

How are we doing in Wales?

Public Engagement Survey on Health and
Wellbeing during Coronavirus Measures

March 2022

Background

Since April 2020, Public Health Wales has conducted a public engagement telephone survey to ask members of the public in Wales how coronavirus and related control measures have affected their health and wellbeing.

The survey has included a set of routine questions with other questions changing depending on emerging issues. This report presents data from the March 2022 survey. Survey data are adjusted to represent the Welsh population by age, sex and deprivation*.

This is the last round of the survey in its current format. During this year we will be establishing a well-being panel to carry on monitoring key public health issues in Wales.

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



1,000 Welsh residents aged 18 years and over were interviewed in March 2022*

The majority of people said that they were continuing to use protective measures to reduce their risk of catching or spreading coronavirus. For example:

92% said they would self-isolate if they had coronavirus symptoms.

68% said they were avoiding crowded places.

66% said they were keeping the number of people they met to a minimum.

19%

of people said they had been worrying ‘a lot’ about their finances in the last week; continuing an increase seen from around 12% in late 2021.

14%

of people had been worrying ‘a lot’ about their mental health in the last week; compared with a peak of 30% in early January 2021.

40%

of people selected NHS waiting lists as their top policy priority for the next 12 months and 19% selected coronavirus (out of a list of seven options[#]). When this question was first asked in January 2021, 71% selected coronavirus as their top priority and 9% selected NHS waiting lists.

*Surveying took place between 7th and 31st March 2022; most COVID-19 restrictions ended in Wales on 28th March 2022. [#]Options were: NHS waiting lists, coronavirus, mental health, education, climate change, unemployment, Brexit.

About coronavirus

Do you think you have or have had coronavirus?

Yes

41%

Don't know

3%

How worried are you that you could get coronavirus?

Not at all

38%

A little

28%

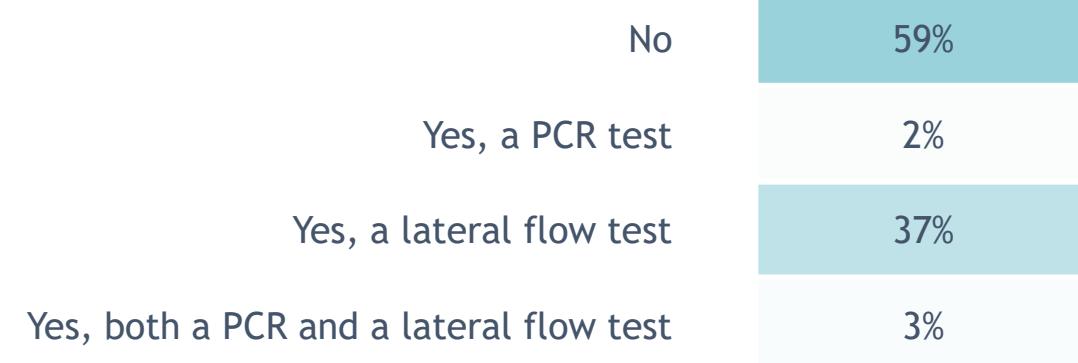
Moderately

22%

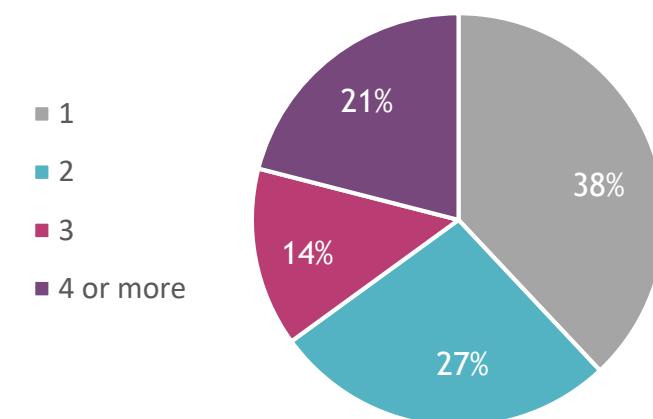
Very

11%

Have you had a PCR test or done a lateral flow test in the past 7 days?

