

COVID-19 Health and Wellbeing Survey

Provisional results for 11 May to 17 May 2020
(Week 7)

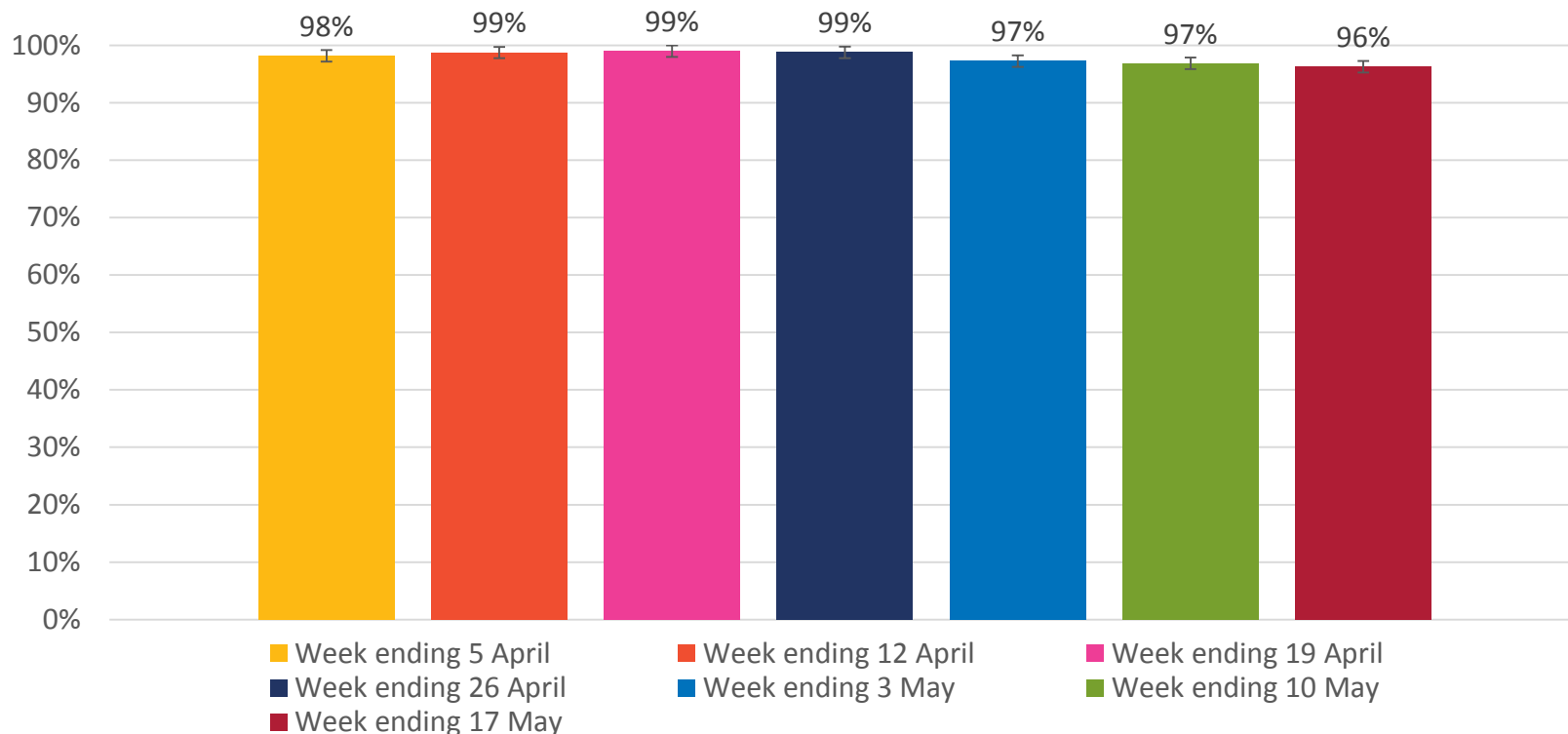
Produced by Health Survey team, Health and Disability Intelligence

What is the COVID-19 Health and Wellbeing Survey?

- Developed by the Ministry of Health and collects information about how New Zealanders are being impacted by COVID-19
- About 300 new people (aged 15+ years) interviewed each day who previously took part in the New Zealand Health Survey, and at the time agreed they could be contacted in future for further research
- 10-15 minute phone interview with trained interviewers from CBG Health Research Limited
- Interviewing began on 30 March 2020 and is continuing daily
- Results will be used to understand what support and information New Zealanders need around COVID-19
- This presentation shows new **key results from the seventh week of surveying; 11 May to 17 May 2020.**
 - For the combined first seven weeks (starting 30 March) there is a sample size of 14,052 respondents
 - Where appropriate and possible, comparisons will be made with results from previous weeks and the 2018/19 New Zealand Health Survey.
- While these results are still provisional, all data has now been weighted to be more representative of the NZ population. Previous figures have been revised.
- For context, when the survey first began NZ was in Alert Level 4, then moved into Alert Level 3 at 11:59pm on 27 April and Alert Level 2 at 11:59pm on 13 May.

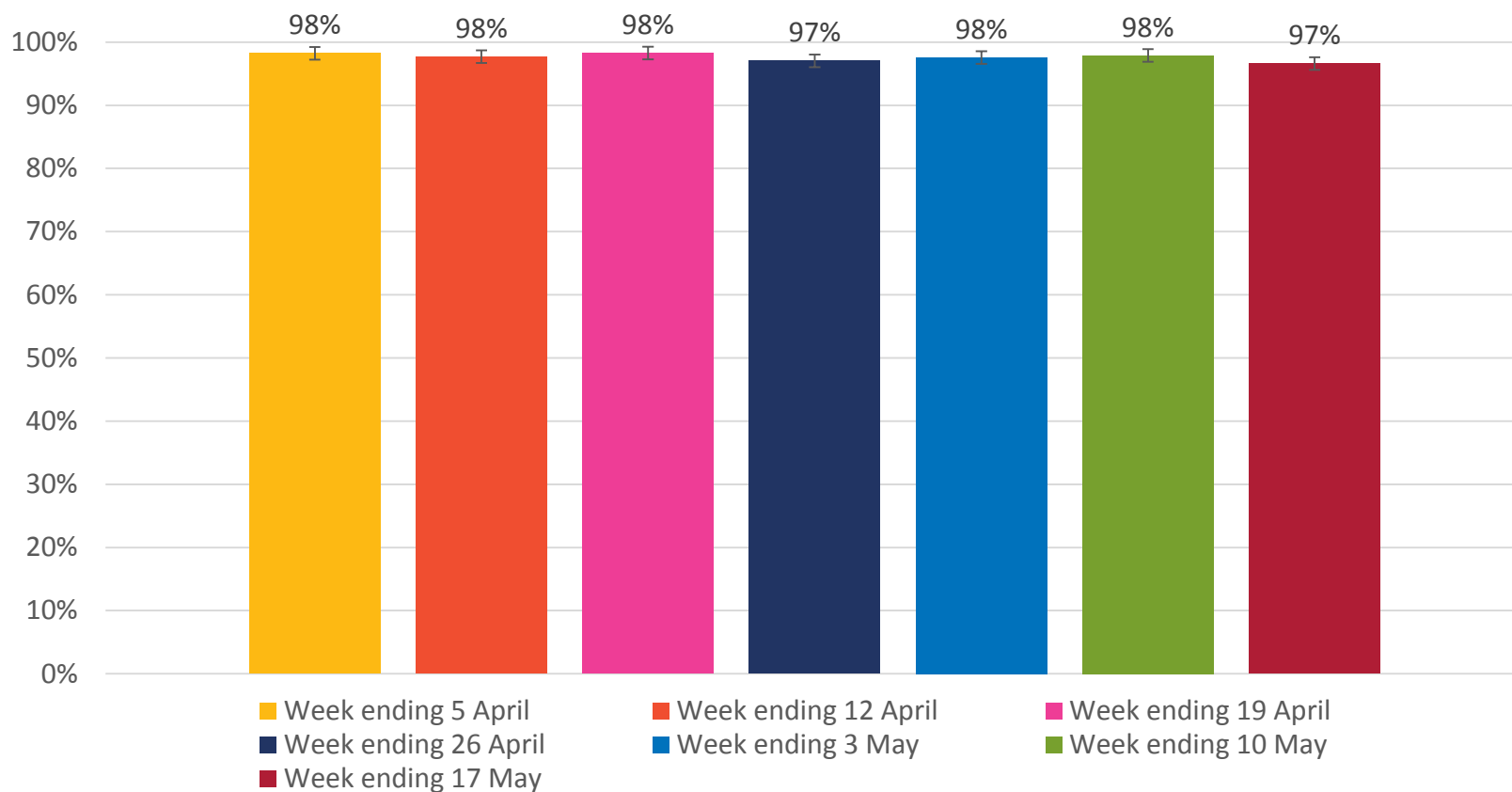
Most respondents have continued to find the Alert Level rules clear

