

How are we doing in Wales?

Public Engagement Survey on Health and
Wellbeing during Coronavirus Measures

Week 31 (2nd to 8th 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 new questions added on frequency of washing face coverings.

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 31 of the survey (2nd to 8th November).

62%

of people said they strongly supported a national Welsh lockdown to control the spread of coronavirus (25% somewhat supported, 13% did not support).

21%

of people said they were very worried they could get coronavirus (33% moderately worried, 29% a little worried, 17% not at all worried).

22%

of people said they had been in close contact with more than 10 people from outside their household (or permitted extended household) in the last 7 days.

70%

of people wear a face covering 'most of the time' when they go out (24% some of the time, 6% never/not applicable). 67% use re-usable cloth face coverings and 51% use disposable face masks.*

51%

of people that use re-usable cloth face coverings wash them after every day of use. 32% wash after 2-4 days of use; 10% 5-10 days of use; 2% more than 10 days and 5% have never washed them.

67%

of people that use disposable face masks dispose of them after every use, whereas 33% do not.

40%

of people are concerned 'a lot' and 33% 'a little' about their ability to keep in touch with family and friends over the coming months, as we head into winter.

50%

of people rated their current happiness as high (ratings of 7-10 on a scale of 0-10). This is the lowest proportion since the survey began.

19%

of people said that they had 'often' or 'always' felt isolated in the last 7 days, and 13% that they had 'often' or 'always' felt lonely.

*participants could report using both types of face covering

Do you think you have or have had coronavirus?

Yes	18%
Don't know	8%

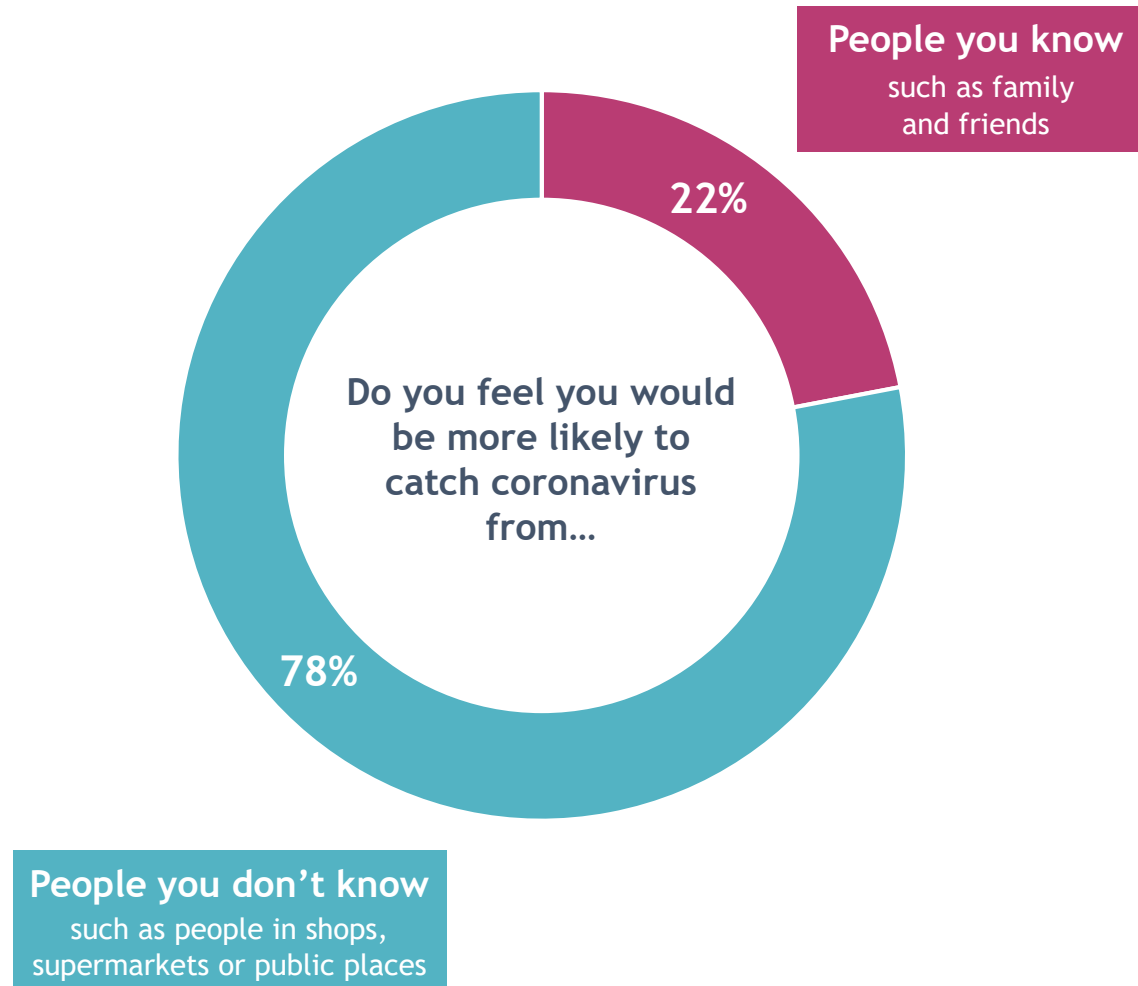
Have you been tested for coronavirus or had an antibodies test?

