

# How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

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Week 35 (30<sup>th</sup> November to 6<sup>th</sup> December 2020)

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.

In each survey week, some questions are added and others are removed, depending on emerging issues. This week's report contains findings from routine questions used in previous survey weeks and some new questions on coronavirus vaccination and plans for meeting friends and family at Christmas.

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



600 Welsh residents aged 18 years and over were interviewed in week 35 of the survey (30<sup>th</sup> November to 6<sup>th</sup> December).

**66%**

of people said they are planning to either have visitors to their home or visit other people's homes over the Christmas period (23<sup>rd</sup>-27<sup>th</sup> December).

**36%**

of people said they understand the current restrictions in Wales 'very well' (down from 43% in the last survey week). A further 50% said they understand them 'quite well'.

**42%**

of people have been worrying 'a lot' about losing someone they love to coronavirus (down from 51% in the last survey week).

**45%**

of people said they are intending to form a Christmas bubble.

**39%**

of people said they are following the restrictions 'completely' (down from 47% in the last survey week), and a further 50% reported majority compliance\*.

**52%**

of people have been worrying 'a little' or 'a lot' about their mental health and wellbeing (down from 60% in the last survey week).

**53%**

of people think the changes being made to restrictions over Christmas are about right; 31% would prefer tighter restrictions and 15% would prefer more relaxed restrictions.

**52%**

of people said they always maintain social distancing when they are with people from outside their own or extended household, and 31% said they do so most of the time.

**68%**

of people said they would want a coronavirus vaccination. Reasons for not wanting a vaccination mostly related to concerns about the speed of vaccine development, lack of evidence and unknown side effects.

**Do you think you have or have had coronavirus?**

Yes	14%
Don't know	8%

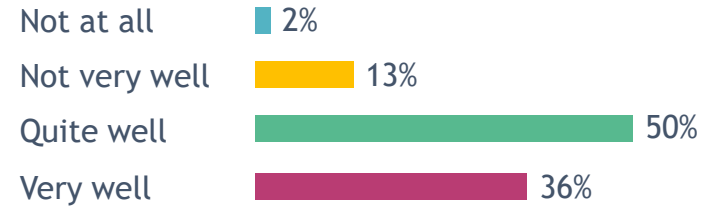
**Have you been tested for coronavirus or had an antibodies test?**

Had a coronavirus test	30%
Had an antibodies test	8%

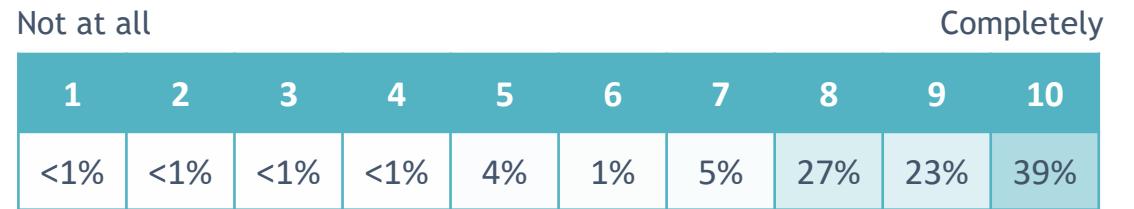
**How worried are you that you could get coronavirus?**

Not at all	24%
A little	30%
Moderately	30%
Very	16%

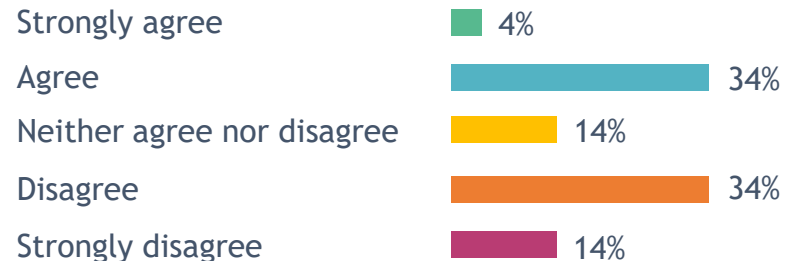
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



