

# How are we doing in Wales?

Public Engagement Survey on Health and Wellbeing during Coronavirus Measures

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Week 66 (5<sup>th</sup> to 14<sup>th</sup> July 2021\*)

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World Health Organization Collaborating Centre on Investment for Health and Wellbeing, Public Health Wales

\*This iteration of the survey was extended into week 67 to increase participation among younger adults.

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. Survey 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.



653 Welsh residents aged 18 years and over were interviewed in week 66 of the survey (5<sup>th</sup> to 14<sup>th</sup> July 2021\*).

**81%**

of people thought the restrictions in place to manage coronavirus were ‘about right’; 7% thought they were ‘too little’ and 11% thought that they were ‘too much’.

**37%**

of people said they were following coronavirus restrictions ‘completely’, down from 43% in the last survey week<sup>#</sup>.

**9%**

of people said they were very worried about catching coronavirus and 25% of people were moderately worried; up from 5% and 23% in the last survey week<sup>#</sup>.

**50%**

of people agreed with the statement ‘people who have had both vaccines should be able to meet each other without wearing face coverings or socially distancing’; 50% disagreed.

**23%**

of people agreed with the statement ‘people who have had both vaccines should not have to wear face coverings or socially distance at all’. The majority of people (77%) disagreed.

**34%**

of people said their physical fitness was worse now than it was early last year, before the coronavirus situation. 48% said it had not changed and 17% said that it had improved.

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

Yes	16%
Don't know	3%

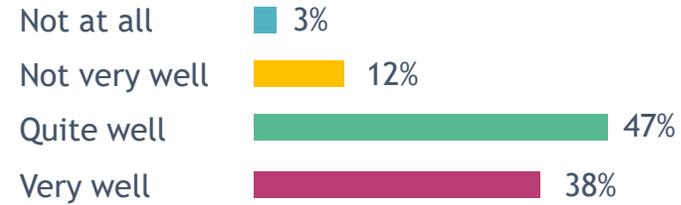
**Have you been tested for coronavirus or had an antibodies test?**

Had a coronavirus test	55%
Had an antibodies test	9%

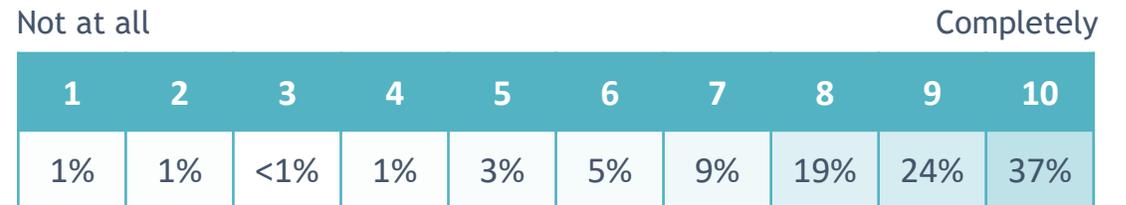
**How worried are you that you could get coronavirus?**

Not at all	31%
A little	36%
Moderately	25%
Very	9%

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



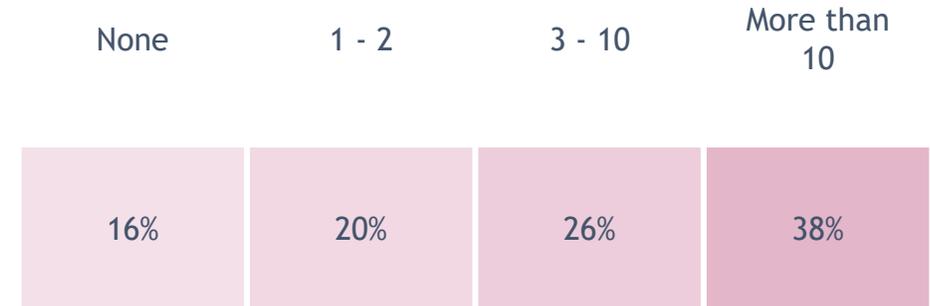
On a scale of 1 to 10 where 1 is *not at all* and 10 is *completely*, how much would you say you are following the restrictions?



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?



