

COVID-19 Health and Wellbeing Survey: Week 17 results

2020

Introduction

Acknowledgements

The COVID-19 Health and Wellbeing Survey would not have been possible without the support and enthusiasm of many individuals. Thank you to the thousands of New Zealanders who gave their time to participate in it and the interviewers who worked so diligently to collect the data.

Survey background

The COVID-19 Health and Wellbeing Survey was developed by the Ministry of Health and CBG Health Research Limited. It collects information about how New Zealanders are being impacted by COVID-19. Results will be used to understand what support and information New Zealanders need around COVID-19.

About 300 people (aged 15+ years) are 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. It is a 10–15 minute phone interview with trained interviewers from CBG Health Research Limited. Interviewing began on 30 March 2020 and is continuing daily.

On 13 July, a second wave of surveying started where people who previously took part in the COVID-19 Health and Wellbeing Survey are invited to complete the survey again about 15 weeks after they first completed it. This will enable longitudinal analysis, measuring how an individual's responses have changed over time, while still providing weekly key results for the overall population.

There are some limitations to the sample used, such as small numbers of Asian and Pacific respondents. It's also possible that people who agree to participate in the COVID-19 Health and Wellbeing Survey would answer the survey questions differently to people who decline to participate. The survey is conducted in English so only respondents who can speak English are able to participate.

Interpreting this report

This report shows new key results from the seventeenth week of surveying; 20 July to 26 July 2020. For the combined first seventeen weeks (starting 30 March) there is a sample size of 29,049 respondents. The weekly report summarises the results for the most recent week and trends over time. The results have been weighted to be representative of the New Zealand adult population, using census data on distributions of ethnicity, age, sex and deprivation.

The key results in this weekly report (for the week ending 26 July) come from people in the second wave of surveying who completed the survey previously in the week ending 5 April. Therefore, respondents have been asked the survey questions before.

The weekly results are provisional and should be used with caution. To enable sharing of timely and relevant information, the data cleaning and quality assurance processes have not yet been fully completed. These results may therefore need to be revised in the future.

Where possible and appropriate, comparisons with the 2018/19 New Zealand Health Survey have been made. These comparisons are indicative only because there are differences in methodology and survey questions.

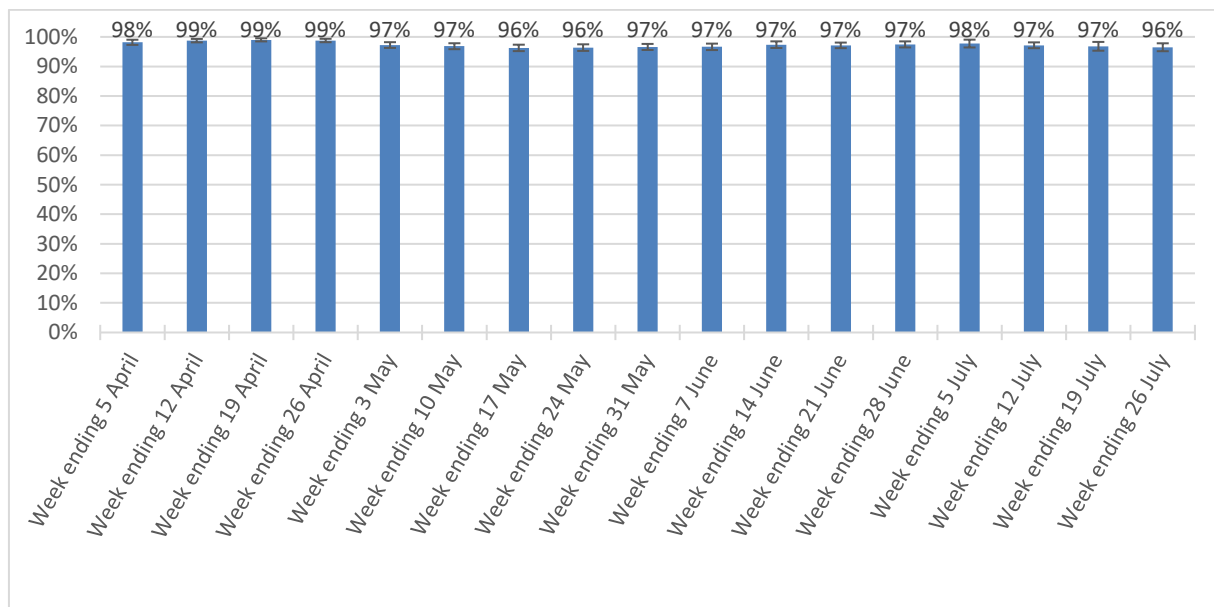
For context, when the survey first began NZ was in Alert Level 4, then moved into Alert Level 3 at 11:59pm on 27 April, Alert Level 2 at 11:59pm on 13 May and Alert Level 1 at 11:59pm on 8 June. On June 16, two new imported cases of COVID-19 were reported, after 24 days of no new cases being reported.

The sample sizes by ethnic group, gender, neighbourhood deprivation and age group included at the end of this report provide information about all respondents who have taken part in the survey. The sample size for this weekly report is the same as for previous weeks because respondents from the second wave have already been counted.

Provisional key findings for Week 17 (20 July to 26 July 2020)

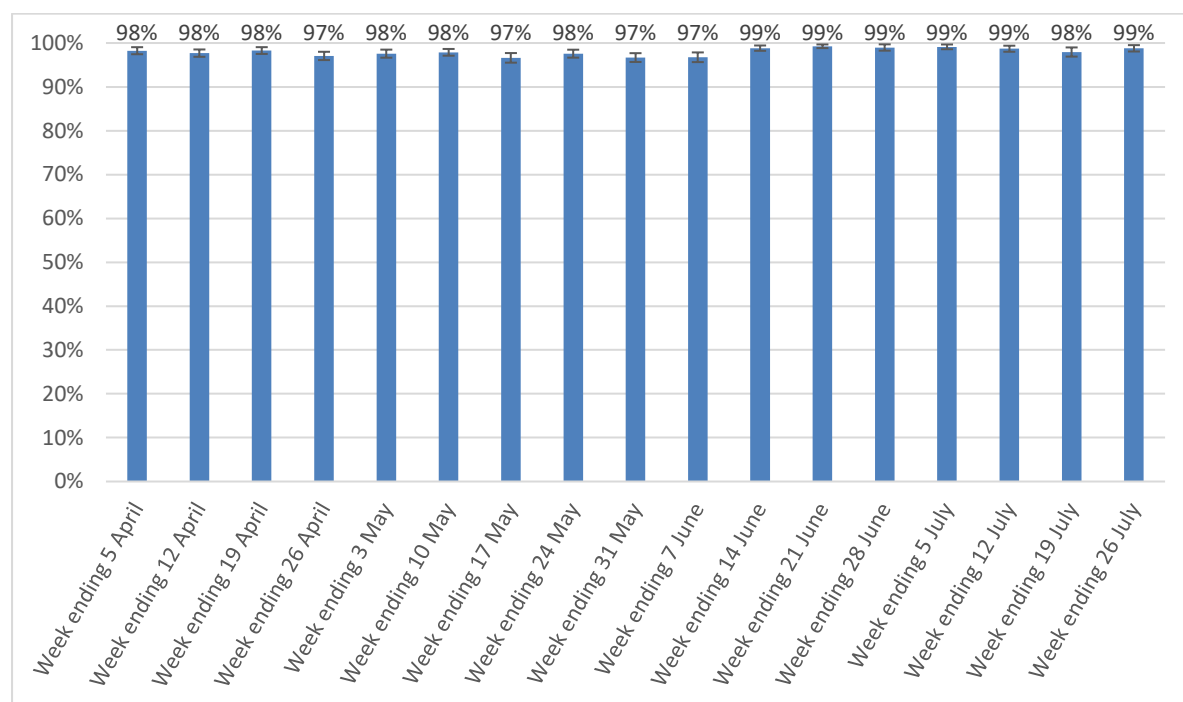
Most respondents have continued to find the Alert Level rules clear

