

# How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

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 information collected from **500 or more randomly selected individuals** provides the basis of the results presented in each **weekly report**.

The survey aims to provide data representative of the Welsh population and 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.



**708 Welsh residents** aged 18 years and over were interviewed in week 4 of the survey (27th April to 3rd May).

Findings have been adjusted to population demographics (gender, age group and deprivation quintile).

**12%**

of people think they have had **coronavirus** and 11% are unsure.

**10%**

of people report that someone close to them like a **family member** or friend has been seriously ill with coronavirus.

**66%**

of people agree or strongly agree that **government is responding well to coronavirus**; (23% disagree or disagree strongly)

**95%**

think the **NHS is responding well to coronavirus**.

**74%**

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

**64%**

of people are worried 'a lot' about losing someone to the virus.

**16%**

of people are **worried 'a lot' about their finances**.

**22%**

of people leave their house every day to exercise but 15% have not left their home at all in the last 7 days.

Compared to normal times,

**30%**

of people are doing less physical exercise but 23% are doing more.

**25%**

are 'often' or 'always' **feeling isolated**.

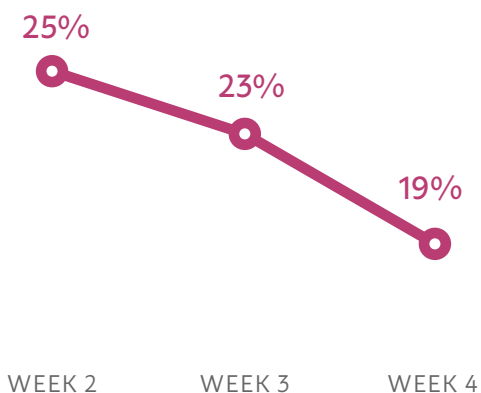
**22%**

of people have been **worrying 'a lot' about their mental health and well-being** and a further 36% have been worrying a little.

**27%**

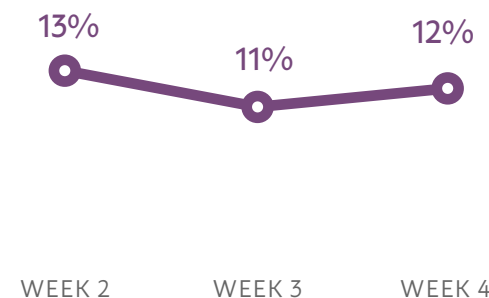
of people are **volunteering or supporting other members of their community** through the coronavirus situation.

The proportion of people that are **very worried about getting infected** has fallen\*

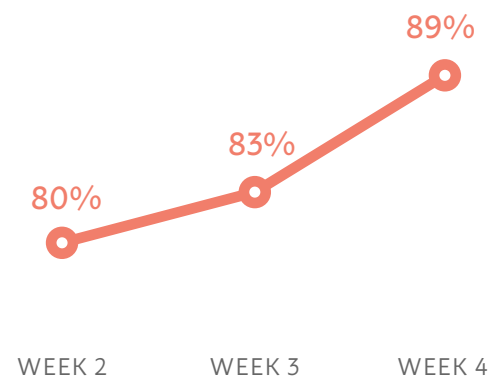


\* of those that do not think they have already had the virus

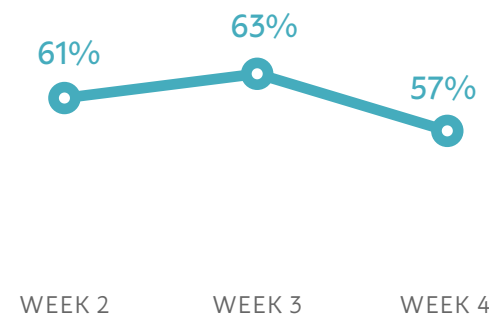
The proportion of people believing they have had coronavirus is holding at just above 1 in 10



