

# How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

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 information collected from **500 or more randomly selected individuals** provides the basis of the results presented in each **weekly report**.

The survey aims to provide data representative of the Welsh population and data are adjusted to represent the Welsh population by age, sex and deprivation.

For some statistics we report changes from previous weeks but longer term monitoring is required to establish trends.

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



**564 Welsh residents** aged 18 years and over were interviewed in week 5 of the survey (4th May to 10th May).

Findings have been adjusted to population demographics (gender, age group and deprivation quintile).

**15%\***

of people think they have had **coronavirus**, up from 12% last week; a further 10% are unsure.

\*The vast majority of these people say they have not been tested.

**11%**

of people say someone close to them like a **family member or friend has been seriously ill with coronavirus**.

**19%**

of people have been worrying 'a lot' about **other health issues not related to coronavirus**; up from around 16% in previous weeks.

**26%**

of people have been worrying 'a lot' about **their mental health and well-being**, up from around 22% last week.

**13%**

of people are 'often' or 'always' **feeling lonely**; up from 9% last week.

**22%**

of people are worried 'a lot' about **their finances**, up from 16% last week.

# 29%

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of people left their home to exercise every day, up from 22% last week. However, 20% of people have not left their home at all in the last 7 days, up from 15% last week.

# 22%\*

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reported drinking on 5 or more days in the last week.

\* of people who drink alcohol

# 23%

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of people are volunteering or supporting community members through the coronavirus situation.

Do you think you have or have had coronavirus?

Yes	15%
Don't know	10%

How worried are you that you could get coronavirus?

Excludes those answering 'yes' to having had coronavirus

Not at all	13%
A little	29%
Moderately	34%
Very	23%

Are you the same, more or less worried than you were last week?

Excludes those answering 'yes' to having had coronavirus

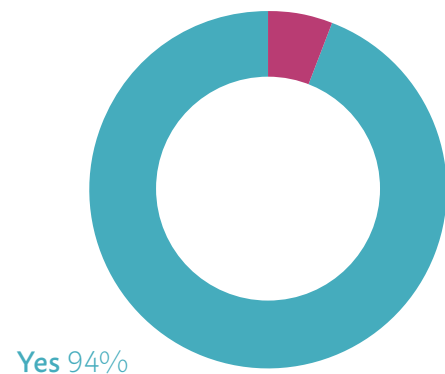
Same	77%
More	11%
Less	12%

Has someone close to you like a family member or friend become seriously ill\* with coronavirus?

Yes	11%
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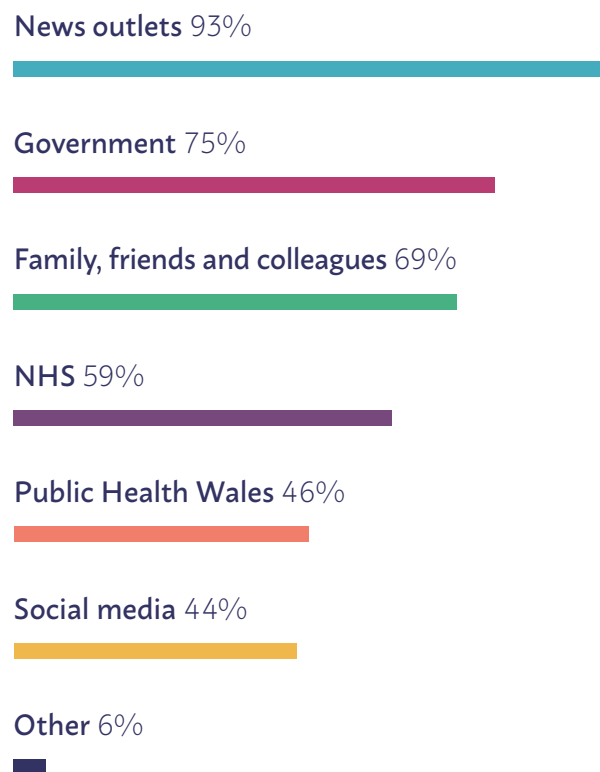
\* hospitalised or died