Proportion of respondents who say the rules around where you can go and what you can do during the current Alert Level are “Very clear”, “Clear” or “Neither clear nor unclear”



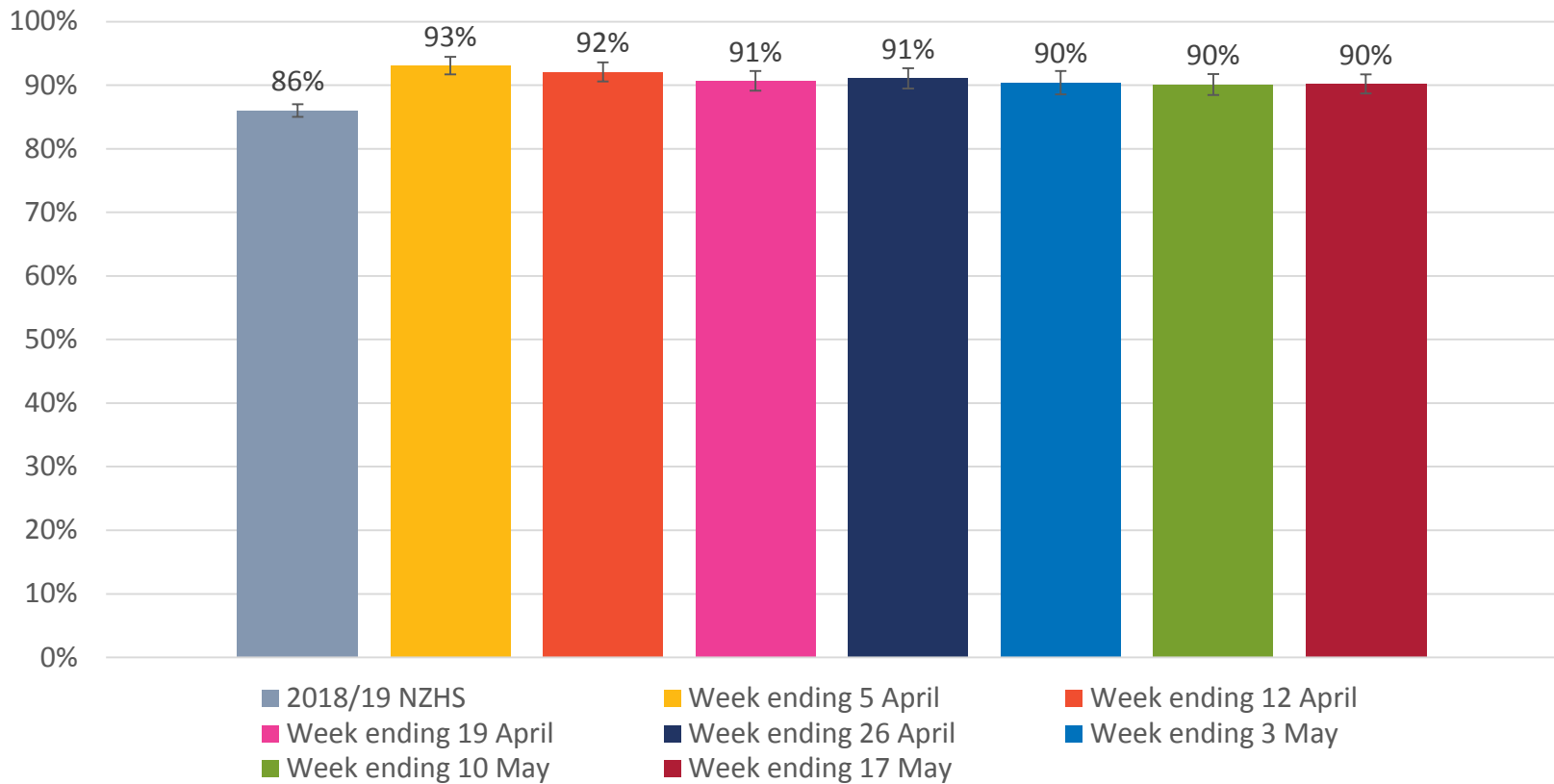
And the Alert Level rules easy to follow

Proportion of respondents who are finding following the current Alert Level rules “Easy”, “Very easy” or “Neither easy nor hard”



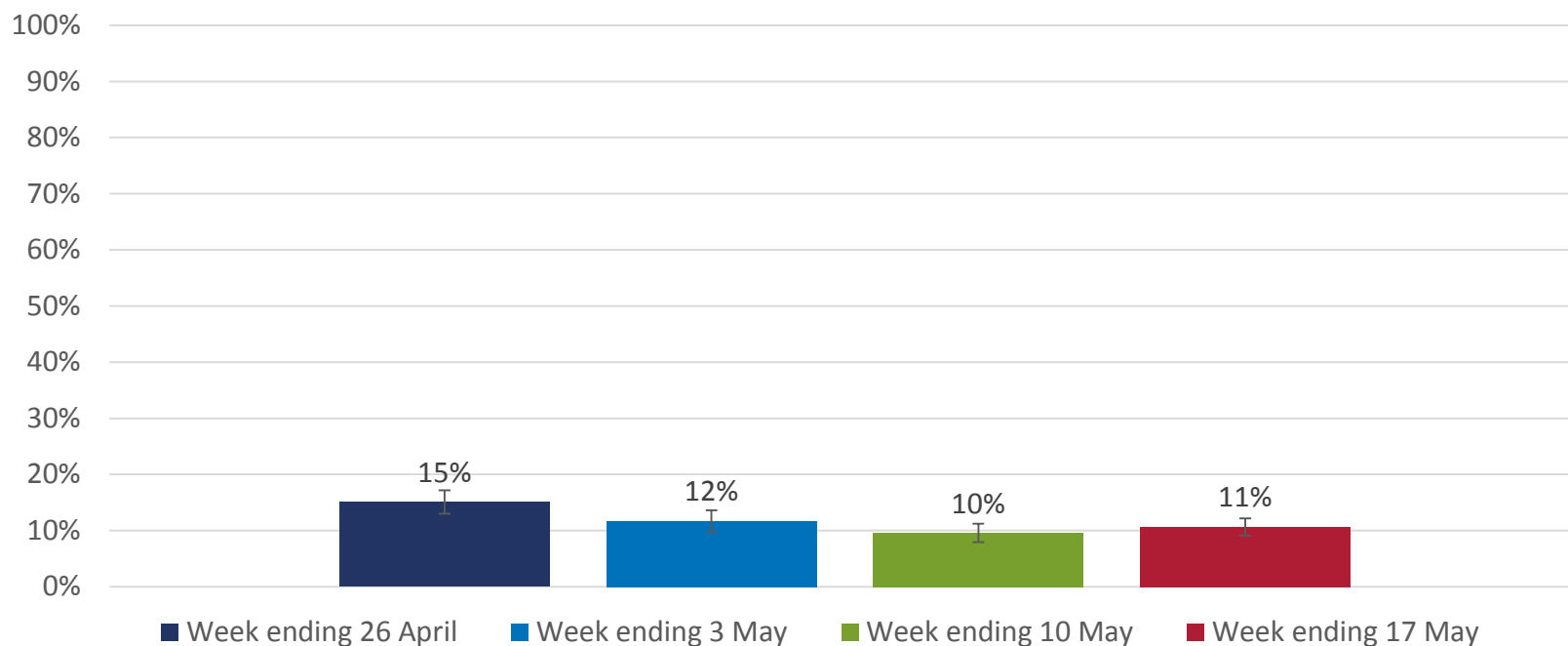
Most respondents still see themselves as in good health

Proportion of respondents who say in general their health is “Good”, “Very good” or “Excellent”



