

How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

Week 64 (21st to 27th June 2021) and long-COVID

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 new questions were added relating to vaccination. Routine weekly survey data are adjusted to represent the Welsh population by age, sex and deprivation*.

This report also includes analysis of data relating to long-COVID from questions asked between week 31 and week 62 (2nd November 2020 to 13th June 2021).

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 64 of the survey (21st to 27th June 2021).

8%

of people said they thought vaccination protected them ‘completely’ from coronavirus infection and 58% that it protected them ‘a lot’.

42%

of people agreed that people who had had both vaccines should be able to meet each other without social distancing or wearing masks; 58% disagreed.

51%

of people that had received a vaccine reported experiencing some form of reaction to it - most commonly a sore arm (24%) or tiredness (19%).

9,516 adults were interviewed between weeks 31 and 62 (November 2nd 2020 to 13th June 2021) of whom 16% reported having had coronavirus. We analysed data for individuals that reported having had symptoms of coronavirus more than 12 weeks prior to participating in the survey (n=1,028)* to explore length of symptoms as an indicator of long-COVID.

39% of survey participants reporting symptoms of coronavirus said their symptoms had lasted for at least 4 weeks; 21% said their symptoms had lasted for more than 12 weeks.*

Fatigue was the most commonly reported symptom of long-COVID, followed by shortness of breath.

Older adults, females and individuals with chronic health conditions (diabetes, heart disease, lung disease or cancer) were more likely to have symptoms for at least 4 weeks.

Do you think you have or have had coronavirus?

Yes	21%
Don't know	5%

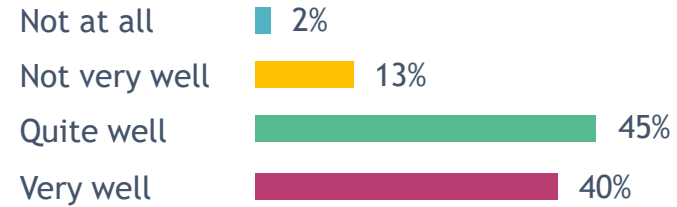
Have you been tested for coronavirus or had an antibodies test?

Had a coronavirus test	51%
Had an antibodies test	11%

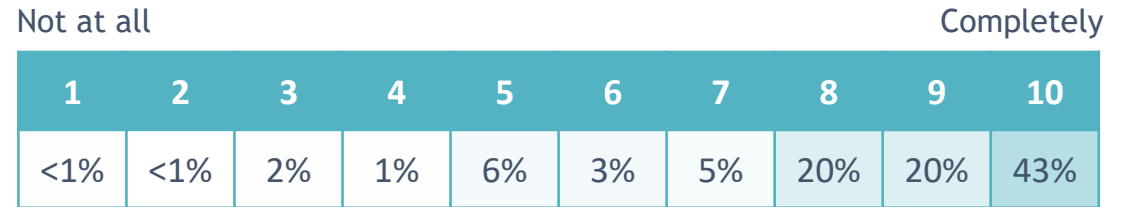
How worried are you that you could get coronavirus?

Not at all	37%
A little	34%
Moderately	23%
Very	5%

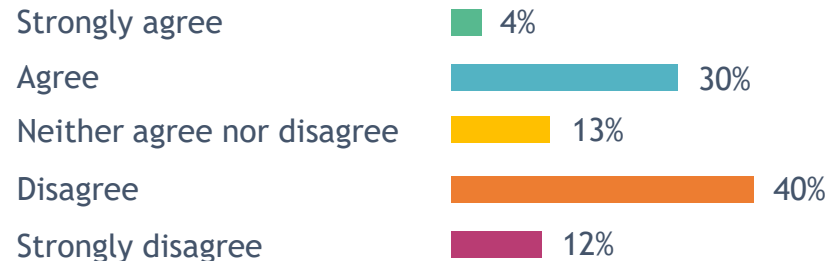
How well do you feel you understand the current restrictions in place in Wales to reduce the spread of coronavirus?



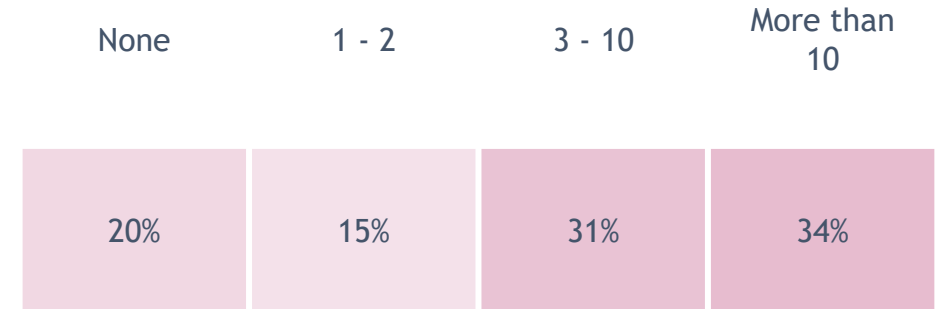
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



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?



