

How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

Week 42 (18th to 24th January 2021)

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 new questions on people's perceptions of coronavirus restrictions and when they should end, as well as on medical treatment and changes in dental health.

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



602 Welsh residents aged 18 years and over were interviewed in week 42 of the survey (18th to 24th January 2021).

64%

of people said they strongly support the current national lockdown and a further 18% tend to support it.

52%

of people think it should be more than three weeks before people can travel to use outdoor spaces (e.g. parks, beaches); 48% think it should be sooner or already permitted.

20%

of people say that, as a result of the coronavirus situation, they have had a medical procedure substantially delayed or cancelled which has impacted on their quality of life.

63%

of people disagreed with the statement 'we will have largely returned to our normal lives by the summer'; only 25% agreed.

65%

of people think the benefits of national lockdowns in reducing coronavirus outweigh their costs; 35% think the costs to wellbeing and the economy outweigh the benefits.

25%

of people say that, as a result of the coronavirus situation, they have not attempted to get medical attention such as visiting their GP or going to A&E when they normally would have done.

Compared with this time last year...

31%

say their dental health has worsened; 3% that it has improved.

28%

say their family relationships have worsened; 13% that they have improved.

22%

say their financial situation has worsened; 17% that it has improved.

21%

say they have become more concerned about climate change; 6% that they have become less concerned.

Do you think you have or have had coronavirus?

Yes	18%
Don't know	7%

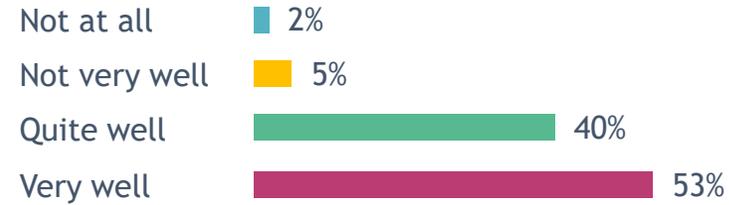
Have you been tested for coronavirus or had an antibodies test?

Had a coronavirus test	35%
Had an antibodies test	10%

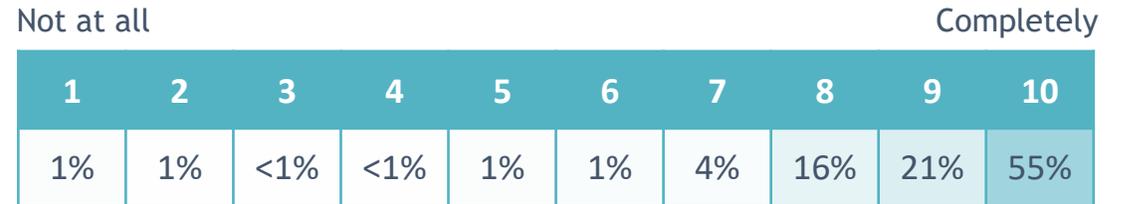
How worried are you that you could get coronavirus?

Not at all	19%
A little	23%
Moderately	32%
Very	27%

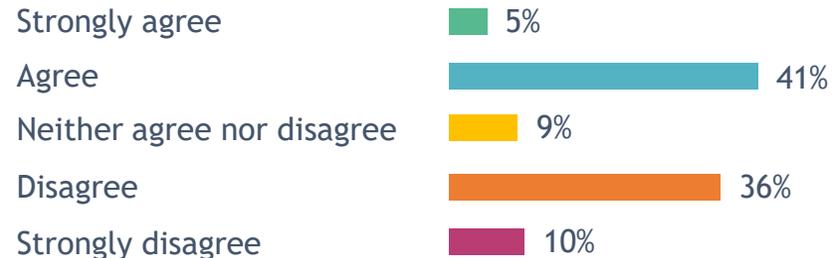
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



