

How are we doing in Wales?

Public Engagement Survey on Health and
Wellbeing during Coronavirus Measures

Week 27 (5th to 11th October 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 several new questions, including on: knowledge of and compliance with restrictions; concerns about the impacts of coronavirus over the winter months; and perceptions of future responses to coronavirus.

The report also includes initial findings from a follow up survey conducted with 383 parents and caregivers of school-aged children who had previously participated in the public engagement survey. The survey asked participants about the impacts of coronavirus restrictions on their children's wellbeing and schooling over the initial weeks of children's return to school.

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



Key findings from this week

585 Welsh residents aged 18 years and over were interviewed in week 27 of the survey (5th to 11th October).

76%

of people thought they were more likely to catch coronavirus from people they didn't know (e.g. in shops, supermarkets and public places) than people they know (e.g. family or friends).

48%

of people say they understand the restrictions in their local area 'very well' and a further 37% 'quite well'.

27%

of people have been worrying 'a lot' about their mental health and well-being; up from 21% in the last survey week.

32%

of people said they had left their home to meet family or friends at least once in the last 7 days; down from 46% in the last survey week.

47%

of people said they were following coronavirus restrictions 'completely' and a further 43% reported majority compliance*

70%

of people think we will still be having local lockdowns in six months time, and 32% of people think we will be in a national lockdown in six months time.

41%

of people are concerned 'a lot' about their ability to keep in touch with family and friends over the coming months as we head into winter.

64%

of people thought that up to six people were allowed to meet outside if social distancing was maintained; 18% correctly identified the limit as 30 people.

60%

of people would favour restrictions that apply to all people to reduce coronavirus across the population; 40% would favour protecting older and vulnerable people while letting others return to normal life.

Do you think you have or have had coronavirus?

Yes	10%
Don't know	4%

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

Had a coronavirus test	21%
Had an antibodies test	6%

How worried are you that you could get coronavirus?

Includes all respondents

Not at all	23%
A little	26%
Moderately	33%
Very	18%

In the last two weeks, have you or anyone else in your household attempted to get a coronavirus test?

Yes

14%

Which of the following symptoms do you think you need to have in order to ask for a coronavirus test?

37% identified just these three symptoms

Headache

18%

High temperature

92%

Sore throat

42%

New continuous cough

96%

Sneezing and runny nose

14%

Vomiting

13%

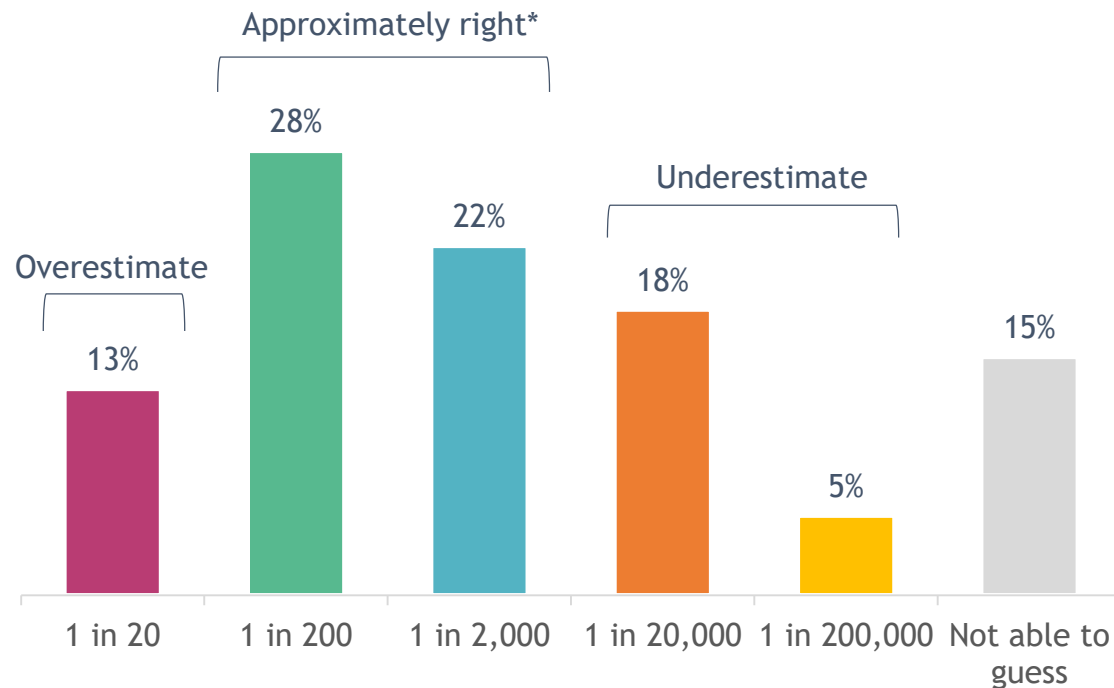
Loss of or change to sense of taste or smell

95%

Diarrhoea

15%

Currently, about how many people in Wales do you think are infected with coronavirus?