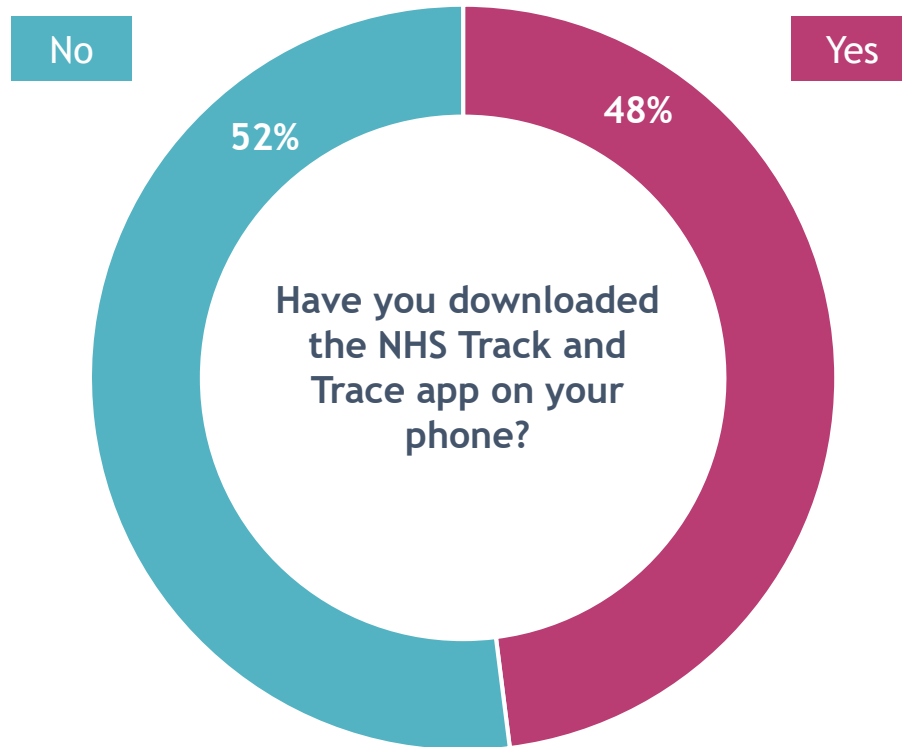
Had a coronavirus test	27%
Had an antibodies test	6%

How worried are you that you could get coronavirus?

