

Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales



Time to Talk Public Health

January 2023 Panel Survey Findings

Published: February 2023



Background

- **Time to Talk Public Health** is a nationally representative panel of Welsh residents established by Public Health Wales to enable regular public engagement to inform public health policy and practice.
- Currently in its pilot phase, the panel aims to recruit a nationally representative sample of residents aged 16+ years to participate in monthly surveys and provide insight into key public health issues.
- This report presents findings from the January 2023 survey, covering issues including mental well-being, vaccines, health inequalities and the cost of living.
- Unless stated otherwise, data are weighted to reflect national population demographics. A demographic breakdown of the 1,072 panel members who completed the survey, and a summary of the project methods are provided in Appendix 1.
- We are very grateful to the residents of Wales who give their valuable time to participate in the panel.



- 1,072 participants took part in the January 2023 survey (9 – 30 January).

Mental Well-being

- **75%** of people strongly agreed* that it is important people take action to protect and improve their mental well-being.
- **33%** said they currently take 'a lot' of action to protect and improve their mental well-being; 12% said they take no action.
- **40%** strongly agreed* that they know what actions they can take to protect and improve their mental well-being.

*Ratings of 9 and 10 on scales of 0 to 10

Health Inequalities

- **31%** of people strongly agreed that the circumstances children are born into determine their opportunities for good health throughout life.
- Participants were asked how much of a problem they thought various forms of health inequalities were in Wales. Those most commonly rated as a 'huge' problem were:
 - Inequalities in income and wealth (**47%**)
 - Inequalities between more and less deprived areas (**45%**)
 - Inequalities in education outcomes for children (**36%**)

Vaccines

- **67%** of people think it is very important* that people get a vaccine when offered.
- **29%** of people looked for information to help them decide whether to accept the last vaccine they were offered.

Risk-taking Behaviour

- **16%** of people said they currently smoke tobacco.

Mental Well-being

The following definition was provided to participants: *“Mental well-being relates to how we think, feel and act. We experience good mental well-being when we are feeling good and functioning well. Many things influence our mental well-being including our relationships and surroundings, things that have happened or are happening to us, and how we respond to them. There are things we can all do to protect and improve our mental well-being, in the same way people might maintain a healthy diet to look after their physical health.”*

Mental Well-being

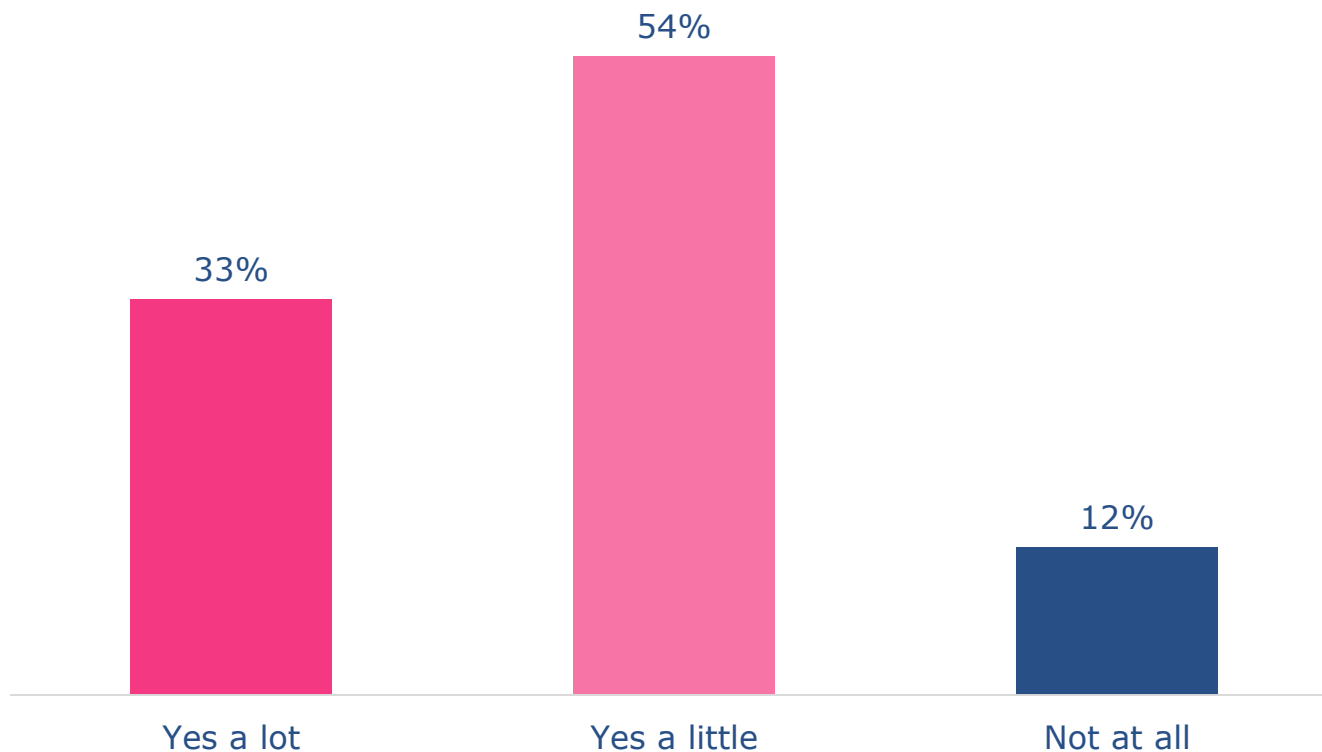
For each of these questions, please give an answer on a scale of 0 to 10.*

