

How are we doing in Wales?

Public Engagement Survey on Health and
Wellbeing during Coronavirus Measures

Week 44 (1st to 7th February 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.* For some questions, equivalent numbers of adults (aged 18 years and over) in the Welsh population are presented alongside adjusted proportions.†

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 future coronavirus restrictions and whether people had been living more or less climate-friendly lifestyles since the coronavirus situation started.

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



Key findings from this week

603 Welsh residents aged 18 years and over were interviewed in week 44 of the survey (1st to 7th February 2021).

24%

of people said they had been worrying 'a lot' about their mental health and wellbeing in the last 7 days; **equivalent to over 600,000 adults** across Wales.

28%

of people agreed with the statement 'We will have largely returned to our normal lives by the summer'; 72% disagreed.

41%

of people said they think national lockdowns are very effective at preventing the spread of coronavirus; up from 32% in the last survey week.

65%

of those with children in their household said they had been worrying 'a lot' about their children's education in the last 7 days.

86%

of people agreed with the statement 'Wearing face masks will be at least an occasional part of life for years to come'; 14% disagreed.

37%

of people said they had been living a more climate-friendly lifestyle since the start of the coronavirus situation; 5% had been living a less climate-friendly lifestyle.

Compared with this time last year...

65%

of people said their social relationships had worsened; **equivalent to over 1.6 million adults.**

48%

of people said their physical fitness has worsened; **equivalent to over 1.2 million adults.**

46%

of people said their weight had increased; **equivalent to over 1.1 million adults.**

Do you think you have or have had coronavirus?

Yes	21%
Don't know	7%

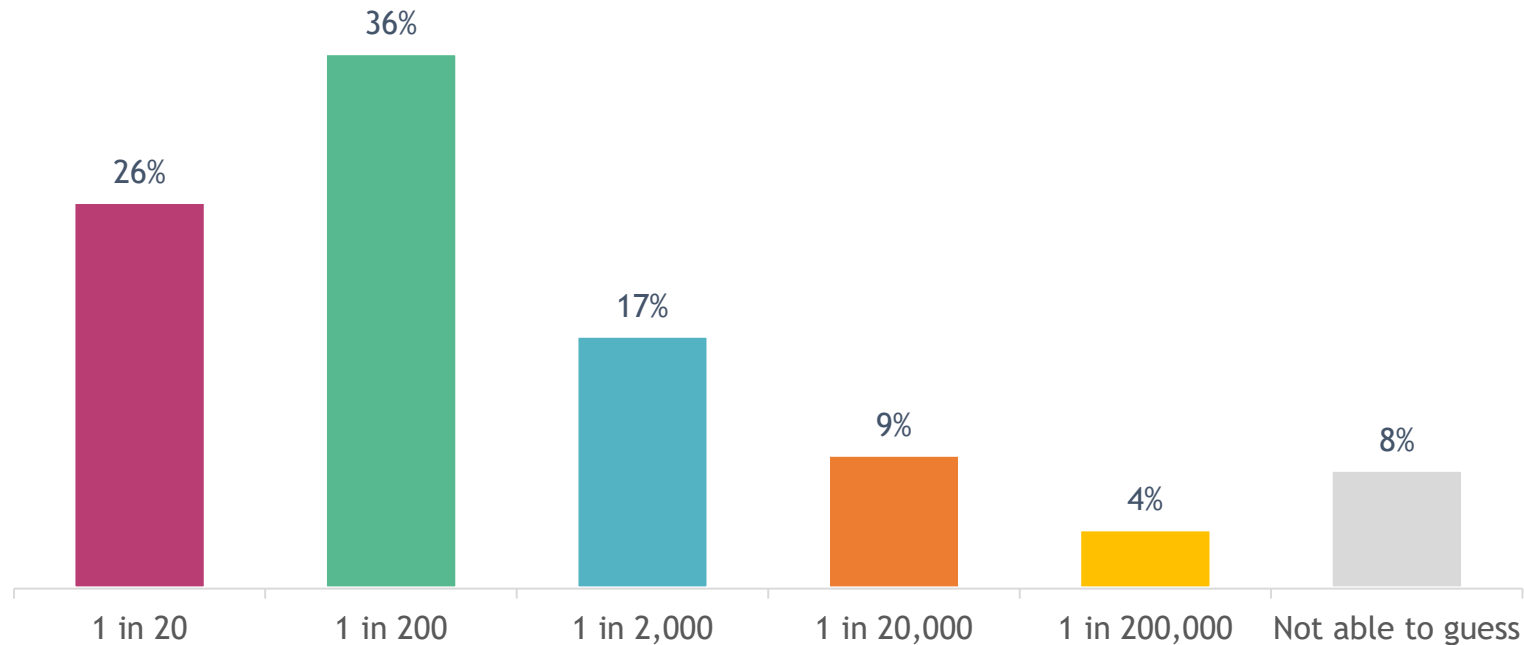
Have you been tested for coronavirus or had an antibodies test?

