

Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales



Time to Talk Public Health

April 2023 Panel Survey Findings

Published: May 2023



Background

- **Time to Talk Public Health** is a nationally representative panel of Welsh residents aged 16+ years established by Public Health Wales to enable regular public engagement to inform public health policy and practice.
- Panel members are invited to participate in regular surveys and provide insight into key public health issues.
- This report presents findings from the April 2023 survey, covering issues including physical activity, active travel, menopause, climate change and shingles.
- Unless stated otherwise, data are weighted to reflect national population demographics. Appendix 1 provides a demographic breakdown of all panel members who were invited to complete the survey and the 1,051 participants who completed the survey, and a summary of the project methods.
- We are very grateful to the residents of Wales who have given their valuable time to participate in the panel.



- 1,051 participants took part in the April 2023 survey (3rd - 30th April).

Physical Activity

- 20% of people had heard of the UK Chief Medical Officers' physical activity guidelines.
- The proportion of people who reported not knowing the following recommendations were:
 - Muscle-strengthening: 65%
 - Vigorous physical activity: 58%
 - Moderate physical activity: 27%

Menopause

- 37% of people said they are not very or not at all knowledgeable about the menopause.
- 75% of people agreed more public discussion is needed on the menopause to increase understanding.
- 71% of people think the menopause has a negative impact on women's mental health.

Active Travel

- 59% of people said they walk as a means of active travel more than once a week.
- 17% of people have been using active travel more to save money during the cost of living crisis. 40% said saving money on fuel costs would be an important reason for them to choose active travel.
- The majority of people said they would support reallocating road space in their local area for walking (75%) and cycling (68%).

Shingles

- 60% of people know the chance of developing shingles increases with age.
- 39% of people know there is a shingles vaccine for 70-79 year olds.



Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales

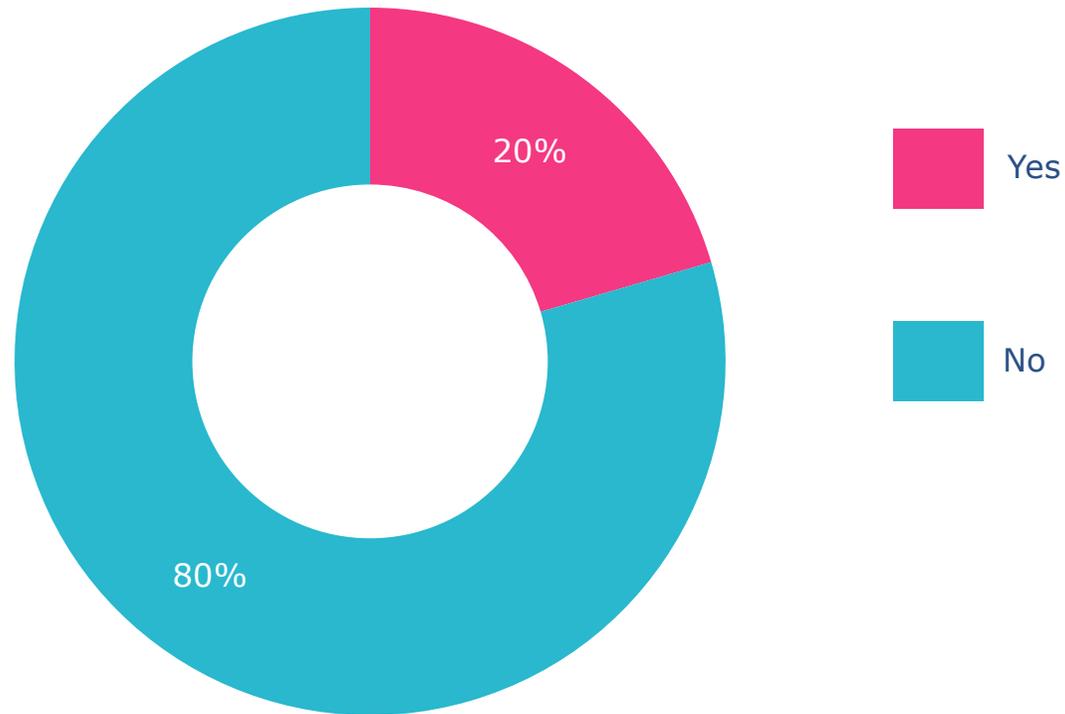


Physical Activity

The Chief Medical Officers' physical activity guidelines set out the amount of muscle strengthening and moderate and vigorous intensity physical activity that people of different ages should aim to do each week.

Physical Activity

Before today's survey, had you heard of the UK Chief Medical Officers' physical activity guidelines?*



*Prefer not to say: 0%

Which of the following guideline recommendations for adults have you heard of?*

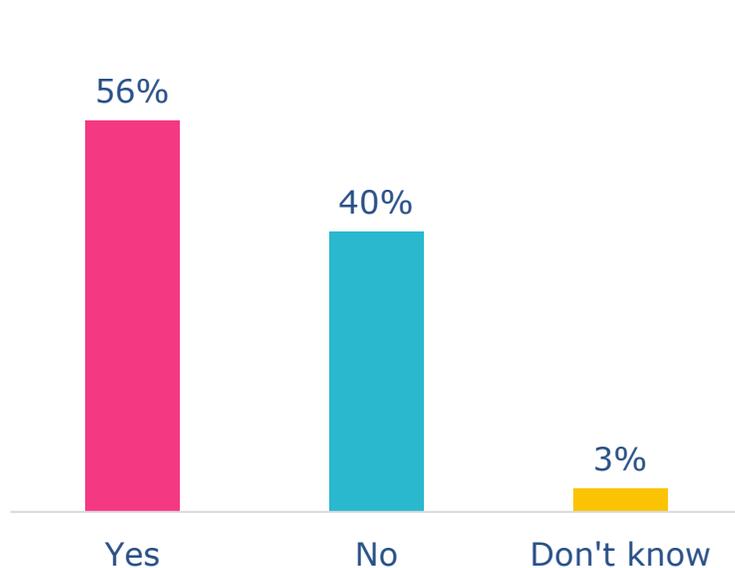
	Yes, I knew this recommendation	Yes, I had a vague idea of this recommendation	No, I did not know this recommendation
Adults should do at least 150 minutes of moderate physical activity each week, such as brisk walking, or light effort cycling	32%	40%	27%
Adults should do at least 75 minutes of vigorous physical activity each week, such as running or fast cycling	14%	25%	58%
Adults should do muscle-strengthening activities on at least 2 days per week	14%	20%	65%

*Don't know: ≤3%; Prefer not to say: 0% for all statements

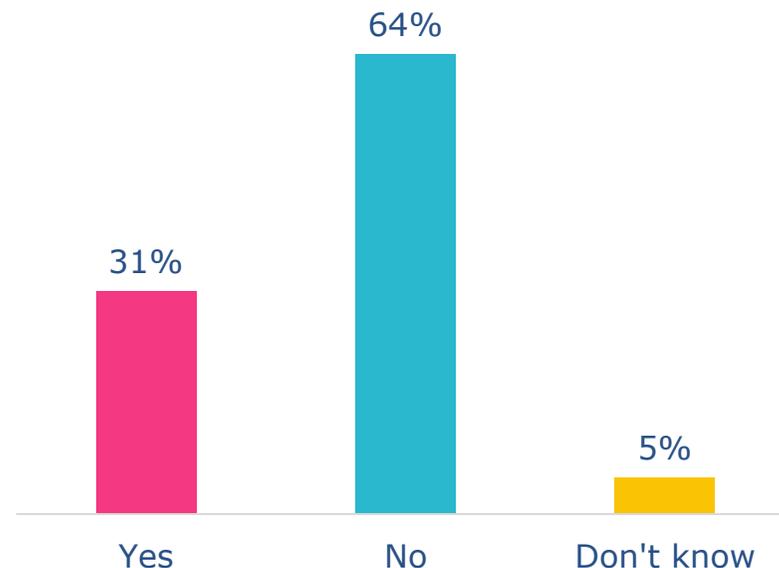
Physical Activity

Over the past week, have you done either of the following?*

At least 150 minutes of moderate physical activity or 75 minutes of vigorous physical activity per week



Muscle-strengthening activities on at least 2 days per week



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

Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales



Active Travel

'Active travel' is using activities such as walking or cycling as a means of transport for at least 10 minutes to get to a particular destination such as school, work, or shops. It does not cover walking or cycling done purely for pleasure, health reasons or training.

