

Initial findings from Covid19 Health & Wellbeing Impact Survey

*Results from extract: 22nd May – 31st July (closed)
3,095 Participants*

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Covid 19 Health & Wellbeing Impact Survey

- On-line survey to capture insight into health and wellbeing behaviours of citizens during the Covid-19 outbreak.
- Promoted via social media and through community engagement partner organisations as well as through members and other partners.
- Launched on 22nd May.
- First extract on 29th May prior to introduction of additional questions on access to health and social care services and additional questions on caring responsibilities, 2nd extract on 5th June. Extract 6 sample = 2,759 participants, extract 7 = 336, cumulative sample 3,095.
- Where additional questions were added after extract 1 the sample 227 have been included as 'not answered' in the analysis.
- As the sample size grows, we plan to analyse the data by demographic group and hopefully if the sample size is big enough at ward level.

Cumulative Sample Profile

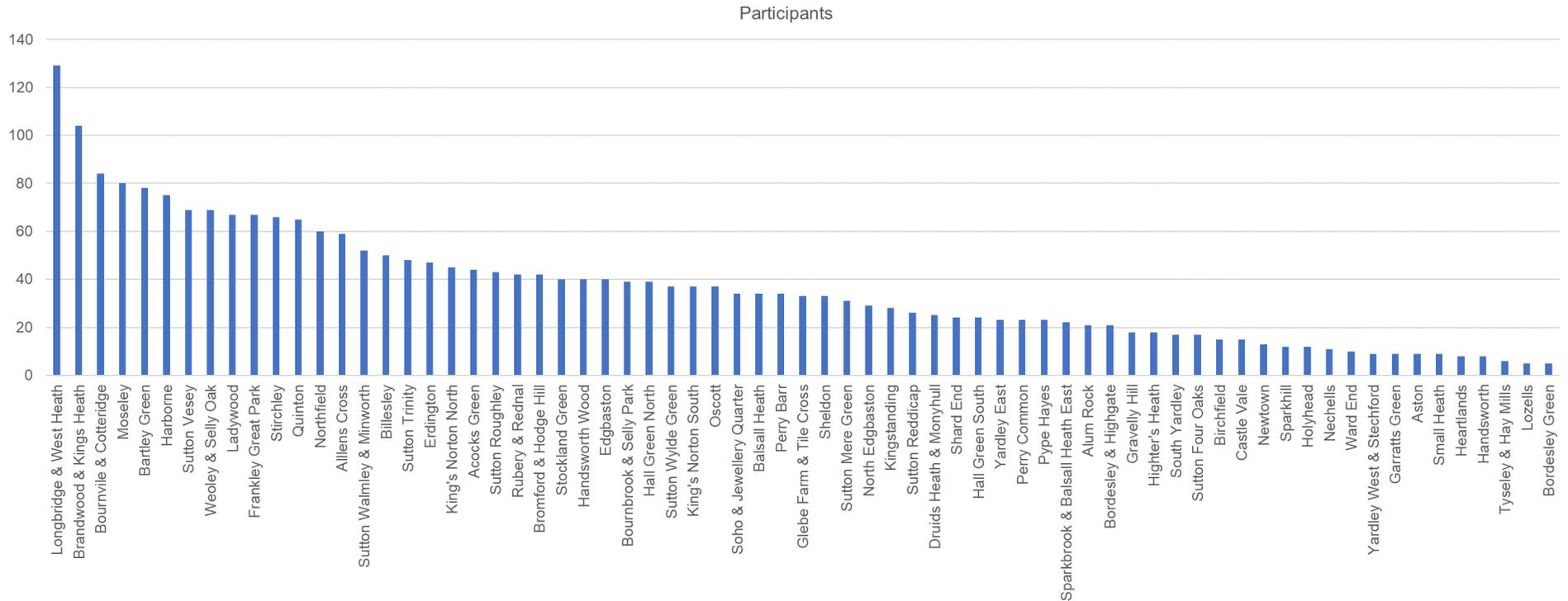


Key points about sample demographic

- The participants are older than the average age profile of the city, more white, more female and more likely to report no religion than the census based profiles of the city.
- There was slightly higher representation of lesbian, gay and bisexual participants and disabled participants than national estimates in the population.

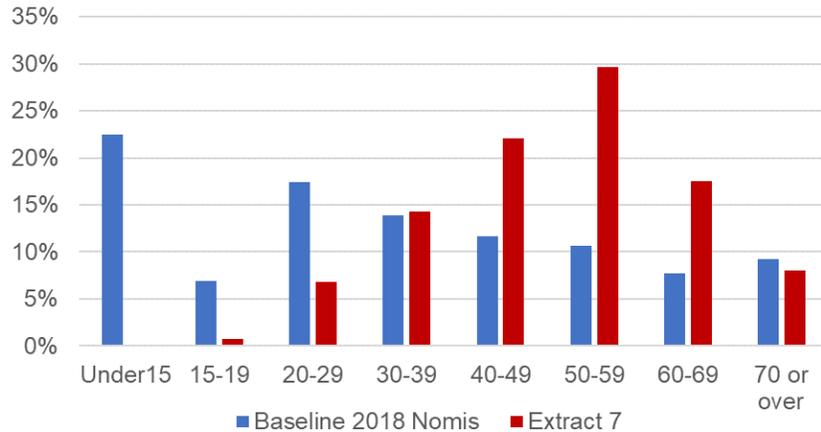
Geographical distribution

The largest participation to date has been from Longbridge & West Heath, Brandwood & Kings Heath ward and Bournville & Cotteridge. The lowest participation so far has been from Tyseley & Hay Mills, Lozells and Bordesley Green.

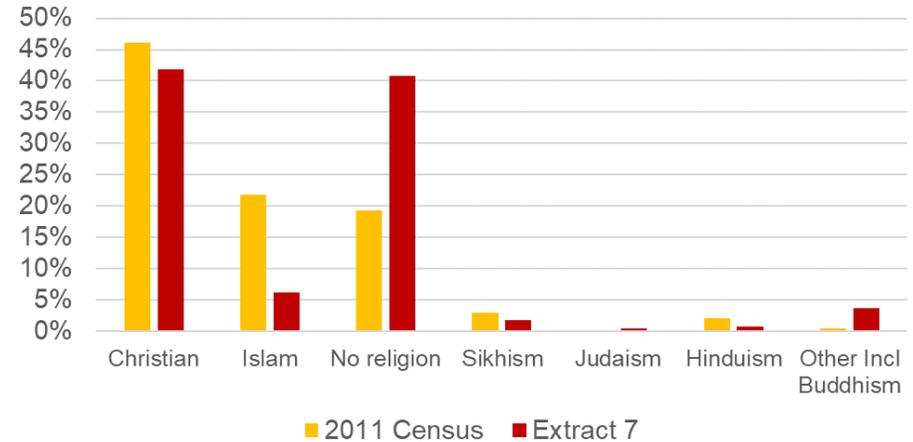


Extract 7 Sample Demographic

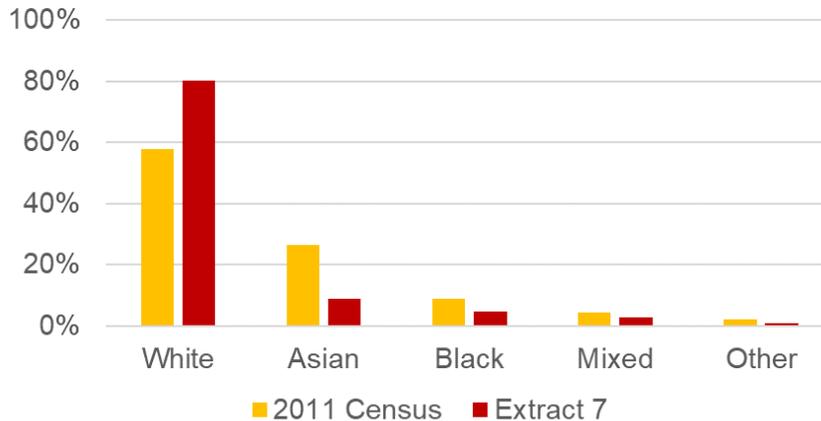
Age distribution



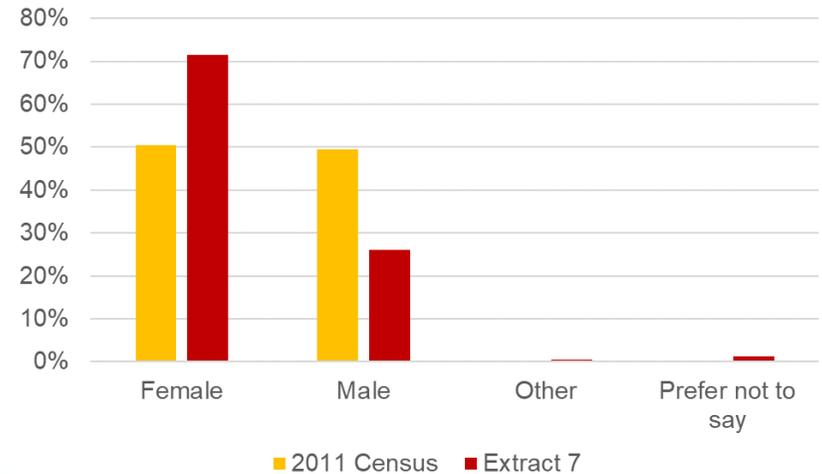
Religion



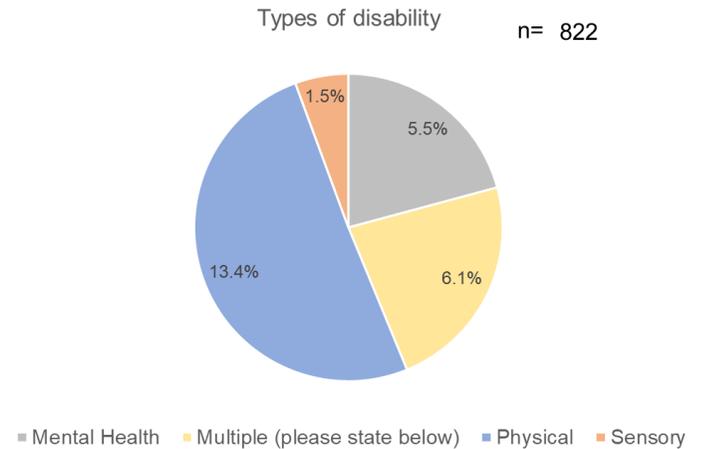
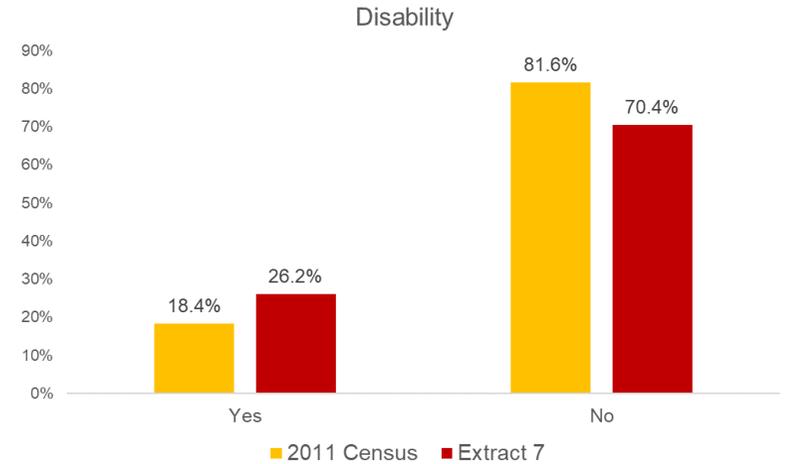
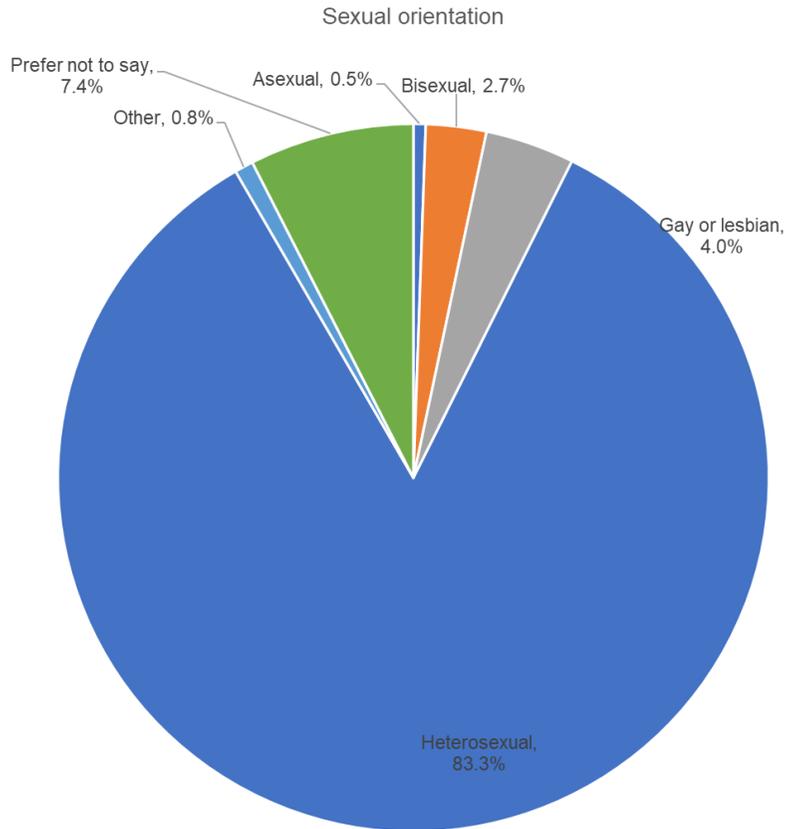
Ethnic groups



Gender



Extract 7 Sample Demographics



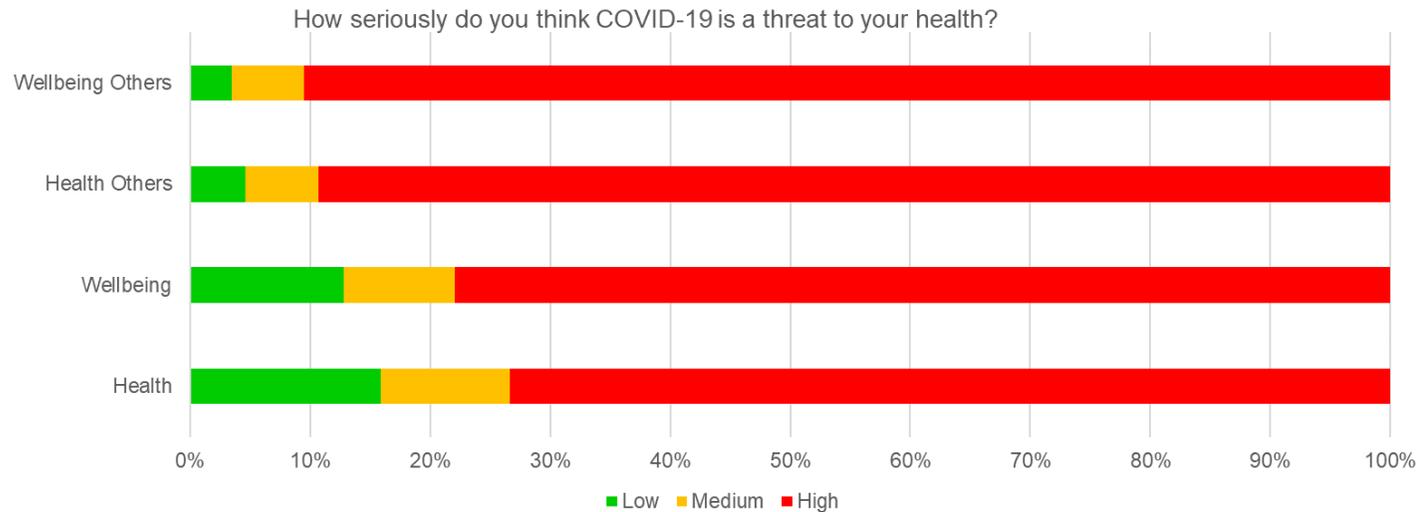
Feelings, Trust and the Test & Trace App



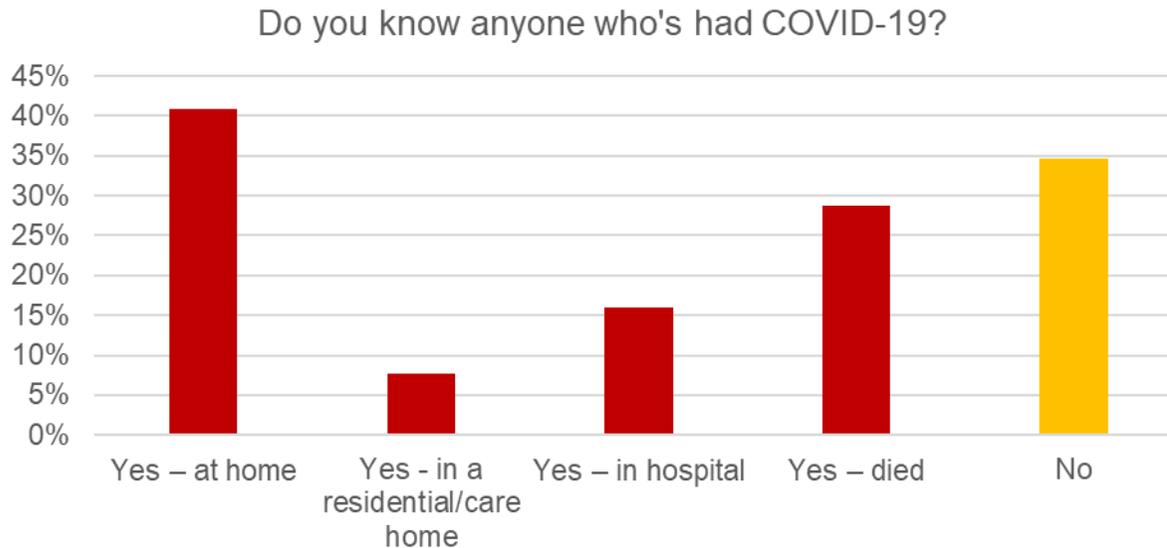
Feelings about Covid-19 threat

In general participants viewed Covid-19 as a greater threat to others than to their own health and wellbeing.

Over two thirds of participants view it as a serious threat to personal health and wellbeing.



