

How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

How deprivation, age and gender make a difference to the impacts of Coronavirus

Deprivation

People living in the **most deprived** areas of Wales are more likely to be self-isolating, be feeling anxious and isolated during coronavirus restrictions, and report greater worries about their mental health.

They are also more likely to be concerned about becoming ill or losing someone they love to the virus, their finances or employment, and the wellbeing and education of their children.

Whilst people in deprivation are more likely to have increased how much they are watching TV / Netflix or gaming (compared to more affluent counterparts), those in the **most affluent** areas are more likely to have increased spending time outdoors and doing exercise.

Age

Younger adults are more worried about their mental health; feeling the most isolated and experiencing poorer sleep.

During the lockdown they are consuming more alcohol, watching TV/Netflix or gaming more, but also exercising more. They are more likely to be engaging with others, either by talking to family and friends, or using social media.

Older adults are more likely to be self-isolating and are more worried about getting the virus and becoming seriously ill.

Gender

Females are generally more anxious than males and more worried about getting the virus and their mental health in particular. More females say their sleeping is negatively affected during lockdown.

Whilst they report increases in snacking more and using social media more than males during the coronavirus restrictions, females are also spending more time outdoors and have been talking to friends and family more than they usually would.

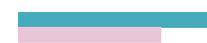
During Coronavirus lockdown in Wales...

People in **deprivation** are more likely to be:

	Most deprived fifth of population	Most affluent fifth of population
Self-isolating	45%	31%
Very worried about their mental health	30%	17%
Feeling very anxious	28%	20%
Feeling isolated	29%	18%
Very worried about becoming seriously ill with the virus	31%	21%
Very worried about losing someone they love	70%	59%
Very worried about their children's well-being	63%	45%
Very worried about their children's education	36%	18%
Very worried about losing their job/being unable to find one	18%	12%
Very worried about their finances	23%	14%
Increasing their TV/Netflix viewing or gaming	53%	40%

People in **affluence** are more likely to be:

Increasing their levels of exercise 27%
 (Most deprived fifth of the population: 19%)



Increasing time spent outdoors 41%
 (Most deprived fifth of the population: 26%)



Communicating with neighbours more 39%
 (Most deprived fifth of the population: 27%)



Those aged 18-29 years are more likely to be:

	18-29 years	70+ years
Thinking they have already had the virus	15%	7%
Feeling isolated	32%	18%
Very worried about their mental health	28%	16%
Sleeping well less often	43%	15%
Very worried about losing their job/being unable to find one	21%	2%
Very worried about finances	21%	6%
Increasing their alcohol consumption	27%	11%
Increasing their TV/Netflix viewing or gaming	59%	37%
Increasing their levels of exercise	31%	12%
Talking to friends and family more	43%	32%
Increasing their use of social media	55%	26%

Those aged 70+ years are more likely to be:

Self-isolating 74%
 (18-29 years: 24%)



Very worried about getting the virus 25%
 (18-29 years: 9%)



Very worried about becoming seriously ill with the virus 30%
 (18-29 years: 13%)

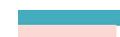


Females are more likely to be:

	Females	Males
Self-isolating	40%	33%
Very worried about getting the virus	26%	20%
Very worried about their mental health	25%	20%
Feeling very anxious	26%	18%
Feeling isolated	27%	20%
Sleeping well less often	35%	23%
Very worried about losing someone they love	68%	61%
Very worried about their children's education	30%	25%
Snacking more	42%	33%
Increasing their alcohol consumption*	19%	16%
Increasing their time spent outdoors	41%	29%
Talking to friends and family more than usual	44%	33%
Increasing their use of social media	46%	38%

Males are more likely to be:

Very worried about losing their job/being unable to find one* 15%
 (Females: 13%)



Very worried about their finances* 19%
 (Females: 17%)



* Difference not statistically significant

Why focus on Deprivation?

Many aspects of health are related to levels of poverty in the community. Poor mental health and wellbeing may be particularly exacerbated by deprivation.

Those with less financial resources may have limited access to services, or may be constrained in their choices, such as for more healthy food. Deprivation has also been associated with fewer social resources, such as supportive networks of friends.

As deprivation is strongly linked to education, those living in more deprived areas may find it more difficult to understand or interpret information on coronavirus.

Why focus on Age?

Experiences of coronavirus and the 'lockdown' may be different for younger and older adults. Much of the focus has been on vulnerable older people, as the likelihood of poor health increases with age. Older people who live alone may also be more impacted by isolation. Whilst family and community supports are available, many may still face difficulties accessing them.

However, separation from friends, colleagues and typical social and leisure activities may also have a considerable impact on the wellbeing of younger adults. People of working-age may face specific challenges and worries related to their employment.

Why focus on Gender?

Changing responsibilities during the pandemic may affect men and women* differently, with potential exposure to different pressures such as caring for children or elderly relatives.

Mental health issues like anxiety that are generally more common in women may be exacerbated during these times. However, we also know that men are currently more affected by coronavirus nationally.

* As less than 1% of respondents reported a gender other than male or female, these respondents were removed from analyses to protect anonymity