Figure 1: 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”



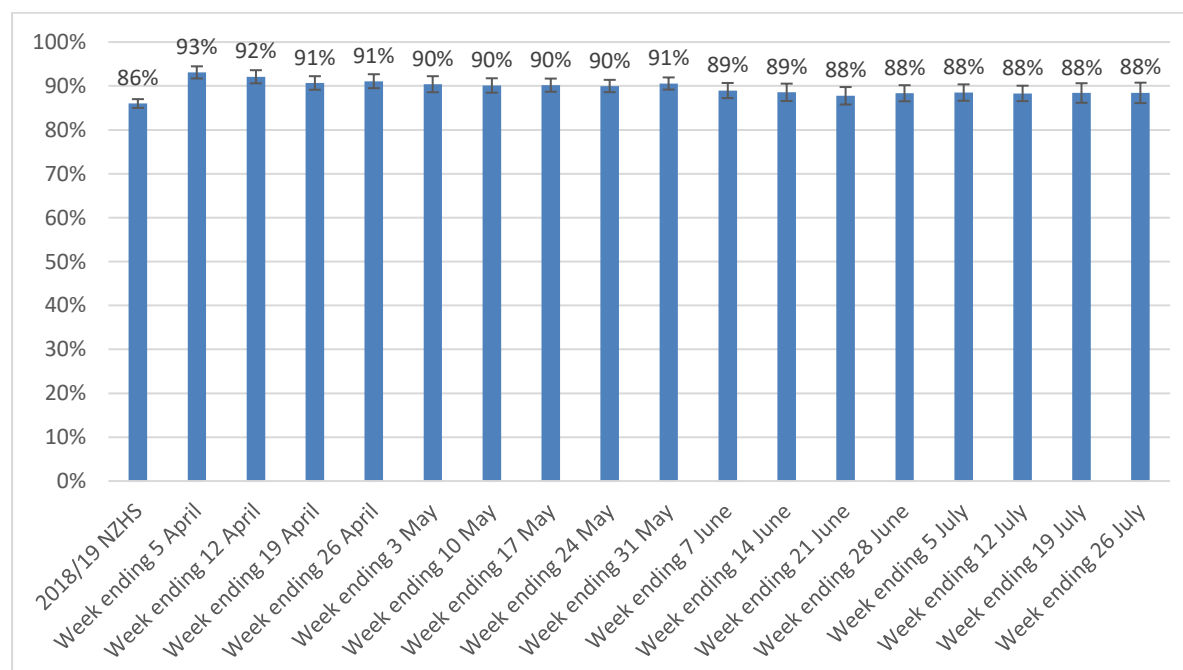
Most also find the Alert Level rules easy to follow

Figure 2. Proportion of respondents who are finding following the current Alert Level rules “Easy”, “Very easy” or “Neither easy nor hard”



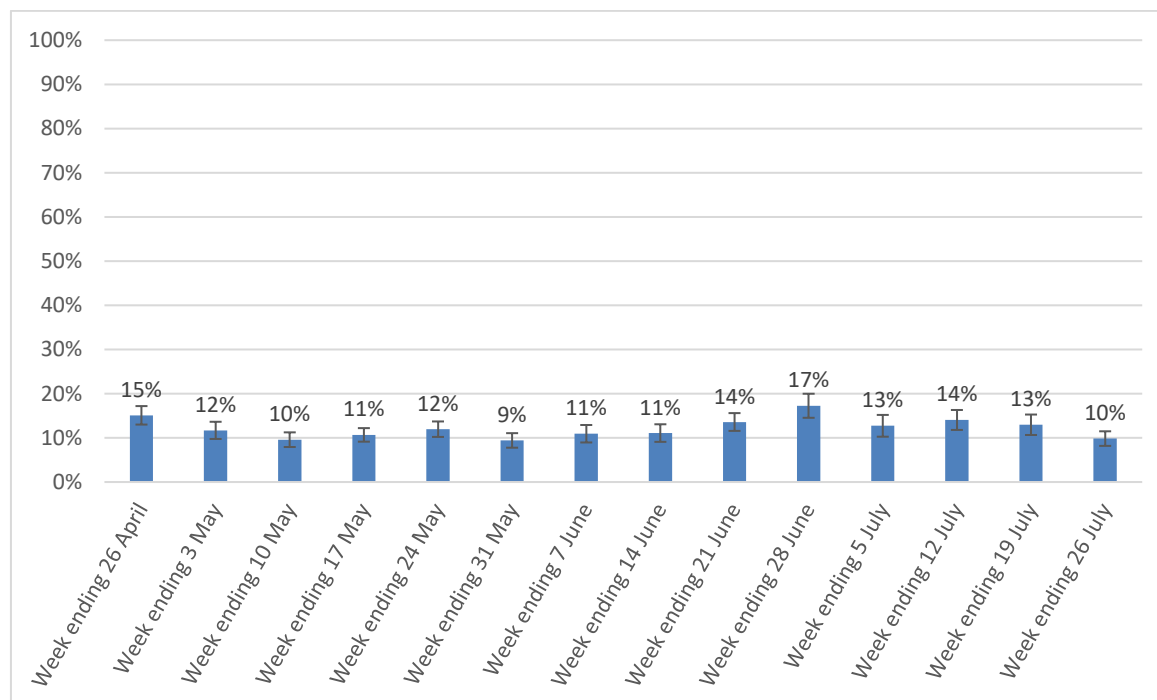
Most respondents see themselves as being in good health

Figure 3. Proportion of respondents who say in general their health is “Good”, “Very good” or “Excellent”



1 in 10 respondents have experienced symptoms similar to COVID-19 in the past week