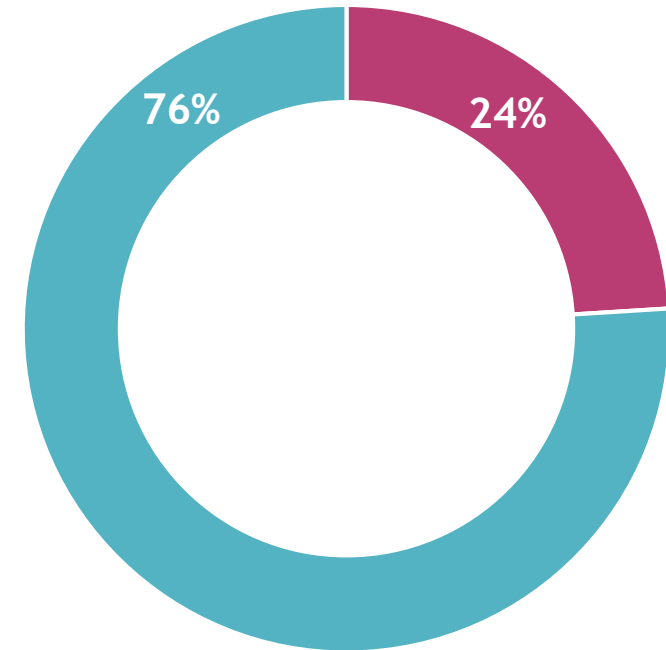


*The ONS COVID-19 Infection Survey pilot estimated that in the week commencing 25th September, **1 in 500 people** in Wales had coronavirus (95% credible interval: 1 in 1,600 to 1 in 200).
www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/coronaviruscovid19infectionsurveysurvey/pilot/previousReleases

Do you feel you would be more likely to catch coronavirus from....

People you don't know
 such as people in shops,
 supermarkets or public places

People you know
 such as family
 and friends



How well are we handling coronavirus?

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

Too little 30%



About right 57%



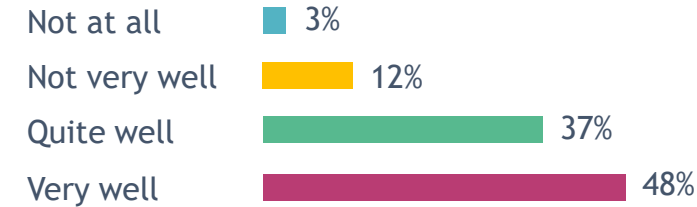
Too much 14%



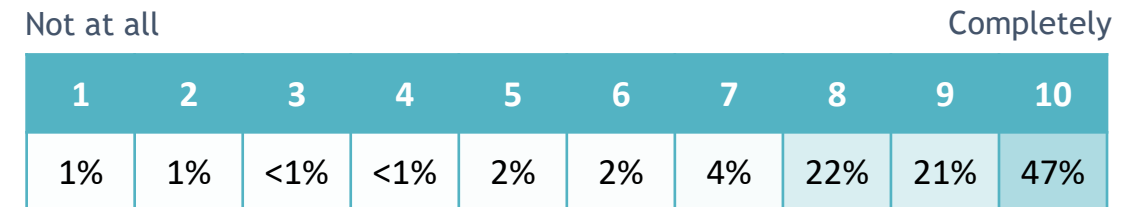
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I think that Welsh government is responding to the problems caused by coronavirus well	15%	54%	13%	13%	6%
I am confident that the NHS would be able to adequately care for me if I became seriously ill with coronavirus	26%	52%	10%	9%	3%
I trust the police to use their powers to restrict people's movement sensibly	14%	51%	10%	18%	6%

Knowledge and compliance with restrictions

How well do you feel you understand the restrictions in your area for social distancing, including who you can meet with and where you can meet?