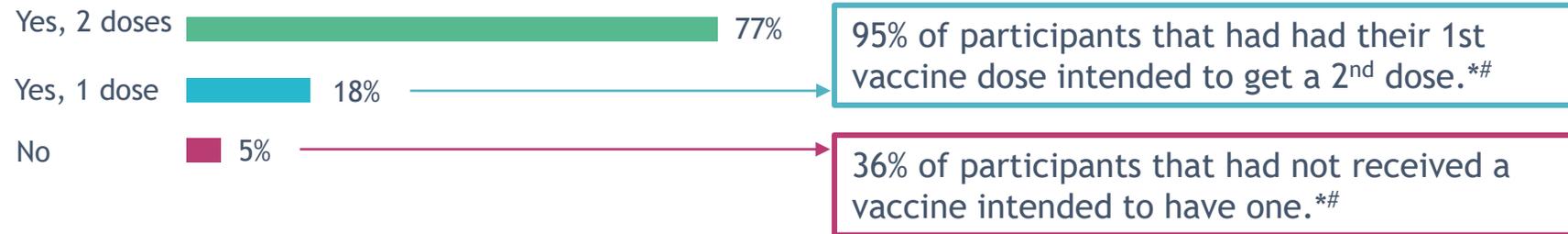
Apart from the people in your own household or your extended household, in the last 7 days, how many people have come into your house?



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

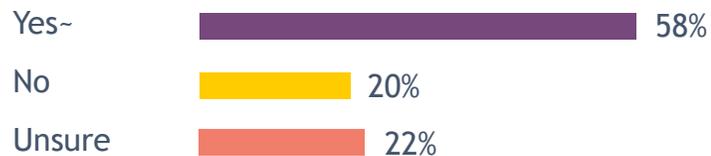


## Have you received a vaccine for coronavirus?



*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; #Responded 'yes' (vs. 'unsure' or 'no') to a question asking if they intended to have a vaccine/second dose;  
 ~Includes those already vaccinated.

Of people that have received at least one vaccine dose\*

Did you experience any reactions to the vaccine?

Yes	46%
Sore arm	20%
Tiredness	17%
Headache	12%
Fever/shivery	9%
Muscle or joint pain	8%
Feeling or being sick	5%
Severe allergic reaction	<1%
Other#	11%

\*Unweighted data, n=631; #Including general flu like symptoms.

## 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?	6%	24%	63%	7%
...protects you from becoming seriously ill if you do catch coronavirus?	4%	14%	70%	12%
...reduces the risk of you infecting others with coronavirus?	12%	34%	48%	7%

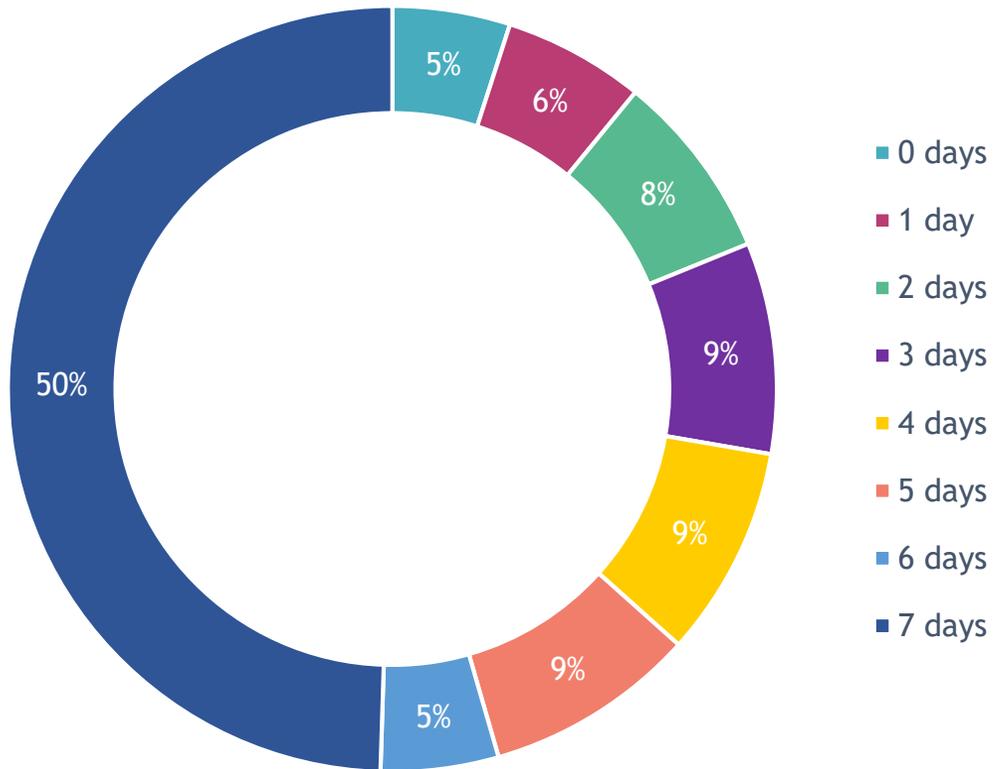
## Do you agree or disagree with the following statements?