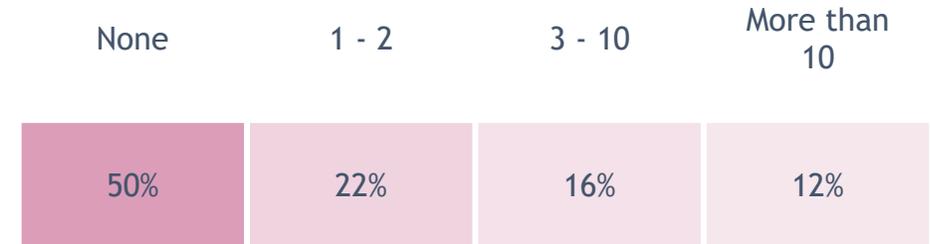
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



I think most people are following social distancing guidelines



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



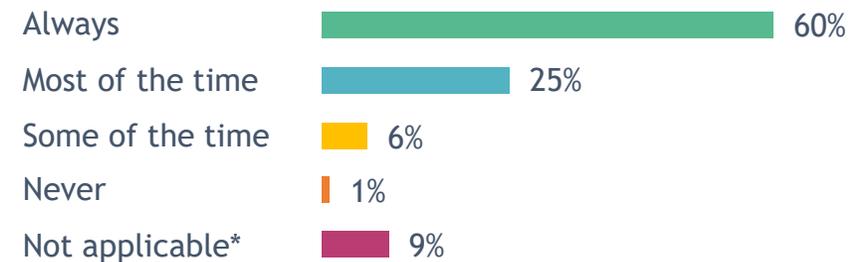
Apart from the people in your own household or a permitted support bubble, in the last 7 days, how many people have come into your house?



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

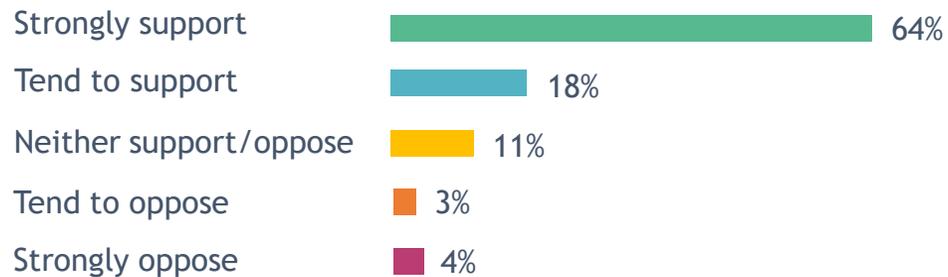


When you are with people from outside of your household or extended household, such as friends or work colleagues, do you maintain social distancing of two metres...?

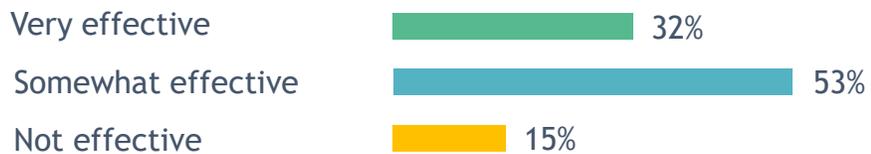


*Do not meet people from outside household

To what extent do you support or oppose the current lockdown measures in place in Wales?



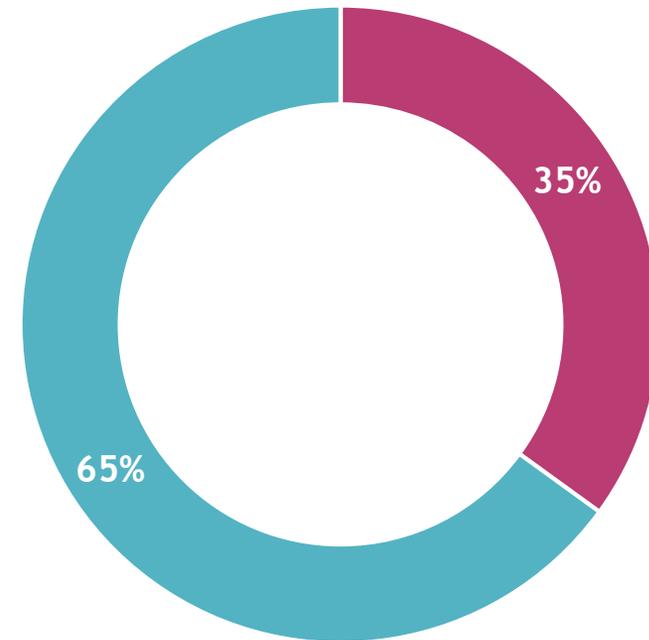
How effective do you think national lockdowns are at preventing the spread of coronavirus?