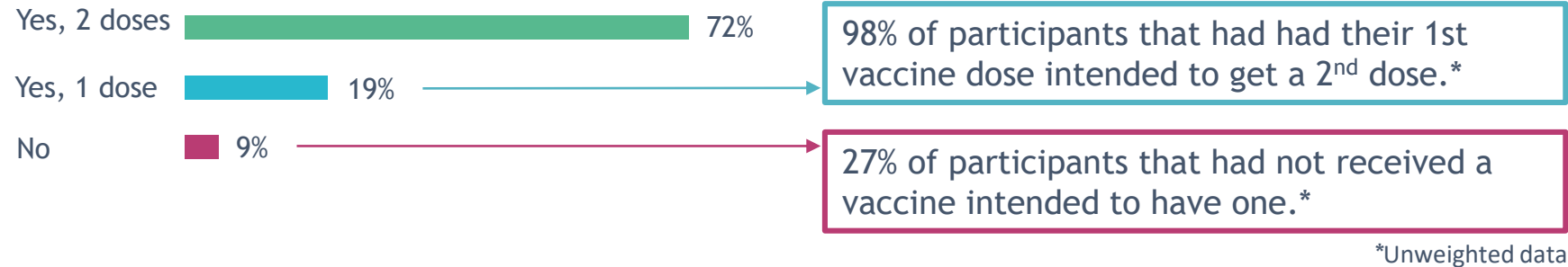
Apart from the people in your own household or your extended household, in the last 7 days, how many people have come into your house?



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

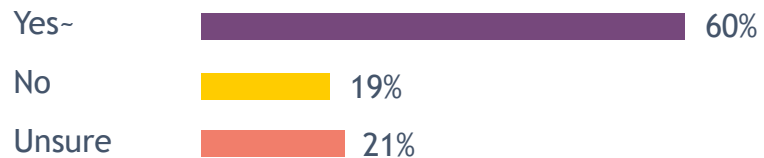


Have you received a vaccine for coronavirus?



*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.

Of people that have received at least one vaccine dose*

Did you experience any reactions to the vaccine?

Yes	51%
Sore arm	24%
Tiredness	19%
Headache	14%
Fever/shivery	13%
Muscle or joint pain	8%
Feeling or being sick	5%
Severe allergic reaction	<1%
Other#	9%

How much do you think the vaccine...

...protects you from being infected with coronavirus?

...protects you from becoming seriously ill if you do catch coronavirus?

...reduces the risk of you infecting others with coronavirus?

	Not at all	A little	A lot	Completely
...protects you from being infected with coronavirus?	9%	26%	58%	8%
...protects you from becoming seriously ill if you do catch coronavirus?	3%	20%	64%	14%
...reduces the risk of you infecting others with coronavirus?	12%	30%	52%	6%

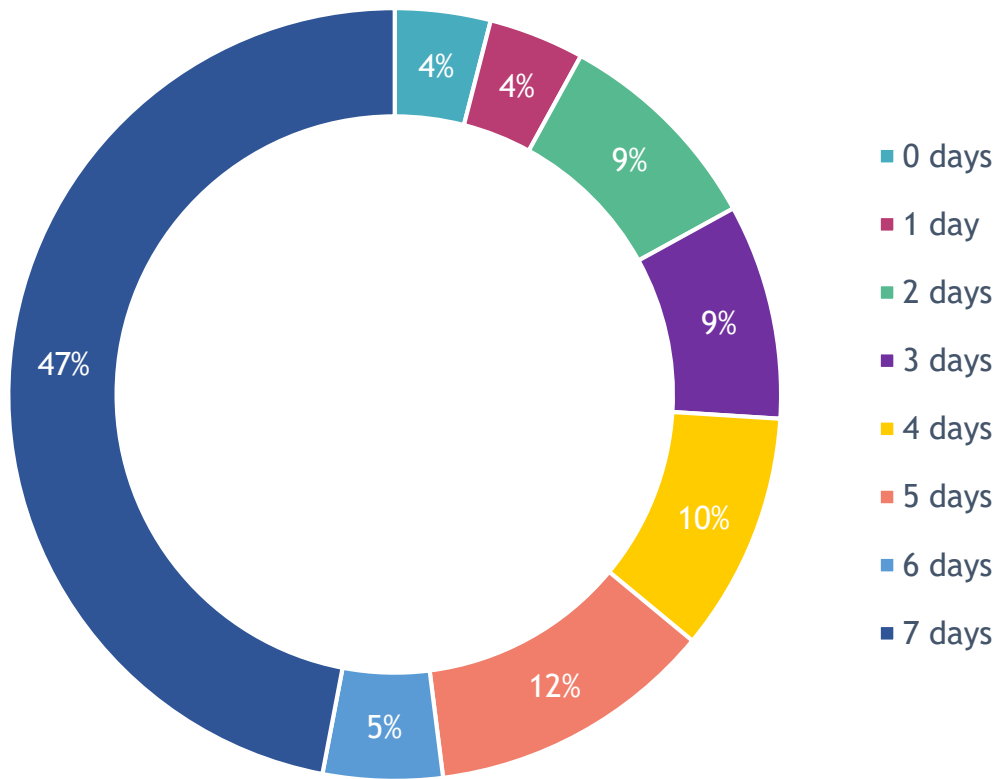
Do you agree or disagree with the following statements?