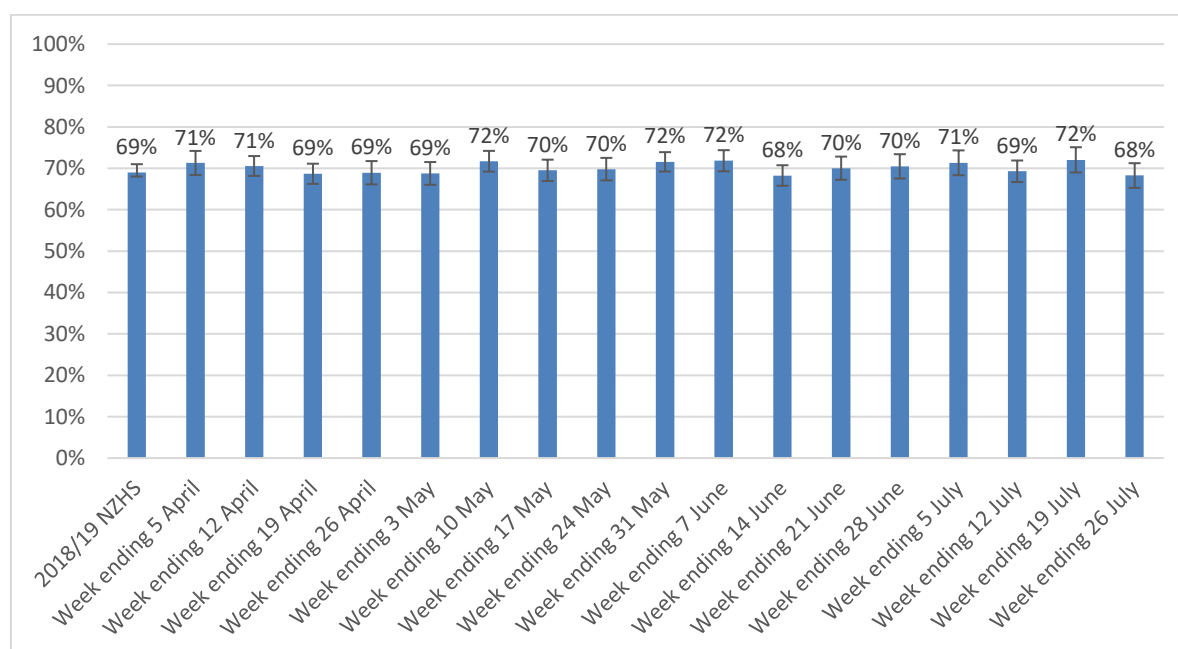
Figure 4. Proportion of respondents who have experienced at least one COVID-19 symptom in the past 7 days



Note: A symptom similar to COVID-19 includes a new or worsening 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.

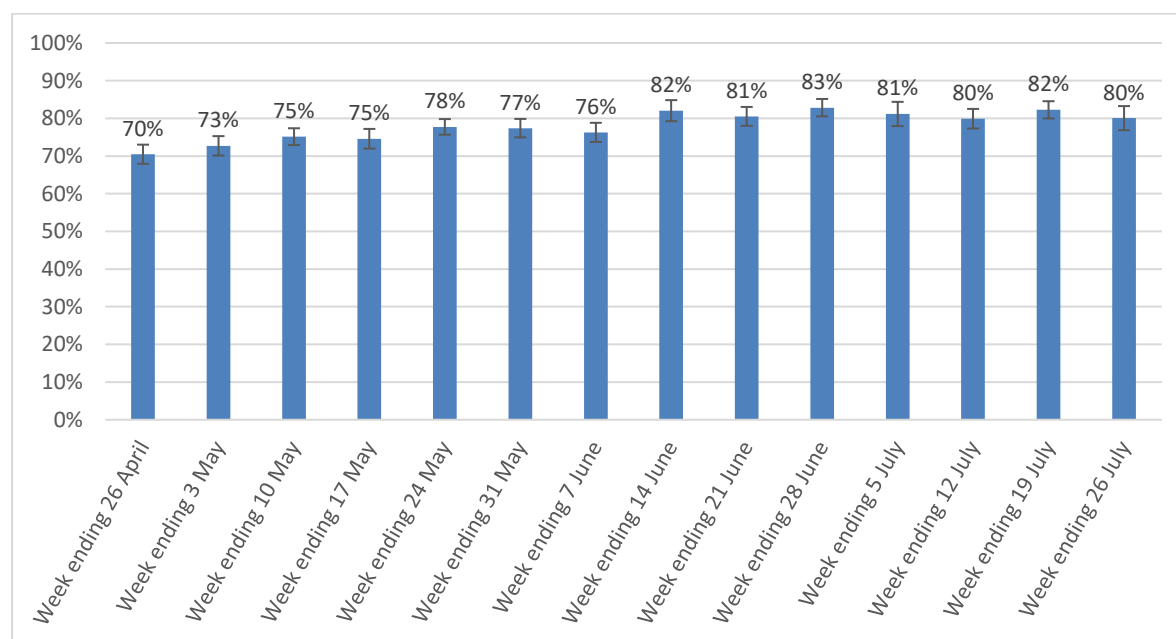
Many respondents continue to meet sleep duration recommendations

Figure 5. Proportion of respondents who, over the past 7 days, have on average slept for the recommended number of hours in a 24-hour period



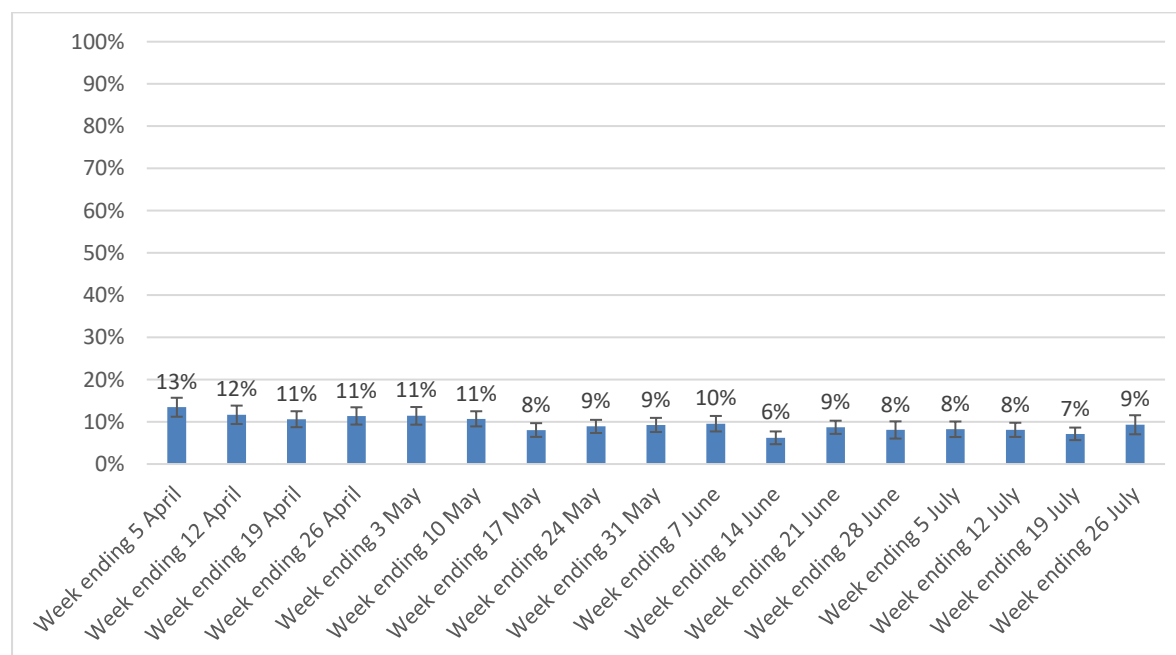
Most are satisfied with life these days

Figure 6. Proportion of respondents who said they are “Somewhat satisfied” or “Completely satisfied” with life these days



9 percent of respondents experienced symptoms of anxiety or depression in the last week