Knowledge of someone who has had Covid-19

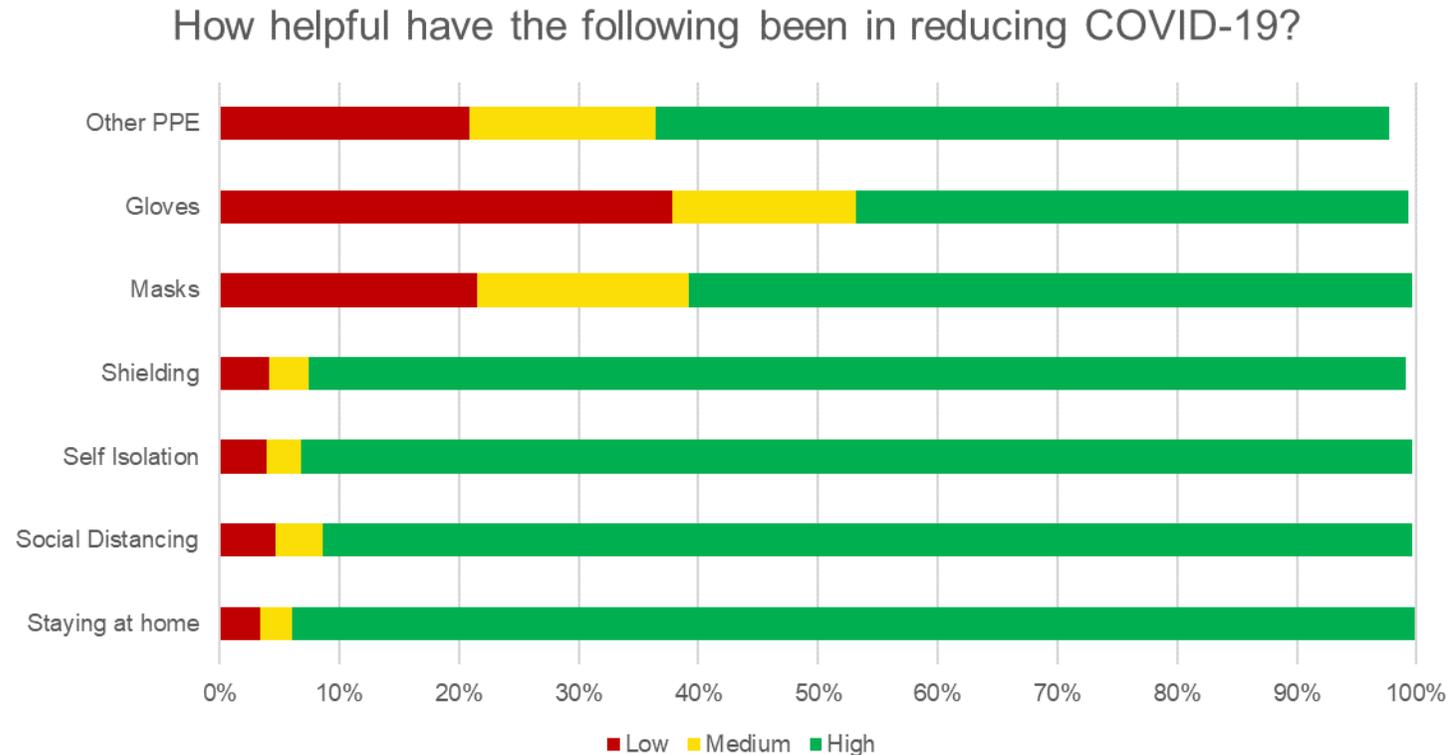


Over 40.9% of participants knew someone who had Covid-19 and remained at home, while just over 28.8% reported knowing someone who had died of Covid-19.

Views on Lockdown Impact

Key Points

Staying at home was felt by participants was the most impactful interventions followed by self-isolation, shielding and then social distancing. In general PPE interventions were seen to have been less helpful by this public audience.



Question Scale

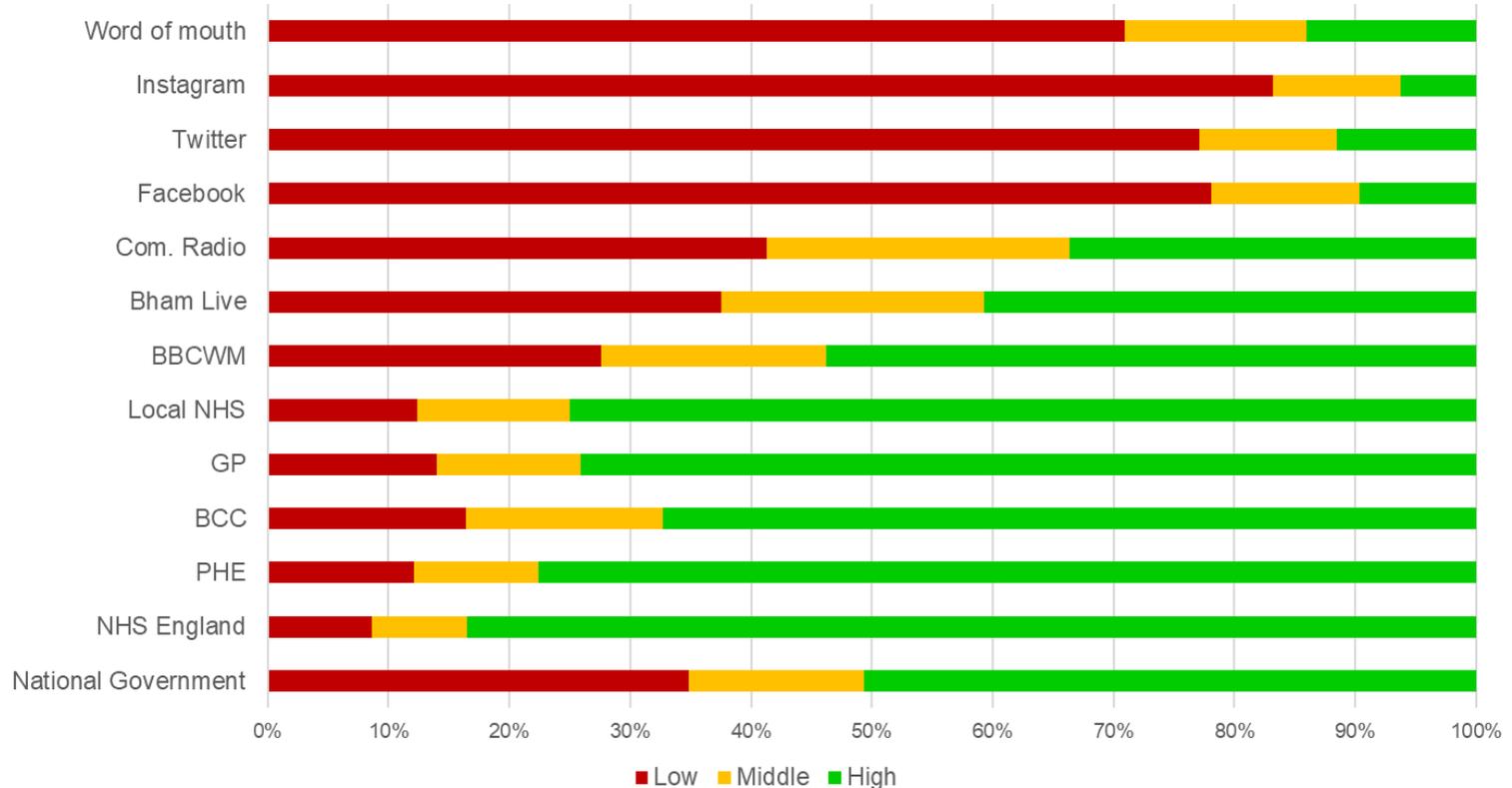
On a scale of 0-10 (0 is low and 10 is high) how helpful do you think the following have been in reducing COVID-19

Trust in sources of Covid-19 information

Key Points

Trust was highest in information from NHS England followed by PHE and other NHS sources and then BCC.

BCC was more trusted than National government and local media outlets.



Question Scale

How much do you trust each of the following as information sources on Covid19 and how to respond? (0 being no trust and 10 being extremely high level of trust)

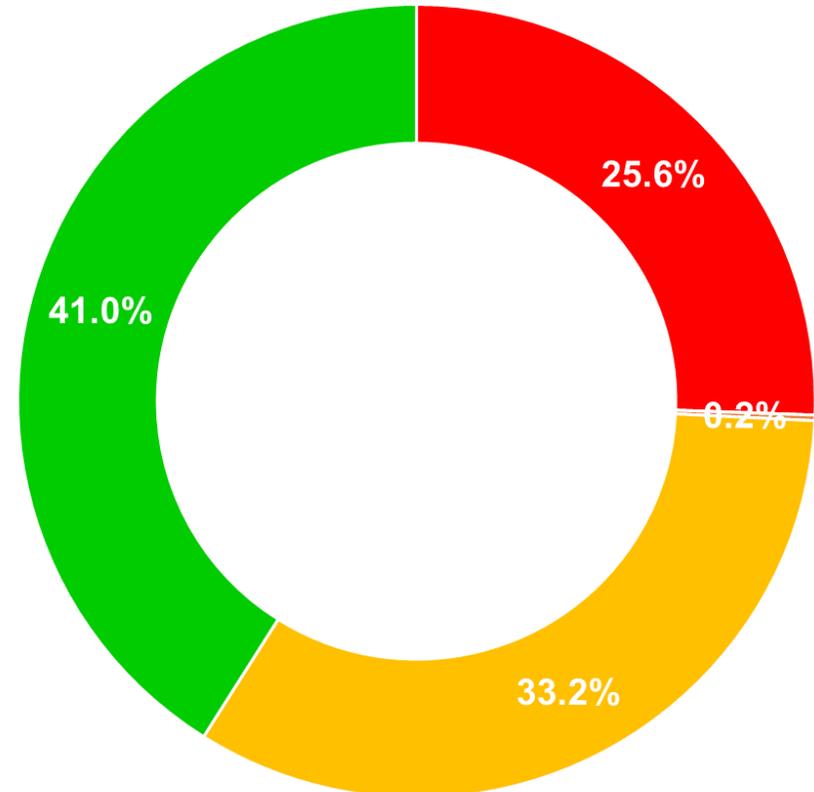
Are you planning to download the NHS Test & Trace App on your phone?

Just under a third of participants remained unsure as to whether they will download the test and trace app.

1,653 participants provided free text comments, most commonly these reflected concerns about trust, privacy and security of data.

The NHS App for contact tracing, are you intending to use this on your phone?

■ No ■ Not Answered ■ Unsure ■ Yes



COVID understanding and views [N=1125]

Isolation
[499]

Coping
[322]

Mental Health
[197]

Let down by authorities
[157]

Unreliable Guidance /
politics [151]

Lack of trust
(authorities)
[95]

Focus on Covid >
Preventable [62]

Lack of trust (UK
media) [62]

Uncertainty
about future
[79]

Fear to use
services [61]

Unwilling
to
cooperate
[57]

Misunderstan...
of guidance
[46]

Needing time
alone [60]

Supported
[27]

Trust
guidance [26]

Additional qualitative codes for COVID understanding and views

Coded <25

- Trust NHS
- Hoax
- Job uncertainty
- BAME
- Domestic abuse
- Breakdown of relation

Views on Test and Trace app [N=1652]

Fears over data protection and security [602]

Not enough information about it [211]	Not effective/ accurate/ reliable [103]	No mobile phone [99]	Incomptable phone [94]	
	Requires everyone using it properly for it to work [74]	The App does not work [63]	It is pointless [58]	
	Shielding so not needed [73]	It will not work [56]	Do not trust private companies [45]	Do not know anything about it [42]
		Need evidence of effectiveness [39]	Does not apply to me [31]	Should have been introduced earlier [26]
Do not trust the Government [194]	Do not understand how it works [66]	Wifi/ internet/ battery issues /storage [35]	I may try it [31]	
			Will lead to false isolation[26]	

Additional qualitative codes for views on test and trace app

Coded <25

- I don't know how to use apps
- Not given it any thought
- App is not ready
- Not Interested
- Will affect my work and income
- Don't take phone out with me
- Prefer/use a different Test and Trace method
- I don't use apps
- Worried about the impact on my phone contacts
- Would affect my mental health
- Not proven to work
- App has been cancelled
- Not been asked to use it
- Will use if I develop COVID19
- No trust in NHS
- Technical problems with app
- Will use if I leave the house
- Don't want to self-isolate

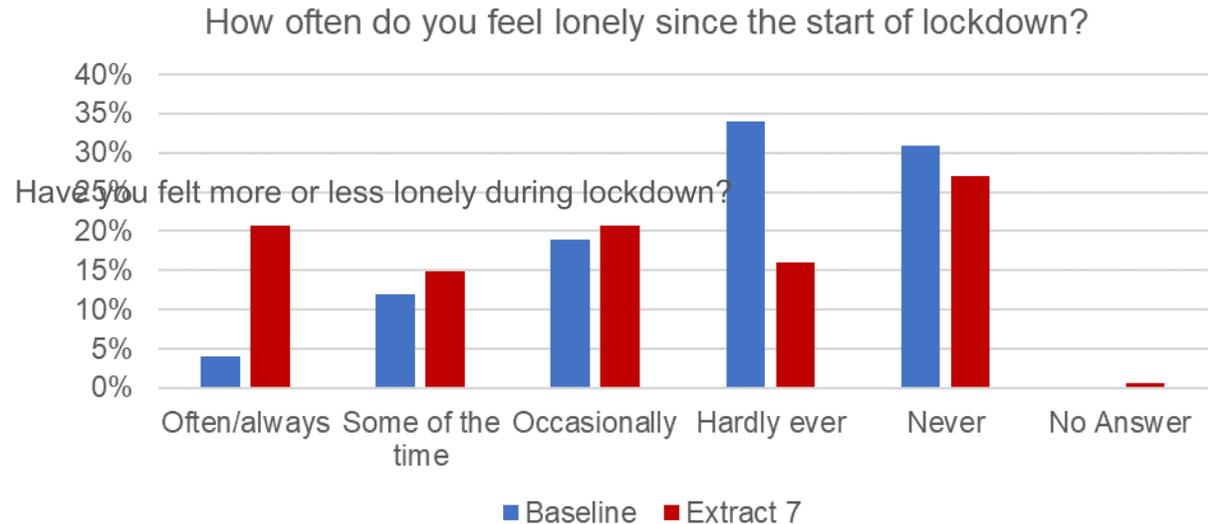
Mental Wellbeing



Mental Wellbeing 1

Compared to national survey in 15/16 (baseline) participants are feeling lonely more frequently since the start of lockdown.

This is supported by their own perception of feeling more lonely during lockdown, with 58.2% reporting feeling a bit or a lot more lonely.



Have you felt more or less lonely during lockdown ?
N=3095

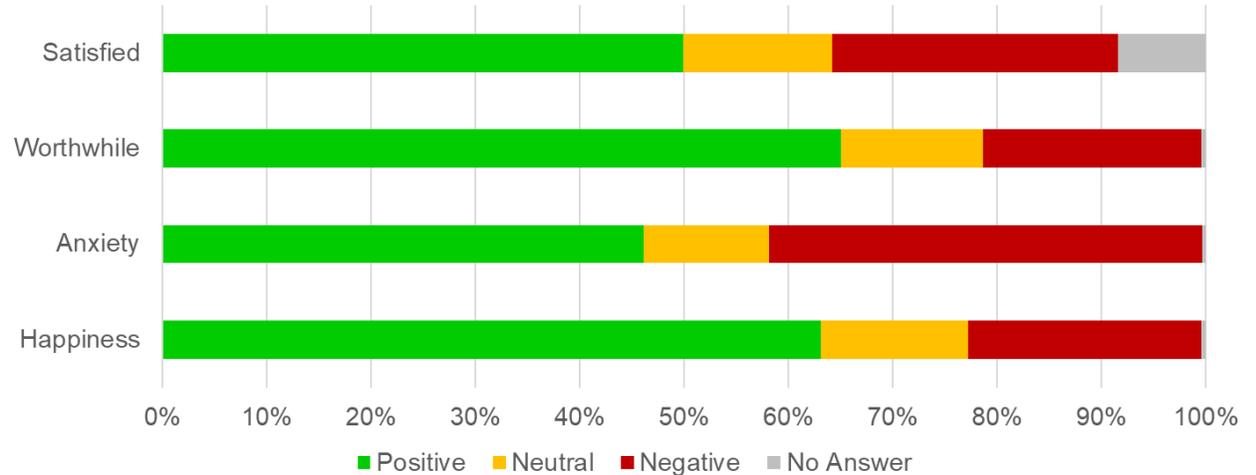


Mental Wellbeing 2

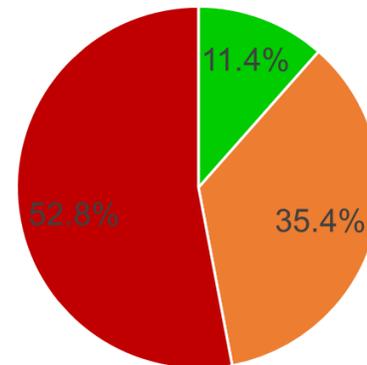
In general respondents were positive in their response on recent feelings, although over 41.5% reported feeling anxious in the last day.

This is also reflected in 52.8% of participants reporting their mental wellbeing has deteriorated since the pandemic started.

Yesterday how did you feel?



Do you think your mental wellbeing has improved or deteriorated since the pandemic started?



Improved No change Deteriorated

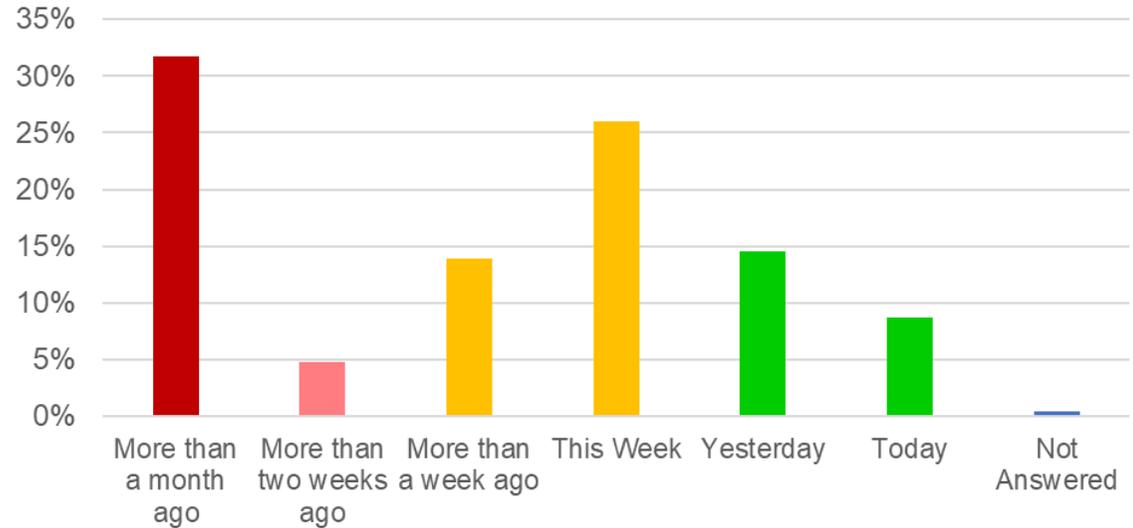
Mental Wellbeing 3

31.7% hadn't met up with a friend or family member outside their house for more than a month.

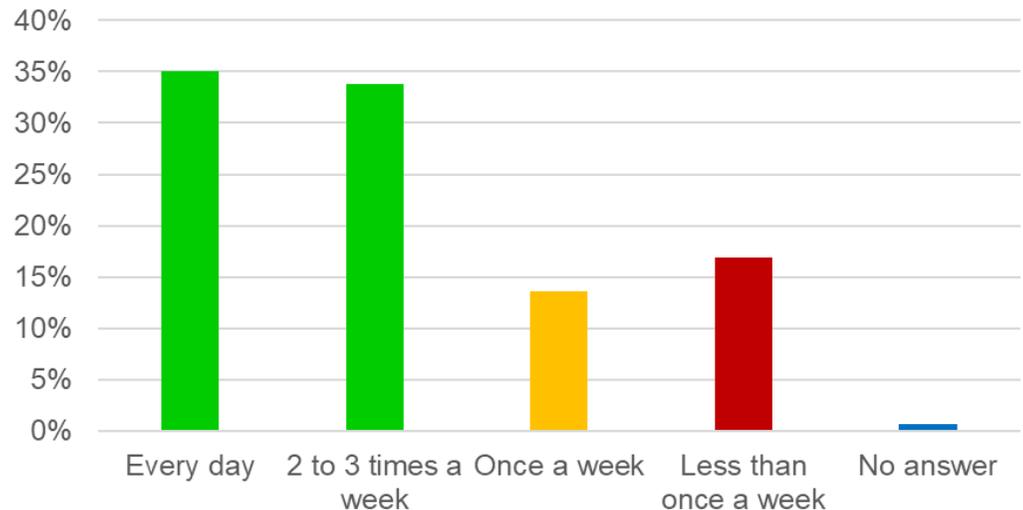
16.9% said they have a personal conversation with someone outside their house less than once a week.