## Do you feel you have enough information on how to protect yourself and your family from coronavirus?

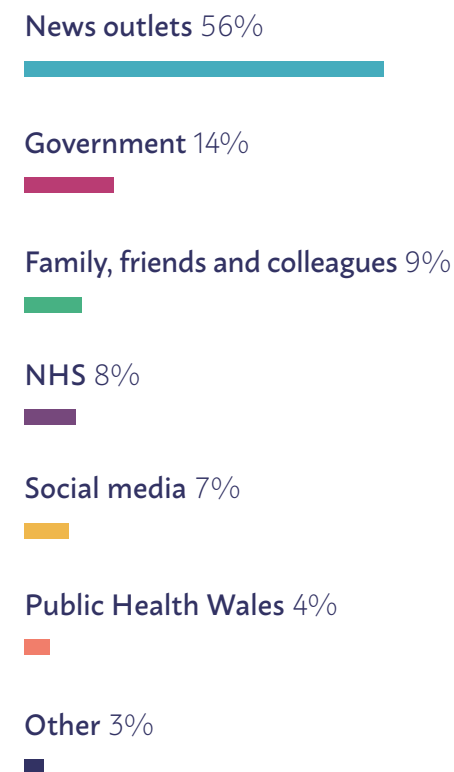


## Which sources are you using to get information on coronavirus?

### Using



### Main source used



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

Too little 31%



About right 67%



Too much 3%



	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
I think that the <b>government</b> is responding to the problems caused by coronavirus well	16%	42%	16%	16%	9%
I think that the <b>NHS</b> is responding well to coronavirus	61%	35%	3%	1%	0%
I am confident that the <b>NHS</b> would be able to adequately care for me if I became seriously ill with coronavirus	45%	44%	5%	5%	1%
I trust the <b>police</b> to use their new powers to restrict people's movement sensibly	25%	51%	9%	11%	4%
If I need help during the coronavirus situation, there are people in my <b>community</b> who are there for me	36%	47%	9%	7%	1%

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

	Not at all	A little	A lot
The wellbeing of your children*~	15%	24%	61%
Your relationship with your children*~	58%	13%	29%
Your children's education*~	27%	32%	41%
Your marriage/relationship#~	68%	13%	19%
Losing someone you love to the virus	11%	24%	65%
The wellbeing of other family members	15%	30%	55%

At the moment, would you say relationships between members of your household are#~...

Very bad	Bad	Okay	Good	Very Good
0%	0%	11%	30%	59%

Is this the same, better or worse than they were a week ago? #~

Worse 3%



Same 93%



Better 4%



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



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

	Not at all	A little	A lot
Getting essential medicines	71%	17%	13%
Other health condition not related to coronavirus*	55%	26%	19%
Accessing food	74%	15%	11%
Losing your job or not being able to find one#~	61%	18%	21%
Work, even if your job is secure#~	52%	25%	23%
Your finances	56%	22%	22%

## As a result of coronavirus, have you or anyone in your household...

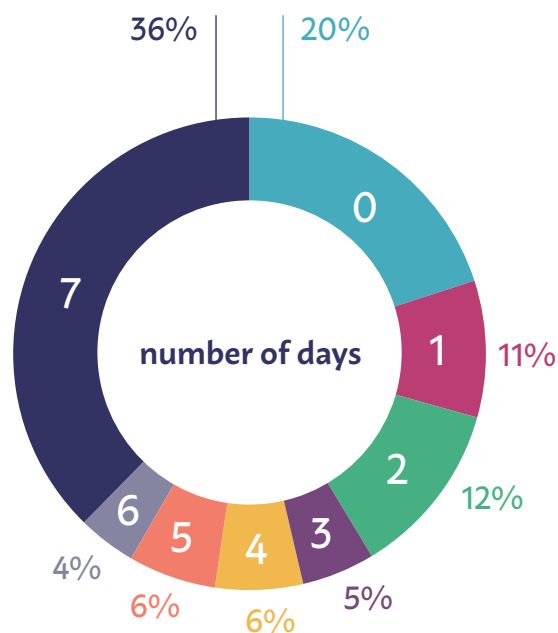
	Yes
Lost their job permanently	4%
Been suspended from work on lower or no pay (e.g. furloughed)	28%
Had their income considerably reduced through getting less work or reduced hours	16%
Experienced any other financial impact on the household due to coronavirus?	11%

\*Data not previously reported: Worried a lot - week 2, 15%; week 3, 17%; week 4, 15%.