Had a coronavirus test	42%
Had an antibodies test	7%

How worried are you that you could get coronavirus?

Not at all	17%
A little	24%
Moderately	33%
Very	26%

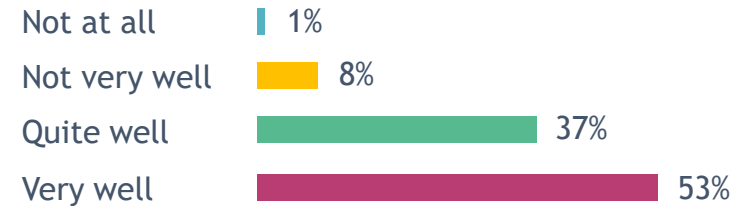
Currently, about how many people in Wales do you think are infected with coronavirus?



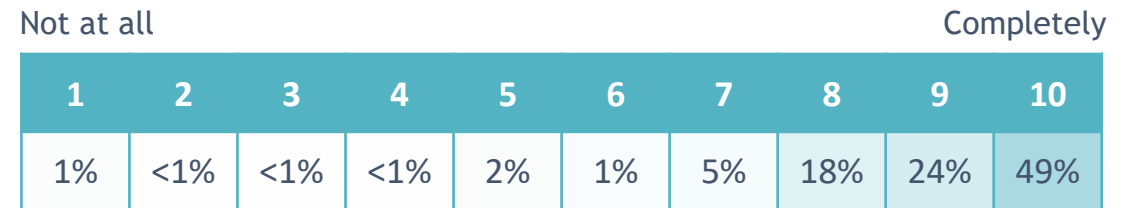
*The ONS COVID-19 Infection Survey estimated that in the week ending 30th January 2021 (the week prior to this survey), **1 in 70 people** in Wales had coronavirus (95% credible interval: 1 in 85 to 1 in 60).
www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/coronaviruscovid19infectionsurveysurvey/pilot/previousReleases

Knowledge and compliance with restrictions

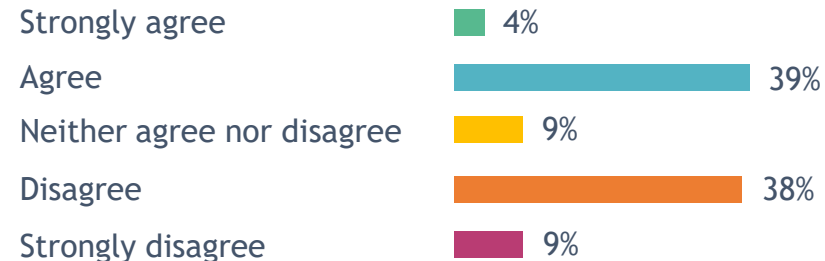
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



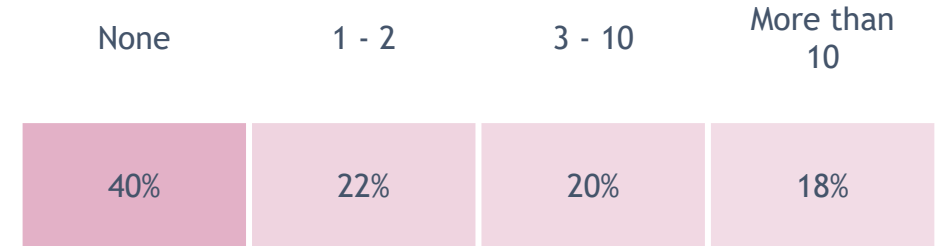
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



I think most people are following social distancing guidelines



Apart from the people in your own 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?