18.4% reported their friendships have got stronger during lockdown, while 20.1% felt they had got weaker. 5.8% reported losing friends during lockdown.

When was the last time you met up with a friend or family outside of your house?



How often do you have a personal conversation with someone you don't share a house with



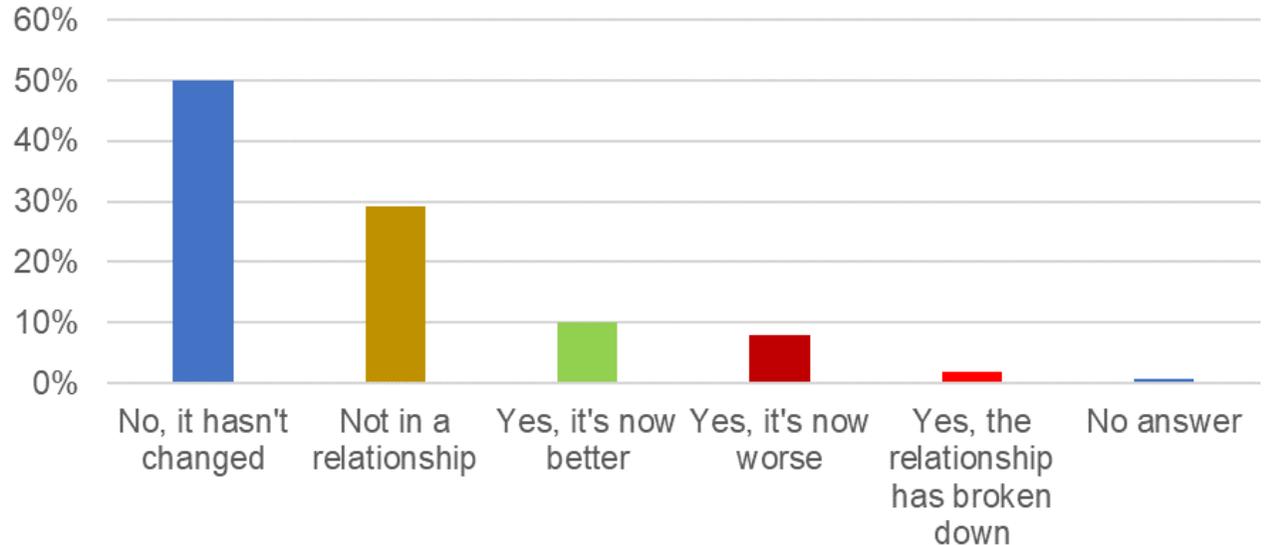
Mental Wellbeing 4

136 people said they don't feel safe in the house they are living in during lockdown.

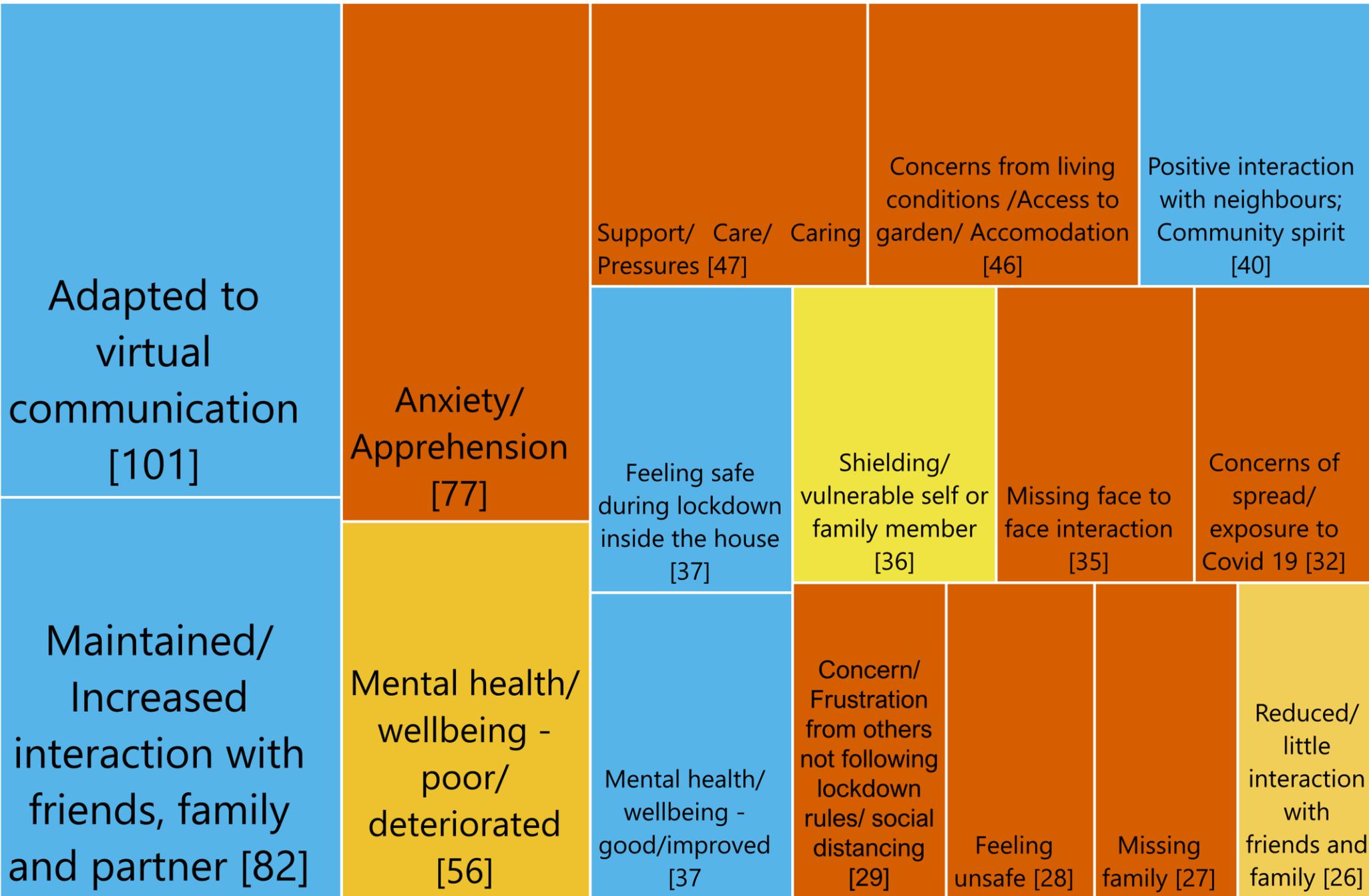
306 people reported their relationships with their partner had got worse or the relationship had ended. Only 10% felt things had improved.

262 people reported having no family or children. Of those with children and/or family 306 people reported their relationships had got worse or broken down completely. Just under 10% reported family relationships had improved during lockdown.

Has your relationship with your partner with changed since the lockdown



Views on mental wellbeing [N=708]



Additional qualitative codes for mental wellbeing

Coded <25 and >15

- Crime
- Received support from family/friends/carers
- Missing social aspect
- Lonely/Isolated
- Difficulty accessing services
- Appreciates home space/garden
- Privacy/ Private conversation issues in the household
- Reflect/Evaluate - life/relationships
- Worry about family member/vulnerable individual(s)
- Working from home helped towards good mental health/wellbeing
- Mental health inconsistent
- Strained relationships/Pessimistic interaction with neighbours
- Regularly exercise
- Unwell/Ill health
- Appreciates relationships/friendships
- Follow hobbies
- Interaction has changed- more with some and less with others/changed with time
- Missing friends
- Appreciates lockdown time
- Satisfied/happy
- Relationships becoming distant
- Grateful/Appreciate life - economic/emotional stability in life
- Don't have many family/friends or live far away to be able to meet
- Reduced social interaction from increased work life pressures
- Bereavement
- Impact on Job
- Financial concerns
- Depression

Physical Activity

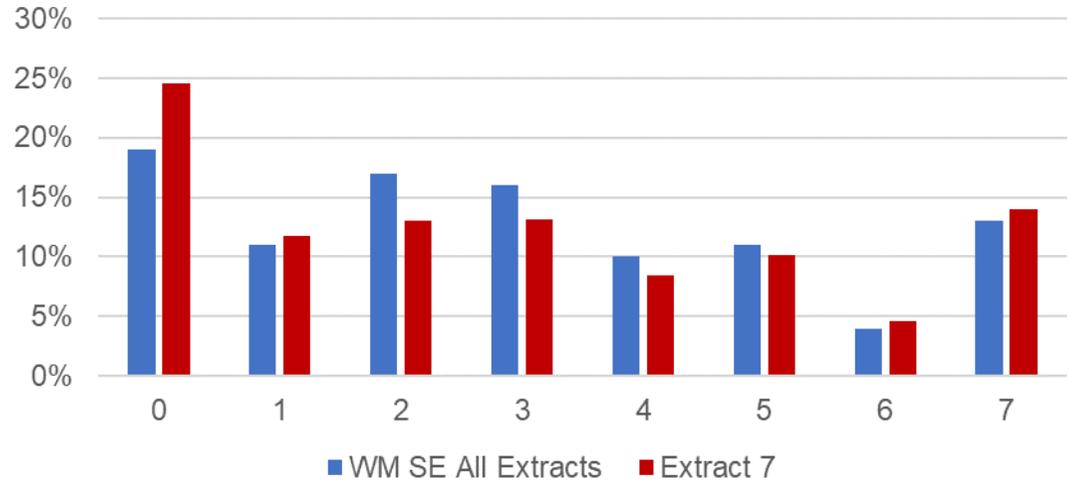


Physical Activity 1

A higher proportion of B'ham residents have not achieved 30mins of physical activity on at least one day compared to the West Midlands during lockdown.

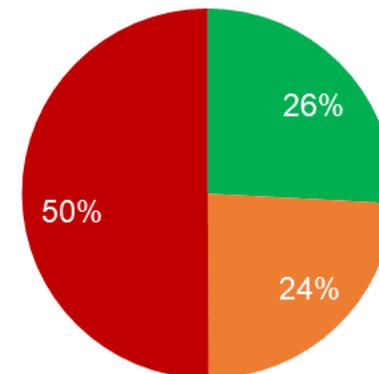
A larger proportion, than the national Sport England survey report, becoming less active since Covid-19: 49.8% in Birmingham compared to 37% nationally.

How many days have you done more than 30mins moderate physical activity?



Are you exercising more or less than before Covid-19?

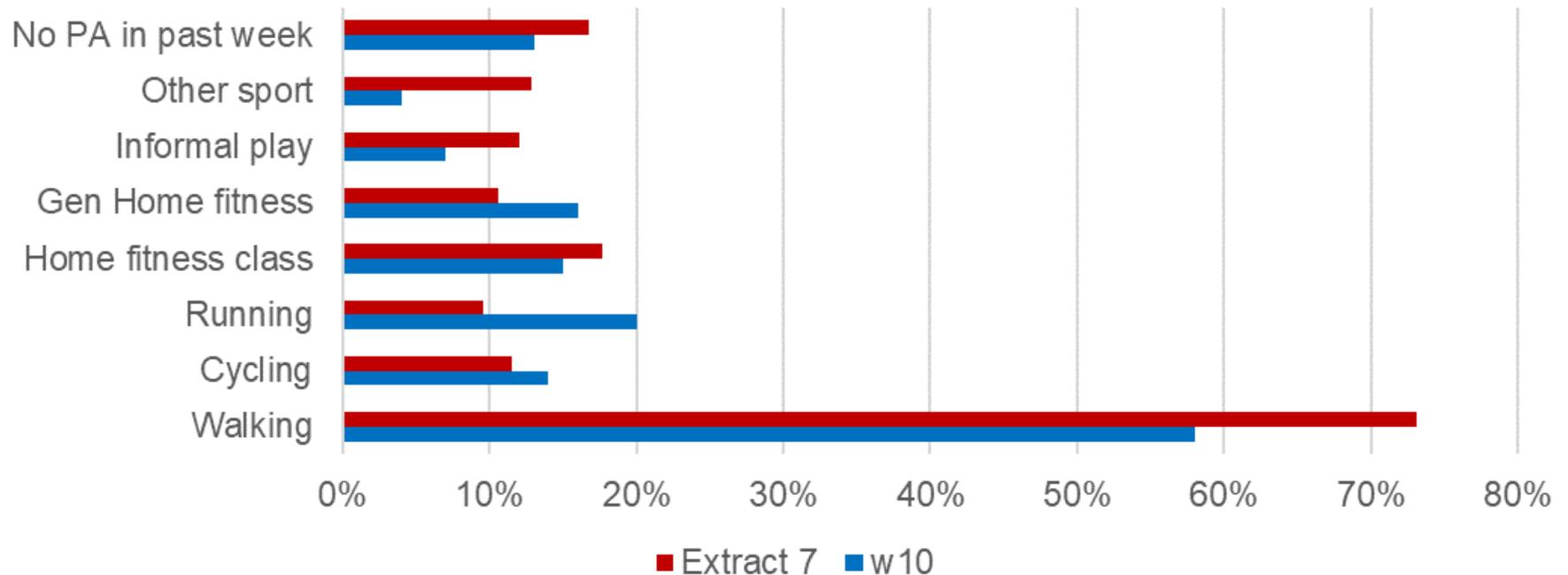
■ More ■ No change ■ Less



Physical Activity 2

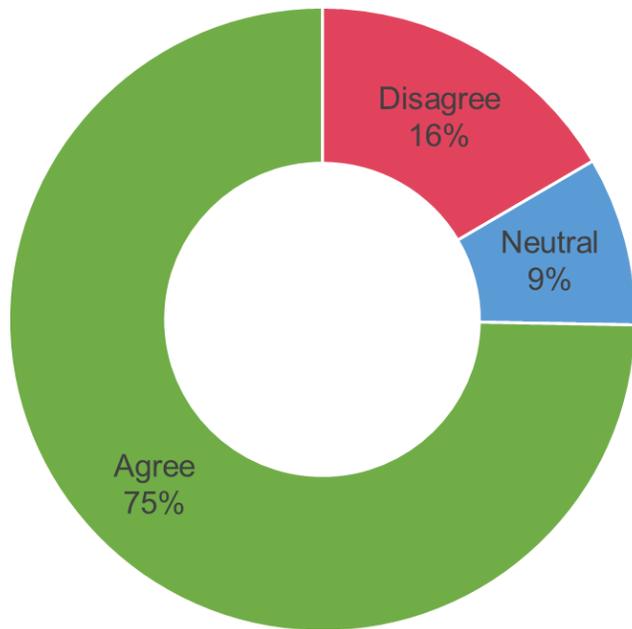
Walking is the most common form of physical activity in the last week, however the proportion reporting several types of physical activity is lower in Birmingham than in the national survey such as running, general home fitness and cycling. However other sport, informal play and home fitness class in Birmingham is higher than the national survey.

Types of physical activity in the last week
B'ham compared to extract 9 National Survey

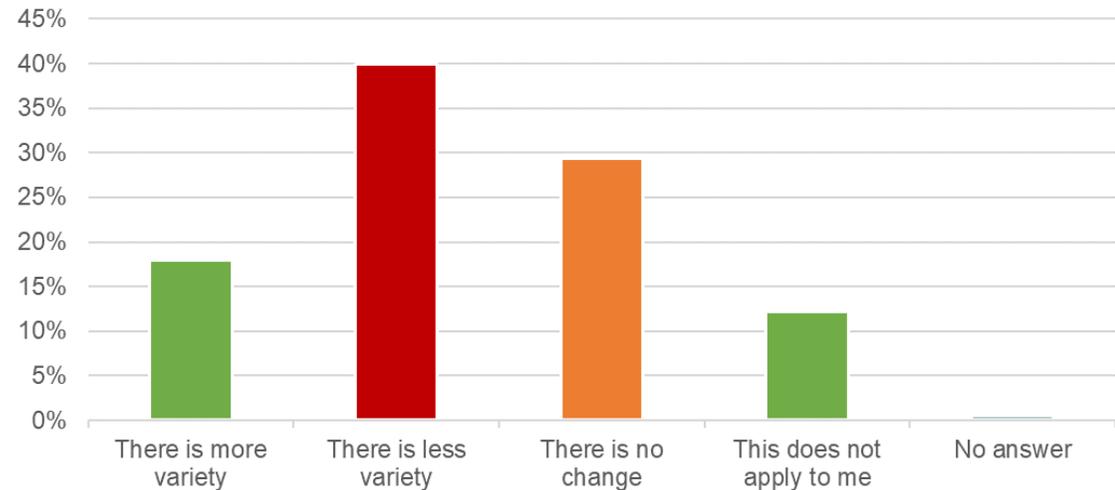


Physical Activity 3

How do you feel about the statement "Outside of my own home or garden I can easily access green space to spend time in"



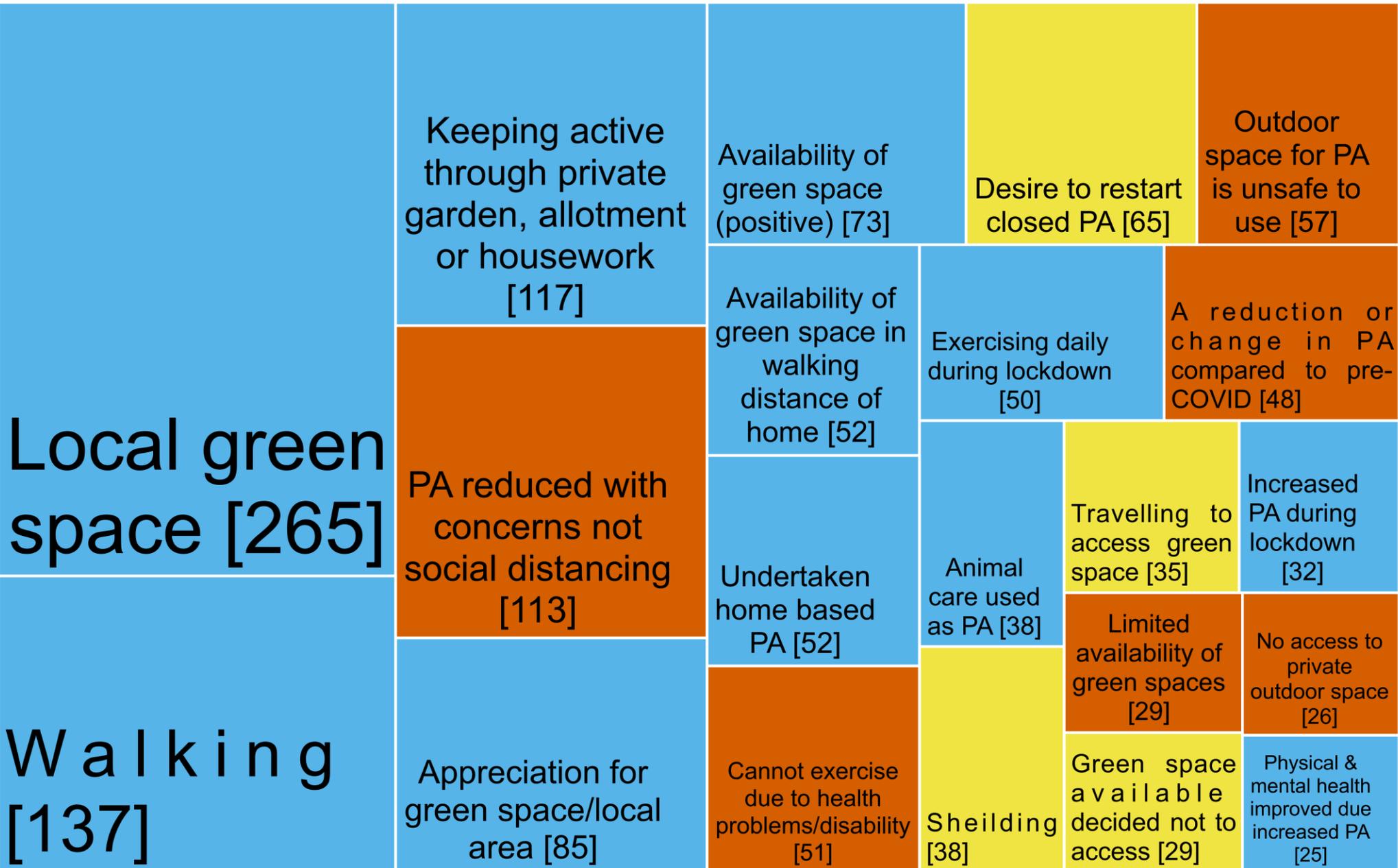
How would you describe the types of physical activities you have done since lockdown?