Includes all respondents

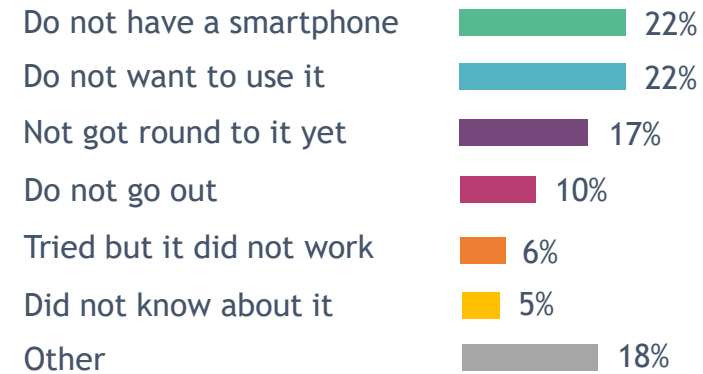
Not at all	17%
A little	29%
Moderately	33%
Very	21%





Of those responding 'no'*:

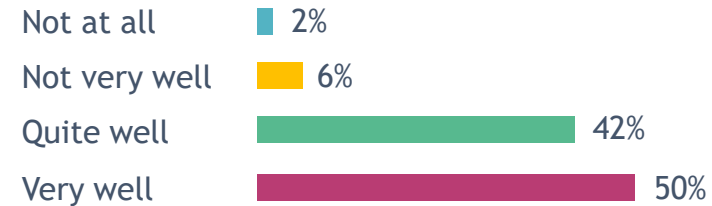
Reasons for not having downloaded the app



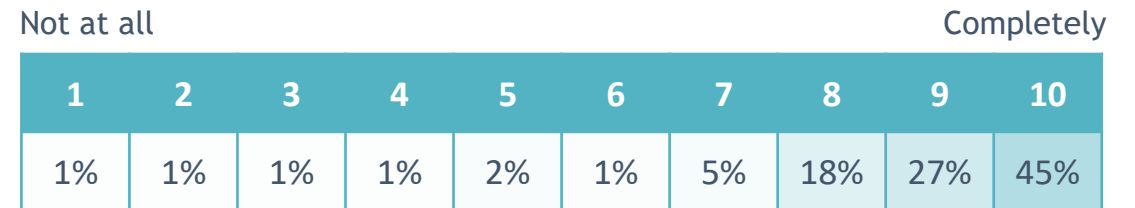
*Unweighted data.

Knowledge and compliance with restrictions

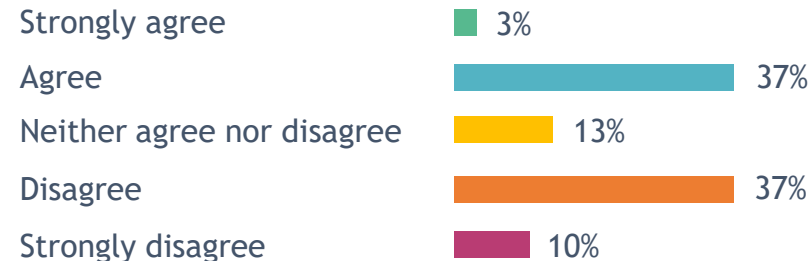
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?