11% have experienced at least one COVID-19 symptom in the past 7 days

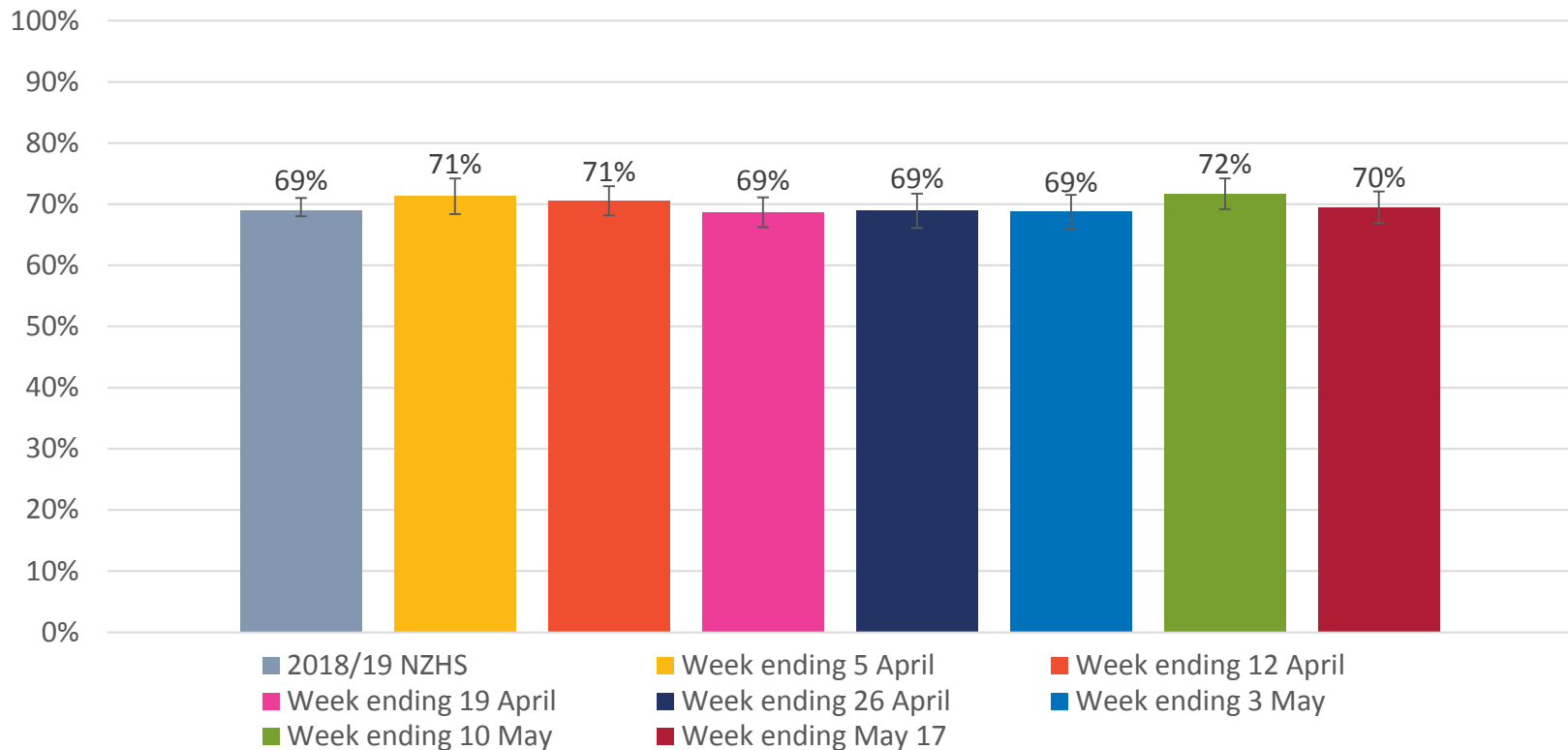
Proportion of respondents who have experienced at least one COVID-19 symptom* in the past 7 days



*A COVID-19 symptom includes a cough, a high temperature (at least 38°C), shortness of breath, sore throat, sneezing and runny nose, or temporary loss of smell. However having these symptoms does not necessarily mean the respondent has COVID-19. The symptoms are similar to other illnesses, such as cold and flu.

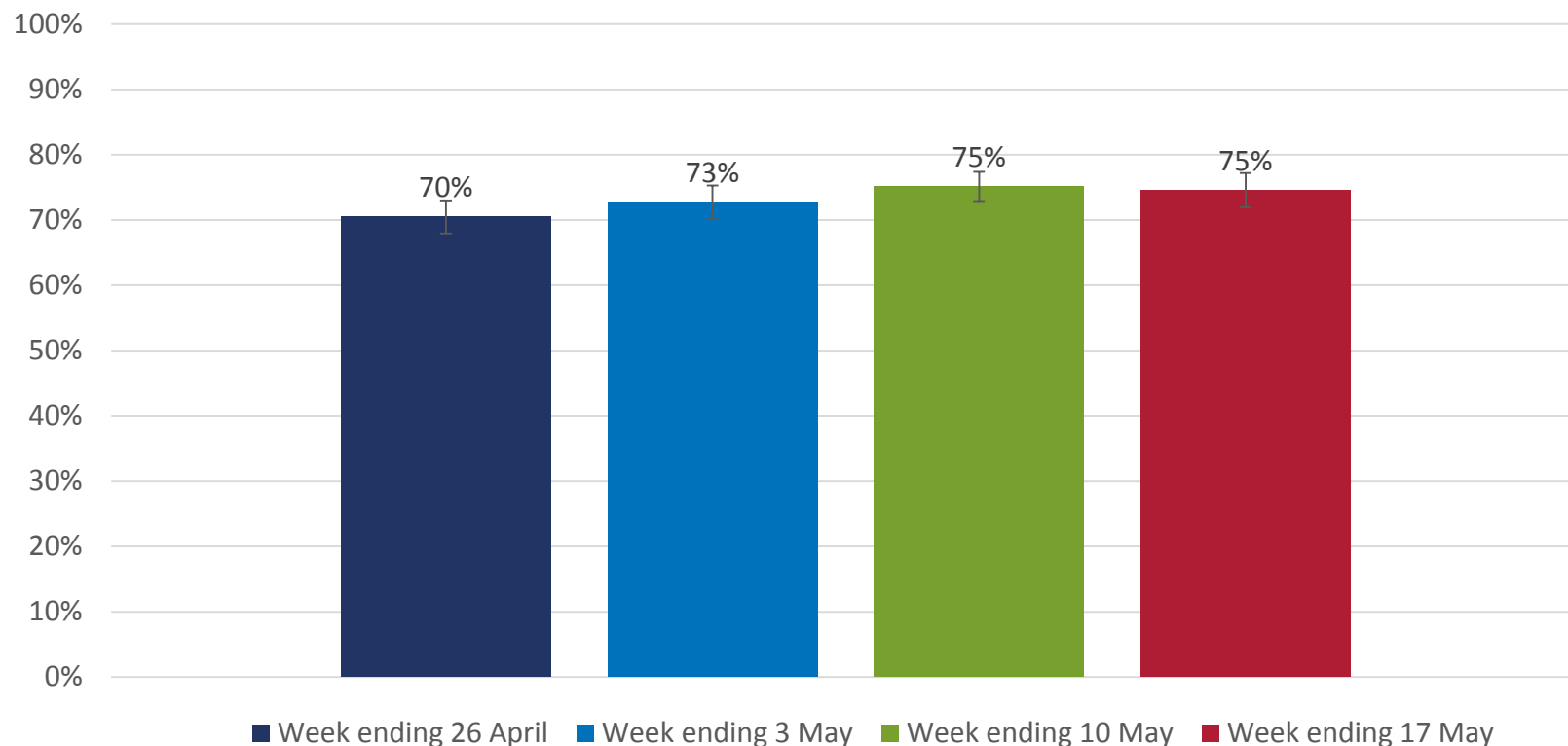
More than two-thirds continue to meet sleep duration recommendations

Proportion of respondents who, over the past 7 days, have on average slept for the recommended number of hours in a 24 hour period