39.9% of participants felt the range of different physical activities they have done since lockdown has reduced.

It is positive that 74.5% of participants agreed that they have access to green space to spend time in.

During lockdown the choices in physical activity have greatly decreased for many people, and this questions explored how the government measures have impacted on respondent's lives.



Additional qualitative codes for physical activity

Coded <25

- Reduced motivation to keep physically active
- Finding enjoyment via PA
- Concerns with increased litter in green spaces
- Anxiety towards COVID reduces PA outdoors
- Increased PA due to reduced commuting/furlough
- Using PA to socialise
- PA during lockdown to create new experiences/explore
- Unable to exercise due to balancing responsibilities
- Change in physical activity as desire to exercise with others
- COVID19 has impacted on mental health
- Using the canal network for physical activity
- Does not access parks due to limited amenities
- Impact of COVID has caused health issues and reduces physical activity
- Access to outdoor space is restricted by parked vehicles, concrete posts, shared cycle lanes, closure to public
- Wary of increased use of parks/green spaces by others
- Access needs improving for exercise/active travel (e.g. canal paths, cycle lanes, narrow paths)

Diet & Nutrition



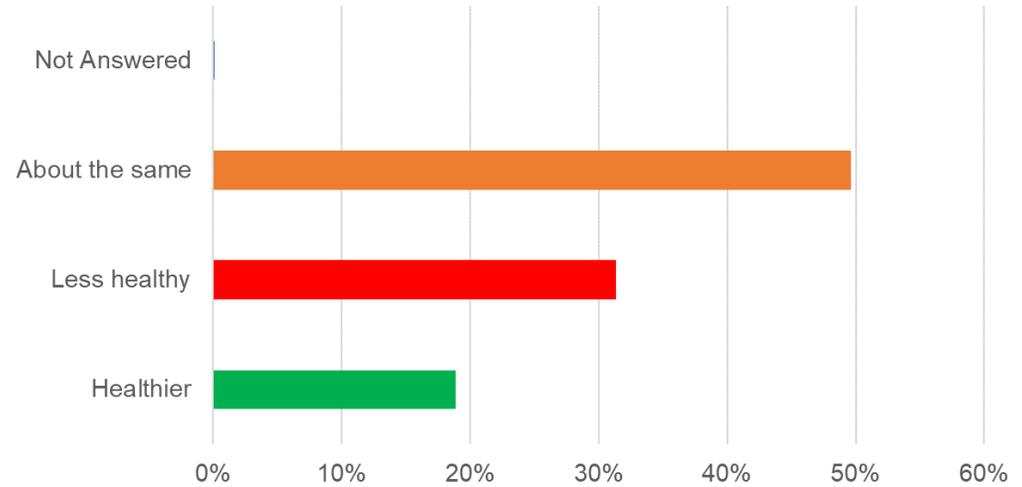
Diet & Nutrition 1

Just over 31% of participants felt their diet was less healthy since lockdown started.

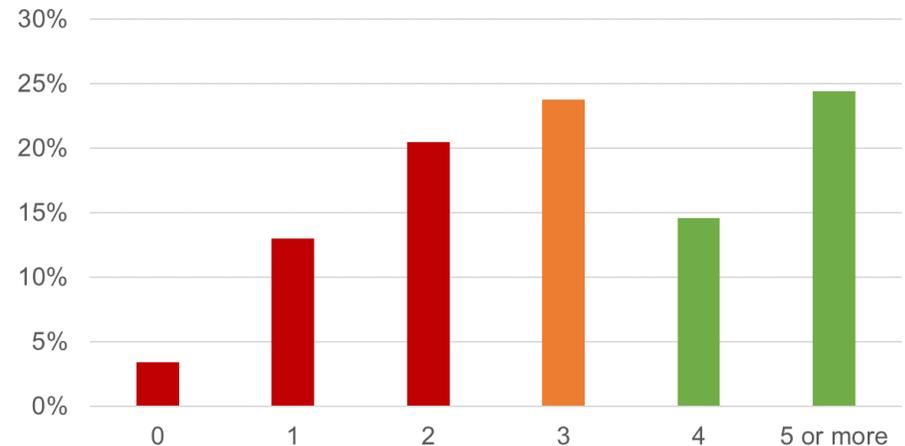
The proportion of adults reporting meeting the recommended 5 portions of fruit/veg a day is only 24.4% compared to 48% in 18/19.

4.9% reported using a food bank for the first time and a total of 6.8% reported using food banks during lockdown (212 people).

How has your diet changed during lockdown?



Average number of fruits and vegetable consumption each day during lockdown



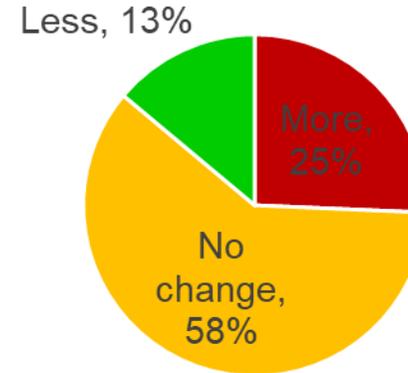
Diet & Nutrition 2

Just over 25% of participants reported increased alcohol consumption during lock down.

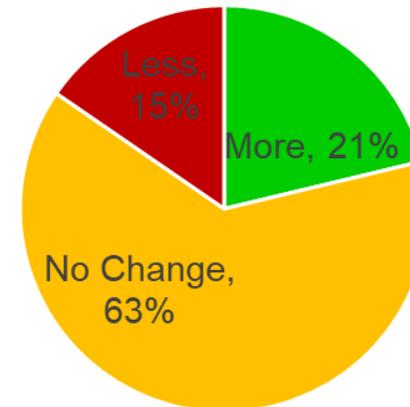
There has been a reported increase in water consumption, with more than 21% of participants stating they drink more water now than before lockdown.

Under 15% reported drinking less water and 1516 of participants reported drinking 3 or less glasses of water each day. 13% reported drinking no water in the previous day.

How has your alcohol consumption changed during lockdown?



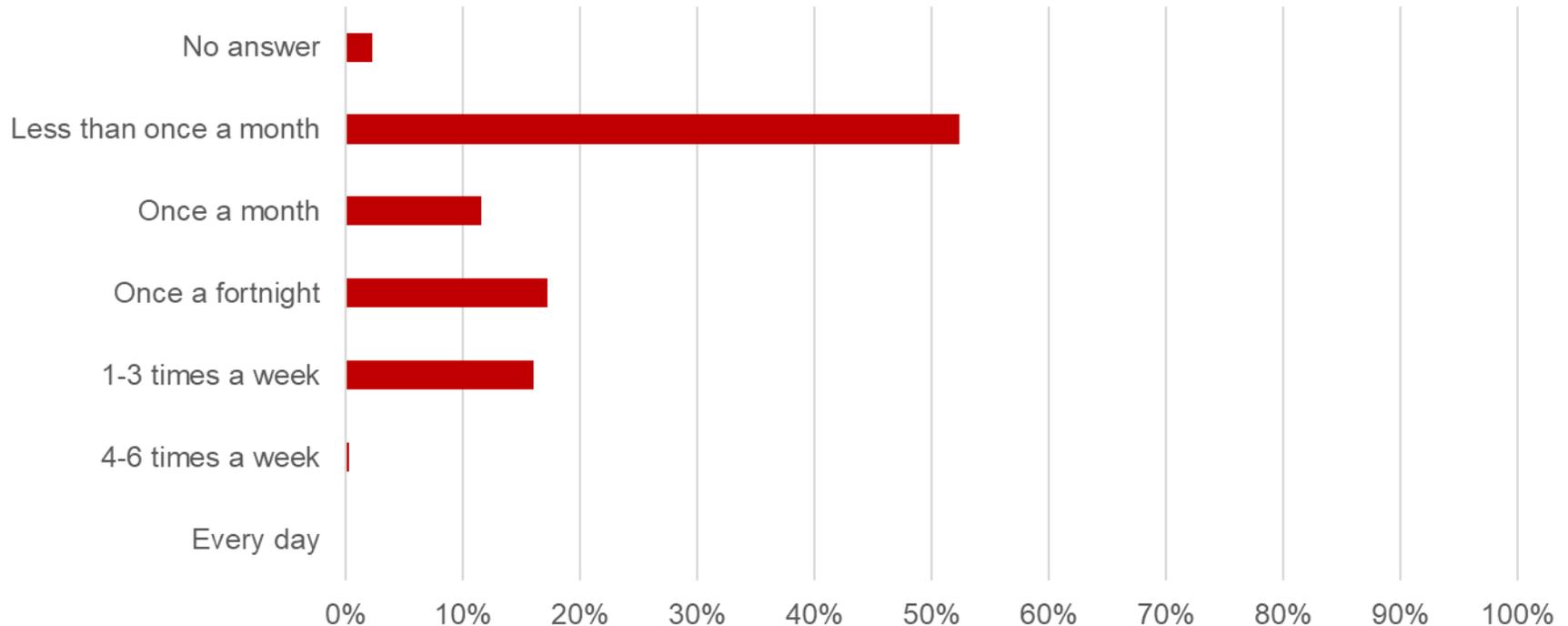
How has your water consumption changed during lockdown?



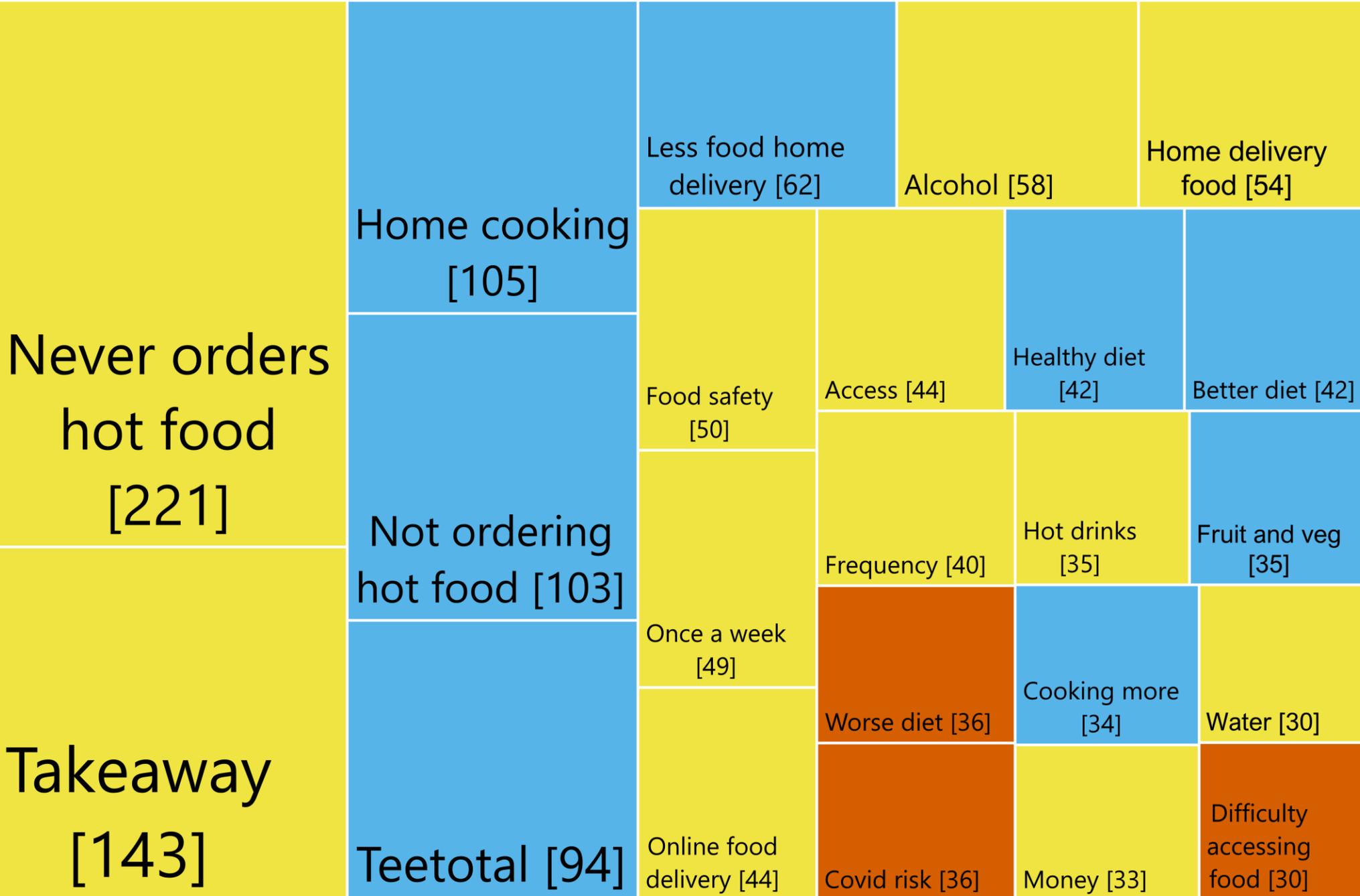
Diet & Nutrition 3

Just under 16% of participants reported ordering hot food deliveries at least once a week during lockdown, in contrast 52% reported doing so less than once a month.

On average, since lockdown began, how often do you order hot food to be delivered to your home?



Views on food and nutrition [N=795]



Additional qualitative codes for food and nutrition

Coded <30 and >15

- Drinks more Alcohol
- People accessing support
- People supporting others
- Local businesses
- Challenging
- Supermarket
- Hot food
- More time
- Drinks less Alcohol
- Unhealthy food
- Social environment
- Expensive
- Fresh
- Eating out
- Lack of money
- Restaurants
- Office
- Acquiring food
- More food home delivery
- Lack of Trust
- Snacks
- Exercise
- Fear
- Weather
- Weight gain
- Food parcels

Financial Wellbeing



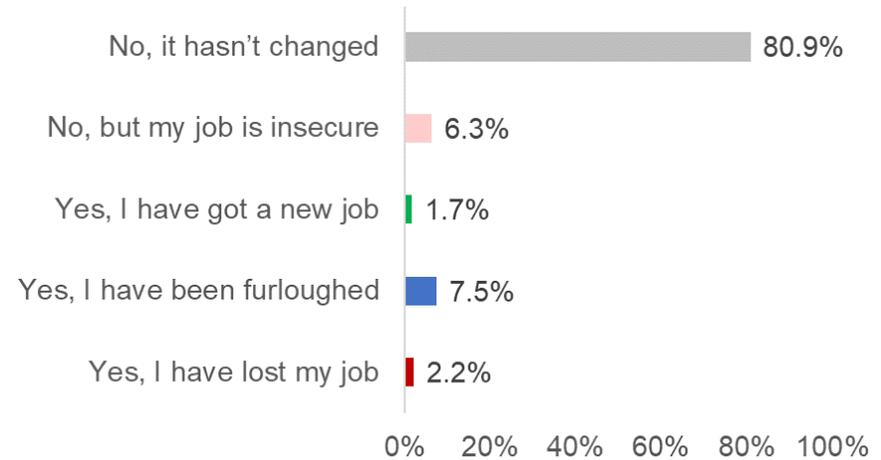
Financial Wellbeing 1

68 people reported losing their job since lockdown started and just under 195 people feel their job is no longer secure. 231 people said they had been furloughed.

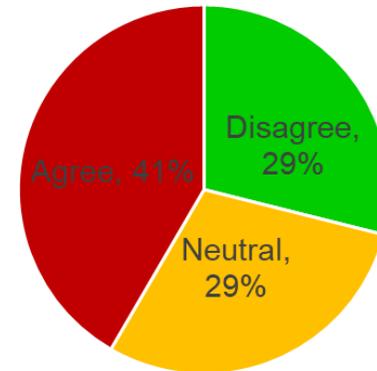
41% felt more worried about their financial situation since the start of 2020.

29.7% reported their household income has fallen since the start of lockdown.

Has your employment status changed since the beginning of the lockdown period?