Experiences of coronavirus for individuals and their households



Mental health and wellbeing



Healthy and unhealthy behaviours



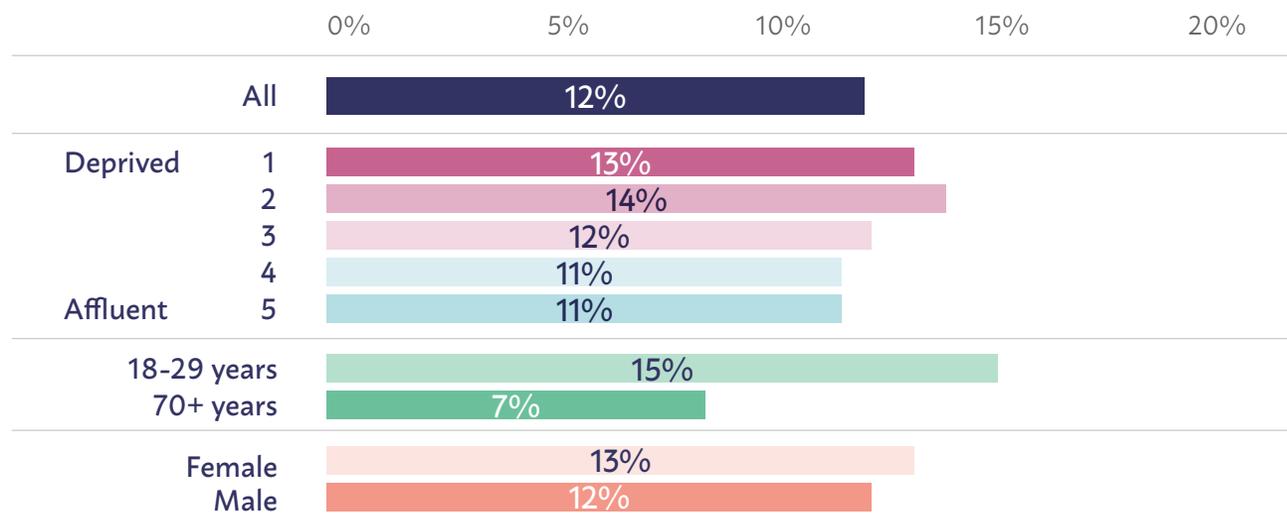
Connecting with others



Those who think they have had the virus

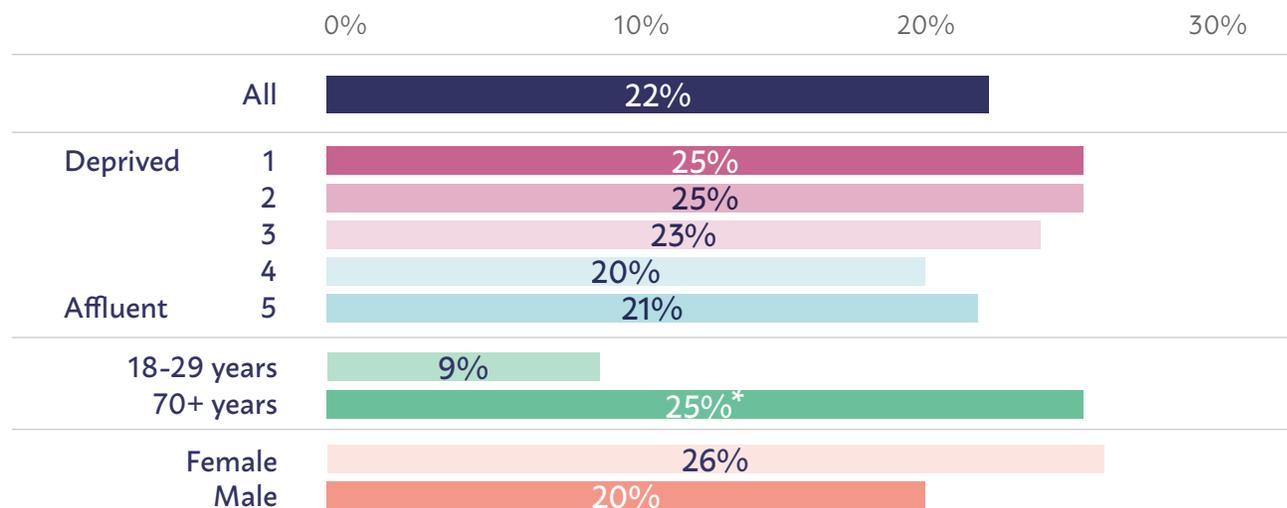
Twice as many people aged 18-29 think they have had the virus, when compared with those aged 70+ years.

There is a modest non-significant reduction between the most and the least deprived respondents.



Those who are very worried they may get the virus

Worry about getting the virus is much more common among those aged 70+ years. Females are also more worried than males.



*Those aged 50-59 years are most worried about getting the virus.

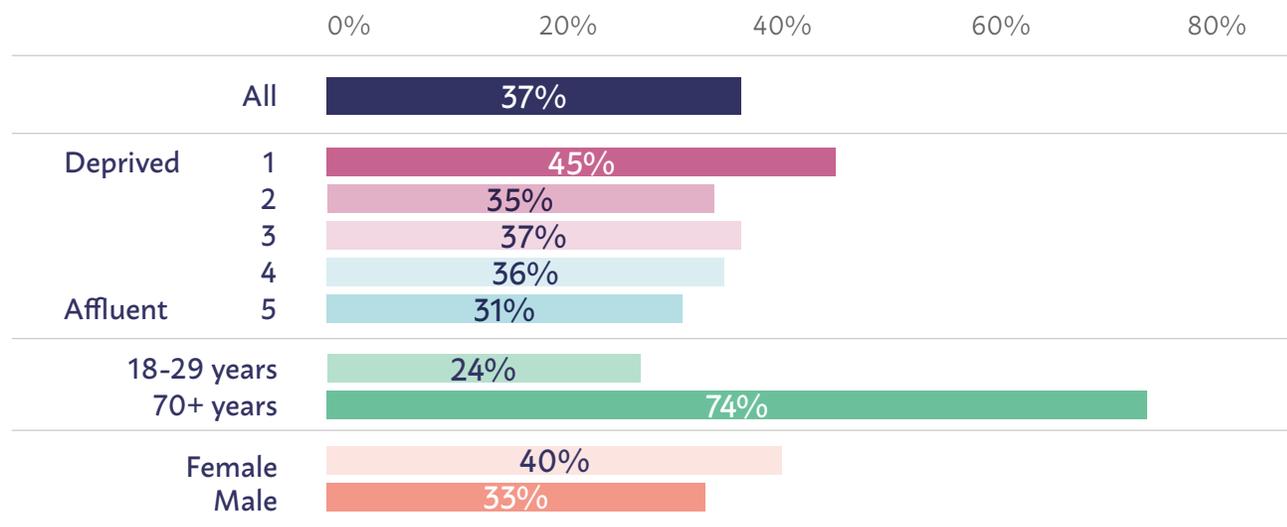


A focus on deprivation, age and gender

Those who are currently self-isolating

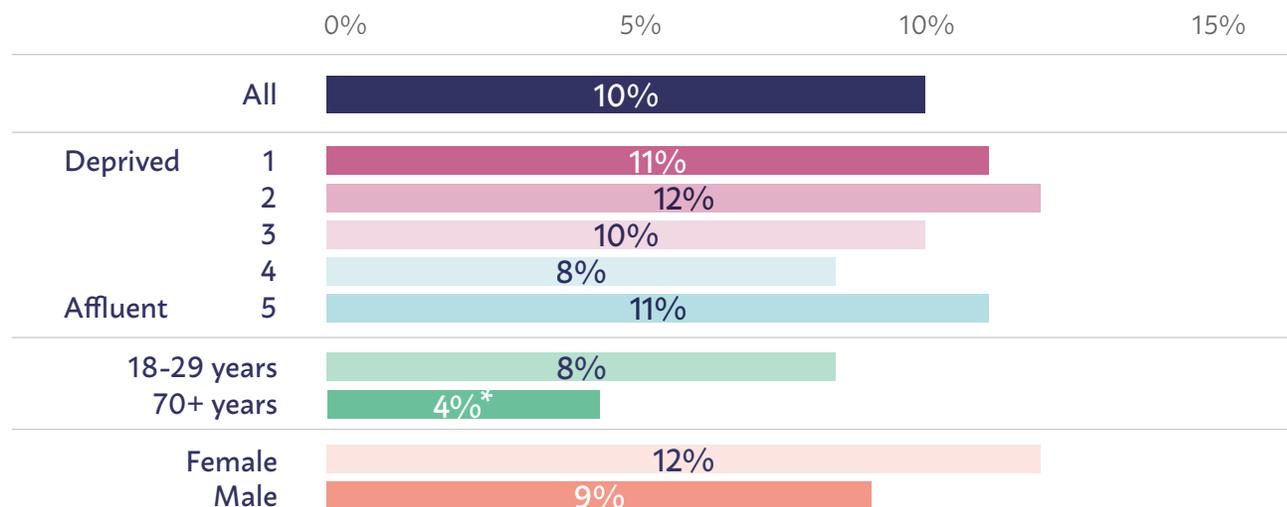
Just under half of respondents living in the most deprived parts of Wales reported they are self-isolating – significantly more than those in the most affluent areas.

Self-isolation is also more common among those aged 70+ and females.



Those who have someone close to them who has been seriously ill with the virus

1 in 10 people know someone who has been seriously ill with the virus, with no significant difference by deprivation.

