

How are we doing in Wales?

Public Engagement Survey on Health and
Wellbeing during Coronavirus Measures

Week 46 (15th to 21st 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.

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



Key findings from this week

600 Welsh residents aged 18 years and over were interviewed in week 46 of the survey (15th to 21st February 2021).

72%

of people said they would be happy to accept low levels of coronavirus in the community if it meant we could return to our normal way of life.

57%

of people said they think national lockdowns are very effective at preventing the spread of coronavirus; up from 41% in the last survey week*.

90%

of people said they would want (60%) or had already had (30%) a coronavirus vaccination; 8% said they would not want one and 2% were unsure.

76%

of people said they would find it acceptable if deaths from coronavirus were at the same level that we normally see from flu.

18%

of people said they were 'very worried' that they could get coronavirus; down from 26% in the last survey week*.

61%

of people with children in their household said that, in the last 7 days, they had been worrying 'a lot' about the wellbeing of their children.

54%

of people thought coronavirus should be the top policy priority for 2021; down from 63% in the last survey week*.

48%

of people said their mental health was worse now than it was this time last year; equivalent to almost 1.2 million adults.

25%

of people said they had not exercised (for at least 30 minutes, enough to make them out of breath) in the last week; equivalent to 621,000 adults.

Do you think you have or have had coronavirus?

Yes	17%
Don't know	7%

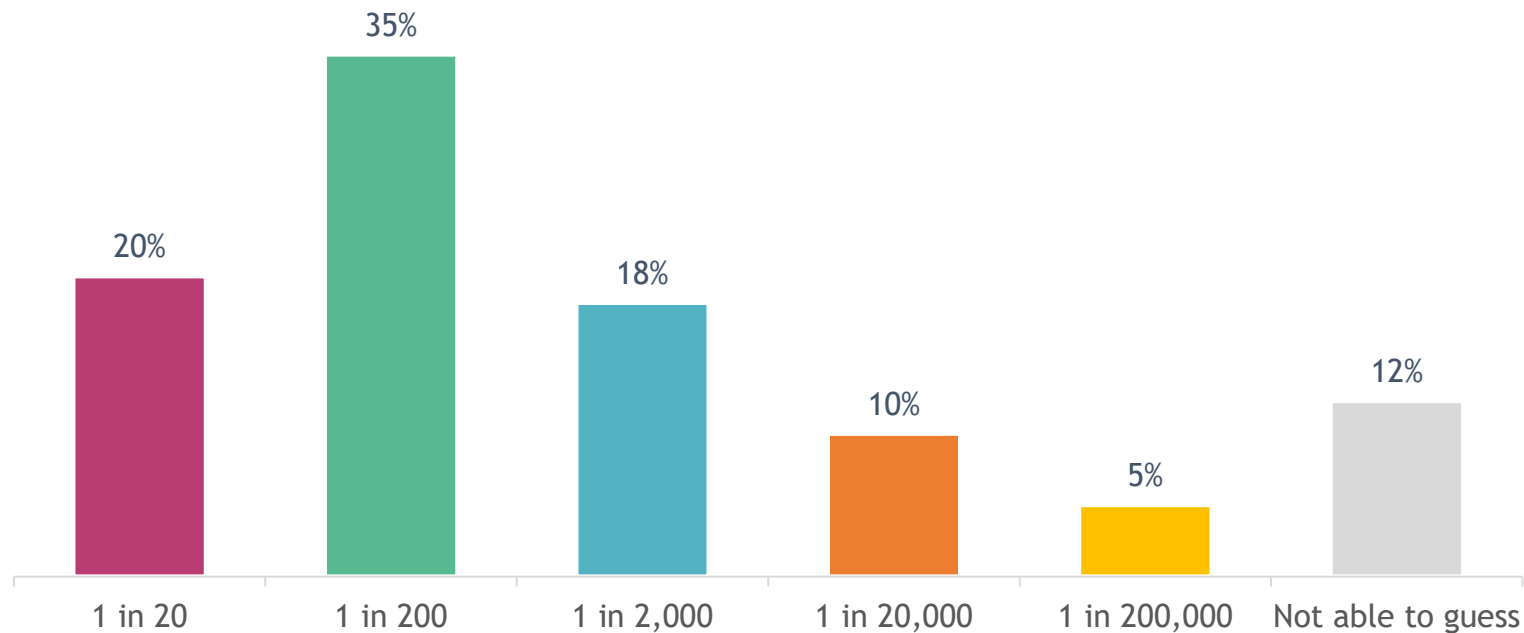
Have you been tested for coronavirus or had an antibodies test?