~ Unweighted data;

# Excludes those responding 'not applicable'

In the past 7 days, on how many days have you left your home?

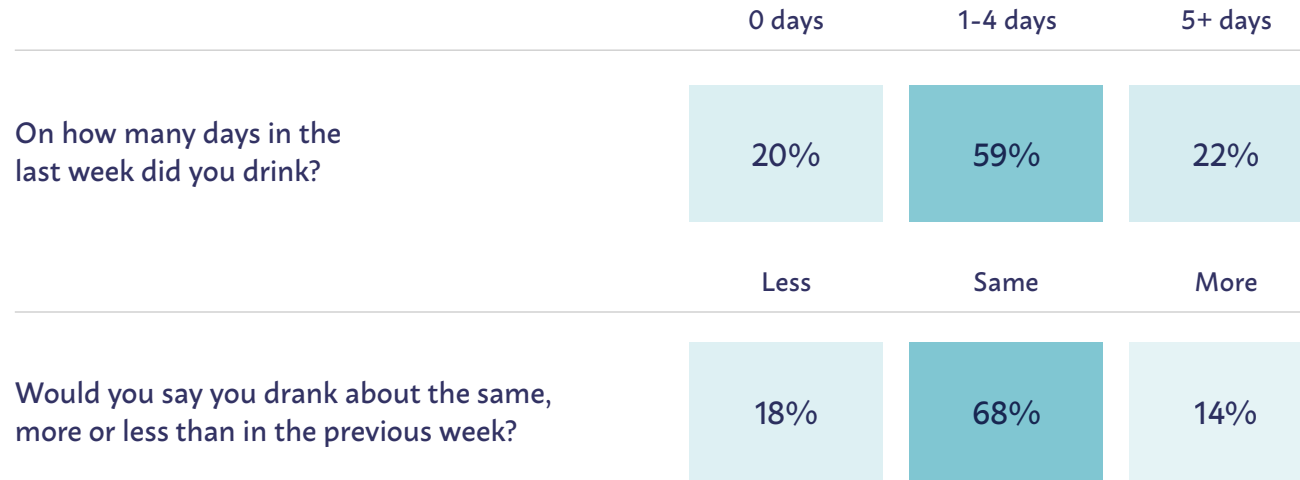


On how many days have you left your home...

