

# How are we doing in Wales?

Public Engagement Survey on Health and  
Wellbeing during Coronavirus Measures

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Week 40 (4<sup>th</sup> to 10<sup>th</sup> January 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 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.\*

The survey includes a set of routine questions asked each survey week, with other questions changing depending on emerging issues. This week's survey asked about household mixing over the Christmas period, and included a range of questions on changes to health and wellbeing over the last year and perspectives on the year to come.

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



\*Unless stated otherwise. Throughout the report, figures may not always add up to 100% due to rounding.

601 Welsh residents aged 18 years and over were interviewed in week 40 of the survey (4<sup>th</sup> to 10<sup>th</sup> January 2021).

**88%**

of people think the current national lockdown is the right measure for the government to have put in place.

**49%**

of people say they are complying completely with coronavirus restrictions; up from 38% in the last survey week.\*

**30%**

of people have been worrying ‘a lot’ about their mental health and wellbeing; up from 24% in the last survey week.\*

**32%**

of people are ‘very’ worried about catching coronavirus; up from 24% in the last survey week.\*

**95%**

of people complied with Christmas Day household mixing regulations and 77% did not meet people from other households between Christmas and New Year.

**64%**

of those with children in the household have been worrying ‘a lot’ about their children’s education; up from 58% in the last survey week.\*

Compared with this time last year...

**40%**

say their weight has increased; 16% that it has decreased.

**45%**

say their physical fitness has worsened; 11% that it has improved.

**48%**

say their mental health has worsened; 6% that it has improved.

**66%**

say their social relationships have worsened; 4% that they have improved.

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

Yes*	17%
Don't know	6%

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

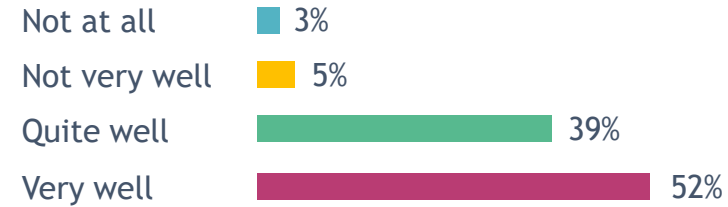
Had a coronavirus test	35%
Had an antibodies test	7%

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

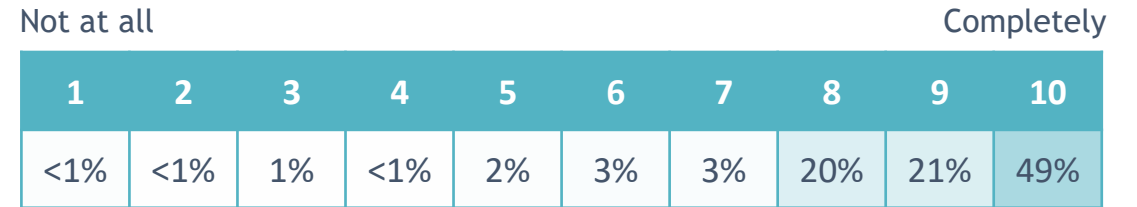
Not at all	12%
A little	18%
Moderately	38%
Very	32%

# Knowledge and compliance with restrictions

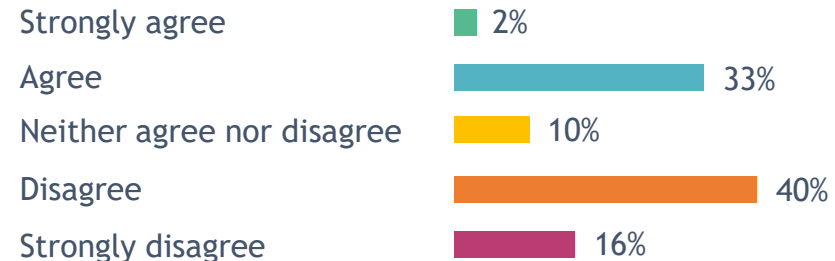
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