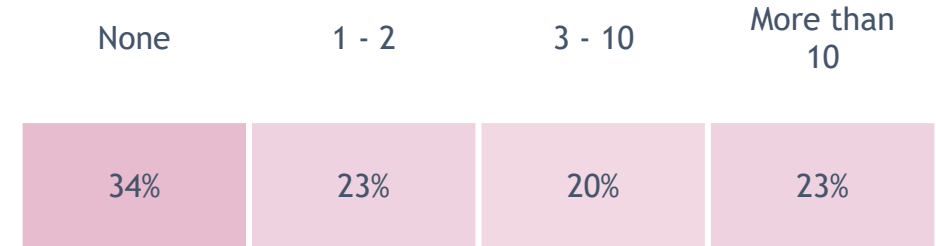
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



I think most people are following social distancing guidelines



Apart from the people in your own or a permitted extended household, in the last 7 days, how many other people have you come into close contact with, meaning within one metre?



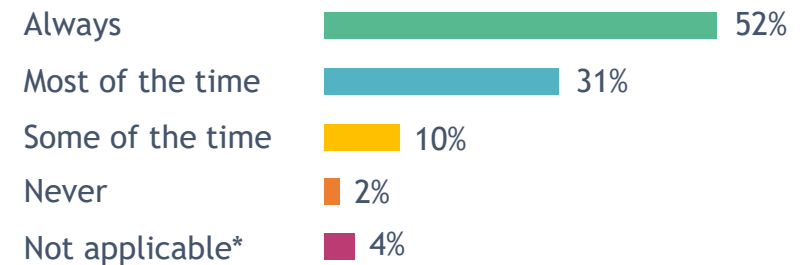
Apart from the people in your own or a permitted extended household, in the last 7 days, how many people have come into your house?



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



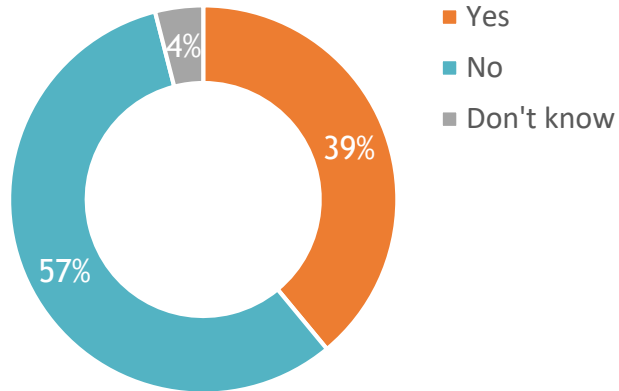
When you are with people from outside of your household or extended household, such as friends or work colleagues, do you maintain social distancing of two metres...?



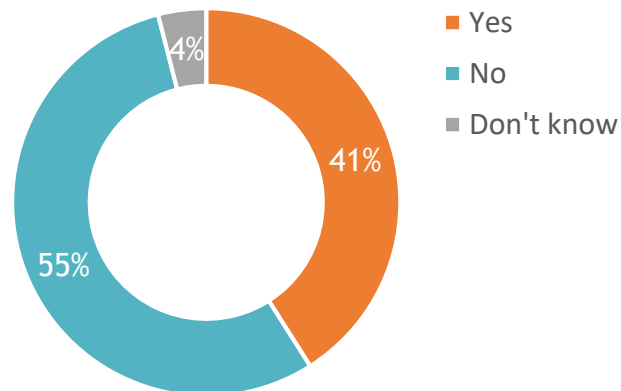
*\*Do not meet people from outside household*

## Coronavirus restrictions are being changed between 23rd and 27th December to allow people to spend time with family members or friends over Christmas. Over this period, are you planning...

