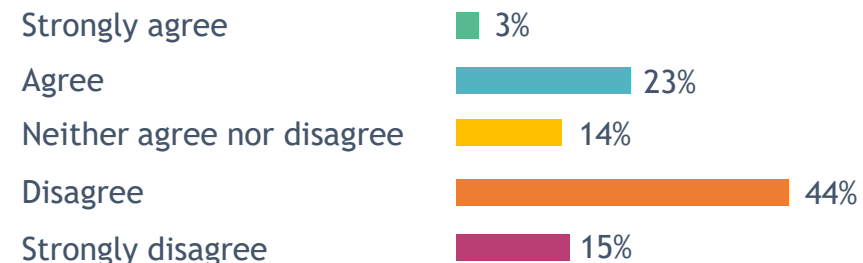
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



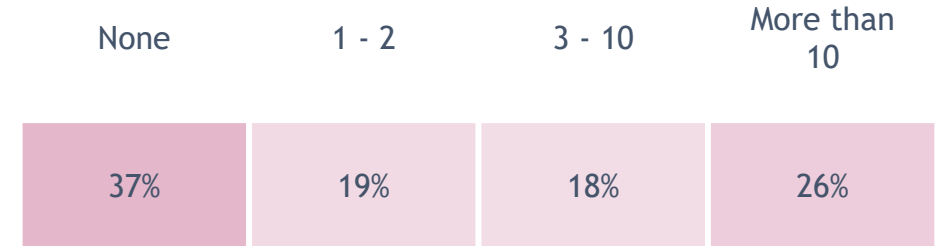
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



I think most people are following social distancing guidelines



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 one metre?



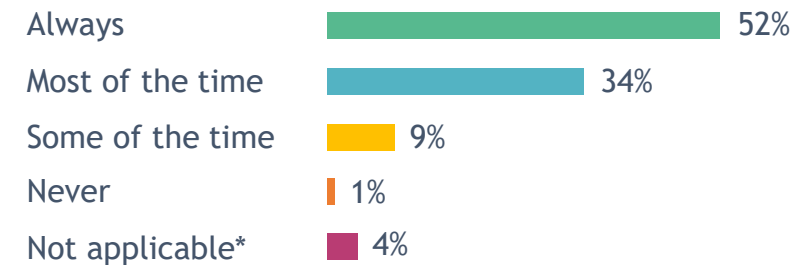
Apart from the people in your own or a permitted extended household, in the last 7 days, how many people have come into your house?



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



When you are with people from outside of your household or extended household, such as friends or work colleagues, do you maintain social distancing of two metres...?

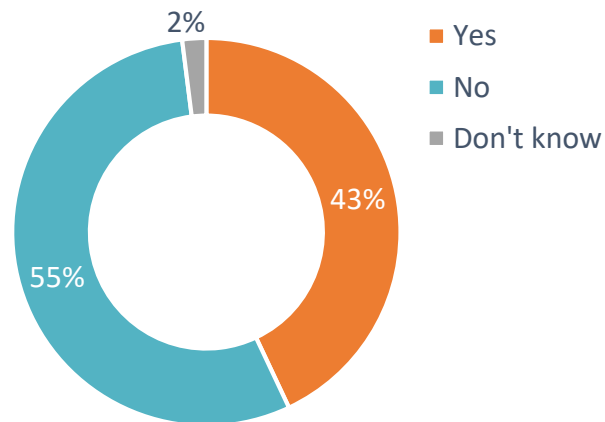


**Do not meet people from outside household*

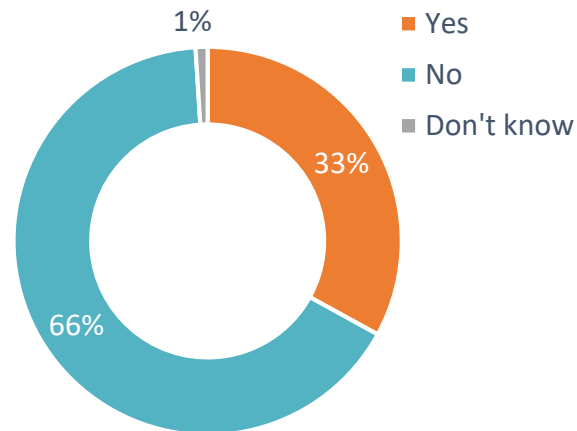
Questions were asked prior to the announcement restricting household mixing to Christmas day only in a two household bubble.