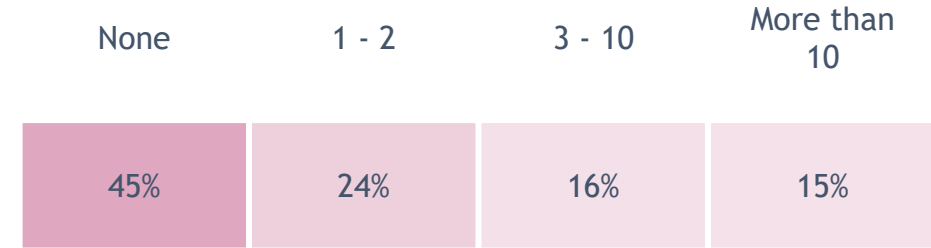
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



I think most people are following social distancing guidelines



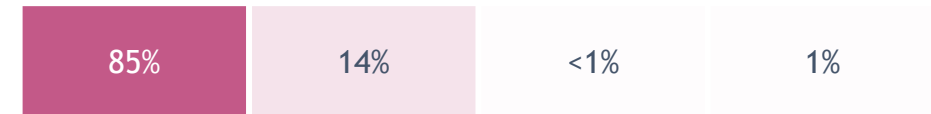
Apart from the people in your own household or a permitted support bubble, in the last 7 days, how many other people have you come into close contact with, meaning within one metre?



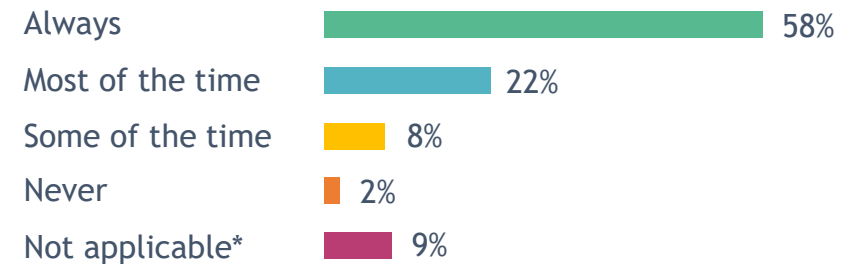
Apart from the people in your own household or a permitted support bubble, in the last 7 days, how many people have come into your house?



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

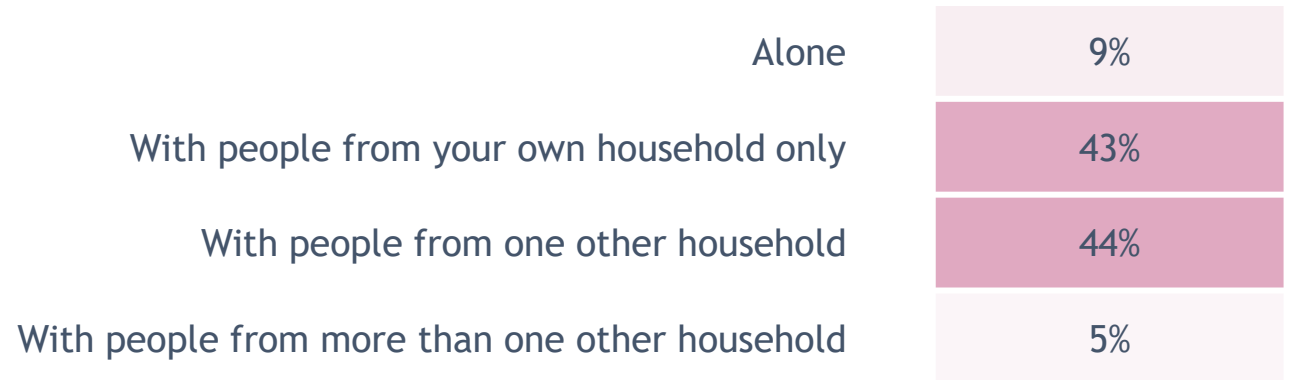


When you are with people from outside of your household or extended household, such as friends or work colleagues, do you maintain social distancing of two metres...?