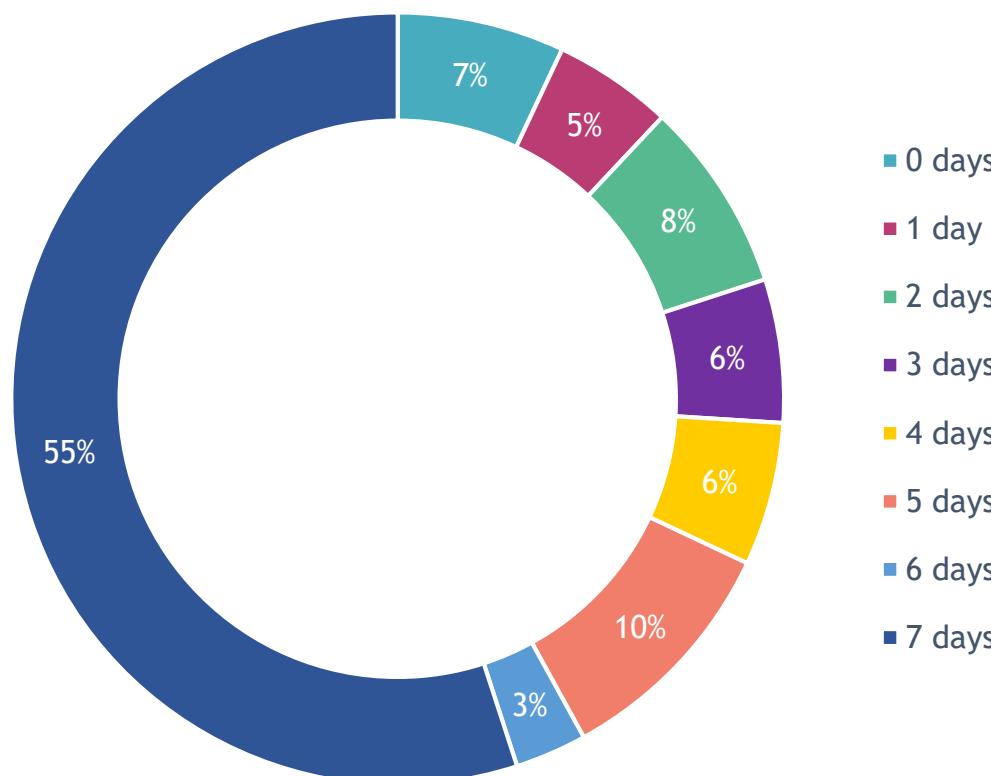


Number of lateral flow tests taken in the past 7 days by those reporting having taken a test*



How are we behaving?

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%	9%	9%	26%
...to shop	18%	51%	17%	14%
...to exercise	38%	19%	15%	28%
...to meet family/friends	37%	37%	17%	9%
...to eat at a café, pub or restaurant	60%	34%	5%	1%
...for a drink in a pub or bar	76%	21%	2%	<1%