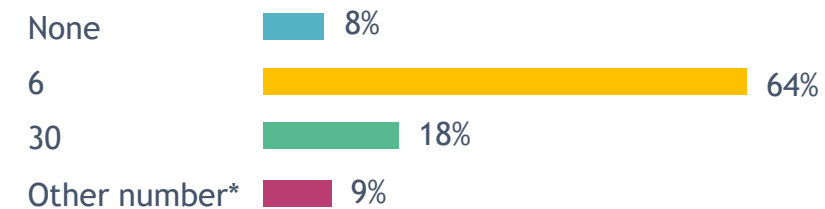


On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?

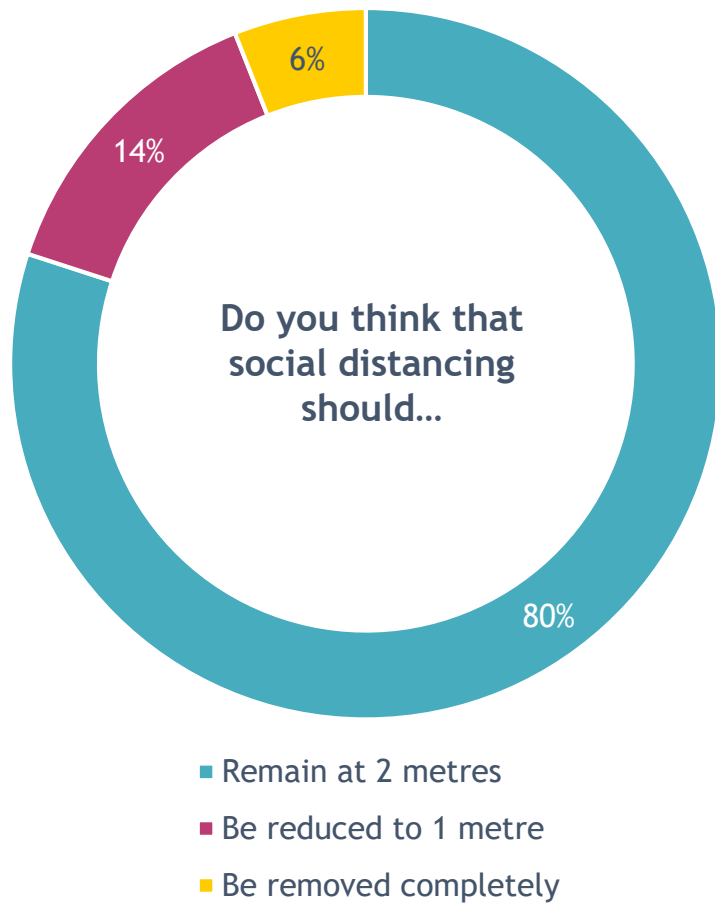


In your area, how many people are allowed to meet outside if they maintain social distancing?

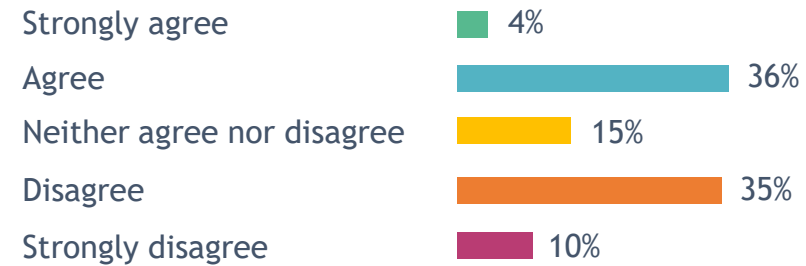
Open response



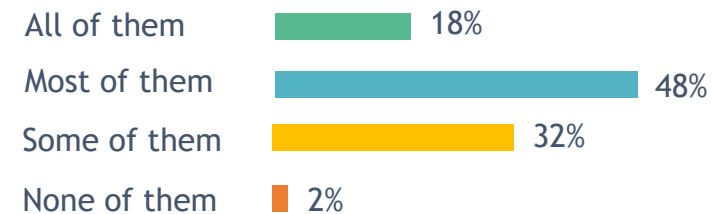
* Responses of 1 to 5, 5%; 8 to 20, 3%; more than 30, 1%