In the last three months, how often have you done the following as a means of active travel?*

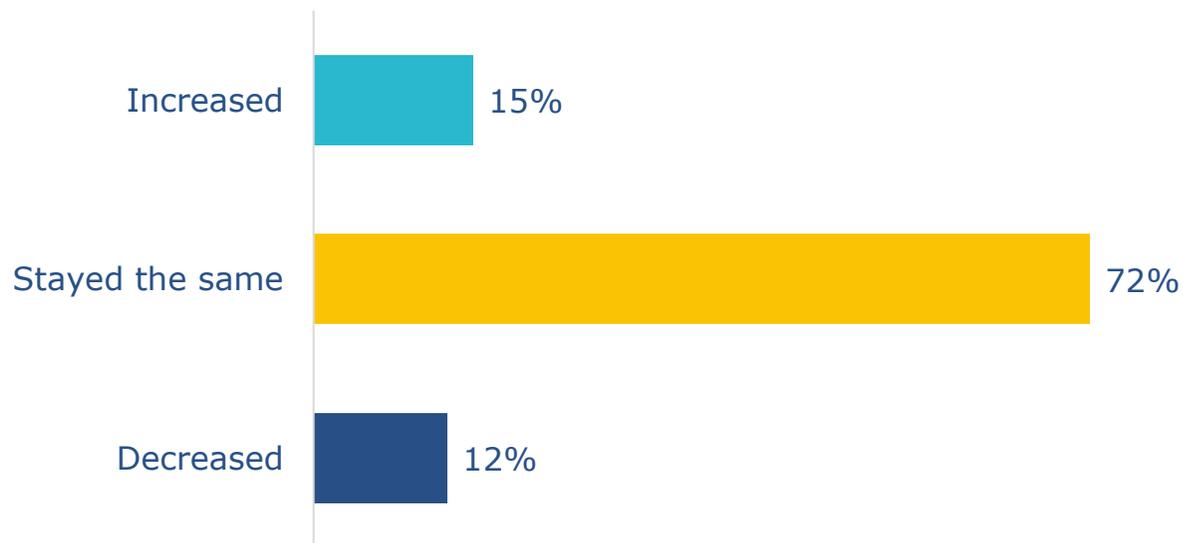
	Every day	Several times a week	Once a week	Once or twice a month	Less than once a month	Never
Walked	25%	34%	12%	8%	7%	14%
Cycled	1%	4%	2%	2%	6%	83%
Other forms of active travel [#]	<1%	1%	1%	1%	3%	93%

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

[#]Other forms of active travel such as scooters (excluding e-scooters), skateboards

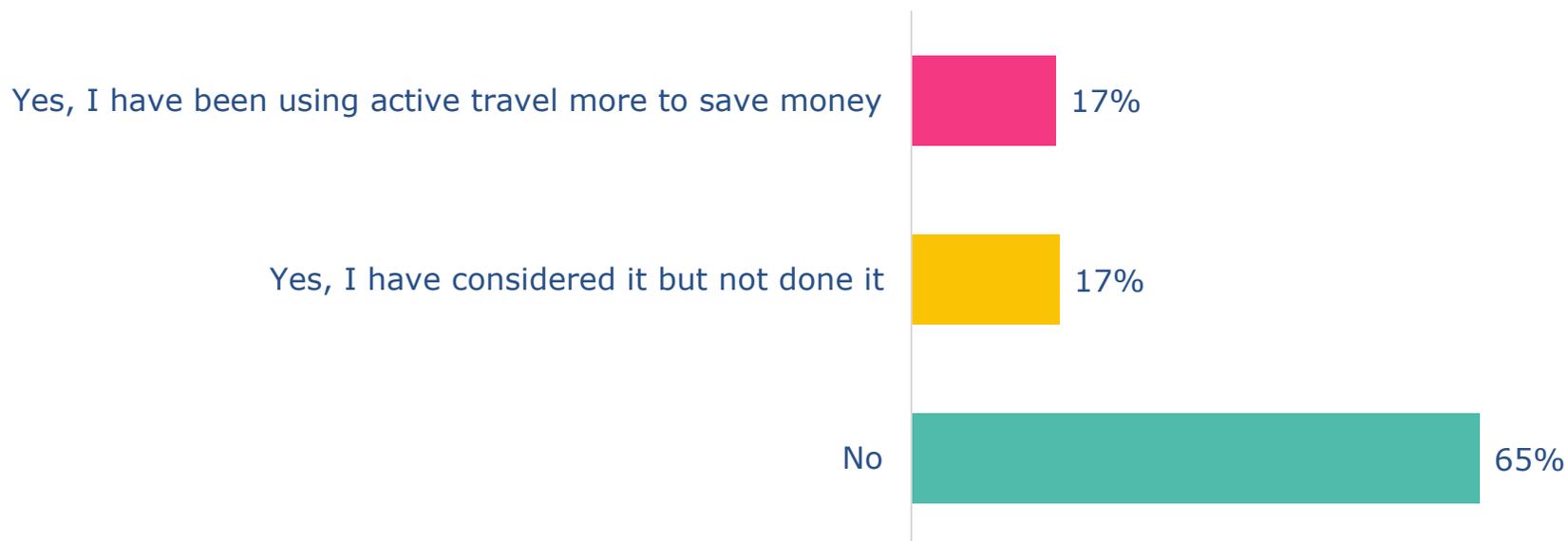
Active Travel

Over the last three months, would you say the amount of time you use active travel instead of driving or using public transport has increased, decreased, or stayed the same?*



*Prefer not to say: 1%

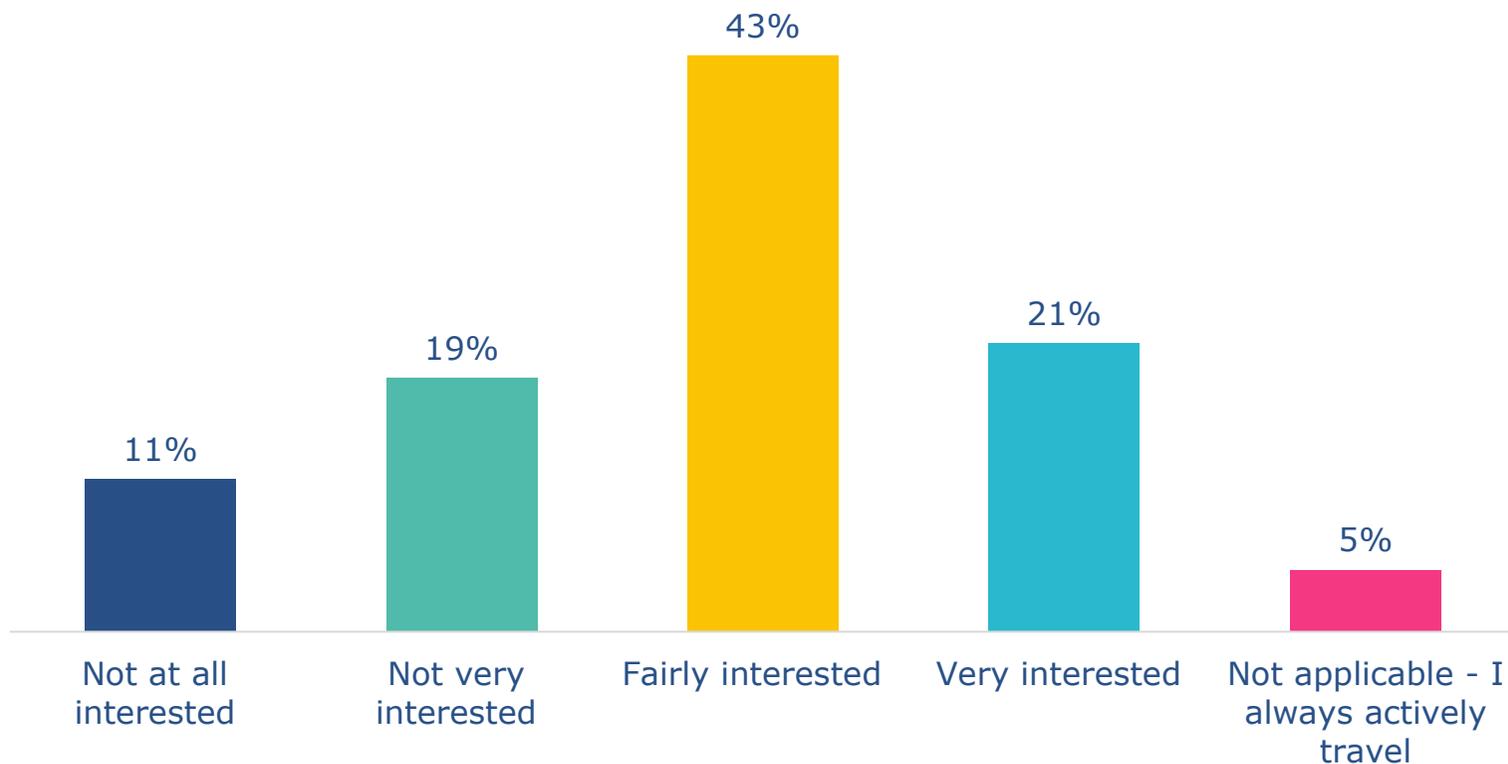
Has the cost of living crisis made you consider using active travel instead of driving or using public transport specifically to save money?*