People who have had both vaccines should be able to meet each other without wearing face coverings or socially distancing

People who have had both vaccines should not have to wear face coverings or socially distance at all

	Agree	Disagree
People who have had both vaccines should be able to meet <u>each other</u> without wearing face coverings or socially distancing	42%	58%
People who have had both vaccines should not have to wear face coverings or socially distance <u>at all</u>	25%	75%

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	55%	13%	5%	27%
...to shop	17%	57%	17%	9%
...to exercise	36%	15%	20%	29%
...to meet family/friends	42%	39%	12%	7%
...to eat at a café, pub or restaurant	67%	30%	1%	2%

How well are we handling coronavirus?

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

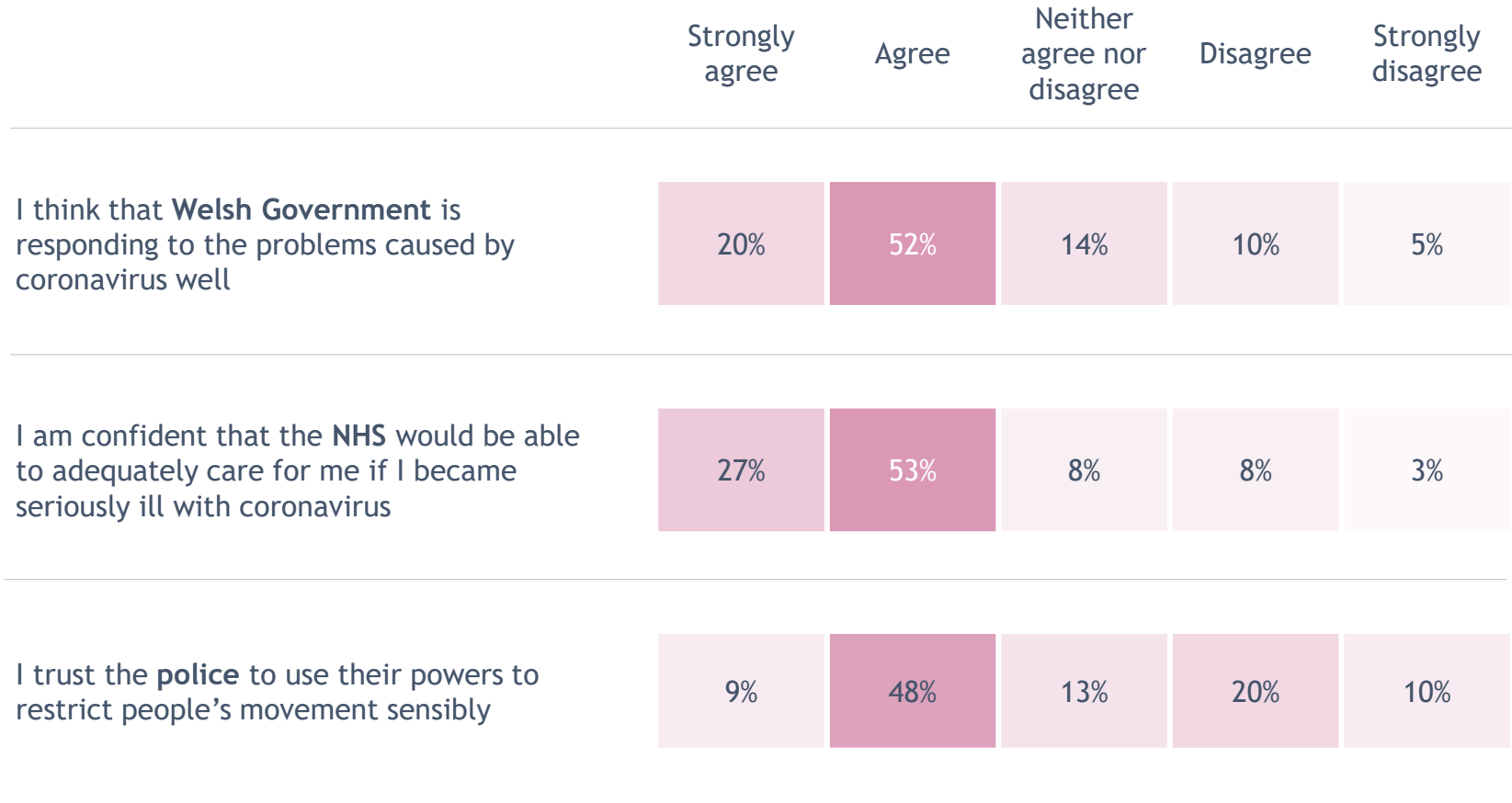
Too little 10%



About right 75%



Too much 14%



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	59%	24%	17%
The wellbeing of your children*#~	35%	31%	34%
Your children's education*#~	35%	27%	38%
Losing your job or not being able to find one#~	81%	10%	9%
Your finances	70%	21%	9%
Going out in public places#	46%	41%	13%
The impacts of Brexit	65%	21%	15%