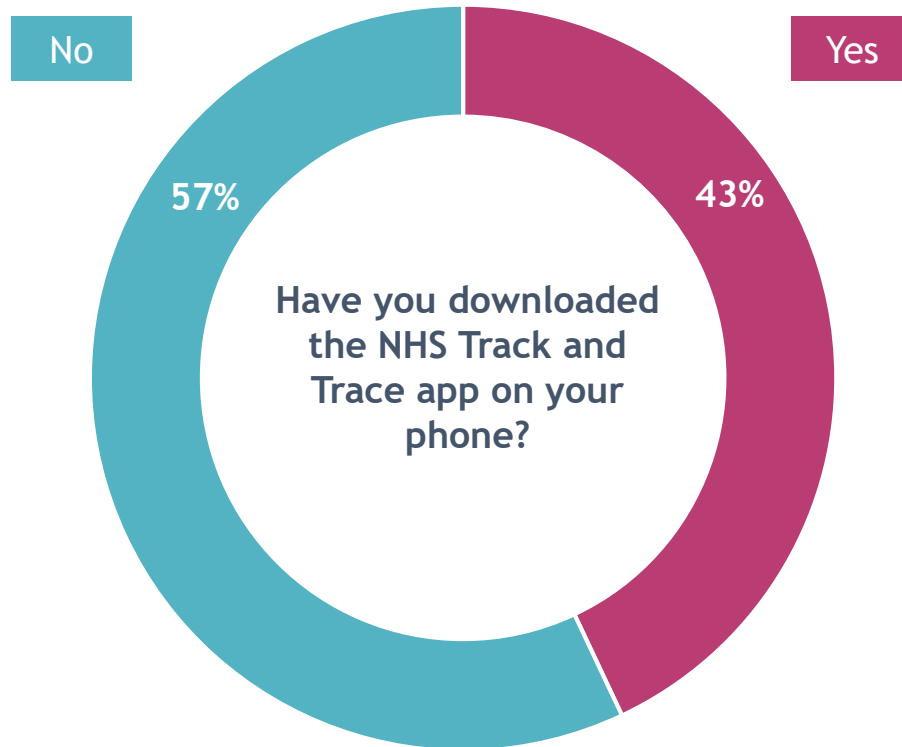


I think most people are following social distancing guidelines



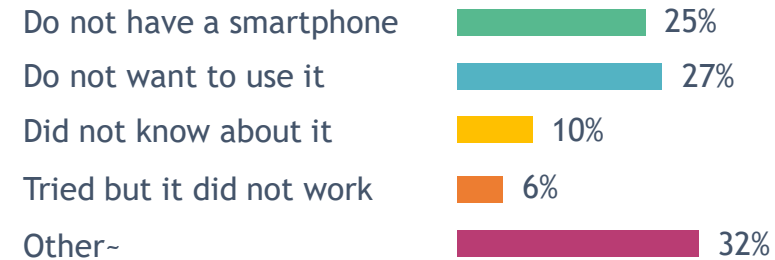
Thinking of the people you know personally, would you say that social distancing guidelines are being followed by...





Of those responding 'no':

Reasons for not having downloaded the app



*Unweighted data. ~around half of 'other' reasons related to participants not having got round to it yet or not feeling they needed it as they did not go out.

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

Would you personally want to be vaccinated?

Yes 71%



No 17%



Unsure 12%



For those with children in the household:*

Would you want your children to be vaccinated?