*Prefer not to say: 1%

Active Travel

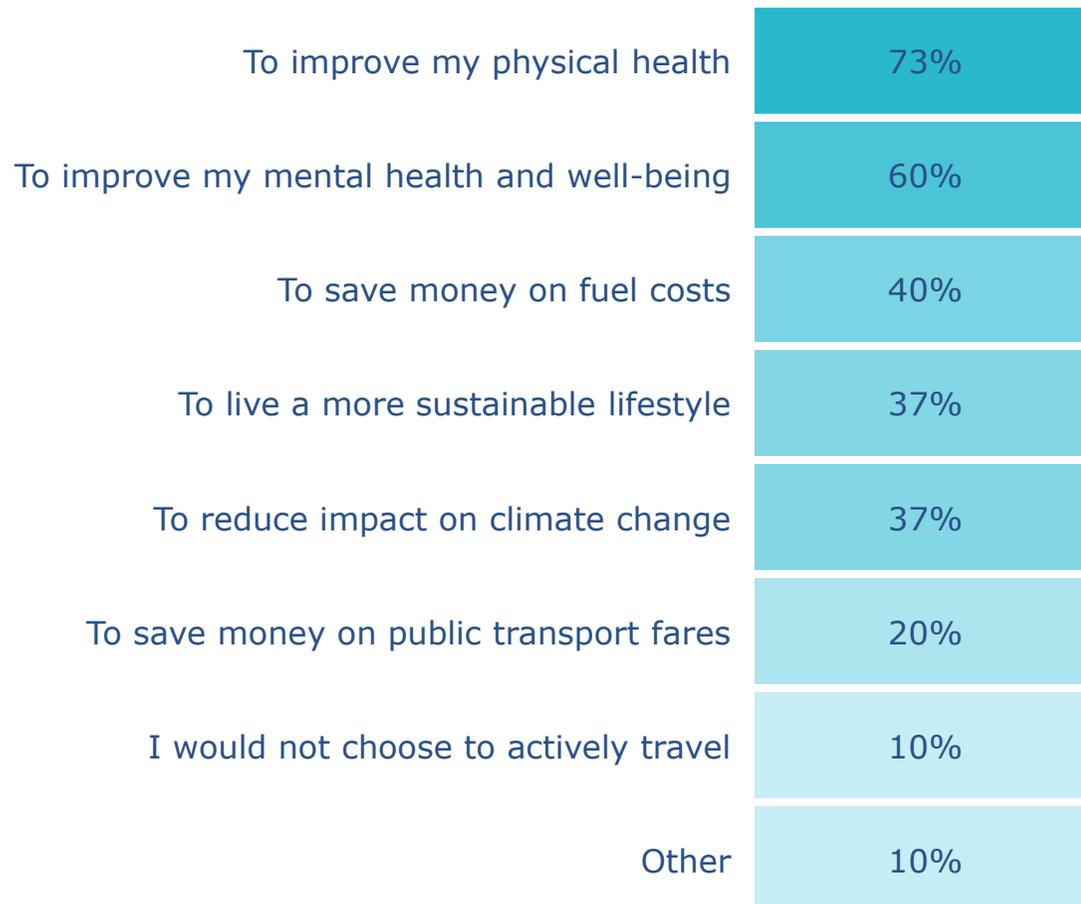
How interested are you in increasing the amount of active travel you do?*



*Prefer not to say: 1%

Active Travel

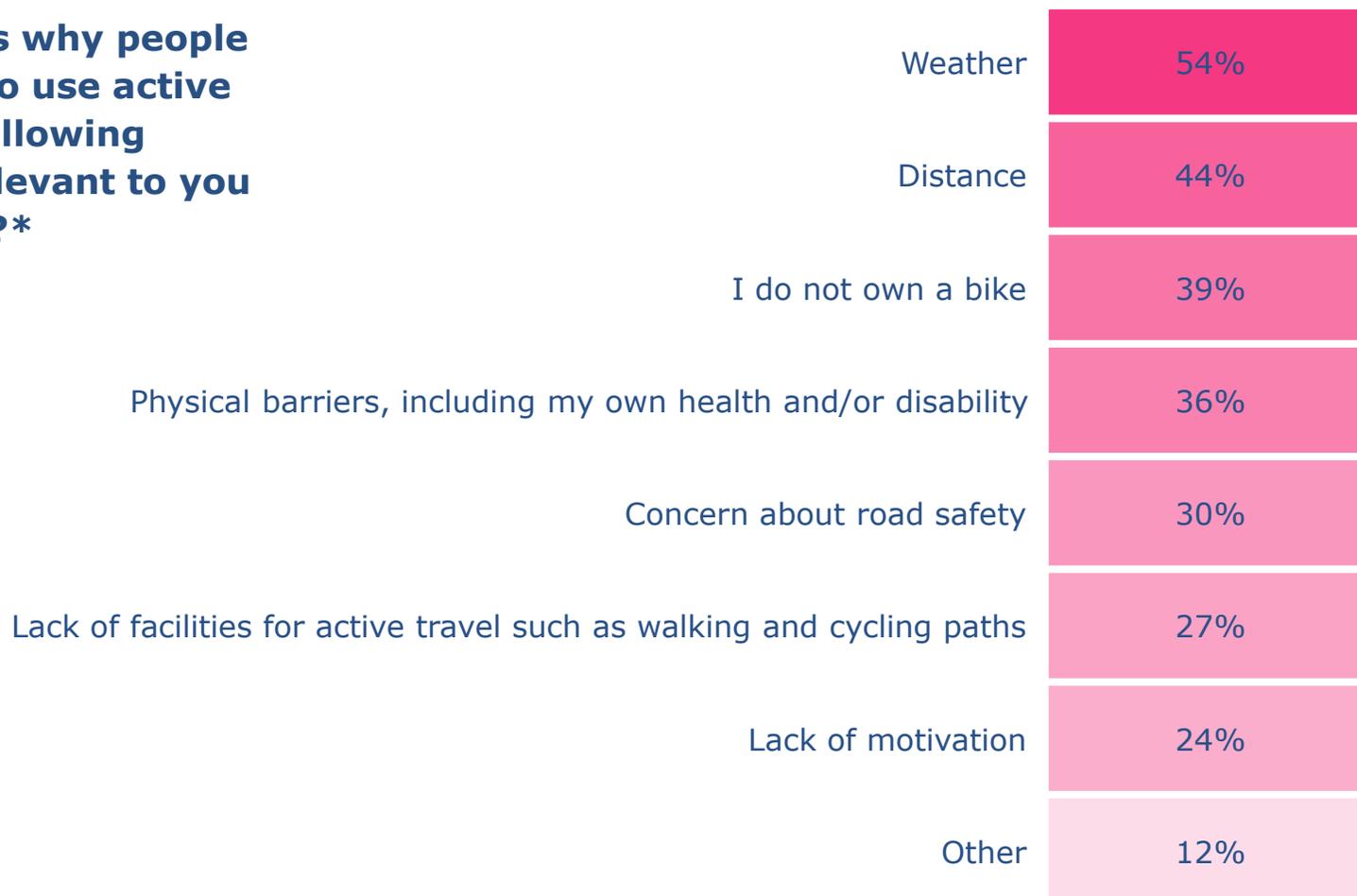
There are many reasons why people might choose to use active travel. Which of the following reasons, if any, would be important to you (select all that apply)?*