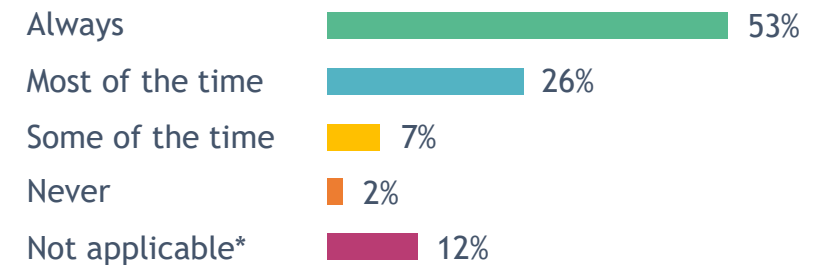
Apart from the people in your own household or a permitted support bubble, in the last 7 days, how many people have come into your house?



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

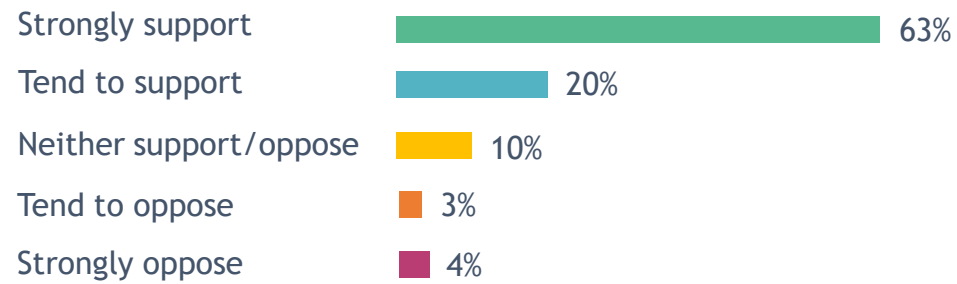


When you are with people from outside of your household or extended household, such as friends or work colleagues, do you maintain social distancing of two metres...?

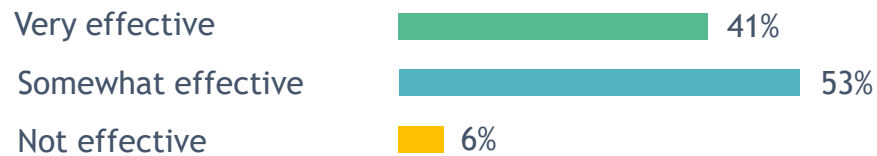


**Do not meet people from outside household*

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



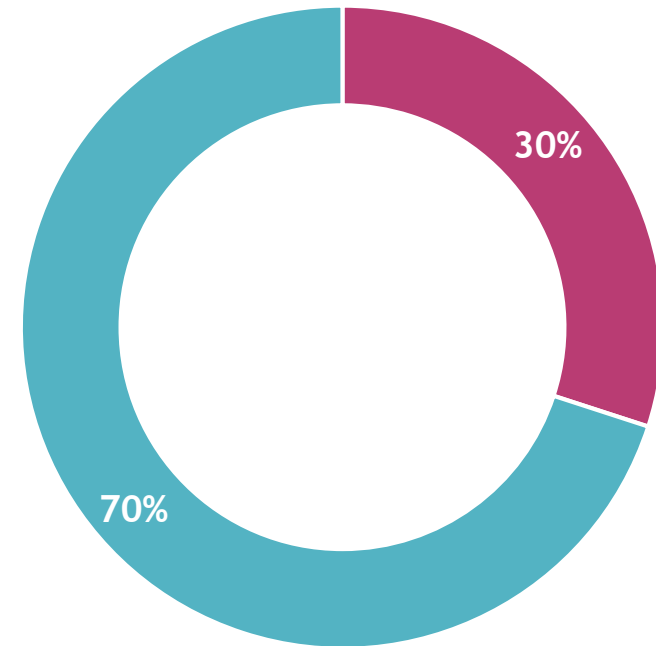
How effective do you think national lockdowns are at preventing the spread of coronavirus?



Which of these two statements do you agree with most?