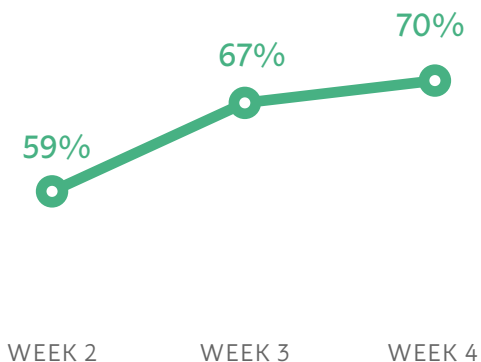
The proportion that are **confident the NHS could adequately care for them if seriously ill with the virus** has increased



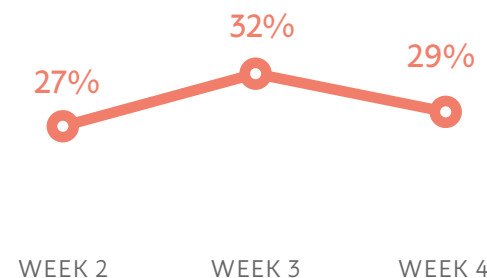
News outlets remain **the main source of information on coronavirus** for most people



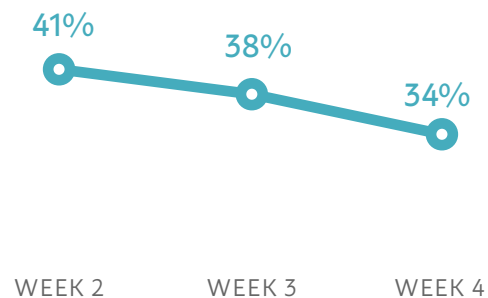
The proportion thinking the restrictions in place to manage coronavirus are “about right” has risen



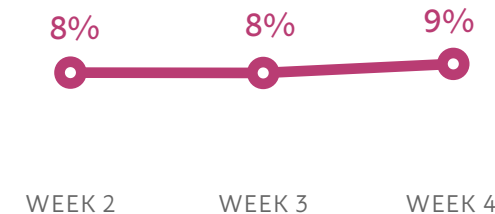
Sleeping less well than usual during lockdown remains a problem for nearly 1 in 3 people



The proportion of people snacking more than usual on cakes, crisps etc. is still up but may be starting to fall



The proportion of people ‘often’ or ‘always’ feeling lonely is approaching 1 in 10



Do you think you have or have had coronavirus?

|            |     |
|------------|-----|
| Yes        | 12% |
| Don't know | 11% |

How worried are you that you could get coronavirus?

Excludes those answering 'yes' to having had coronavirus

|            |     |
|------------|-----|
| Not at all | 15% |
| A little   | 28% |
| Moderately | 38% |
| Very       | 19% |

Are you the same, more or less worried than you were last week?

Excludes those answering 'yes' to having had coronavirus

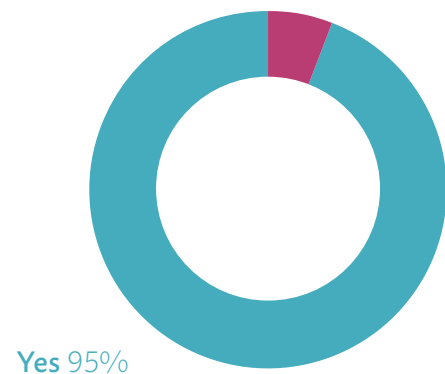
|      |     |
|------|-----|
| Same | 78% |
| More | 8%  |
| Less | 14% |

Has someone close to you like a family member or friend become seriously ill\* with coronavirus?

