

How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

A focus on ethnicity

Ethnicity

Findings suggest that coronavirus and the lockdown restrictions are currently having a greater impact on the mental health and wellbeing of Black, Asian and minority ethnic (BAME) residents in Wales. A third of BAME respondents report feeling isolated and 1 in 5 are worrying a lot about their finances.

However, BAME respondents are also engaging in more prayer and mindfulness activities, which may offer a positive means of coping with current stressors. Throughout the report, we use the term ‘white’ to refer to those not in the BAME group.

The survey revealed no difference between BAME and white Welsh residents in:

- Changes to connecting with others (e.g. talking to friends and family more; communicating with neighbours more; using social media more);
- Changes to health behaviours such as physical activity or healthy eating;
- Changes to smoking.

During Coronavirus lockdown in Wales...

Black, Asian and minority ethnic (BAME) residents of Wales are more likely to be:

	BAME	White
Feeling very anxious	30%	20%
Feeling isolated	33%	22%
Worrying a lot about their mental health	28%	19%
Worrying a lot about losing their job or being unable to find one	17%	11%
Worrying a lot about finances	22%	15%
Spending more time watching TV/Netflix or gaming~	55%	42%
Praying more~	37%	7%
Doing more mindfulness activities~	19%	7%

White residents of Wales are more likely to be:



All figures adjusted for age, gender, week and deprivation; ~Measured weeks 2-5 only

Why focus on Ethnicity?

Evidence suggests that people in the UK from Black, Asian and minority ethnic (BAME) backgrounds are at greater risk of coronavirus and serious health complications from the disease. The reasons for this are not yet fully understood.

The UK Department for Health and Social Care (DHSC) has commissioned a formal review by Public Health England and NHS England into the apparently higher level of COVID-19 mortality among people from BAME backgrounds, which Wales will contribute to.

See <https://gov.wales/written-statement-covid-19-and-bame-communities>.

Despite the disproportionate impact of coronavirus on BAME residents in Wales, little is known about how different communities may be coping with the lockdown restrictions and how their wellbeing may be impacted during these difficult times.