	Strongly disagree			Neither agree nor disagree						Strongly agree	
	0	1	2	3	4	5	6	7	8	9	10
I am confident I understand what the term mental well-being means	<1%	<1%	<1%	<1%	<1%	2%	2%	5%	15%	14%	61%
I think it's important people take action to protect and improve their mental well-being	<1%	0%	<1%	0%	<1%	3%	2%	6%	14%	10%	65%
I know what actions I can take to protect and improve my mental well-being	1%	1%	<1%	1%	3%	7%	8%	13%	26%	11%	29%

*Prefer not to say: <1% for all statements

Mental Well-being

Do you currently take any action to help protect and improve your mental well-being?*



*Prefer not to say: 1%

Mental Well-being

There are a range of actions people may take to protect and improve their mental well-being. Which of the following do you currently do or are you interested in doing?*

	Already do this	Don't do this but interested	Don't do this and not interested	NA
Being physically active	67%	25%	5%	
Getting enough sleep	53%	44%	2%	
Maintaining a work/life balance	52%	20%	2%	23%
Connecting with people	72%	18%	10%	
Making time for hobbies	72%	24%	3%	
Breathing techniques	40%	28%	31%	
Doing mindfulness	30%	28%	41%	
Connecting with nature	68%	22%	9%	
Doing creative activities	52%	29%	18%	
Learning new skills	45%	42%	13%	
Helping others	73%	18%	7%	
Taking part in community groups/activities	40%	30%	30%	

*Prefer not to say: ≤2% for all statements; NA – not applicable

Mental Well-being

Please select the option that best describes your experience over the last 2 weeks: * ^

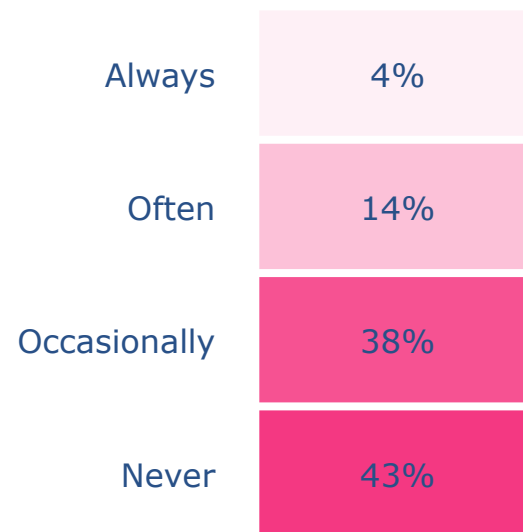
	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	6%	18%	34%	30%	12%
I've been feeling useful	4%	12%	31%	37%	17%
I've been feeling relaxed	5%	17%	42%	26%	10%
I've been dealing with problems well	2%	8%	36%	36%	18%
I've been thinking clearly	2%	6%	29%	37%	26%
I've been feeling close to other people	3%	13%	31%	33%	21%
I've been able to make up my own mind about things	1%	5%	18%	33%	42%

*Prefer not to say: <1% for all statements

^Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWEBS) validated tool © University of Warwick, 2006

Loneliness

In the last week, how often have you felt lonely?*



*Prefer not to say: <1%

Personal Well-being

For each of these questions, please give an answer on a scale of 0 to 10.*

	Not at all					Completely					Mean	
	0	1	2	3	4	5	6	7	8	9		10
Overall, how satisfied are you with your life nowadays?	2%	1%	2%	4%	6%	11%	12%	21%	21%	10%	8%	7
Overall, to what extent do you feel that the things you do in your life are worthwhile?	3%	2%	2%	3%	6%	9%	10%	21%	23%	13%	12%	7
Overall, how happy did you feel yesterday?	4%	1%	3%	4%	7%	11%	10%	15%	19%	15%	12%	7
Overall, how anxious did you feel yesterday?	19%	7%	11%	8%	8%	11%	10%	10%	10%	2%	4%	4

*Prefer not to say: <1% for all statements

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Public Health Wales

Long-term Strategy

To what extent do you agree or disagree that the following areas are where Public Health Wales should be focusing their efforts?*

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Promoting healthy behaviours	51%	39%	6%	3%	1%
Promoting mental well-being and social resilience	57%	36%	5%	2%	<1%
Influencing the wider determinants of health	49%	40%	7%	3%	1%
Supporting the development of a sustainable health and care system, focused on prevention and early intervention	75%	21%	3%	1%	<1%
Delivering excellent public health services to maximise population health and health equity	67%	26%	5%	1%	1%
Climate change	35%	34%	17%	9%	4%