*Prefer not to say: 1%

Active Travel

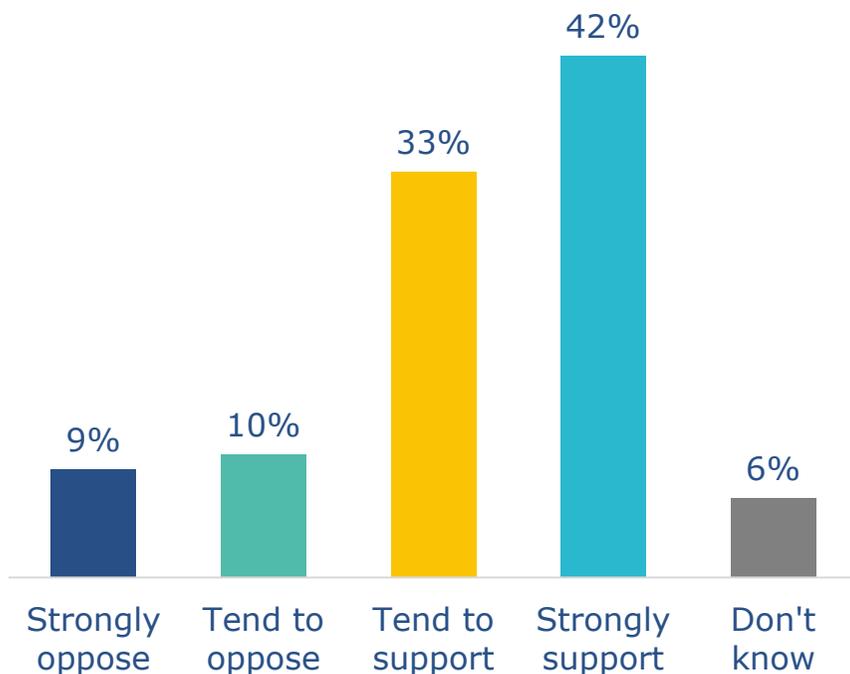
There are also reasons why people might find it difficult to use active travel. Which of the following reasons, if any, are relevant to you (select all that apply)?*



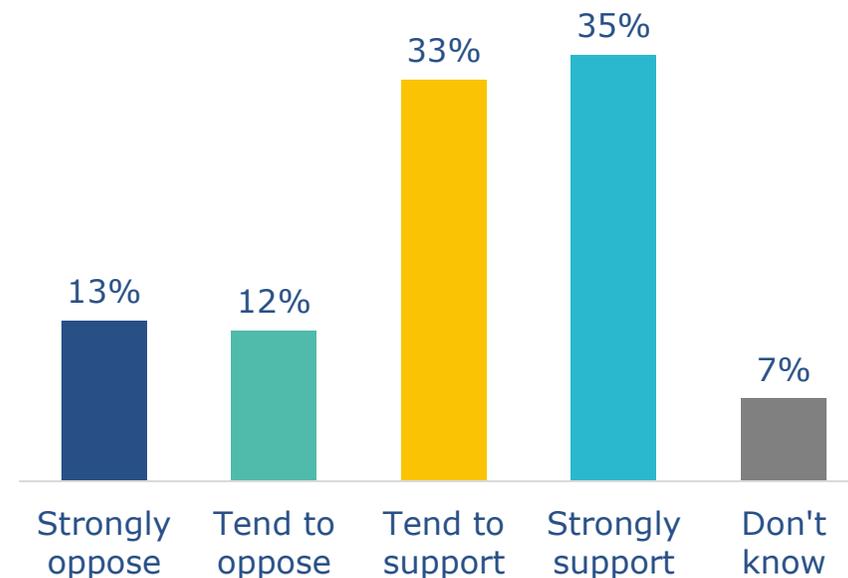
*Prefer not to say: <1%

Thinking about your local area / neighbourhood, to what extent would you support or oppose reallocating road space for...?*

Walking



Cycling



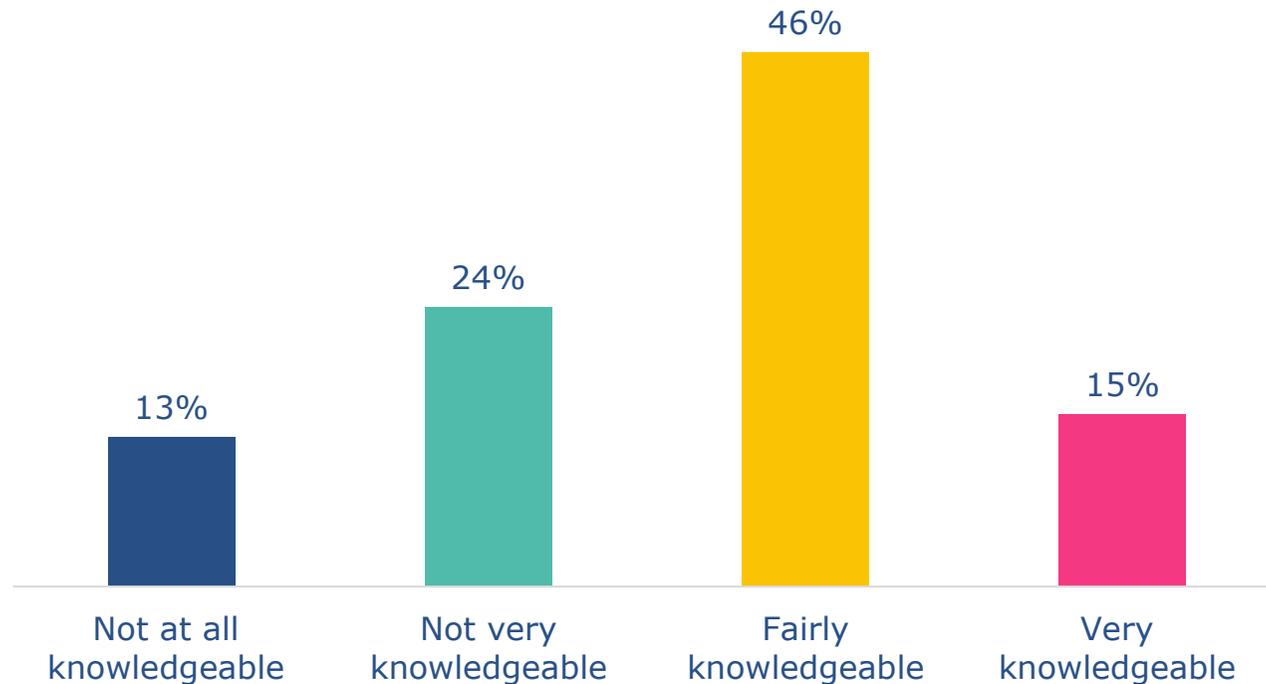
*Prefer not to say: $\leq 1\%$ for both statements

Menopause

Menopause is when women's periods stop due to lower hormone levels, and it usually happens between the ages 45-55 years, although it can happen earlier. There are three phases called perimenopause, menopause, and post-menopause. For all of these questions, we are referring to all three phases.