|     |     |
|-----|-----|
| Yes | 10% |
|-----|-----|

\* hospitalised or died

## Do you feel you have enough information on how to protect yourself and your family from coronavirus?



## Which sources are you using to get information on coronavirus?

### Using

News outlets 90%



Government 74%



Family, friends and colleagues 70%



NHS 61%



Public Health Wales 50%



Social media 49%



Other 5%



### Main source used

News outlets 57%



NHS 13%



Government 11%



Social media 9%



Public Health Wales 4%



Family, friends and colleagues 4%



Other 2%





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

Too little 27%



About right 70%



Too much 3%



|   | Strongly agree | Agree | Neither agree nor disagree | Disagree | Strongly disagree |
|---|----------------|-------|----------------------------|----------|-------------------|
| I think that the <b>government</b> is responding to the problems caused by coronavirus well                           | 18%            | 48%   | 12%                        | 15%      | 8%                |
| I think that the <b>NHS</b> is responding well to coronavirus   | 59%            | 36%   | 3%                         | 2%       | <1%               |
| I am confident that the <b>NHS</b> would be able to adequately care for me if I became seriously ill with coronavirus | 45%            | 44%   | 7%                         | 3%       | 1%                |
| I trust the <b>police</b> to use their new powers to restrict people's movement sensibly                              | 23%            | 51%   | 10%                        | 11%      | 4%                |
| If I need help during the coronavirus situation, there are people in my <b>community</b> who are there for me         | 36%            | 51%   | 7%                         | 6%       | 1%                |

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

|  | Not at all | A little | A lot |
|--|------------|----------|-------|
| The wellbeing of your children*~       | 17%        | 24%      | 59%   |
| Your relationship with your children*~ | 52%        | 19%      | 29%   |
| Your children's education*~            | 24%        | 41%      | 35%   |
| Your marriage/relationship#~           | 69%        | 15%      | 17%   |
| Losing someone you love to the virus   | 10%        | 25%      | 64%   |
| The wellbeing of other family members  | 13%        | 34%      | 53%   |

## At the moment, would you say relationships between members of your household are#~...

| Very bad | Bad | Okay | Good | Very Good |
|----------|-----|------|------|-----------|
| 0%       | 0%  | 10%  | 26%  | 65%       |

## Is this the same, better or worse than they were a week ago? #~

Worse 1%



Same 94%



Better 5%



\* Limited to those with children in the household;

~ Unweighted data;

# Excludes those responding 'not applicable'

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

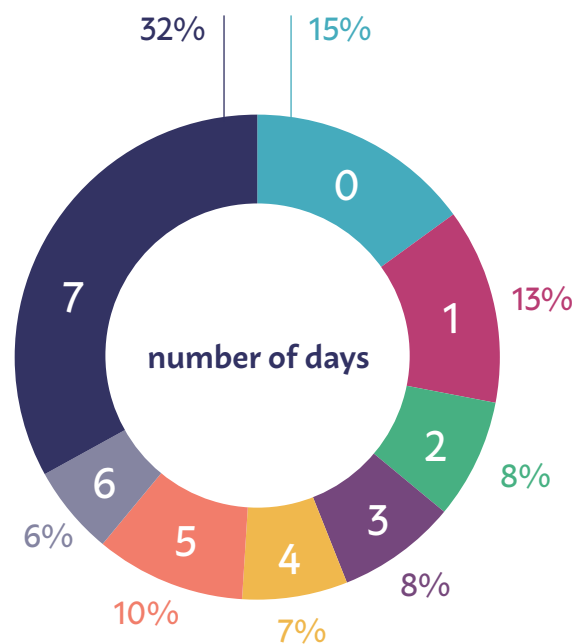
|   | Not at all | A little | A lot |
|---|------------|----------|-------|
| Getting essential medicines                     | 68%        | 20%      | 12%   |
| Accessing food                                  | 71%        | 20%      | 10%   |
| Losing your job or not being able to find one#~ | 59%        | 22%      | 19%   |
| Work, even if your job is secure#~              | 53%        | 27%      | 20%   |
| Your finances                                   | 60%        | 24%      | 16%   |

## As a result of coronavirus, have you or anyone in your household...

|  | Yes |
|--|-----|
| Lost their job permanently   | 3%  |
| Been suspended from work on lower or no pay (e.g. furloughed)                    | 31% |
| Had their income considerably reduced through getting less work or reduced hours | 16% |
| Experienced any other financial impact on the household due to coronavirus?      | 10% |

~ Unweighted data;  
 # Excludes those responding 'not applicable'