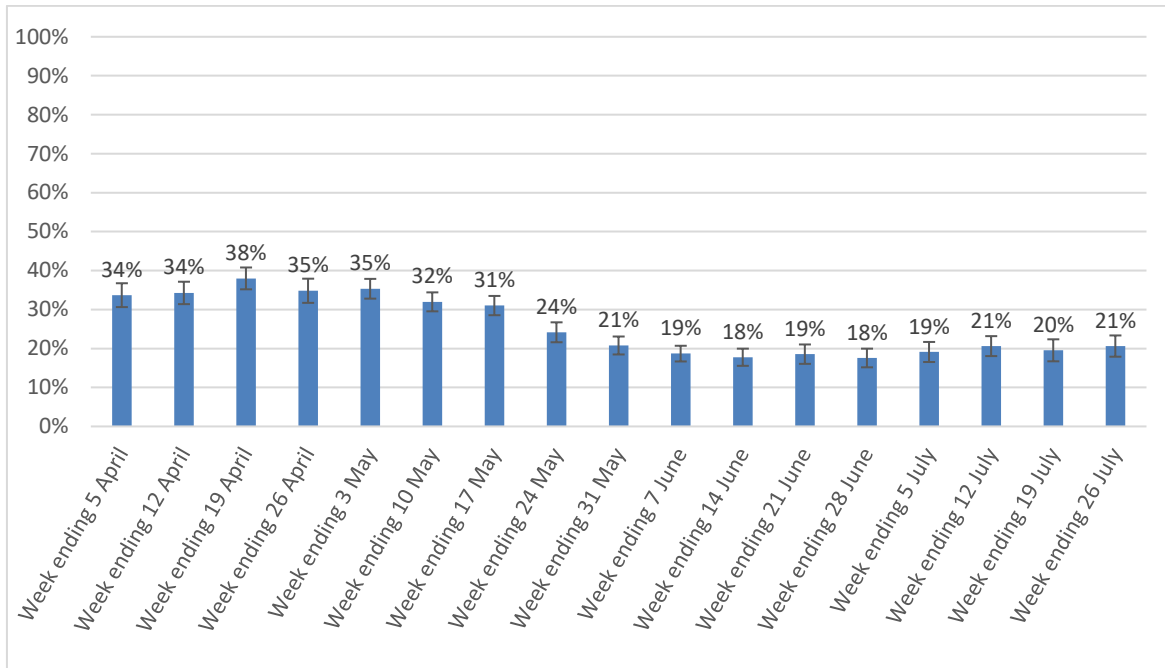
Figure 7. Proportion of respondents experiencing depressive and/or anxiety related symptoms in the past 7 days



Note: This is measured using an adapted version of 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).

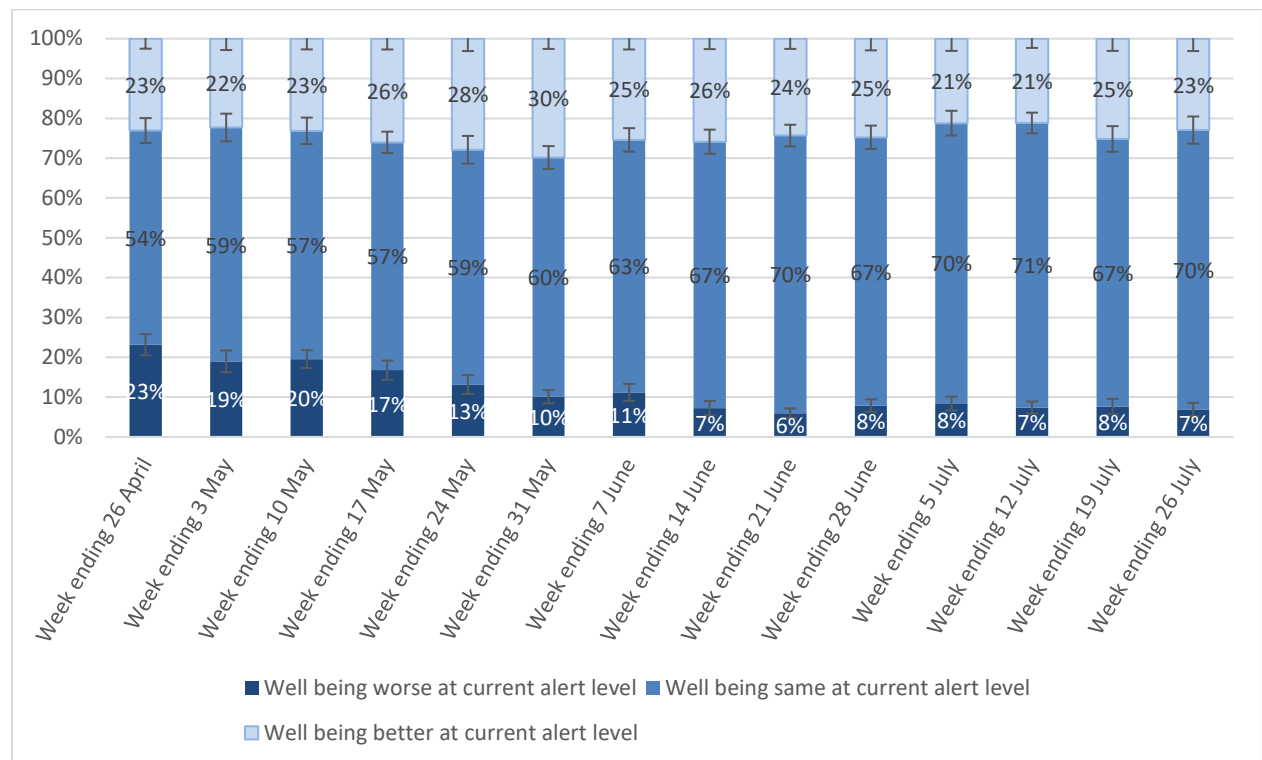
One-fifth of New Zealanders felt lonely or isolated to some extent in the past week

Figure 8. Proportion of respondents who felt lonely or isolated at least “A little of the time” in the past 7 days



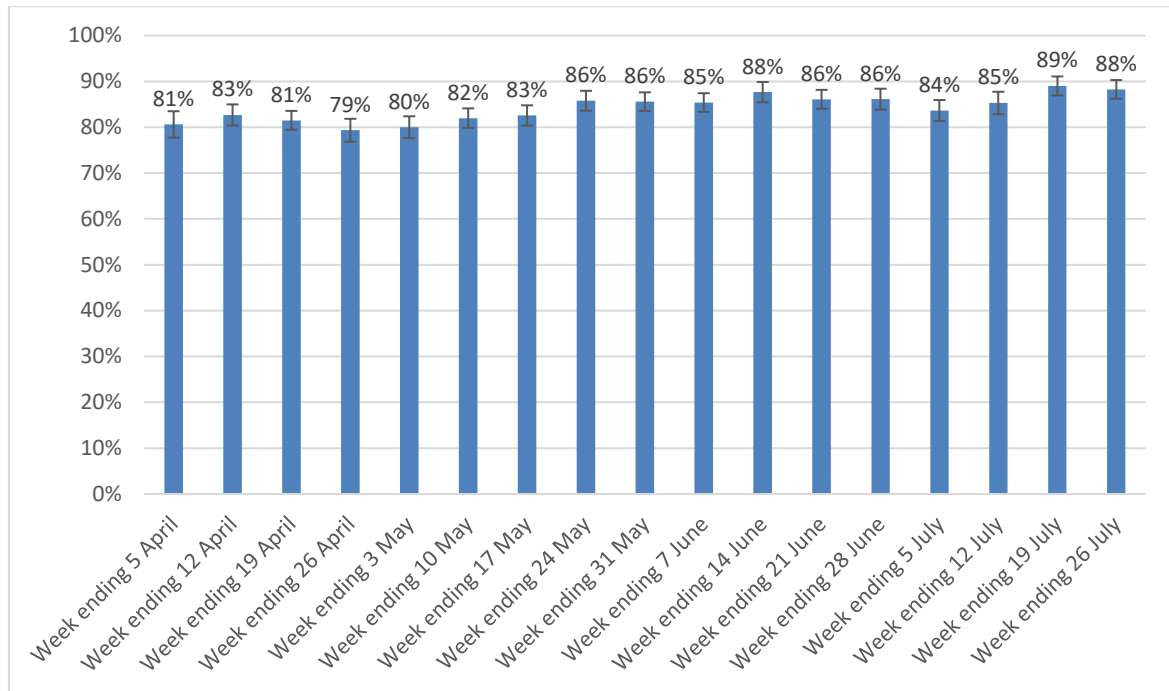
Over two-thirds of respondents say their wellbeing at the current Alert Level is the same as usual