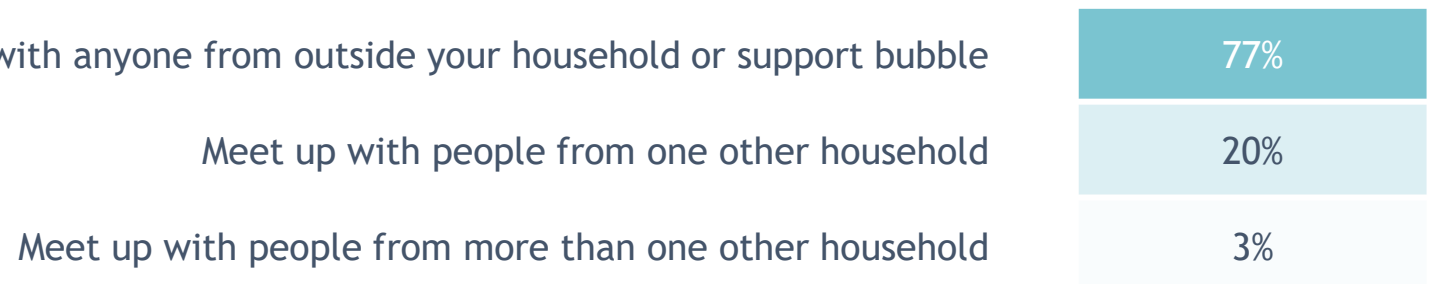


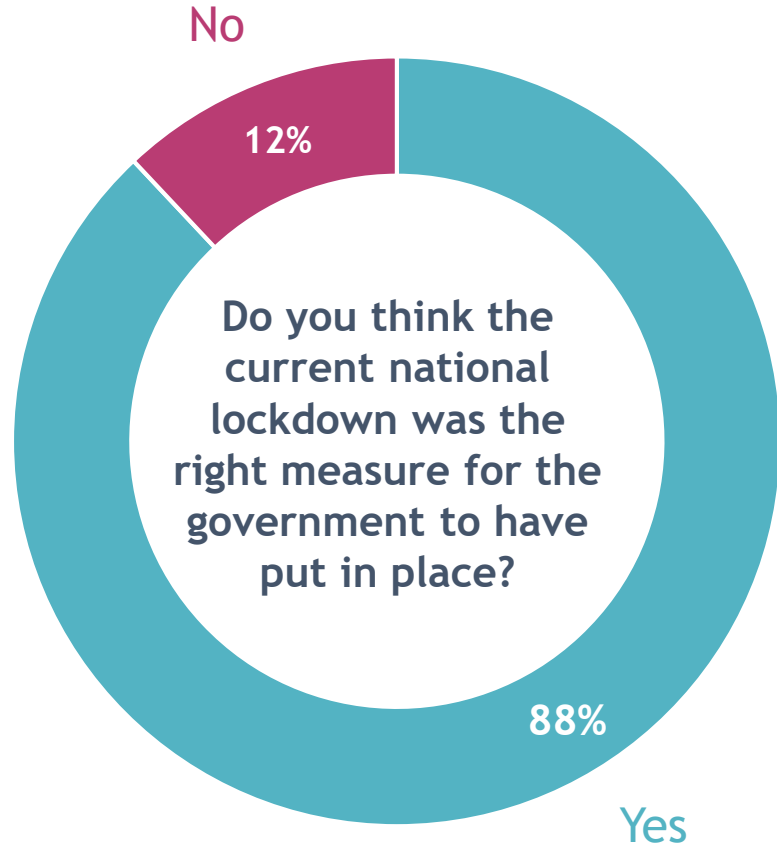
\*Do not meet people from outside household

## Did you spend Christmas Day...



## Apart from Christmas day, over the Christmas and New Year period did you...





## How effective do you think national lockdowns are at preventing the spread of coronavirus?



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

The benefits of national lockdowns in reducing the spread of coronavirus outweigh their costs