Had a coronavirus test	36%
Had an antibodies test	8%

How worried are you that you could get coronavirus?

Not at all	21%
A little	24%
Moderately	36%
Very	18%

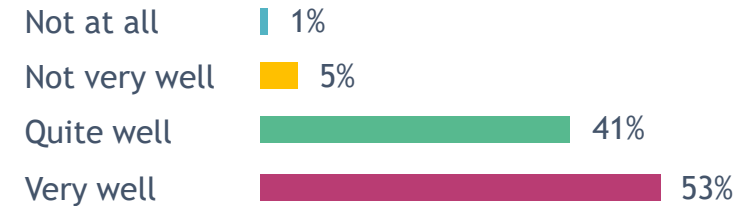
Currently, about how many people in Wales do you think are infected with coronavirus?



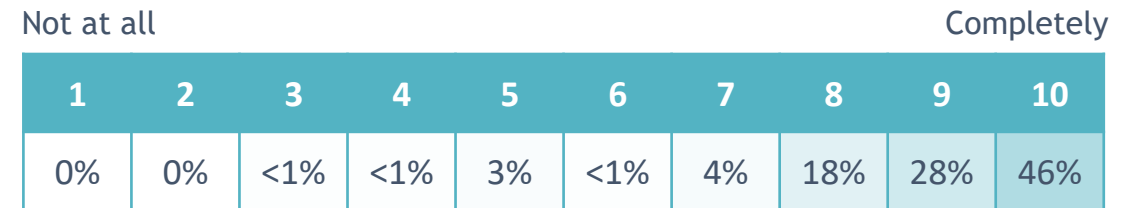
*The ONS COVID-19 Infection Survey estimated that in the week ending 12th February 2021 (the week prior to this survey), **1 in 125 people** in Wales had coronavirus (95% credible interval: 1 in 150 to 1 in 105).
www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/bulletins/coronaviruscovid19infectionsurveysurvey/pilot/previousReleases

Knowledge and compliance with restrictions

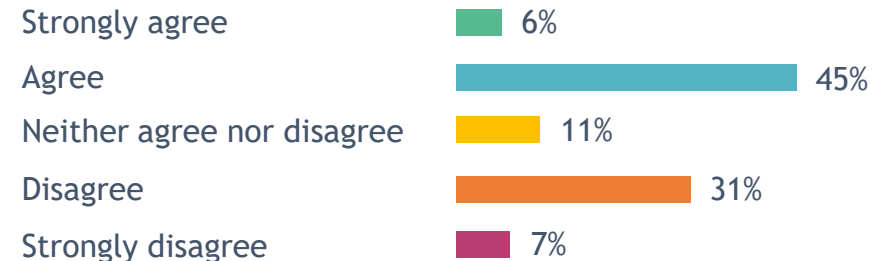
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



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?

None 1 - 2 3 - 10 More than 10

41%

24%

16%

19%

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?