Yes 68%



No 15%



Unsure 17%



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

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

Most of the time

72%

Some of the time

24%

Never

1%

Not applicable~

2%

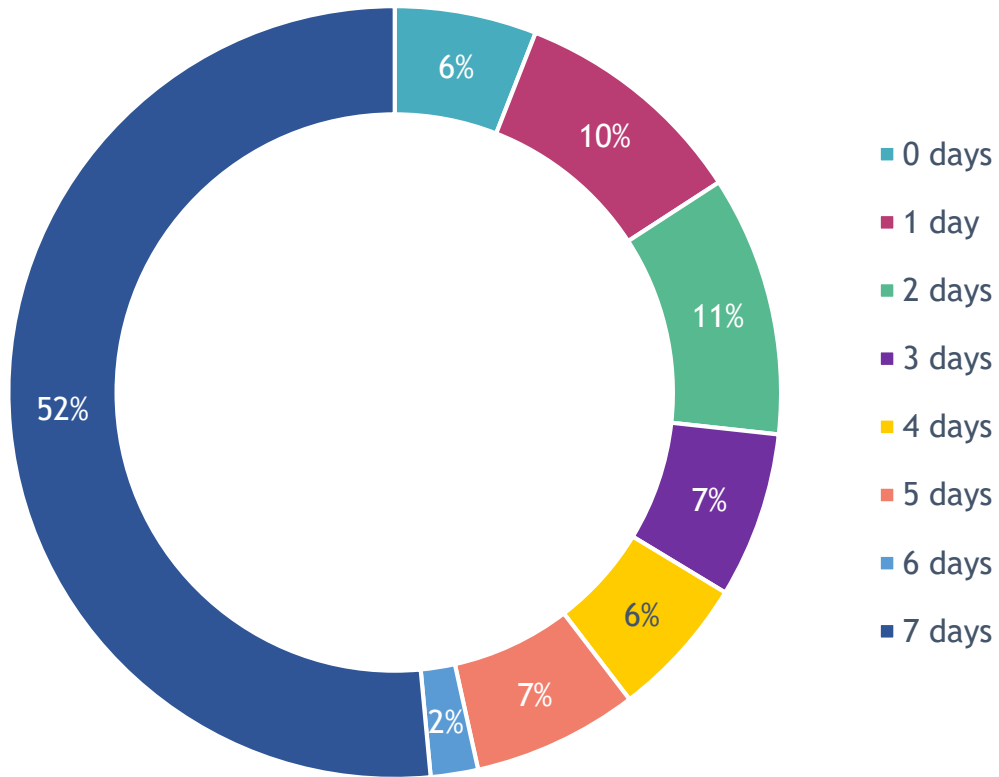
~do not go out/exempt

Which of the following do you find acceptable?

	Yes	No	Unsure
People that deliberately disobey social distancing measures being fined	88%	8%	3%
Infection levels going up a little as a result of some restrictions being removed	60%	29%	11%
People being made to wear face coverings in public places such as shops	93%	6%	1%
Local lockdowns being imposed to control the spread of coronavirus in areas with increasing cases	85%	11%	4%
Quarantines being imposed on people returning from countries with high levels of coronavirus	94%	4%	2%

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%	29%
...to shop	23%	53%	12%	12%
...for medical reasons	73%	26%	1%	<1%
...to exercise	50%	15%	11%	25%
...to meet family/friends	68%	21%	5%	7%
...to eat at a café, pub or restaurant	81%	16%	1%	1%
...for a drink in a pub or bar	91%	9%	1%	<1%

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	40%	38%	23%
Losing someone you love to the virus	20%	28%	51%
The wellbeing of your children*#~	22%	26%	52%
Your children's education*#~	27%	22%	51%
Losing your job or not being able to find one#~	54%	17%	28%
Work, even if your job is secure#~	49%	26%	26%
Your finances	58%	20%	21%
Going out in public places#	37%	39%	24%

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	31%	29%	41%
Your ability to meet your basic needs (e.g. getting food, heating your home)	60%	24%	16%
Your mental health and wellbeing	44%	33%	24%
Your physical health	50%	29%	21%
Feeling lonely or socially isolated	61%	25%	15%
Your finances	59%	23%	18%

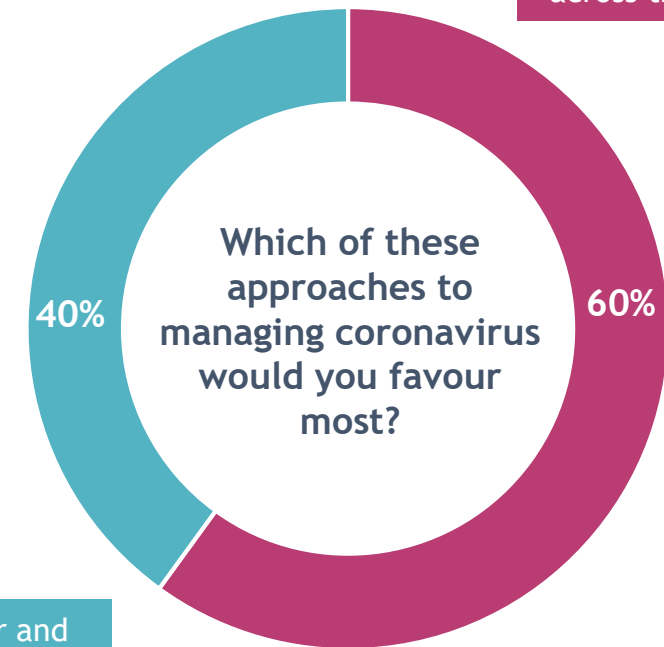
What are we worried about?

When you think about the restrictions coming into place across Wales, how strongly, if at all, do you feel each of the following?