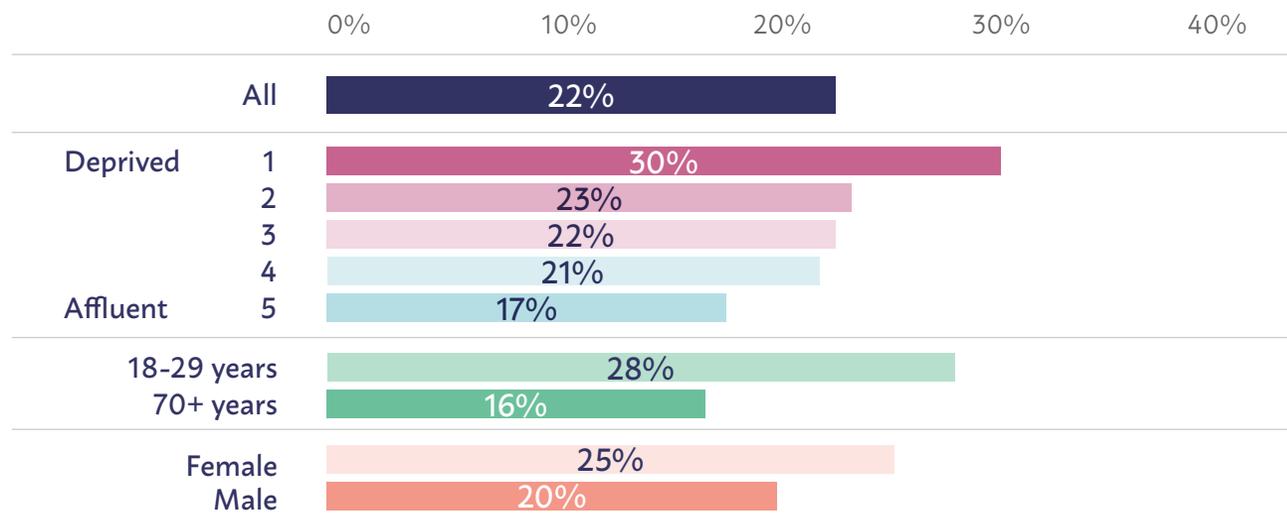


*Respondents aged 40-49 years are significantly more likely to have a close friend or family member who has been seriously ill.



Those who are very worried about their mental health and wellbeing

Worry about mental health is most common among those living in more deprived areas, reducing significantly with increasing affluence.

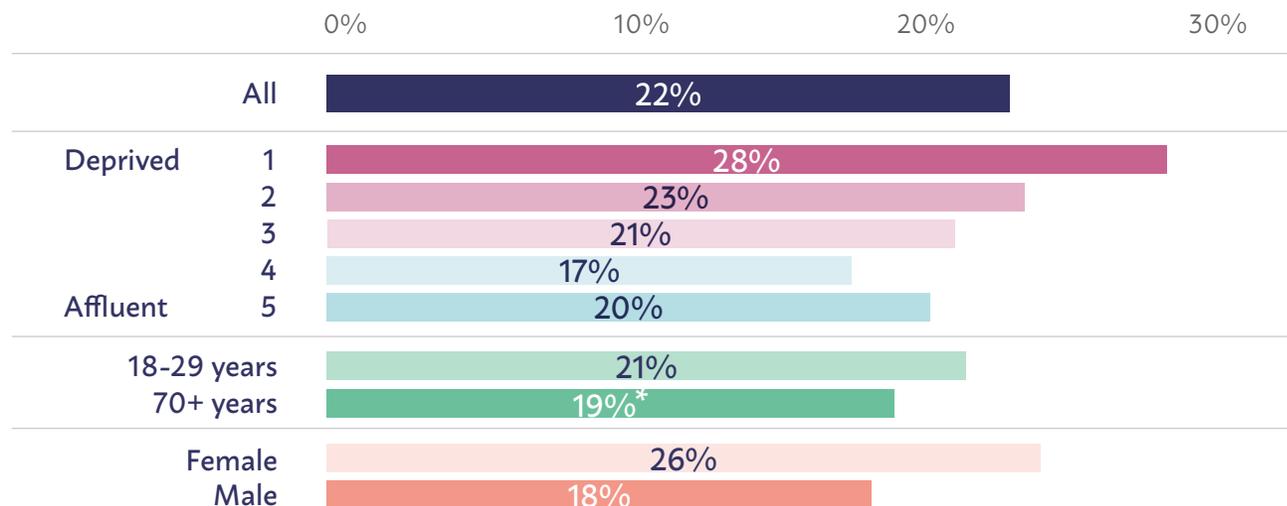


Younger adults are significantly more worried about their current mental health than their older counterparts, and females significantly more worried than males.

Those who are feeling very anxious

A significant increase in anxiety is seen with deprivation.

A quarter of females report feeling very anxious; significantly more than their male counterparts.



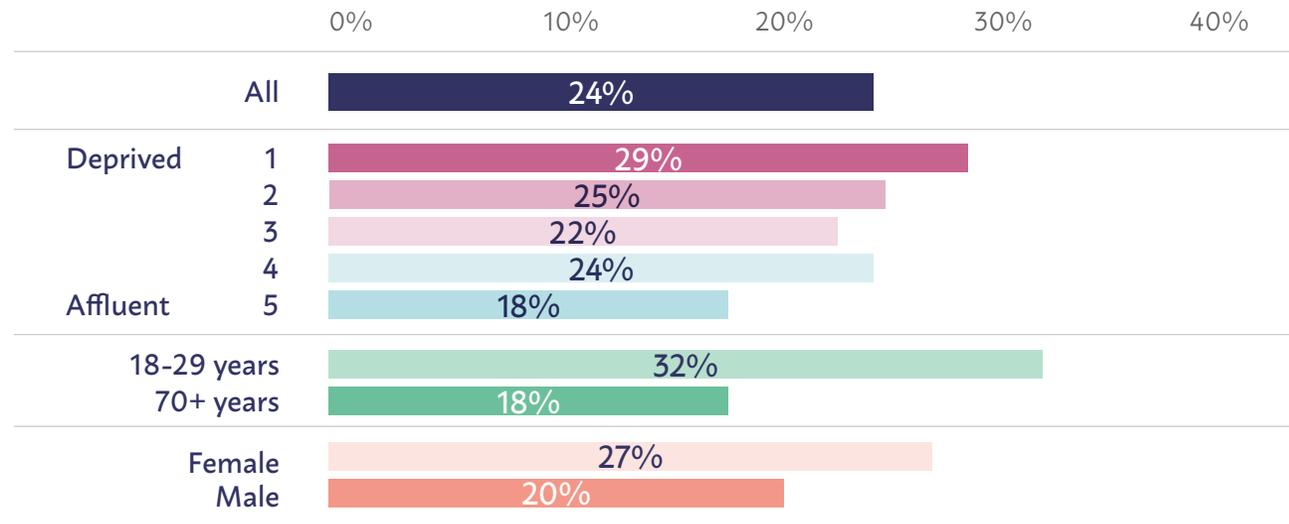
*Significantly higher levels of anxiety are reported among those aged 30-39 years.



Those who are often or always feeling isolated

Younger age, female gender and deprivation all significantly impact feelings of isolation.

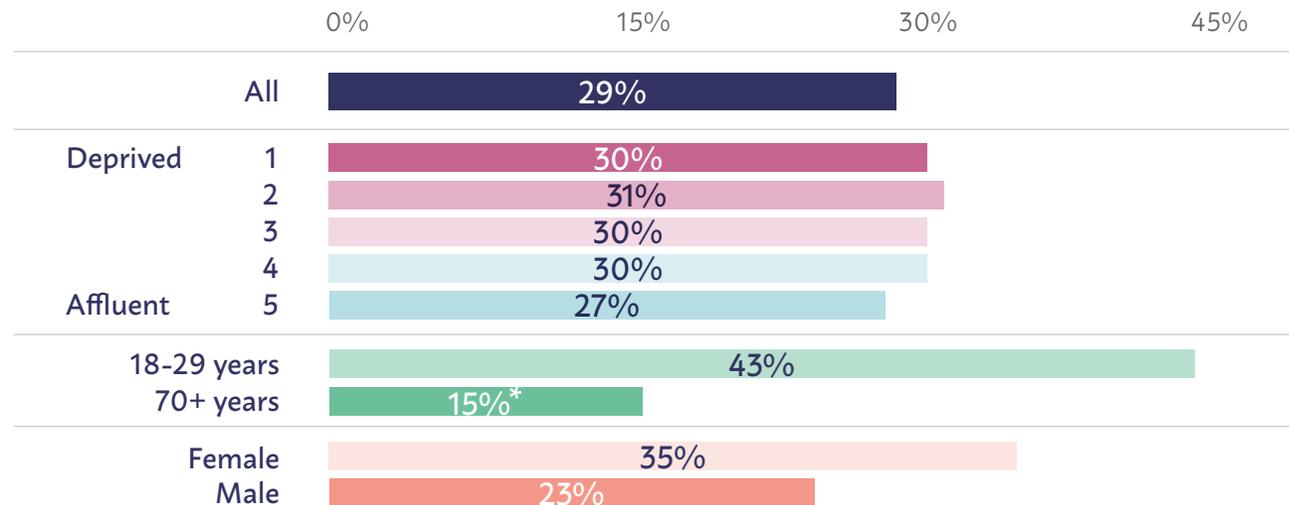
Almost a third of respondents aged 18-29 years reported feeling isolated, compared with 1 in 5 respondents over 70 years.