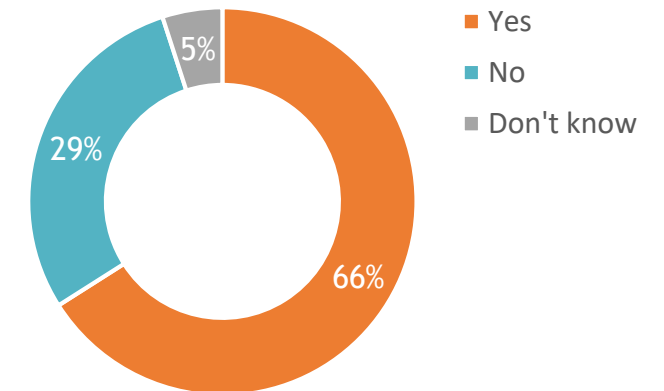
...on having friends or family members from other households to visit you at home?



...on visiting any family or friends at their homes?

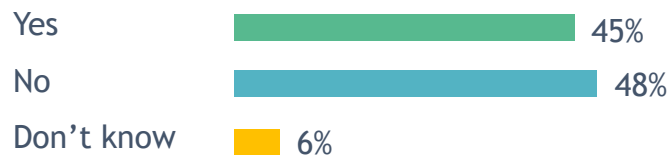


Proportion planning to either have visitors or visit others

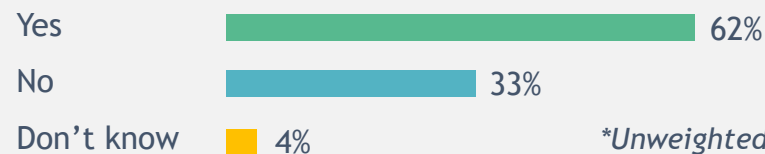


## Are you intending to form a Christmas bubble?

All

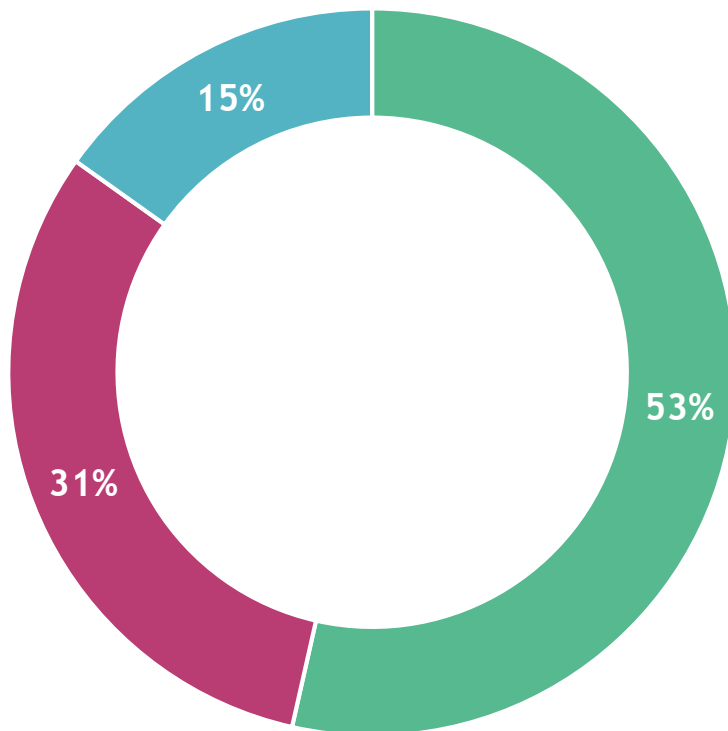


Limited to those planning to either have visitors or visit others\*



\*Unweighted data

## Which of these statements do you agree with most?

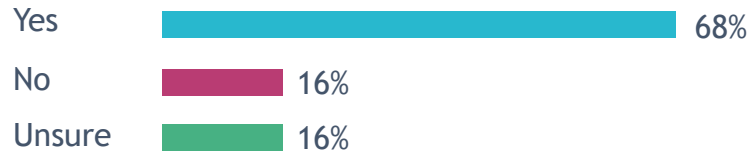


- I think the changes that are being made to restrictions over Christmas are about right
- I would prefer tighter restrictions to remain in place over Christmas
- I would prefer restrictions to be relaxed more over Christmas



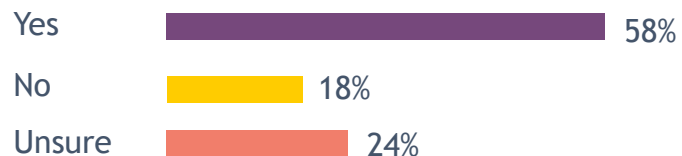
## If a vaccine became available that protected against coronavirus infection...