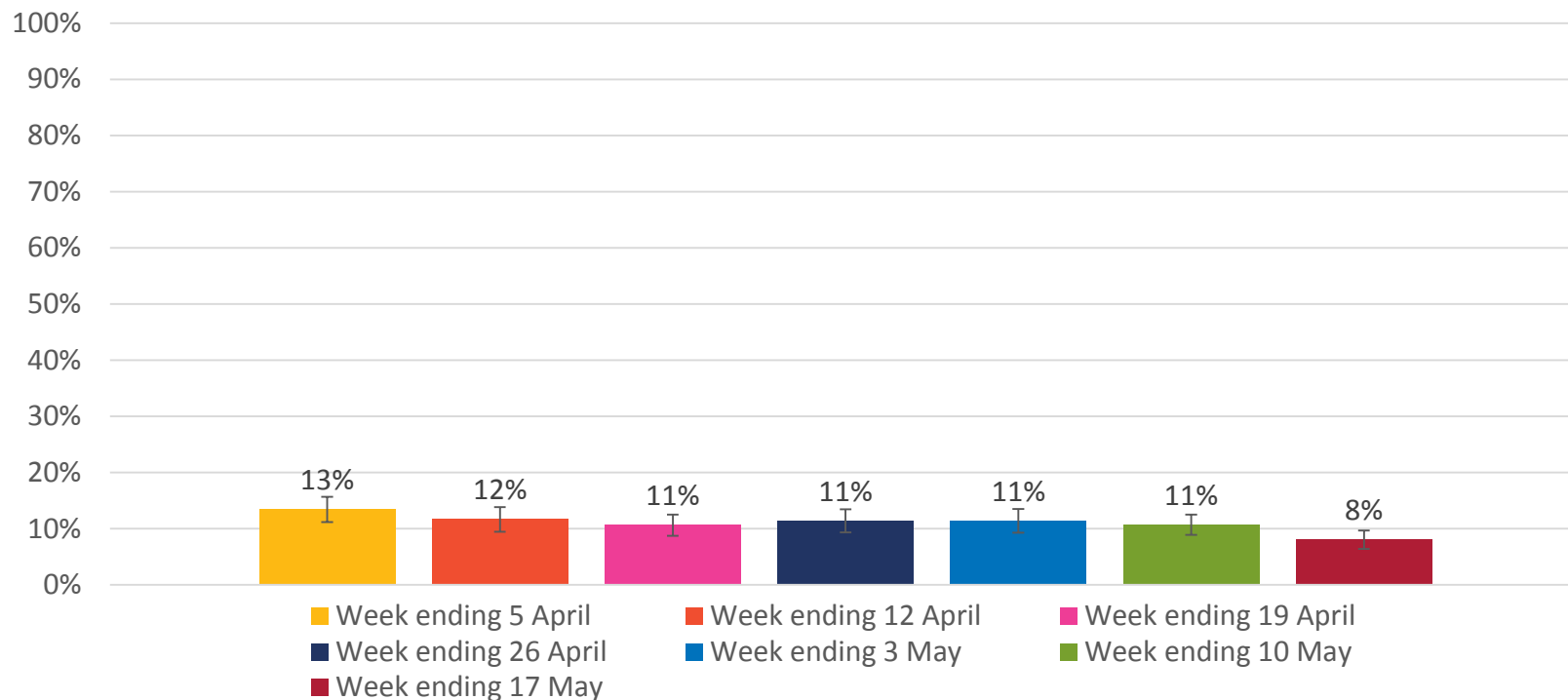
Three-quarters of respondents are satisfied with life these days

Proportion of respondents who said they are “Satisfied” or “Very satisfied” with life these days



The proportion experiencing symptoms of anxiety or depression has not changed significantly across the 7 weeks

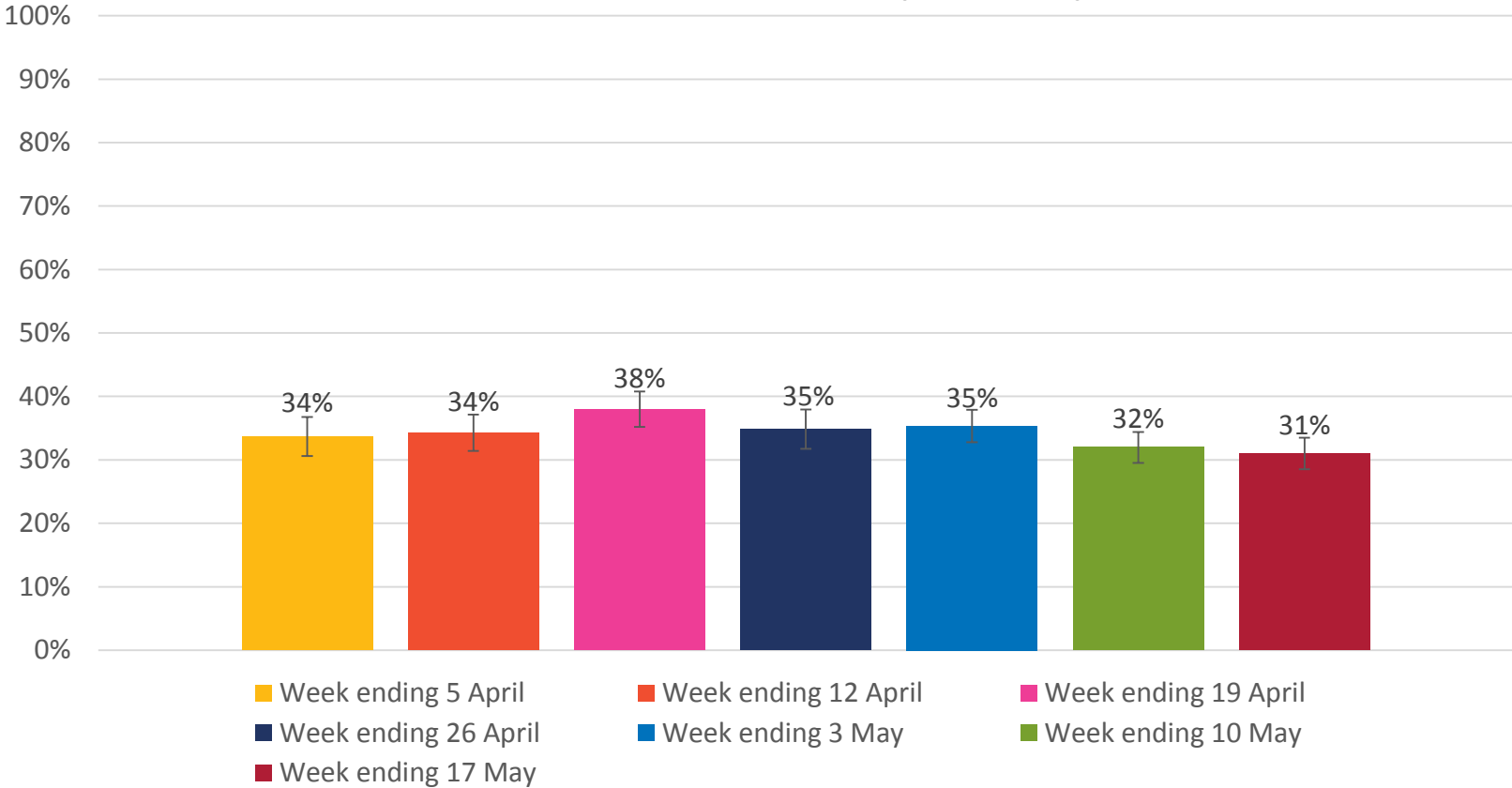
Proportion of respondents experiencing depressive and/or anxiety related symptoms* in the past 7 days



*This is measured using the Patient Health Questionnaire-2 (PHQ-2) and Generalised Anxiety Disorder-2 (GAD-2). The PHQ-2 asks about the frequency of depressed mood and anhedonia (eg, little interest or pleasure in doing things) and the GAD-2 about experience of anxiety symptoms (eg, feeling nervous, anxious or on edge).

