

How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

Week 70 (2nd to 8th August 2021)

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 survey includes a set of routine questions asked each survey week, with other questions changing depending on emerging issues. This week's survey included new questions on perceived changes to behaviour and public health priorities after the pandemic.

Survey 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.



601 Welsh residents aged 18 years and over were interviewed in week 70 of the survey (2nd to 8th August 2021).

Compared to how people lived before coronavirus, after the pandemic:

80% of people said they think they will do more to improve or protect their mental wellbeing.

75% of people said they think they will spend more time with family and friends.

71% of people said they think they will live in a more environmentally friendly way.

62% of people said they think they will live a healthier lifestyle, such as by exercising more and eating healthier food.

56% of people who were not already retired said they thought they would try to retire earlier.

Participants were asked which issues they thought it would be important for Public Health Wales to address as we come out of the pandemic:

94% of people rated 'preventing cancer' as very or extremely important.

89% of people rated 'supporting families to give children the best start in life' as very or extremely important.

86% of people rated 'preventing violence' and 'improving mental wellbeing' as very or extremely important.

81% of people rated 'protecting people from infectious disease' as very or extremely important.

79% of people rated 'reducing obesity' as very or extremely important.

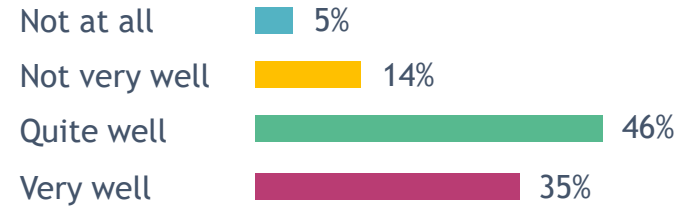
Do you think you have or have had coronavirus?

Yes	19%
Don't know	3%

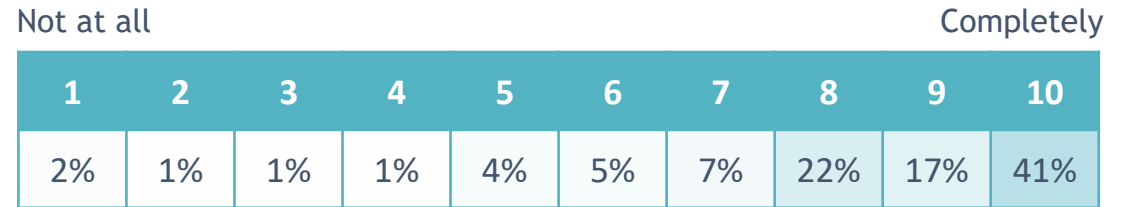
How worried are you that you could get coronavirus?

Not at all	35%
A little	29%
Moderately	28%
Very	8%

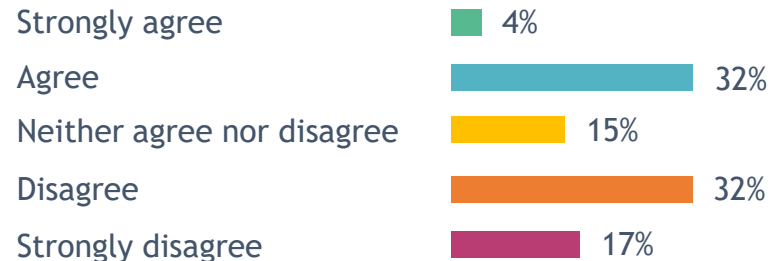
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