*Prefer not to say: <1% for all statements

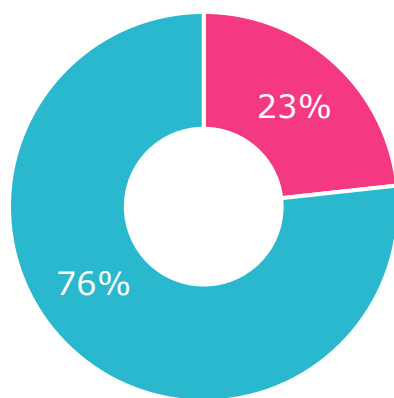
Campaigns

Have you recently seen any messages from Public Health Wales about ways to...?*

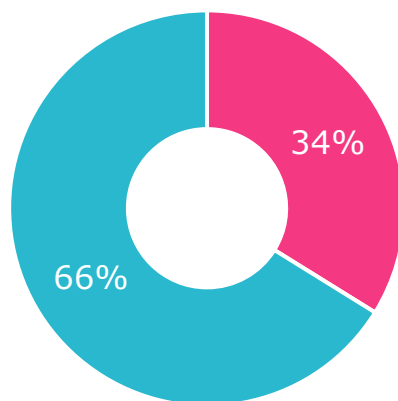
Yes

No

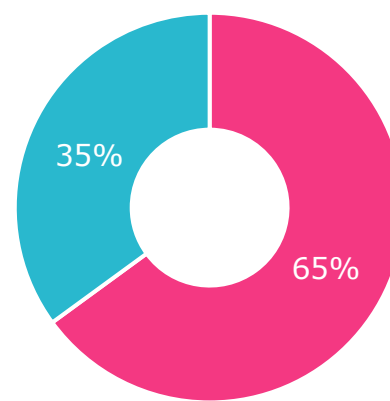
Protect and improve your mental well-being



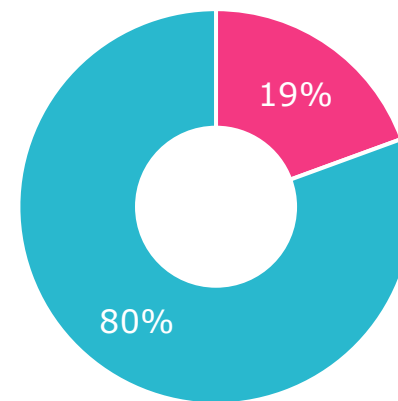
Keep healthy and well over winter



Get a flu and/or Covid-19 booster vaccine



Safely use antibiotics



*Prefer not to say: ≤1% for all statements

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Vaccines

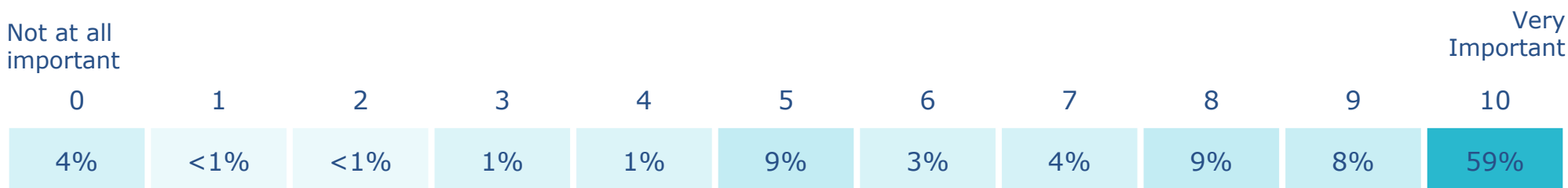
Since September 2022, have you had a) a COVID-19 vaccine and b) a flu vaccine...?*

	COVID-19 vaccine	Flu vaccine
Yes - offered and accepted	60%	38%
Yes - arranged my own	5%	15%
No - offered but didn't get one	10%	13%
No - not offered	24%	33%

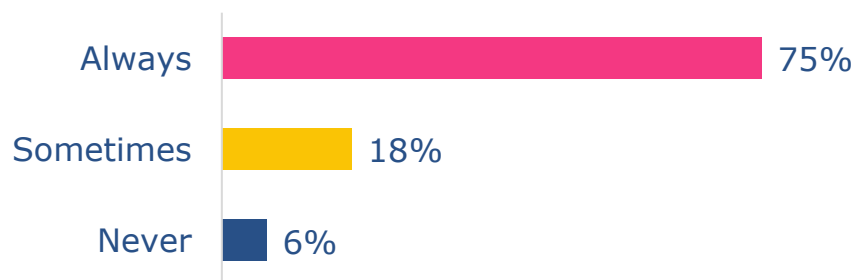
*Prefer not to say: $\leq 1\%$ for all statements

Vaccines

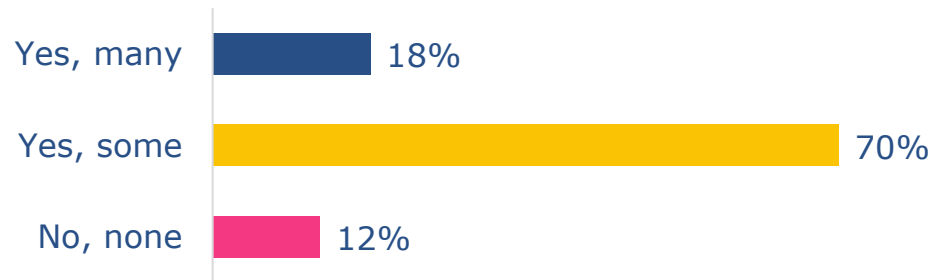
On a scale of 0 to 10, where 0 is not at all important and 10 is very important, how important do you think it is that people get a vaccine (e.g. COVID-19, flu) when offered one?*