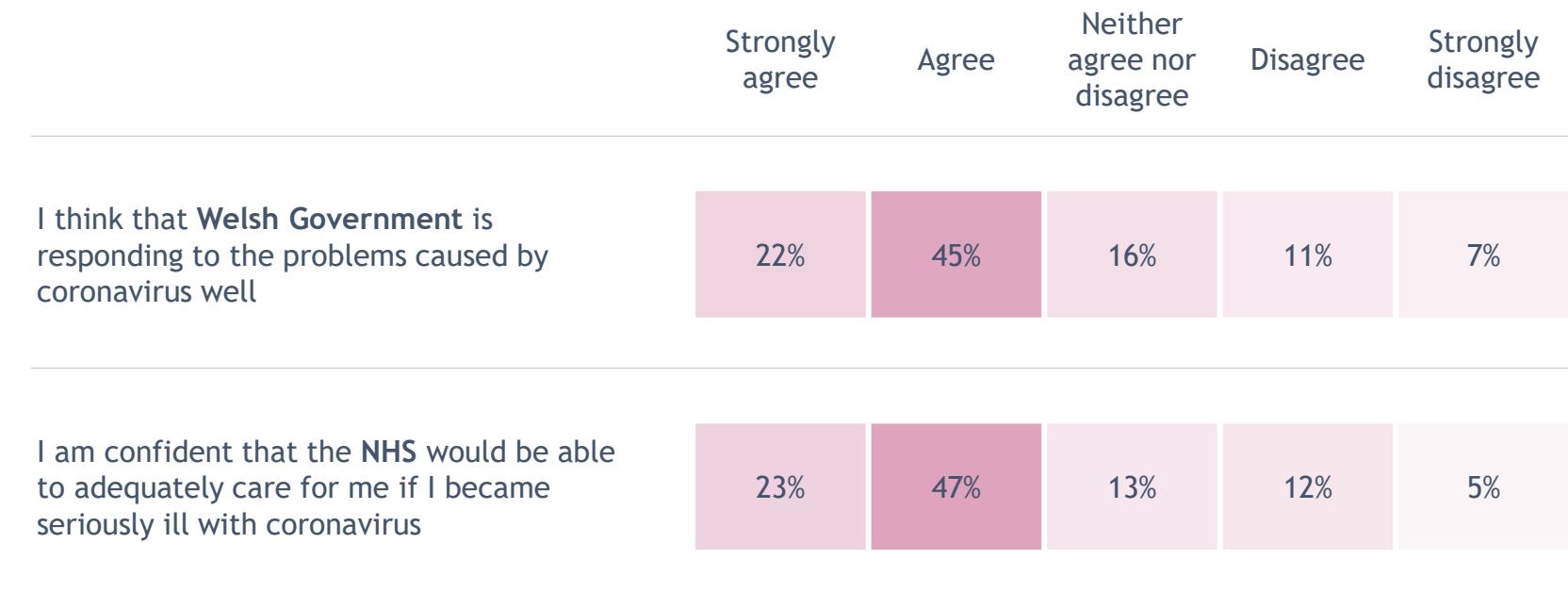
What are we worried about?

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

	Not at all	A little	A lot
Other health issues not related to coronavirus	56%	25%	19%
Losing someone you love to the virus	49%	30%	21%
The wellbeing of your children*#~	29%	34%	38%
Your children's education*#~	28%	27%	45%
Losing your job or not being able to find one#~	75%	13%	12%
Your finances	52%	28%	19%
Going out in public places#	55%	33%	12%
The impacts of Brexit	51%	30%	19%

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

How well are we handling coronavirus?



How well are we handling coronavirus?