81%

16%

3%

<1%

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

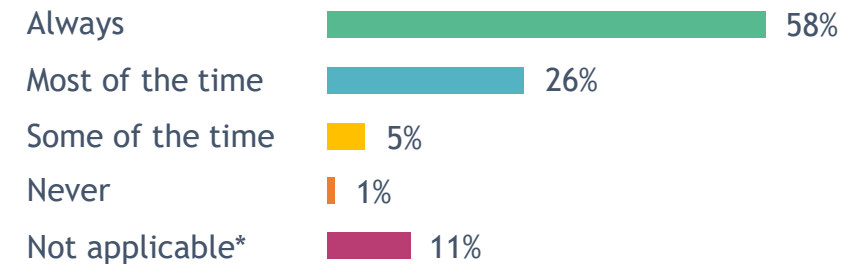
86%

13%

1%

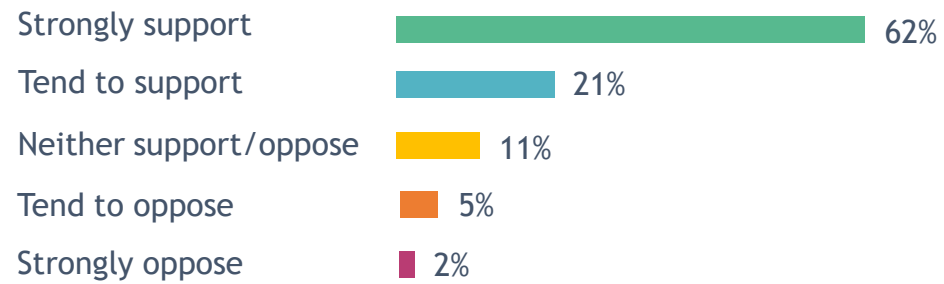
<1%

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...?

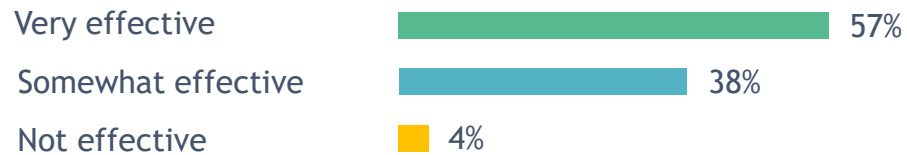


**Do not meet people from outside household*

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



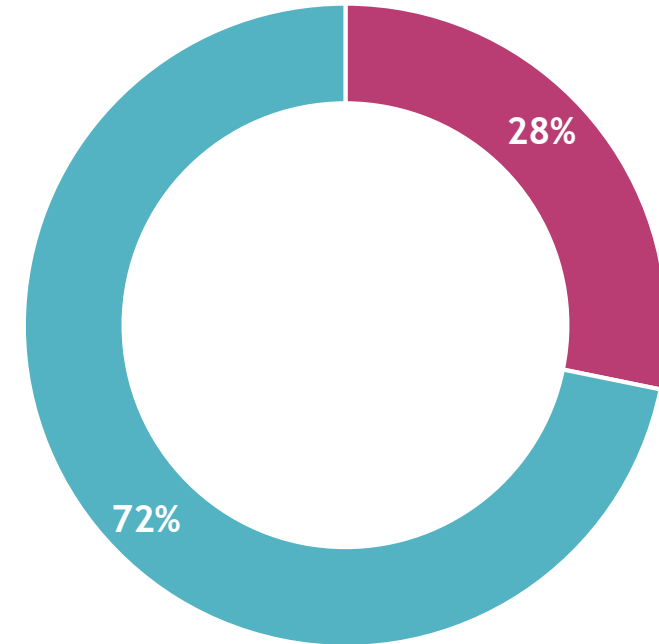
How effective do you think national lockdowns are at preventing the spread of coronavirus?



Which of these two statements do you agree with most?