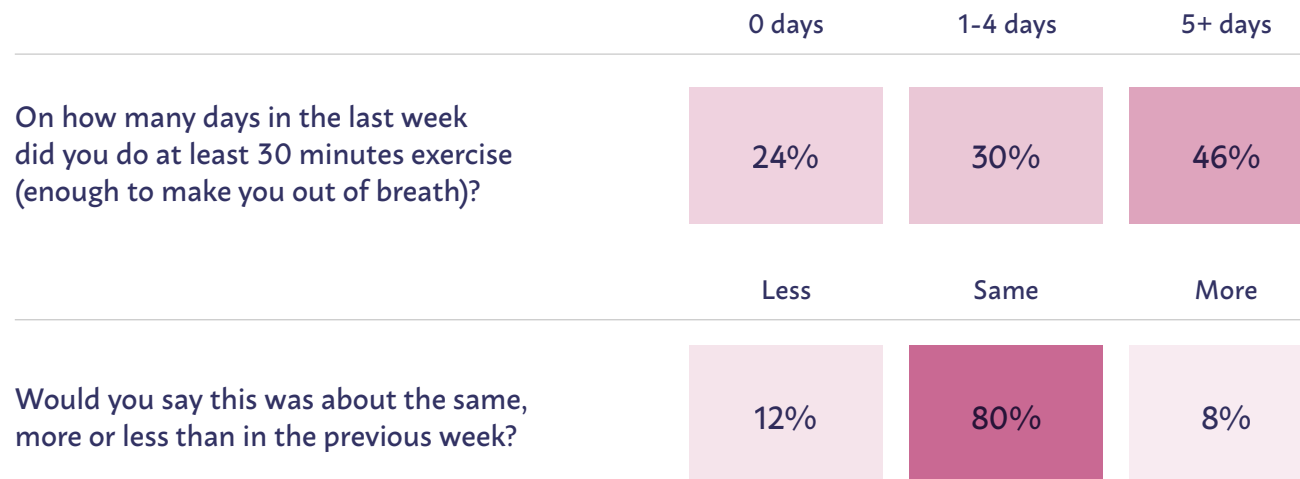
	0	1	2	3	4	5	6	7
...to work?	77%	3%	2%	3%	4%	6%	1%	4%
...to shop for food?	39%	35%	18%	4%	2%	1%	0%	2%
...for medical reasons?	84%	13%	2%	1%	0%	0%	0%	0%
...to exercise?	44%	7%	8%	5%	3%	4%	2%	29%
...to volunteer / support members of your community?	85%	6%	4%	1%	1%	<1%	<1%	3%

## Alcohol

Of participants that drink alcohol (67%)...



## Exercise



## Feeling healthy

	0-3	4-6	7-10
<b>How healthy do you feel today?</b> 0 = Very unhealthy; 10 = Very healthy	7%	26%	67%
	Less	Same	More
<b>Compared to a week ago is this...</b>	7%	85%	8%

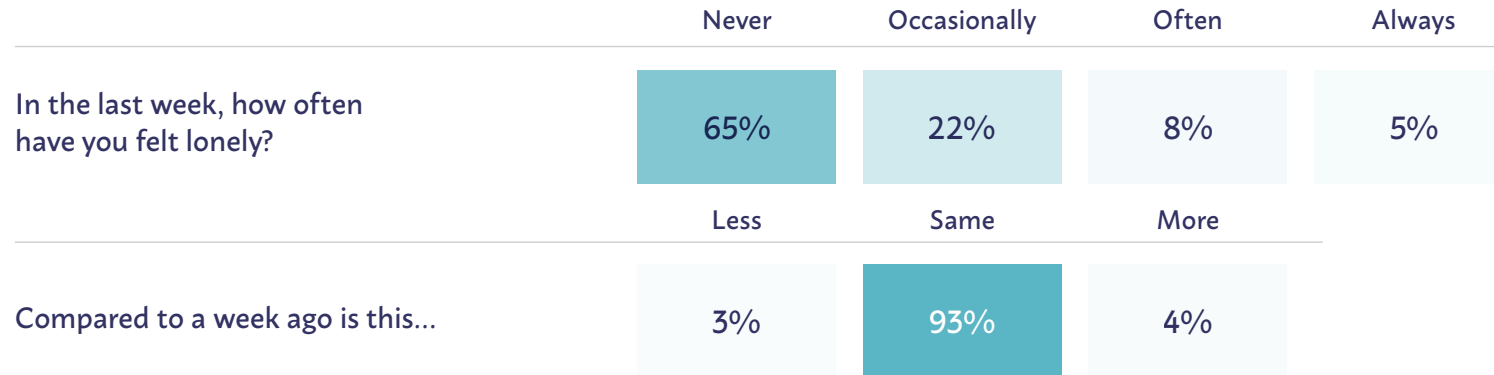
## Feeling happy

	0-3	4-6	7-10
<b>How happy do you feel today?</b> 0 = Not at all happy; 10 = Completely happy	5%	28%	67%
	Less	Same	More
<b>Compared to a week ago is this...</b>	10%	80%	10%