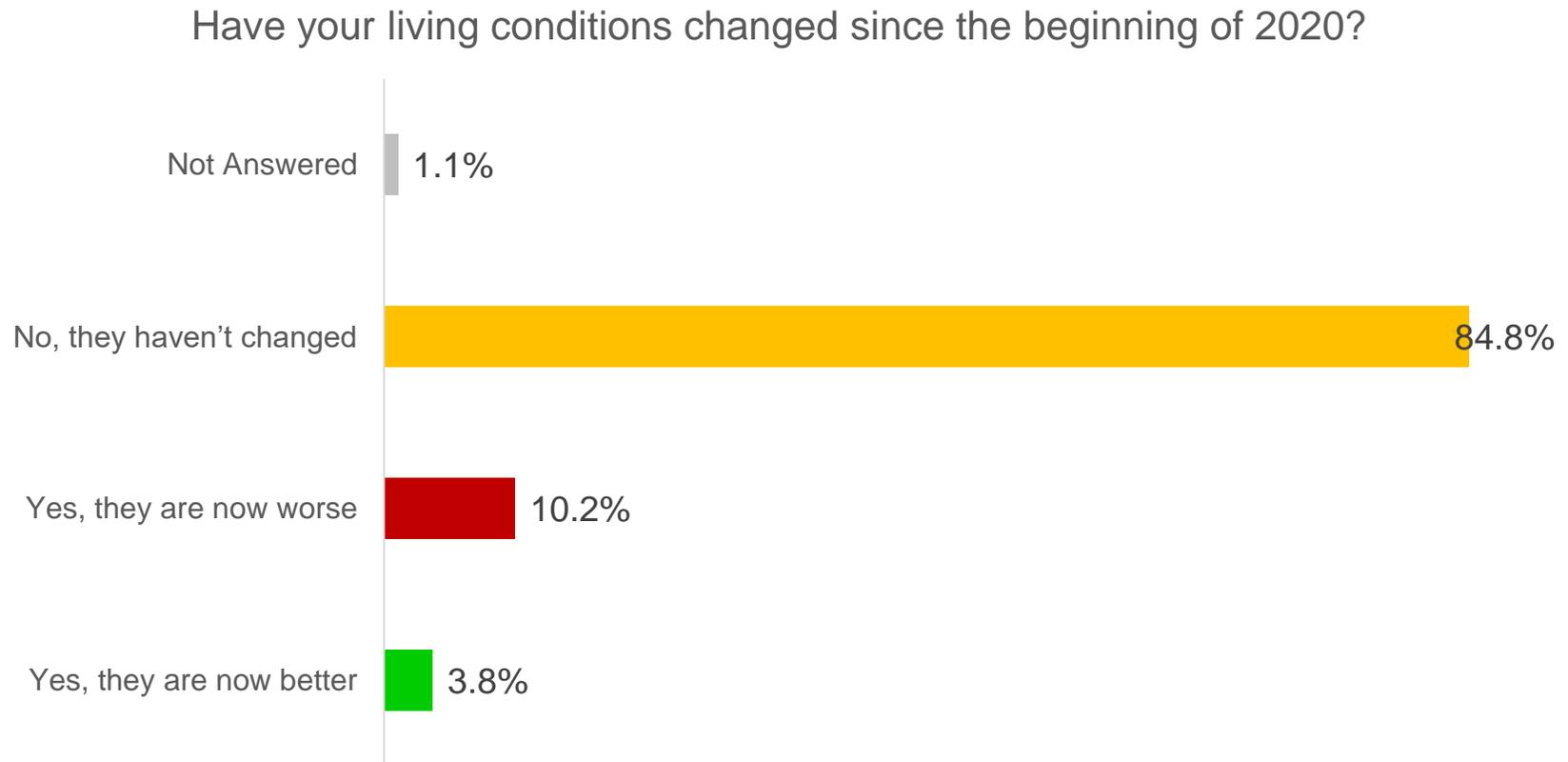


"I am more worried about my financial situation now than I was at the beginning of 2020"



Financial Wellbeing 2

10.2% reported that their living conditions have got worse since the start of 2020, although 3.8% reported they had got better. 54 people reported that they have had to change their accommodation since the start of 2020.

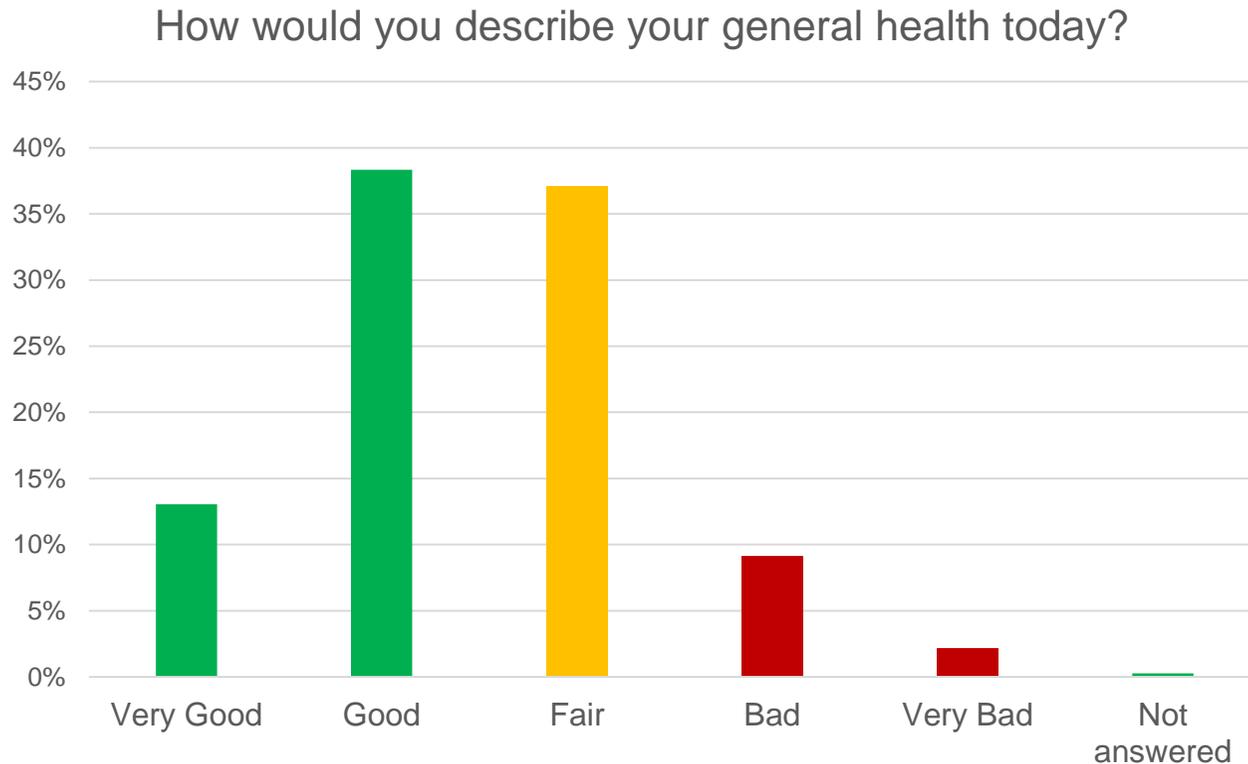


General Wellbeing

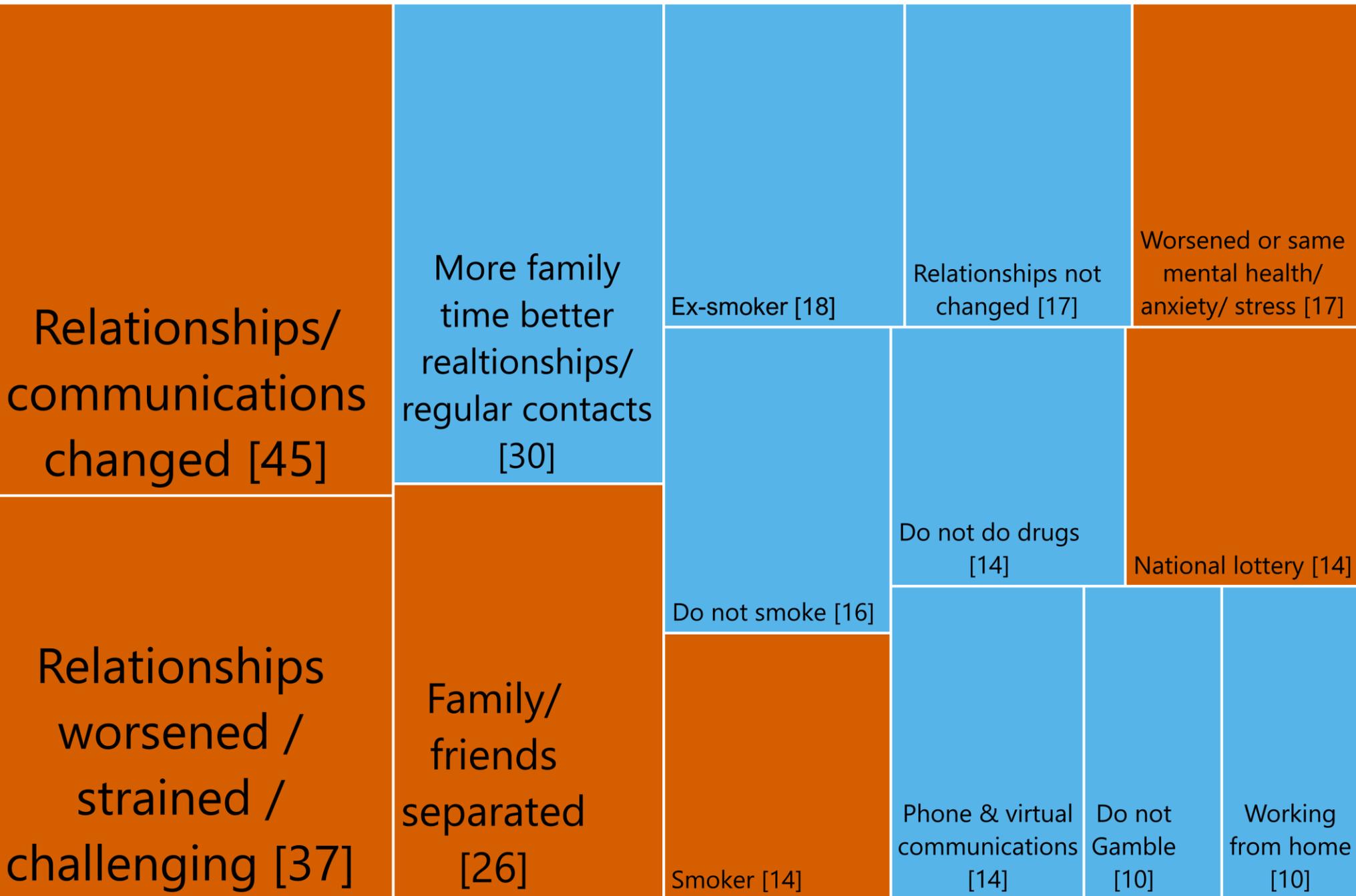


General Wellbeing 1

Just over 11% of participants reported their general health as bad or very bad on the day of responding to the survey, this compares to just under 7% in the 2011 census.



Views on personal wellbeing/lifestyle choices [N=237]



Relationships/
communications
changed [45]

More family
time better
relationships/
regular contacts
[30]

Ex-smoker [18]

Relationships not
changed [17]

Worsened or same
mental health/
anxiety/ stress [17]

Relationships
worsened /
strained /
challenging [37]

Family/
friends
separated
[26]

Do not smoke [16]

Do not do drugs
[14]

National lottery [14]

Smoker [14]

Phone & virtual
communications
[14]

Do not
Gamble
[10]

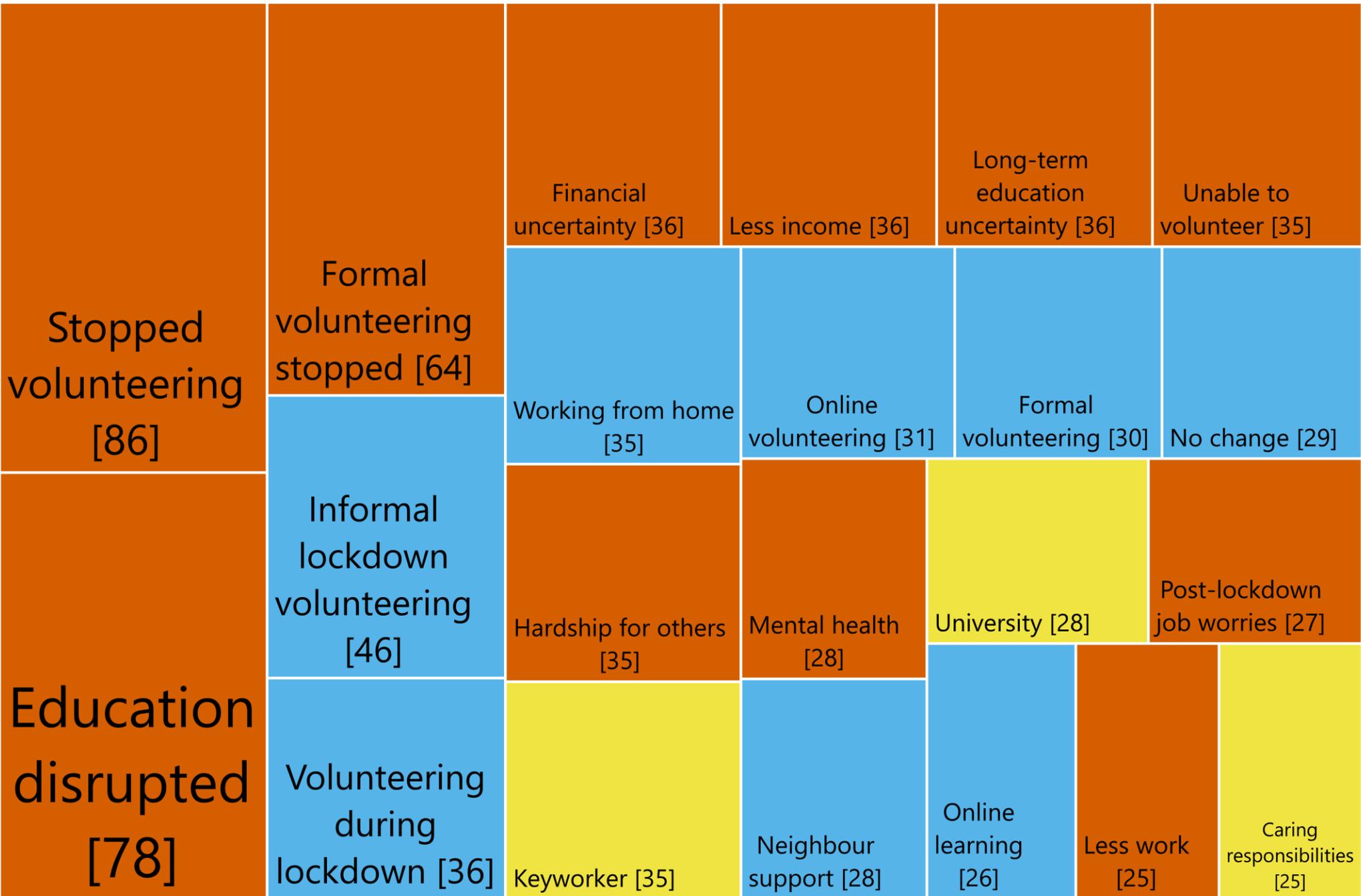
Working
from home
[10]

Additional qualitative codes for personal wellbeing and lifestyle choices

Coded <10 and >5

- Physical health worsened/ remained same
- Don't drink alcohol
- Drinks alcohol
- Physical health healthier/Improved
- Home schooling and childcare
- Boredom/lonely/isolated
- Out of work/Financial worries
- Vape
- Drugs use
- Gambles- other
- Covid-19 complexities & quick adjustment
- Eating habits changed
- Happier and relaxed

Views on work, volunteering and education [N=641]



Additional qualitative codes for work, volunteering and education

Coded <25 and >10

- Shielding
- Food support
- Faith setting volunteering
- Home schooling
- Cost of living
- Furloughed
- Self-employed
- Happy at home
- Economy
- Saving money
- Parents worried about education
- No support
- Anxiety
- Social support
- Sewing scrubs
- Gratitude
- Essential items more expensive
- Unemployed
- Return back to work
- Living conditions
- Covid risk scared
- Income not changed
- Helped someone vulnerable
- No commuting

Addictions



Addictions 1: Smoking

Just under 82% of respondents were non-smokers and just under 16% reporting smoking, vaping or using shisha.

Only 24 participants reported quitting smoking during lockdown and 16 reported switching from cigarettes to vaping.

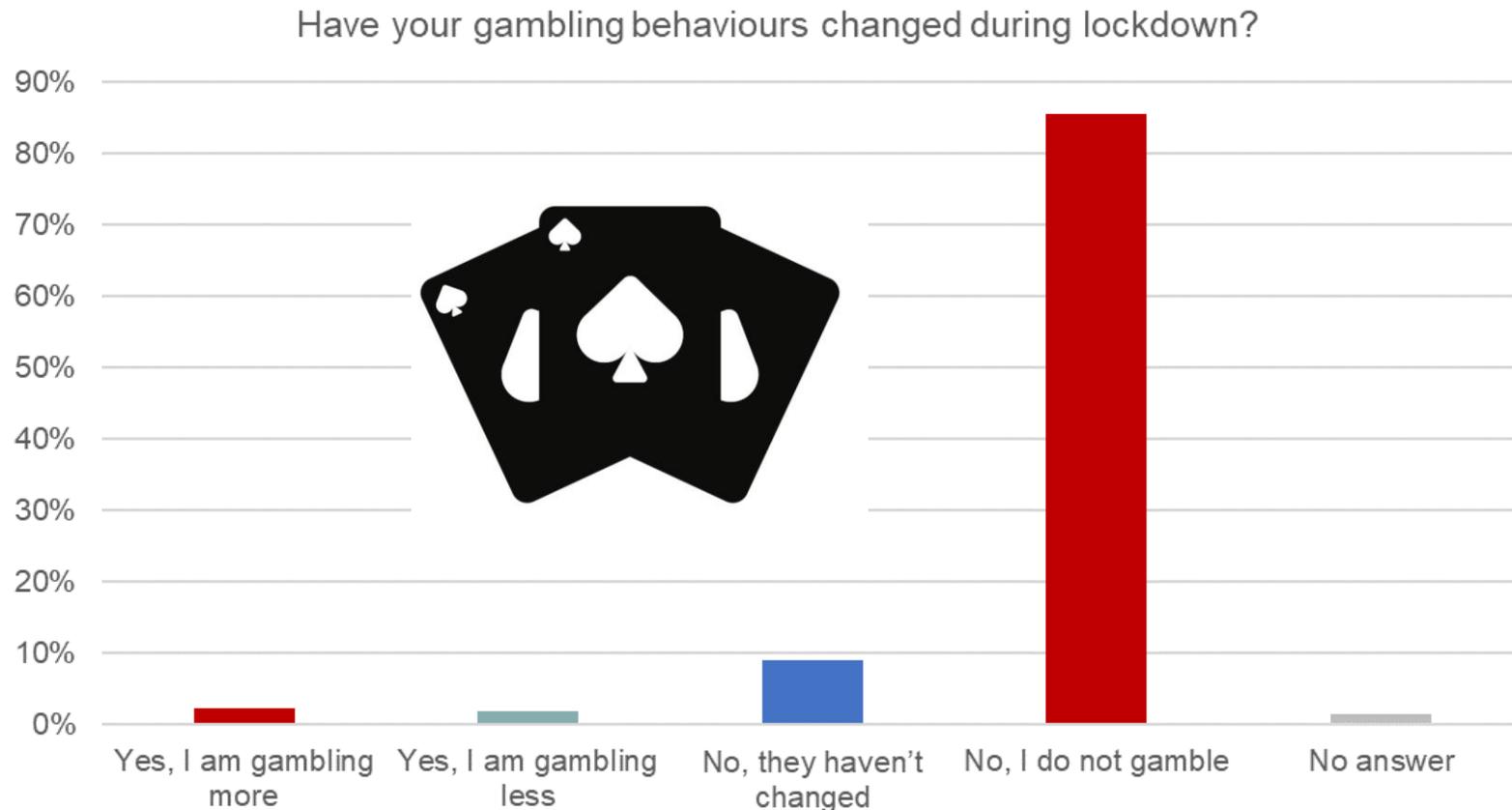
Sadly 18 reported starting smoking and 1 reported starting using Shisha.

Of those using tobacco products just over 6.9% reported using more frequently compared to only 1.4% using less.



Addictions 2: Gambling

Although the majority of participants do not gamble, 2% reported gambling more during lockdown which may increase financial insecurity.



Addictions 3: Recreational Drugs

Only 128 participants disclosed using recreational drugs.

Of these 29 reported using more drugs during lockdown, 11 reported using less and 10 reported stopping completely.

67 people did not answer this question which was the largest 'none response' in the questionnaire.

The questionnaire did not ask about type of drug being used.

