

# 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.

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



**679 Welsh residents** aged 18 years and over were interviewed in week 3 of the survey (20th April to 26th April).

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

### 11%

of people think they have had **coronavirus** and 9% are unsure. Of those that think they have been infected, 8% have had this confirmed with a test.

### 12%

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

### 58%

of people agree or strongly agree that **government is responding well to coronavirus**; (26% disagree or disagree strongly);

### 96%

**think the NHS is responding well.**

### 81%

of people **trust the police** to use their new powers to restrict people's movement sensibly.

### 62%

of people are worried 'a lot' about **losing someone to the virus**.

### 65%

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of those with children in their household are **worried 'a lot' about their children's wellbeing.**

### 20%

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of people are worried 'a lot' about losing their job or not being able to find one.

### 31%

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of people leave their house every day to exercise; 13% have not left their home at all in the last 7 days.

### 19%

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of people have been worrying 'a lot' about their mental health and wellbeing and a further 35% of people have been worrying 'a little'.

### 32%

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of people are 'sleeping well' less than they normally do; only 9% say they are sleeping better.

### 27%

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

### Compared to normal times

42%

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of people are using  
**social media** more.

37%

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are **talking to family  
and friends** more.

38%

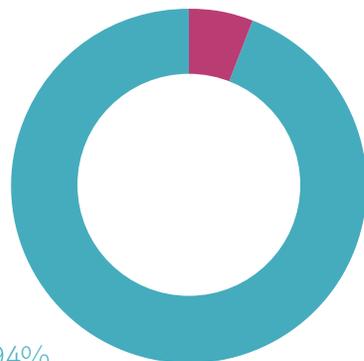
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are **snacking more**  
(e.g. on crisps, biscuits, cakes).

	WEEK 2	WEEK 3
<b>Do you think you have or have had coronavirus?</b>		
Yes	13%	11%*
Don't know	6%	9%
<b>How worried are you that you could get coronavirus?</b> <small>Excludes those answering 'yes' to having had coronavirus</small>		
Not at all	15%	12%
A little	26%	31%
Moderately	35%	33%
Very	25%	23%
<b>Are you the same, more or less worried than you were last week?</b> <small>Excludes those answering 'yes' to having had coronavirus</small>		
Same	75%	76%
More	14%	13%
Less	11%	11%
<b>Has someone close to you like a family member or friend become seriously ill# with coronavirus?</b>		
Yes	8%	12%

\* 8% of those who reported thinking they had been infected reported this had been confirmed with a test