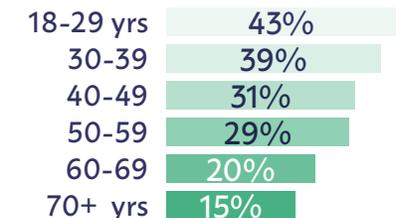
Those who are sleeping well less often

A significant linear relationship is found between age and sleep, with increased poor sleep in the younger age categories.

Females report a greater impact on sleep than males.



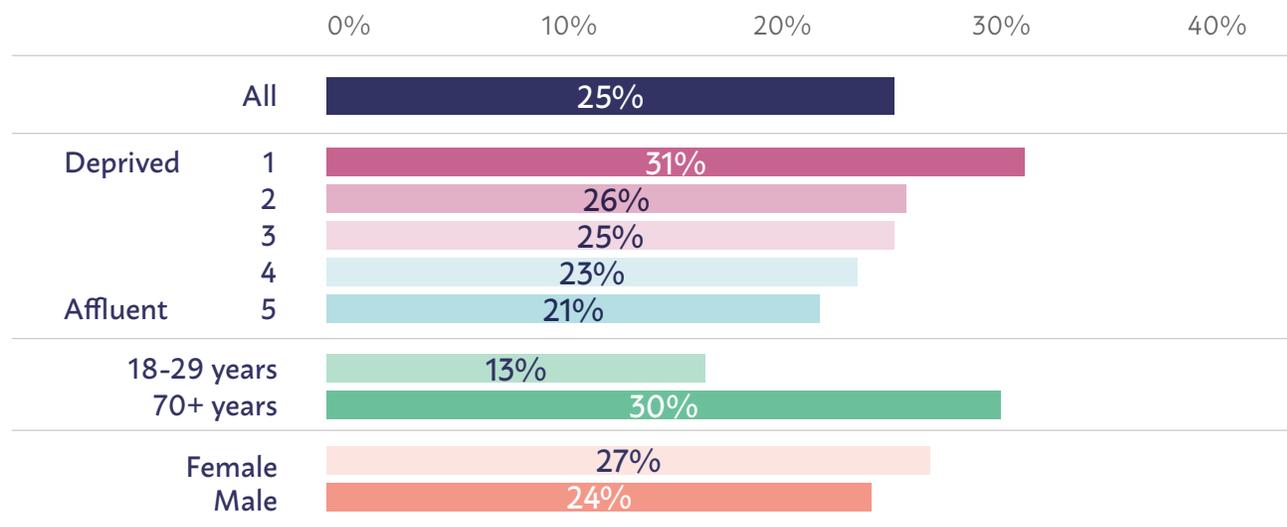
*Increased poor sleep in the younger age categories:



Those who are very worried about becoming seriously ill

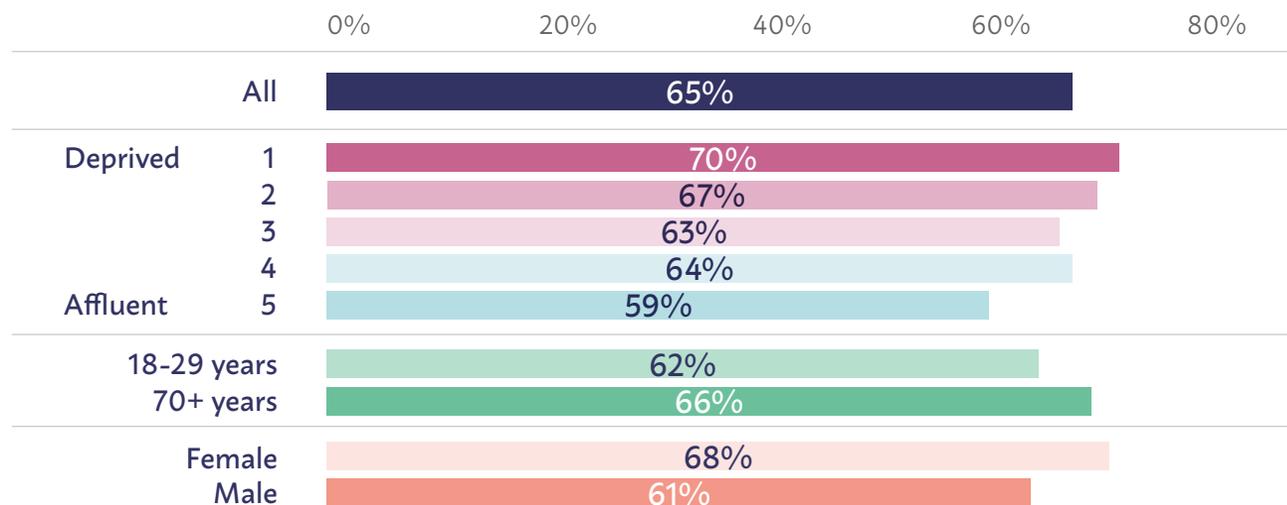
Worry about becoming seriously ill increases significantly with both older age and greater deprivation.

Almost a third of respondents in the most deprived parts of Wales are very worried about becoming seriously ill with coronavirus.



Those who are very worried about losing someone they love

Worry about losing a loved one was common (>60%) across the whole sample. However, those living in the most affluent parts of Wales worried significantly less than those in deprived areas.

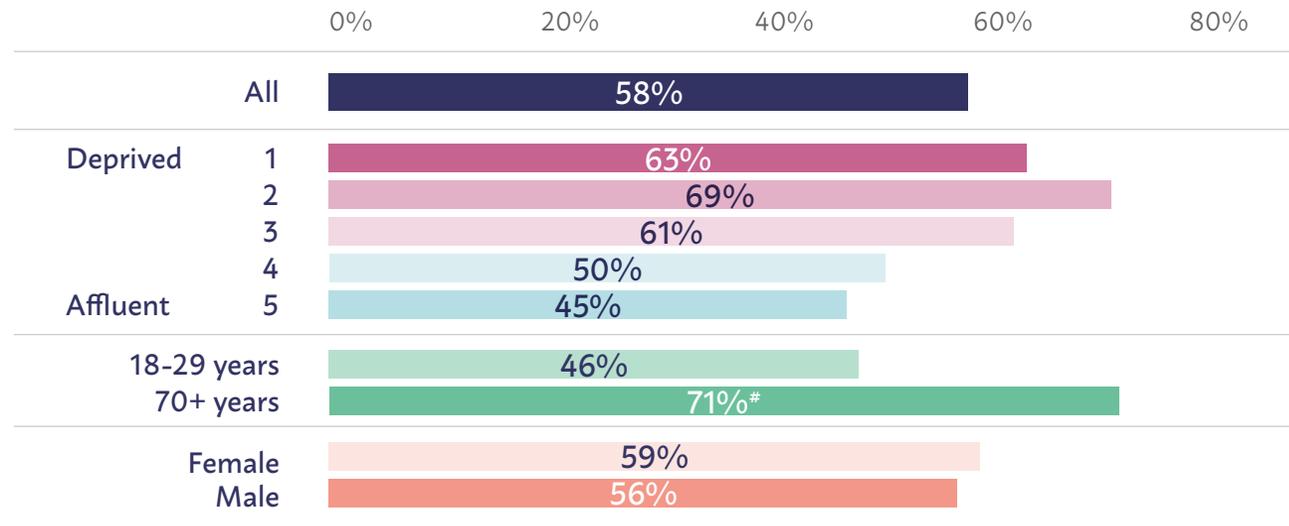


Significantly more female than male respondents are very worried about losing a loved one.