Figure 9. Percent 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



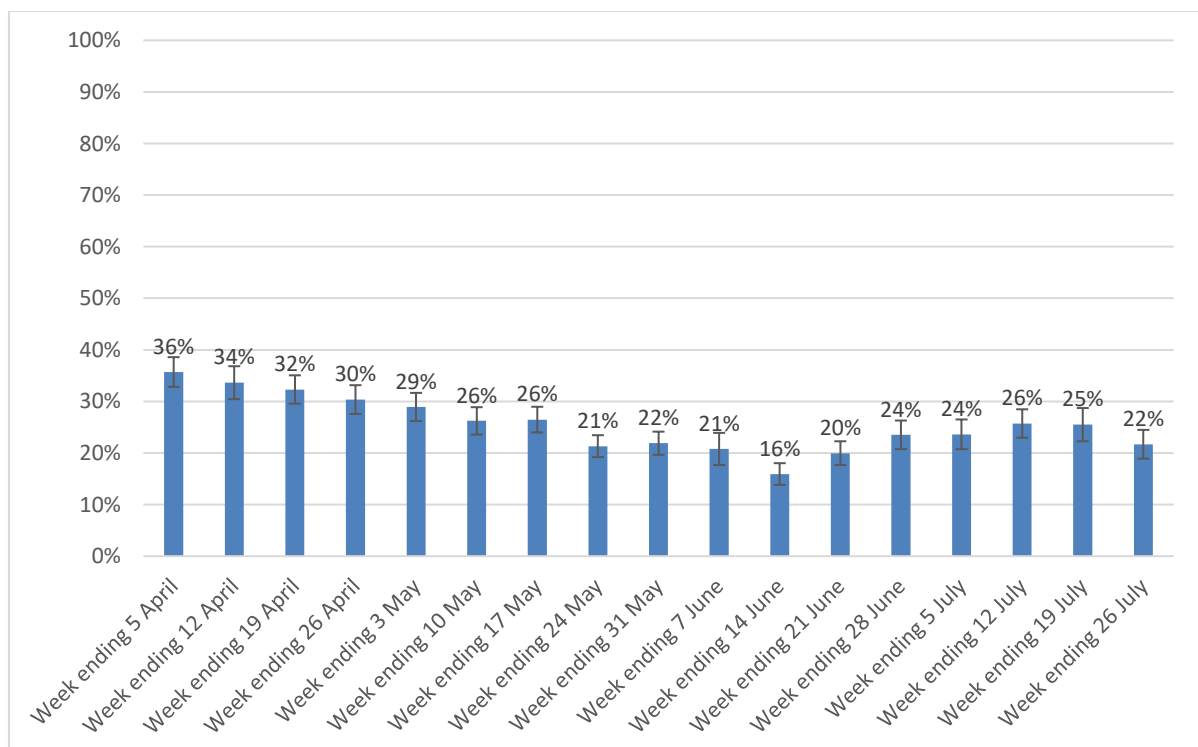
Many continue to feel calm and relaxed

Figure 10. Proportion of respondents who said the statement “Strongly applies” or “Somewhat applies” to them right now



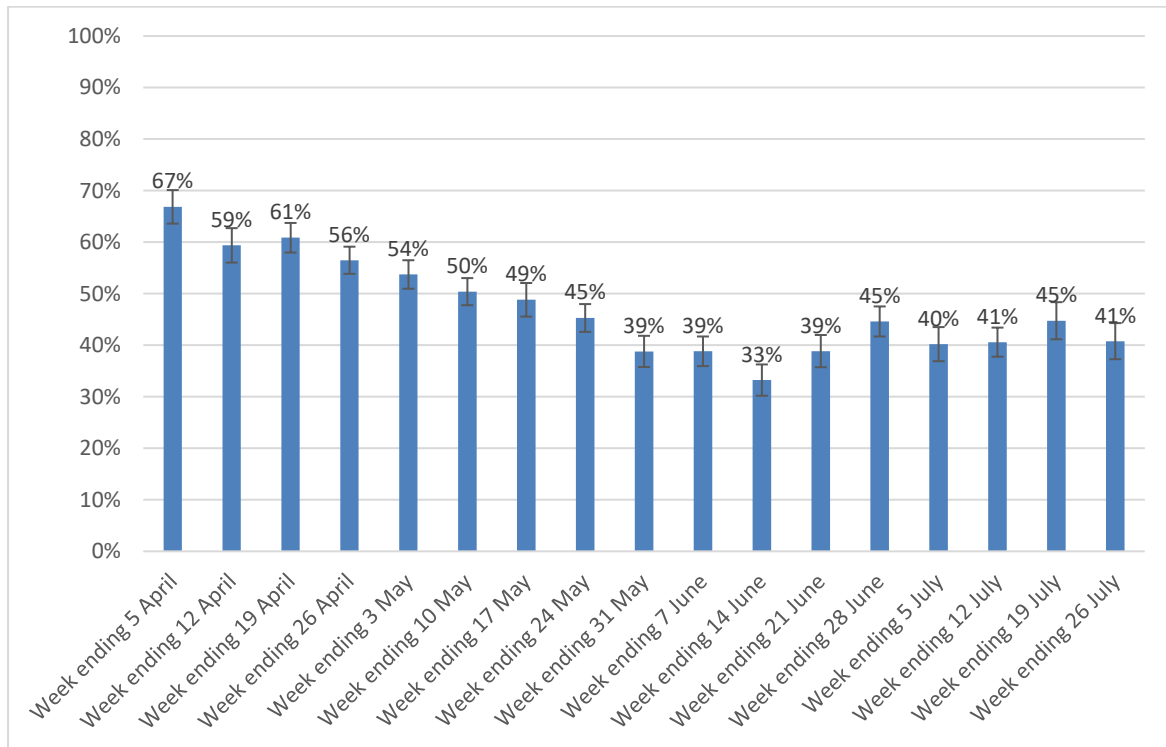
22% of respondents feel nervous about current circumstances

Figure 11. Proportion of respondents who said the following statement “Strongly applies” or “Somewhat applies” to them right now: “I am nervous when I think about current circumstances”