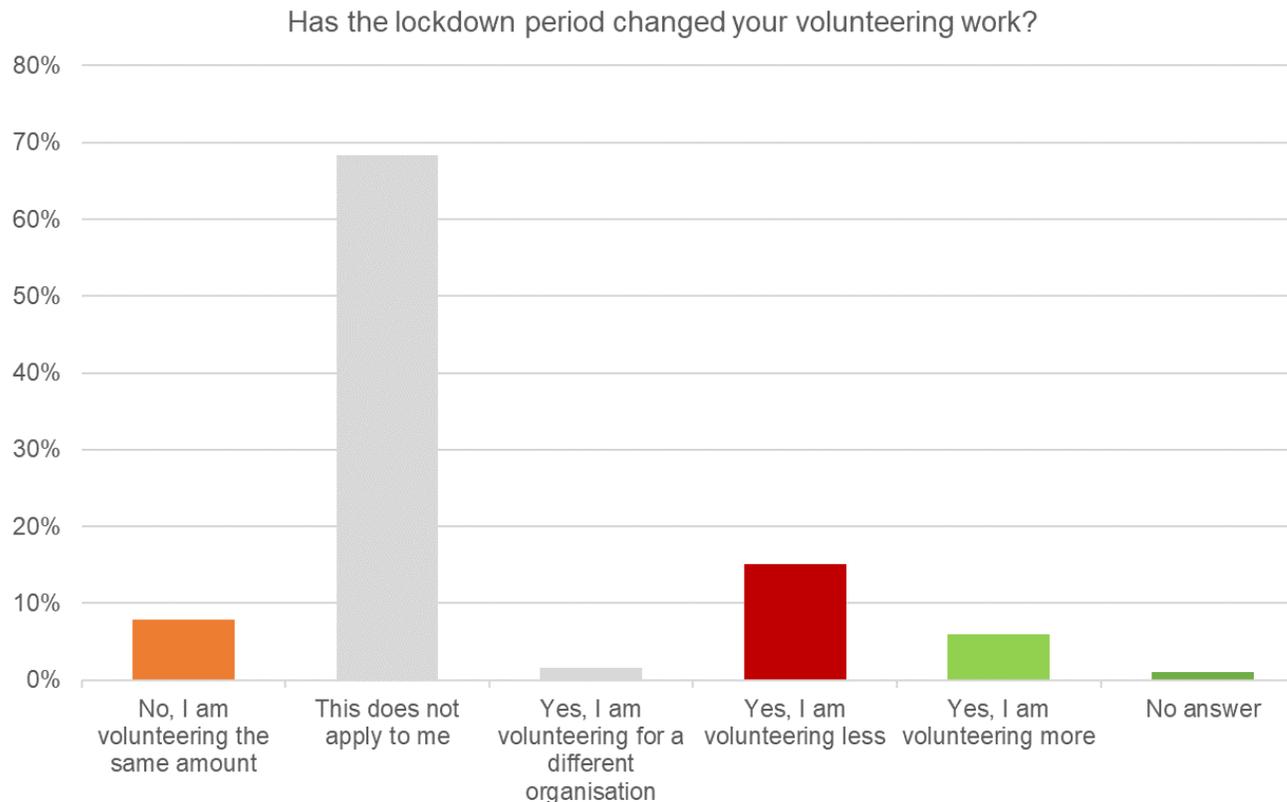


Connection with community & identity



Volunteering

Just over 68% of participants responded that the volunteering question did not apply to them, and only 31% gave an answer that suggested that they are volunteering. 15% reported that they are volunteering less during lockdown.



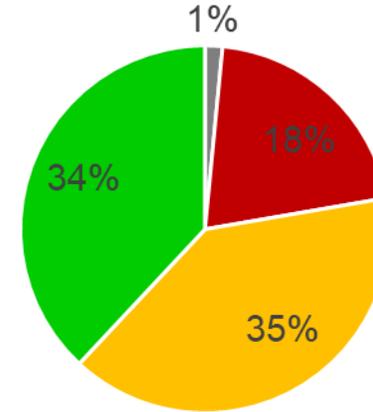
Connection with place & the City

Over a third of people felt their links with their local community had improved and 53% felt local community spirit had increased during lockdown.

A slightly smaller % felt community spirit across Birmingham has improved.

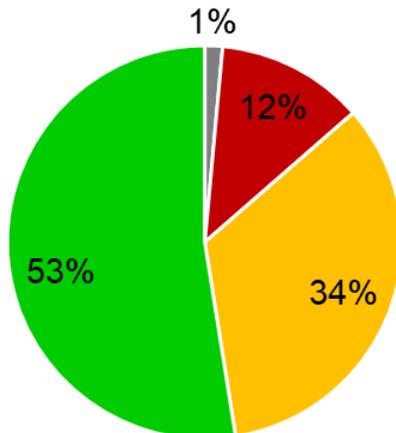
How has lockdown changed your links with your local geographic community? e.g. your neighbours and local community

■ No answer ■ Deteriorated ■ Same ■ Improved



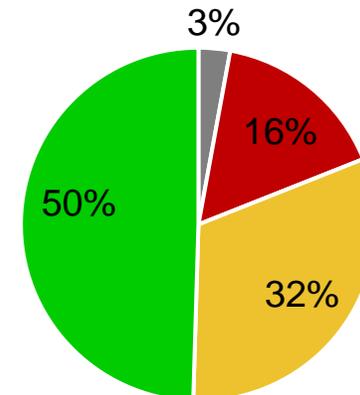
How do you think lockdown has changed community spirit in your local community?

■ No answer ■ Deteriorated ■ Same ■ Improved



How do you think lockdown has changed community spirit across Birmingham?

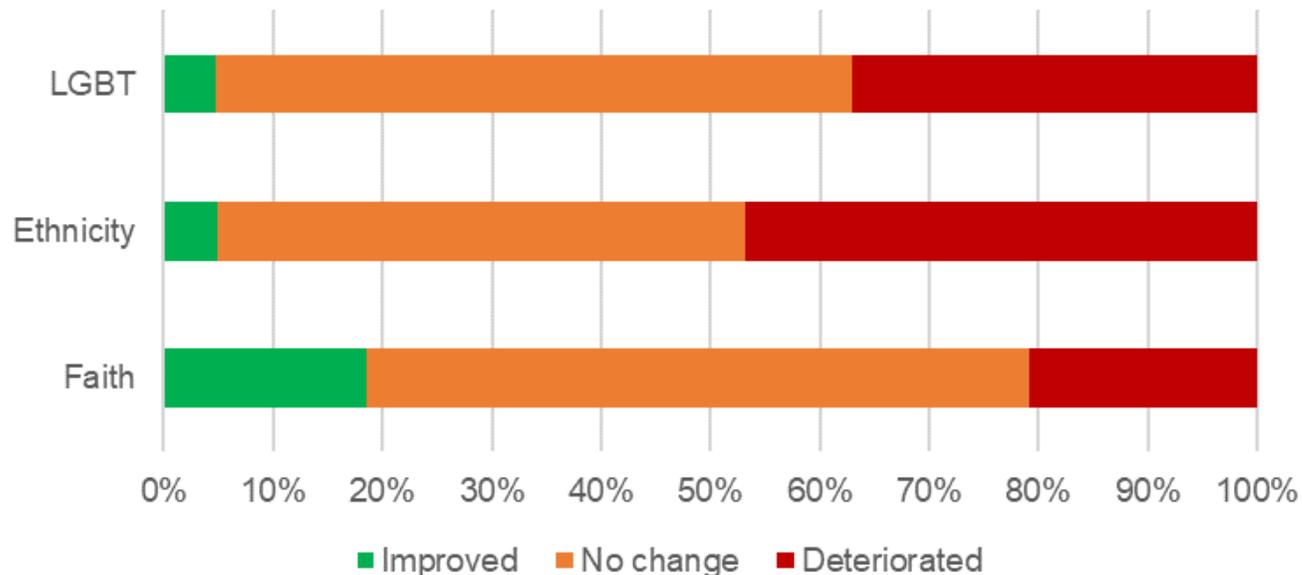
■ No answer ■ Deteriorated ■ Same ■ Improved



Connecting with identify

In general communities of identity felt their relationship with these communities has deteriorated during lockdown, with the exception of faith where there were a similar proportion who felt it had improved to those who felt it had deteriorated. Ethnic communities were the most negative about how their relationship with their community had changed.

How has lockdown impacted on your connection with your community and identity?



Views on self expression [N=523]

Help each other [132]

More caring [94]

Isolation [64]

Increase trust [61]

Selfishness [52]

Not following guidelines [52]

Antisocial behaviours [48]

Thursday clap bringing people together [37]

Friendlier [50]

Online [40]

Community strengthened celebration [31]

Trash increased [28]

Cannot attend religious events [37]

Fear [28]

No change [26]

Additional qualitative codes for self expression

Coded <25 and >5

- WhatsApp
- Local community thriving
- Lack of trust in
- Polite
- Volunteering
- No consideration
- City council not doing enough
- Spirituality strengthened
- No community spirit
- Shaming
- Crime
- Hypocrisy
- Reckless driving
- Balance
- Drugs
- Hope things stay after lockdown
- Noise
- Things will not stay after lockdown
- Ethnic groups isolated
- Intimidation
- Public demonstration irresponsible
- Prejudice
- Family support
- Poor communication
- LGBT strengthened online
- LGBT isolated
- No privacy
- Uncoordinated help
- Racism

Experiences of services



Access to healthcare

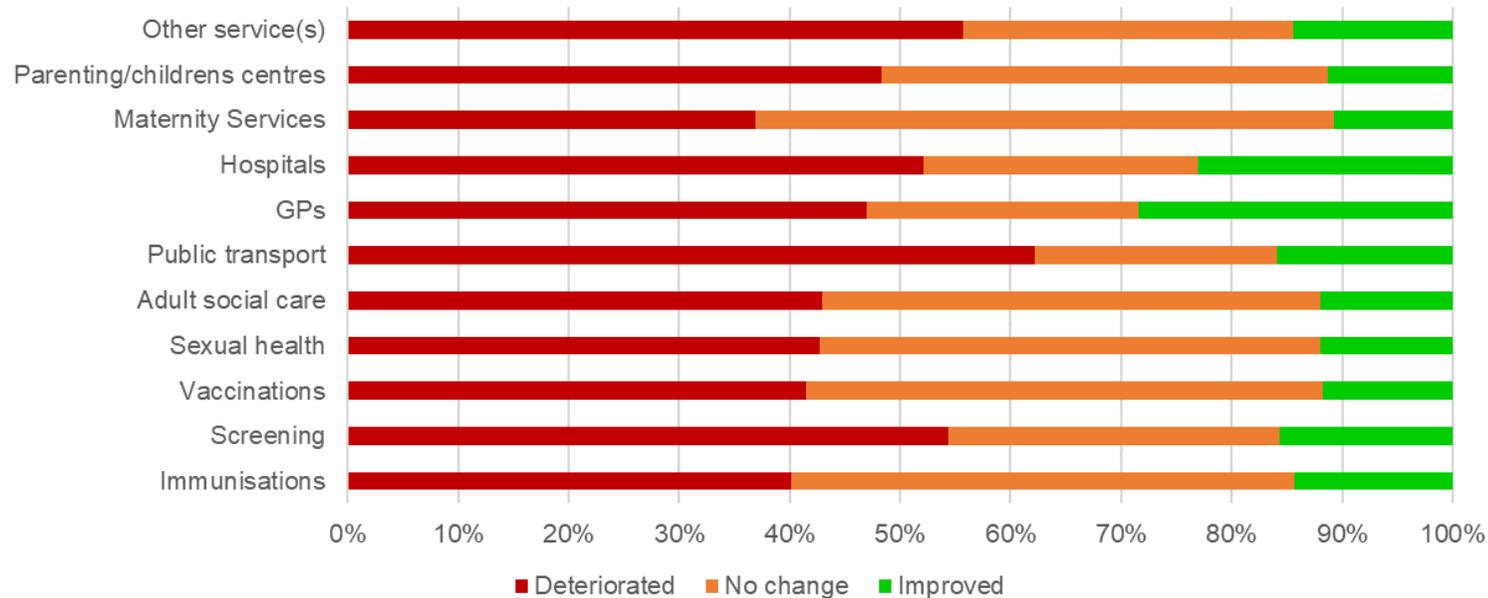
In the second extract a set of new questions were added to ask about access to healthcare.

- 7% reported that when they had Covid-19 symptoms they felt they had not been able to easily access healthcare services for help.
- Just under 18% reported being unable to access healthcare services for non-Covid19 symptoms when they needed them.
- 11% report issues in trying to get medication when they needed it during lockdown.
- 42% reported having medical appointments cancelled

Experience of services

Most negative experience of public services was reported for public transport, the most positive experiences were reported for general practice (GP's). Both GP's and Hospitals were the most polarized with significant negative and positive experiences.

How do you feel lockdown has affected your access to the following services?



Views on access to services [N=627]

Dentist [178]

Appointment cancelled [133]

Over the phone [73]

Access [72]

GP [63]

Accessing dentist [62]

Care [48]

Support [46]

Not needed/ NA [53]

Opticians [46]

Mental health/ CAMHS [39]

Prescription [34]

Hospital appointment [51]

Test/ testing [41]

Dentist cancelled [32]

GP surgery closed [26]

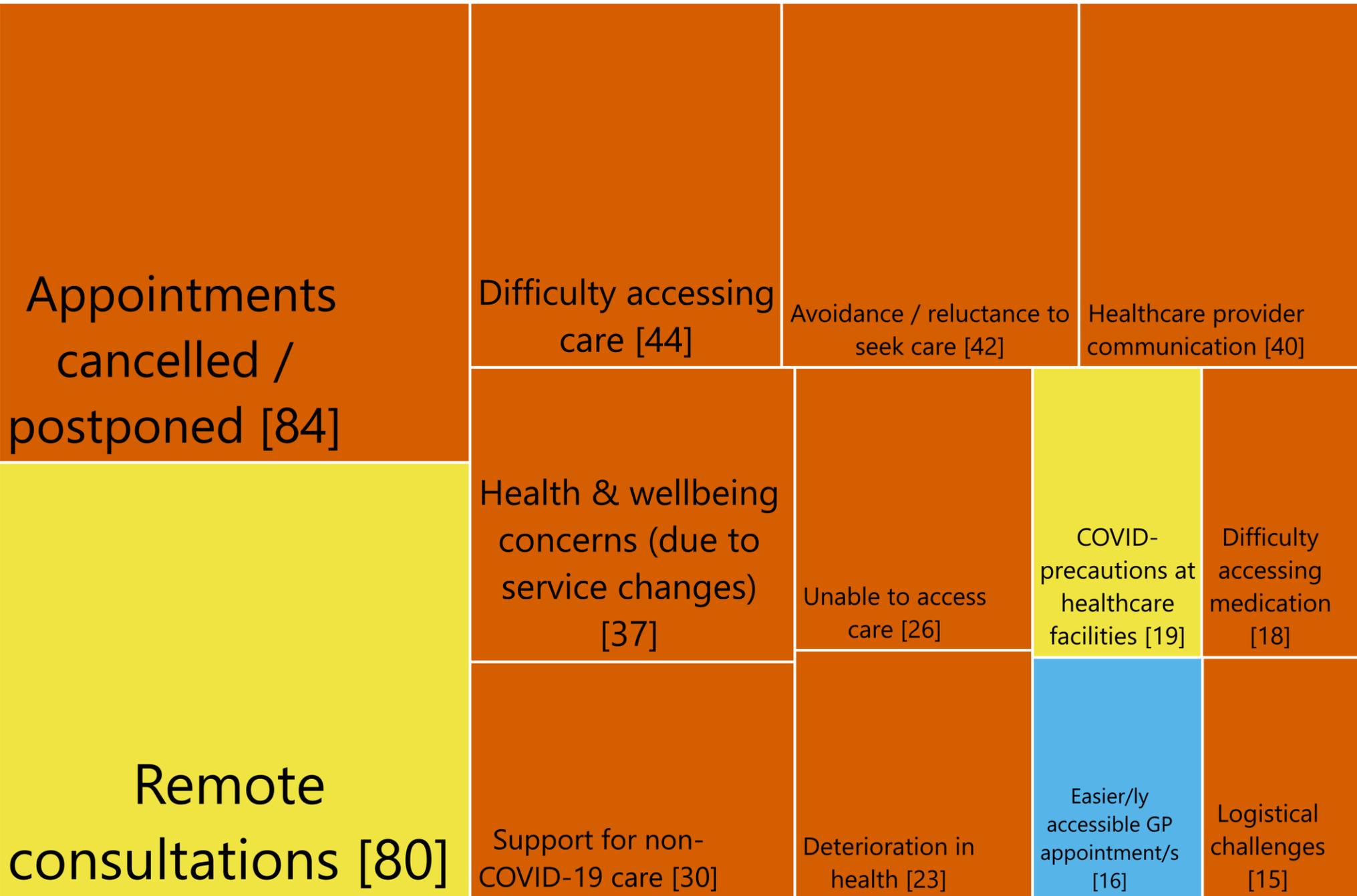
Difficult [26]

Additional qualitative codes for access to services

Coded <25 and >5

- Physio
- Have not had to use them
- Clinics
- Postponed/ delayed
- Public transport
- Blood test
- Pain
- School/education
- Nurse
- Bus service
- Injections/ Vaccines/Immunisation
- Closed
- Cancer
- ENT/ hearing
- MRI/ Scans
- Adult care
- Screening
- Family member
- Diabetes
- Pharmacy
- Podiatry/ Chiropodist
- Smear test
- Dental treatment postponed
- Community
- Sexual health
- Surgery
- Should be NA option
- Baby care
- Shopping
- Recreational places e.g. library
- Symptoms
- Counselling
- PPE
- Future
- Hygienist
- Nutrition
- Social care
- Government
- Urgent
- Hospitals dangerous
- Concern
- Autism
- Fear/ uncertainty

Views on access to healthcare services [N=510]



Additional qualitative codes for access to services during COVID-19

Coded <15 and >5

- Concerns r.e. clinical treatment
- Communication between NHS services
- Hospital Care
- Preference for face-to-face appointments
- Mental health support
- Repeat prescriptions
- Concerns r.e. backlog/pressures on NHS
- Self-care / management
- GP Care
- COVID-19 testing
- Geriatric support
- A & E care
- Maternal healthcare support
- Appointments / treatment denied
- Perception of health services management
- Lack of access to online tech
- Medication delivery
- Worries about obtaining medication
- Medication easily obtainable
- Preference for new methods of accessing care
- Service accessibility information
- Carers support
- Desire for paused services to resume

MULTI-DIMENSIONAL ANALYSIS

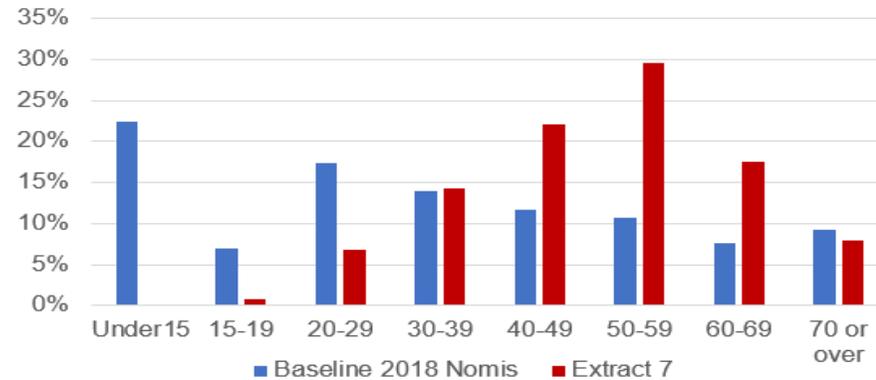


Context

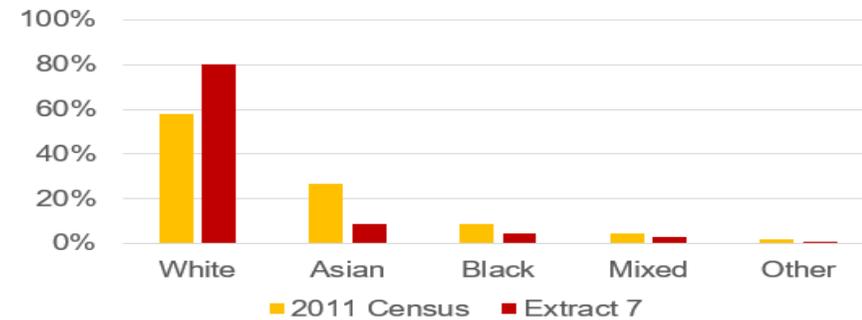
Although the sample is relatively small we have been able to do some analysis of results based on age, gender and ethnicity to draw out in more detail some of the differences between different communities and within different communities.