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

Too little  19%

About right  66%

Too much  14%

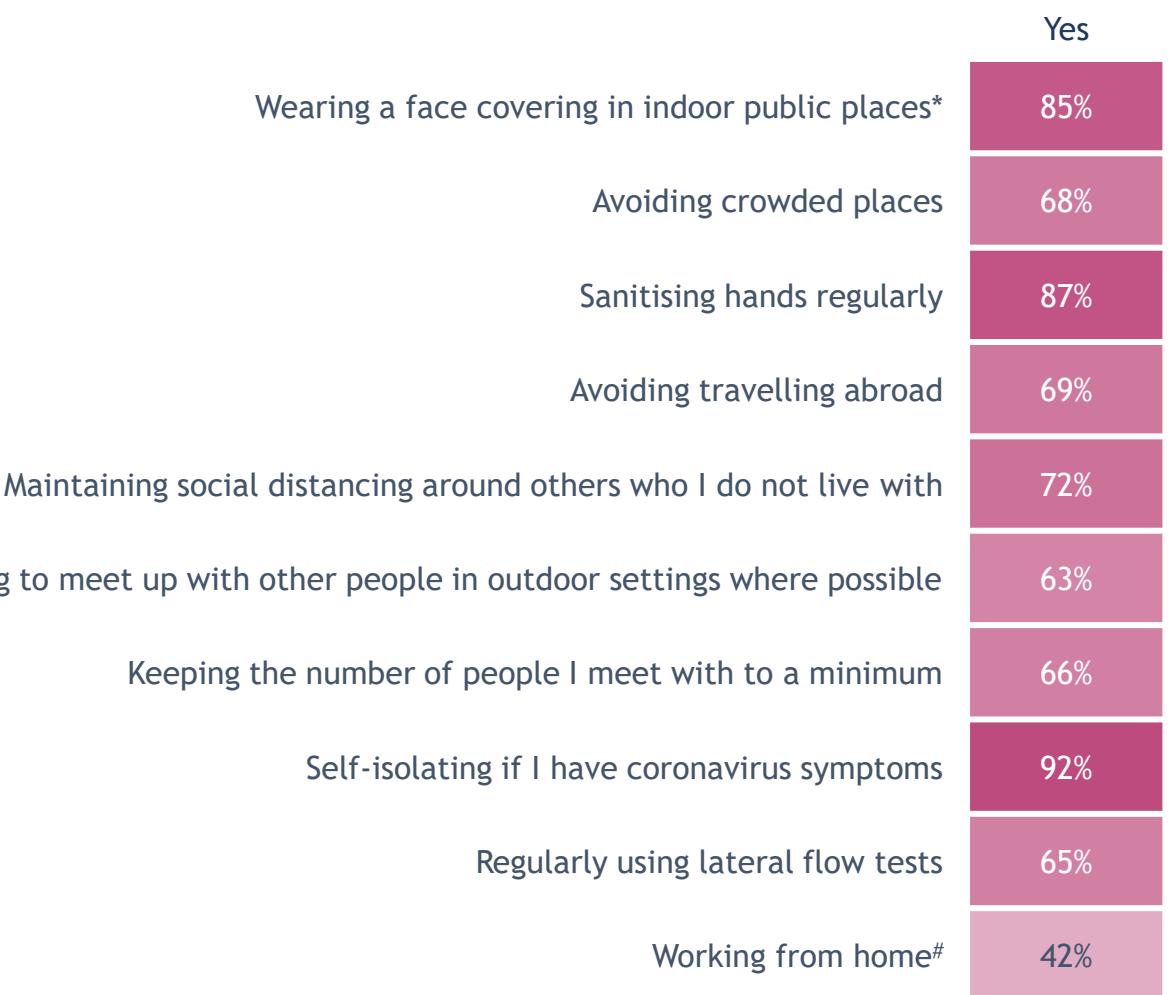
Do you support the continued requirement* for face coverings in shops and other indoor public places in Wales?