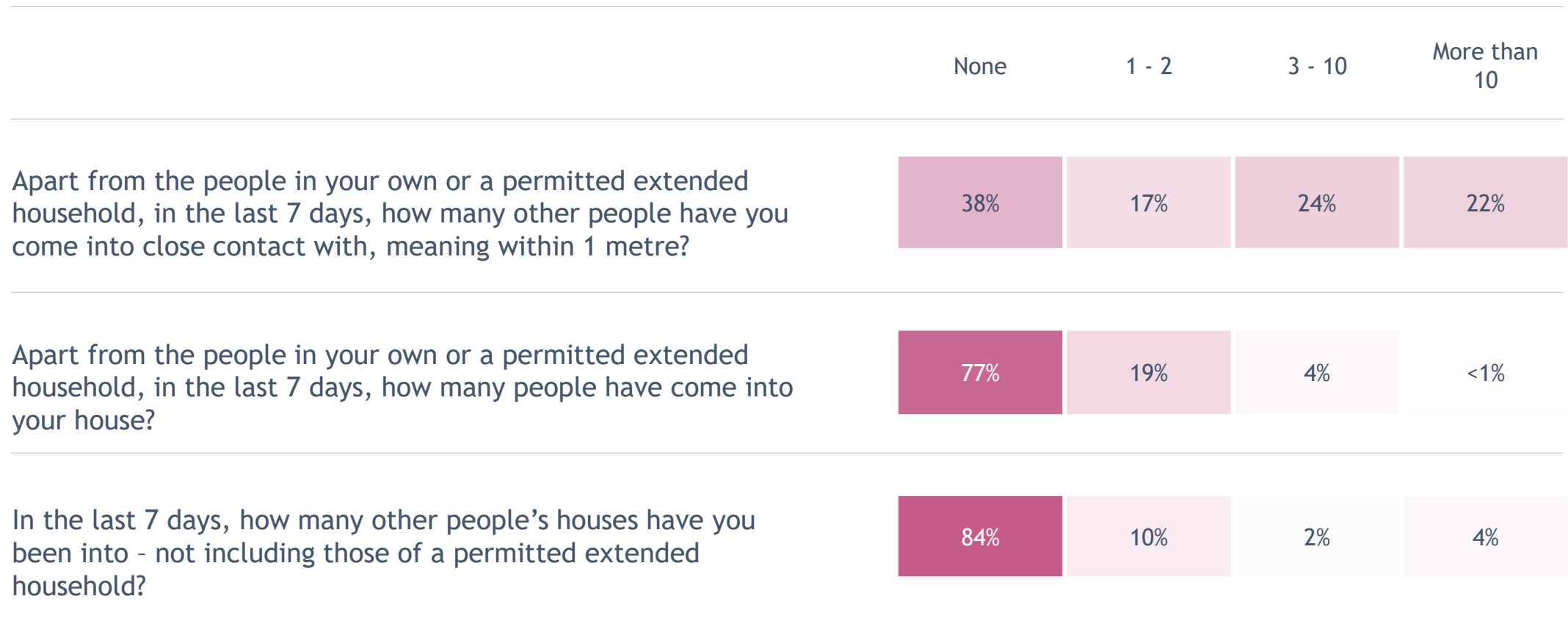


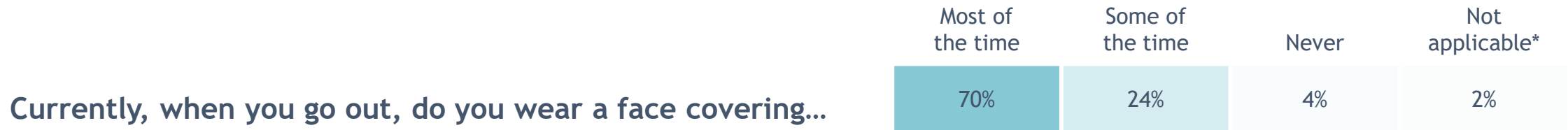
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



I think most people are following social distancing guidelines





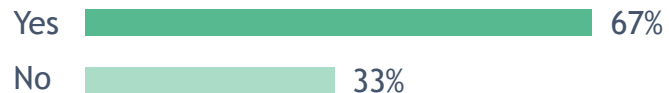


Which of the following types of face covering do you use in your personal time, e.g. when shopping?#



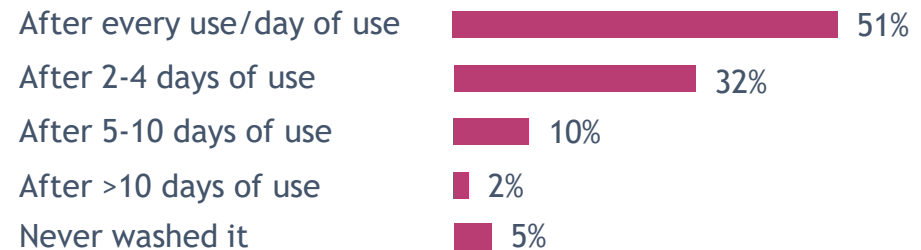
If using disposable masks~

Do you dispose of your disposable face masks after every use?