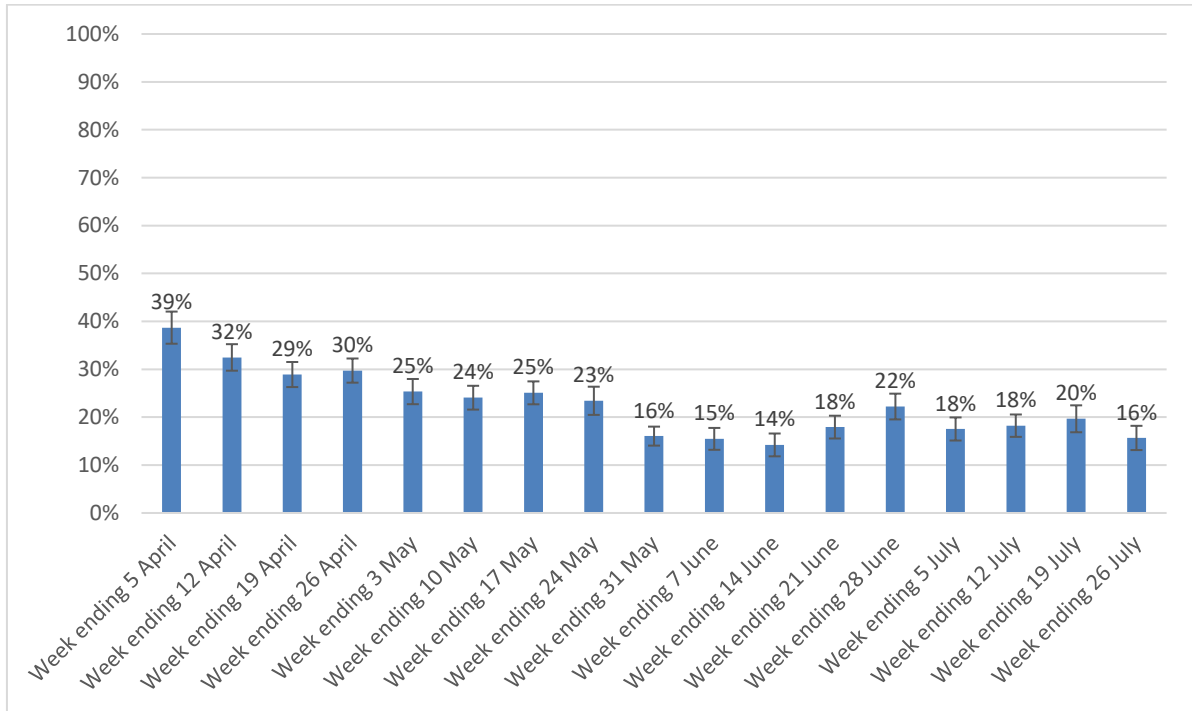
41 percent feel worried about the health of their family members

Figure 12. Proportion of respondents who said the following statement “Strongly applies” or “Somewhat applies” to them right now: “I am worried about the health of my family members”



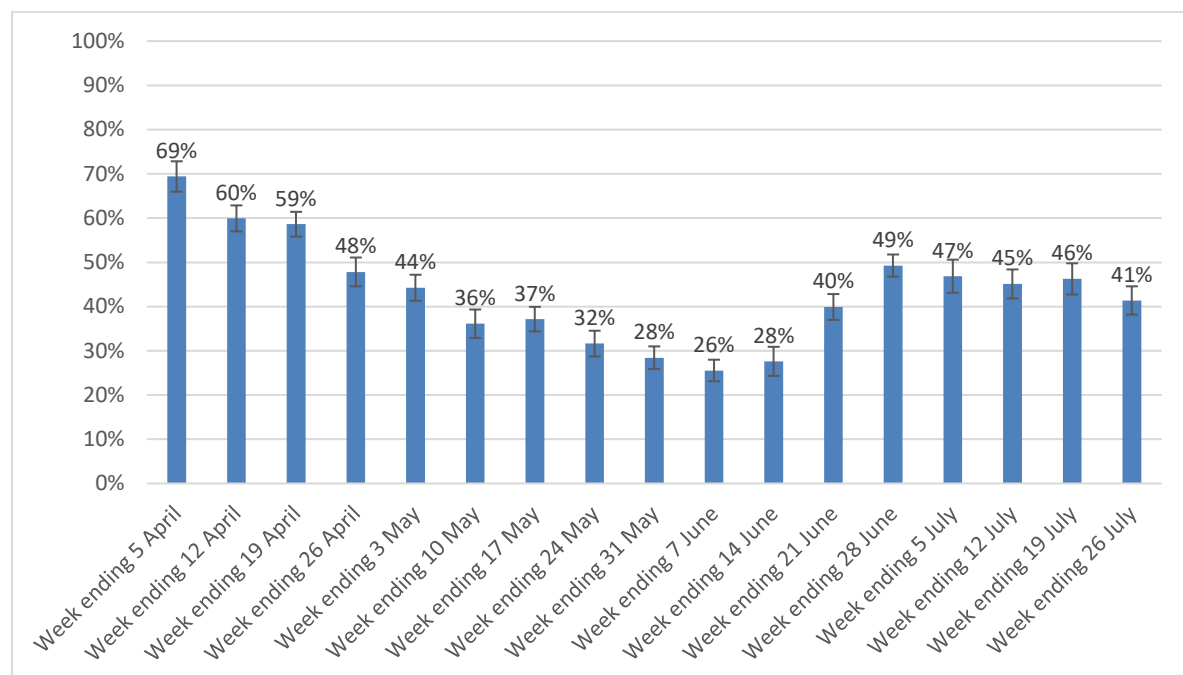
16 percent of respondents are worried about the risk of getting COVID-19

Figure 13. Proportion of respondents who said the following statement “Strongly applies” or “Somewhat applies” to them right now: “I am worried about the risk of getting COVID-19”



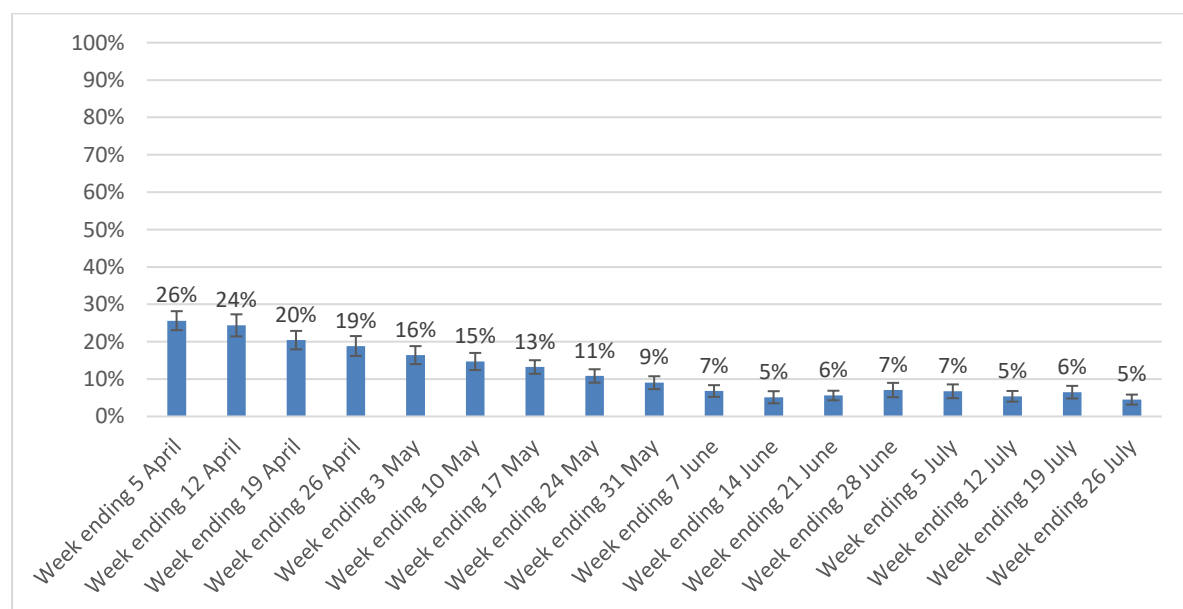
41 percent are worried about the COVID-19 information from their main source