	Not at all	A little	A lot
Fear or anxiety	47%	34%	19%
A sense of community spirit	32%	41%	27%
Frustration or anger	36%	36%	27%
A sense of relief	51%	35%	15%
A sense of hopelessness	56%	31%	13%

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

	Yes	No	Unsure
We will have a vaccine that protects most people from coronavirus	32%	45%	23%
We will still be having local lockdowns	70%	14%	16%
We will be in a national lockdown	32%	50%	18%
We will have learned to live with people being infected in our communities	76%	14%	9%



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

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

How are we feeling?

Feeling healthy

How healthy do you feel today?

0 = Very unhealthy; 10 = Very healthy

0-3

5%

4-6

34%

7-10

61%

Feeling happy

How happy do you feel today?

0 = Not at all happy; 10 = Completely happy

0-3

8%

4-6

29%

7-10

63%

Feeling anxious

How anxious do you feel today?

0 = Not at all anxious; 10 = Completely anxious

0-3

52%

4-6

25%

7-10

23%

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

33%

1-4 days

35%

5+ days

31%

How are we feeling?

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

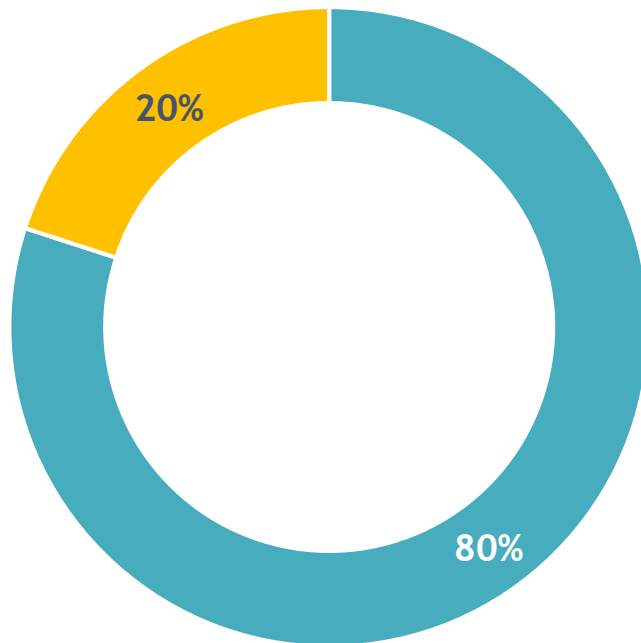
	Lonely	Isolated
Never	66%	62%
Occasionally	25%	22%
Often	6%	11%
Always	3%	5%

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

Your mental health and wellbeing

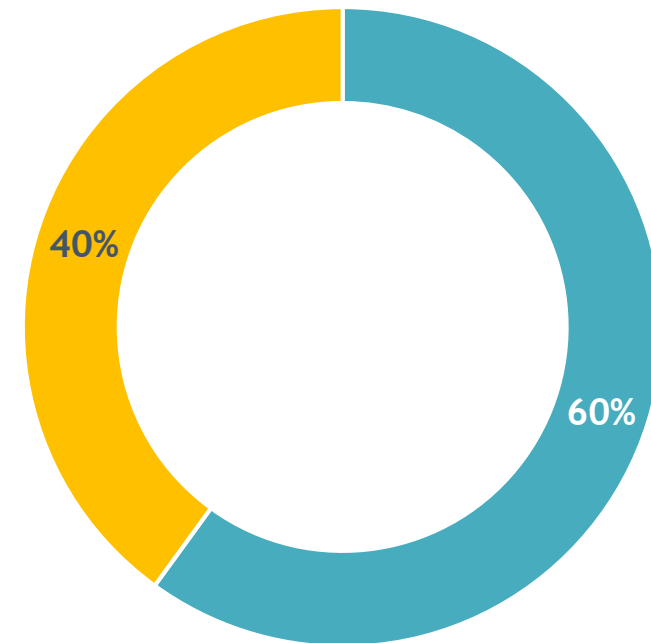
Not at all	46%
A little	27%
A lot	27%

For you personally, which is a bigger priority?



- Reducing the spread of coronavirus
- Reducing climate change

If you were a policymaker and had £100 million to spend across these two priorities, how would you split it?*



*Mean proportion

Parent and caregiver survey - return to school

Between 14th September and 2nd October, a follow up survey was undertaken with a sample of parents and caregivers of school-aged children who had previously participated in the national public engagement survey. The survey asked about the impacts of coronavirus restrictions on child wellbeing, schooling and feelings about children returning to school.

A total of **383 parents and caregivers** participated in the survey. The majority were female, aged between 30 and 59 and of white ethnicity.