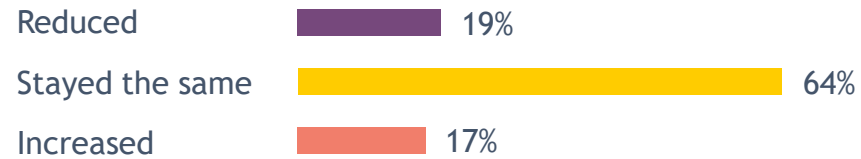
*Limited to those with children in the household; #Excludes those responding 'not applicable'; ~Unweighted data.

Compared to early last year, before the coronavirus situation, would you say the following are...

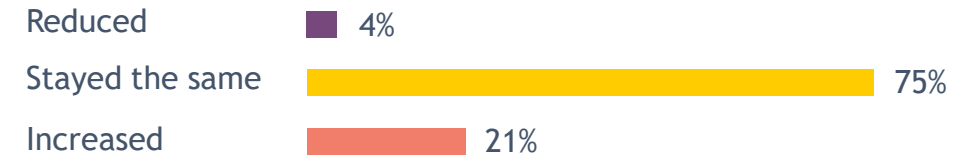
	Much better	A bit better	The same	A bit worse	Much worse
Your physical health	8%	9%	52%	21%	10%
Your physical fitness	11%	12%	46%	19%	12%
Your mental health	3%	5%	59%	23%	10%
Your dental health	3%	1%	68%	17%	11%
Your family relationships	5%	8%	75%	7%	4%
Your social relationships	2%	7%	43%	31%	17%
Your financial situation	5%	16%	66%	11%	3%
Your employment or work prospects	6%	5%	81%	5%	3%

Compared to early last year, before the coronavirus situation, would you say the following have reduced, stayed the same or increased?

Your alcohol consumption



Your concerns about climate change



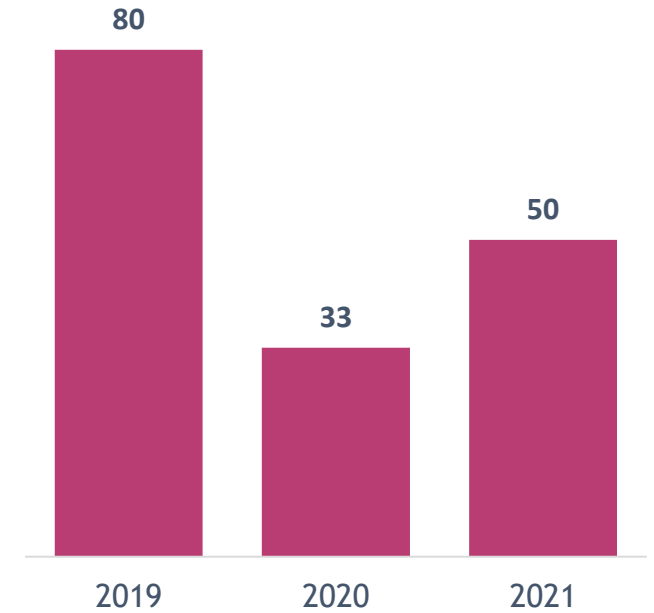
Your weight



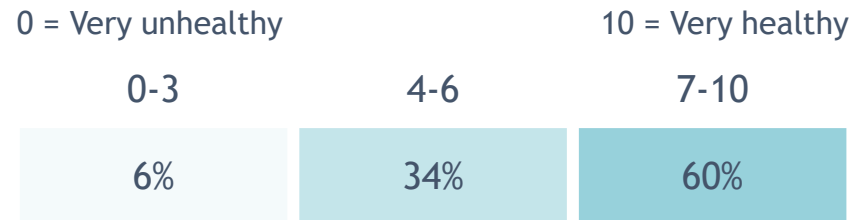
On a scale of 0 to 100, where 0 is the worst you can imagine and 100 is the best you can imagine, how would you score:

	0	1-20	21-40	41-60	61-80	81-100
The year 2020	9%	28%	19%	28%	12%	3%
The year 2019	1%	4%	2%	14%	44%	35%
And what do you think the score will be for 2021?	2%	8%	13%	44%	23%	10%