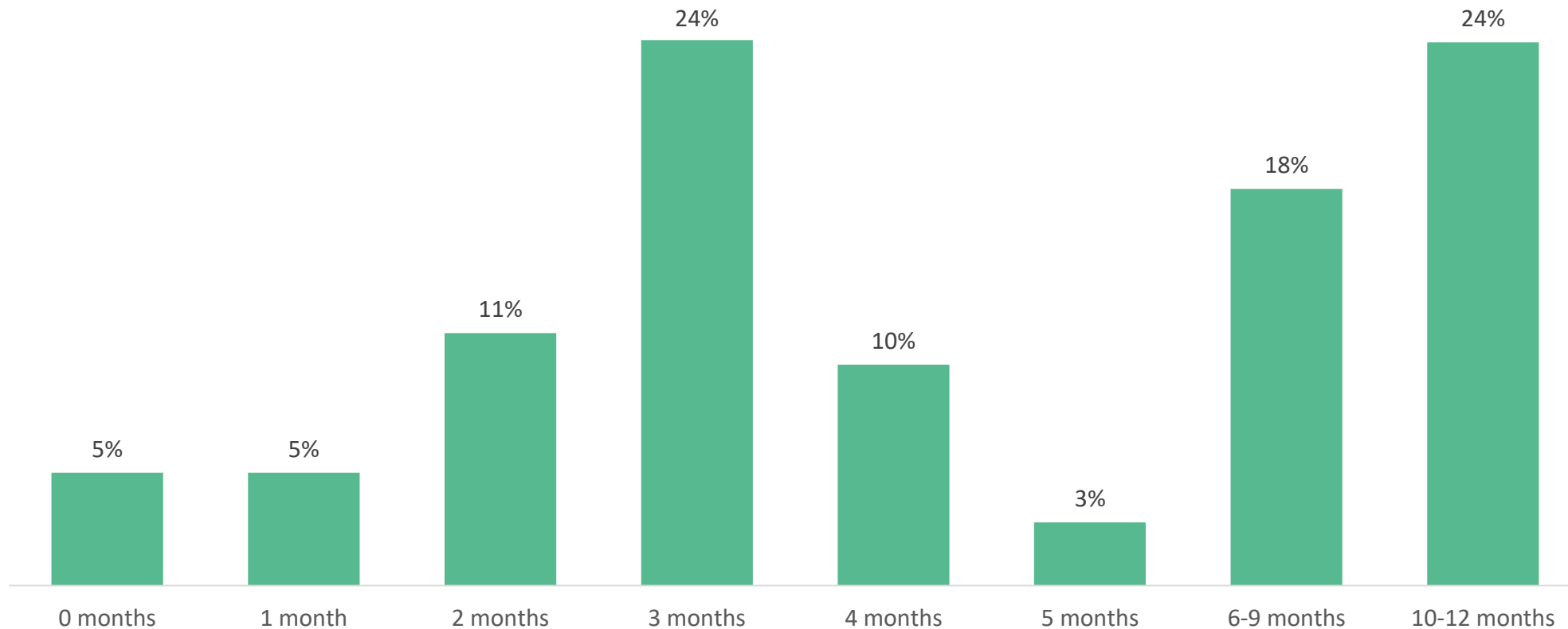
69%

The costs of national lockdowns to people's wellbeing and the economy outweigh their benefits

31%

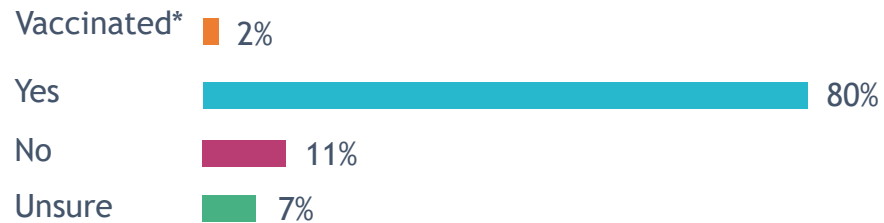


Starting from now, how many months of total lockdown (with all schools and non-essential shops and workplaces closed) would you be prepared to endure if it guaranteed that the rest of the year would be free from the virus?



## If you were offered a coronavirus vaccination...

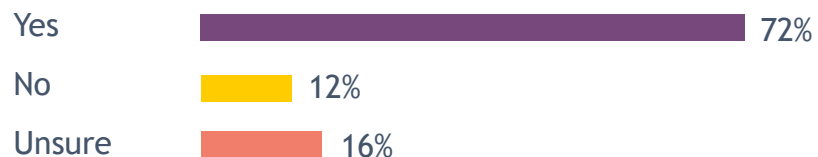
### Would you personally want to be vaccinated?