A focus on deprivation, age and gender

Those who are very worried about the wellbeing of their children*

Worries about children were common across the sample. However a strong relationship was found with deprivation, with significantly fewer respondents in the more affluent areas reporting being very worried.

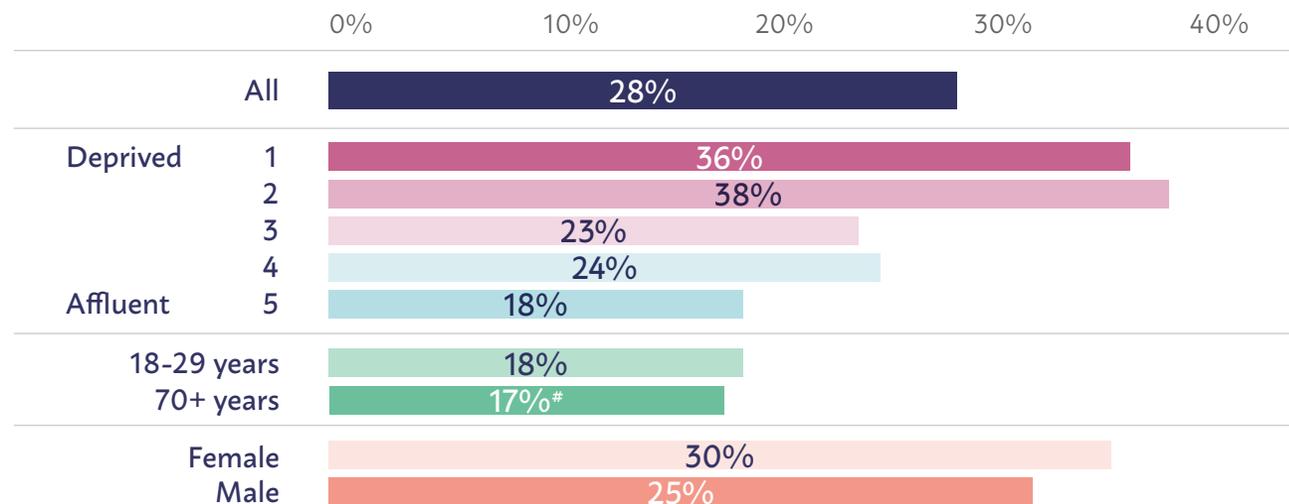


Sixty five percent of adults aged 30-39 are very worried about their children's wellbeing.

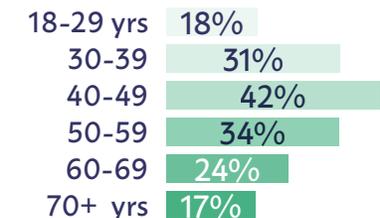
*Measured among those who have children in their household

Those who are very worried about their children's education*

Parents and carers in the more deprived areas report significantly more worry about their children's education. Concerns about education also differed significantly by age.



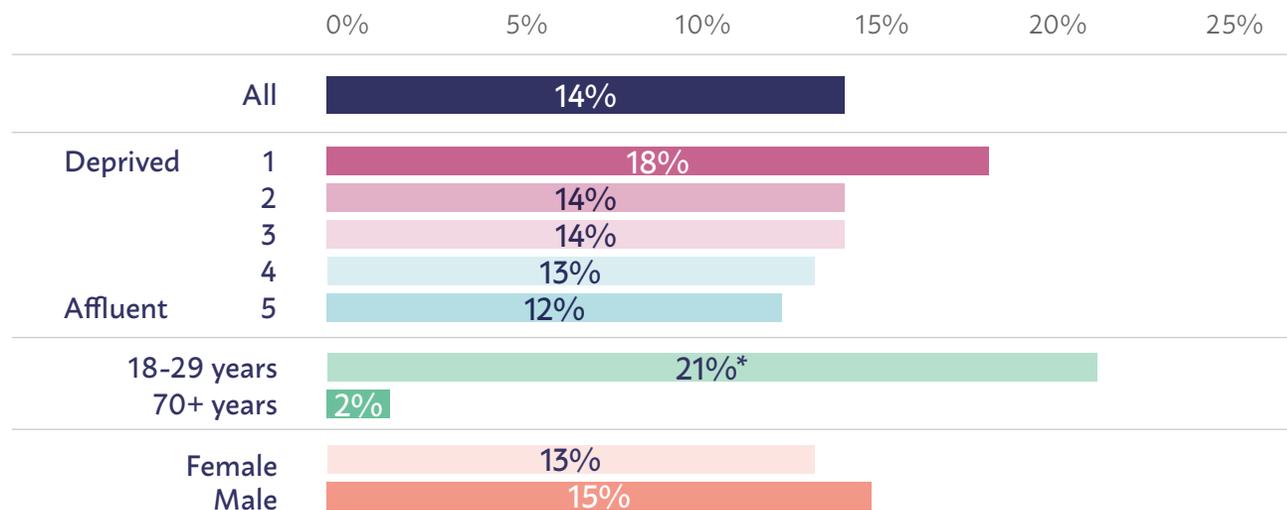
#Significantly higher levels of worry are reported among those aged 40-49 years



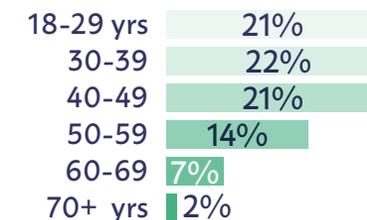
*Measured among those who have children in their household

Those who are very worried about losing their job or being unable to find one

Deprivation and age both have a significant impact on concerns about employment status.

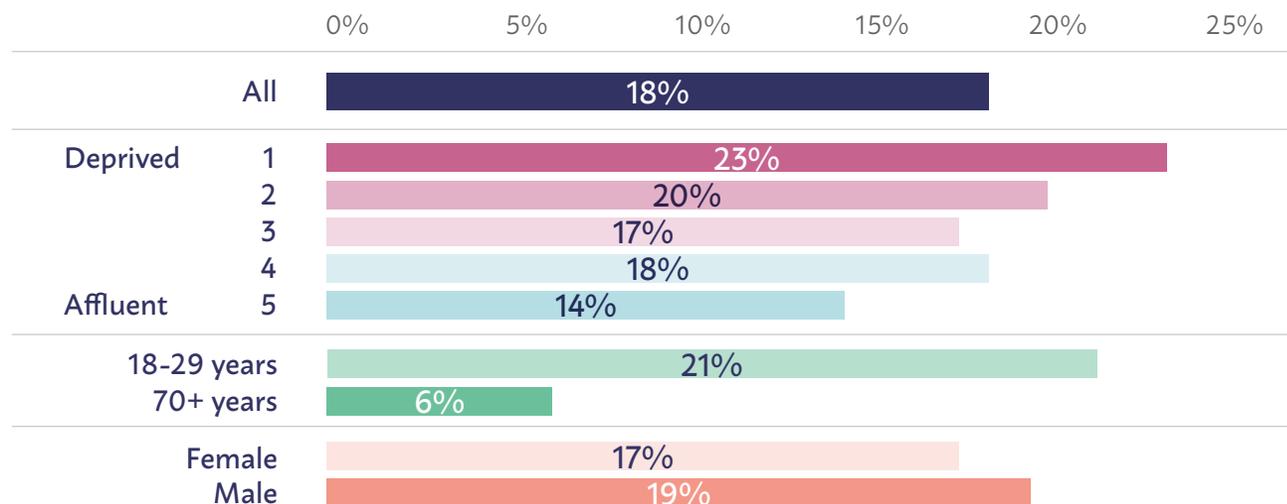


*Just over 20% of those aged 18-49 report being very worried about losing their job or being unable to find one.