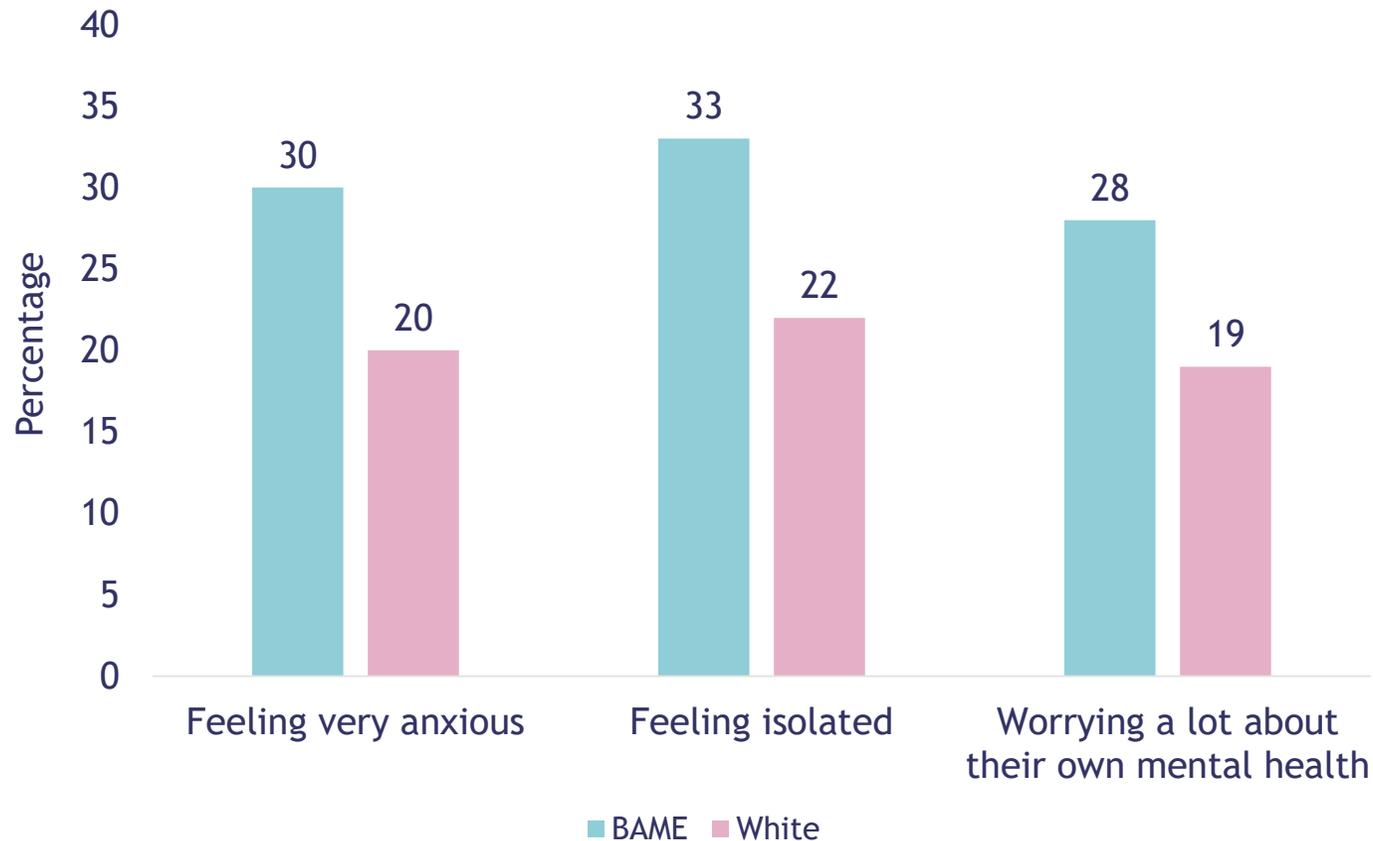
Results in this special report may differ slightly from the percentages reported in the “How are we doing in Wales” weekly reports due to figures being averaged over up to six weeks and percentages adjusted to allow age, sex and deprivation adjusted comparisons between white and BAME respondents.

	BAME	White
Think they have or have had coronavirus*	14%	11%
Very worried about getting coronavirus*~	24%	21%
Worrying a lot about becoming seriously ill with coronavirus*	28%	25%

According to the survey, the proportion of people experiencing coronavirus is very similar across BAME and white communities. Groups are also equally worried about getting the virus and becoming seriously ill.

Percentages adjusted for age, gender, week and deprivation.

*Differences not statistically significant; ~Excludes those who think they have already had the virus.



BAME respondents are more likely to be feeling very anxious or isolated, with over a quarter experiencing very high levels of worry about their mental health.

Percentages adjusted for age, gender, week and deprivation.



BAME respondents are more likely to be worrying about employment and finances...