\*Already received a coronavirus vaccination

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

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



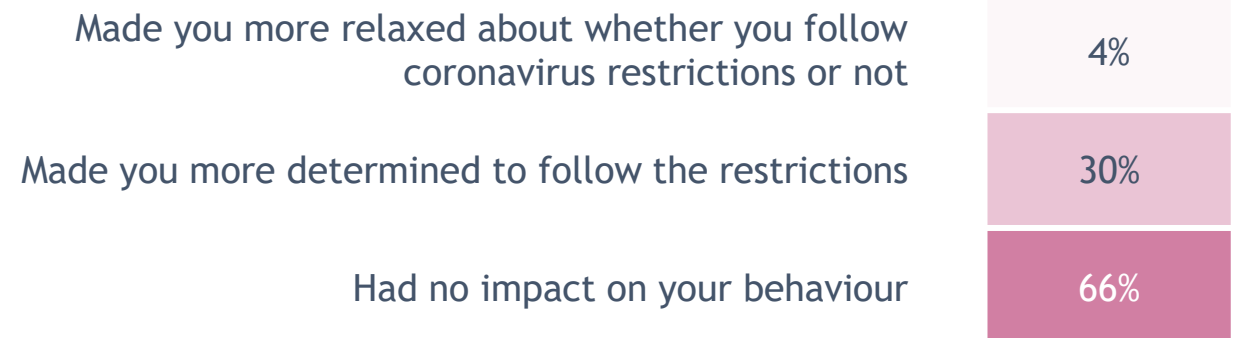
\*\*Limited to those with children living in the household; excluding those responding 'not applicable'; unweighted data.

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

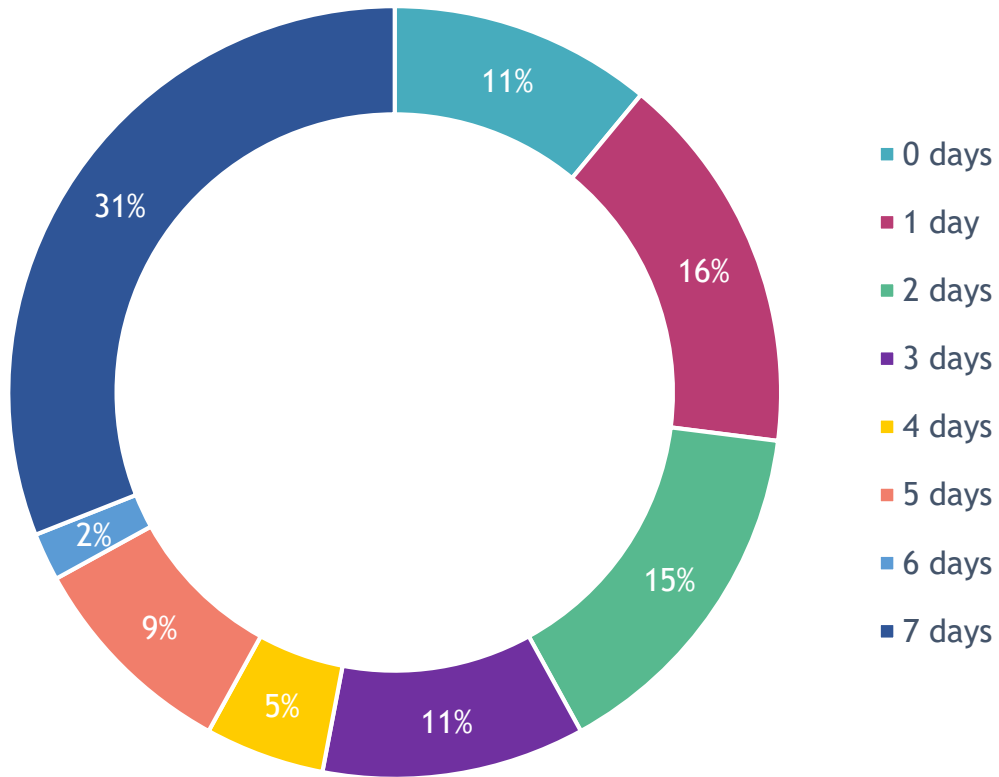
The most common reasons provided related to a lack of trust about the vaccine due to insufficient time for testing of the vaccines and unknown side effects.