Menopause

How knowledgeable, if at all, would you say you are about the menopause?*



*Prefer not to say: 2%

Menopause

Women can experience a range of symptoms during the menopause, and we are interested in learning whether people in Wales recognise these. Please can you tell us which of the following you knew could be a symptom.*

	Knew this symptom
Hot flushes	87%
Changes to mood (e.g. anxiety, mood swings)	85%
Difficulty sleeping	68%
Weight gain	65%
Problems with memory or concentration	63%
Headaches	54%
Aches and joint pain	52%
Heart palpitations	41%

*Prefer not to say: 2%

Menopause

How much of a negative impact, if any, do you think the menopause has on the following aspects of women's lives?*

	Don't know	1 No impact at all	2	3	4	5 Major impact
Women's physical health	9%	2%	5%	19%	33%	31%
Women's mental health	8%	1%	4%	15%	31%	40%
Women's working lives	9%	2%	6%	17%	32%	32%

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

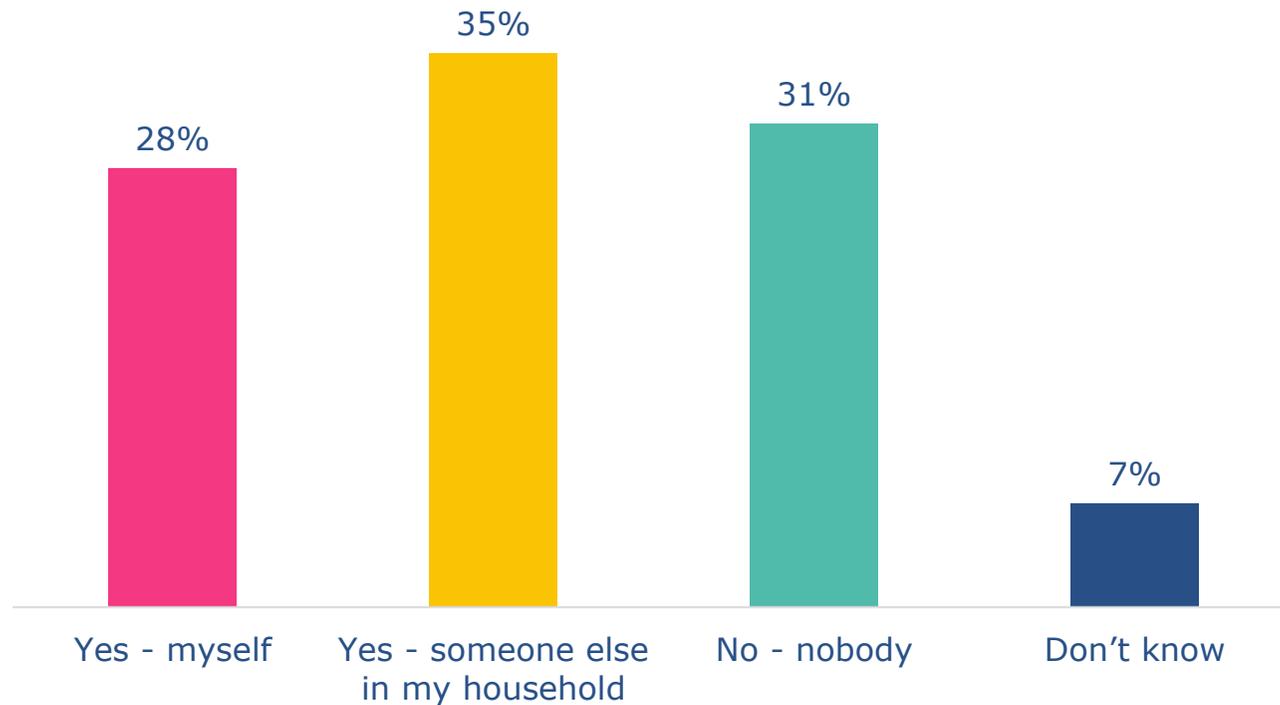
Menopause

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

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Prefer not to say		
I would feel comfortable talking about menopause with my family and friends	27%	41%	16%	9%	2%	5%		
The menopause is an opportunity for women to take stock of their lives	7%	23%	42%	13%	6%	9%		
More public discussion is needed on the menopause to increase public understanding	33%	42%	14%	4%	2%	6%		
Workplaces should provide support to women experiencing symptoms of the menopause	39%	41%	11%	3%	2%	4%	Don't know	N/A
My workplace is (or was) supportive of women experiencing symptoms of the menopause	8%	15%	21%	15%	8%	1%	17%	14%

Menopause

Have either you or someone in your household experienced the menopause, either now or in the past (select all that apply)?*

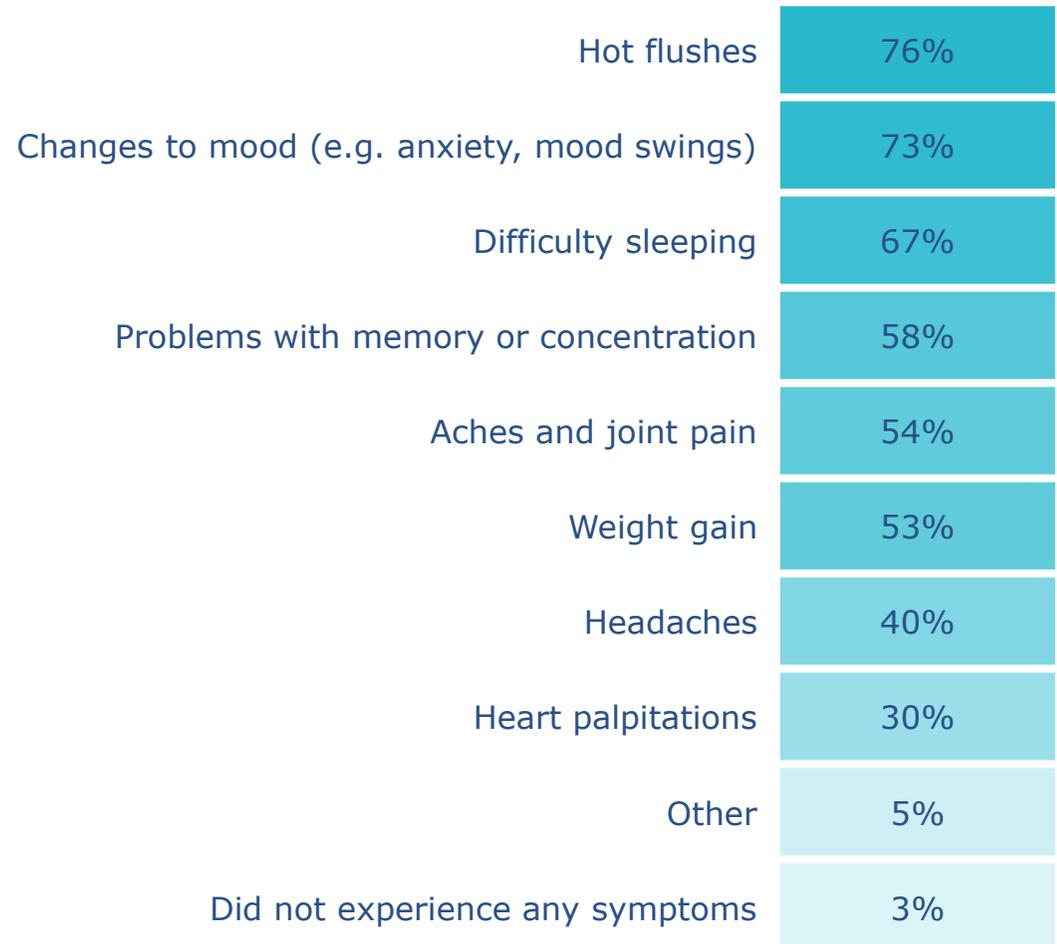


*Prefer not to say: 2%

Menopause

Asked to participants who reported that they or someone in their household has experienced the menopause (n=669):