If using re-usable cloth face covering, scarf or bandana~

How often would you say you wash your cloth face covering?



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

Would you personally want to be vaccinated?

Yes 65%



No 16%



Unsure 19%



For those with children in the household:*

Would you want your children to be vaccinated?

Yes 61%



No 12%



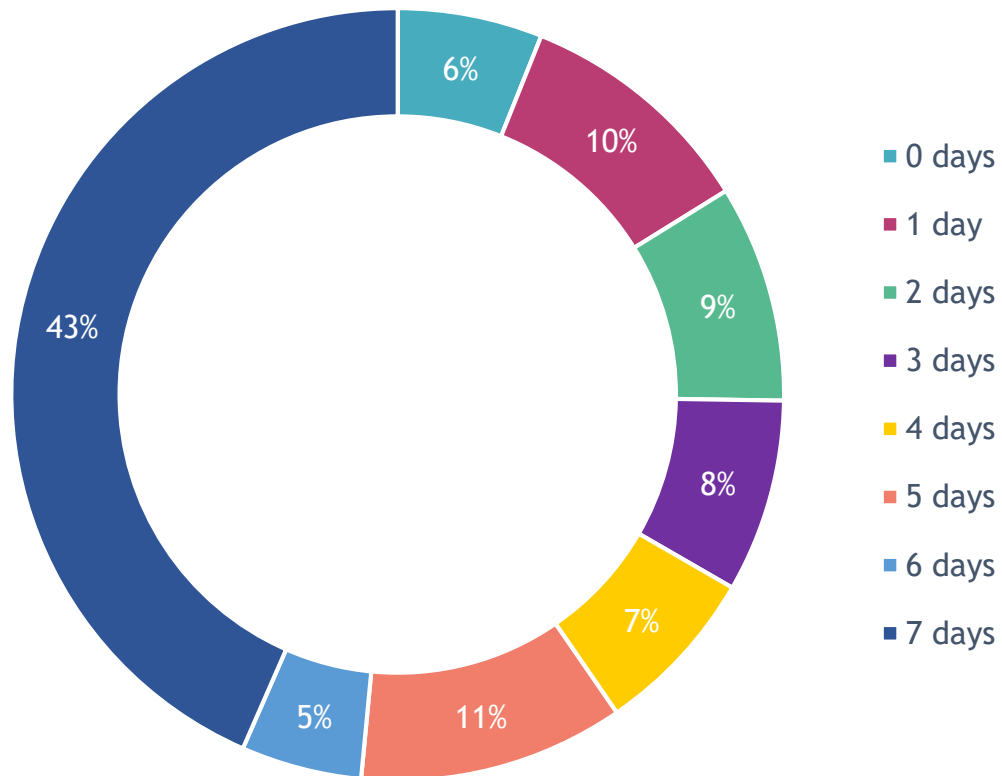
Unsure 26%



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

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	57%	7%	8%	28%
...to shop	25%	54%	11%	10%
...for medical reasons	79%	20%	1%	<1%
...to exercise	45%	16%	9%	30%
...to meet family/friends	83%	12%	3%	2%

How well are we handling coronavirus?

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

Too little 25%



About right 64%



Too much 12%



	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I think that Welsh government is responding to the problems caused by coronavirus well	17%	53%	12%	13%	5%
I am confident that the NHS would be able to adequately care for me if I became seriously ill with coronavirus	16%	52%	15%	14%	3%
I trust the police to use their powers to restrict people's movement sensibly	14%	48%	12%	17%	8%

How much do you support the following to control the spread of the virus?*

	Strongly support	Somewhat support	Do not support
Pubs, bars and restaurants being temporarily closed	61%	25%	14%
Non-essential shops being temporarily closed	36%	34%	30%
Schools being temporarily closed	33%	27%	40%
A full Welsh lockdown being imposed	62%	25%	13%

How much would you support...