Coronavirus restrictions are being changed between 23rd and 27th December to allow people to spend time with family members or friends over Christmas. Over this period, are you planning...

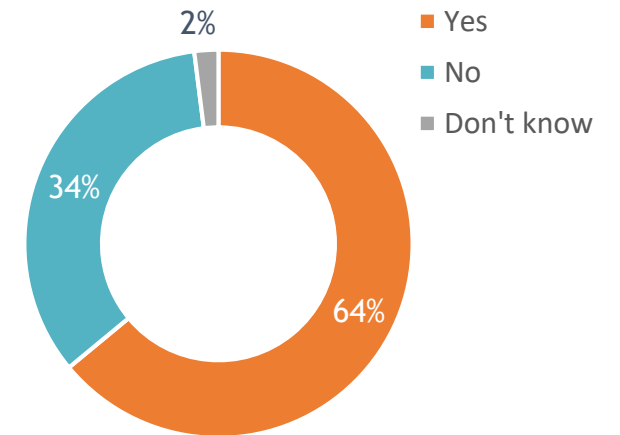
...on having friends or family members from other households to visit you at home?



...on visiting any family or friends at their homes?

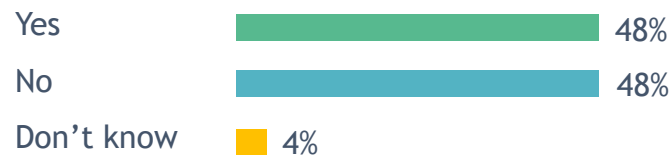


Proportion planning to either have visitors or visit others

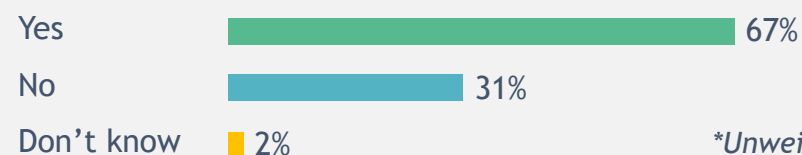


Are you intending to form a Christmas bubble?

All



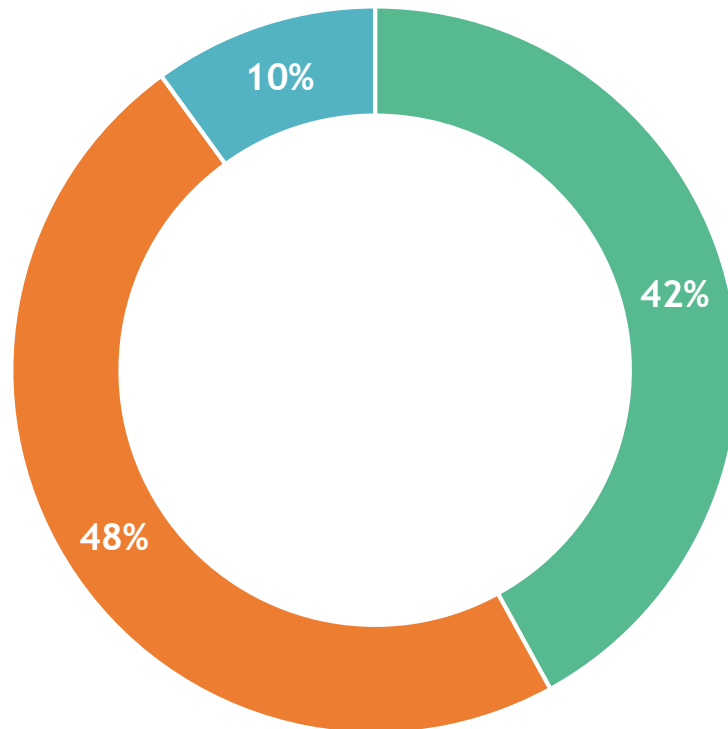
Limited to those planning to either have visitors or visit others*



*Unweighted data

Questions were asked prior to the announcement restricting household mixing to Christmas day only in a two household bubble.