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

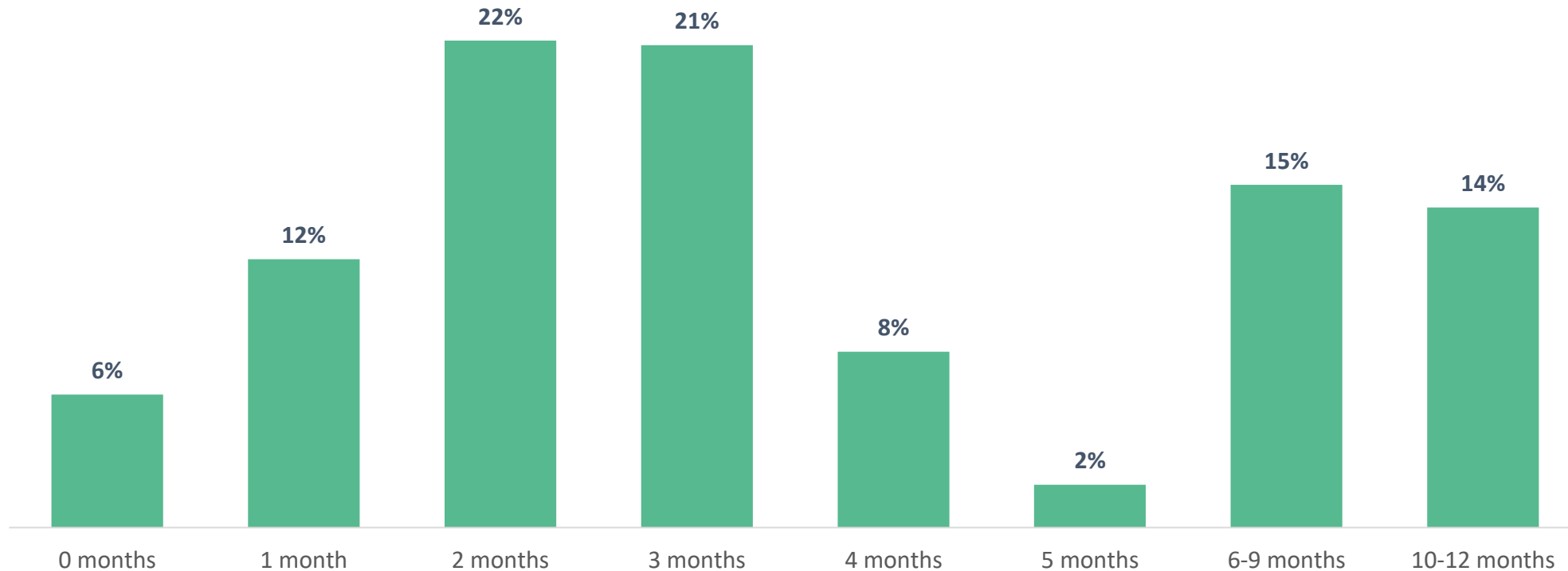
The costs of national lockdowns to people's wellbeing and the economy outweigh their benefits



When do you think the following should happen?

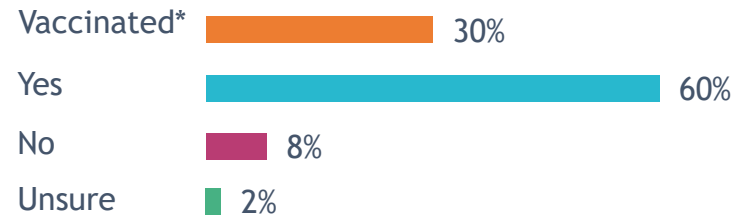
	Should already be happening	Within the next 3 weeks	In more than 3 weeks
All shops should be able to open	7%	32%	60%
Restaurants should be able to re-open	5%	21%	74%
Pubs and bars should be able to re-open	3%	13%	84%
Non-essential workers should be able to return to their workplaces	10%	35%	56%
People should be able to visit friends and family in their homes	8%	25%	67%
People should be able to travel to use outdoor spaces such as parks and beaches	26%	37%	37%

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...