This section focuses on areas where there was evidence of some difference between groups and particularly on mental health and wellbeing questions.

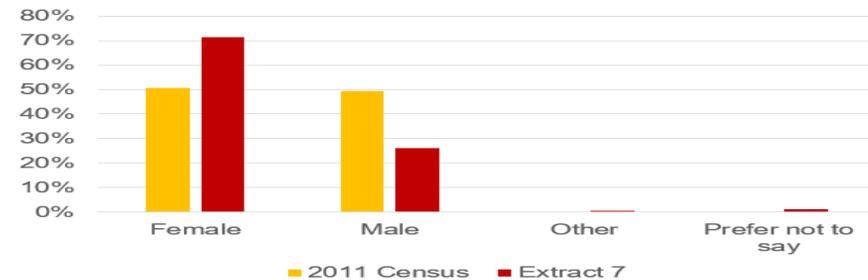
Age distribution



Ethnic groups



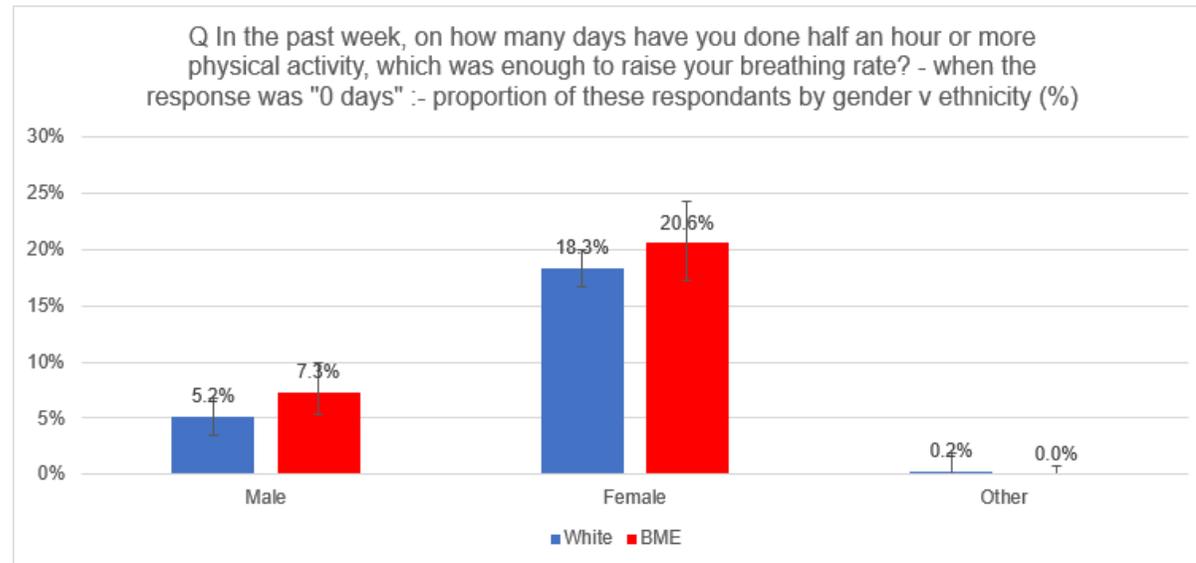
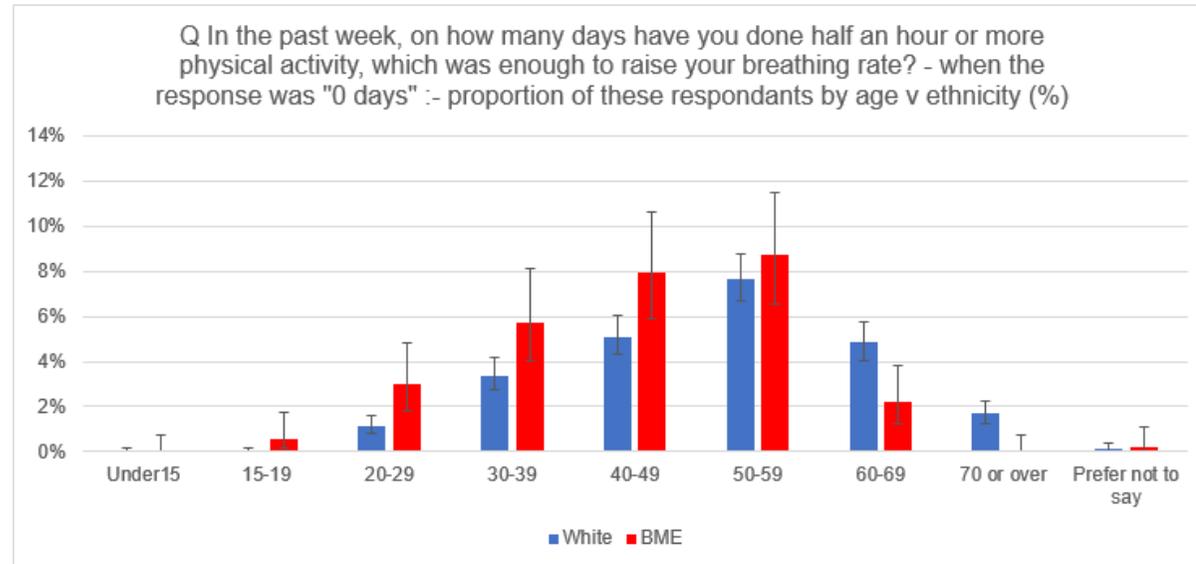
Gender



Inactivity

Physical inactivity was highest in the 50-59yr age group, but there appears to be significantly higher levels of inactivity in non-white ethnic groups aged 20-29yrs, 30-39yr and 40-49yr.

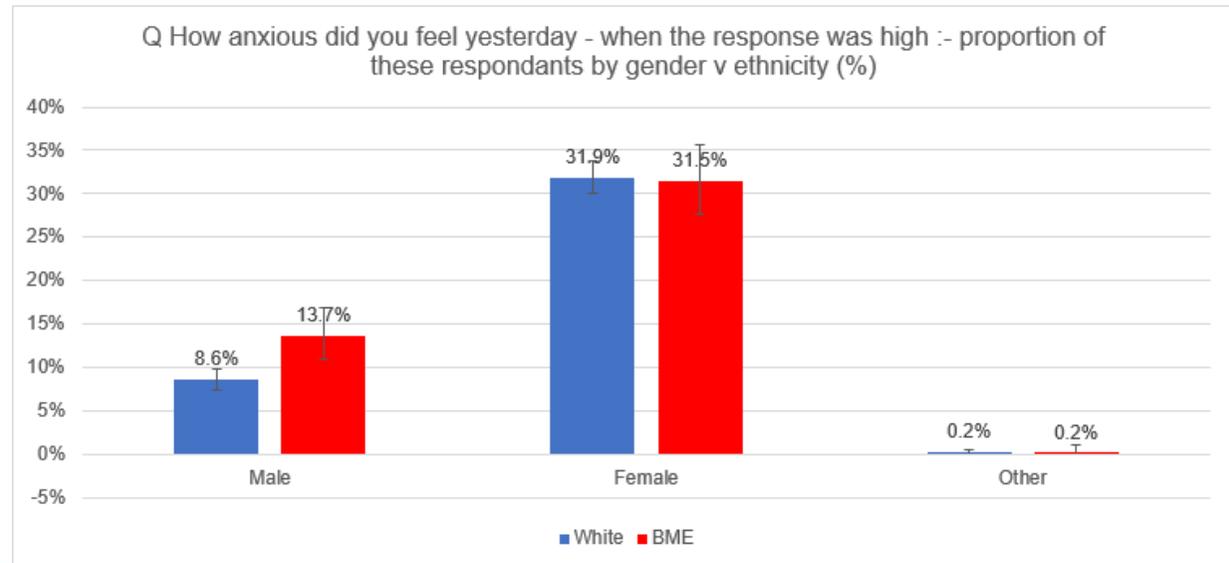
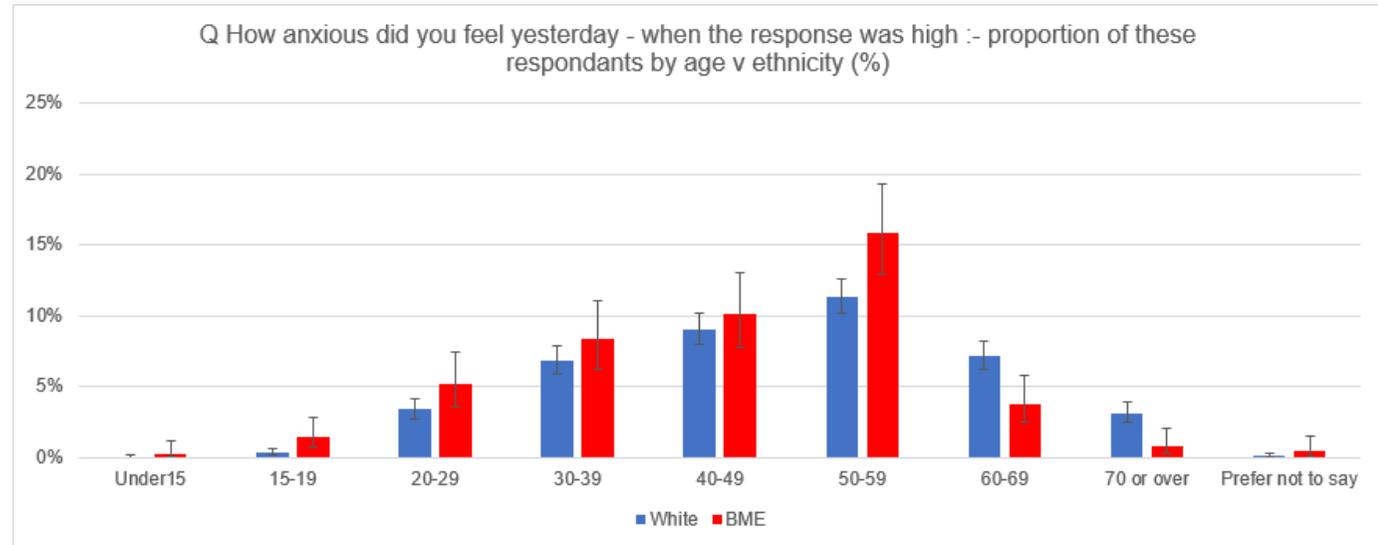
Women were more inactive than men but there did not appear to be significant differences between white and non-white ethnic groups.



Anxiety

Rates of self-reported anxiety is highest in the 50-59yr age group but this difference was even more significant in non-white ethnic communities.

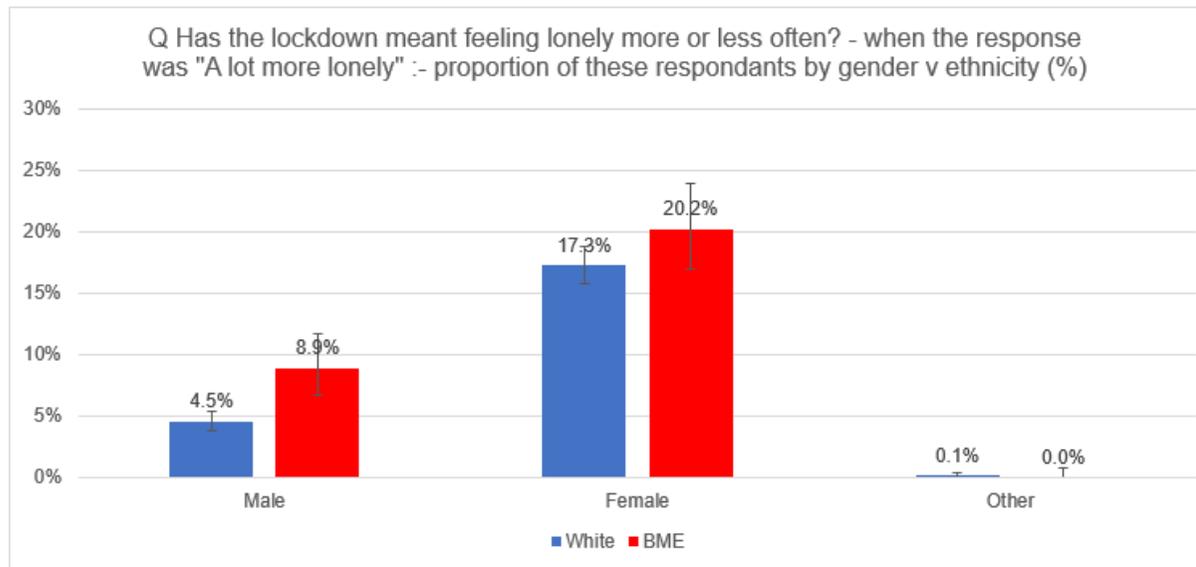
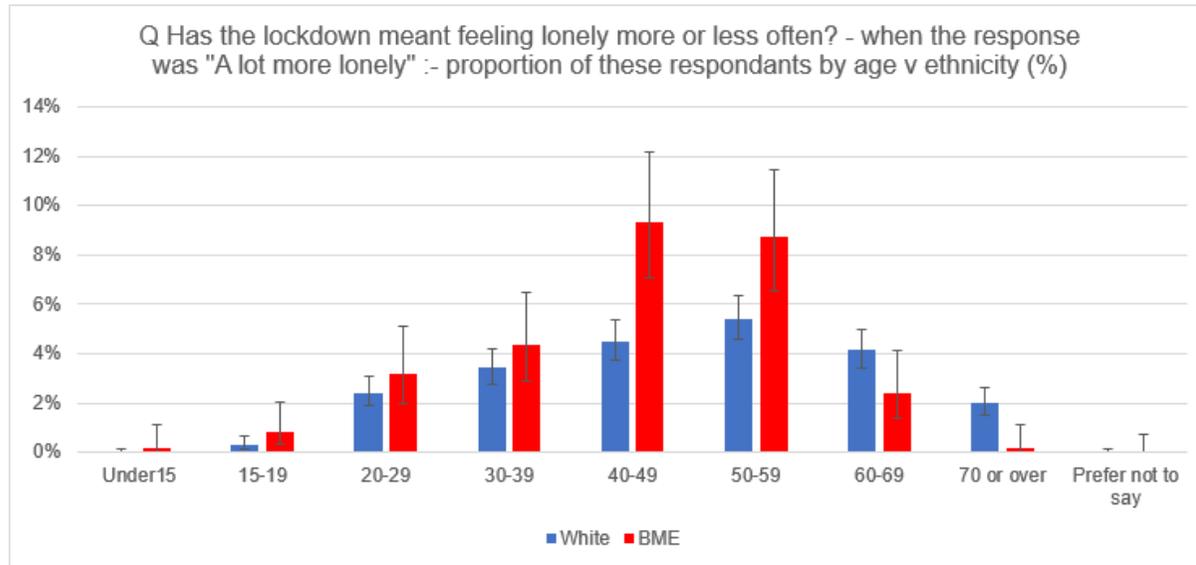
Women were more likely to report higher levels of anxiety than men but non-white ethnic men had higher rates of reported anxiety than white men but this was still lower than their female counterparts.



Loneliness

Self reported higher levels of feeling a lot more lonely is higher in 40-59yr age group and this is more pronounced in non-white ethnic groups.

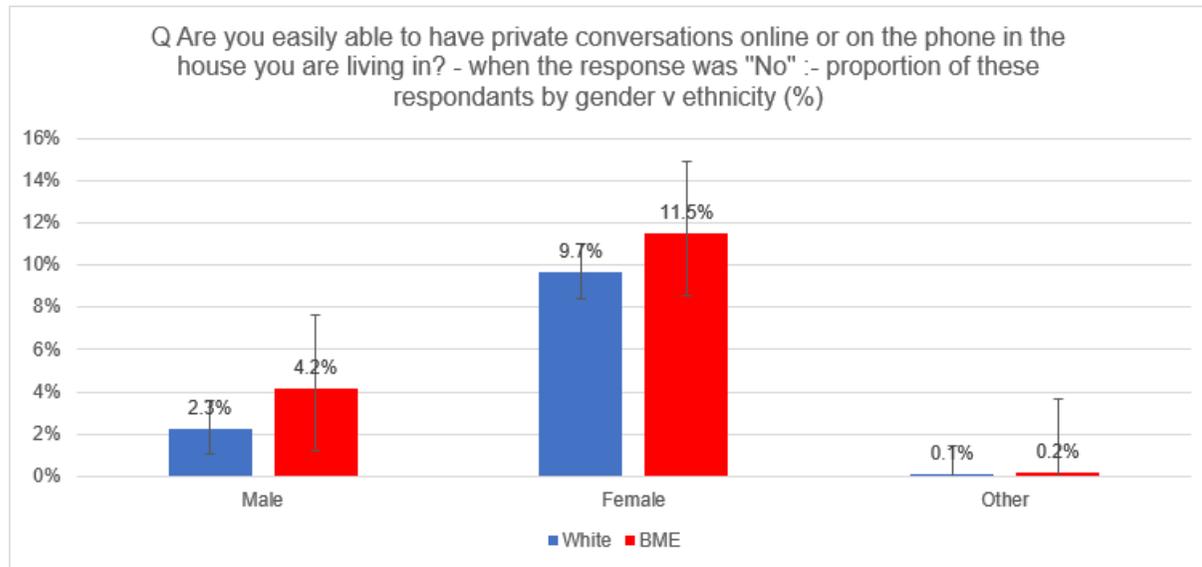
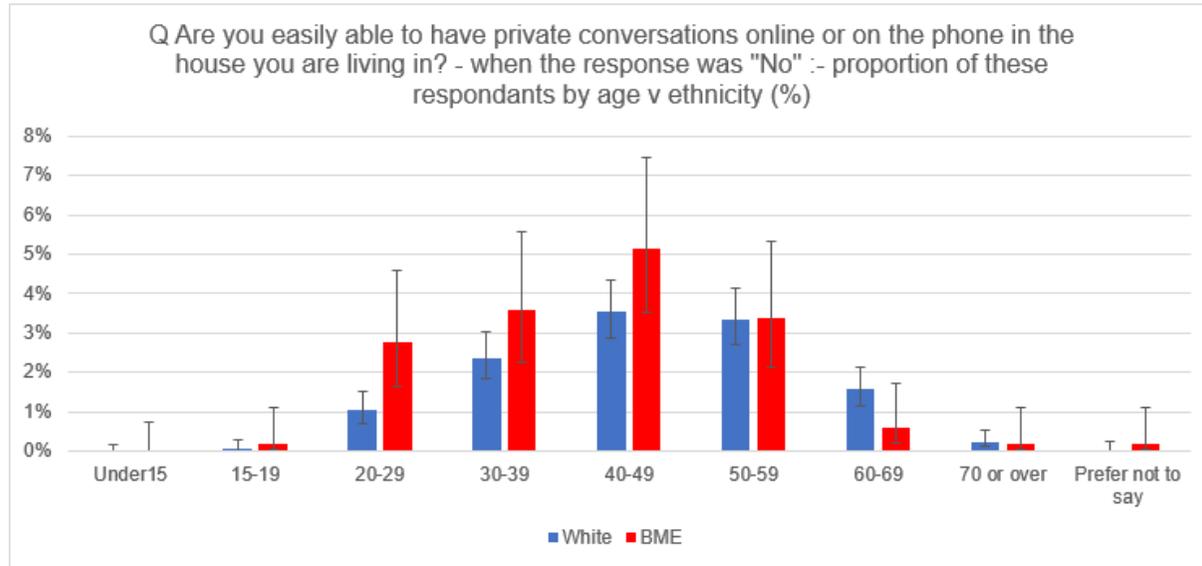
Women were more likely to report feeling a lot more lonely than men and non-white ethnic groups were higher in both genders than for white counterparts but this may not be significant difference for women.