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

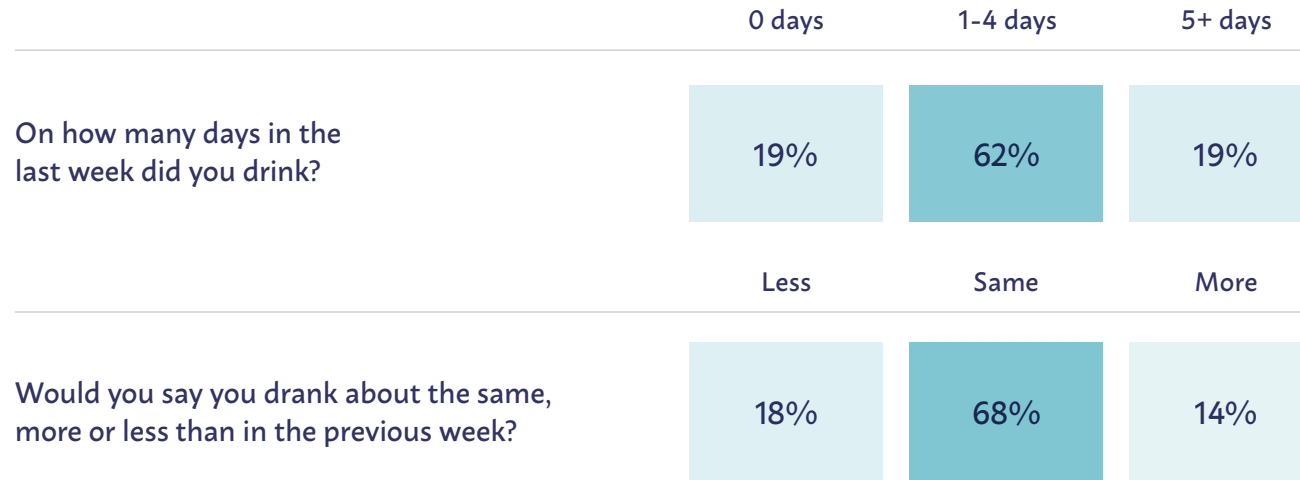


On how many days have you left your home...

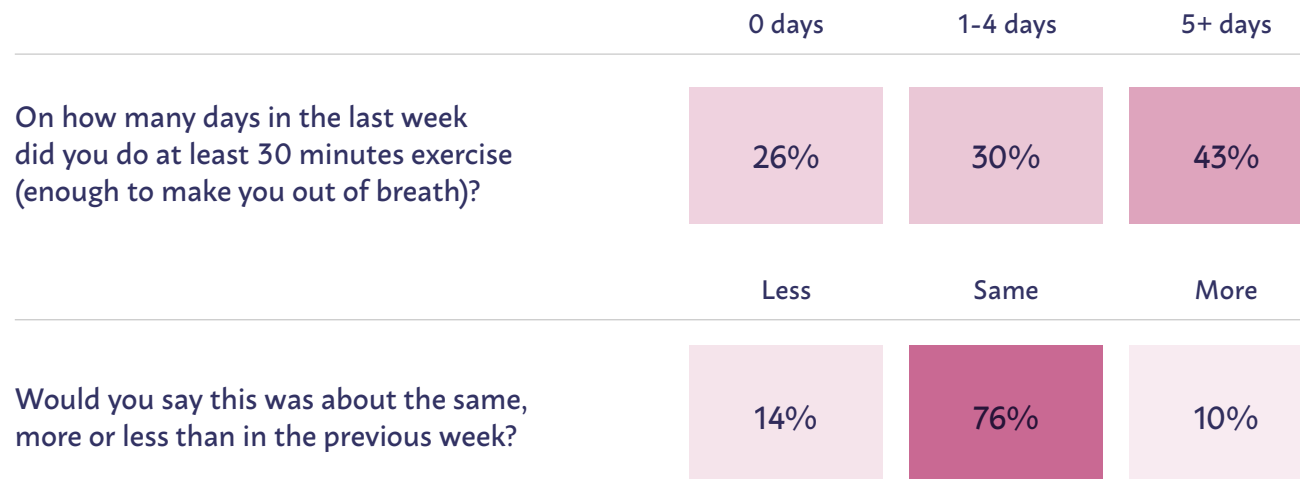
|  | 0   | 1   | 2   | 3  | 4   | 5  | 6   | 7   |
|--|-----|-----|-----|----|-----|----|-----|-----|
| ...to work?  | 75% | 4%  | 3%  | 3% | 4%  | 7% | 2%  | 3%  |
| ...to shop for food?                                 | 37% | 36% | 16% | 5% | 3%  | 1% | <1% | 2%  |
| ...for medical reasons?                              | 85% | 13% | 1%  | 1% | <1% | 0% | 0%  | 0%  |
| ...to exercise?                                      | 46% | 6%  | 8%  | 5% | 4%  | 7% | 2%  | 22% |
| ...to volunteer / support members of your community? | 85% | 8%  | 3%  | 1% | <1% | 1% | 0%  | 1%  |