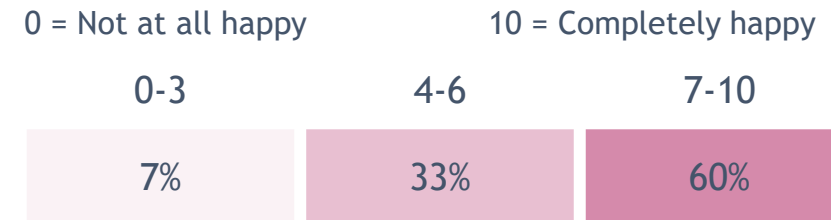
Median scores



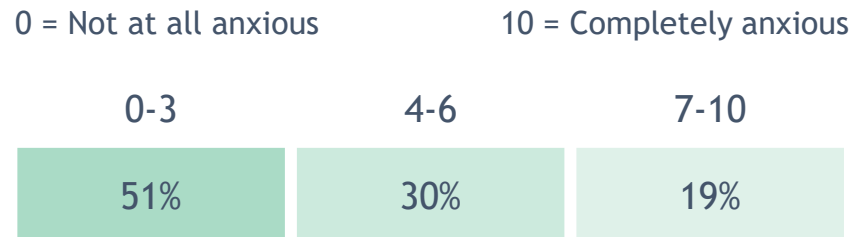
How healthy do you feel today?



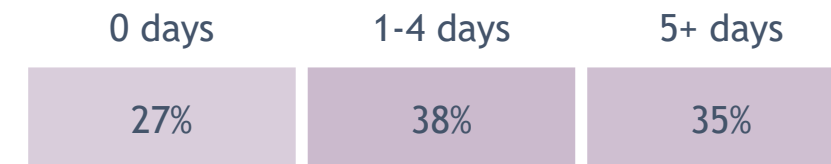
How happy do you feel today?



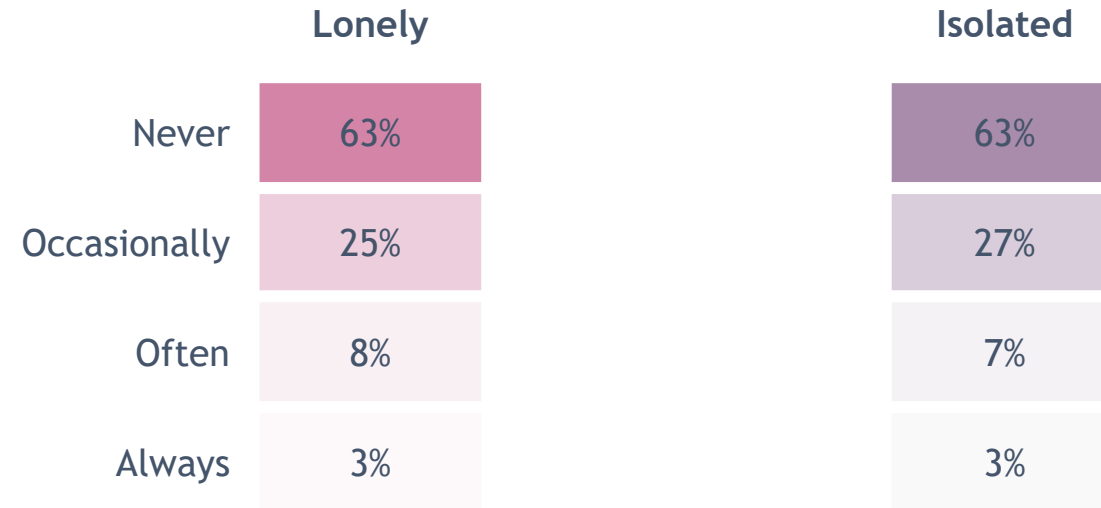
How anxious do you feel today?



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

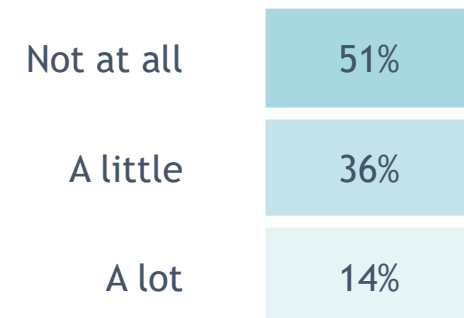


In the last week, how often have you felt...



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

Your mental health and wellbeing



From week 31 (2nd-9th November 2020) to week 62 (7th-13th June 2021) survey participants who reported having had coronavirus[#] were asked when they first had symptoms, how long their symptoms had lasted and which of a range of symptoms they had experienced.