Yes  74%

No  23%

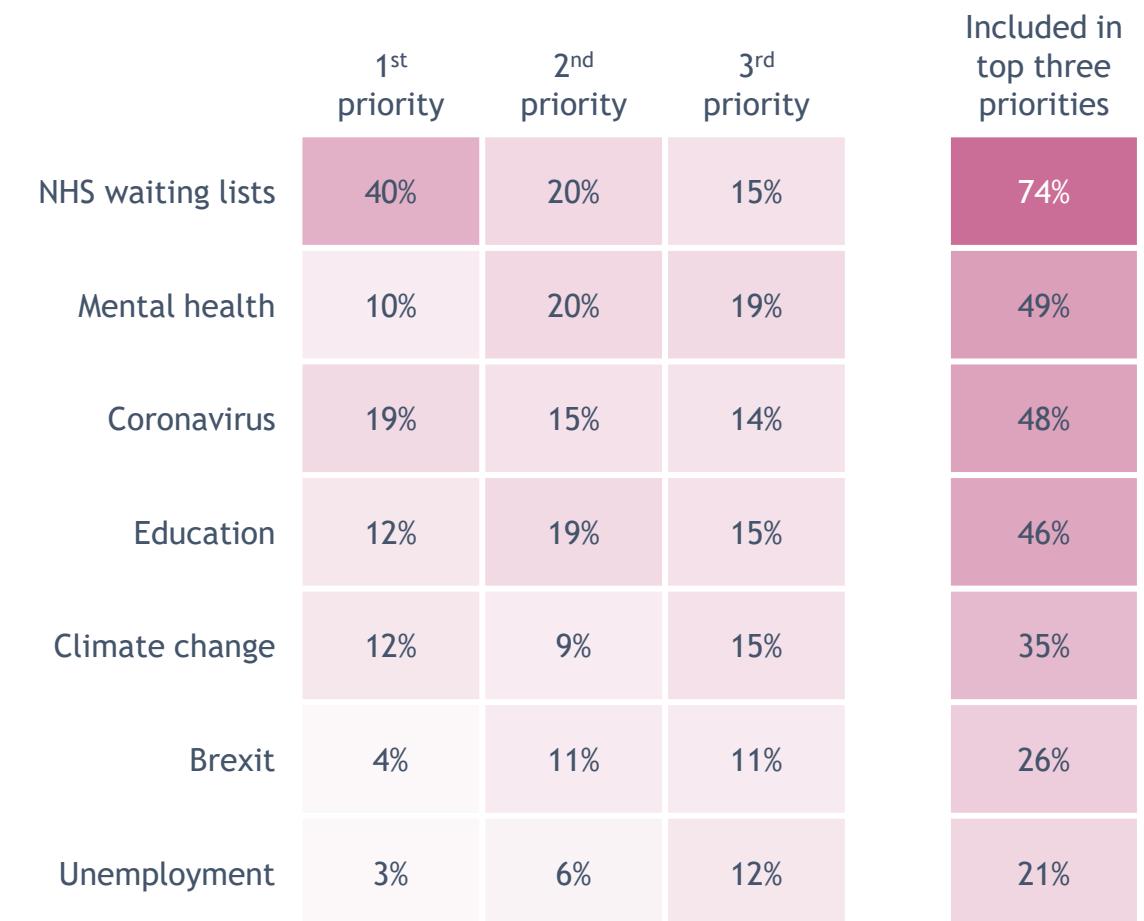
Unsure  4%

Which of the following, if any, are you doing to reduce your risk of catching or spreading coronavirus?



*The requirement to wear a face covering in most indoor public places ended in Wales on 28th March 2022. [#]Unweighted data, excludes 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?



Using a scale where 0 is not at all happy and 10 is completely happy, how happy would you say you are with the following in Wales?

	0-3	4-6	7-10	NA*
The NHS in general	9%	32%	60%	
The Welsh education system	11%	47%	42%	
Crime control	14%	49%	37%	
The Welsh economy	12%	56%	32%	
Opportunities for children growing up in Wales	18%	56%	26%	
The area you live in	9%	26%	65%	
Your social life	13%	31%	55%	
Your work (paid or voluntary)	5%	18%	41%	36%
Your general state of health	6%	25%	69%	
Your life in general	3%	16%	81%	

Trust in sources of information

Thinking not just about COVID but in general, how much do you trust information from the following sources, using a scale of 0 to 10 where 0 is ‘do not trust at all’ and 10 is ‘completely trust’?