Figure 14. 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”



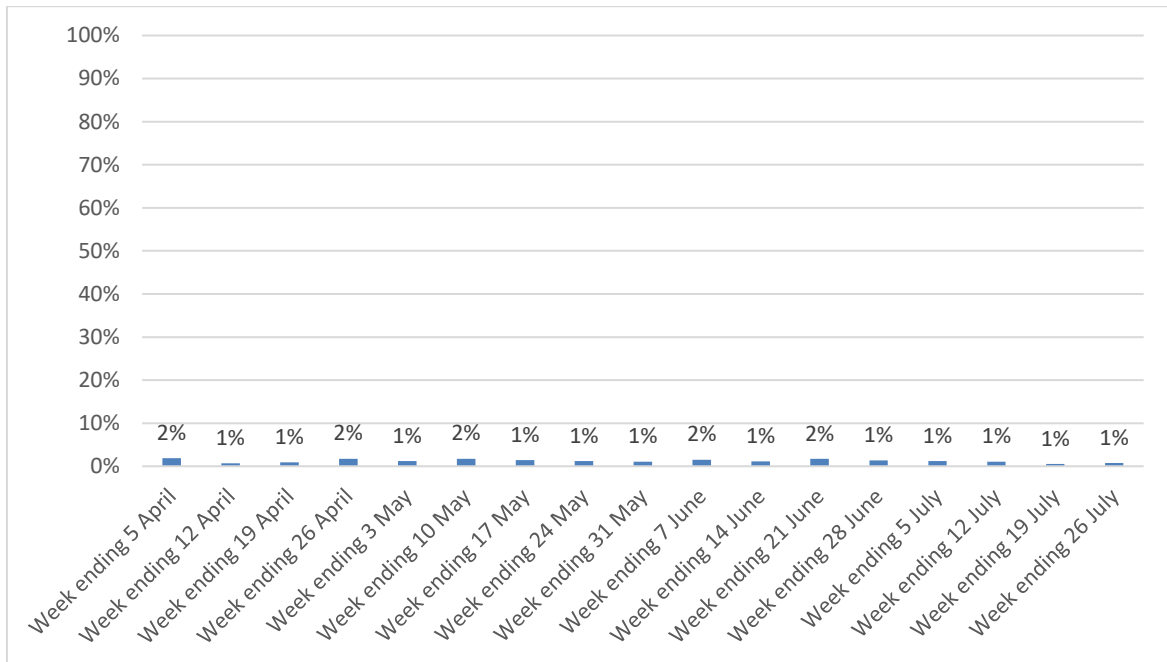
Respondents have gradually become less stressed about leaving their homes

Figure 15. Proportion of respondents who said the following statement “Strongly applies” or “Somewhat applies” to them right now: “I am stressed about leaving home”



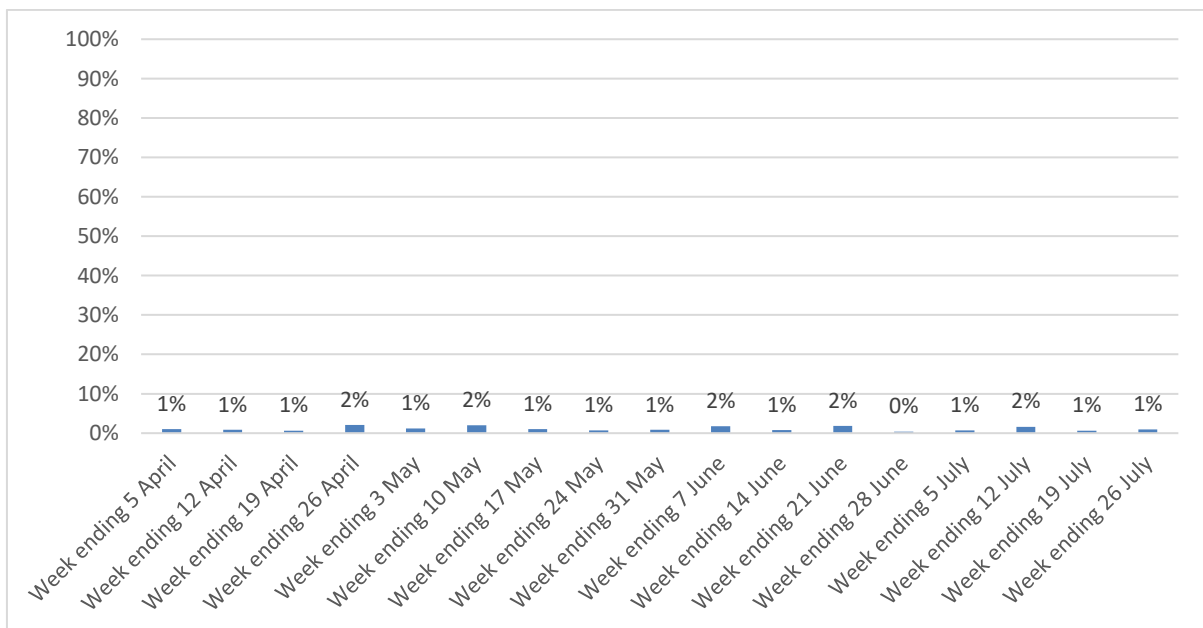
Most respondents are getting along with others in their household

Figure 16. Proportion of respondents who said the people in their household have gotten along “Badly” or “Very badly” over the past 7 days



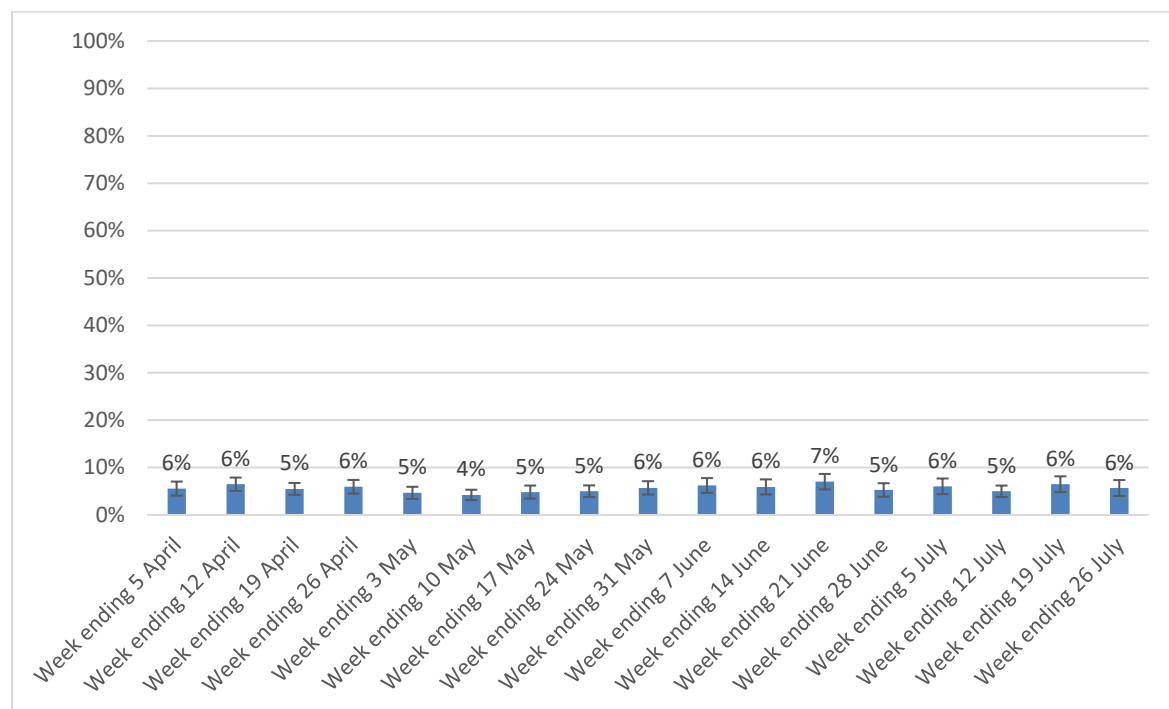
The majority of respondents have felt able to support the wellbeing of children in their household