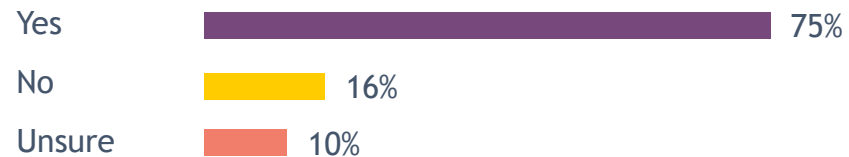
Would you personally want to be vaccinated?



*Already received a coronavirus vaccination.

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

Would you want your children to be vaccinated?



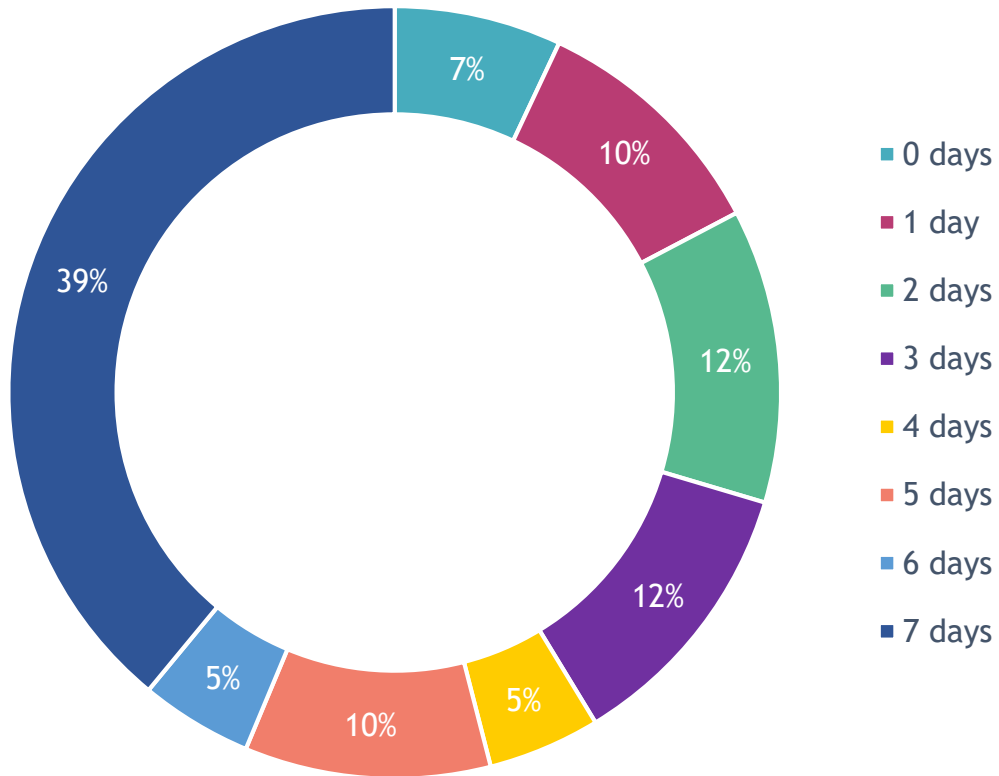
**Limited to those with children living in the household; excluding those responding 'not applicable'; unweighted data.

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 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; having existing health conditions; having previously had adverse reactions to vaccines; having heard about adverse reactions to the vaccines; concern about impacts on fertility; 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	66%	7%	6%	21%
...to shop	27%	53%	15%	5%
...for medical reasons	78%	21%	1%	<1%
...to exercise	43%	15%	8%	34%
...to meet family/friends	84%	13%	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 8%