### Would you personally want to be vaccinated?



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

### Would you want your children to be vaccinated?



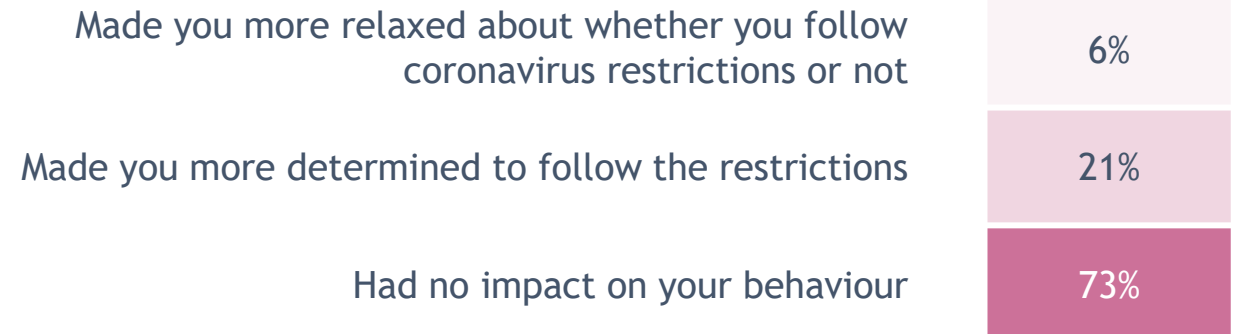
\*Limited to those with children living in the household; excluding those responding 'not applicable'; unweighted data.

Those responding 'no' or 'unsure' to personally wanting to be vaccinated were asked an open ended question about their reason for this response.

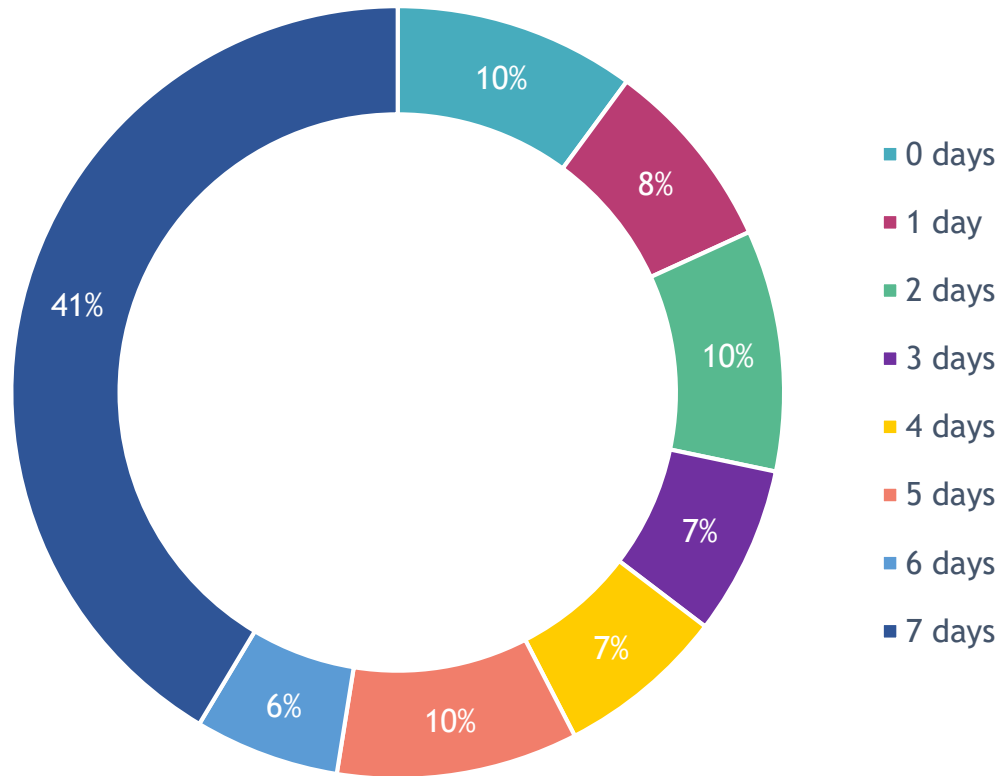
The most common reasons provided related to discomfort with the speed of vaccination development, lack of evidence and/or unknown side effects.