Figure 17. 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”



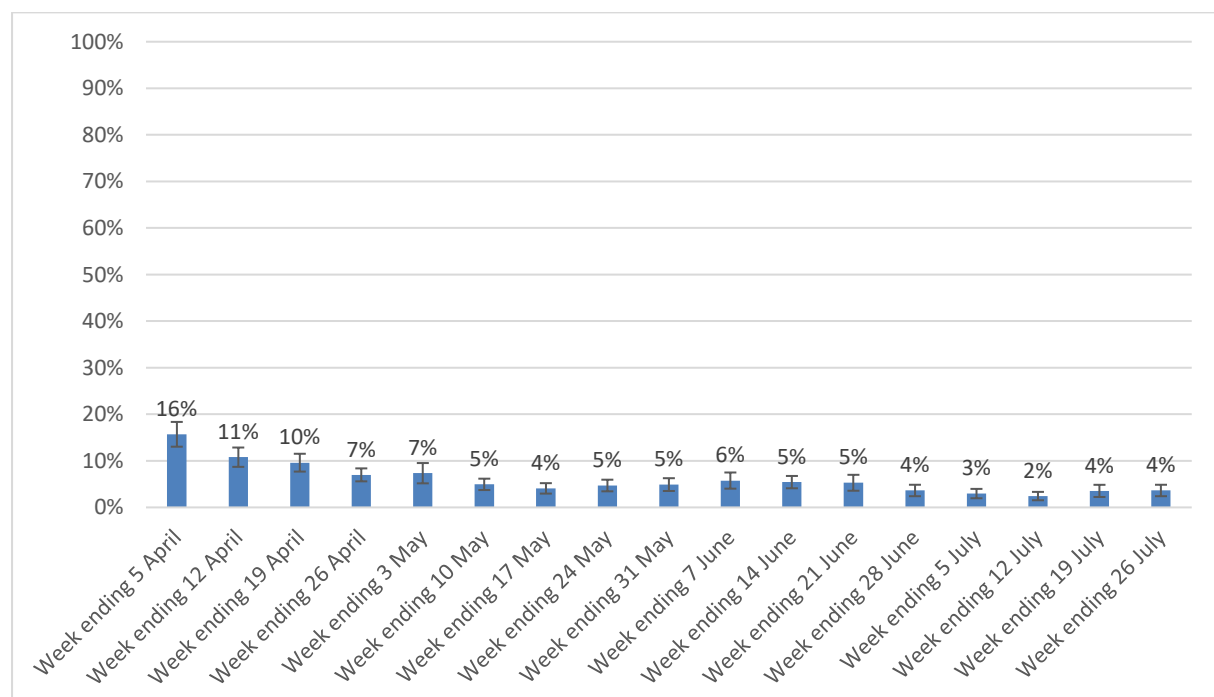
6 percent have struggled to pay for basic living costs in the past week

Figure 18. 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



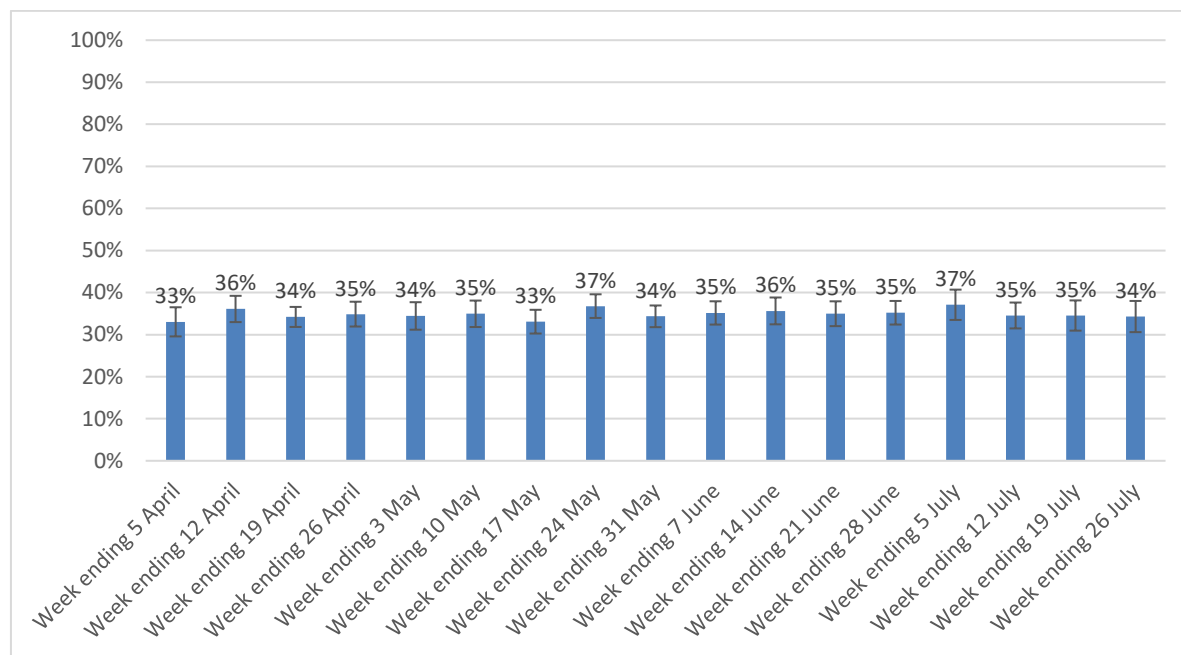
4 percent of respondents this week have lost their main source of income due to COVID-19

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



Just over a third of respondents have applied for government financial support

Figure 20. Proportion of respondents who have applied for government financial support (e.g., COVID-19 Wage Subsidy) or whose employer has applied for it on their behalf



Disclaimer

The small sample size of this survey precludes analyses by ethnic group for weekly reporting.

Sample sizes by ethnic group, gender, neighbourhood deprivation and age group

Ethnic group		
Asian	640	(2%)
Māori	4,490	(15%)
European/Other	22,997	(79%)
Pacific	922	(3%)
Gender		
Male	12,058	(42%)
Female	16,948	(58%)
Gender diverse	23	(0.1%)
Prefer not to say	20	(0.1%)
Neighbourhood deprivation		
1 (least deprived)	4,307	(15%)
2	5,407	(19%)
3	5,544	(19%)
4	6,922	(24%)
5 (most deprived)	6,869	(24%)
Age group		
15-24	1,854	(6%)
25-34	3,886	(13%)
35-44	4,533	(16%)
45-59	7,172	(25%)
60-69	4,967	(17%)
70+	6,565	(23%)
Prefer not to say	72	(0.2%)