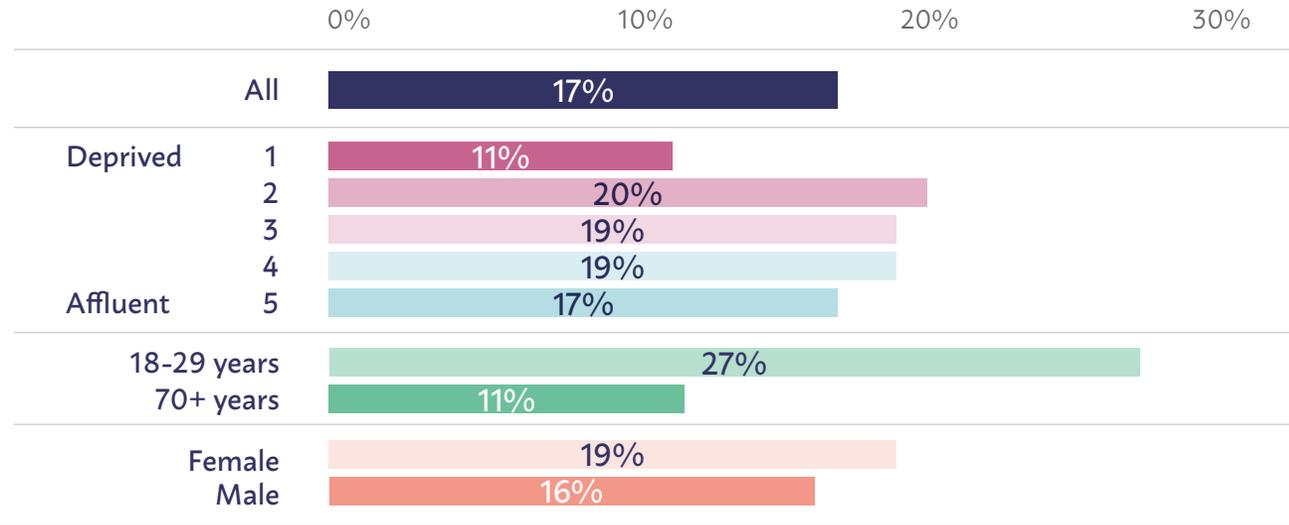
Those who are worried about finances

There is a significant increase in worry about finances with deprivation. Worry was also significantly greater for those aged 30-39 years (28% very worried).



Those who are drinking alcohol more*

Age had a significant impact on drinking, with more increased consumption of alcohol among the younger age categories. Those living in the most deprived areas are significantly less likely to have increased how much alcohol they are drinking over the previous week.

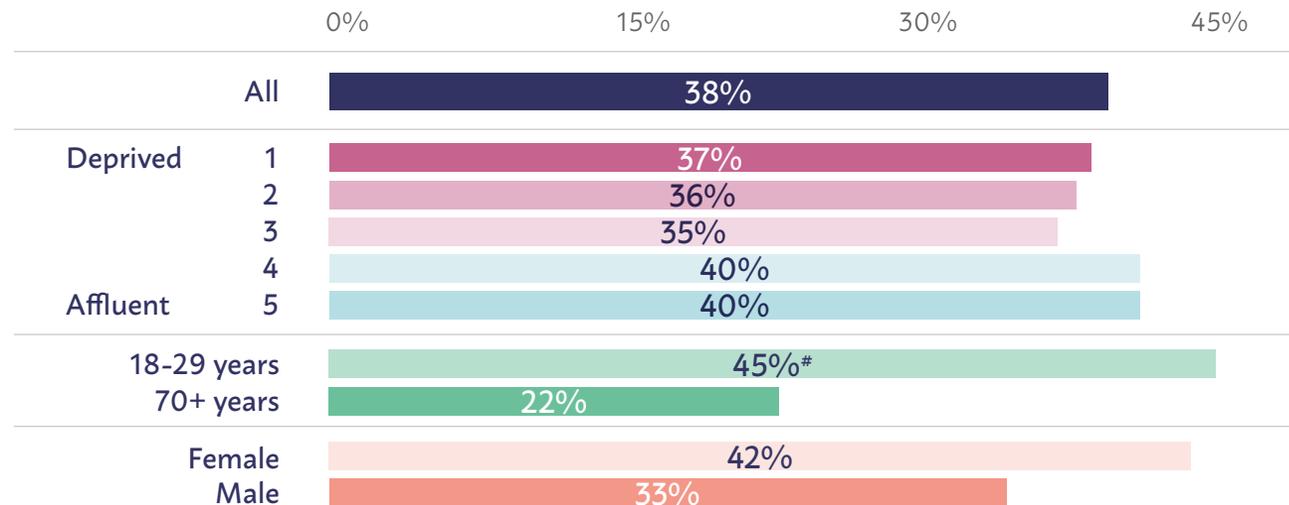


* This week; compared with how much they drank last week; among drinkers only

Those who are snacking more*

Changes in snacking differ significantly by age, and a significantly higher proportion of females report snacking more than normal.

*Compared with normal (i.e. before lockdown); snacking on biscuits, cakes, crisps etc



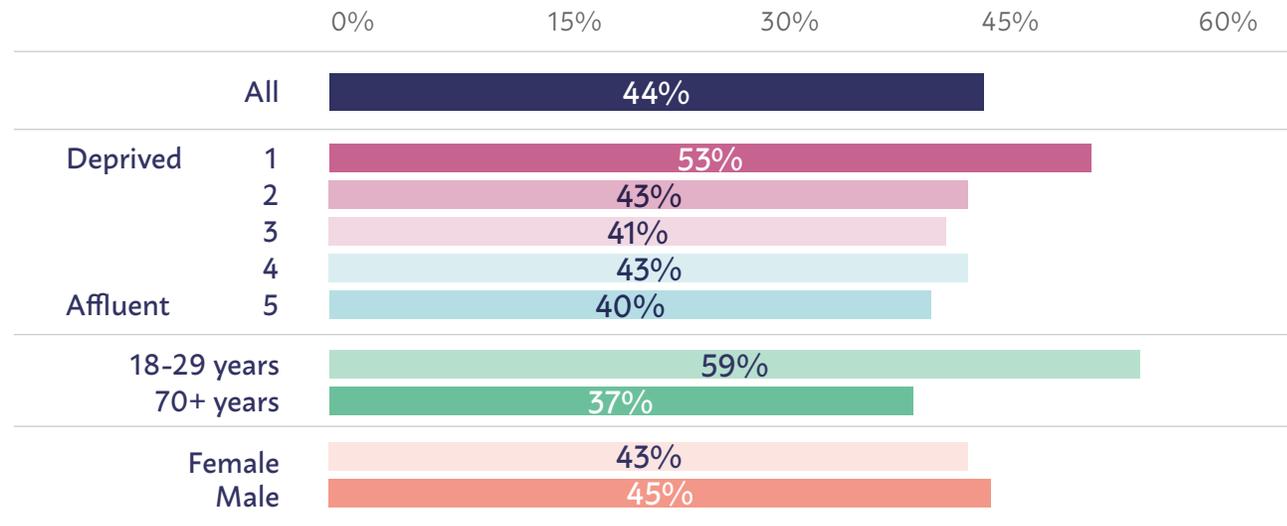
The greatest increase in snacking is seen in those aged 30-39 years, with over half of respondents snacking more.