Which of the following menopause symptoms have you or your household member experienced (select all that apply)?*

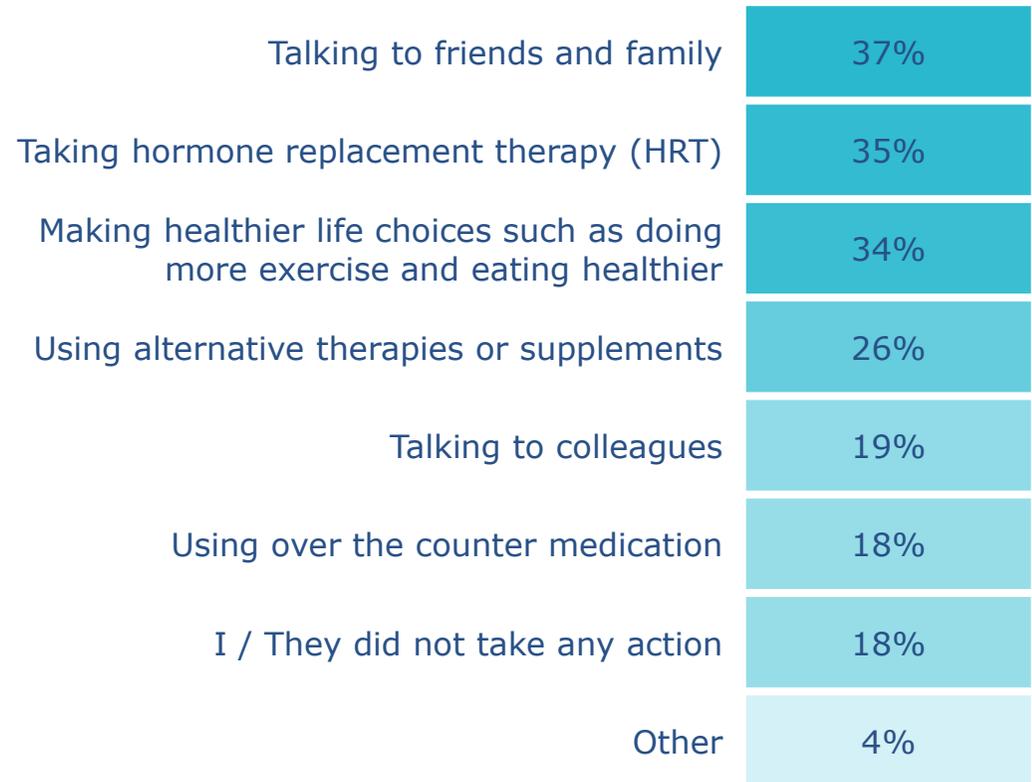


*Unweighted data; Don't know: 3%; Prefer not to say: 1%

Menopause

Asked to participants who reported that they or someone in their household has experienced symptoms of the menopause (n=662):

Which of the following actions, if any, have you or your household member taken to help manage symptoms of the menopause (select all that apply)?*

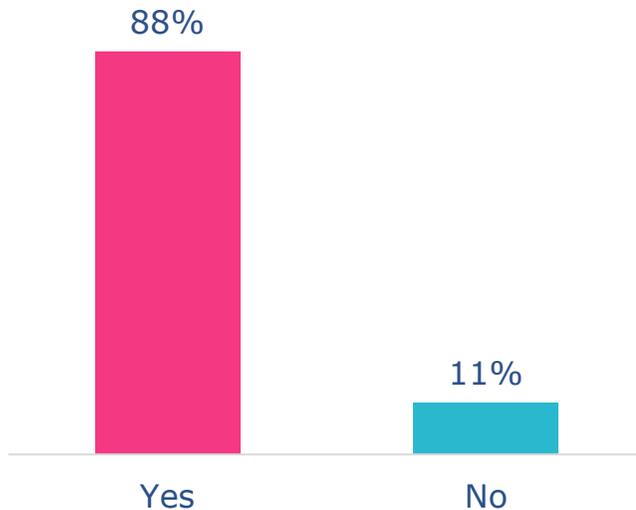


*Unweighted data; Don't know: 6%; Prefer not to say: 0%

Menopause

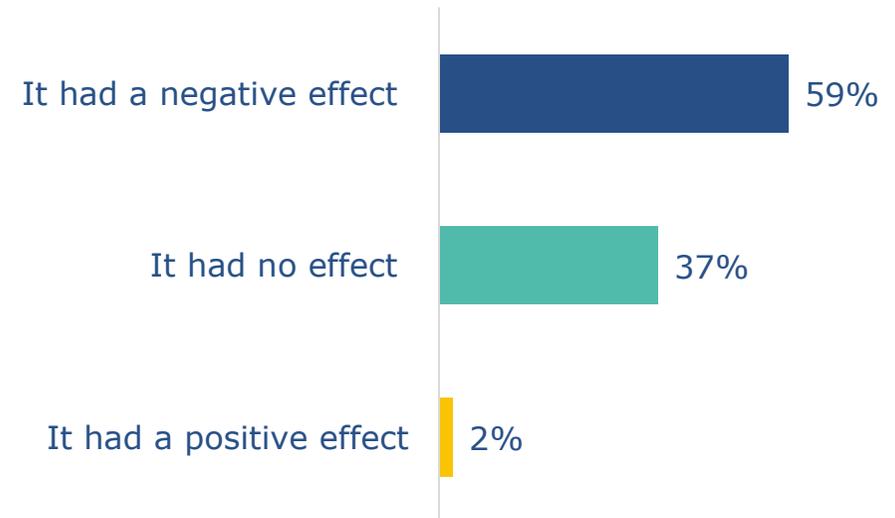
Asked to participants who reported that they had personally experienced the menopause (n=376):

Are you or were you working while experiencing the menopause?*



Asked to participants who reported experiencing the menopause while working (n=322):

How did the menopause affect your ability to work?*

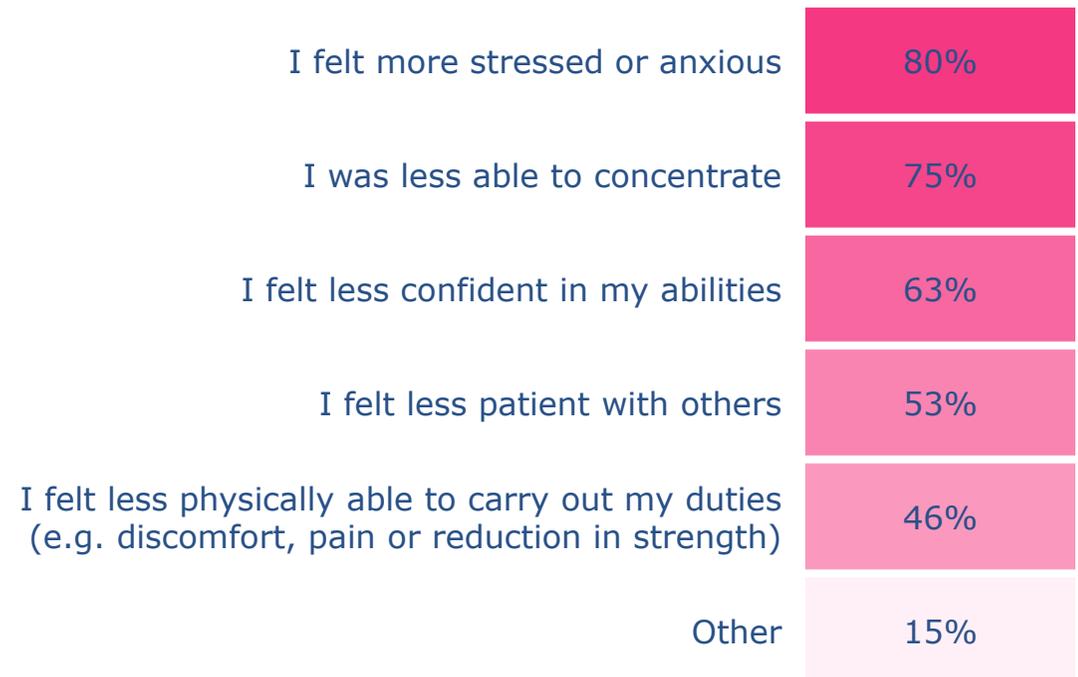


*Unweighted data; Prefer not to say: ≤2% for all statements

Menopause

Asked to participants who reported that the menopause had a negative effect on their ability to work (n=196):