When offered a COVID/Flu vaccine by the NHS, do you generally accept it?*



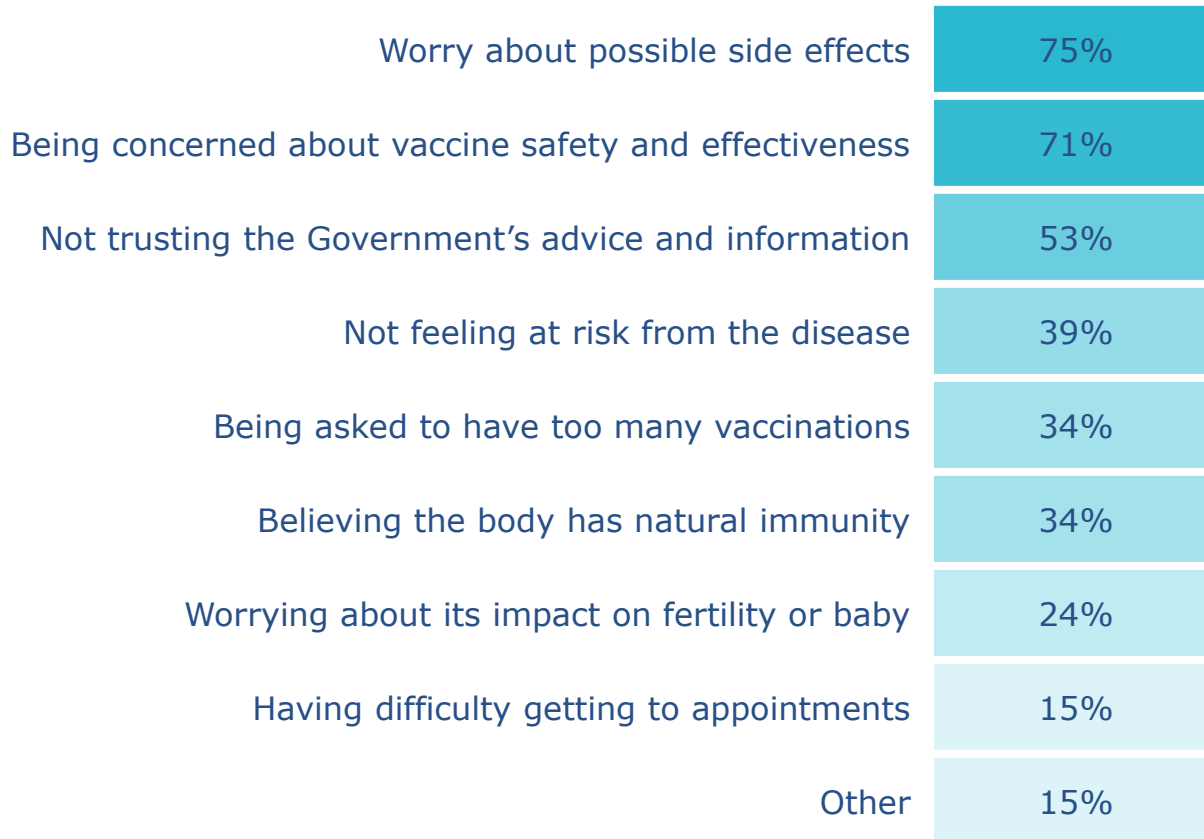
Do you know people who are reluctant and/or have refused to get COVID-19 or flu vaccines when they have been offered them?*



*Prefer not to say: ≤2% for all statements

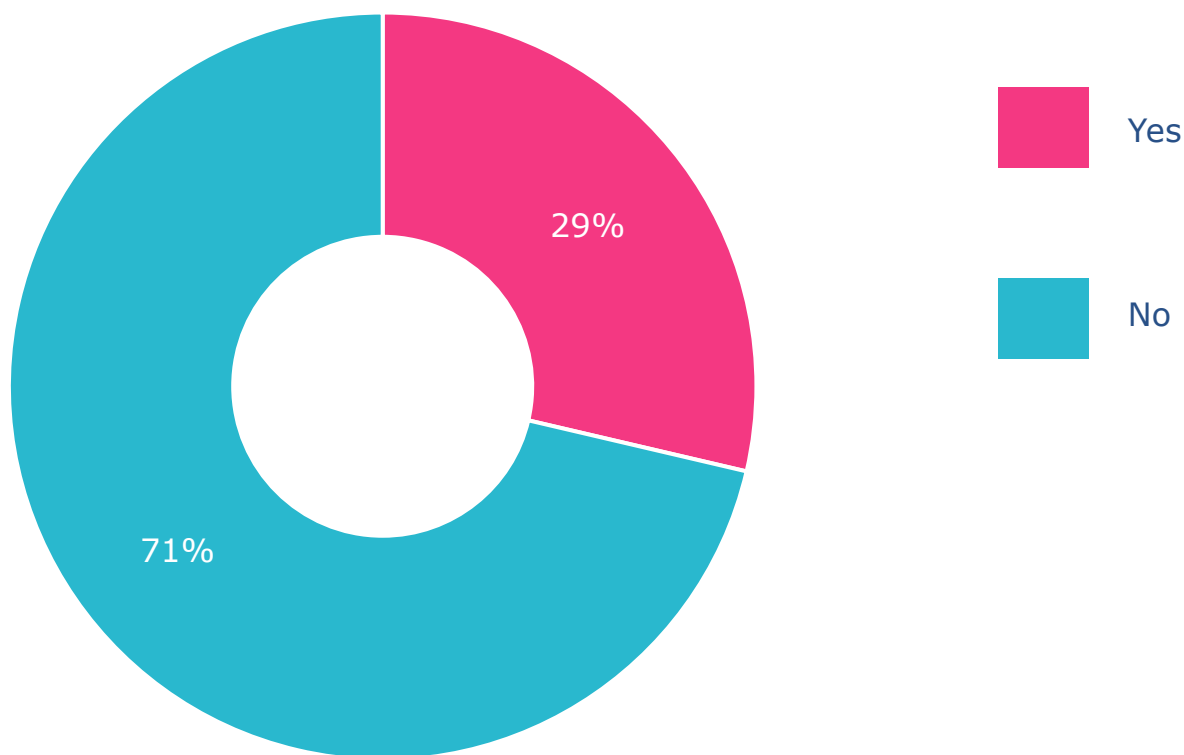
Asked to participants who reported not always accepting a COVID-19 or flu vaccine when offered one, or knowing others who refuse or are reluctant to get a vaccine:

Next, we have eight reasons why people might not accept a vaccine. Which of these are important reasons why you and/or people you know do not accept a vaccine?*



*Unweighted data, limited to those who reported not always accepting a COVID 19 or flu vaccine when offered one, or knowing others who refuse or are reluctant to get a vaccine (n=958)

Thinking about the last vaccine you were offered, did you look for information to help you decide whether to accept it or not?*



*Prefer not to say: <1%

Vaccines

If you were to look for information to help you decide whether to accept a vaccine, which of the following sources would you use, and which would be your most trusted source?*

	Would use source	Most trusted source
NHS website	78%	49%
Public Health Wales website	51%	10%
World Health Organization website	33%	9%
GP / Health professionals	46%	15%
Family, friends, and colleagues	25%	2%
News outlets such as BBC	25%	1%
Social media	8%	<1%
General internet searches	31%	5%
Influencers (celebrity opinion)	1%	0%
Other	10%	6%

*Prefer not to say: 3%



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Risk-taking Behaviour

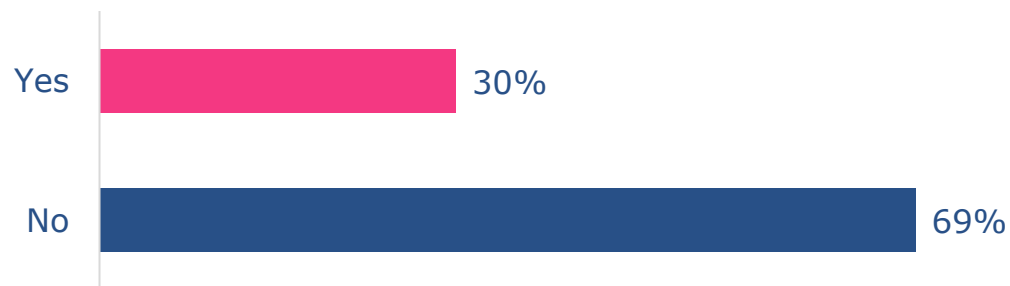
Smoking Behaviour

In terms of smoking tobacco and using e-cigarettes, which of the following best describes you?*

	Smoke tobacco	Use e-cigarettes
Never	53%	80%
Used to but not now	31%	5%
Occasionally	6%	8%
Daily	10%	6%

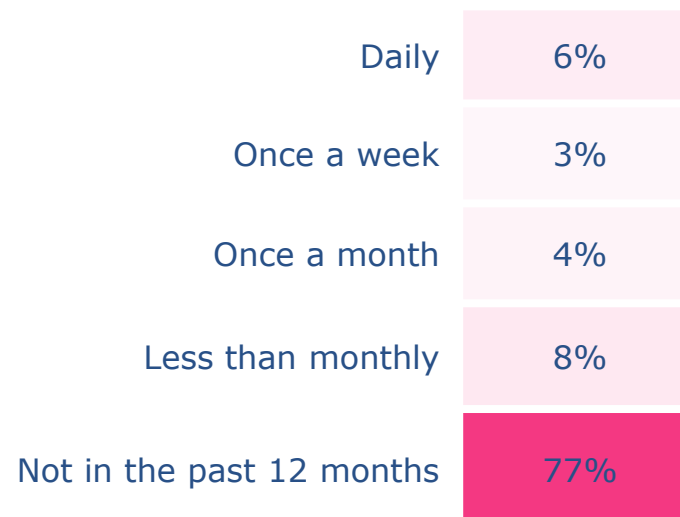
*Prefer not to say: <1% for all statements

Have you ever used cannabis?*



Asked to participants who have used cannabis^:

How often in the last 12 months have you used cannabis?#



*Prefer not to say: 1%

^Unweighted data, limited to those who have used cannabis (n=277)

Asked to participants who reported using cannabis in the past 12 months:

Which of the following best describes your cannabis use at the moment?*

I smoke cannabis with tobacco (e.g. in a spliff/joint) or in a blunt (cigar) 55%

I smoke cannabis without tobacco 17%

I vape cannabis 12%

I take cannabis in food or drink 22%

I dab cannabis concentrates such as shatter, budder or wax 3%

I take cannabis in another way, with tobacco 0%

I take cannabis in another way, without tobacco 17%

Prefer not to say 12%

*Unweighted data, limited to those who have used cannabis in the past 12 months (n=60)

To what extent do you agree or disagree with the following statements?*

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Cannabis use is a problem in my local community	18%	20%	30%	20%	11%
I understand the health risks of using cannabis	31%	44%	15%	7%	2%
Most people I know understand the health risks of using cannabis	14%	31%	28%	20%	7%