Which of these two statements do you agree with most?

The benefits of national lockdowns in reducing the spread of coronavirus outweigh their costs

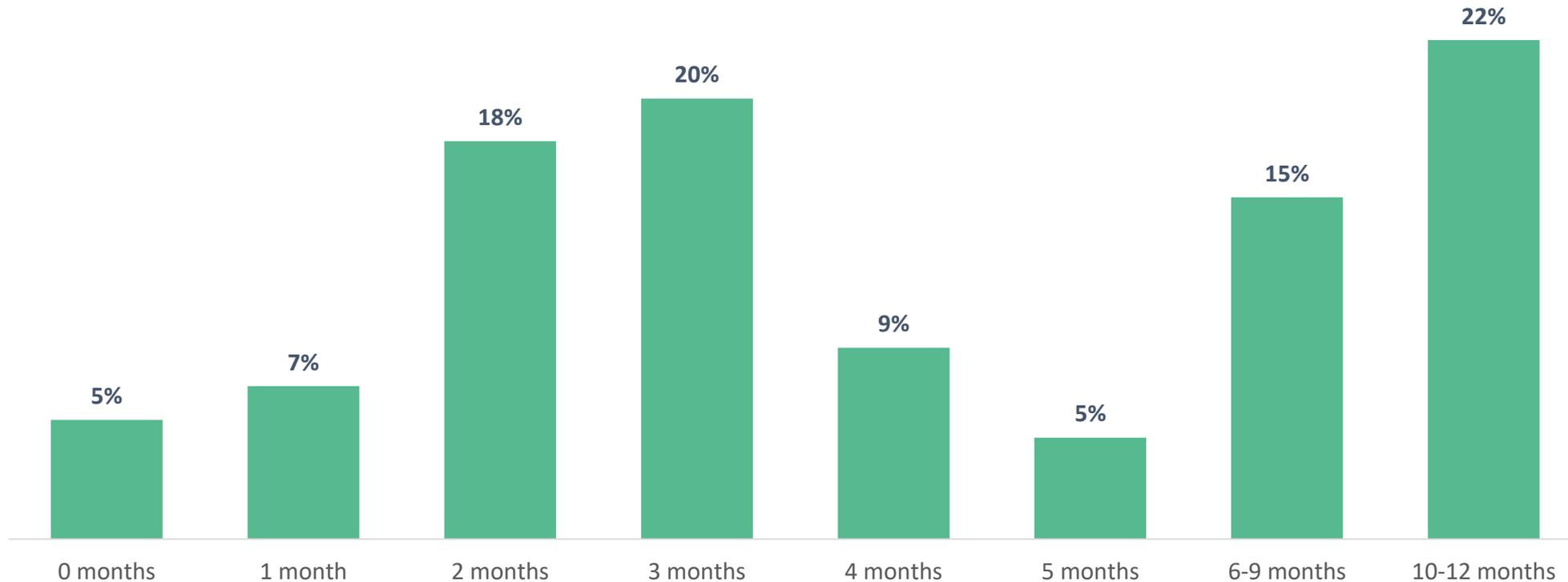
The costs of national lockdowns to people's wellbeing and the economy outweigh their benefits



When do you think the following should happen?

	Should already be happening	Within the next 3 weeks	In more than 3 weeks
Schools should re-open	11%	19%	70%
All shops should be able to open	11%	20%	69%
Restaurants should be able to re-open	8%	14%	79%
Non-essential workers should be able to return to their workplaces	13%	21%	67%
People should be able to meet up with people from other households	6%	16%	78%
People should be able to travel to use outdoor spaces such as parks and beaches	23%	25%	52%

Starting from now, how many months of total lockdown (with all schools and non-essential shops and workplaces closed) would you be prepared to endure if it guaranteed that the rest of the year would be free from the virus?



If you were offered a coronavirus vaccination...