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	50%	50%
People who have had both vaccines should not have to wear face coverings or socially distance <u>at all</u>	23%	77%

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	58%	6%	7%	29%
...to shop	18%	58%	18%	6%
...to exercise	37%	19%	12%	32%
...to meet family/friends	41%	41%	13%	5%
...to eat at a café, pub or restaurant	65%	30%	2%	3%

# How well are we handling coronavirus?

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

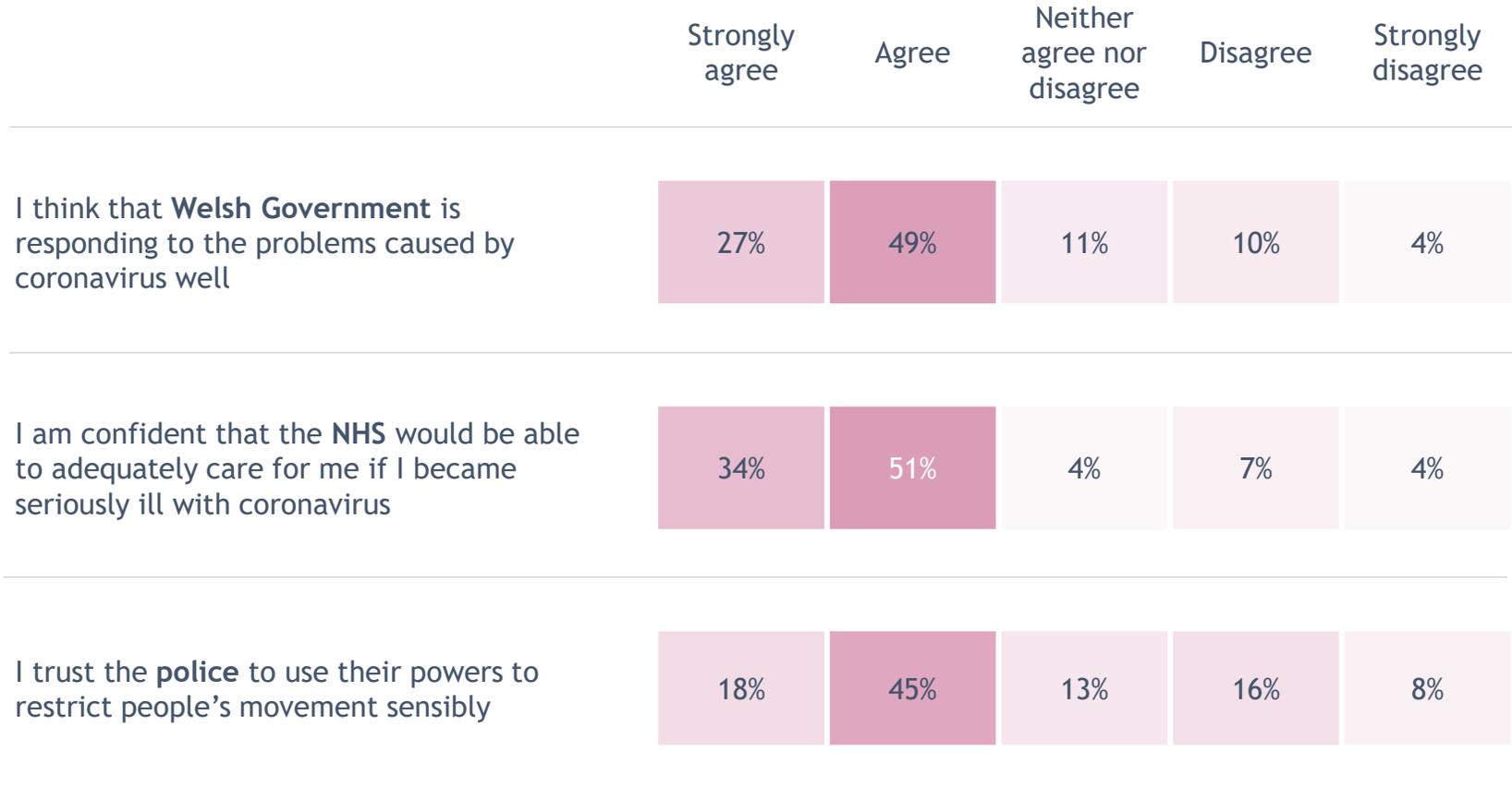
Too little 7%



About right 81%



Too much 11%



# 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	46%	35%	18%
The wellbeing of your children*#~	21%	38%	41%
Your children's education*#~	26%	27%	47%
Losing your job or not being able to find one#~	72%	18%	11%