A full UK-wide lockdown being imposed?	55%	22%	23%
...the statement: "I would prefer fewer restrictions, even if infections continue to rise"?	12%	15%	73%

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	52%	33%	15%
A sense of community spirit	36%	39%	25%
Frustration	30%	36%	35%
Anger	56%	30%	14%
A sense of relief	51%	38%	11%
A sense of hopelessness	56%	28%	15%

Responsibility for risk of coronavirus

How responsible do you think the following should be for protecting you from the risk of coronavirus?

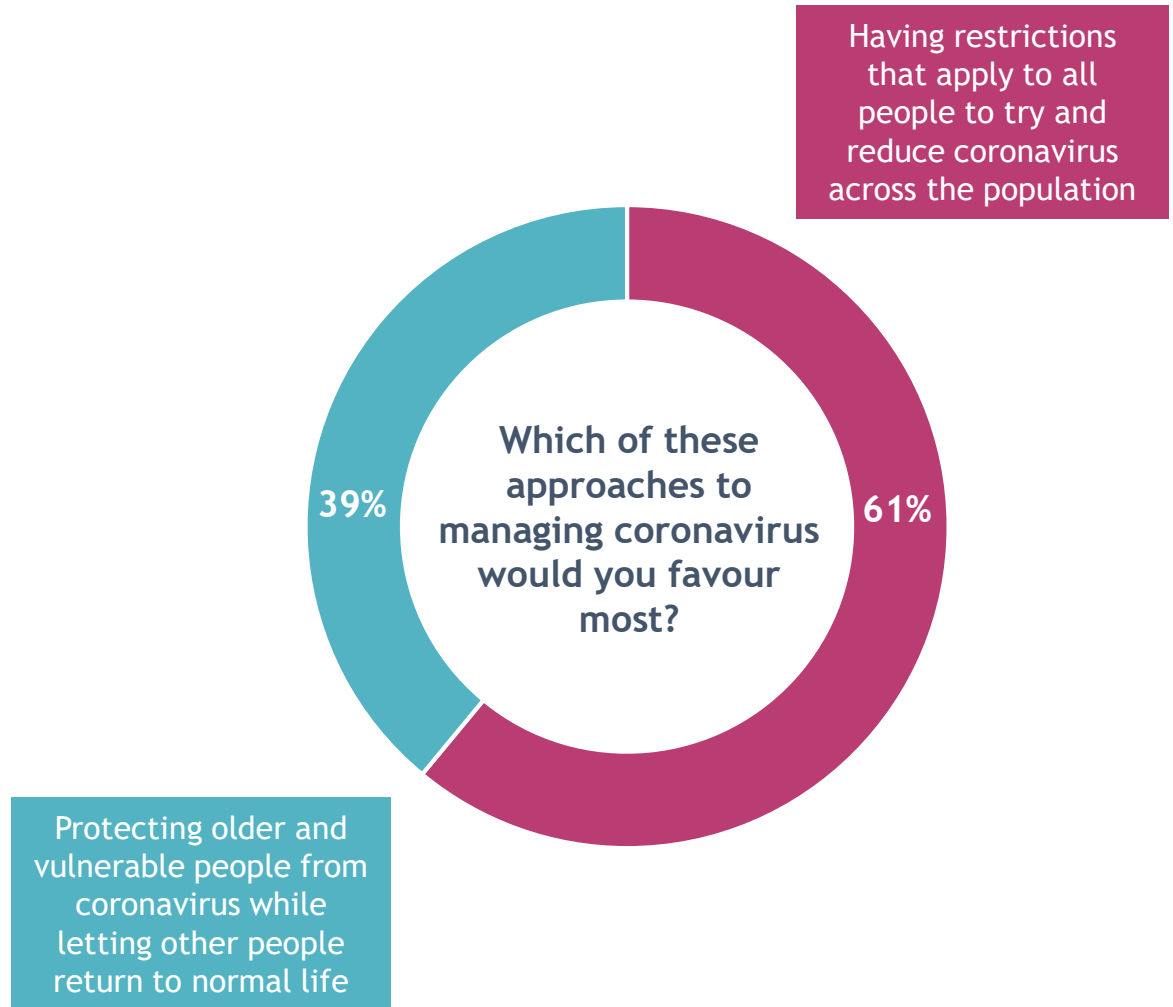
	Not at all responsible	Somewhat responsible	Very responsible
UK government	9%	45%	46%
Welsh government	7%	40%	53%
Local authorities	15%	44%	41%
The NHS	26%	33%	42%
Police	26%	41%	33%
You personally	5%	9%	86%

