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Time to Talk
Public Health
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Time to Talk Public Health

October 2023 Panel Survey Findings:

HIV, Vaping, Use of antibiotics, Vaccines, Addressing inequalities,
Coronavirus and 20mph speed limits

Published: December 2023



Introduction

- **Time to Talk Public Health** is a national panel of Welsh residents aged 16+ years established by Public Health Wales to enable **regular public engagement** to inform public health policy and practice.
- The panel is designed to be broadly representative of the Welsh population by age, sex, deprivation, ethnicity and health board.
- Members of the public are recruited to the panel using a variety of methods and subsequently invited to participate in regular surveys to provide insight into key public health issues.
- This report presents findings from the October 2023 survey covering:
 - **HIV**
 - **Vaping**
 - **Use of antibiotics**
 - **Vaccines**
 - **Addressing inequalities**
 - **Coronavirus**
 - **20mph speed limits**
- We are very grateful to the residents of Wales who have given their valuable time to participate in the panel.



Methodological Overview

- Initial recruitment to the Time to Talk Public Health panel (Nov 2022-Jan 2023) was undertaken by telephone, face-to-face and social media advertising.
- Recruitment to the panel is continuous with individuals able to sign up via the [panel website](#) at any time. Based on initial demographic screening, individuals are either recruited directly to the panel or invited to join a waiting list if the quota for their demographic profile is full.
- Panel members are currently invited to complete a survey every two months, either online or by telephone.
- During the delivery of each survey, additional targeted participation is undertaken through face-to-face interviews and social media advertising to increase sample representativeness as required.
- No financial incentives are provided for participation.
- **Further information on survey methodology is provided in the Appendix.**
- Due to the Panel being partially self-selected and focused on public health topics, the sample may be affected by bias towards residents with greater interest in public health topics and healthcare issues. This should be taken into account when interpreting findings.

- A demographic breakdown of panel members who were invited to complete the survey and of the 1,094 participants who completed the survey in October 2023 is provided in the Appendix.
- Unless stated otherwise, data are weighted to reflect national population demographics by age, sex and deprivation.

Summary Points

- 1,094 participants took part in the October survey 2023 (3rd – 29th October 2023).

HIV

- 74% of people said they were fairly or very knowledgeable about HIV.
- 42% of people knew that anyone aged 16+ in Wales can get a free, confidential HIV home test kit.
- 84% of people agreed they felt they could talk to a healthcare professional about doing a HIV test if they wanted to.

Vaping

- 92% of people agreed that government action is needed to reduce vaping in children and young people.
- 21% of people thought it would be beneficial if children and young people who occasionally smoked cigarettes switched to vaping regularly instead.

20mph speed limits

- 36% of people said they support the new 20mph default speed limit in Wales. However only 11% thought that other people in Wales support the policy.
- 46% of people agreed they understand why Welsh Government has introduced 20mph speed limits.
- 54% of people agreed we need more action to reduce motor vehicle travel to protect the planet and future generations.

Vaccines

- 35% of people said they knew that people up to the age of 25 years can check their vaccination status with their GP or Health Board and arrange 'catch up' vaccinations of any they have missed.

COVID-19

- 42% of people said they would 'always' wear a face covering in public places if this was recommended by Welsh Government, and 34% would in some circumstances. However, if face coverings were made mandatory, figures were 59% and 24% respectively.