*Prefer not to say: 1% for all statements

To what extent do you agree or disagree with the following statements?*

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
Gambling and its associated harm are a problem in my local community	9%	16%	47%	20%	5%
Addiction to gambling is a lot like addiction to drugs or alcohol	40%	43%	10%	5%	2%

*Prefer not to say: ≤2% for all statements

How likely do you think the following are to cause a gambling problem?*

	Very likely	Somewhat likely	Somewhat unlikely	Very unlikely	Don't know
Having an addictive personality	57%	31%	5%	2%	5%
Not having enough willpower	37%	35%	13%	5%	9%
Being around people who gamble a lot	50%	37%	5%	3%	5%
Having a parent or other family member who gambles	40%	40%	7%	4%	8%
A traumatic event in someone's life	16%	43%	17%	8%	15%
A person's genetic or other medical condition	12%	33%	20%	15%	19%
Seeing a lot of adverts promoting gambling	41%	43%	8%	2%	5%
Winning a lot of money	34%	39%	13%	6%	7%

*Prefer not to say: ≤1% for all statements



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Health Inequalities

Responsibility for Health

How much responsibility, if any, do you think the following have for ensuring people generally stay healthy?*

	A great deal	Fair amount	Not very much	No responsibility at all
Individuals themselves	81%	16%	2%	0%
Private sector	39%	45%	11%	3%
The Government	49%	36%	11%	2%
NHS	46%	43%	9%	2%
Local Authorities	34%	45%	15%	5%
Employers	29%	47%	18%	4%

*Prefer not to say, Don't know: ≤1% each for all statements

Health Inequalities

How much of a problem do you think the following types of health inequalities are in Wales? The options range from 1 'not a problem at all', to 5 'a huge problem'.*

	Not a problem at all				Huge problem	Don't know
	1	2	3	4	5	
Inequalities between older and younger generations	9%	6%	25%	27%	19%	13%
Inequalities between men and women	15%	13%	24%	24%	13%	11%
Inequalities between ethnic backgrounds	12%	8%	20%	27%	19%	14%
Inequalities between more and less deprived areas	3%	3%	14%	29%	45%	6%
Inequalities in health and life expectancies	4%	6%	22%	30%	29%	10%
Inequalities in income and wealth	2%	3%	13%	30%	47%	4%
Inequalities in education outcomes for children	4%	5%	18%	30%	36%	7%

*Prefer not to say: 1% for all statements

Health Inequalities

How much do you agree or disagree with each of the following statements?*

Society is fair when...	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
It takes care of those who are poor and in need regardless of what they give back to society	42%	37%	10%	7%	3%
Hard-working people earn more than others	18%	34%	21%	17%	8%
Income and wealth are equally distributed among all people	22%	24%	16%	22%	14%
People from families with high social status enjoy privileges in their lives	17%	21%	14%	22%	24%

*Prefer not to say, Don't know: ≤1% each for all statements

Health Inequalities

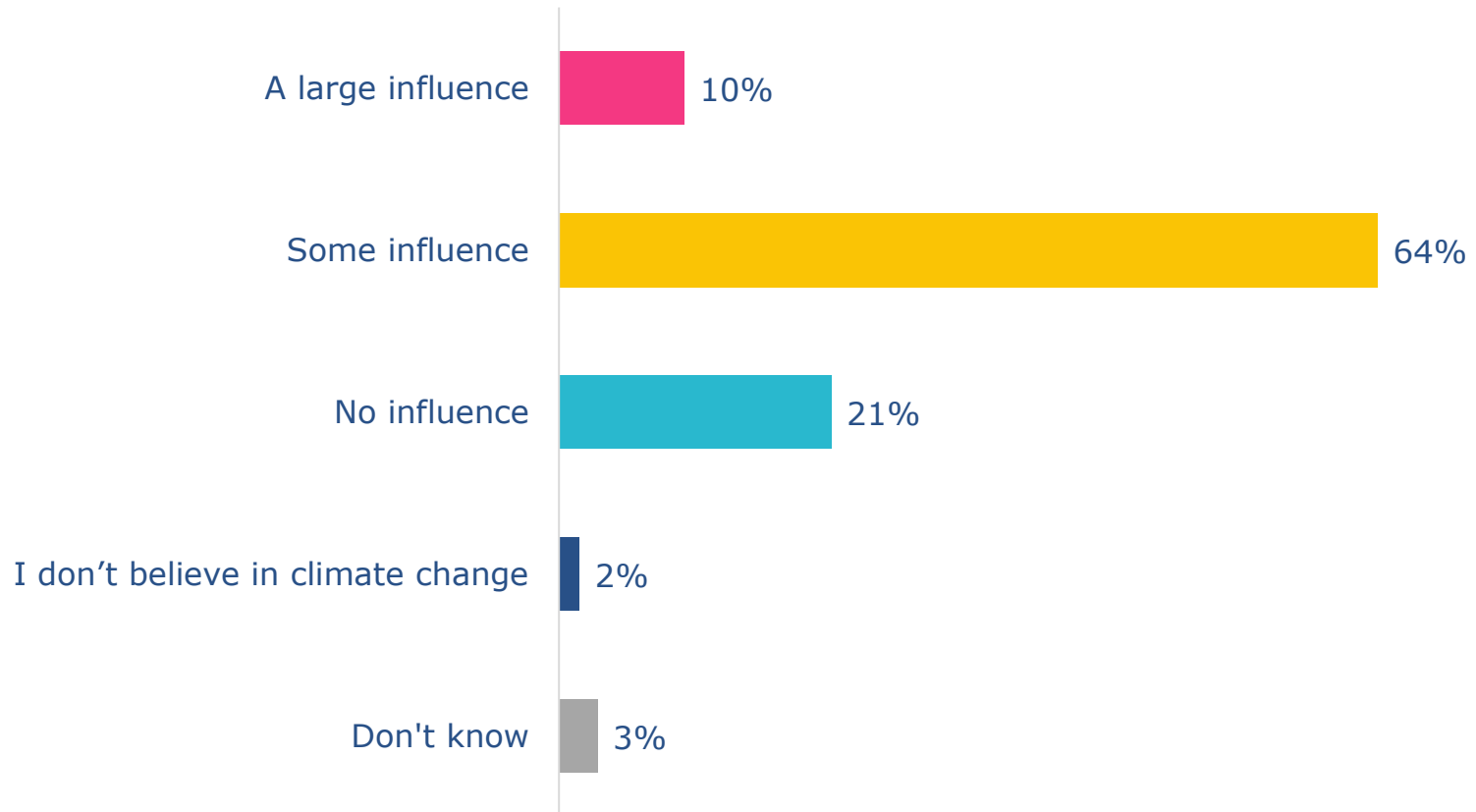
How much do you agree or disagree with each of the following statements?*