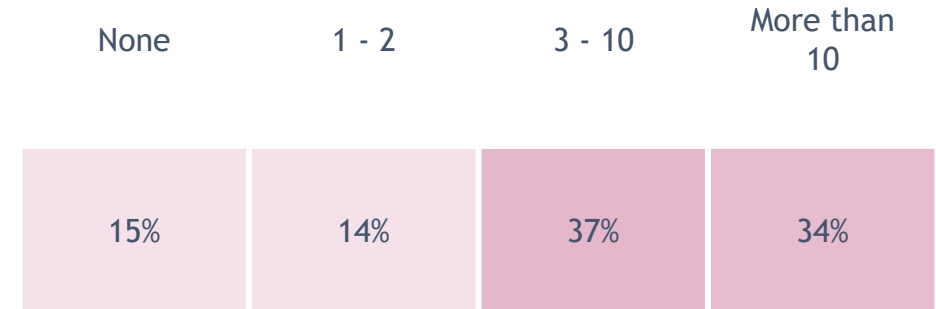
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



I think most people are following social distancing guidelines



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



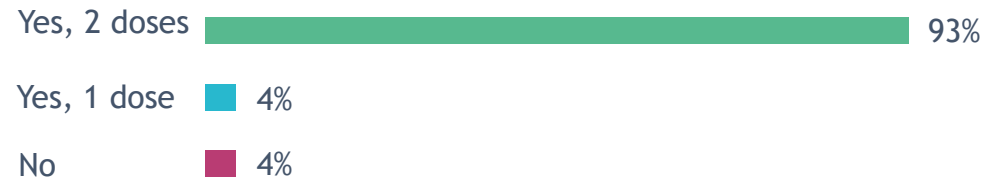
Apart from the people in your own household or your extended household, in the last 7 days, how many people have come into your house?



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

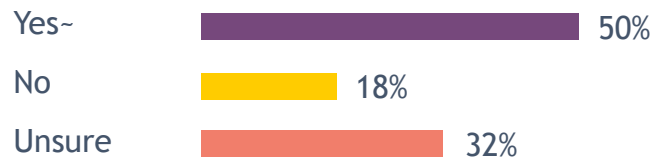


Have you received a vaccine for coronavirus?



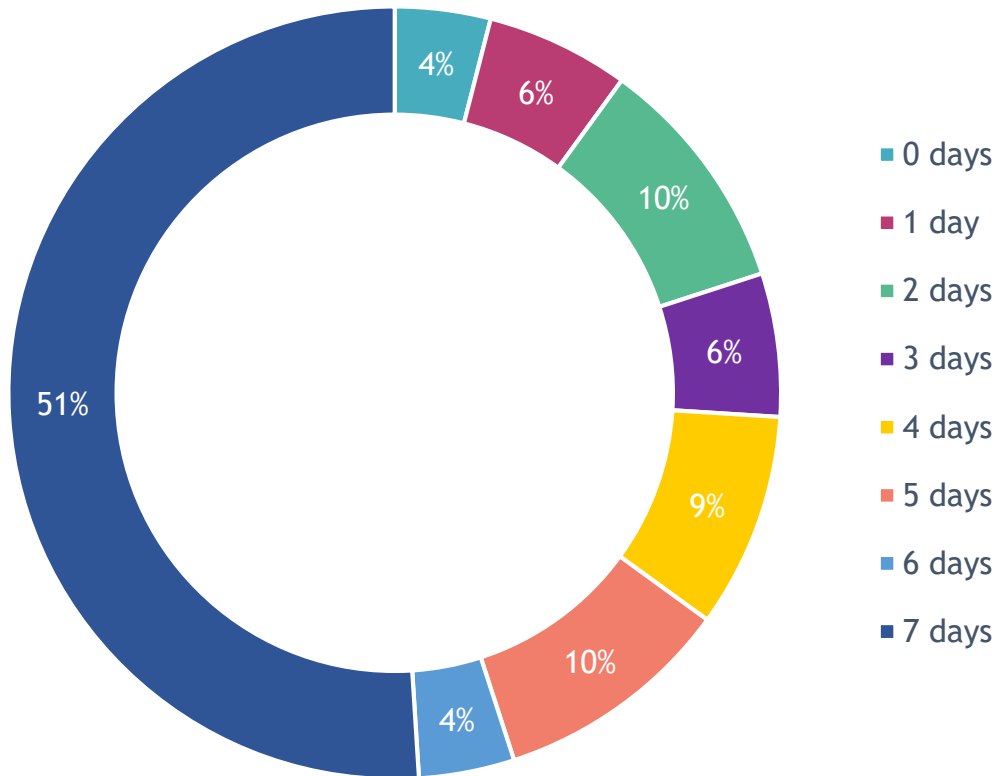
*For those with children in the household**

If you have children aged under 18, would you want your children to receive a coronavirus vaccination?