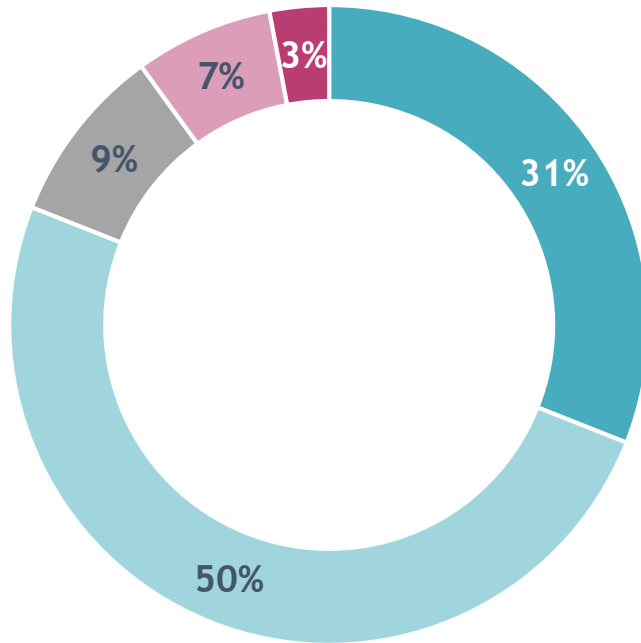
This section presents some initial findings from the survey. **Data are unadjusted and are not necessarily representative of all parents and caregivers across Wales.**

	Female	Male			
Gender	71%	29%			
	18-29	30-39	40-49	50-59	60+
Age group	6%	28%	35%	24%	8%
	(most deprived) 1	2	3	4	(least deprived) 5
Deprivation quintile	20%	18%	18%	20%	24%
	Yes	No			
BAME*	3%	97%			

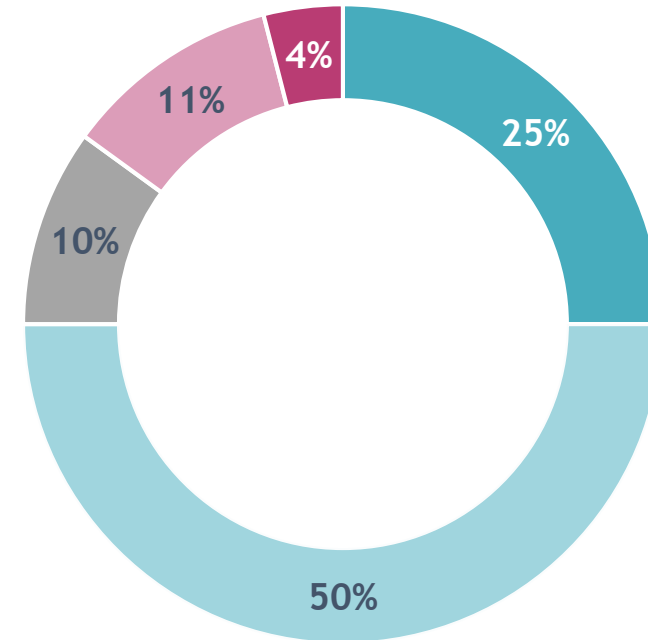
*Self-reported Black, Asian or Minority Ethnic group.

How well did schools manage?

I think my child's primary school has handled the coronavirus situation well (n=220)*