Other reasons included a lack of trust in the vaccine; concern around existing health conditions; not perceiving a need to be vaccinated and not agreeing with vaccinations in general.

## Has recent news about the effectiveness of coronavirus vaccinations and plans to start vaccination programmes...



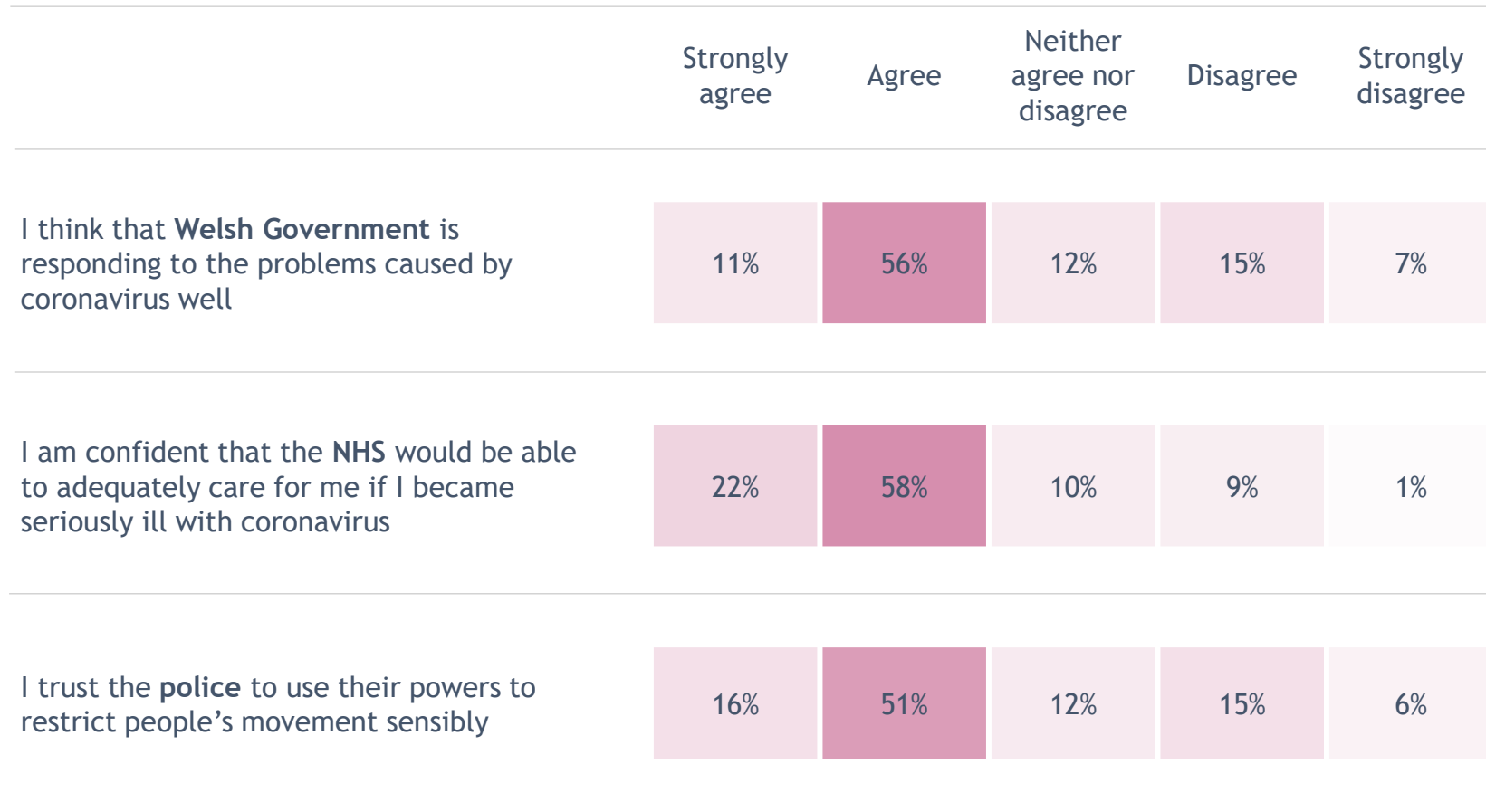
In the past 7 days, on how many days have you left your home or garden?