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

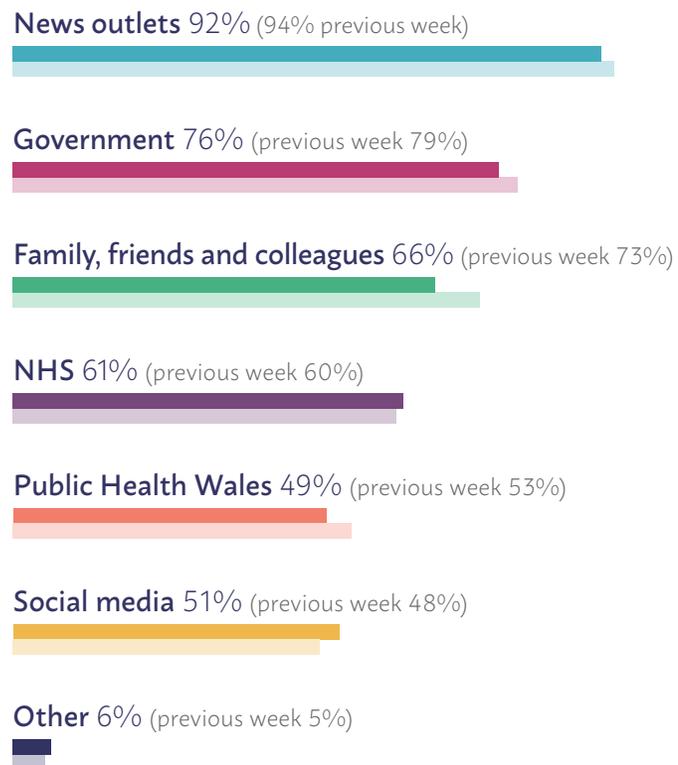


Yes 94%

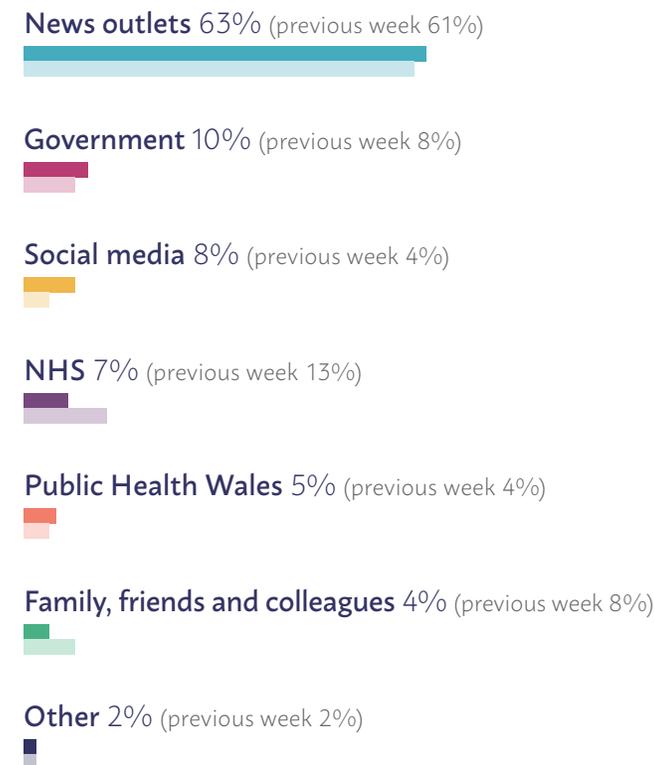
(no change from previous week)

## 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 30% (previous week 38%)



About right 67% (previous week 59%)



Too much 2% (previous week 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	14% (-1%)	44% (no change)	15% (-4%)	18% (+5%)	8% (no change)
I think that the <b>NHS</b> is responding well to coronavirus	62% (-5%)	34% (+3%)	2% (+1%)	1% (no change)	1% (no change)
I am confident that the <b>NHS</b> would be able to adequately care for me if I became seriously ill with coronavirus	41% (+4%)	42% (-1%)	10% (-2%)	6% (no change)	1% (-1%)
I trust the <b>police</b> to use their new powers to restrict people's movement sensibly	31% (-1%)	50% (+7%)	8% (-2%)	7% (-5%)	5% (+3%)
If I need help during the coronavirus situation, there are people in my <b>community</b> who are there for me	36% (no change)	45% (no change)	11% (-2%)	7% (+2%)	2% (+1%)

Figures shown in brackets are the % change since the previous week.

## 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% (+4%)	20% (-5%)	65% (no change)
Your relationship with your children*~	51% (-5%)	22% (+3%)	26% (+1%)
Your children's education*~	20% (-4%)	43% (+9%)	37% (-5%)
Your marriage/relationship#~	66% (-2%)	16% (no change)	18% (+2%)
Losing someone you love to the virus	9% (no change)	29% (+3%)	62% (-3%)
The wellbeing of other family members	11% (+3%)	36% (+2%)	53% (-5%)

Figures shown in brackets are the % change since the previous week.

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

Very bad	Bad	Okay	Good	Very Good
0% (no change)	0% (no change)	9% (-1%)	27% (no change)	64% (+1%)

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

**Worse** 3% (no change from previous week)



**Same** 92% (previous week 90%)



**Better** 4% (previous week 7%)



\* 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?

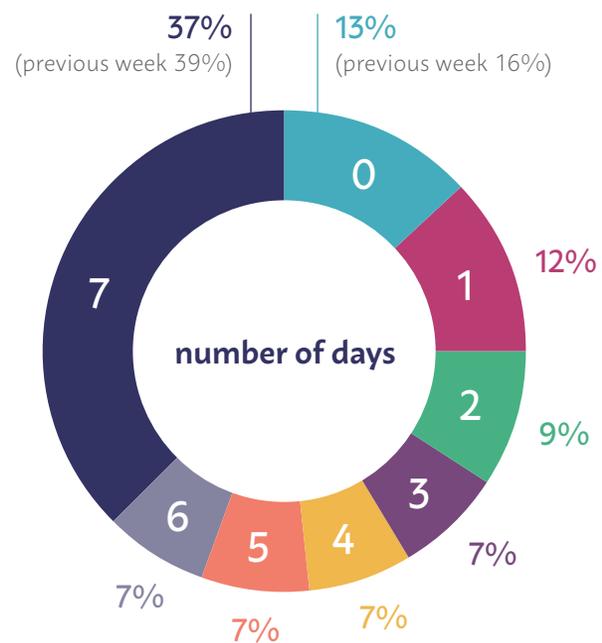
	Not at all	A little	A lot
Getting essential medicines	66% (+4%)	22% (-2%)	12% (-2%)
Accessing food	72% (+3%)	21% (+1%)	7% (-4%)
Losing your job or not being able to find one#~	61% (-8%)	19% (+3%)	20% (+6%)
Work, even if your job is secure#~	52% (-9%)	28% (+5%)	20% (+4%)
Your finances	61% (+3%)	21% (-5%)	18% (+2%)