Which of these statements do you agree with most?

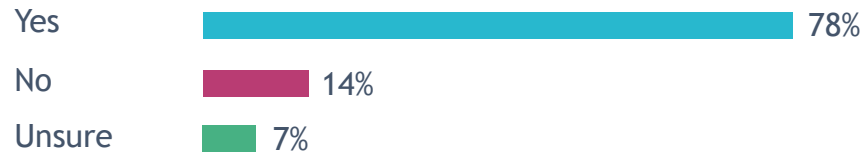


- I think the changes that are being made to restrictions over Christmas are about right
- I would prefer tighter restrictions to remain in place over Christmas
- I would prefer restrictions to be relaxed more over Christmas

If you were offered a coronavirus vaccination...

Would you personally want to be vaccinated?

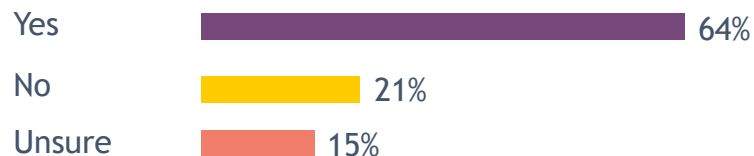
Vaccinated* 1%



*Coronavirus vaccinations began on 8th December

*For those with children in the household**:*

Would you want your children to be vaccinated?



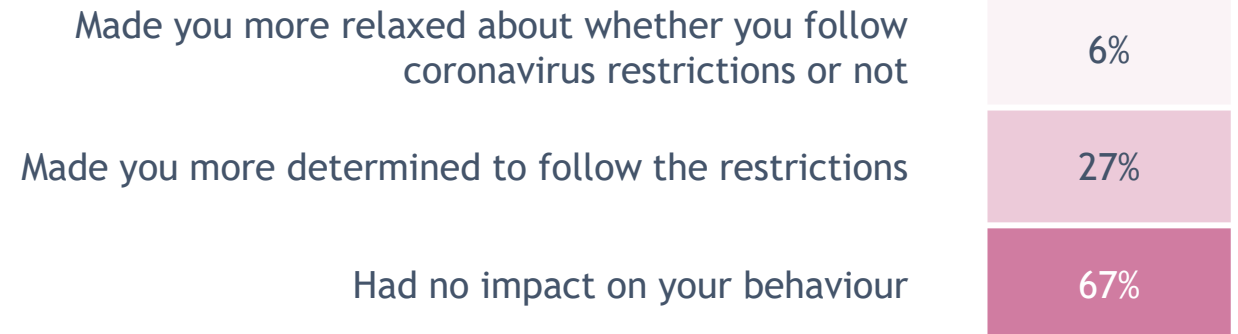
**Limited to those with children living in the household; excluding those responding 'not applicable'; unweighted data.

Those responding 'no' or 'unsure' to personally wanting to be vaccinated were asked an open ended question about their reason for this response.

The most common reasons provided related to concerns about insufficient testing of the vaccines, unknown side effects and distrust towards them.