*Unweighted data; ~Includes those already vaccinated.

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	65%	5%	7%	22%
...to shop	15%	53%	22%	11%
...to exercise	41%	16%	11%	32%
...to meet family/friends	35%	42%	16%	6%
...to eat at a café, pub or restaurant	62%	32%	5%	1%

What are we worried about?

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

	Not at all	A little	A lot
Losing someone you love to the virus	50%	28%	21%
The wellbeing of your children ^{*#} ~	36%	32%	33%
Your children's education ^{*#} ~	29%	35%	36%
Losing your job or not being able to find one [#] ~	76%	14%	10%
Your finances	72%	20%	8%
Going out in public places [#]	52%	35%	14%
The impacts of Brexit	56%	28%	16%

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

How well are we handling coronavirus?

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

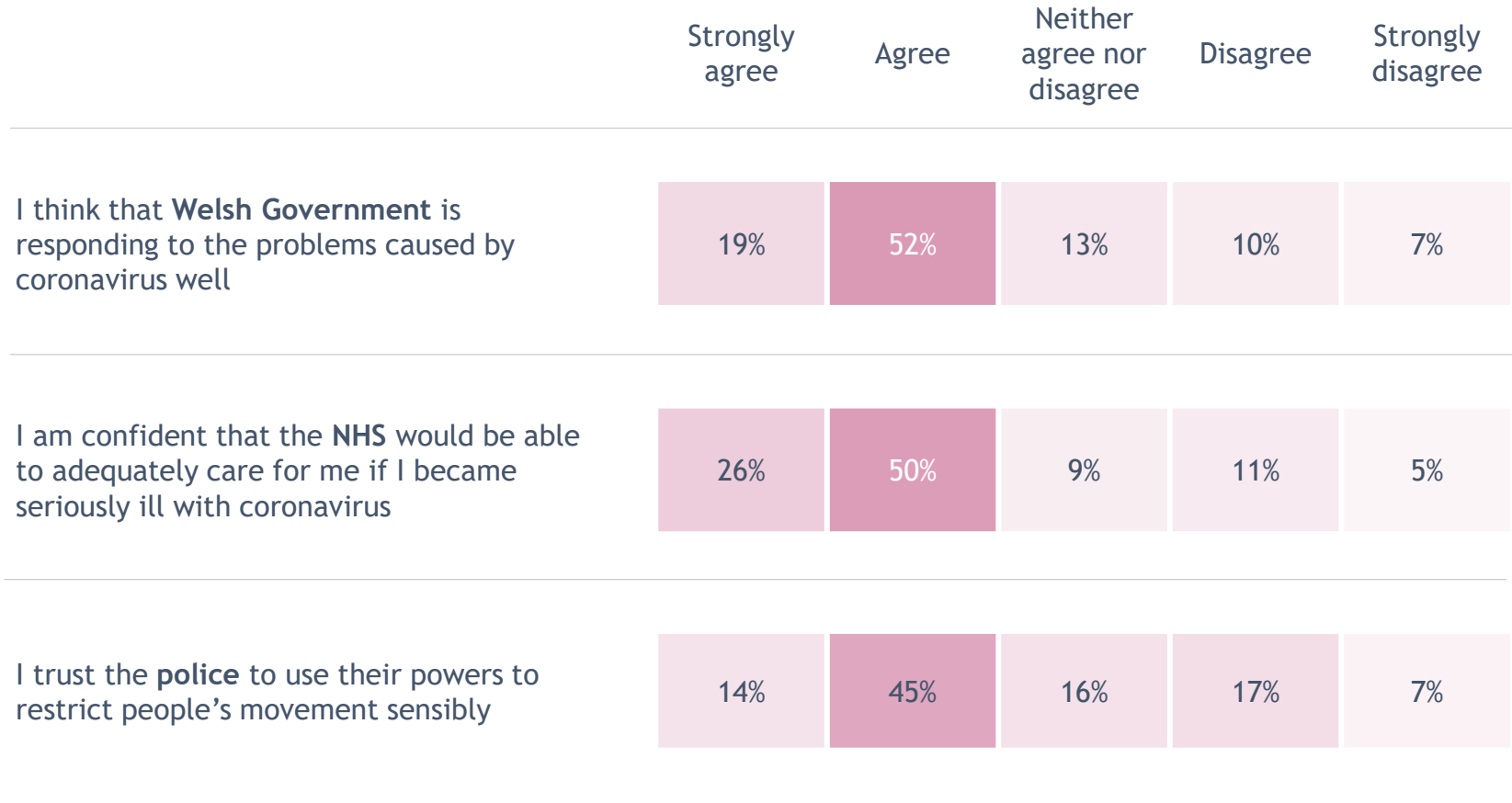
Too little 9%



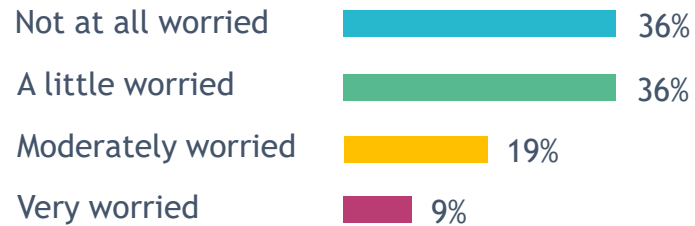
About right 76%



Too much 16%



How worried or unworried are you about the plan to end most coronavirus restrictions in Wales on the 7th August?



When coronavirus restrictions end, which of these, if any, do you think you will still do?



*Unweighted data, excluding those responding 'not applicable'.

Of this list of potential policy areas, which do you think should be the first, second and third priorities over the next 12 months?

	1 st priority	2 nd priority	3 rd priority	Included in top three priorities
NHS waiting lists	31%	23%	16%	70%
Coronavirus	34%	18%	13%	65%
Mental health	11%	17%	21%	49%
Education	8%	20%	17%	44%
Climate change	8%	7%	11%	27%
Brexit	4%	9%	11%	24%
Unemployment	5%	6%	11%	22%

During the pandemic, Public Health Wales has focused on controlling coronavirus. Looking forward, as we come out of the pandemic we'd like to understand which issues you think it will be most important for Public Health Wales to address. For each of the following, please say if you think it is:

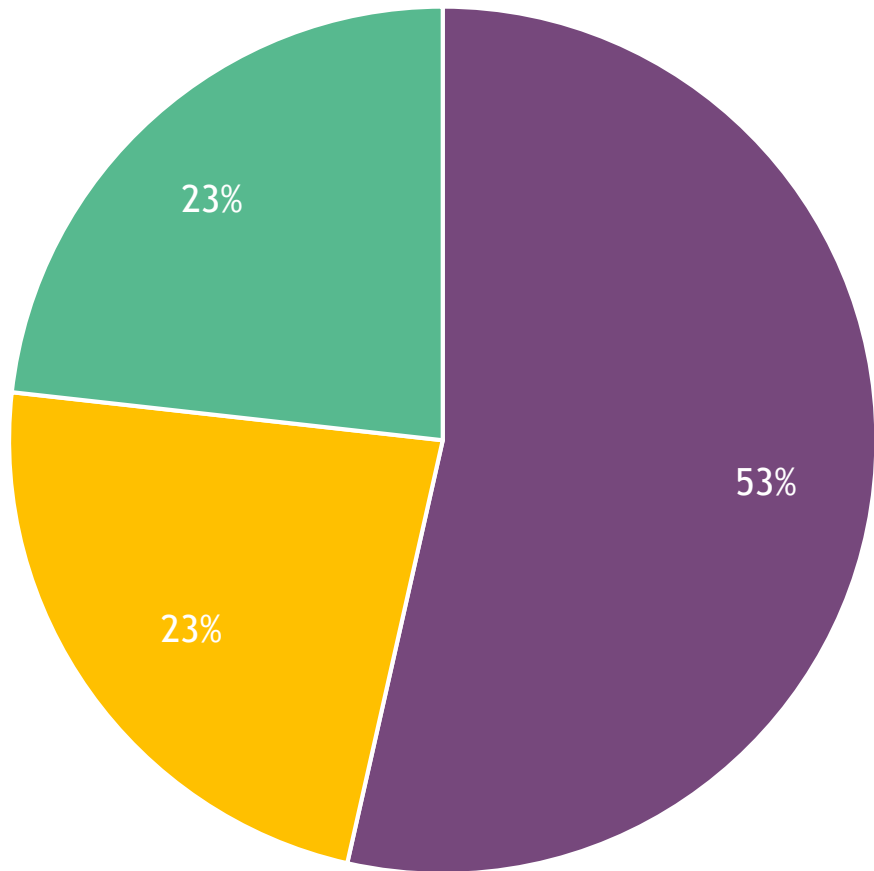
	Not so important	Somewhat important	Very important	Extremely important
Preventing cancer	1%	6%	40%	54%
Supporting families to give children the best start in life	2%	9%	43%	46%
Preventing violence	2%	12%	45%	41%
Improving mental wellbeing	2%	13%	43%	43%
Protecting people from infectious diseases	2%	16%	43%	38%
Reducing obesity	3%	18%	47%	32%
Reducing the impacts of climate change	8%	17%	41%	34%
Increasing physical activity	6%	31%	43%	20%
Reducing harm from alcohol use	13%	36%	36%	16%
Helping people to stop smoking	20%	30%	29%	21%

Compared to how you lived before coronavirus, after the pandemic which of the following changes do you think you will make to your life:

	No	Yes	Already doing this before the pandemic
Do more shopping online	48%	45%	8%
Live a healthier lifestyle, such as by exercising more and eating healthier food	19%	62%	19%
Walk, cycle or use public transport more, rather than driving	54%	36%	10%
Spend more time with family and friends	17%	75%	8%
Try to retire earlier*	38%	56%	6%
Live in a more environmentally friendly way	13%	71%	17%
Engage more in my local community	39%	53%	8%
Do more to improve or protect my mental wellbeing	14%	80%	6%

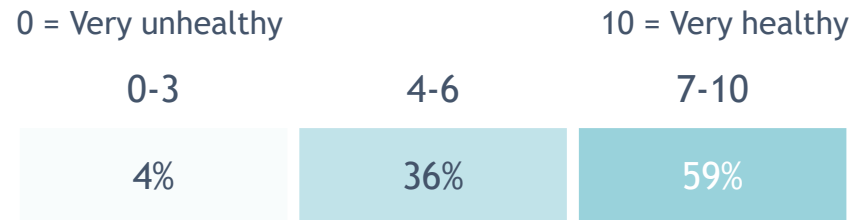
*Excludes those who are already retired; unweighted data.

Thinking about the future of Wales, in your opinion which of these three issues would be most important?

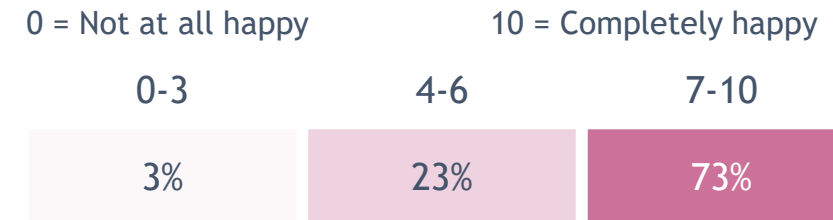


- Improving health care so that people can live healthier lives for longer
- Making society more equal and fairer for all people
- Protecting the planet for future generations