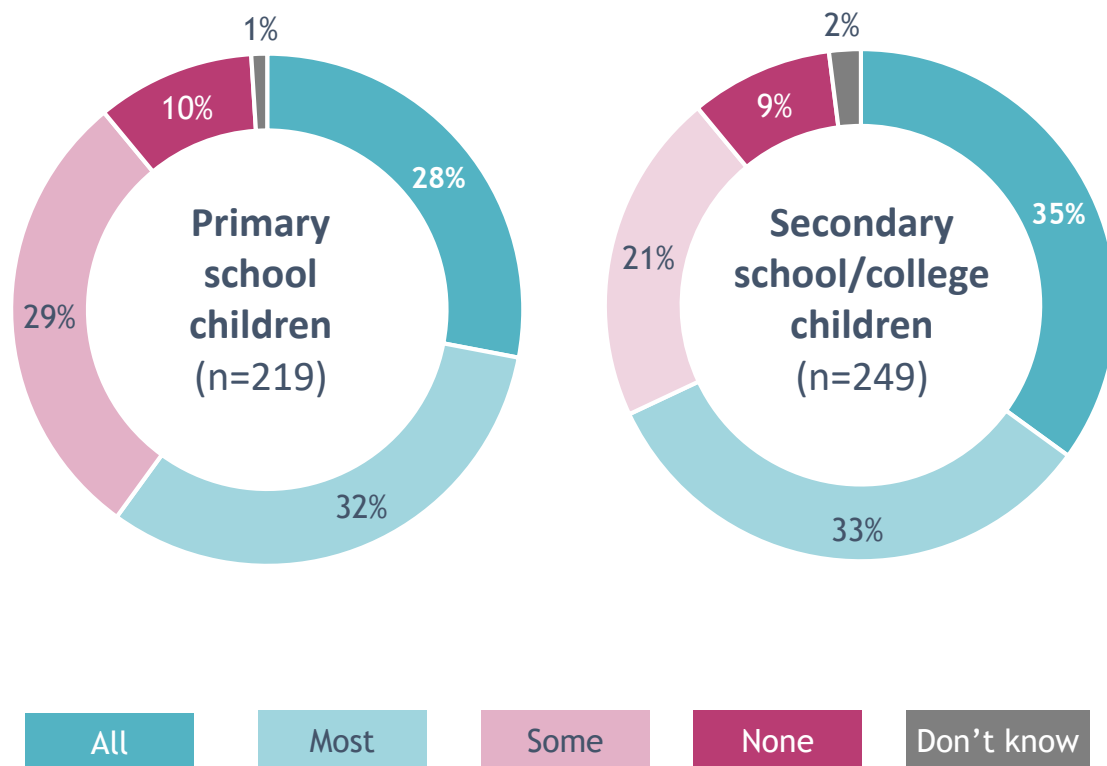
I think my child's secondary school/college has handled the coronavirus situation well (n=261)*



- Strongly agree
- Agree
- Neither agree/disagree
- Disagree
- Strongly disagree

*Participants with children in both school types answered both questions.

During lockdown, in general, how much of the work set by school did your children take part in?



How easy is it for your child/children to access online learning resources at home?

By deprivation quintile						
		Most deprived				Least deprived
	All	1	2	3	4	5
Very easy	55%	53%	56%	47%	60%	59%
Quite easy	27%	24%	24%	44%	22%	25%
Quite difficult	12%	14%	16%	8%	12%	10%
Very difficult	6%	9%	4%	2%	6%	6%

How comfortable are you about your children returning to school?

	All	Participants who were:	
		Working over lockdown* (n=212)	Not working over lockdown* (n=164)
Very	41%	47%	35%
Somewhat	36%	38%	32%
Not very	15%	10%	22%
Not at all	7%	5%	11%

*Working: either from home or in the workplace; not working: including if furloughed

How comfortable are your children about returning to school?#

	Primary school children	Secondary school/college children
Very	63%	53%
Somewhat	24%	29%
Not very	10%	13%
Not at all	3%	5%

#Participants with children in both school types answered both questions.
Primary school n=222; secondary school n=259

Concerns about return to school

Thinking about your children returning to school,
how concerned are you about....

	Not at all	Somewhat	Very or extremely
Your child catching coronavirus and spreading this in their families and communities	21%	44%	35%
Your child getting ill from coronavirus caught at school	24%	40%	36%
Your child's education being damaged by schools returning to normal too slowly	30%	34%	36%
Your child's social and emotional development being damaged by schools returning to normal too slowly	34%	31%	35%

Proportion very or extremely concerned,
by deprivation quintile

Most deprived 1	2	3	4	Least deprived 5
43%	43%	33%	32%	27%
40%	46%	38%	32%	28%
39%	46%	36%	32%	29%
37%	44%	35%	27%	33%

If your school was to close again in the future, how easy do you think it would be for you to cope with home schooling and childcare?

	Participants who:		
	All	Care for one child aged <18 (n=155)	Care for 2+ children aged <18 (n=223)
Very easy	24%	30%	20%
Quite easy	33%	34%	32%
Quite difficult	21%	20%	22%
Very difficult	22%	16%	26%

Impact of coronavirus restrictions on children

How concerned are you about the impact of coronavirus restrictions on the following...

	Not at all	Somewhat	Very or Extremely
Your children's mental health and wellbeing	26%	35%	40%
Your children's physical health	49%	28%	23%
Your children's use of screens	39%	31%	30%
Your children's weight	69%	18%	13%
Your children's education	25%	34%	41%
Your children's friendships and social interactions	32%	29%	40%
Your children's future in general	27%	34%	39%

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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