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

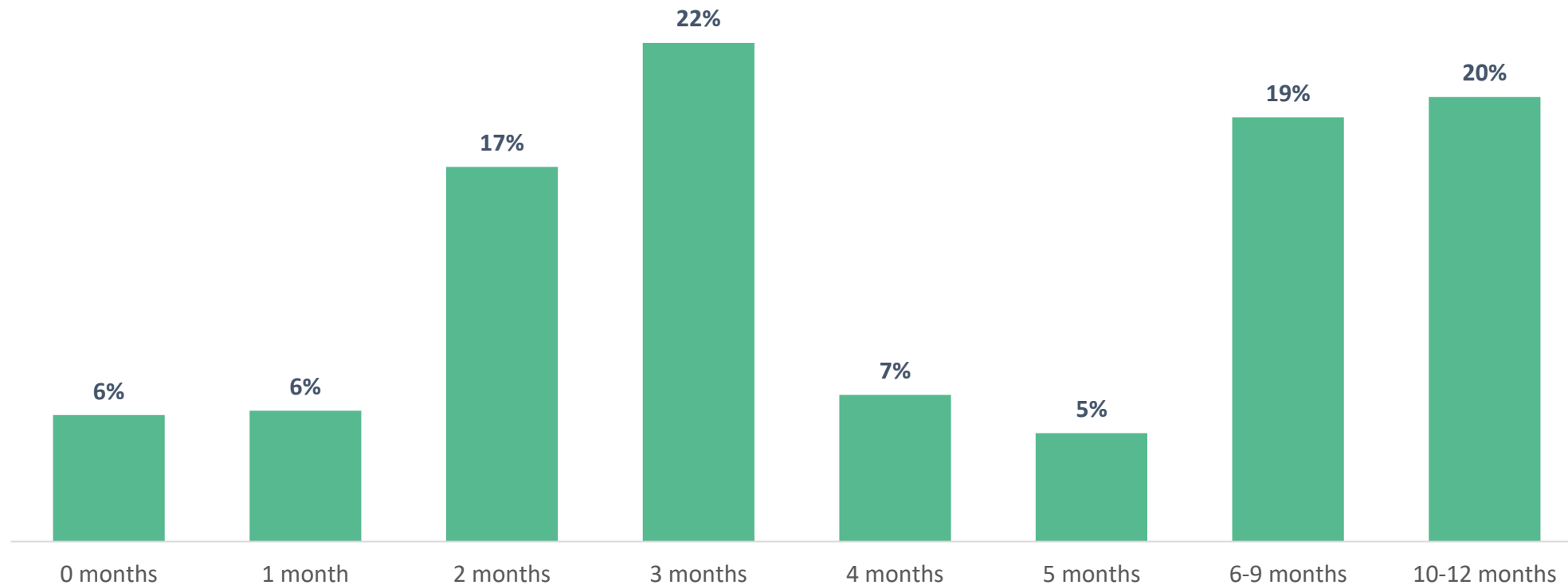
The costs of national lockdowns to people's wellbeing and the economy outweigh their benefits



When do you think the following should happen?

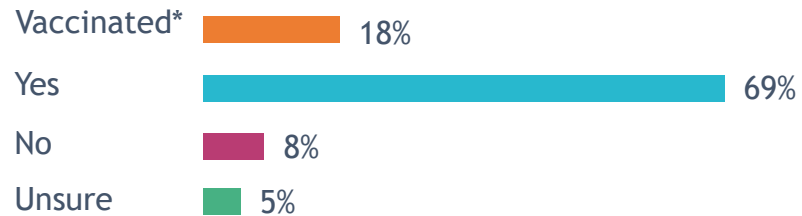
	Should already be happening	Within the next 3 weeks	In more than 3 weeks
Schools should re-open	11%	28%	61%
All shops should be able to open	10%	22%	68%
Restaurants should be able to re-open	8%	16%	76%
Pubs and bars should be able to re-open	7%	11%	82%
Non-essential workers should be able to return to their workplaces	13%	27%	60%
People should be able to meet up with people from other households	9%	21%	70%
People should be able to travel to use outdoor spaces such as parks and beaches	23%	29%	47%

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?