Your finances	64%	24%	12%
Going out in public places#	44%	39%	17%
The impacts of Brexit	61%	21%	18%

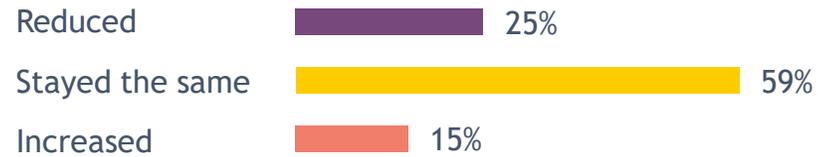
\*Limited to those with children in the household; #Excludes those responding 'not applicable'; ~Unweighted data.

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

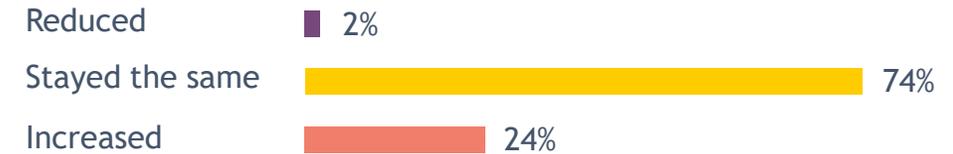
	Much better	A bit better	The same	A bit worse	Much worse
Your physical health	5%	10%	54%	19%	12%
Your physical fitness	5%	12%	48%	22%	12%
Your mental health	4%	4%	58%	25%	9%
Your dental health	2%	3%	66%	21%	9%
Your family relationships	4%	7%	78%	8%	3%
Your social relationships	3%	5%	52%	28%	13%
Your financial situation	8%	13%	61%	13%	5%
Your employment or work prospects	6%	6%	79%	4%	5%