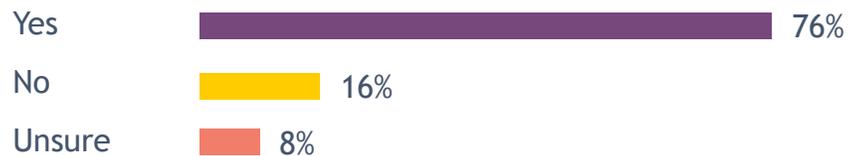
Would you personally want to be vaccinated?



*Already received a coronavirus vaccination

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

Would you want your children to be vaccinated?

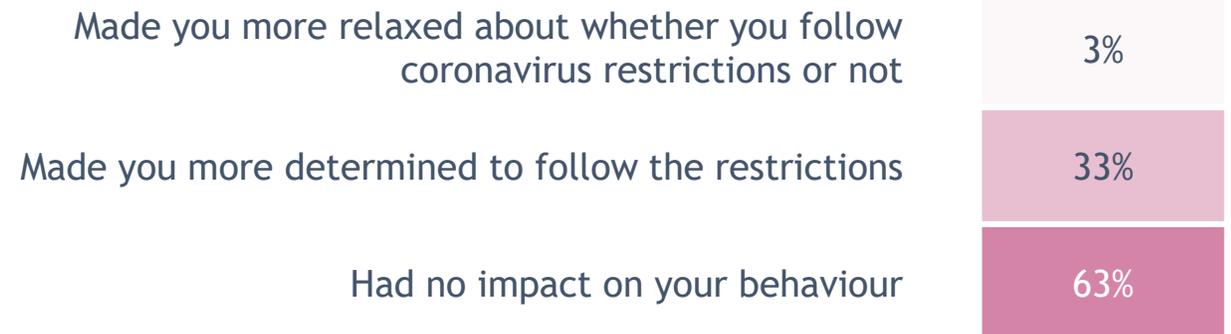


**Limited to those with children living in the household; excluding those responding 'not applicable'; unweighted data.

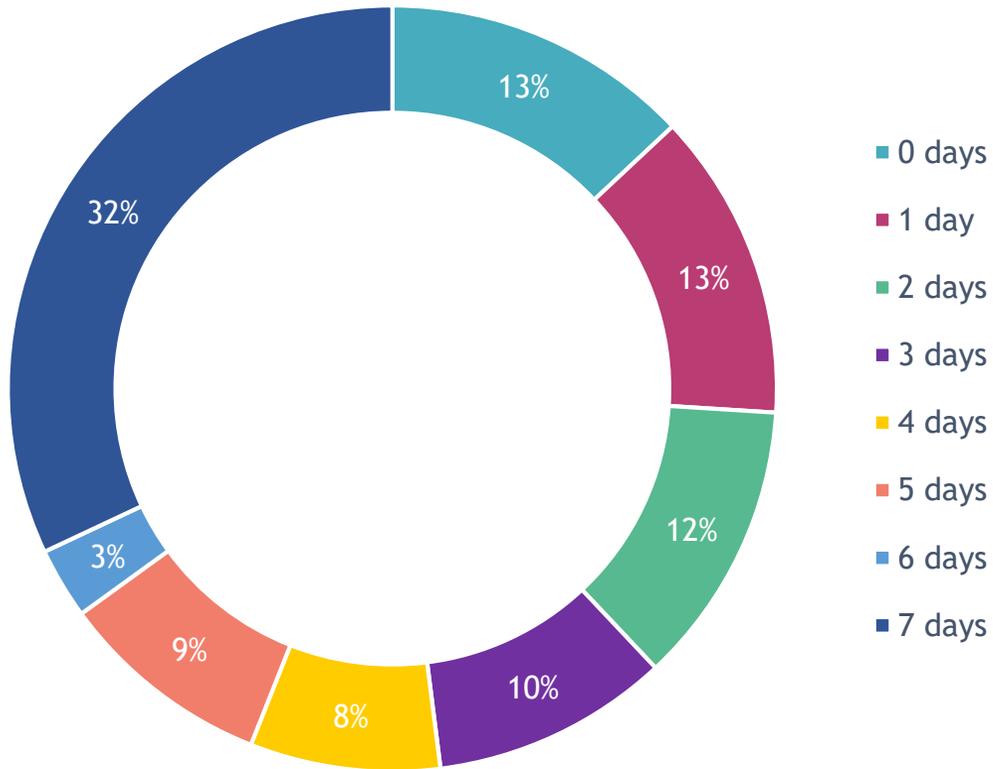
Those responding 'no' or 'unsure' to personally wanting to be vaccinated were asked an open ended question about their reason for this response.