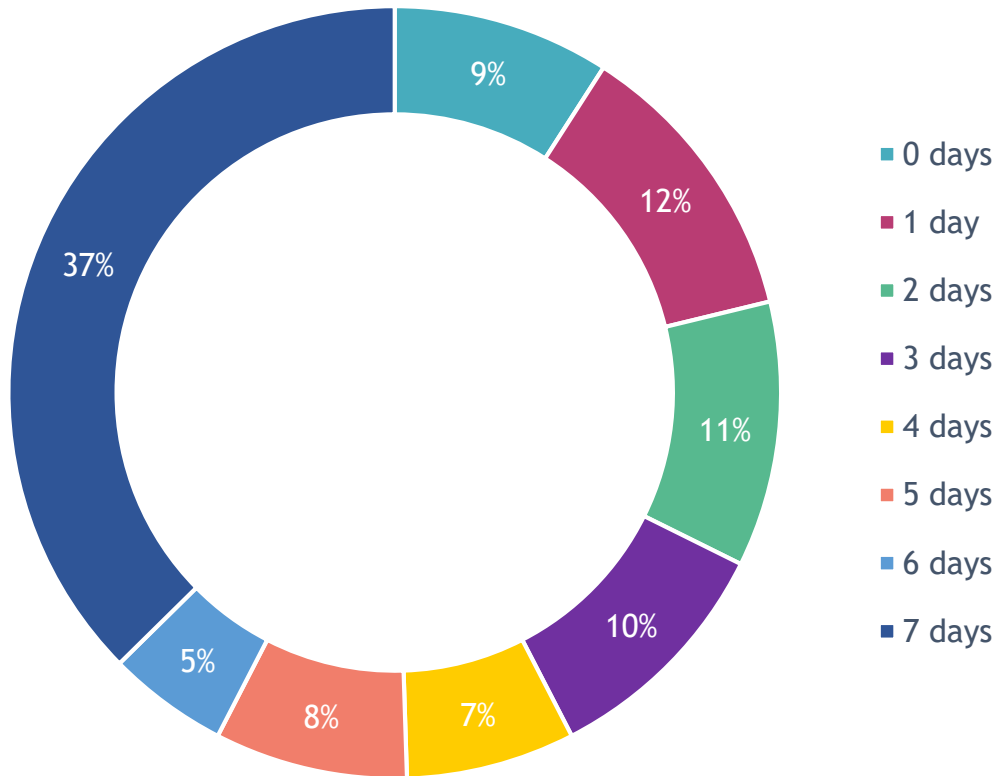
**Limited to those with children living in the household; excluding those responding 'not applicable'; unweighted data.

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: not feeling a need to be vaccinated due to perceived low risk; perceiving low benefit from vaccination; having insufficient information on the vaccines; having existing health conditions such as allergies; having had bad reactions to vaccines in the past; concern about impacts on fertility; having heard about adverse reactions to the vaccines; and not agreeing with vaccinations in general.

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	65%	6%	10%	19%
...to shop	29%	59%	8%	4%
...for medical reasons	77%	21%	1%	<1%
...to exercise	44%	15%	13%	29%
...to meet family/friends	86%	10%	3%	1%
...to eat at a café, pub or restaurant	99%	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 17%



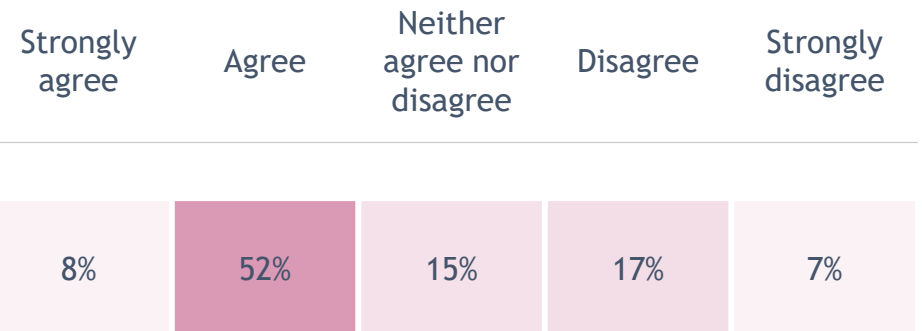
About right 70%



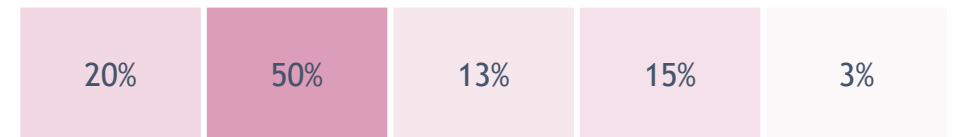
Too much 13%



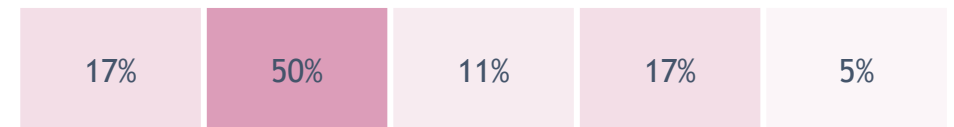
I think that **Welsh Government** is responding to the problems caused by coronavirus well