About right 78%



Too much 13%

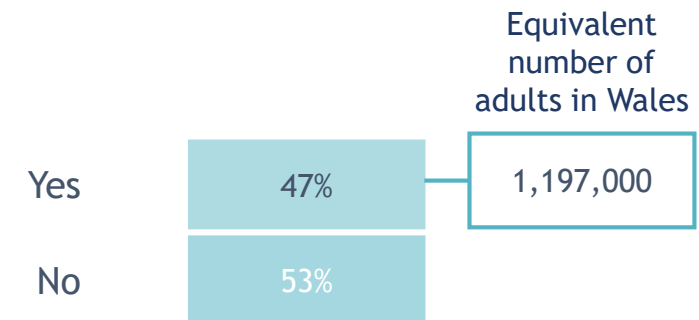


	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I think that Welsh Government is responding to the problems caused by coronavirus well	13%	56%	11%	14%	7%
I am confident that the NHS would be able to adequately care for me if I became seriously ill with coronavirus	22%	55%	9%	12%	2%
I trust the police to use their powers to restrict people's movement sensibly	15%	56%	11%	13%	5%

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	42%	38%	20%
Losing someone you love to the virus	20%	31%	49%
The wellbeing of your children*#~	13%	26%	61%
Your children's education*#~	11%	26%	63%
Losing your job or not being able to find one#~	59%	23%	18%
Work, even if your job is secure#~	52%	27%	20%
Your finances	59%	24%	17%
Going out in public places#	41%	35%	23%
The impacts of Brexit	54%	27%	20%

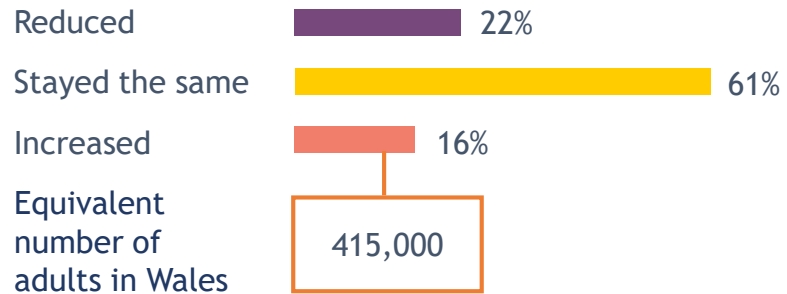
What has changed?

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

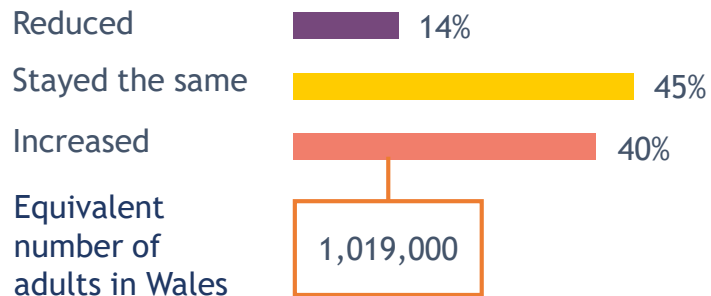
						Worsened
						Equivalent number of adults in Wales
	Much better	A bit better	The same	A bit worse	Much worse	
Your physical health	4%	9%	46%	27%	14%	1,038,000
Your physical fitness	4%	10%	38%	29%	18%	1,198,000
Your mental health	1%	4%	47%	33%	15%	1,199,000
Your dental health	2%	3%	65%	22%	9%	773,000
Your family relationships	6%	9%	59%	18%	9%	675,000
Your social relationships	<1%	3%	30%	37%	29%	1,682,000
Your financial situation	3%	12%	61%	15%	8%	590,000
Your employment or work prospects	3%	3%	78%	10%	7%	422,000