And which do you think has the most responsibility for protecting you from the risk of coronavirus?

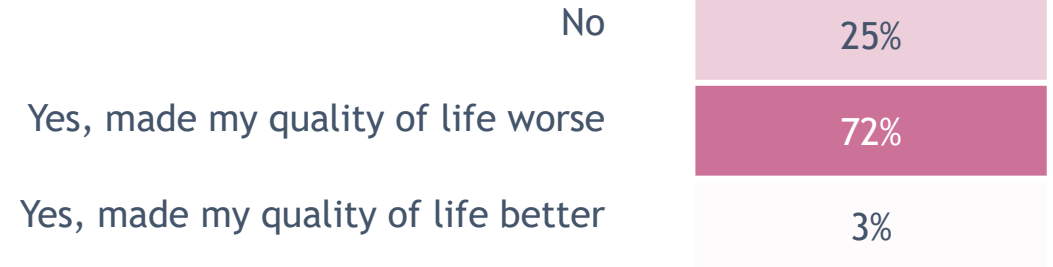
	Most responsible
UK government	11%
Welsh government	12%
Local authorities	<1%
The NHS	3%
Police	<1%
You personally	74%

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

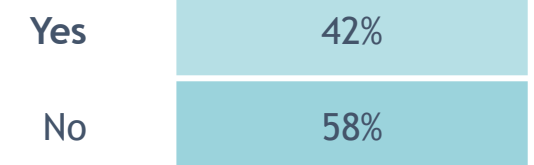
	Yes	No	Unsure
We will have a vaccine that protects most people from coronavirus	38%	33%	29%
We will still be having local lockdowns	67%	13%	20%
We will be in a national lockdown	44%	31%	25%
We will have learned to live with people being infected in our communities	74%	13%	13%



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



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



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	34%	43%	23%
Losing someone you love to the virus	20%	31%	49%
The wellbeing of your children*#~	12%	36%	52%
Your children's education*#~	15%	29%	56%
Losing your job or not being able to find one#~	59%	20%	21%
Work, even if your job is secure#~	50%	27%	23%
Your finances	59%	23%	17%
Going out in public places#	37%	40%	23%

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	26%	33%	40%
Your ability to meet your basic needs (e.g. getting food, heating your home)	65%	24%	12%
Your mental health and wellbeing	42%	34%	24%
Your physical health	48%	31%	20%
Feeling lonely or socially isolated	55%	27%	18%
Your finances	60%	25%	16%

How are we feeling?

Feeling healthy

How healthy do you feel today?

0 = Very unhealthy; 10 = Very healthy

0-3

8%

4-6

40%

7-10

52%

Feeling happy

How happy do you feel today?

0 = Not at all happy; 10 = Completely happy

0-3

8%

4-6

41%

7-10

50%

Feeling anxious

How anxious do you feel today?

0 = Not at all anxious; 10 = Completely anxious

0-3

49%

4-6

34%

7-10

18%

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

29%

1-4 days

30%

5+ days

41%

How are we feeling?

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

	Lonely	Isolated
Never	63%	53%
Occasionally	24%	28%
Often	10%	12%
Always	3%	7%

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

Your mental health and wellbeing

Not at all	42%
A little	35%
A lot	24%

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Enquiries

Data and Analytics

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Analytical support

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Survey Development

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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

Email

generalenquiries@wales.nhs.uk

Tel

02920 227744

Web

phw.nhs.wales

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