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

	Week 2	Week 3
Lost their job permanently	7%	5%
Been suspended from work on lower or no pay (e.g. furloughed)	23%	24%
Had their income considerably reduced through getting less work or reduced hours	15%	12%
Experienced any other financial impact on the household due to coronavirus?	12%	11%

~ Unweighted data;  
 # Excludes those responding 'not applicable'

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



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

	0	1	2	3	4	5	6	7
...to work?	79%	3%	3%	3%	2%	5%	3%	2%
...to shop for food?	35%	33%	22%	7%	2%	1%	<1%	1%
...for medical reasons?	83%	15%	2%	1%	0%	0%	0%	0%
...to exercise?	41%	6%	5%	5%	5%	3%	3%	31%
...to volunteer / support members of your community?	85%	7%	3%	2%	1%	<1%	<1%	1%

## Alcohol

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

\*No change from week 2

		0 days	1-4 days	5+ days
On how many days in the last week did you drink?	WEEK 2	17%	56%	26%
	WEEK 3	16%	65%	19%
		Less	Same	More
Would you say you drank about the same, more or less than in the previous week?	WEEK 2	17%	58%	25%
	WEEK 3	14%	70%	16%
		Less	Same	More

## 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)?	WEEK 2	27%	27%	46%
	WEEK 3	23%	29%	47%
		Less	Same	More
Would you say this was about the same, more or less than in the previous week?	WEEK 2	11%	74%	15%
	WEEK 3	8%	77%	15%
		Less	Same	More

## Feeling healthy

		0-3	4-6	7-10
How healthy do you feel today? 0 = Very unhealthy; 10 = Very healthy	WEEK 2	4%	34%	62%
	WEEK 3	4%	28%	69%
		Less	Same	More
Compared to a week ago is this...		8%	84%	9%

## Feeling happy

		0-3	4-6	7-10
How happy do you feel today? 0 = Not at all happy; 10 = Completely happy	WEEK 2	5%	32%	63%
	WEEK 3	6%	27%	67%
		Less	Same	More
Compared to a week ago is this...		14%	75%	11%

## Feeling anxious

		0-3	4-6	7-10
How anxious do you feel today? 0 = Not at all anxious; 10 = Completely anxious	WEEK 2	47%	31%	22%
	WEEK 3	48%	32%	20%
		Less	Same	More
Compared to a week ago is this...		12%	73%	15%