## Alcohol

Of participants that drink alcohol (71%)...



## Exercise



## Feeling healthy

|  | 0-3  | 4-6  | 7-10 |
|--|------|------|------|
| <b>How healthy do you feel today?</b><br>0 = Very unhealthy; 10 = Very healthy | 4%   | 27%  | 69%  |
|  | Less | Same | More |
| <b>Compared to a week ago is this...</b>                                       | 8%   | 86%  | 5%   |

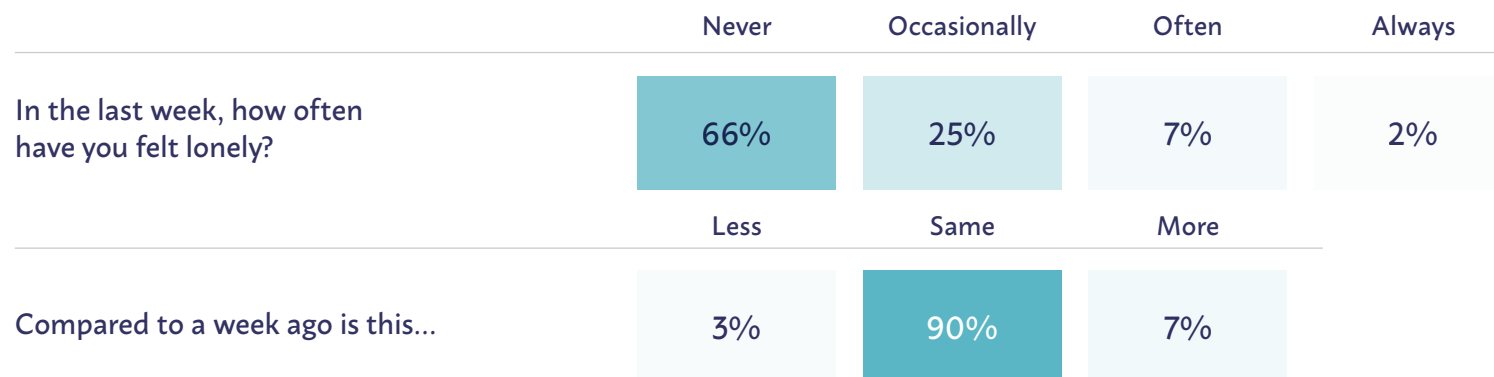
## Feeling happy

|  | 0-3  | 4-6  | 7-10 |
|--|------|------|------|
| <b>How happy do you feel today?</b><br>0 = Not at all happy; 10 = Completely happy | 4%   | 26%  | 69%  |
|  | Less | Same | More |
| <b>Compared to a week ago is this...</b>   | 14%  | 78%  | 8%   |