9,516 adults were surveyed over this period of whom 1,518 (16%) reported having had coronavirus. To explore long-COVID, we restricted analyses to those reporting having symptoms of coronavirus more than 12 weeks prior to survey (n=1,028). Categorisation to indicate long-COVID (symptoms for at least 4 weeks; symptoms for more than 12 weeks) was based on self-reported overall length of symptoms.[#]



While there is no universally agreed definition of long-COVID, the NICE guideline on managing the long-term effects of COVID-19[^] covers care for people who have new or ongoing symptoms 4 weeks or more after the start of acute COVID-19. It defines two phases of long-COVID:

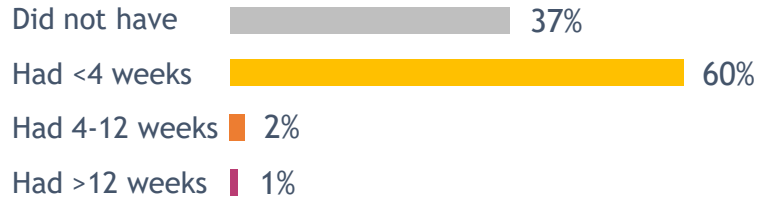
- *ongoing symptomatic COVID-19* (4 to 12 weeks after infection)
- *post-COVID-19 syndrome* (more than 12 weeks after infection)

Studies show that around a fifth of coronavirus infections are asymptomatic.[£] Thus a greater number of survey participants are likely to have had coronavirus than reported here.

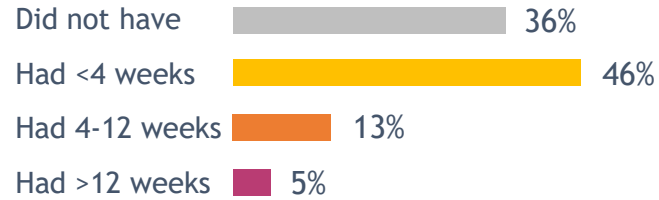
^{*}Percentages are not adjusted for population or sample characteristics.
[#]Participants were asked 'do you think you have had, or currently have, coronavirus?'. Those responding 'yes' are included here (7,447 people responded 'no' and 551 'don't know'). Categorisation of long-COVID is based on responses to a subsequent question asking: 'approximately how long did your symptoms last overall?' with the response categories: 'less than 1 week', '2-3 weeks', '4-7 weeks', '8-12 weeks', 'more than 12 weeks', 'still experiencing symptoms' and 'no symptoms'. Participants were then asked if they had each of seven symptoms and if so, how long the symptom had lasted.
[^]National Institute for Health and Care Excellence (NICE). COVID-19 rapid guideline: managing the long-term effects of COVID-19. December 2020.
[£] <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1003346>;
<https://www.medrxiv.org/content/10.1101/2020.05.20.20108183v2>.

Proportion of people with any coronavirus symptom reporting each symptom type, by length of symptom

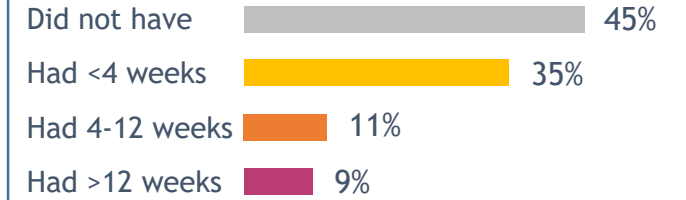
Fever



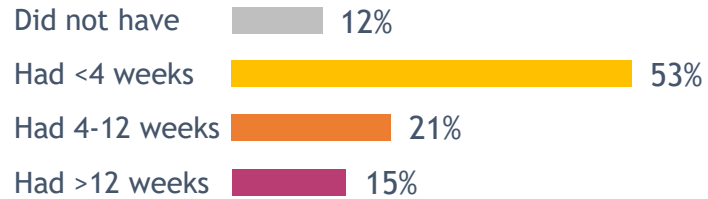
Cough



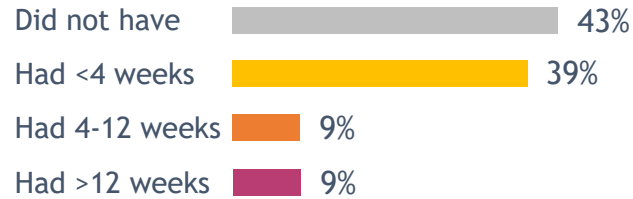
Loss of/change to taste or smell



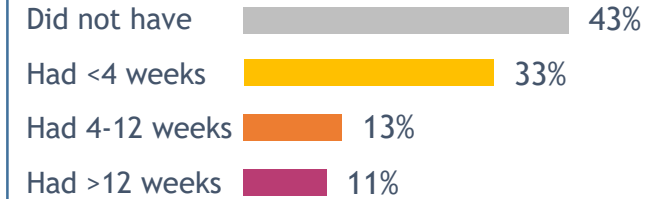
Fatigue (tiredness)