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

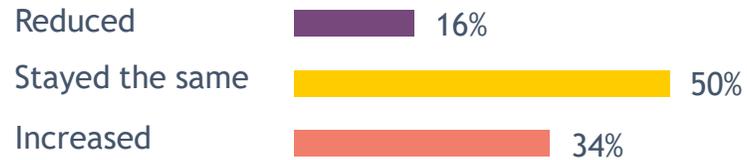
### Your alcohol consumption



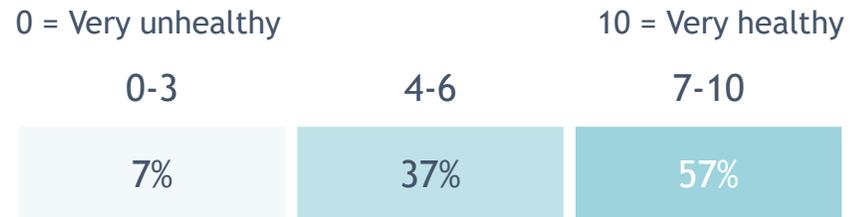
### Your concerns about climate change



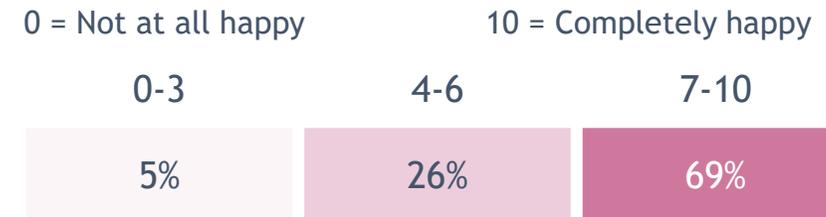
### Your weight



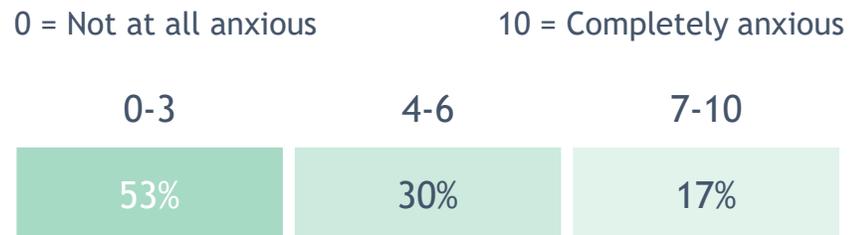
## How healthy do you feel today?



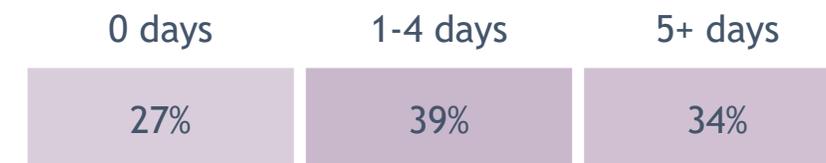
## How happy do you feel today?



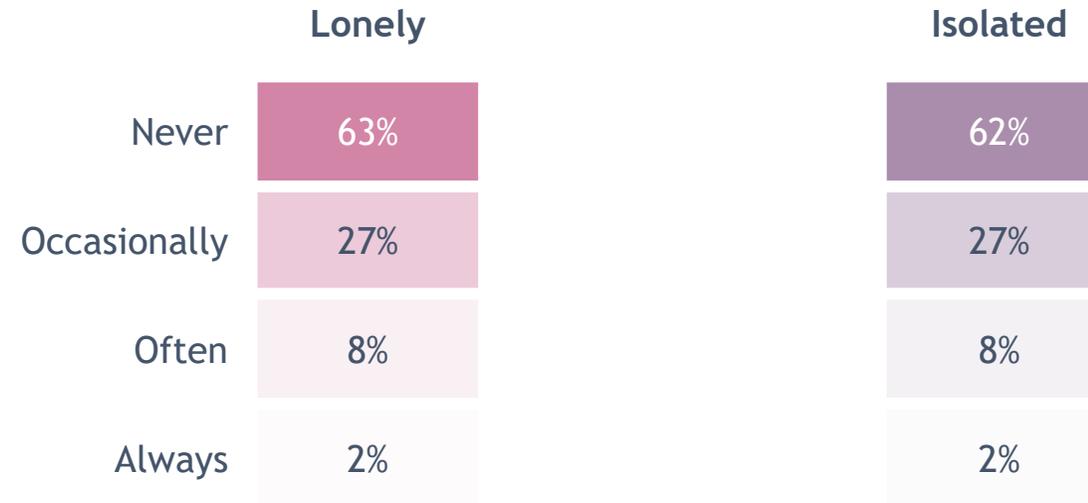
## How anxious do you feel today?



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

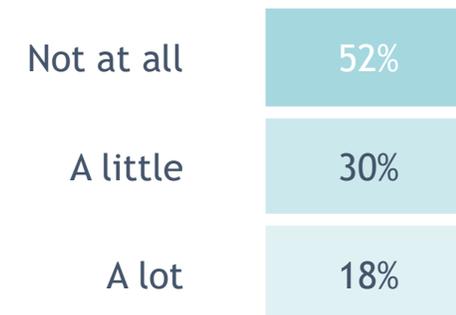


In the last week, how often have you felt...



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

Your mental health and wellbeing



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## Enquiries

### Data and Analytics

Professor Karen Hughes

### Analytical support

Natasha Judd

### Survey Development

Professor Mark A Bellis

### Email

generalenquiries@wales.nhs.uk

### Tel

02920 227744

### Web

phw.nhs.wales

Policy and International  
Health, WHO Collaborating  
Centre on Investment for  
Health & Well-being

Floor 5, Public Health Wales,  
2 Capital Quarter, Tyndall  
Street, Cardiff CF10 4BZ

Canolfan Gydweithredol  
Sefydliad Iechyd y Byd  
ar Fuddsoddi ar gyfer  
Iechyd a Llesiant

World Health Organization  
Collaborating Centre  
on Investment for  
Health and Well-being

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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)**