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



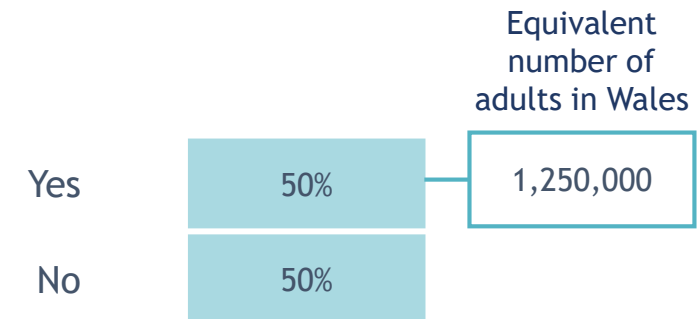
I trust the **police** to use their powers to restrict people's movement sensibly



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?

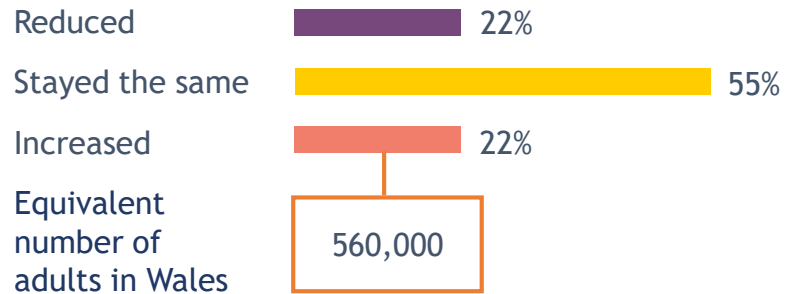
	Not at all	A little	A lot
Becoming seriously ill with coronavirus	35%	41%	24%
Losing someone you love to the virus	18%	29%	52%
The wellbeing of your children*#~	12%	30%	58%
Your children's education*#~	10%	25%	65%
Losing your job or not being able to find one#~	58%	22%	20%
Work, even if your job is secure#~	47%	28%	25%
Your finances	58%	21%	21%
Going out in public places#	35%	36%	29%
The impacts of Brexit	59%	24%	17%

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

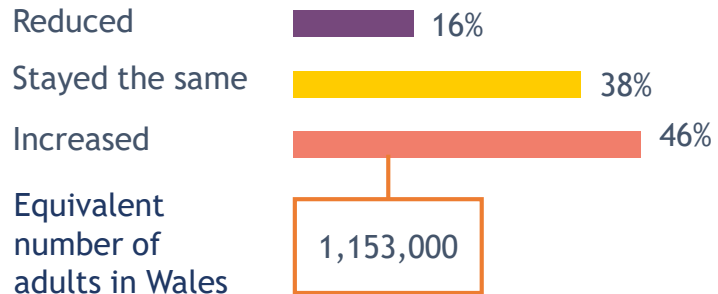
						Worsened
	Much better	A bit better	The same	A bit worse	Much worse	Equivalent number of adults in Wales
Your physical health	5%	8%	42%	29%	17%	1,150,000
Your physical fitness	6%	10%	36%	28%	20%	1,221,000
Your mental health	1%	2%	49%	34%	14%	1,229,000
Your dental health	1%	<1%	69%	20%	10%	769,000
Your family relationships	3%	8%	59%	23%	8%	790,000
Your social relationships	1%	2%	33%	34%	31%	1,642,000
Your financial situation	6%	12%	56%	17%	9%	646,000
Your employment or work prospects	4%	3%	75%	10%	7%	443,000