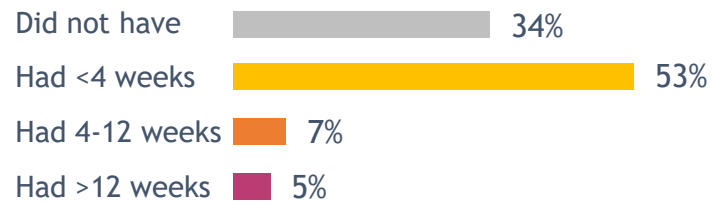
Joint pain



Shortness of breath



Headache

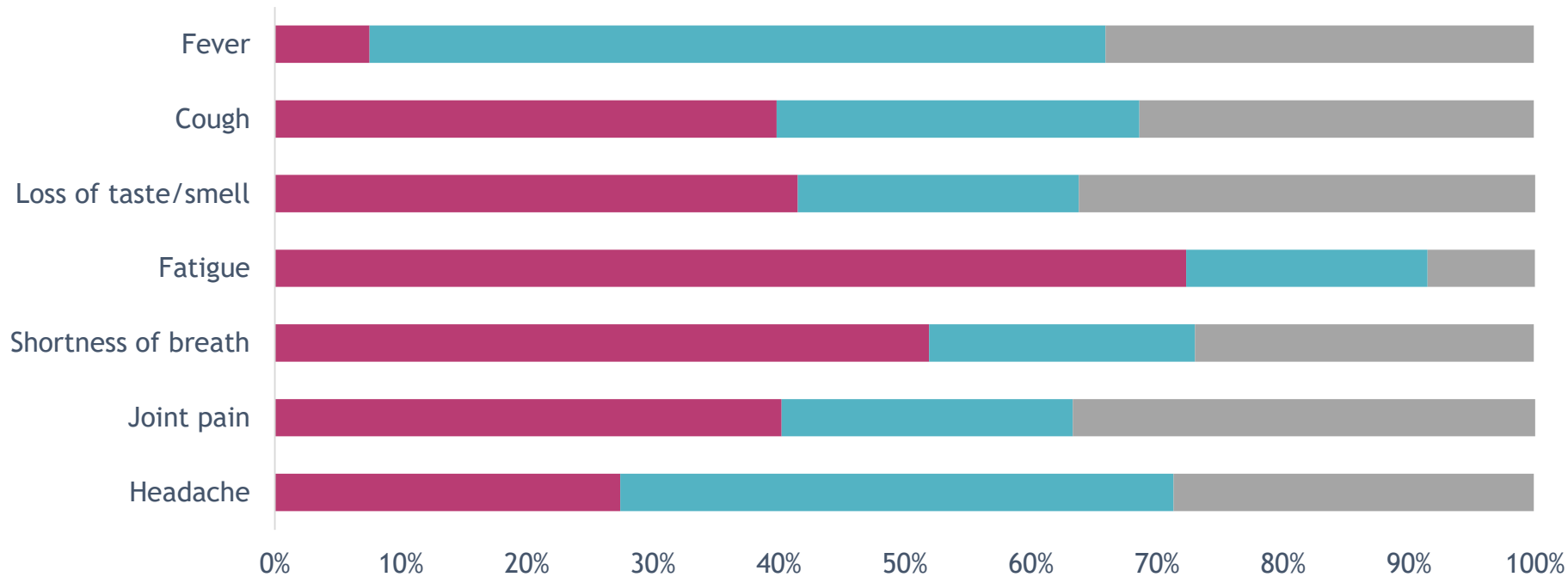


Unadjusted data; n=1,028

Length of individual symptoms in people whose overall symptoms lasted at least 4 weeks (n=412)

Individual symptom length

■ At least 4 weeks
 ■ <4 weeks
 ■ Did not have the symptom



Fatigue was the most common symptom reported by individuals whose overall coronavirus symptoms lasted for at least 4 weeks.

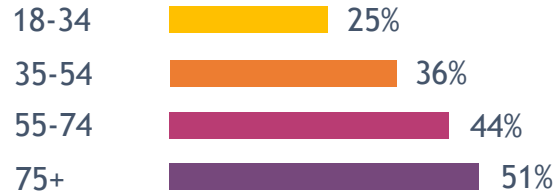
Characteristics associated with long-COVID

Adjusted proportion of people with coronavirus symptoms that reported having symptoms for at least 4 weeks*