The most common reasons given were related to a lack of trust in the vaccines due to the speed of their development and unknown side effects. Other reasons included: having existing health conditions such as allergies; having had bad reactions to vaccines in the past; not feeling a need to be vaccinated due to perceived low risk; concern about impacts on fertility; having insufficient information on the vaccines; having heard about adverse reactions to the vaccines; and not agreeing with vaccinations in general.

Has the fact that the coronavirus vaccination programme has started...



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	69%	5%	9%	17%
...to shop	35%	52%	9%	4%
...for medical reasons	77%	23%	<1%	0%
...to exercise	50%	16%	7%	27%
...to meet family/friends	87%	12%	1%	<1%
...to eat at a café, pub or restaurant	100%	<1%	0%	0%
...for a drink in a pub or bar	100%	0%	0%	0%

How well are we handling coronavirus?

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

Too little 23%



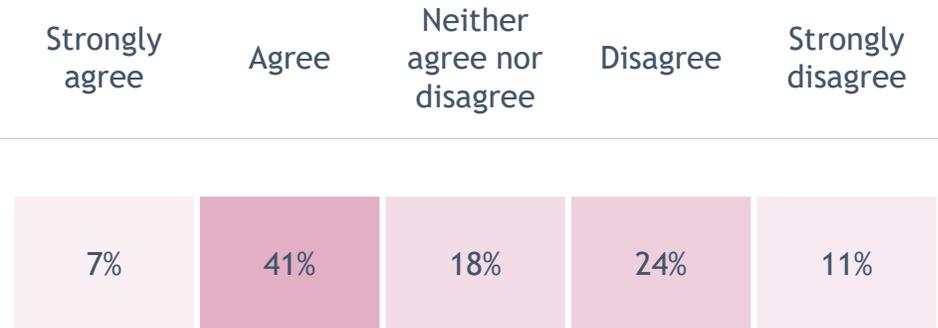
About right 64%



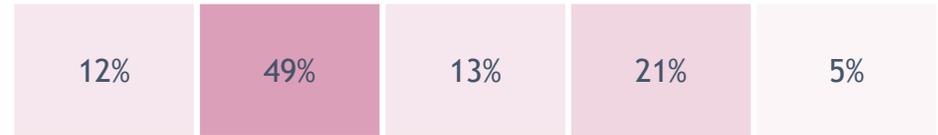
Too much 13%



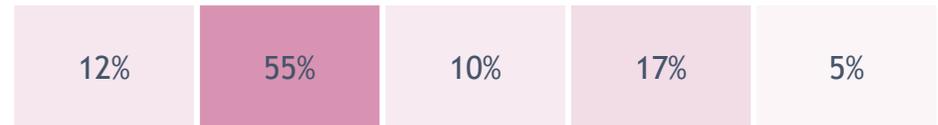
I think that **Welsh Government** is responding to the problems caused by coronavirus well



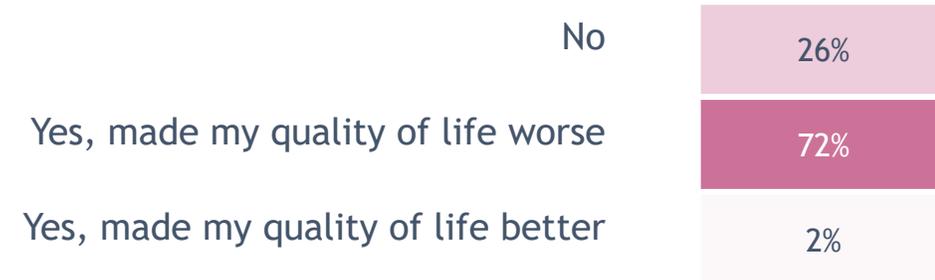
I am confident that the **NHS** would be able to adequately care for me if I became seriously ill with coronavirus