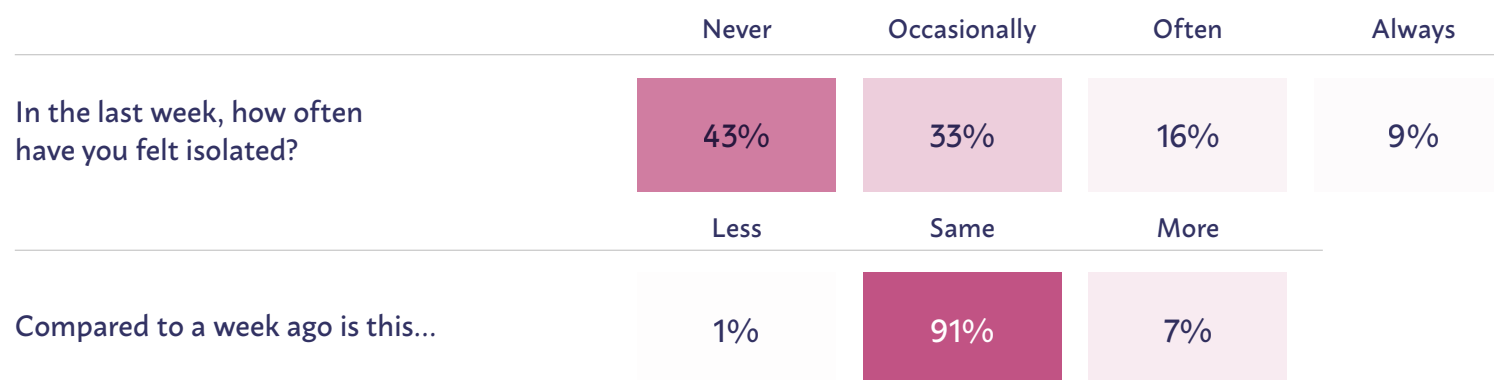
## Feeling anxious

|  | 0-3  | 4-6  | 7-10 |
|--|------|------|------|
| <b>How anxious do you feel today?</b><br>0 = Not at all anxious; 10 = Completely anxious | 48%  | 29%  | 23%  |
|  | Less | Same | More |
| <b>Compared to a week ago is this...</b>   | 10%  | 81%  | 9%   |