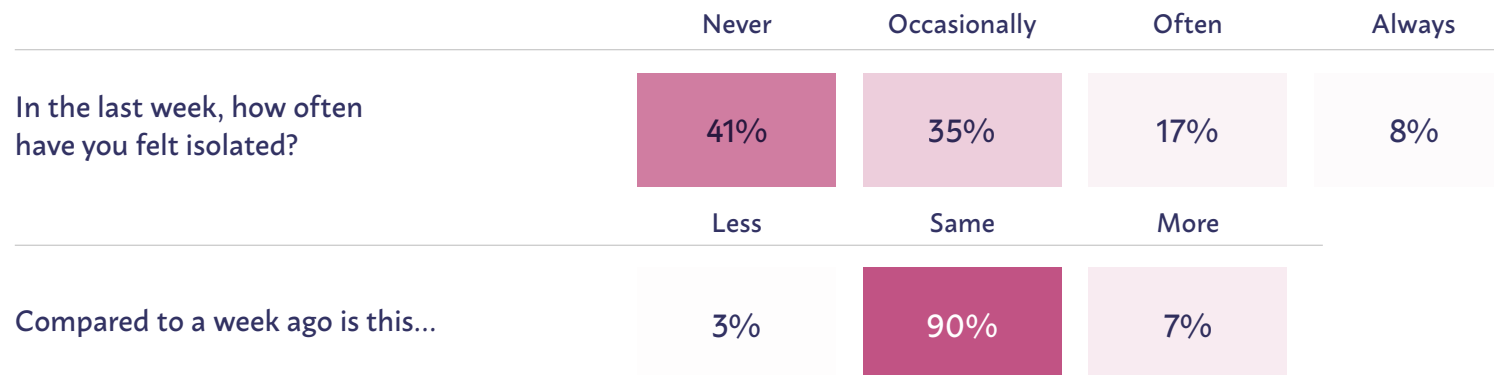
## Feeling anxious

	0-3	4-6	7-10
<b>How anxious do you feel today?</b> 0 = Not at all anxious; 10 = Completely anxious	50%	30%	20%
	Less	Same	More
<b>Compared to a week ago is this...</b>	11%	79%	9%