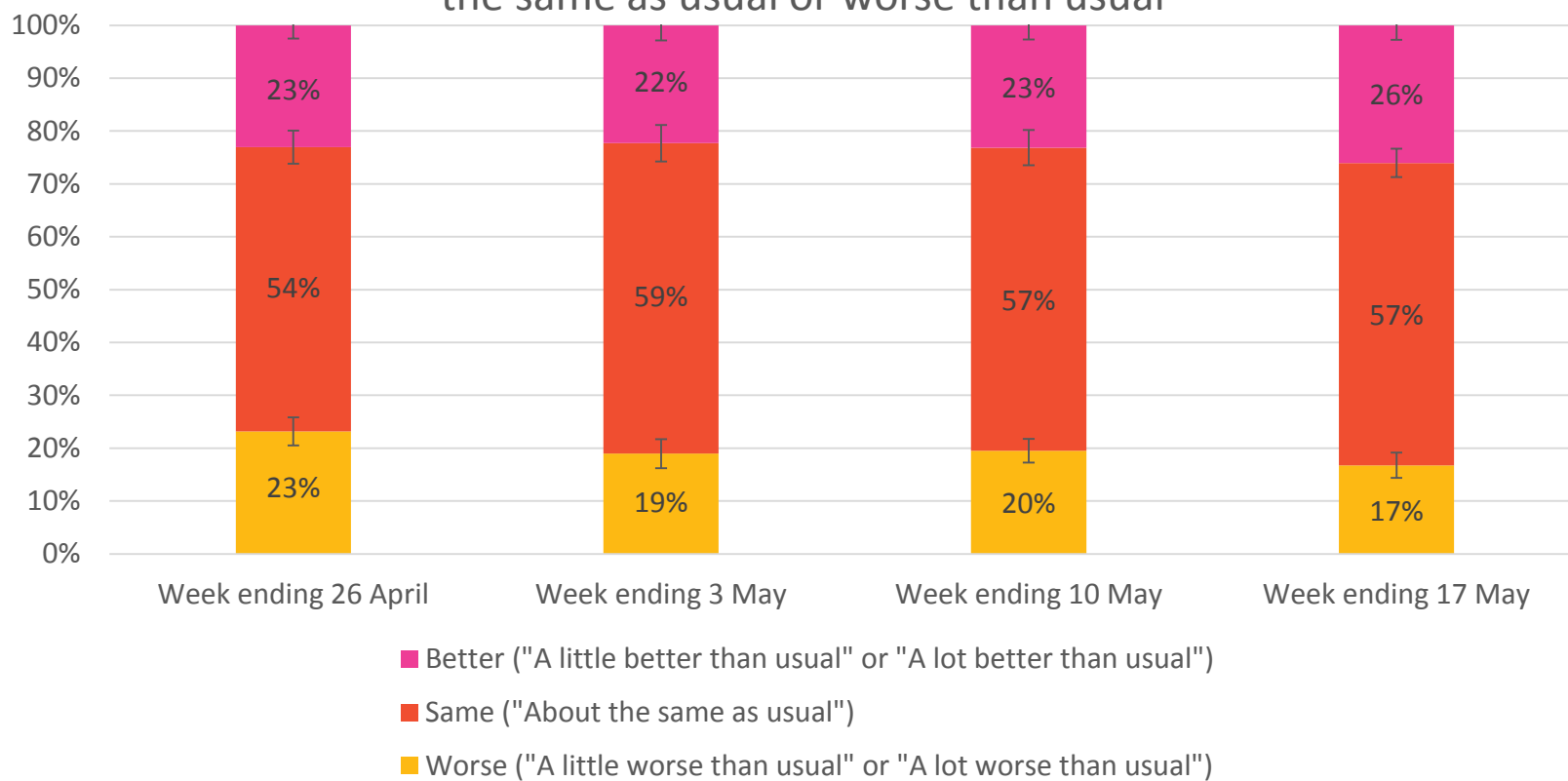
31% of New Zealanders felt lonely or isolated to some extent in the past week

Proportion of respondents who felt lonely or isolated at least “A little of the time” in the past 7 days



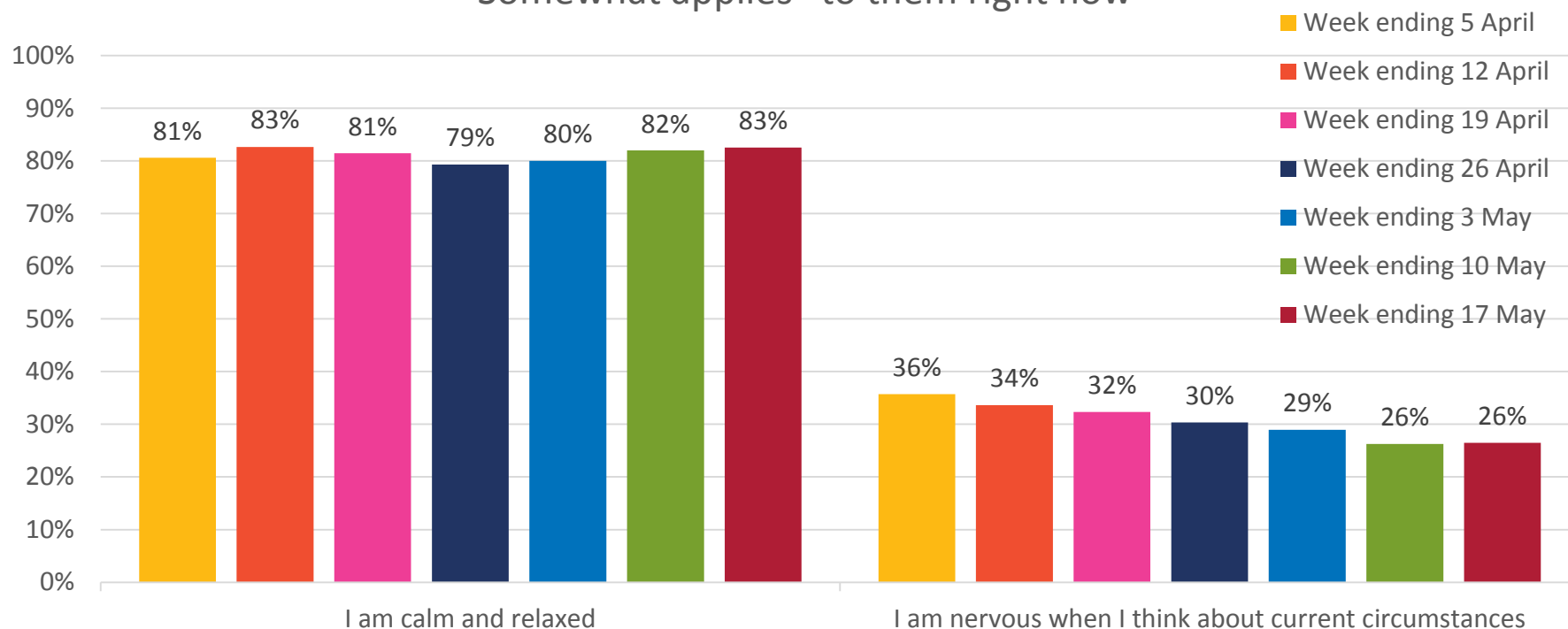
Over half of respondents say their wellbeing at the current Alert Level is the same as usual

Proportion of respondents who said their overall wellbeing has been affected by the current Alert Level better than usual, about the same as usual or worse than usual