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree
The NHS should spend less on treating illness and more on preventing it	16%	30%	35%	14%	5%
Employers should do more to look after their workers' health	44%	43%	9%	3%	1%
Companies and individuals should be made to adopt behaviours to reduce climate change	41%	39%	12%	5%	3%
Healthy foods should cost a bit less and unhealthy foods a bit more	43%	38%	12%	6%	2%
20mph speed limits will reduce road traffic injuries	14%	28%	17%	23%	18%
The circumstances that children are born into determine their opportunities for good health throughout life	31%	49%	10%	7%	3%

*Prefer not to say: ≤1% for all statements

Climate Change

How much influence, if any, do you think you personally can have on limiting climate change?*



*Prefer not to say: <1%

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Cost of Living

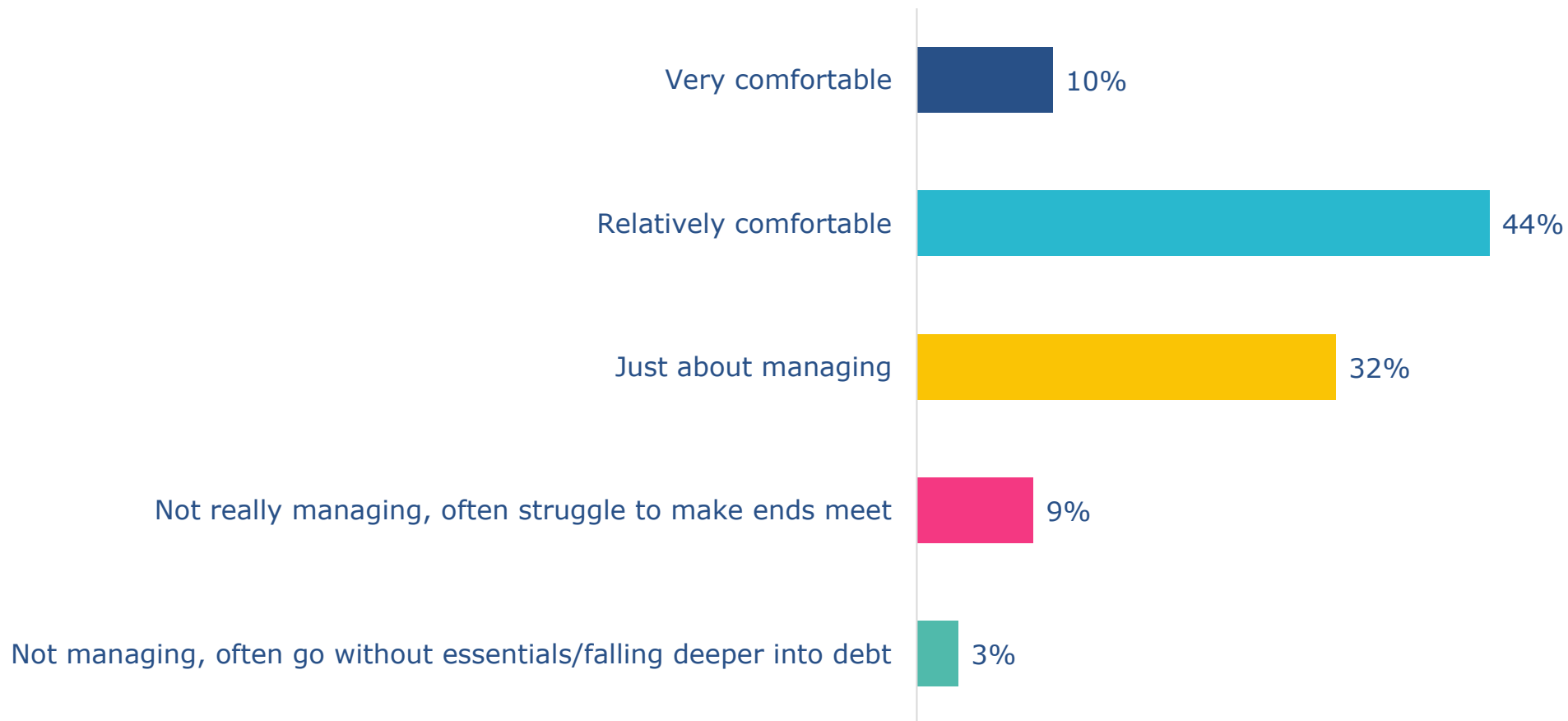
To what extent do you agree or disagree with the following statements?*