In what way did the menopause negatively affect your ability to work?*



*Unweighted data; Prefer not to say: 0%

Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales



Climate Change

Thinking about your current everyday life, do you do any of these things in order to reduce climate change?*

	Yes, always	Yes, sometimes	No, never
Walk, cycle or use public transport instead of a car or motorbike	14%	51%	33%
Avoid flying	22%	30%	45%
Avoid/eat less meat or dairy products	17%	40%	43%
Minimise energy use at home	41%	51%	8%
Avoid buying food/products with unnecessary packaging	22%	61%	17%
Avoid buying new goods (e.g. buy second hand)	14%	63%	22%
Try to buy local products	20%	68%	11%
Use brands/companies that invest in protecting the environment	11%	64%	23%
Recycle glass, paper and plastic	88%	9%	3%
Use energy sources such as solar panels, wind turbines or a green energy supplier to power your home	14%	16%	68%

*Prefer not to say: <4% for all statements

Climate Change

Asked to participants responding 'no never' or 'yes sometimes' to each listed action in the previous question[#].

Is this something you would consider doing or doing more of in the future?*

	Always do this [#]	Yes	No
Walk, cycle or use public transport instead of a car or motorbike	14%	54%	28%
Avoid flying	22%	27%	44%
Avoid/eat less meat or dairy products	17%	40%	40%
Minimise energy use at home	41%	50%	8%
Avoid buying food/products with unnecessary packaging	22%	65%	12%
Avoid buying new goods (e.g. buy second hand)	14%	59%	23%
Try to buy local products	20%	72%	6%
Use brands/companies that invest in protecting the environment	11%	67%	17%
Recycle glass, paper and plastic	88%	10%	1%
Use energy sources such as solar panels, wind turbines or a green energy supplier to power your home	14%	56%	25%

*Prefer not to say: ≤7% for all statements

[#]In order to consider the question at a population level, responses of 'always' from previous question were coded as 'always do this'

Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales

Shingles

Shingles

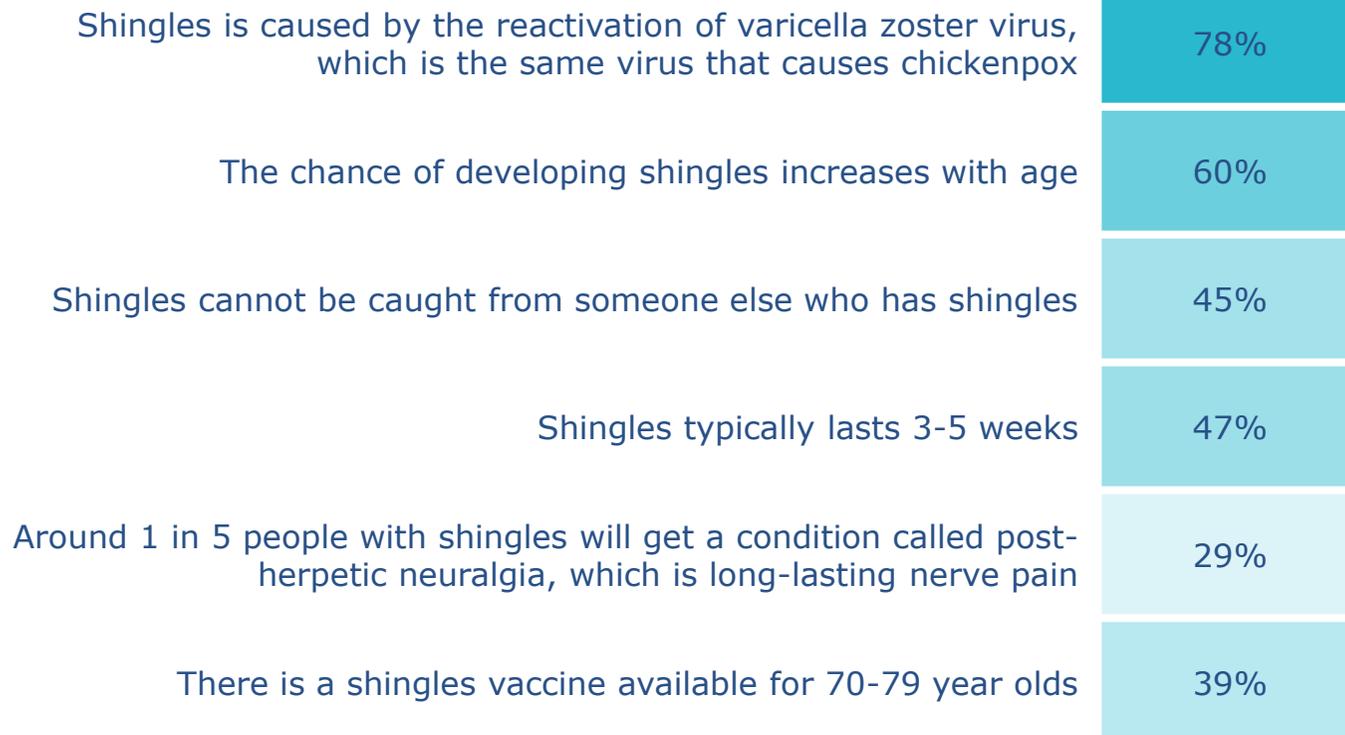
Please can you tell us which of the following you already knew could be symptoms of shingles.*



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

Shingles

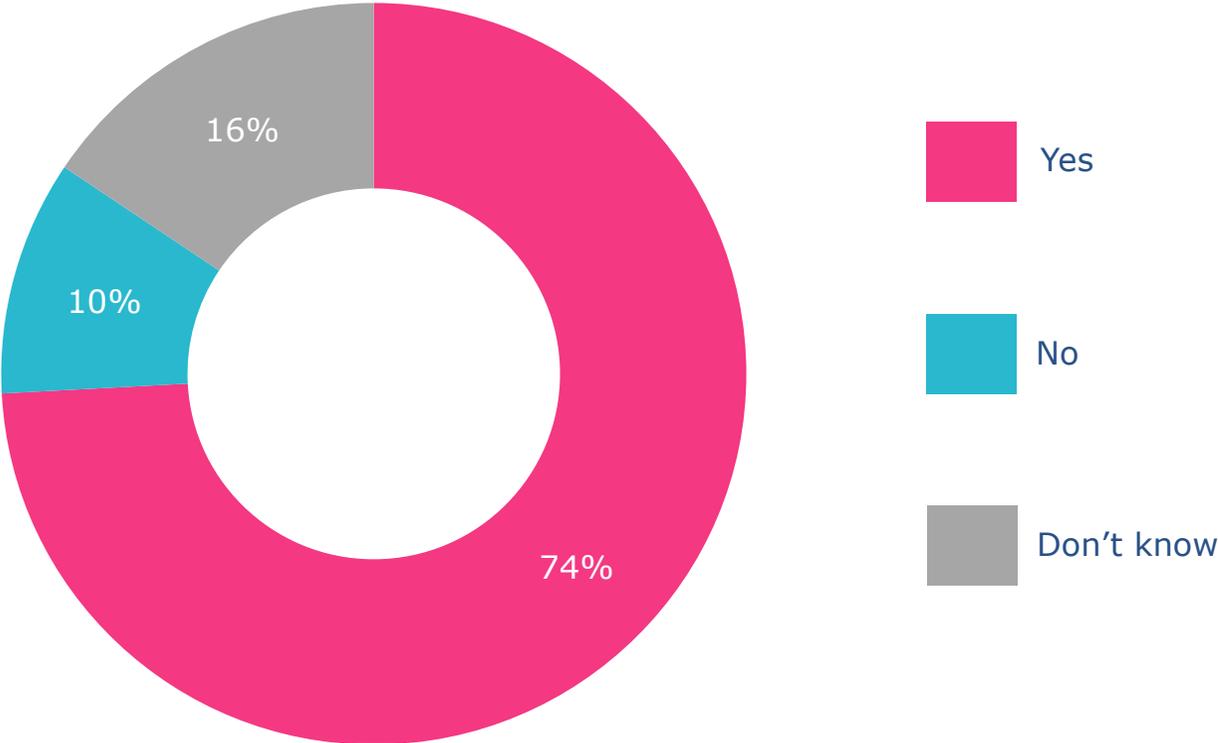
The following are some facts about shingles. Which of these did you already know?*