Gender*



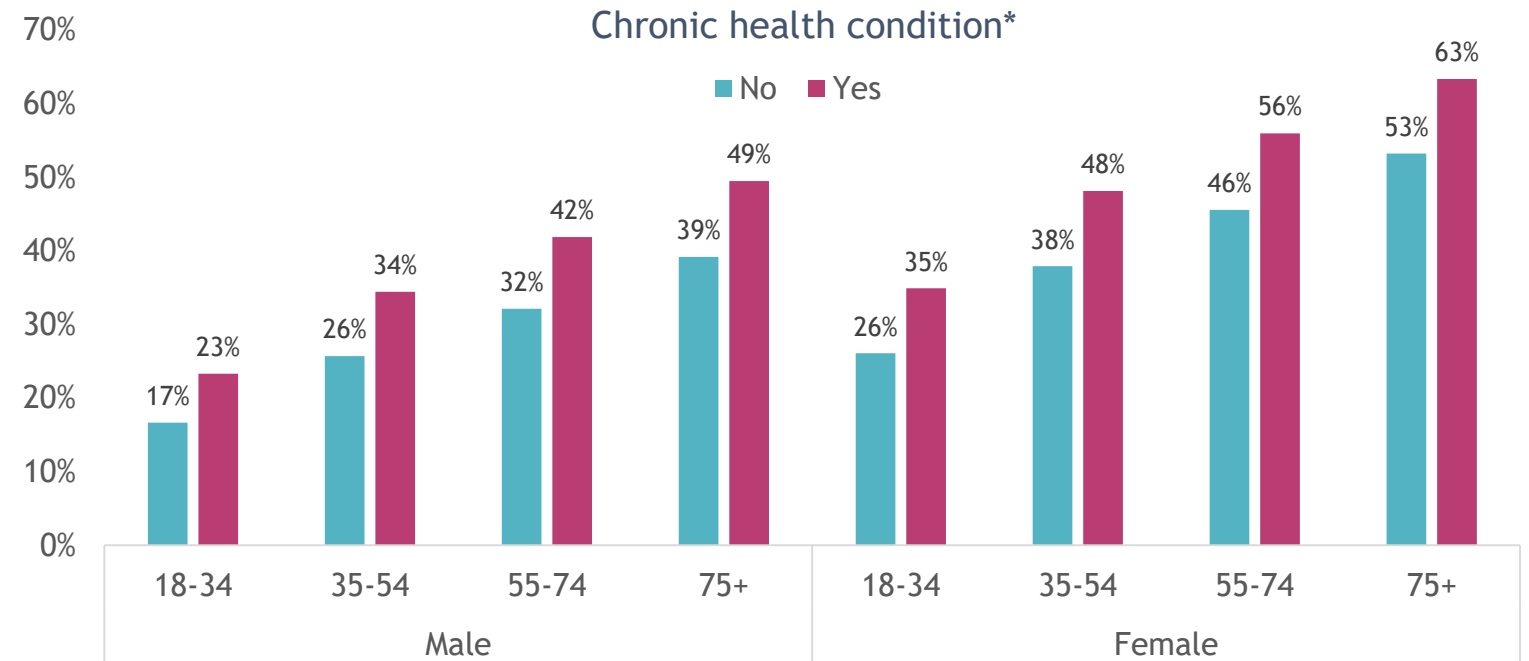
Age group*



Chronic health condition*



The adjusted proportion of those with coronavirus symptoms that experienced symptoms for at least 4 weeks increased from 17% in males aged 18-34 years with no chronic health condition to 63% in females aged 75+ with a chronic health condition.



*Analysis includes all individuals reporting coronavirus symptoms at least 12 weeks prior to survey (n=1,028) and uses generalised linear models including age group, gender, deprivation quintile (not significant; ns), ethnicity (ns), chronic health condition (diabetes, heart disease, lung disease or cancer) and mental illness diagnosis (lifetime; ns). Adjusted proportions are estimated marginal means adjusting for sample characteristics. Data are not adjusted to population demographics.

Adjusted proportion of people with coronavirus symptoms that reported having symptoms for more than 12 weeks

Gender*

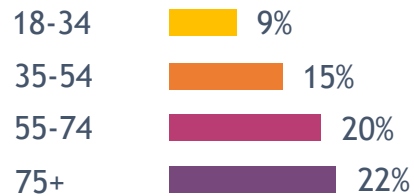


Chronic health condition*

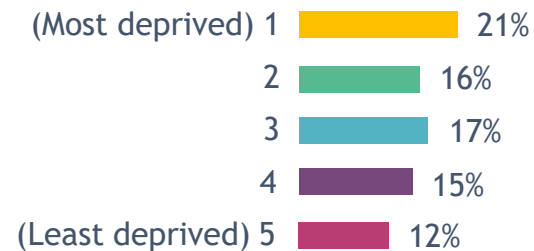


Females, older adults, those with chronic health conditions and residents in the most deprived quintile were more likely to report symptoms lasting for more than 12 weeks.

Age group*



Deprivation quintile*



*Analysis includes all individuals reporting coronavirus symptoms at least 12 weeks prior to survey (n=1,028) and uses generalised linear models including age group, gender, deprivation quintile, ethnicity (not significant; ns), chronic health condition (diabetes, heart disease, lung disease or cancer) and mental illness diagnosis (lifetime; ns). Adjusted proportions are estimated marginal means adjusting for sample characteristics. Data are not adjusted to population demographics.

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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