Private Conversations

Ability to have a private conversation at home was lower among working age adults but the confidence intervals suggests that the most significant difference between ethnic groups is in the 20-29 age group.

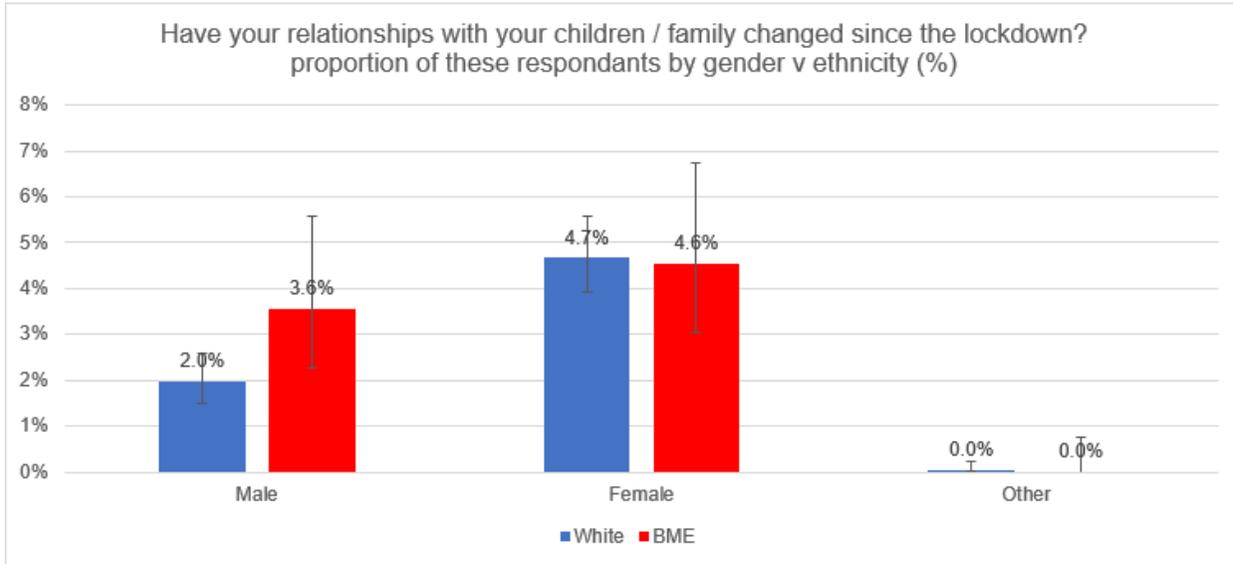
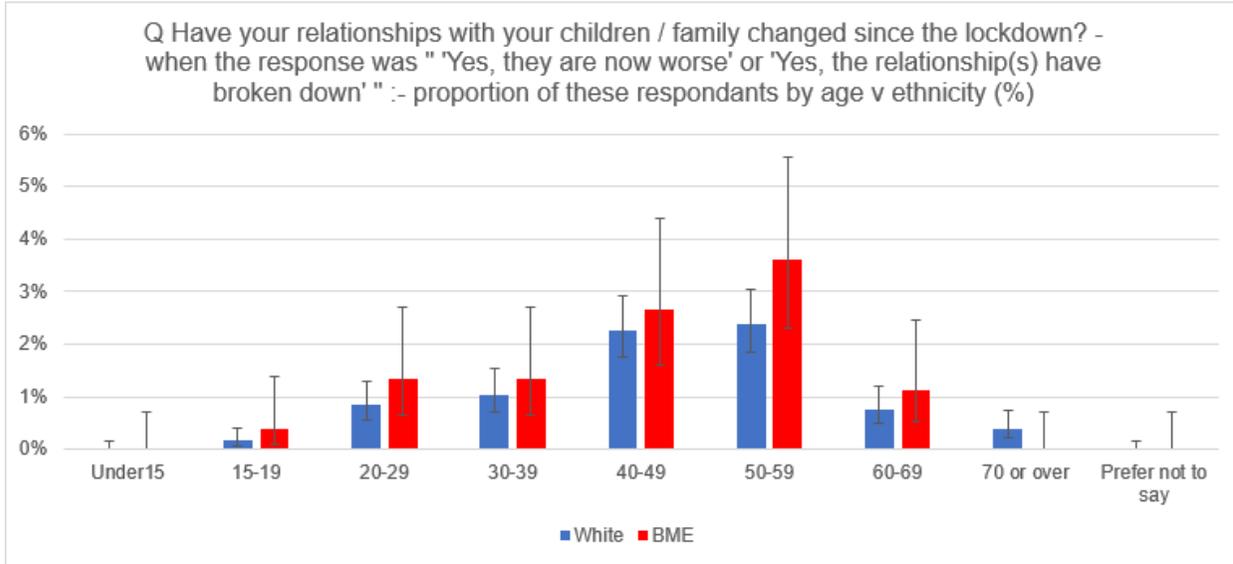
Women were less likely to be report having privacy at home but there did not appear to be significant differences between ethnic groups.



Family relationships

Family relationships appear to have deteriorated more in 40-49yrs and 50-59yr age groups in white groups but this difference is not as clear in non-white ethnic groups because of overlapping confidence intervals.

Women were more likely to report family deterioration than men but there did not appear to be significant differences between ethnic groups.

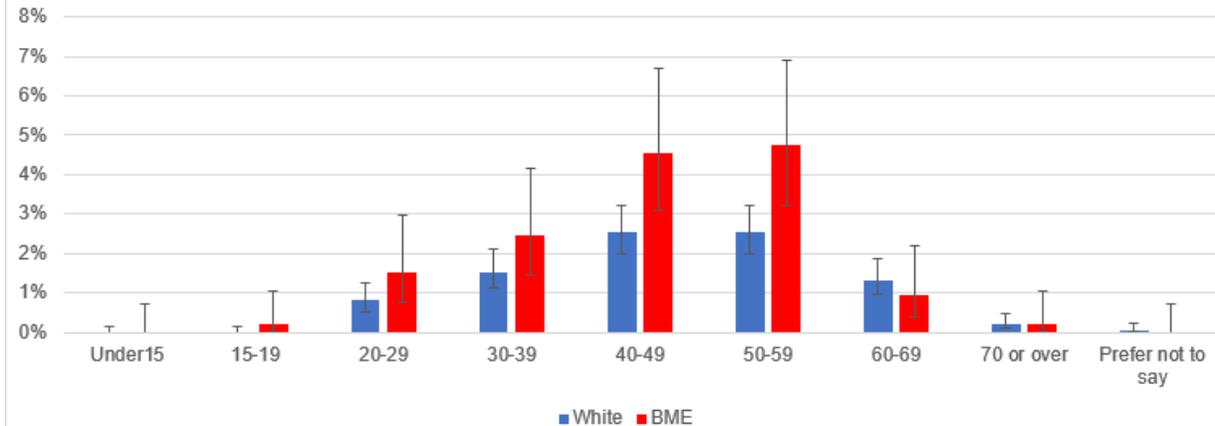


Personal relationships

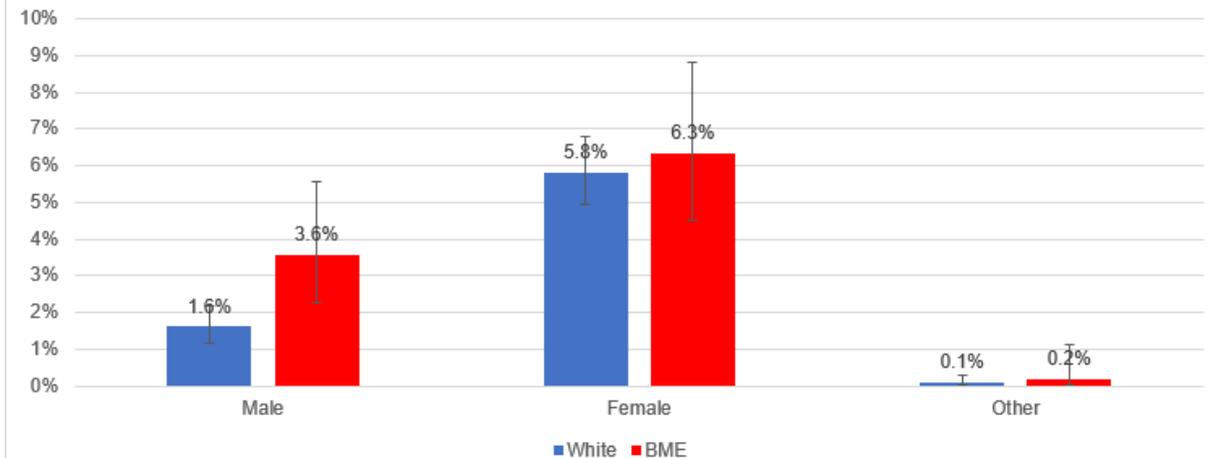
Personal relationship appeared to deteriorate more with increasing age up to 59yrs, and this was significantly higher in non-white ethnic groups aged 40-49yr and 50-59yrs.

Women were more likely to report relationship deterioration than men but there did not appear to be significant differences between white and non-white ethnic groups for women, but was significantly higher for men among non-white ethnic groups.

Q Has your relationship with your partner with changed since the lockdown? - when the response was " 'Yes, it's now worse' or 'Yes, the relationship has broken down' " :- proportion of these respondents by age v ethnicity (%)



Has your relationship with your partner with changed since the lockdown? proportion of these respondents by gender v ethnicity (%)

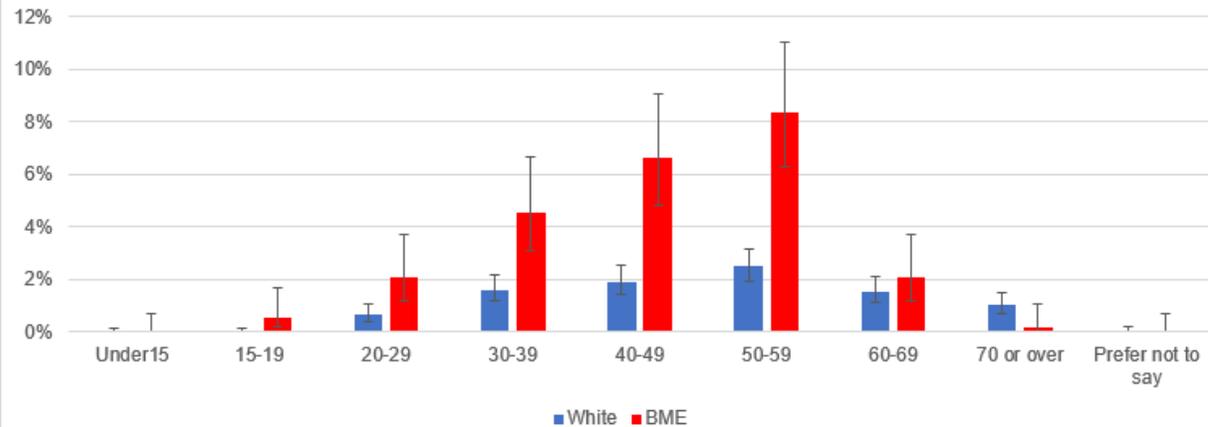


Perceptions of community spirit

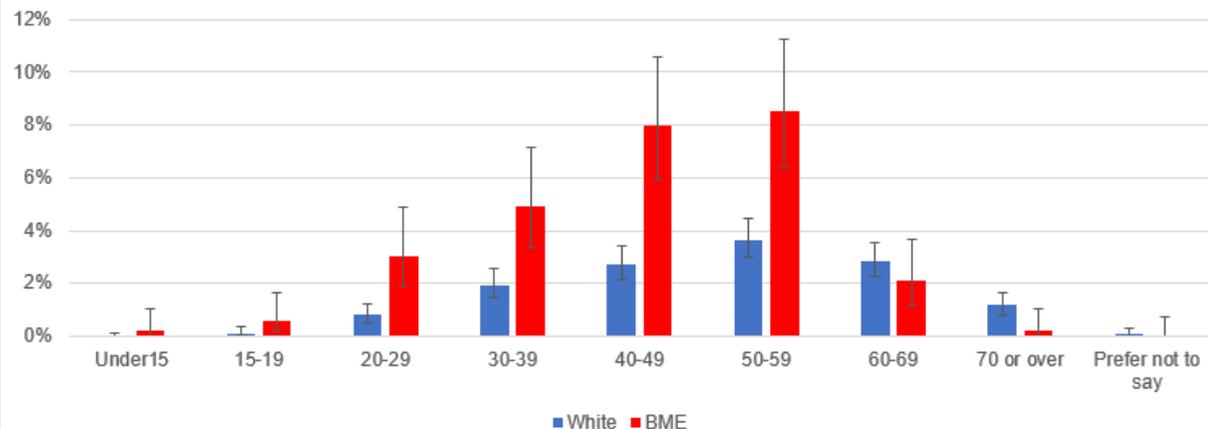
In general non-white ethnic communities were more likely to report that they felt that community spirit in their local community has deteriorated and this was higher in the working age groups.

A similar pattern was seen for perceptions of community spirit in local communities and across the city as the whole.

Q How do you think lockdown has changed community spirit in your local community? - when the response was "Deteriorated or Deteriorated significantly" :- proportion of these respondents by age v ethnicity (%)



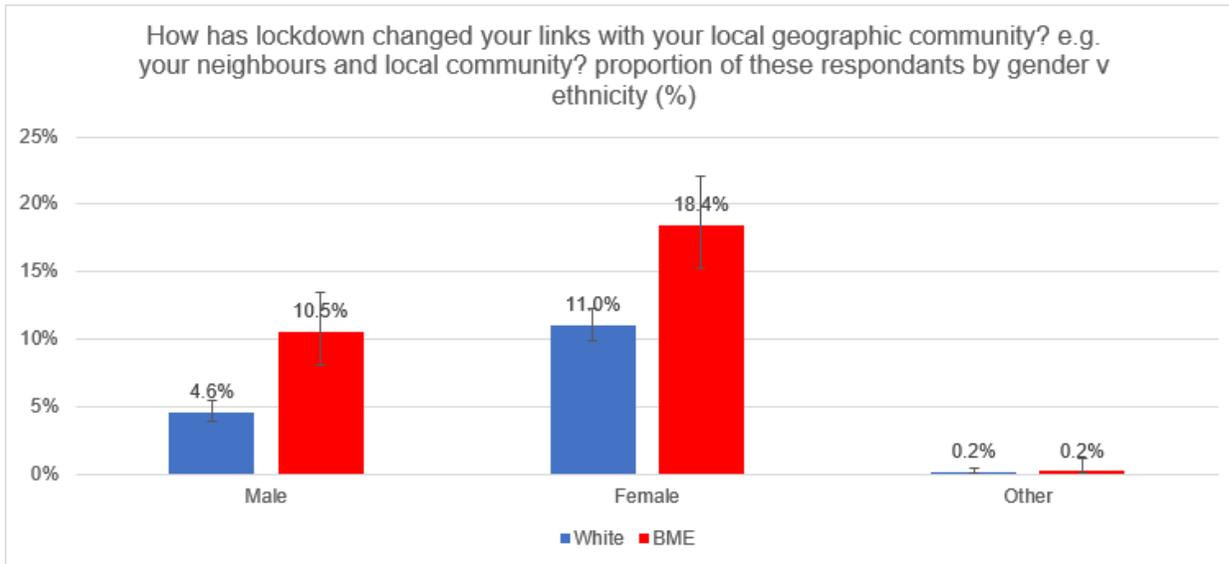
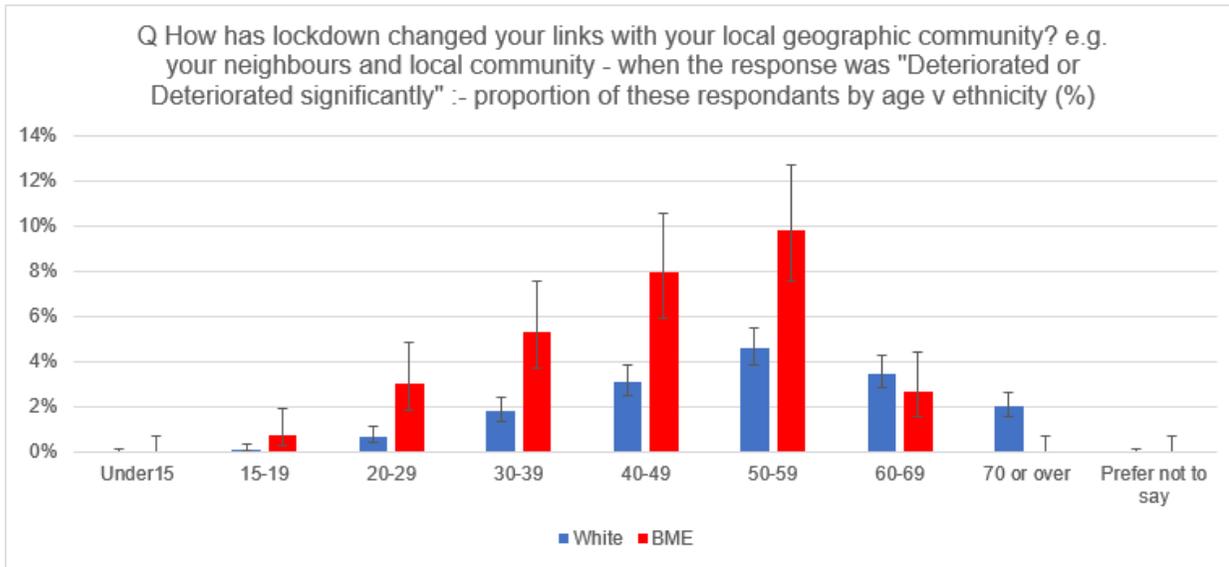
Q How do you think lockdown has changed community spirit across Birmingham? - when the response was "Deteriorated or Deteriorated significantly" :- proportion of these respondents by age v ethnicity (%)



Relationships with local communities

In general non-white ethnic communities were more likely to report that their relationship with their local geographical community has deteriorated and this increased across the working age groups.

Women were more likely to report relationship with local community has deteriorated than men and this was true in both white and non-white ethnic groups, and more significant for non-white ethnic groups in both genders.





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