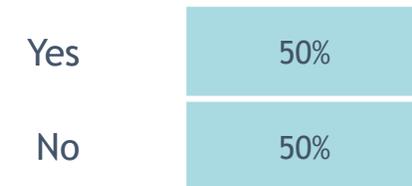
I trust the **police** to use their powers to restrict people's movement sensibly



In 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	32%	42%	26%
Losing someone you love to the virus	13%	34%	52%
The wellbeing of your children ^{**~}	15%	32%	54%
Your children's education ^{**~}	18%	19%	63%
Losing your job or not being able to find one ^{#~}	63%	17%	20%
Work, even if your job is secure ^{#~}	54%	21%	25%
Your finances	62%	22%	16%
Going out in public places [#]	33%	38%	29%
The impacts of Brexit	55%	27%	17%

*Limited to those with children in the household; #Excludes those responding 'not applicable'; ~Unweighted data.

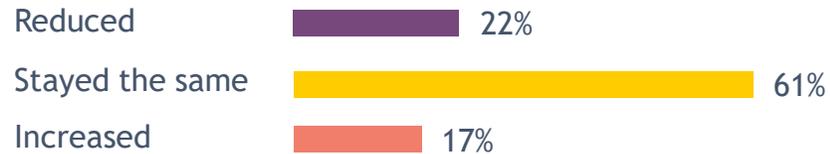
Compared to this time a year ago, would you say the following are...

	Much better	A bit better	The same	A bit worse	Much worse
Your physical health	4%	6%	52%	23%	15%
Your physical fitness	4%	8%	45%	28%	16%
Your mental health	2%	2%	51%	29%	16%
Your dental health*	1%	3%	66%	21%	10%
Your family relationships	6%	7%	60%	20%	8%
Your social relationships	1%	3%	39%	29%	29%
Your financial situation	4%	13%	60%	14%	8%
Your employment or work prospects	3%	5%	76%	8%	8%

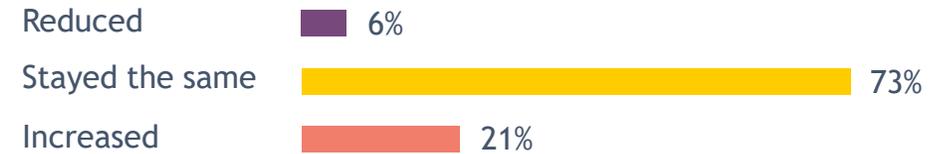
*Proportions for 'much better' and 'a bit better' round down to 3% when combined, as shown in the summary slide.

Compared to this time a year ago, would you say the following have reduced, stayed the same or increased?