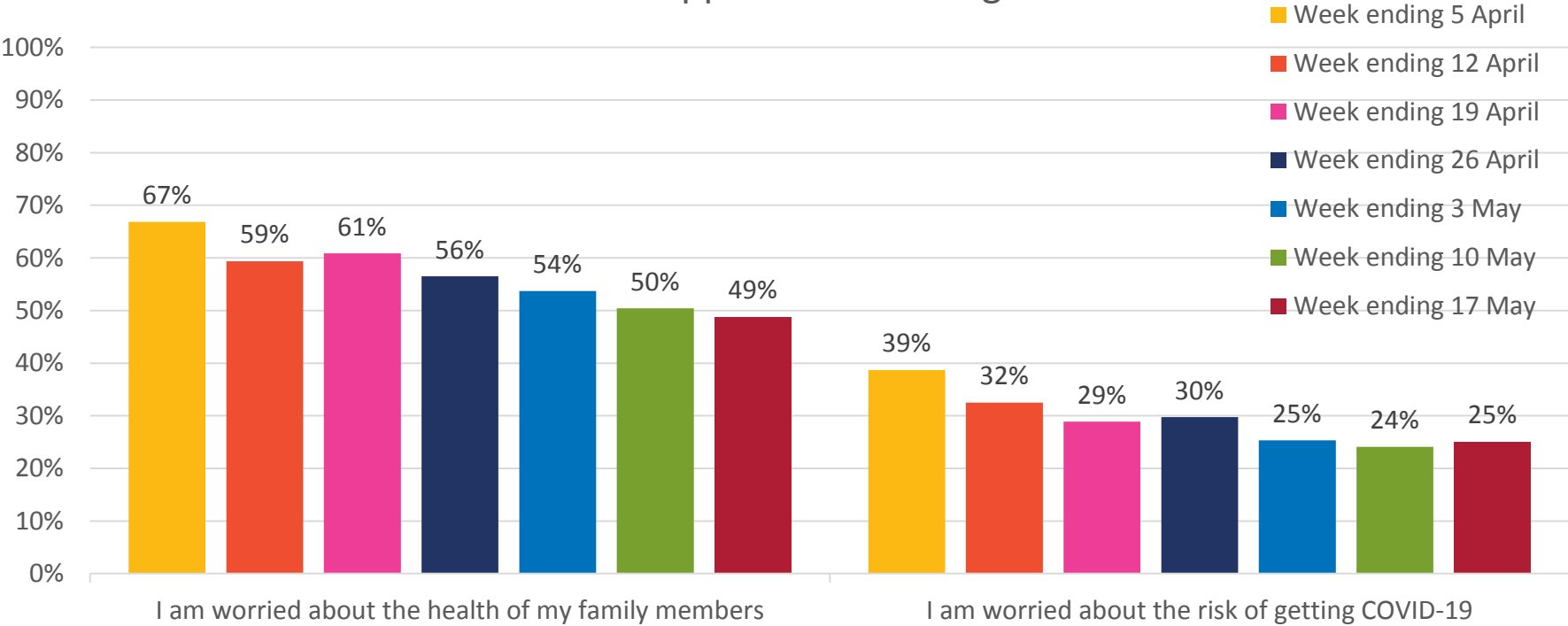
Many continue to feel calm and relaxed

Proportion of respondents who said the statement “Strongly applies” or “Somewhat applies” to them right now



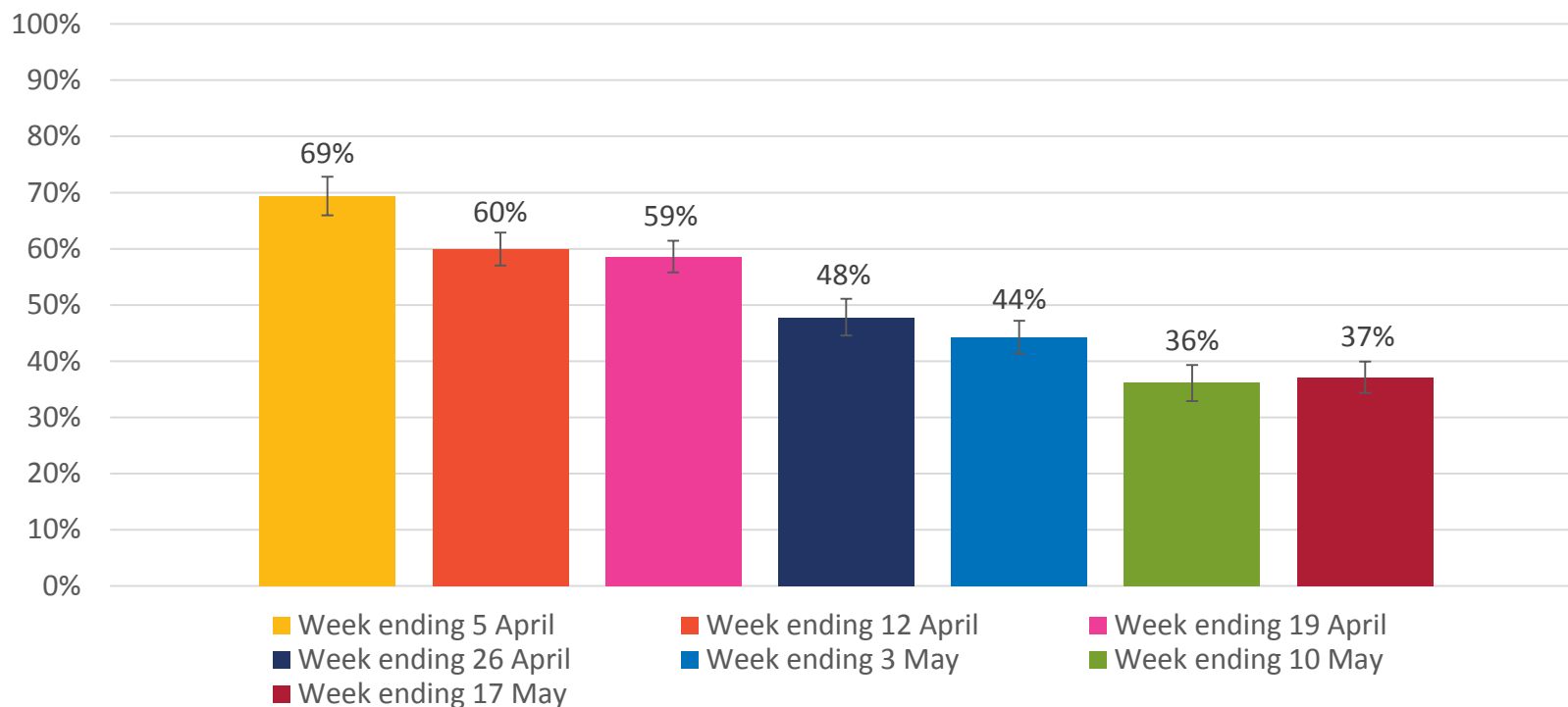
Some initial worries are gradually decreasing over time

Proportion of respondents who said the statement “Strongly applies” or “Somewhat applies” to them right now



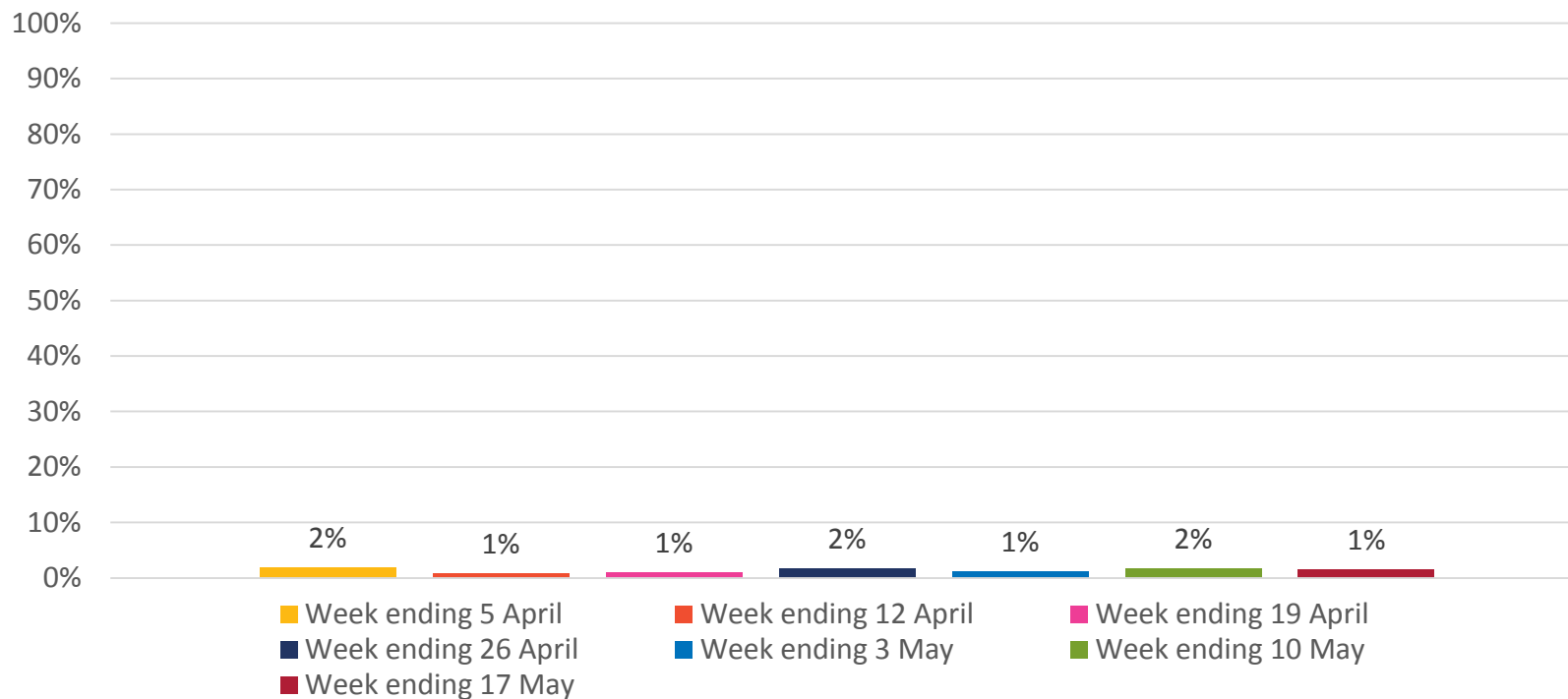
Respondents are becoming less worried over time by the COVID-19 information that is coming from their main source