Other reasons included having existing health conditions such as allergies; not feeling a need to be vaccinated due to perceived low risk or having already had coronavirus; 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	70%	10%	5%	15%
...to shop	38%	49%	9%	3%
...for medical reasons	85%	14%	<1%	<1%
...to exercise	55%	13%	9%	24%
...to meet family/friends	86%	11%	1%	2%
...to eat at a café, pub or restaurant	100%	<1%	0%	0%
...for a drink in a pub or bar	100%	<1%	<1%	0%

# How well are we handling coronavirus?

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

Too little 34%



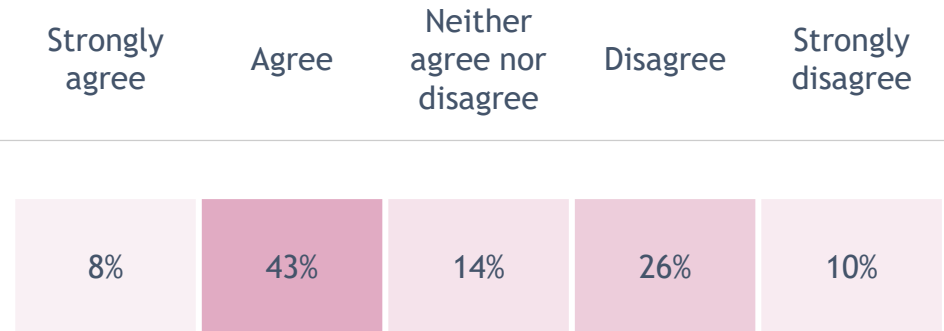
About right 56%



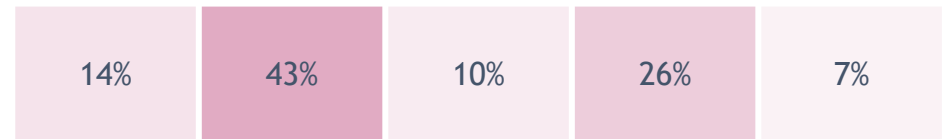
Too much 10%



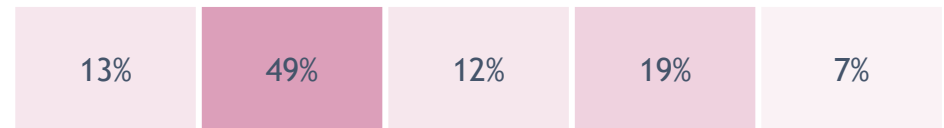
I think that **Welsh Government** is responding to the problems caused by coronavirus well



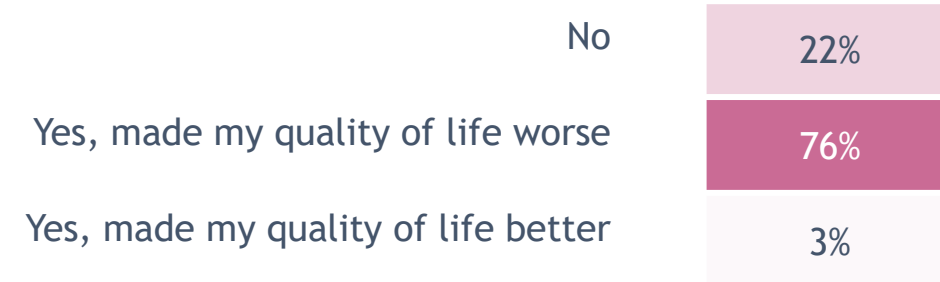
I am confident that the **NHS** would be able to adequately care for me if I became seriously ill with coronavirus



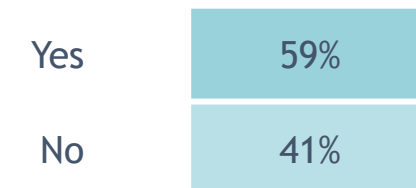
I trust the **police** to use their powers to restrict people's movement sensibly



**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 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	30%	37%	33%
Losing someone you love to the virus	14%	28%	57%
The wellbeing of your children*#~	13%	28%	59%
Your children's education*#~	14%	22%	64%
Losing your job or not being able to find one#~	59%	19%	22%
Work, even if your job is secure#~	54%	21%	24%
Your finances	58%	23%	19%
Going out in public places#	32%	33%	34%
The impacts of Brexit	59%	25%	16%

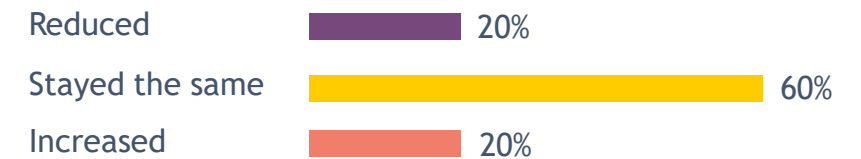
\*Limited to those with children in the household; #Excludes those responding 'not applicable'; ~Unweighted data

Compared to this time a year ago, would you say the following are...