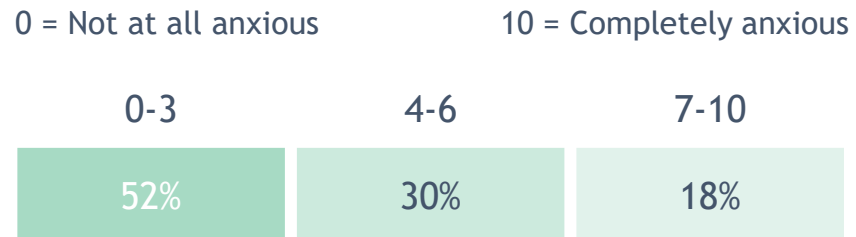
How healthy do you feel today?



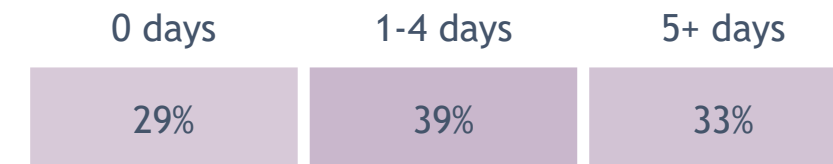
How happy do you feel today?



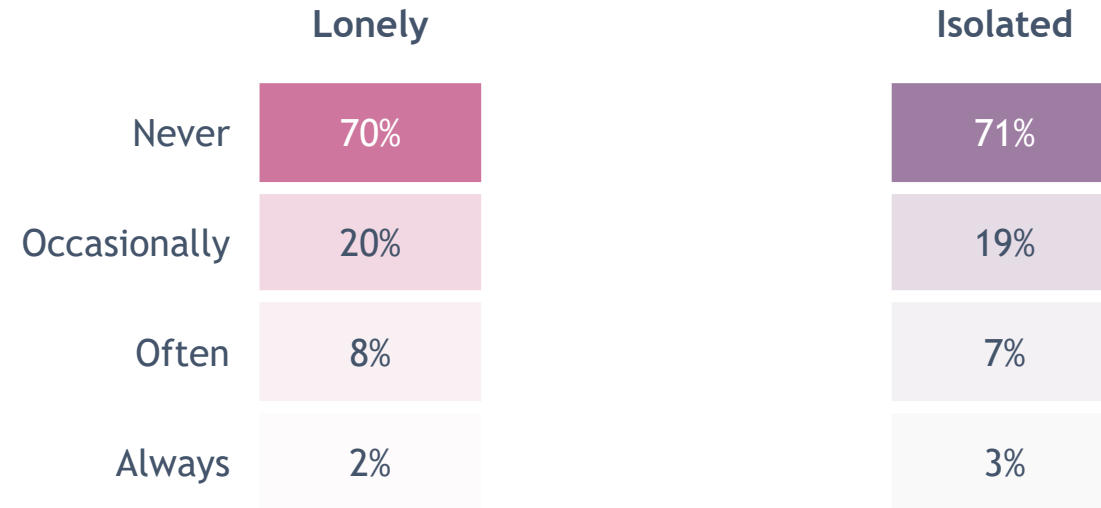
How anxious do you feel today?



On how many days in the last week did you do at least 30 minutes physical activity (enough to make you out of breath)?

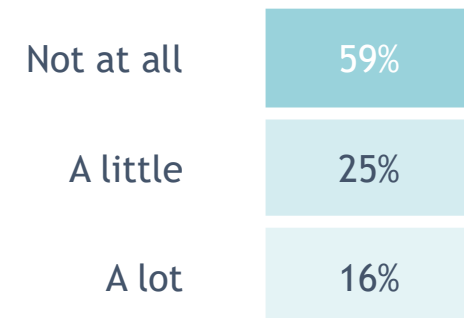


In the last week, how often have you felt...



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

Your mental health and wellbeing



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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