Proportion of respondents who said the information from their main source of COVID-19 information (in the past 7 days) made them feel “Slightly worried” or “Very worried”



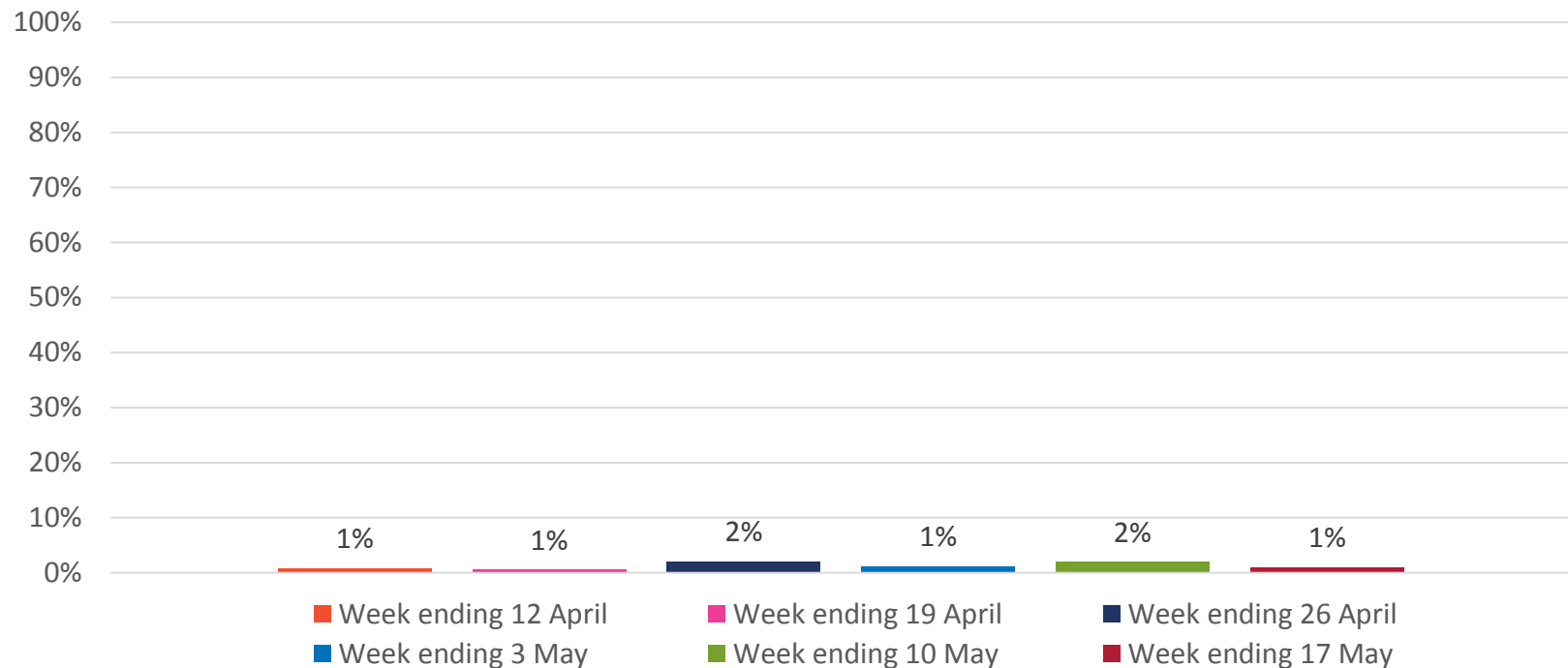
The vast majority of respondents are getting along with others in their household

Proportion of respondents who said the people in their household have gotten along “Badly” or “Very badly” over the past 7 days



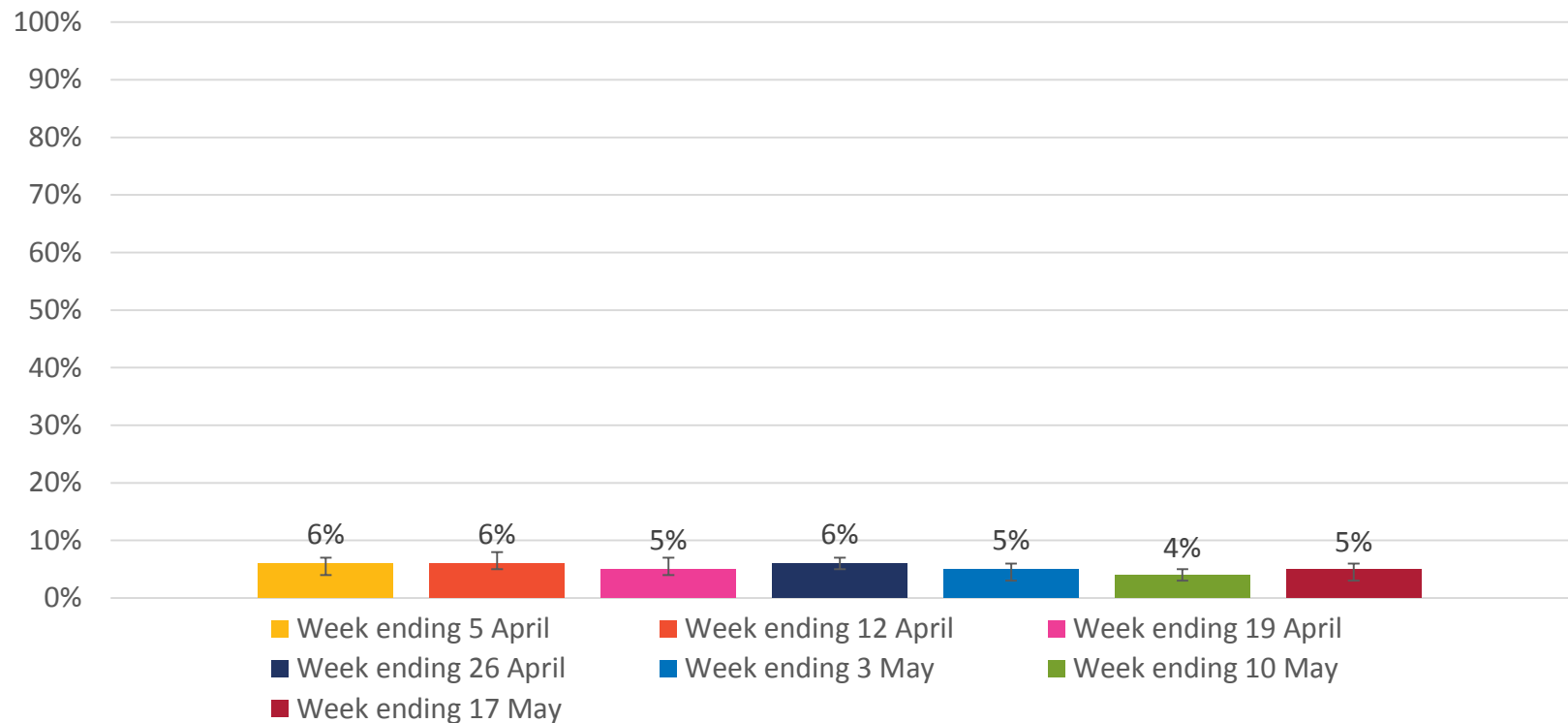
And feel able to support the wellbeing of the children in their house

Proportion of respondents with children under 15 in their household who felt they are currently able to support the wellbeing of the children “Not well” or “Not well at all”