	Much better	A bit better	The same	A bit worse	Much worse
Your physical health	4%	7%	44%	31%	13%
Your physical fitness	4%	7%	43%	29%	16%
Your mental health	2%	4%	45%	31%	17%
Your family relationships	6%	11%	56%	17%	9%
Your social relationships	1%	3%	29%	32%	34%
Your financial situation	4%	11%	62%	14%	9%
Your employment or work prospects	3%	5%	74%	8%	9%

Compared to this time a year ago, would you say the following have reduced, stayed the same or increased?

### Your alcohol consumption



### Your weight



Of this list of potential policy areas, which do you think should be the first, second and third priorities for 2021?

	1 <sup>st</sup> priority	2 <sup>nd</sup> priority	3 <sup>rd</sup> priority	Included in top three priorities
Coronavirus	71%	8%	6%	86%
NHS waiting lists	9%	27%	21%	56%
Education	7%	21%	20%	47%
Mental health	8%	15%	20%	44%
Unemployment	2%	8%	13%	23%
Brexit	1%	11%	12%	23%
Climate change	2%	10%	8%	20%



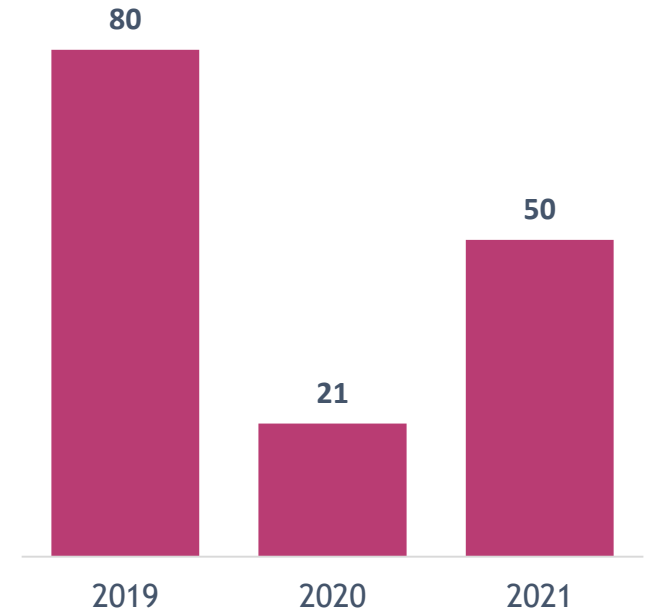
## How much do you agree with the following statements?

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
We will have largely returned to our normal lives by the summer	2%	23%	12%	45%	18%
The economy will quickly recover from the shock of coronavirus	2%	16%	9%	45%	28%
Brexit will make Wales stronger	4%	17%	31%	32%	17%
Brexit will make Wales poorer	12%	33%	31%	18%	6%
Coronavirus will have helped us all adopt a better work life balance	7%	32%	17%	35%	10%
Vaccines against coronavirus will only be a temporary solution as the virus will continue to change	7%	38%	24%	24%	6%

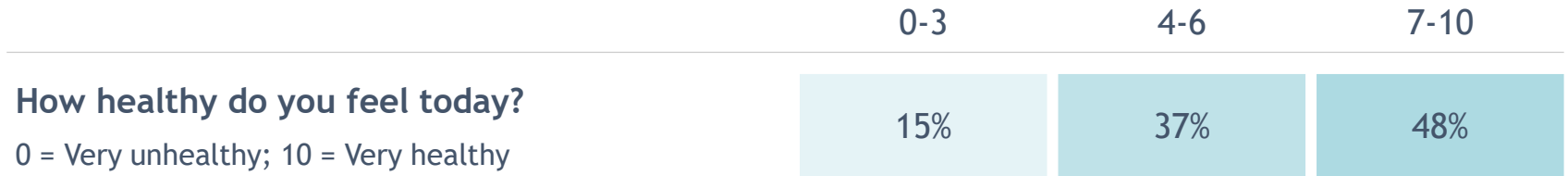
On a scale of 0 to 100, where 0 is the worst you can imagine and 100 is the best you can imagine, how would you score:

	0	1-20	21-40	41-60	61-80	81-100
The year 2020	21%	29%	20%	17%	10%	3%
The year 2019	1%	5%	3%	16%	42%	33%
And what do you think the score will be for 2021?	4%	11%	14%	45%	18%	8%

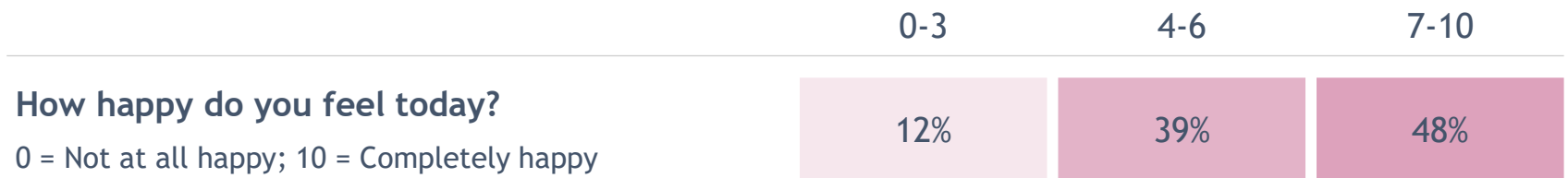
Median scores



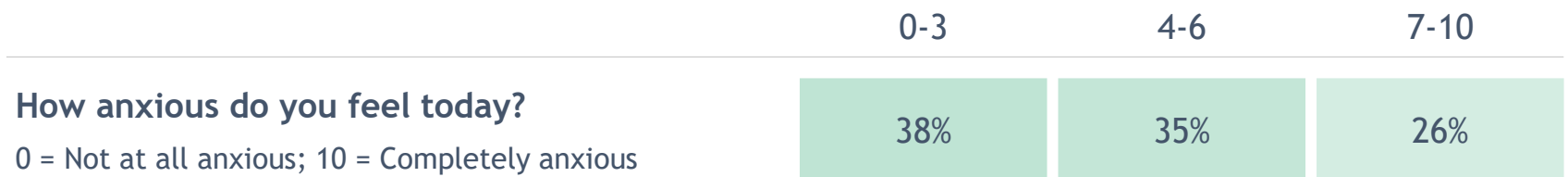
## Feeling healthy



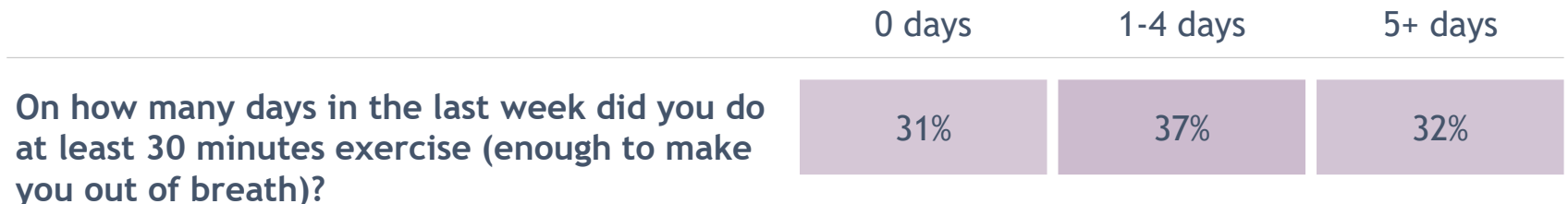
## Feeling happy



## Feeling anxious



## Exercise



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

	Lonely	Isolated
Never	58%	38%
Occasionally	24%	37%
Often	12%	15%
Always	7%	10%

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

Your mental health and wellbeing

Not at all	33%
A little	36%
A lot	30%

Published 14<sup>th</sup> January 2021

## Enquiries

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Collaborating Centre  
on Investment for  
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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](https://phw.nhs.wales/howareyoudoing)**