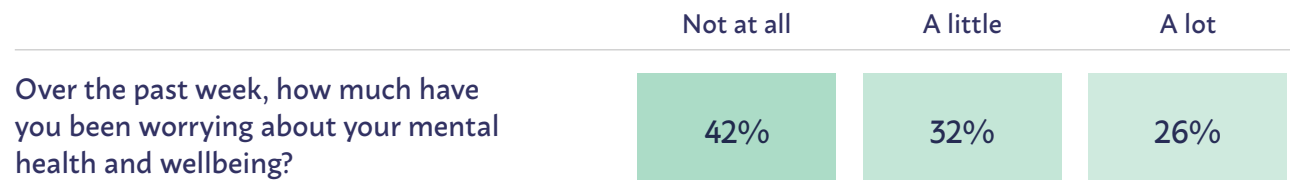
## Feeling lonely

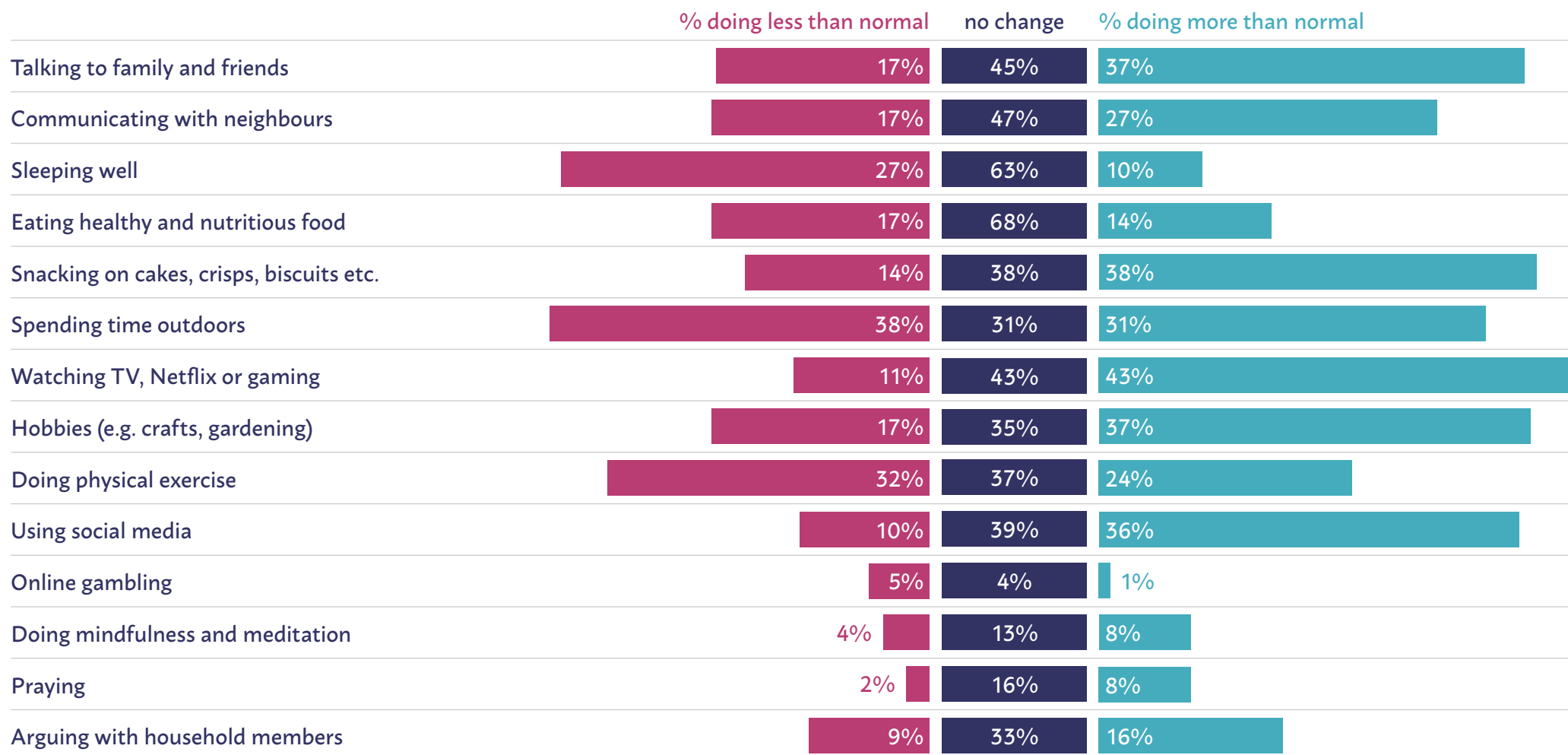


## Feeling isolated



## Feeling worried





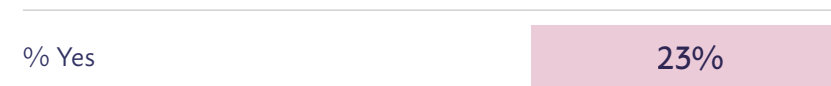
Sum of percentages is the total percentage who do each activity

Week 5 4 May - 10 May 2020

## Which of the following resources do you have to support you through the coronavirus situation, if needed?

	Yes	No	Don't know
Family and friends	93%	7%	0%
Neighbours	70%	30%	1%
Work colleagues	51%	48%	1%
Community support network (e.g. to help with shopping)	39%	58%	3%
Online social networks	53%	46%	1%
Local authority	42%	53%	5%
Religious network	13%	85%	2%

## Are you currently volunteering or supporting other members of your community through coronavirus?



### of those who answered yes:

Community support volunteer 15%

NHS volunteer 5%

Helping neighbours with shopping 58%

Helping at risk family or friends 51%

## Enquiries

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### Data and Analytics

Professor Karen Hughes

### Survey Development

Professor Mark A. Bellis

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

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2 Capital Quarter, Tyndall  
Street, Cardiff CF10 4BZ

## 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](https://phw.nhs.wales/howareyoudoing)**