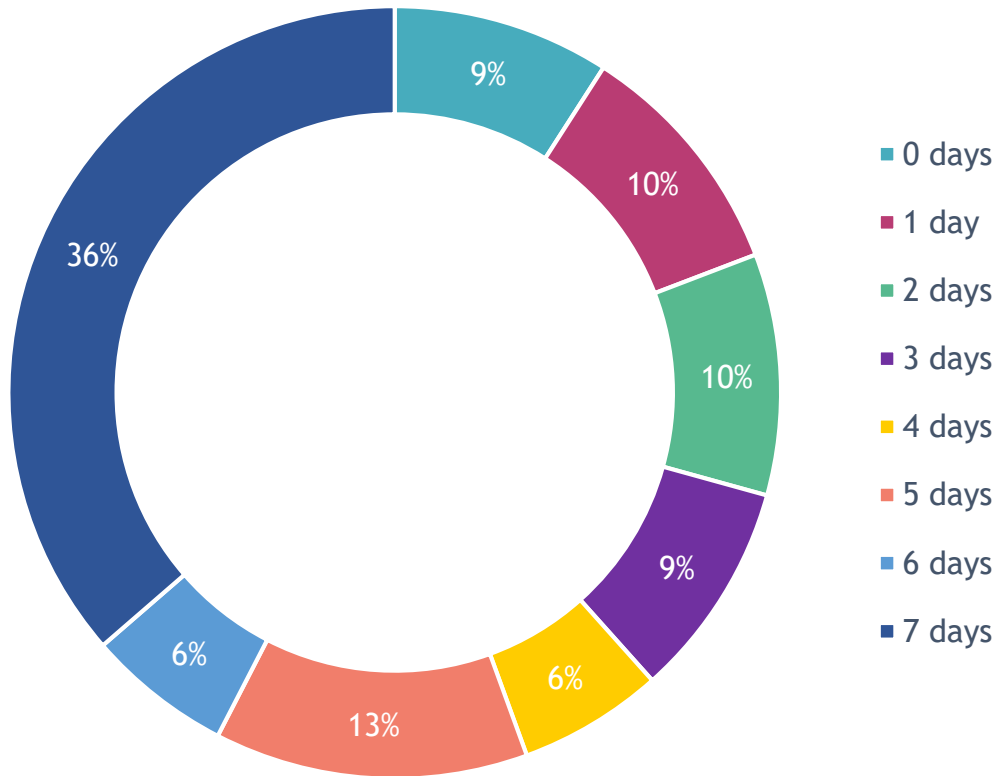
Other reasons included having existing health conditions such as allergies; not feeling a need to be vaccinated due to perceived low risk or having already had coronavirus; and not agreeing with vaccinations in general.

Has recent news about the effectiveness of coronavirus vaccinations and plans to start vaccination programmes...



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	53%	5%	10%	32%
...to shop	32%	54%	10%	5%
...for medical reasons	80%	17%	2%	<1%
...to exercise	66%	12%	3%	19%
...to meet family/friends	75%	20%	2%	3%
...to eat at a café, pub or restaurant	92%	7%	1%	<1%
...for a drink in a pub or bar	98%	2%	0%	0%

How well are we handling coronavirus?



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

No	32%
Yes, made my quality of life worse	64%
Yes, made my quality of life better	4%

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	77%
Further restrictions being imposed on you	23%

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	36%	36%	28%
Losing someone you love to the virus	19%	24%	57%
The wellbeing of your children*#~	21%	21%	59%
Your children's education*#~	18%	24%	58%
Losing your job or not being able to find one#~	61%	17%	22%
Work, even if your job is secure#~	52%	24%	23%
Your finances	57%	20%	22%
Going out in public places#	37%	29%	34%

How are we feeling?

Feeling healthy

How healthy do you feel today?

0 = Very unhealthy; 10 = Very healthy

0-3

9%

4-6

38%

7-10

53%

Feeling happy

How happy do you feel today?

0 = Not at all happy; 10 = Completely happy

0-3

8%

4-6

34%

7-10

58%

Feeling anxious

How anxious do you feel today?

0 = Not at all anxious; 10 = Completely anxious

0-3

38%

4-6

35%

7-10

27%

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

39%

1-4 days

32%

5+ days

29%

How are we feeling?

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

	Lonely	Isolated
Never	70%	61%
Occasionally	18%	21%
Often	8%	10%
Always	4%	8%

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

Your mental health and wellbeing

Not at all	44%
A little	32%
A lot	24%

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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