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

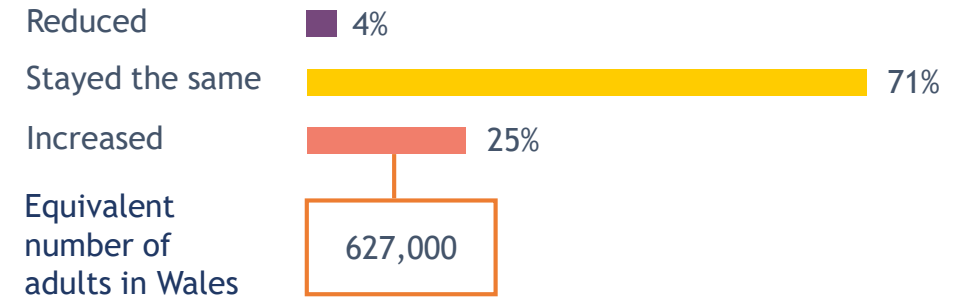
Your alcohol consumption



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	54%	16%	7%	77%
NHS waiting lists	19%	22%	19%	59%
Education	11%	20%	23%	54%
Mental health	7%	18%	20%	46%
Unemployment	3%	11%	14%	28%
Climate change	4%	6%	9%	19%
Brexit	2%	7%	7%	17%

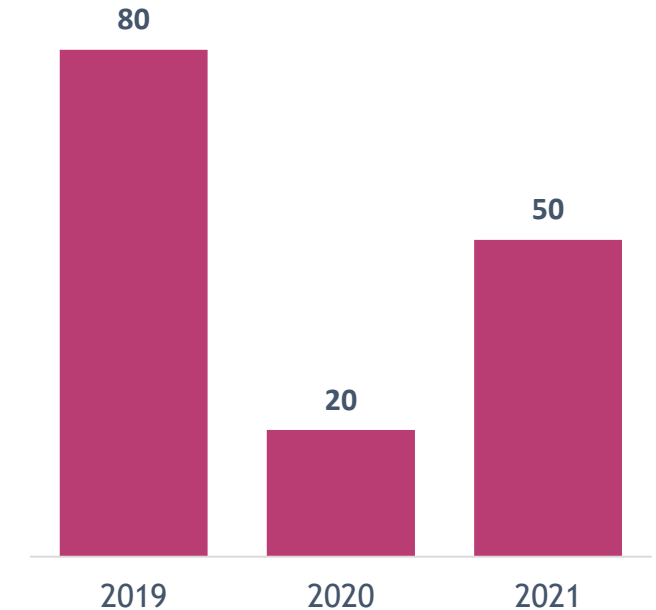
Do you agree or disagree with the following statements?

	Agree	Disagree
We will have largely returned to our normal lives by the summer	32%	68%
People will be able to go abroad on holiday this summer	25%	75%
Next Christmas, people will be free to mix and travel as they wish	71%	29%
The economy will quickly recover from the shock of coronavirus	33%	67%
Vaccines against coronavirus will only be a temporary solution as the virus will continue to change	62%	38%
We will still be experiencing outbreaks of coronavirus in 2 to 3 years time	88%	12%
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	72%	28%
Going forward, I would find it acceptable if deaths from coronavirus were at the same levels that we normally see from flu	76%	24%

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	17%	33%	18%	20%	9%	3%
The year 2019	1%	4%	5%	10%	40%	41%
And what do you think the score will be for 2021?	3%	10%	17%	46%	18%	5%

Median scores



How are we feeling?

How healthy do you feel today?

0 = Very unhealthy

10 = Very healthy

0-3

4-6

7-10

10%

38%

52%

261,000

Equivalent
number of
adults in Wales

How happy do you feel today?

0 = Not at all happy

10 = Completely happy

0-3

4-6

7-10

9%

39%

52%

234,000

Equivalent
number of
adults in Wales

How anxious do you feel today?