Those who are watching TV/Netflix or gaming more*

Increased TV/Netflix watching or gaming is significantly associated with (high) deprivation. A significant linear relationship exists between viewing more than normal and decreasing age.

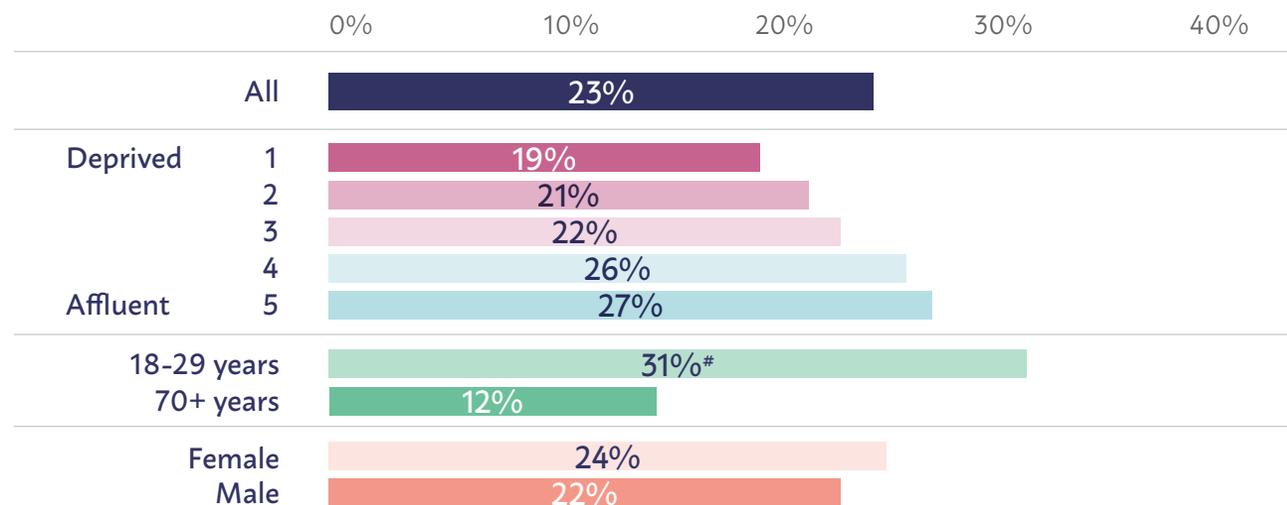
*Compared with normal (i.e. before lockdown)



Those who are doing more physical exercise*

Increases in exercise are significantly positively associated with affluence. A significant linear relationship is also found between decreasing age and increased exercise.

*Compared with normal (i.e. before lockdown)

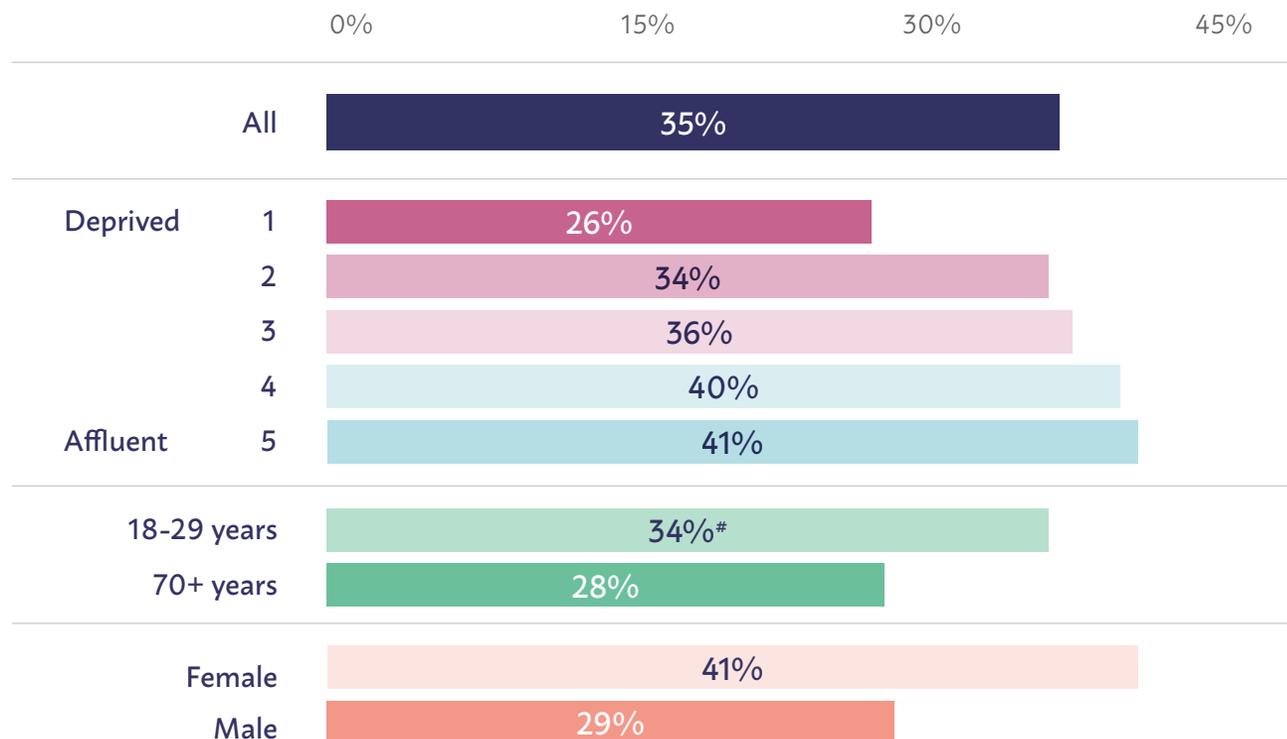


Almost a third of 18-29 year olds are exercising more, compared with a quarter of 40-49 year olds and 20% of those aged 60-69).

Those who are spending more time outdoors*

With increasing affluence, a significantly larger proportion of respondents report spending more time than normal outdoors.

*Compared with normal (i.e. before lockdown)

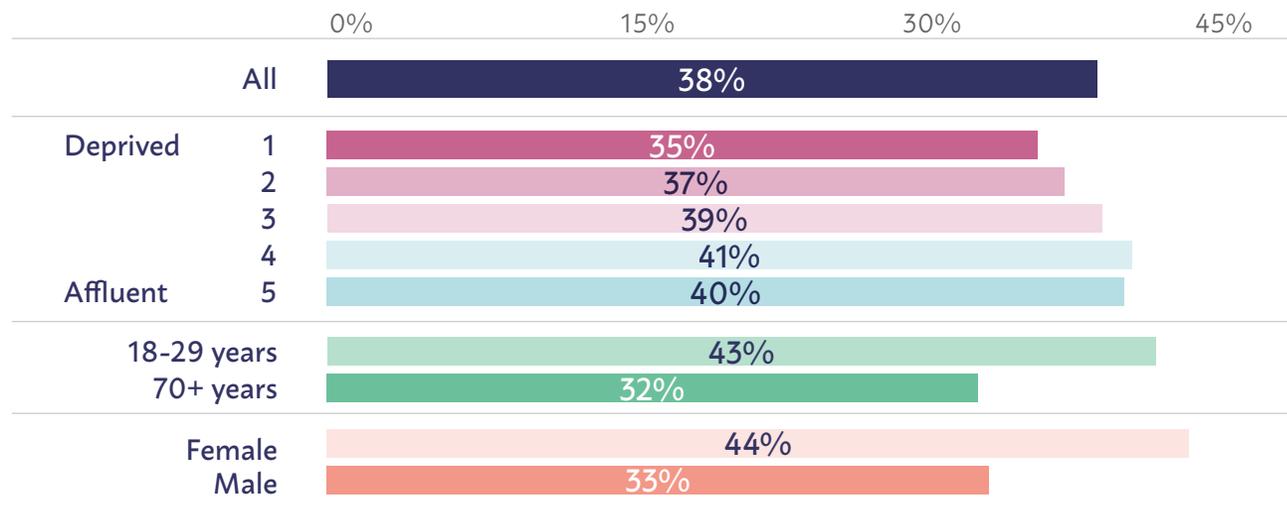


Changes in time spent outdoors also differ significantly by gender and age, peaking among those aged 40-49 (42% spending more time outdoors than they usually would).