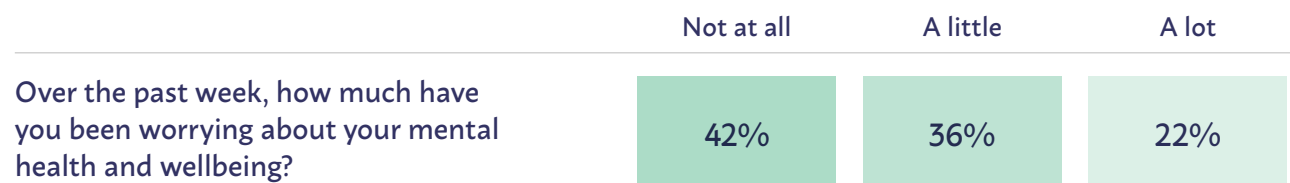
## Feeling lonely

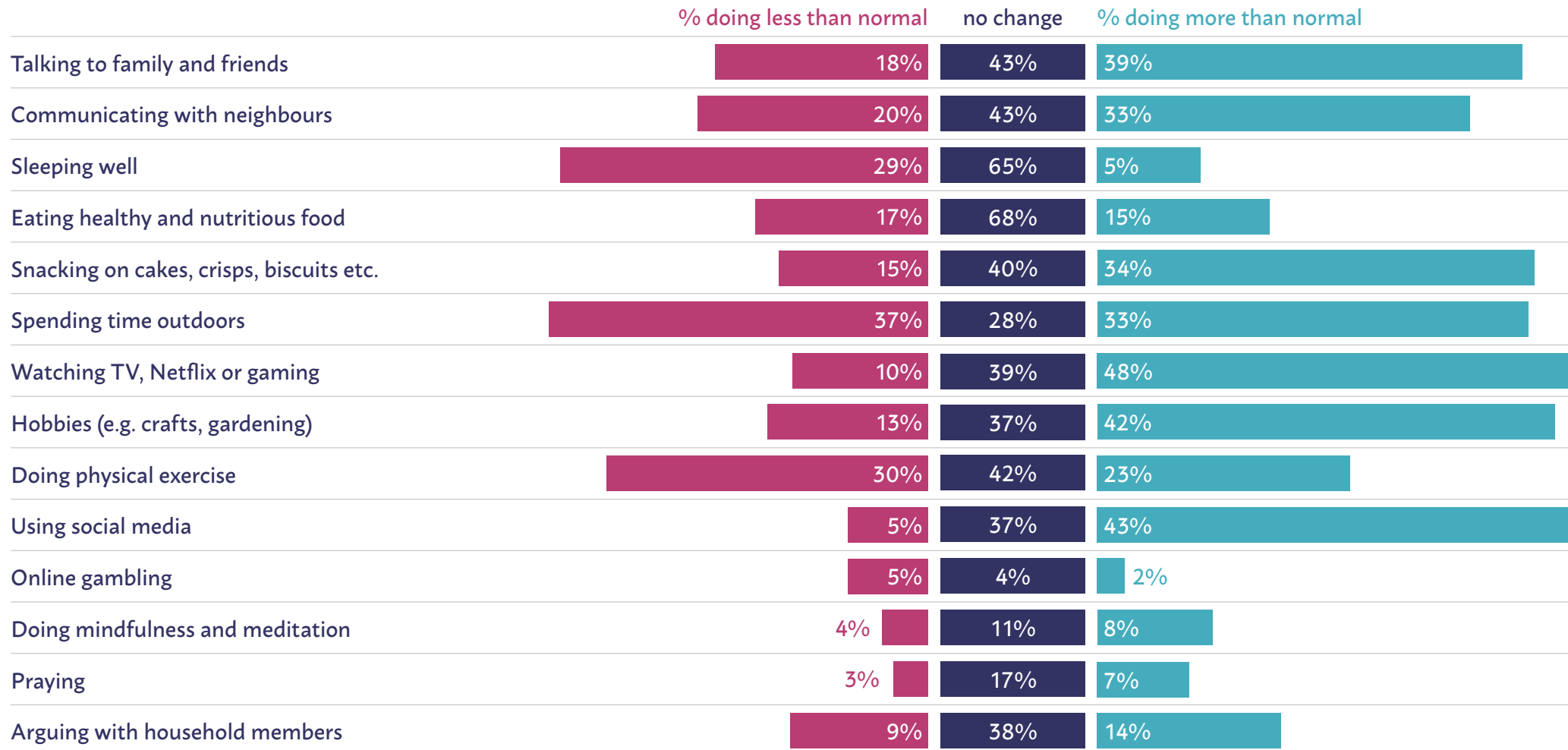


## Feeling isolated



## Feeling worried





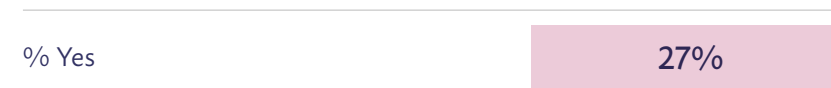
Sum of percentages is the total percentage who do each activity



## Which of the following resources do you have to support you through the coronavirus situation, if needed?

|   | Yes | No  | Don't know |
|---|-----|-----|------------|
| Family and friends  | 96% | 4%  | 0%         |
| Neighbours  | 70% | 29% | <1%        |
| Work colleagues   | 52% | 46% | 2%         |
| Community support network<br>(e.g. to help with shopping) | 45% | 53% | 2%         |
| Online social networks                                    | 58% | 41% | 1%         |
| Local authority   | 44% | 51% | 5%         |
| Religious network   | 14% | 85% | 1%         |

## Are you currently volunteering or supporting other members of your community through coronavirus?



### of those who answered yes:

Community support volunteer 11%

NHS volunteer 8%

Helping neighbours with shopping 56%

Helping at risk family or friends 51%

## Enquiries

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### Data and Analytics

Professor Karen Hughes

### Survey Development

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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)**