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

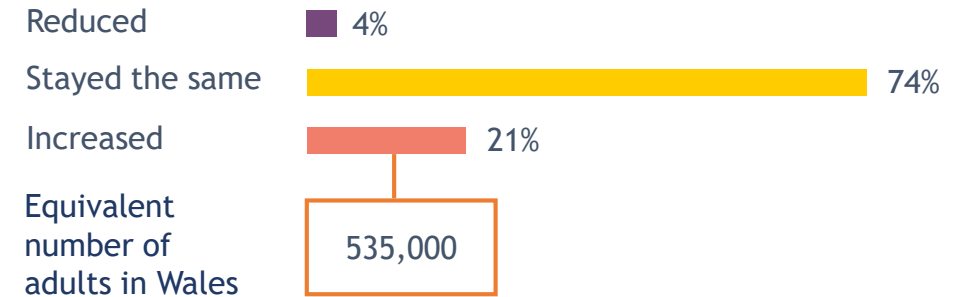
Your alcohol consumption



Your weight



Your concerns about climate change



Thinking about actions that can help reduce climate change, such as recycling, reducing energy use and lowering consumption of goods and foods like meat and dairy, since the start of the coronavirus situation would you say you have been living:



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	63%	13%	7%	82%
NHS waiting lists	15%	25%	18%	59%
Education	8%	25%	23%	56%
Mental health	10%	17%	17%	44%
Unemployment	1%	8%	18%	28%
Climate change	2%	5%	9%	17%
Brexit	<1%	7%	7%	14%

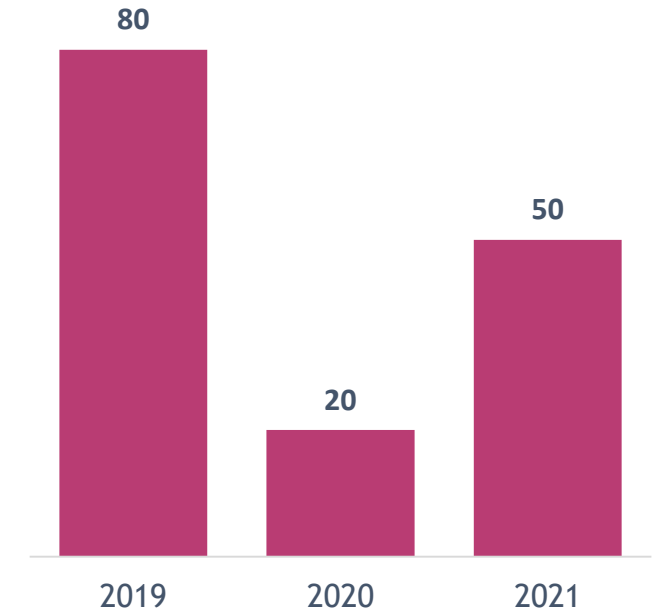
Do you agree or disagree with the following statements?

	Agree	Disagree
We will have largely returned to our normal lives by the summer	28%	72%
People will be able to go abroad on holiday this summer	28%	72%
Next Christmas, people will be free to mix and travel as they wish	61%	39%
The economy will quickly recover from the shock of coronavirus	27%	73%
Vaccines against coronavirus will only be a temporary solution as the virus will continue to change	63%	37%
We will still be experiencing outbreaks of coronavirus in 2 to 3 years time	87%	13%
Wearing face masks will be at least an occasional part of life for years to come	86%	14%
I would be happy to accept low levels of coronavirus in the community if it meant we could return to our normal way of life	65%	35%
Going forward, I would find it acceptable if deaths from coronavirus were at the same levels that we normally see from flu	64%	36%

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	22%	32%	17%	19%	8%	2%
The year 2019	1%	4%	3%	12%	41%	39%
And what do you think the score will be for 2021?	5%	14%	19%	43%	13%	6%