Those who are talking to friends and family more*

Significantly more females than males reported talking to friends and family more than normal. Changes in talking also differ by age - the largest increase among younger adults and the smallest among those aged 70+ years.

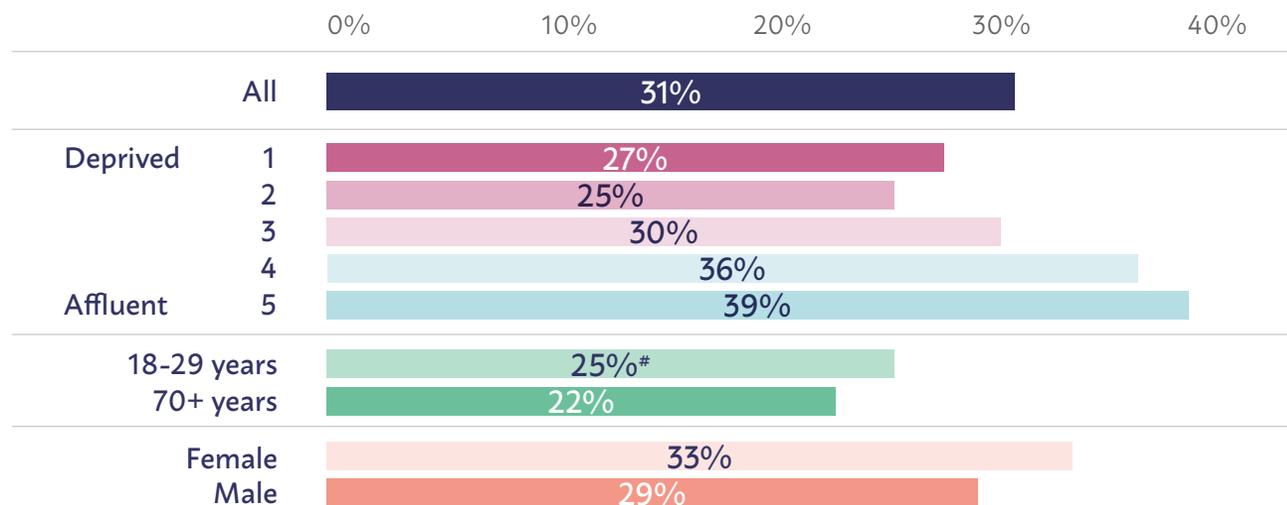
*Compared with normal (i.e. before lockdown)



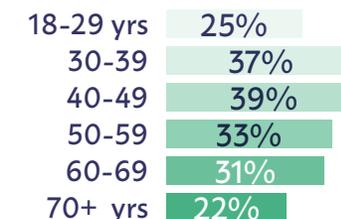
Those who are communicating with neighbours more*

A significantly greater proportion of females, and those living in affluent areas, are communicating with neighbours more than they normally would.

*Compared with normal (i.e. before lockdown)

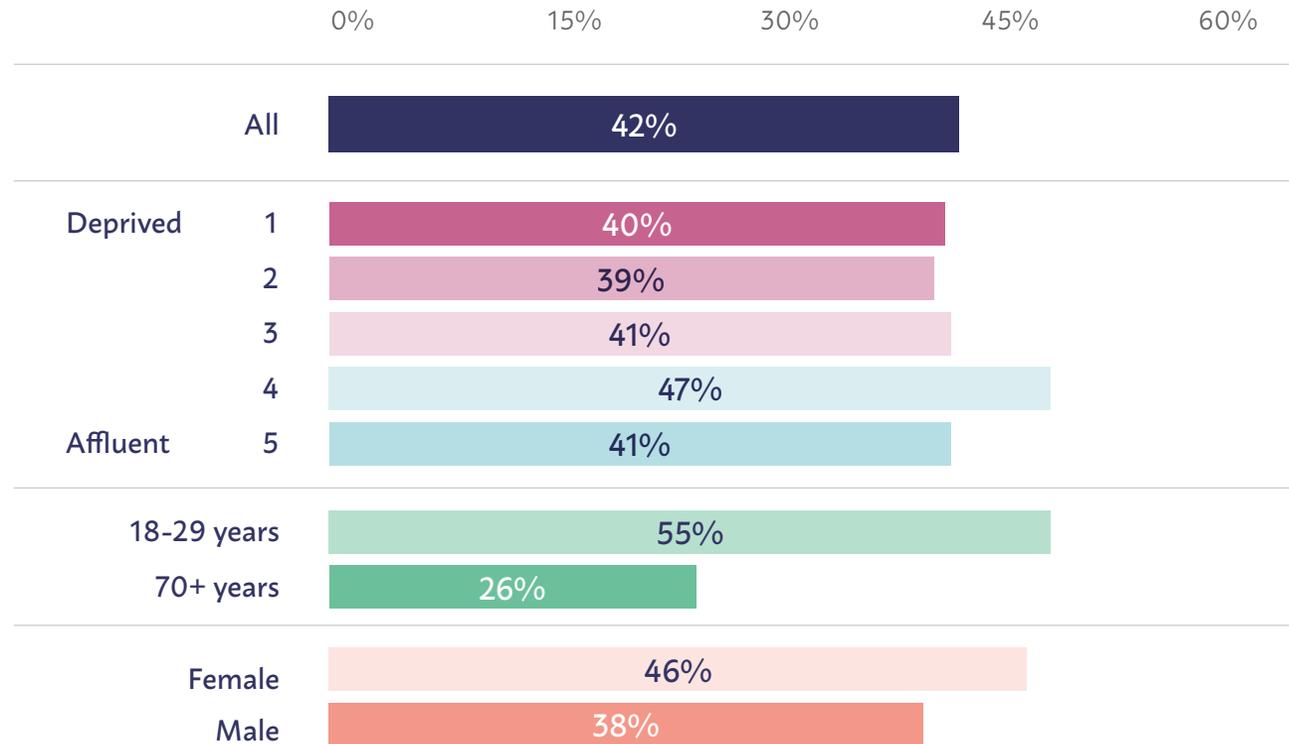


#Increases in communicating with neighbours also differ significantly by age.



Those who are using social media more*

Females are significantly more likely than males to be using social media more than normal. The proportion of people increasing their use of social media decreases significantly with age.



*Compared with normal (i.e. before lockdown)

The survey

A national telephone survey conducted with adults (>18 years old) currently resident in Wales.

Data collection began at the beginning of **April 2020** and is ongoing.

So far, over **2,400** people have told us about how the virus and the lockdown is impacting them.

Our analyses

These analyses consider how experiences of coronavirus may be different for different groups in society. Some demographic measures (black and minority ethnicity and those not identifying as male or female) are not analysed here due to small sample sizes but will be examined in future reports.

A **generalized linear model** function was used to explore independent relationships between outcomes of interest and demographic variables (age, gender, deprivation).

Analyses were also corrected for time (i.e. week of survey). However, trends over time are not the focus of this report are reported elsewhere.

Findings

Key differences are presented across 5 quintiles of deprivation (1=most deprived; 5=least deprived/most affluent) and for females vs males and the youngest (18-29) vs oldest (70+) groups by age. Where important significant differences across other age categories are found, these are highlighted in additional pop-out graphs.

Enquiries

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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