## Feeling lonely

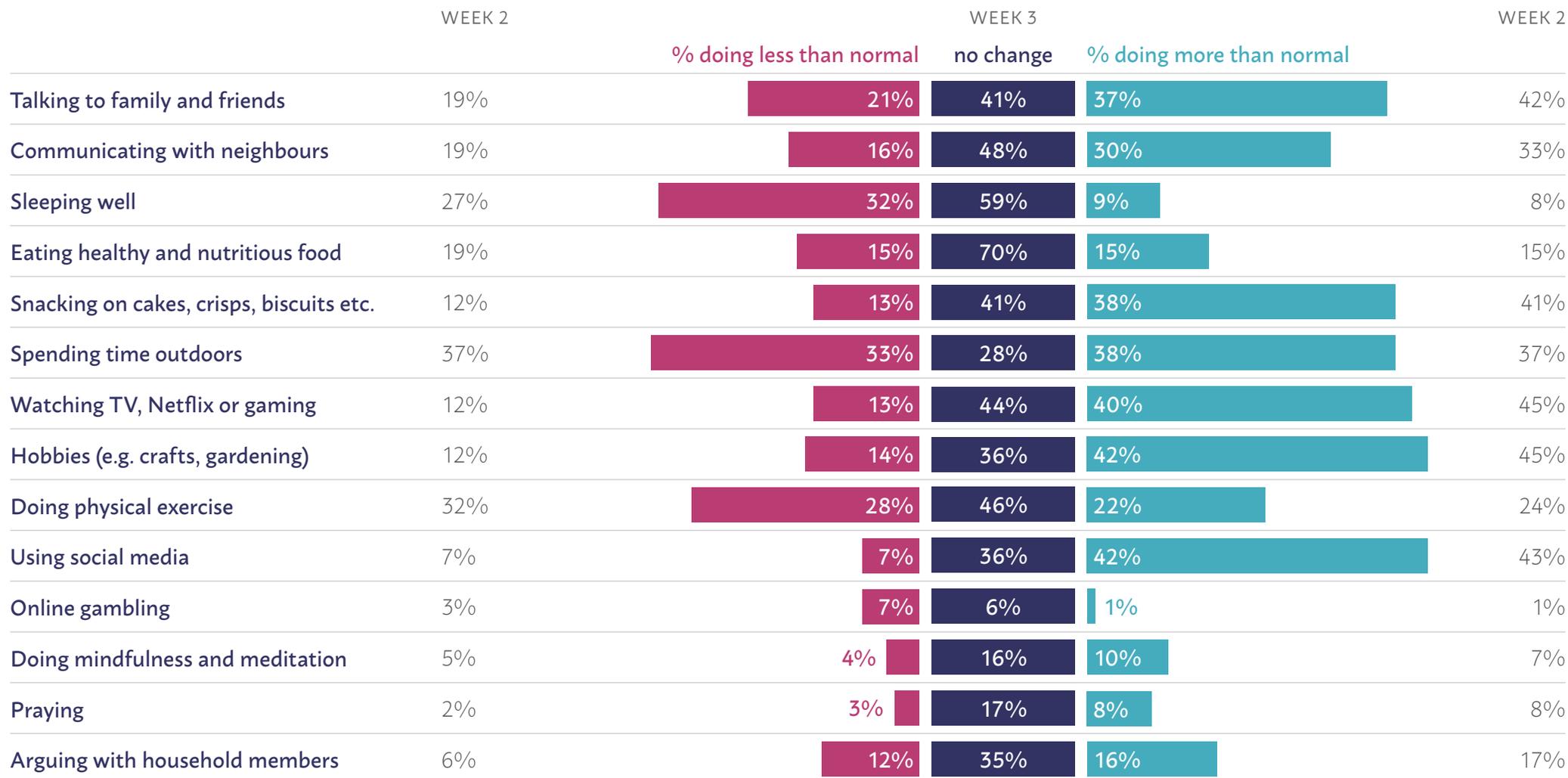
		Never	Occasionally	Often	Always
In the last week, how often have you felt lonely?	WEEK 2	67%	25%	5%	3%
	WEEK 3	67%	25%	6%	2%
		Less	Same	More	
Compared to a week ago is this...	WEEK 2	2%	90%	8%	
	WEEK 3	4%	89%	7%	

## Feeling isolated

		Never	Occasionally	Often	Always
In the last week, how often have you felt isolated?	WEEK 2	43%	37%	14%	6%
	WEEK 3	42%	33%	17%	8%
		Less	Same	More	
Compared to a week ago is this...	WEEK 2	2%	86%	12%	
	WEEK 3	1%	88%	10%	

## Feeling worried

		Not at all	A little	A lot
Over the past week, how much have you been worrying about your mental health and wellbeing?	WEEK 2	44%	37%	19%
	WEEK 3	45%	35%	19%



Sum of percentages is the total percentage who do each activity

Week 3 20-26 April 2020

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

	Week 2	Week 3
Family and friends	93%	94%
Neighbours	66%	69%
Online social networks	55%	59%
Work colleagues	48%	51%
Community support network (e.g. to help with shopping)	39%	44%
Local authority	34%	42%
Religious network	13%	15%

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

% Yes	Week 2	Week 3
	21%	27%

### of those who answered yes:

Community support volunteer 9%

NHS volunteer 5%

Helping neighbours with shopping 57%

Helping at risk family or friends 44%

## Enquiries

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### Data and Analytics

Professor Karen Hughes

### Survey Development

Professor Mark A. Bellis

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### Email

generalenquiries@wales.nhs.uk

### Tel

02920 227744

### Web

publichealthwales.org

### 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

## 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)**