0 = Not at all anxious

10 = Completely anxious

0-3

4-6

7-10

44%

36%

20%

Equivalent
number of
adults in Wales

513,000

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

1-4 days

5+ days

25%

37%

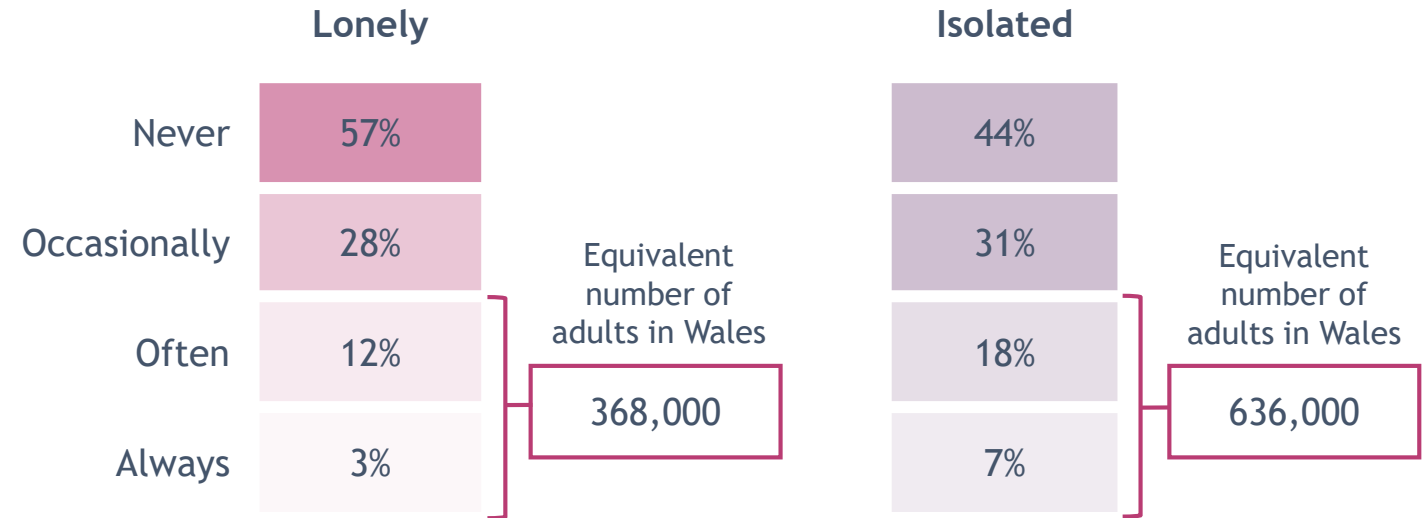
38%

621,000

Equivalent
number of
adults in Wales

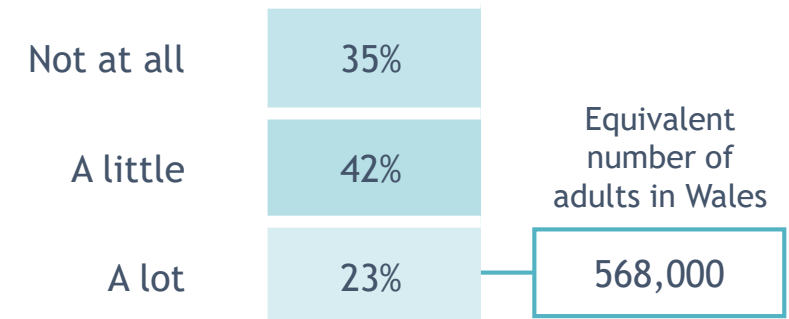
How are we feeling?

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



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

Your mental health and wellbeing



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Enquiries

Data and Analytics

Professor Karen Hughes

Analytical support

Dr Freya Glendinning

Survey Development

Professor Mark A Bellis

Email

generalenquiries@wales.nhs.uk

Tel

02920 227744

Web

phw.nhs.wales

Policy and International
Health, WHO Collaborating
Centre on Investment for
Health & Well-being

Floor 5, Public Health Wales,
2 Capital Quarter, Tyndall
Street, Cardiff CF10 4BZ

Canolfan Gydweithredol
Sefydliad Iechyd y Byd
ar Fuddsoddi ar gyfer
Iechyd a Llesiant

World Health Organization
Collaborating Centre
on Investment for
Health and Well-being

phwwhocc.co.uk



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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