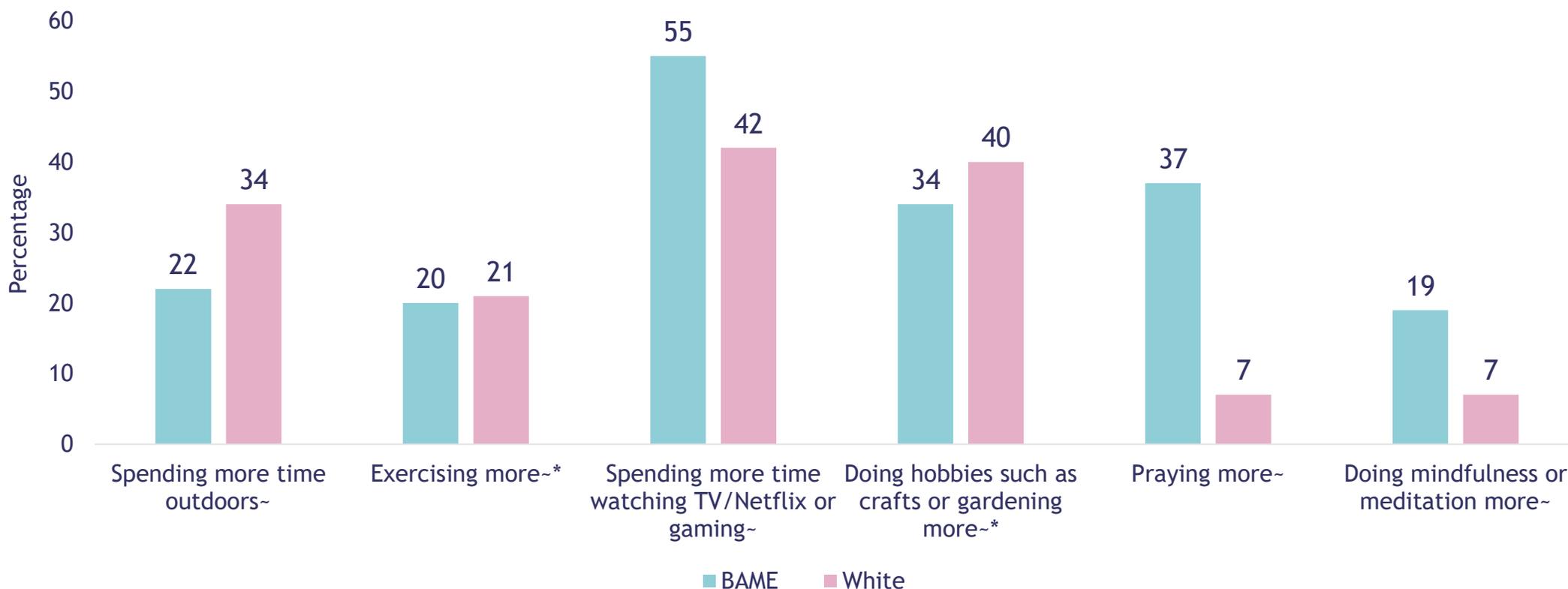


Percentages adjusted for age, gender, week and deprivation.

A focus on ethnicity

A greater proportion of BAME respondents report an increase in personal activities such as praying and mindfulness. White respondents are more likely to be increasing the time they spend outdoors.

Note, the figures represent whether individuals increased the amount of time spent on any activity during coronavirus restrictions. They are not meant to measure the total amount of time individuals spend on any activity.



Percentages adjusted for age, gender, week and deprivation

~Measured at weeks 2-5 only; *Differences not statistically significant.

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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 3,600 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. Whilst the overall survey is considered representative of the population of Wales¹, due to the small number of respondents identifying as part of different ethnic groups, the following self-report categories have been combined to create a BAME group large enough for analyses: Asian/Asian British; Black/African/Caribbean/Black British; Mixed/Multiple ethnic groups; Other ethnic group (total n=111; 3.1% of sample). It is recognised that there are likely to be differences in experiences and impacts of coronavirus and lockdown measures between these different ethnic groups, which would be an important area for further study among larger/more diverse samples where possible.

A **generalized linear model** function was used to explore independent relationships between outcomes of interest and ethnicity, whilst adjusting for age, gender and deprivation.

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

Findings

Key differences are presented for BAME and white surveyed residents of Wales. Unless highlighted, differences are statistically significant at $p < .05$. Findings are drawn from data collected from weeks 2 to 7 of the survey, unless otherwise stated in footnotes.

¹The Welsh population is 95.6% white ethnicity by 2017 estimates - see <https://statswales.gov.wales/Catalogue/Equality-and-Diversity/Ethnicity/ethnicity-by-age-sex>

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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