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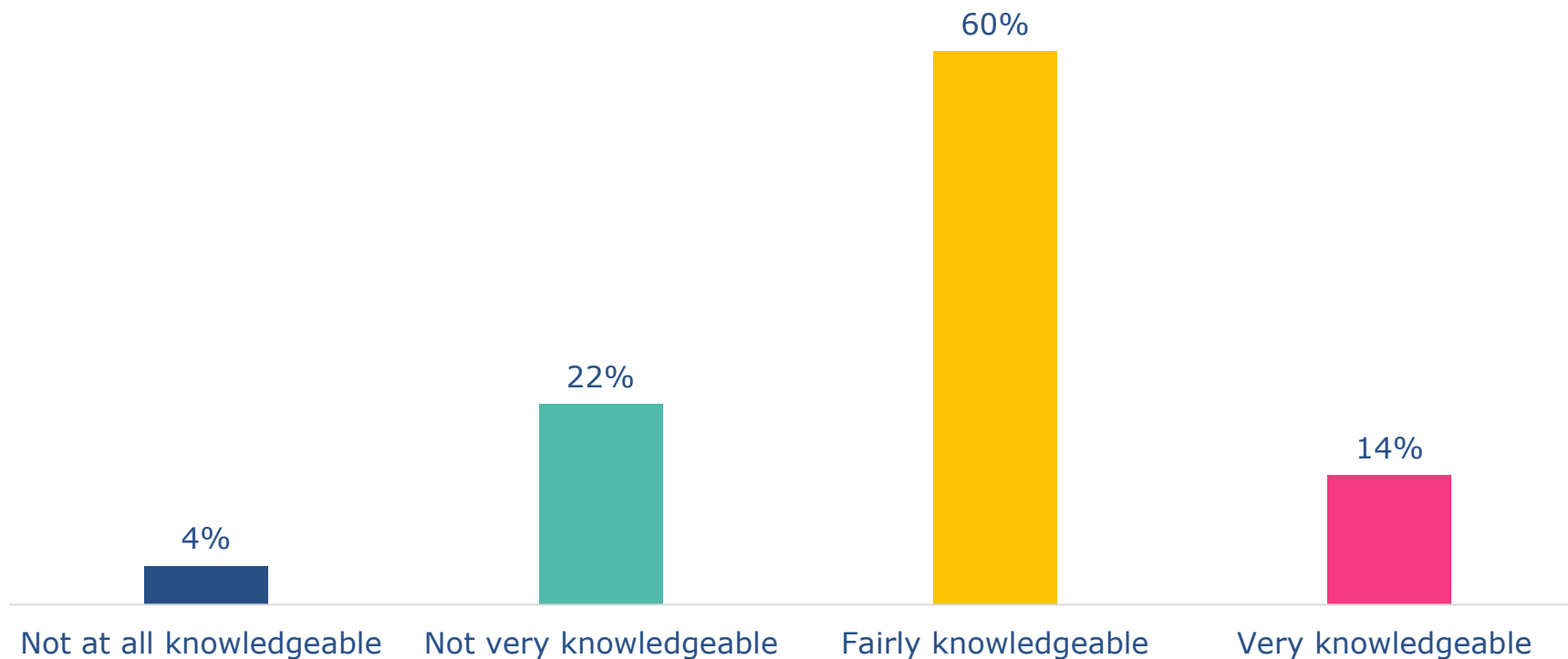
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HIV

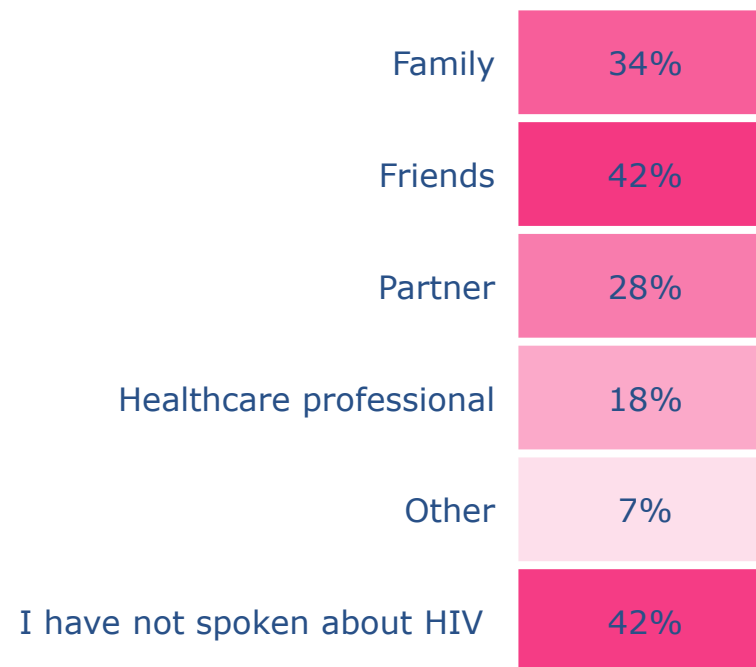
HIV is a virus that damages the immune system and weakens a person's ability to fight everyday infections and disease. HIV can be transmitted through sexual contact or infected blood.