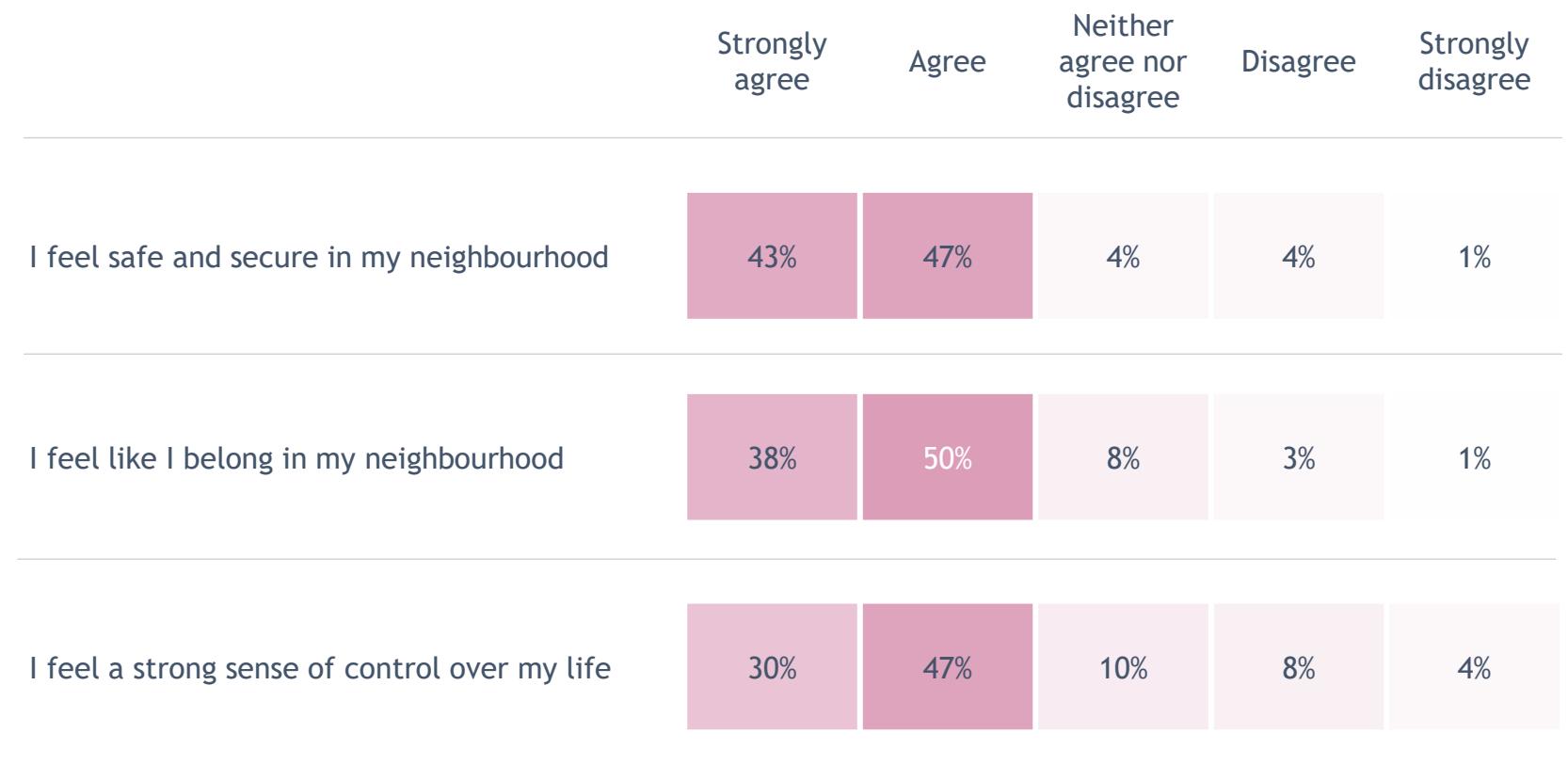
	Low trust		High trust		NA*
	0-3	4-6	7-10		
Welsh Government	12%	27%	61%	<1%	
Public Health Wales	8%	22%	70%	<1%	
BBC news sources (including TV & websites)	23%	33%	42%	2%	
Other TV news sources	21%	47%	28%	4%	
Other online news sources	34%	44%	12%	10%	
Social media such as Twitter and Facebook	63%	19%	4%	14%	
Newspapers	30%	42%	13%	15%	
Family members	15%	38%	47%	1%	
Friends	15%	41%	43%	1%	

For each source, would you say your level of trust in them has increased, stayed the same or reduced as a result the COVID pandemic?

	Increased	No change	Reduced	NA*
Welsh Government	28%	53%	19%	1%
Public Health Wales	29%	54%	16%	2%
BBC news sources (including TV & websites)	7%	62%	29%	2%
Other TV news sources	4%	62%	30%	4%
Other online news sources	5%	50%	35%	10%
Social media such as Twitter and Facebook	2%	44%	41%	13%
Newspapers	4%	58%	24%	14%
Family members	11%	76%	12%	1%
Friends	11%	76%	12%	1%

*NA, not applicable: no opinion, never used. This response category was not read out to participants.