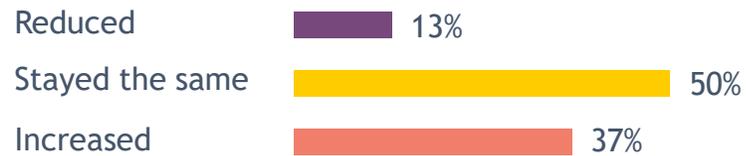
Your alcohol consumption



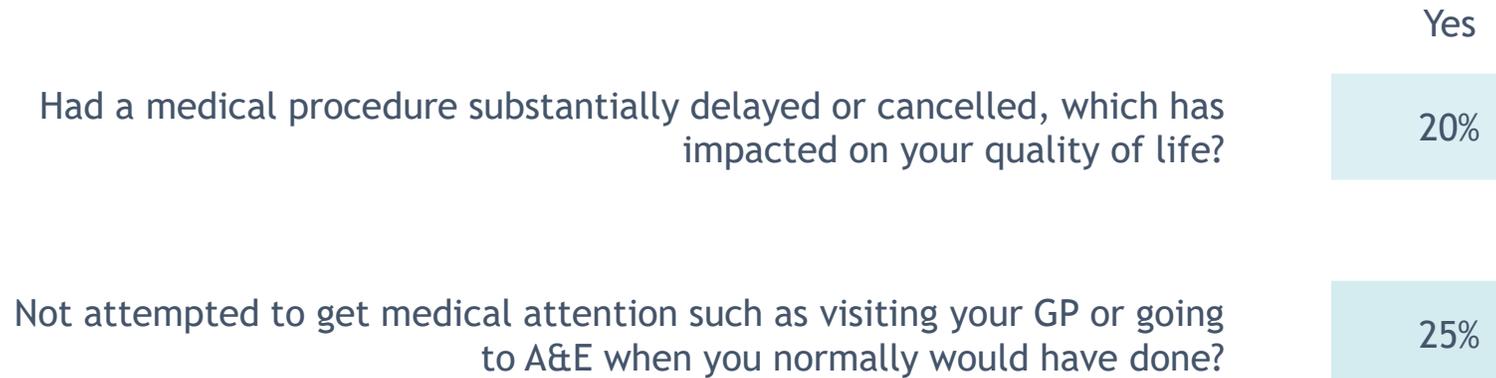
Your concerns about climate change



Your weight



As a result of the coronavirus situation, have you...



Of this list of potential policy areas, which do you think should be the first, second and third priorities for 2021?

	1 st priority	2 nd priority	3 rd priority	Included in top three priorities
Coronavirus	71%	9%	6%	86%
NHS waiting lists	12%	25%	19%	55%
Education	6%	26%	22%	54%
Mental health	5%	13%	21%	39%
Unemployment	3%	10%	14%	26%
Climate change	1%	11%	9%	21%
Brexit	1%	7%	10%	18%

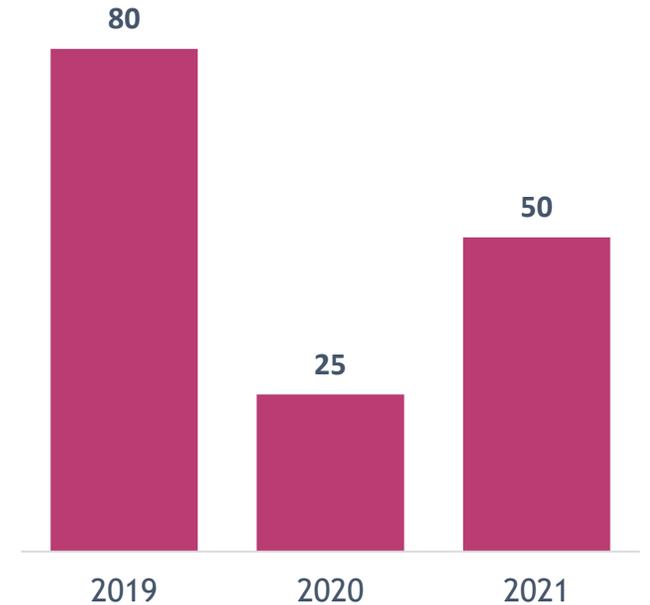
How much do you agree with the following statements?

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
We will have largely returned to our normal lives by the summer	2%	23%	12%	49%	14%
The economy will quickly recover from the shock of coronavirus	2%	18%	10%	46%	23%
Brexit will make Wales stronger	3%	19%	27%	32%	19%
Brexit will make Wales poorer	14%	33%	27%	24%	2%
Coronavirus will have helped us all adopt a better work life balance	5%	38%	21%	25%	10%
Vaccines against coronavirus will only be a temporary solution as the virus will continue to change	14%	42%	21%	20%	3%

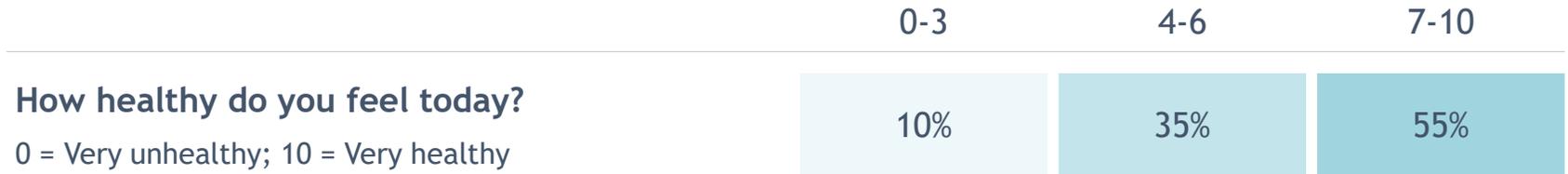
On a scale of 0 to 100, where 0 is the worst you can imagine and 100 is the best you can imagine, how would you score:

	0	1-20	21-40	41-60	61-80	81-100
The year 2020	16%	33%	20%	21%	6%	4%
The year 2019	1%	6%	5%	11%	42%	35%
And what do you think the score will be for 2021?	3%	13%	17%	43%	16%	7%

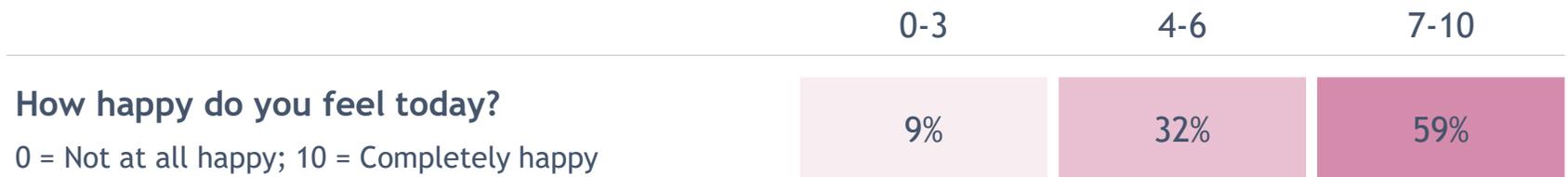
Median scores



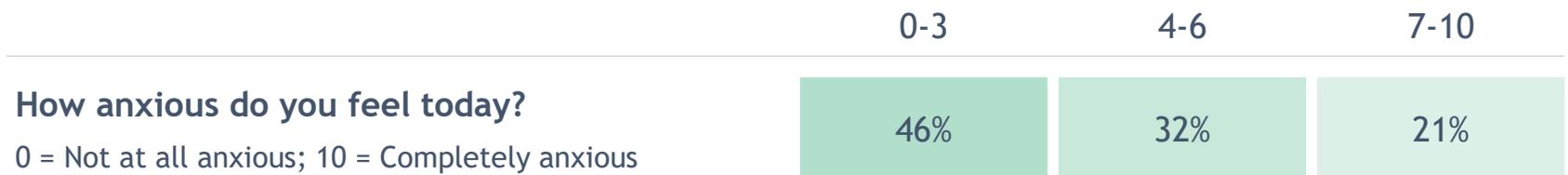
Feeling healthy



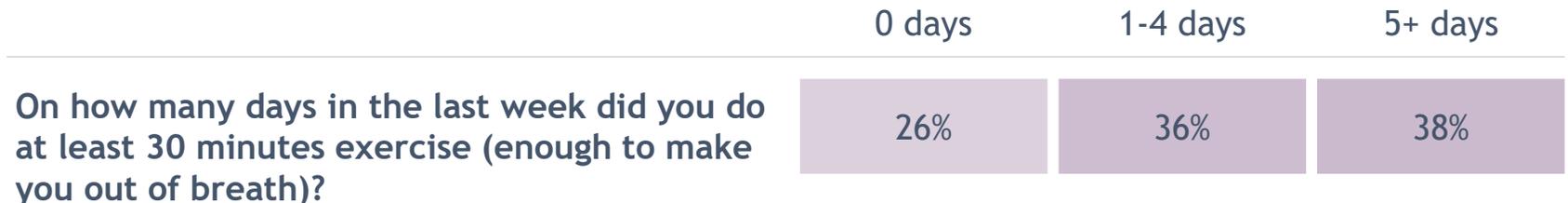
Feeling happy



Feeling anxious



Exercise



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

	Lonely	Isolated
Never	59%	43%
Occasionally	27%	32%
Often	9%	15%
Always	5%	10%

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

Your mental health and wellbeing

Not at all	41%
A little	34%
A lot	26%

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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