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



*Prefer not to say: <1%

Which of the following people, if any, have you ever spoken with about HIV?*



*Prefer not to say: 1%

The following are facts about HIV. Before today, which of the following did you know already?

	Yes	No	Prefer not to say
With treatment, people living with HIV can live as long and healthily as someone who is not living with HIV	86%	10%	4%
A person living with HIV on effective treatment cannot pass HIV on to someone else	50%	45%	5%
Anyone aged 16 or over in Wales can get a free, confidential HIV home test kit	42%	52%	5%
Anyone can get HIV	90%	7%	3%
HIV can be transmitted through the sharing of needles or syringes	95%	3%	2%
There is a medication called PrEP which people can take to stop them from getting HIV	43%	50%	7%

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

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I feel that I could talk to a healthcare professional about doing a HIV test if I wanted to	1%	4%	9%	59%	25%
People with HIV deserve the same level of support and respect as people with any other long-term health condition	1%	2%	4%	40%	53%
Society is more positive towards people living with HIV than it has ever been	<1%	7%	25%	58%	7%
People living with HIV often face negative judgement from others in society	<1%	3%	11%	62%	22%
People living with HIV are likely to feel ashamed about it	1%	4%	28%	54%	11%

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



Vaping

Vapes are electronic devices that let you inhale nicotine in an aerosol, or vapour, instead of smoke. This is done by heating a solution (e-liquid) that typically contains propylene glycol, vegetable glycerine, flavourings and nicotine.

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

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I understand the health risks of vaping	2%	8%	11%	41%	37%
Vaping is common in my local community	1%	5%	19%	39%	35%
Vaping is a problem in my local community	4%	14%	29%	26%	24%
Government action is needed to reduce vaping in adults	7%	10%	18%	29%	35%
Government action is needed to reduce vaping in children and young people	1%	2%	4%	22%	70%
Single-use disposable vapes should be banned	3%	5%	10%	22%	59%

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

How beneficial or harmful to health do you think the following changes in behaviour would be?*

	Very beneficial	Somewhat beneficial	Neither beneficial nor harmful	Somewhat harmful	Very harmful	Don't know
Adults who do not smoke starting to vape regularly	1%	6%	6%	33%	48%	5%
Adults who smoke cigarettes switching to vaping instead	10%	46%	12%	17%	9%	6%
Adults who smoke cigarettes starting to vape as well as smoking	<1%	9%	12%	25%	47%	6%
Adults with a long-term health condition [^] who smoke switching to vaping instead	7%	38%	12%	15%	21%	7%
Adults with a long-term health condition [^] who do not smoke starting to vape regularly	1%	3%	5%	29%	56%	6%

*Prefer not to say for all statements: <1%; [^]E.g. heart disease, cancer, mental illness

How beneficial or harmful to health do you think the following changes in behaviour would be?*

	Very beneficial	Somewhat beneficial	Neither beneficial nor harmful	Somewhat harmful	Very harmful	Don't know
Children and young people (under 18 years) who do not smoke starting to vape regularly	1%	<1%	2%	15%	78%	4%
Children and young people (under 18 years) who smoke cigarettes occasionally starting to vape as well as smoking	<1%	5%	5%	22%	63%	4%
Children and young people (under 18 years) who occasionally smoke cigarettes switching to vaping regularly instead	2%	19%	9%	25%	41%	5%

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

Use of antibiotics

Antibiotics treat infections by killing bacteria. Every time we take antibiotics we give the bacteria a chance to fight back. Antibiotic resistance happens when bacteria find a way to defeat the drugs designed to kill them. This means that antibiotics may not work when we really need them.