Median scores

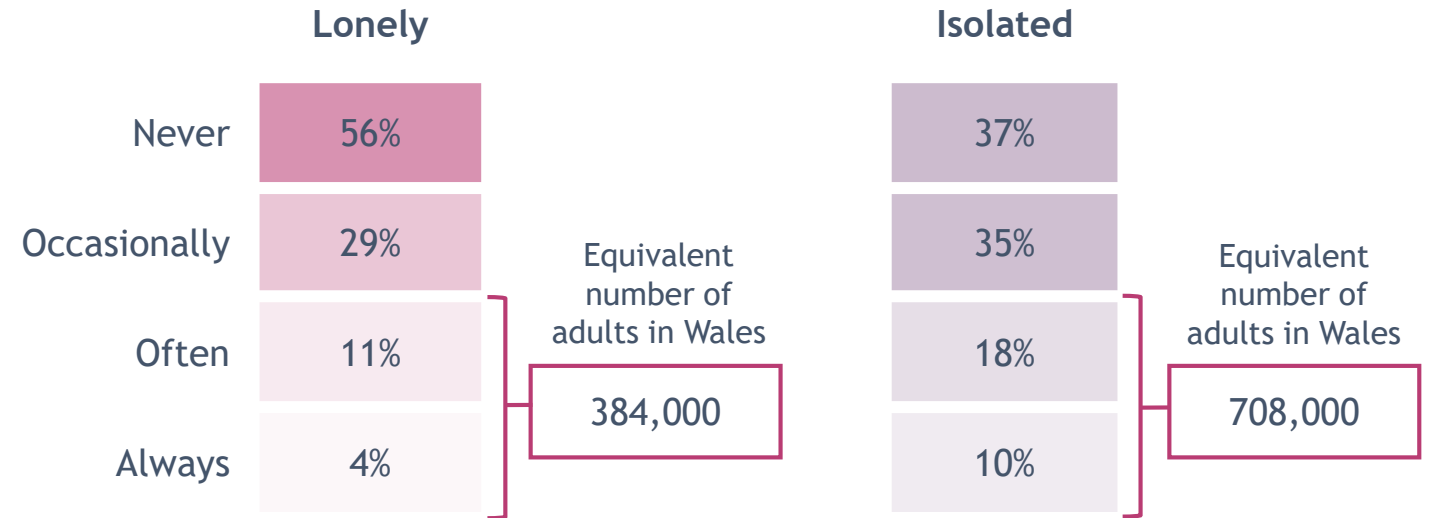


How are we feeling?

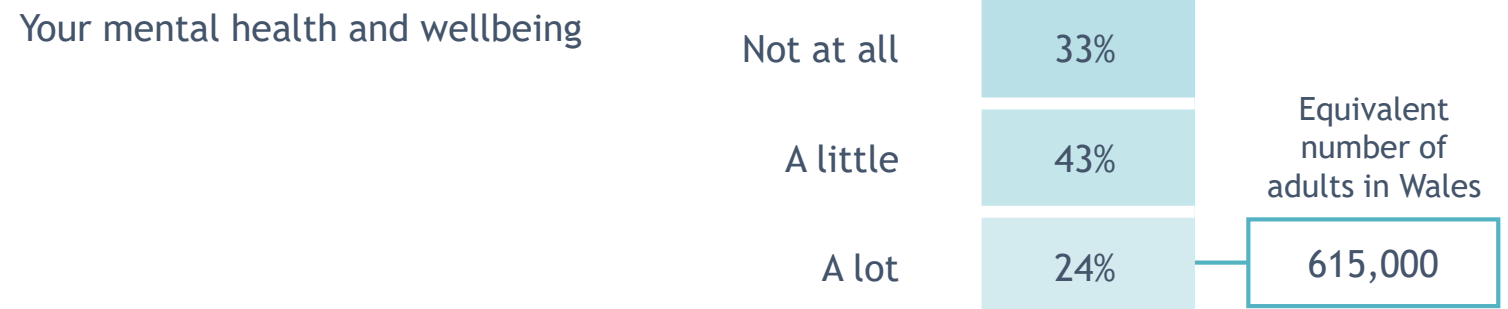
Feeling healthy		0-3	4-6	7-10
How healthy do you feel today? 0 = Very unhealthy; 10 = Very healthy		10%	39%	52%
Feeling happy		0-3	4-6	7-10
How happy do you feel today? 0 = Not at all happy; 10 = Completely happy		11%	44%	46%
Feeling anxious		0-3	4-6	7-10
How anxious do you feel today? 0 = Not at all anxious; 10 = Completely anxious		46%	32%	22%
Exercise		0 days	1-4 days	5+ days
On how many days in the last week did you do at least 30 minutes exercise (enough to make you out of breath)?		27%	39%	35%

How are we feeling?

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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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