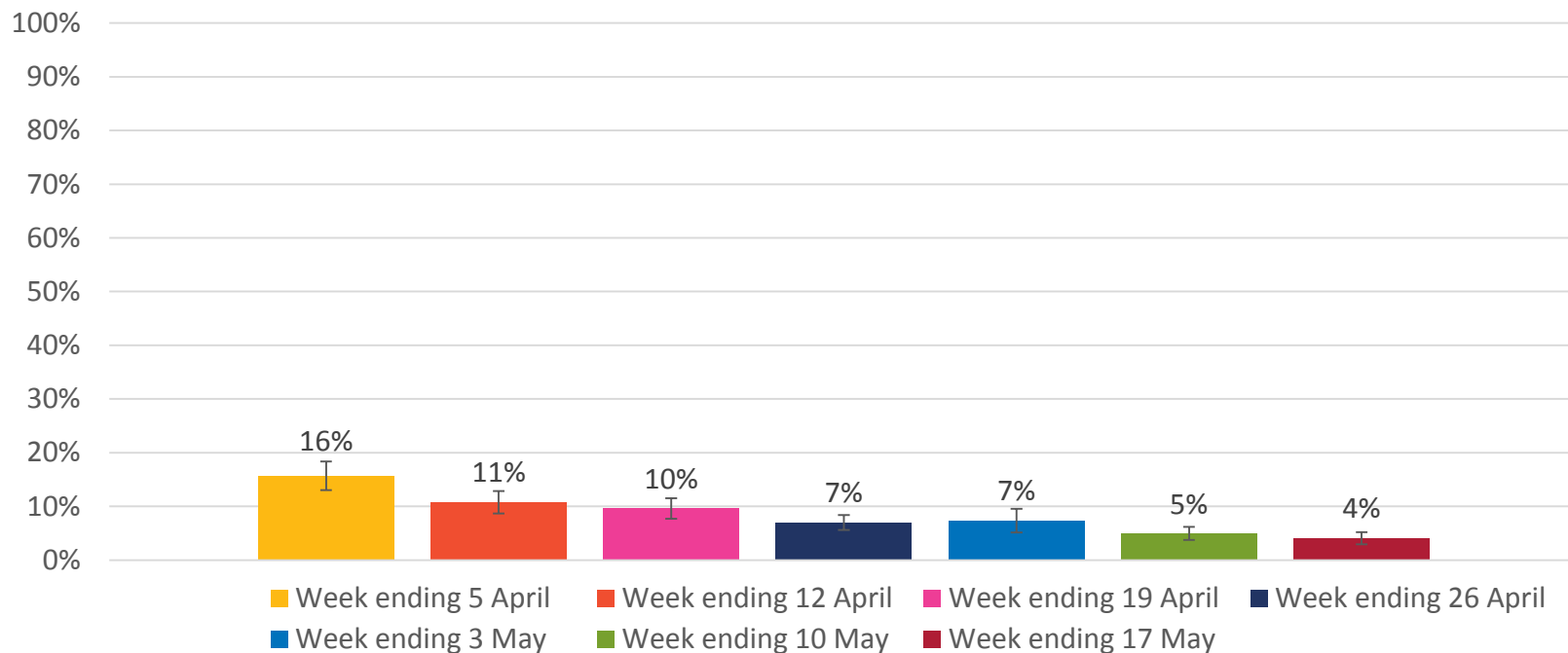
A small number are struggling to pay for basic living costs

Proportion of respondents who “Agree” or “Strongly agree” they have struggled to pay for basic living costs, such as food and accommodation, in the past 7 days



8.5% of all respondents* have lost their main source of income due to COVID-19

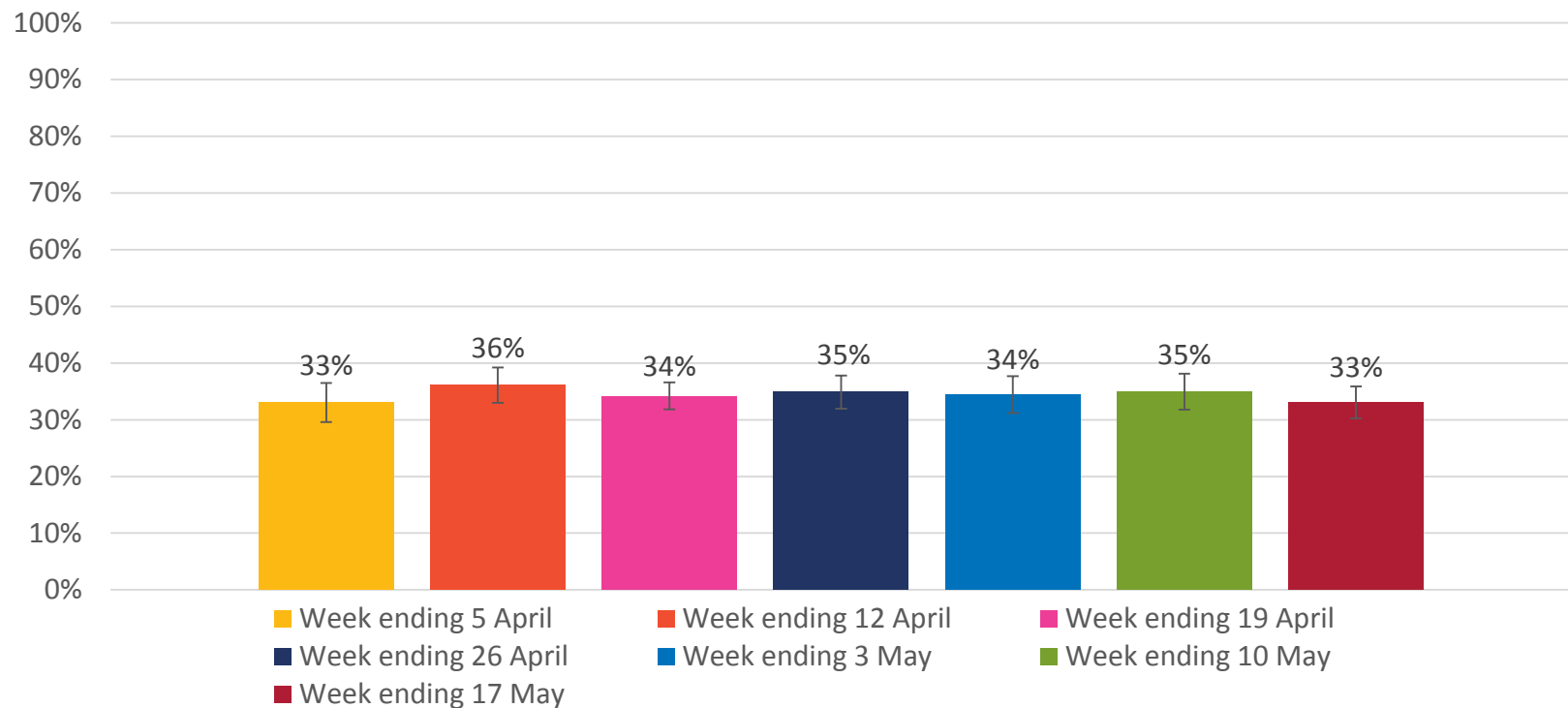
Proportion of respondents who said they have lost their main source of income as a result of COVID-19 (eg, been made redundant or closed their business)



*This is all the respondents who have completed the survey since it started on 30 March.

A third of respondents have applied for government support

Proportion of respondents who have applied for government financial support (eg, COVID-19 Wage Subsidy) or whose employer has applied for it on their behalf



Sample sizes by ethnicity and gender

Ethnic group	Interviews	
Asian	313	(2%)
Māori	2,232	(16%)
European/Other	11,012	(78%)
Pacific	495	(4%)

Gender	Interviews	
Male	5,832	(42%)
Female	8,204	(58%)
Gender diverse	8	(0.1%)
Prefer not to say	8	(0.1%)

... and by neighbourhood deprivation and age group

Neighbourhood deprivation	Interviews	
1 (least deprived)	2,136	(15%)
2	2,663	(19%)
3	2,657	(19%)
4	3,267	(23%)
5 (most deprived)	3,329	(24%)

Age group	Interviews	
15-24	965	(7%)
25-34	1,902	(14%)
35-44	2,188	(16%)
45-59	3,436	(24%)
60-69	2,367	(17%)
70+	3,163	(23%)
Prefer not to say	31	(0.2%)