How are we feeling?



How are we feeling?

How healthy do you feel today?

0 = Very unhealthy

10 = Very healthy

0-3

4-6

7-10

8%

37%

55%

How happy do you feel today?

0 = Not at all happy

10 = Completely happy

0-3

4-6

7-10

7%

21%

73%

How anxious do you feel today?

0 = Not at all anxious

10 = Completely anxious

0-3

4-6

7-10

52%

28%

21%

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

0 days

1-4 days

5+ days

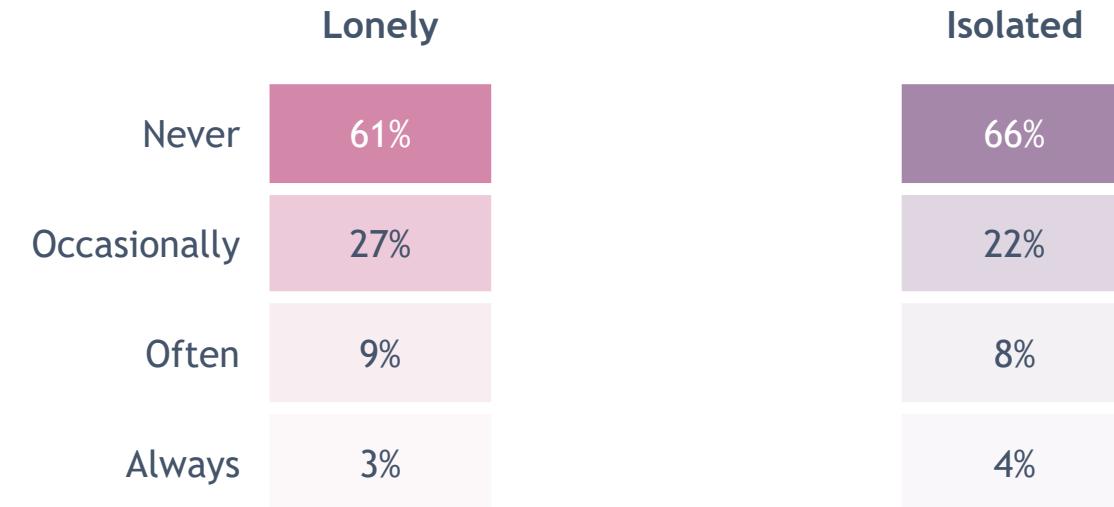
23%

41%

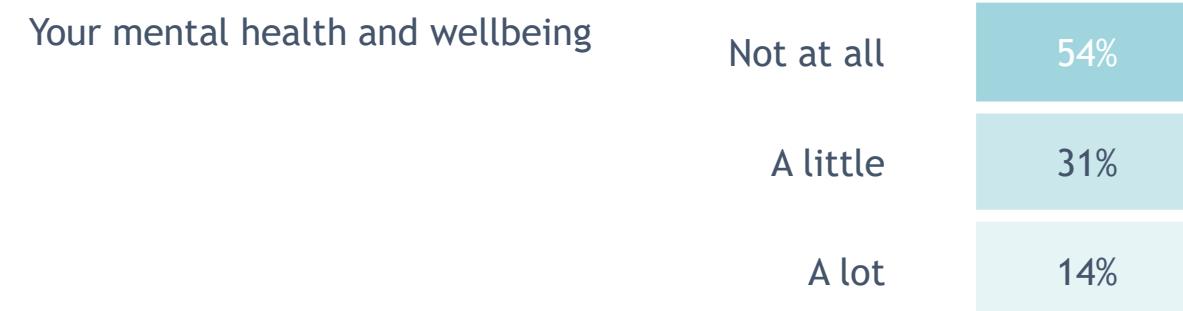
35%

How are we feeling?

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



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



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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