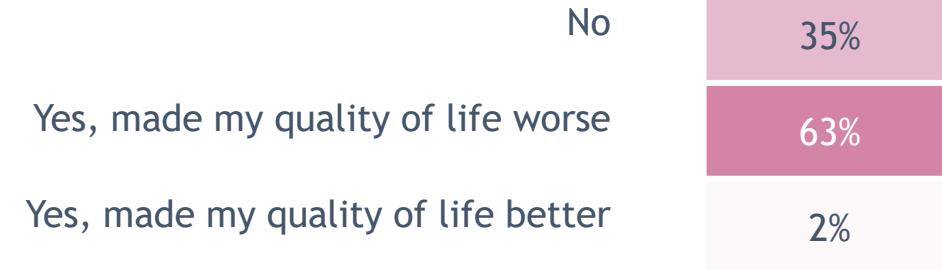
In the past 7 days, on how many days have you left your home...

	0 days	1-2 days	3-4 days	5+ days
...to work	56%	8%	8%	28%
...to shop	28%	56%	12%	5%
...for medical reasons	75%	24%	<1%	<1%
...to exercise	49%	17%	8%	26%
...to meet family/friends	67%	26%	4%	2%
...to eat at a café, pub or restaurant	84%	14%	2%	<1%
...for a drink in a pub or bar	90%	9%	<1%	<1%

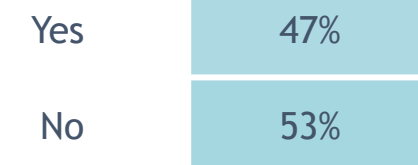
# How well are we handling coronavirus?



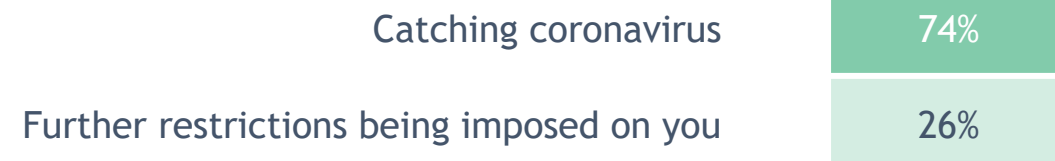
**In general, over the last 6 months, have lockdown and other coronavirus restrictions affected your quality of life?**



**In general, over the last 6 months, has worrying about catching coronavirus made your quality of life worse?**



**What worries you more?**



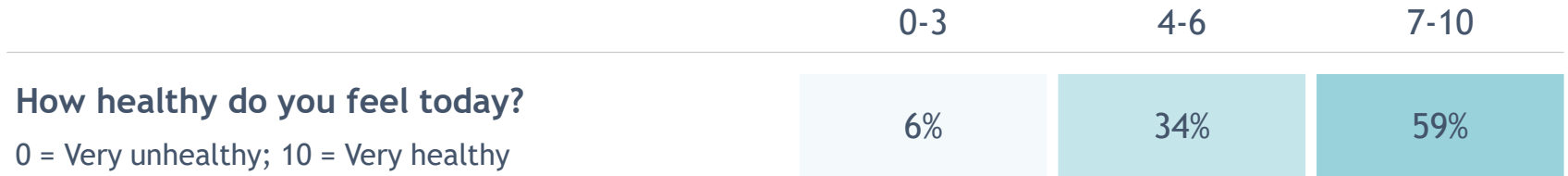
# What are we worried about?