	Strongly agree	Agree	Neither	Disagree	Strongly disagree	Don't know
I understand how changes in the cost of living will affect me	35%	50%	9%	4%	1%	1%
Rising costs of living are reducing my quality of life	24%	33%	21%	17%	4%	1%
Many people I know are struggling to cover their cost of living	31%	39%	14%	10%	2%	4%
Many people I know are cutting back spending on non-essentials and luxuries to help with rising costs of living	38%	42%	11%	4%	2%	3%
I'm cutting back on my spending on non-essentials and luxuries to help with rising costs of living	28%	45%	13%	10%	3%	<1%

*Prefer not to say: <1% for all statements

Cost of Living

Thinking about your household finances, which of the following best reflects your current position?*



*Prefer not to say, Don't know: $\leq 1\%$ each for all statements

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Current Concerns

Current Concerns

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

	A lot	A little	Not at all
Your finances	30%	46%	24%
The cost of living	38%	49%	12%
Your ability to heat your home	22%	44%	33%
Your mental health and well-being	24%	41%	34%
Your physical health	30%	50%	19%
Escalation in the war in Ukraine	24%	48%	28%
Catching coronavirus	9%	37%	53%
Spread of Strep A infection	9%	30%	60%

*Prefer not to say: ≤1% for all statements

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Want to be involved in the Panel?

Recruitment to the Time to Talk Public Health Panel is continuous as we want to speak with a broad range of individuals across Wales.

If you live in Wales and are aged 16+ years, this is your opportunity to be heard.

 TalkPHWales.com

 **01663 761976**

 TalkPHWales@wales.nhs.uk

Join the
panel

How does
the panel
work?

Have
your say!

What is
public
health?

Make a
difference!





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Public Health Wales



@PublicHealthW

Want to learn more about how to live a healthy and prosperous life?

Want to find out how to help your community flourish?

Public Health Wales works to protect and improve health and well-being and reduce health inequalities for the people of Wales.



Project Team: Dr Catherine Sharp | Prof Karen Hughes



TalkPHWales@wales.nhs.uk



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Appendix

Sample Demographics

Methods

Sample Demographics

		Sample*	Population**
Gender [#]	Male	34%	49%
	Female	65%	51%
	Other	1%	-\$
Age group (years) [#]	16-29	6%	21%
	30-49	27%	29%
	50-69	44%	31%
	70+	23%	19%
Deprivation quintile [^]	1 (Most)	14%	19%
	2	18%	20%
	3	21%	21%
	4	21%	21%
	5 (Least)	25%	20%

***N=1,072; ** Age 16+**

[#]Population equivalents from: ONS. Estimates of the population for the UK, England and Wales, Scotland and Northern Ireland. Mid 2020.

www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/datasets/populationestimatesforukenglandandwales/scotlandandnorthernireland

[^]Welsh Index of Multiple Deprivation 2019.

<https://www.gov.wales/welsh-index-multiple-deprivation-full-index-update-ranks-2019>

^{\$}Data not available

Sample Demographics

		Sample*	Population**
Ethnicity [^]	White	97%	95%
	Mixed/Multiple Ethnic Groups	1%	1%
	Asian, Asian Welsh or Asian British	1%	2%
	Black, African, Caribbean, Black Welsh or Black British	<1%	1%
	Other Ethnic Group	<1%	1%
	Prefer not to say	<1%	-\$
Health Board [#]	Aneurin Bevan UHB	18%	19%
	Betsi Cadwaladr UHB	24%	22%
	Cardiff and Vale UHB	14%	16%
	Cwm Taf Morgannwg UHB	13%	14%
	Hywel Dda UHB	14%	12%
	Powys Teaching HB	5%	4%
	Swansea Bay UHB	11%	12%

*N=2,000; **16+ years; UHB – University Health Board; ^Population ethnicity estimates are for all ages due to data not being available for non-White residents aged 65+; Stats Wales, stats.wales.gov.wales/Catalogue/Equality-and-Diversity/Ethnicity; #Population estimates for ages 16+; Stats Wales, stats.wales.gov.wales/Catalogue/Population-and-Migration/Population/Estimates/Local-Health-Boards/populationestimates-by-lhb-age; \$Data not available.

- A target of 2,500 panel members was set in order to obtain a monthly survey sample of approximately 1,000 responses, with response rates to monthly surveys estimated to be a maximum of 50%.
- To reach a range of individuals, three methods of recruitment were used:
 - Telephone
 - Social media
 - Face-to-face
- A professional market research company (DJS Research Limited) was procured to undertake recruitment and monthly surveys.
- Telephone and face-to-face recruitment used stratified quota sampling. Quotas applied to:
 - Geography (Health Board)
 - Age
 - Sex
 - Deprivation quintile (WIMD*)
- Social media targeting focused on demographic gaps in recruitment.
- Panel members completed an initial recruitment survey and will be asked to complete a 15-20 minute survey every month. Monthly surveys will be undertaken online or by telephone, depending on participants' preference.

*Welsh Index of Multiple Deprivation.

Further methodological detail is available in the [project protocol](#).