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

Shingles

If you were eligible for a shingles vaccine would you have one?*

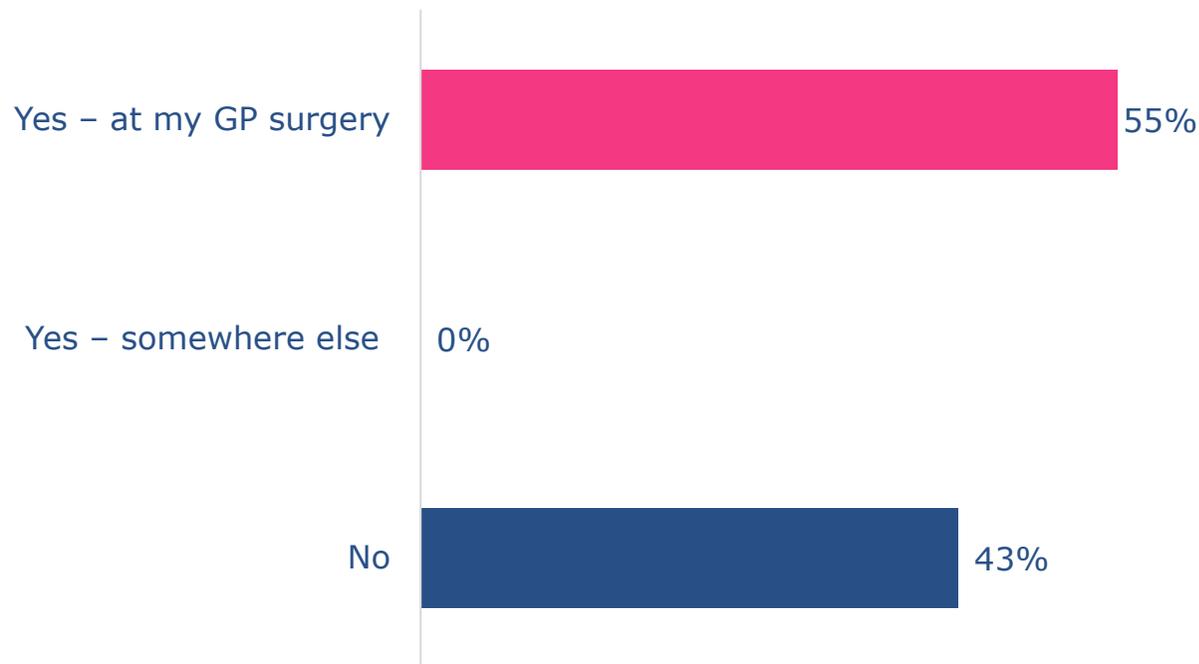


*Prefer not to say: <1%

Shingles

Asked to participants aged 70-79 years (eligibility age to receive a shingles vaccine; n=150)

Have you ever had a shingles vaccine at your GP surgery or somewhere else?*



*Unweighted data; Don't know: 1%; Prefer not to say: <1%

Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales

Current Concerns

Current Concerns

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

	A lot	A little	Not at all
The cost of living	37%	47%	15%
Your mental health and well-being	27%	41%	31%
Your physical health	33%	43%	24%

*Prefer not to say: <1% for each statement

Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales

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!





GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales



phw.nhs.wales



TalkPHWales@wales.nhs.uk



02920 227744



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

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

Amser i Siarad
Iechyd Cyhoeddus
Cymru

Time to Talk
Public Health
Wales



Appendix

Demographics – Panel and Sample
Methods

Panel Sample Demographics

		Panel Sample N=2,745		Survey Sample [~] N=1,051		Population*
Gender*	Male	899	33%	320	30%	49%
	Female	1802	66%	713	68%	51%
	Other	44	2%	18	2%	- \$
Age group (years)*	16-29	419	15%	180	17%	21%
	30-49	1055	38%	353	34%	29%
	50-69	847	31%	336	32%	31%
	70+	424	15%	182	17%	19%
Deprivation quintile [^]	1 (Most)	480	17%	187	18%	19%
	2	517	19%	198	19%	20%
	3	568	21%	216	21%	21%
	4	571	21%	225	21%	21%
	5 (Least)	609	22%	225	21%	20%

*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/populationestimatesforukenglandandwalesscotlandandnorthernireland; [^]Welsh Index of Multiple Deprivation 2019 <https://www.gov.wales/welsh-index-multiple-deprivation-full-index-update-ranks-2019>; ^{\$}Data not available. [~]62 respondents aged 16-29 who are included in the survey sample subsequently declined to join the panel and are therefore not included in the panel sample numbers; see methods.

Panel Sample Demographics

		Panel Sample N=2,745		Survey Sample N=1,051		Population*
Ethnicity [^]	White	2630	96%	1013	96%	95%
	Mixed/Multiple Ethnic Groups	32	1%	16	2%	1%
	Asian, Asian Welsh or Asian British	38	1%	10	1%	2%
	Black, African, Caribbean, Black Welsh or Black British	19	1%	3	<1%	1%
	Other Ethnic Group	16	1%	4	<1%	1%
	Prefer not to say	10	<1%	5	<1%	- \$
Health Board [#]	Aneurin Bevan UHB	459	17%	199	19%	19%
	Betsi Cadwaladr UHB	625	23%	237	23%	22%
	Cardiff and Vale UHB	468	17%	157	15%	16%
	Cwm Taf Morgannwg UHB	372	14%	127	12%	14%
	Hywel Dda UHB	348	13%	148	14%	12%
	Powys Teaching HB	122	4%	43	4%	4%
	Swansea Bay UHB	351	13%	140	13%	12%

*16+ years; ^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; \$Data not available. #Population estimates for ages 16+; Stats Wales, stats.wales.gov.wales/Catalogue/Population-and-Migration/Population/Estimates/Local-Health-Boards/populationestimates-by-lhb-age; UHB – University Health Board.

- An initial target of 2,500 panel members was set in order to obtain a monthly survey sample of approximately 1,000 responses. Response rates to alternate month surveys are 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 are asked to complete a 15-20 minute survey every other month. Alternate month surveys are undertaken online or by telephone, depending on participants' preference.

*Welsh Index of Multiple Deprivation.

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

Methods – Alternate Month Survey

- For each survey, all panel members are invited through their method of choice (telephone or online) to complete the questionnaire. Panel members have three weeks to complete the survey. Within that timeframe, gaps in the demographic profile to achieve a nationally represented sample are identified, and reminders to complete the survey are sent.
- To increase the representation of the sample, up to 100 face-to-face interviews are conducted per survey wave with pre-determined groups. These individuals are invited to complete the survey and then join the panel.
- Participants who completed the April survey, completed via the following methods:

Participation Method	n	%
Online	802	76%
Telephone	149	14%
Face-to-face	100	10%