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

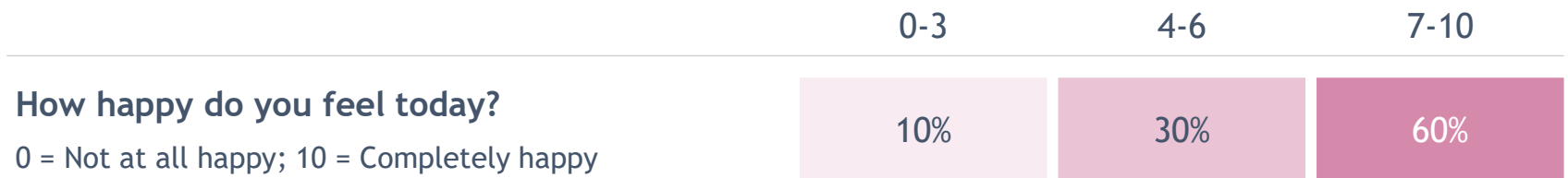
	Not at all	A little	A lot
Becoming seriously ill with coronavirus	38%	45%	18%
Losing someone you love to the virus	25%	33%	42%
The wellbeing of your children*#~	22%	28%	50%
Your children's education*#~	21%	30%	50%
Losing your job or not being able to find one#~	64%	17%	19%
Work, even if your job is secure#~	59%	20%	20%
Your finances	61%	21%	18%
Going out in public places#	43%	38%	20%

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

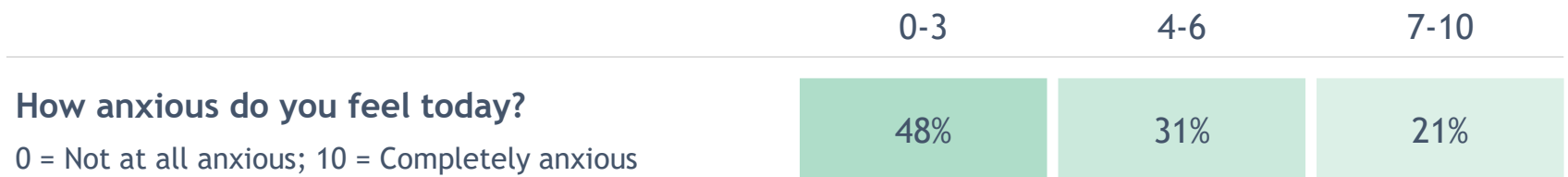
## Feeling healthy



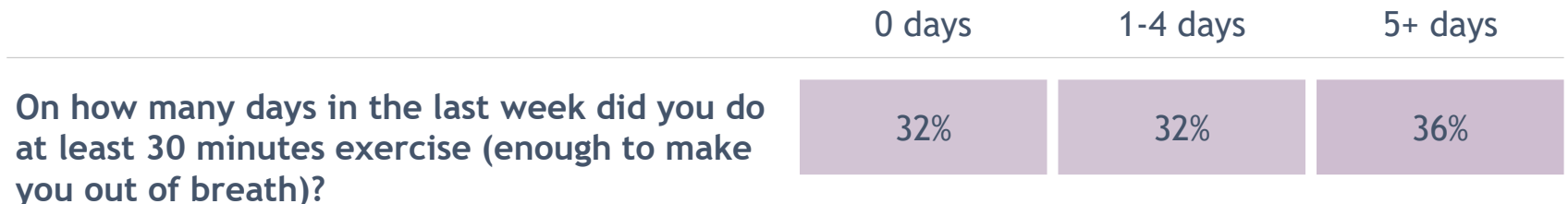
## Feeling happy



## Feeling anxious



## Exercise



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

	Lonely	Isolated
Never	67%	56%
Occasionally	21%	27%
Often	8%	10%
Always	5%	6%

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

Your mental health and wellbeing

Not at all	48%
A little	30%
A lot	22%

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

World Health Organization  
Collaborating Centre  
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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](http://phw.nhs.wales/howareyoudoing)



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