Use of antibiotics

Before today, did you know any of the following facts about antibiotics?*

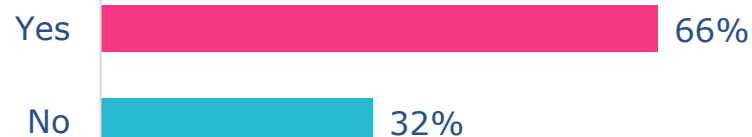
Antibiotics should not be used to treat colds, or most coughs and sore throats



You should always take antibiotics as prescribed by your doctor, nurse, pharmacist, or dentist



You should return leftover antibiotics to your local pharmacy



*Prefer not to say for all statements: $\leq 2\%$

Use of antibiotics

Have you ever taken antibiotics that were not prescribed for you by a healthcare professional (e.g. a doctor, nurse, pharmacist, or dentist)?*



Have you ever taken antibiotics that were prescribed for someone else?*



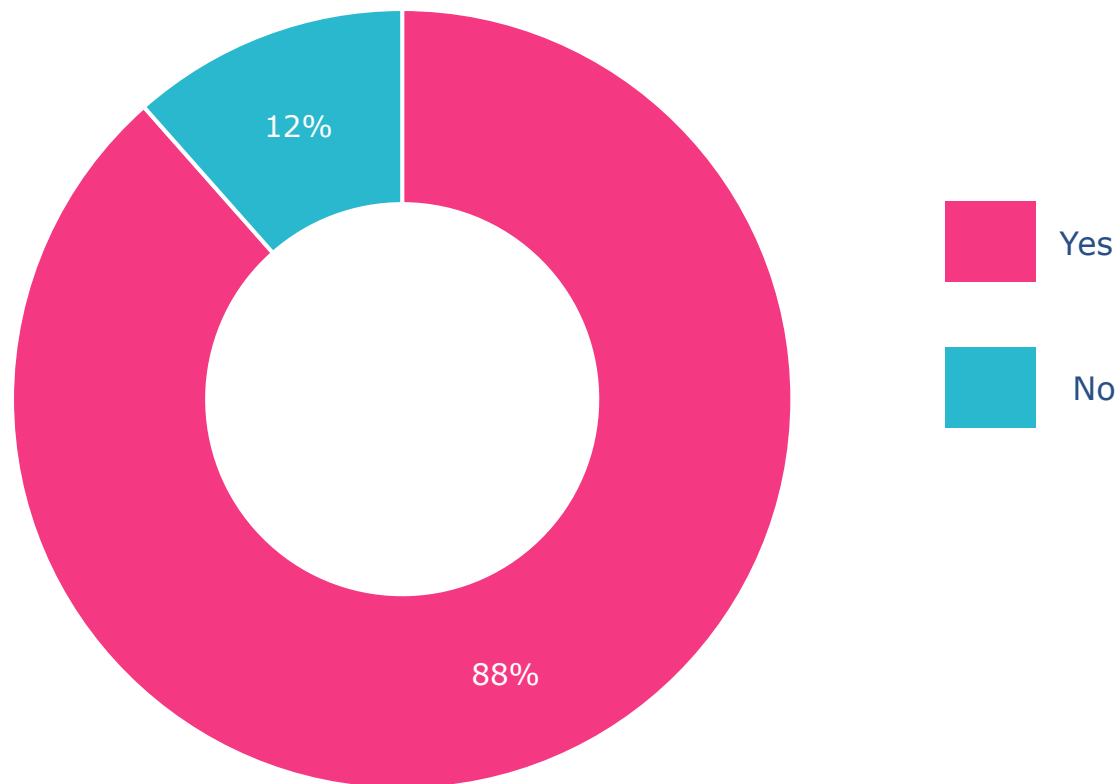
Have you ever given antibiotics that were prescribed for you by a medical professional to someone else for them to take?*



*Prefer not to say for all questions: 1%

Use of antibiotics

And before today, had you heard the term 'antibiotic resistance'?*



*Prefer not to say: <1%

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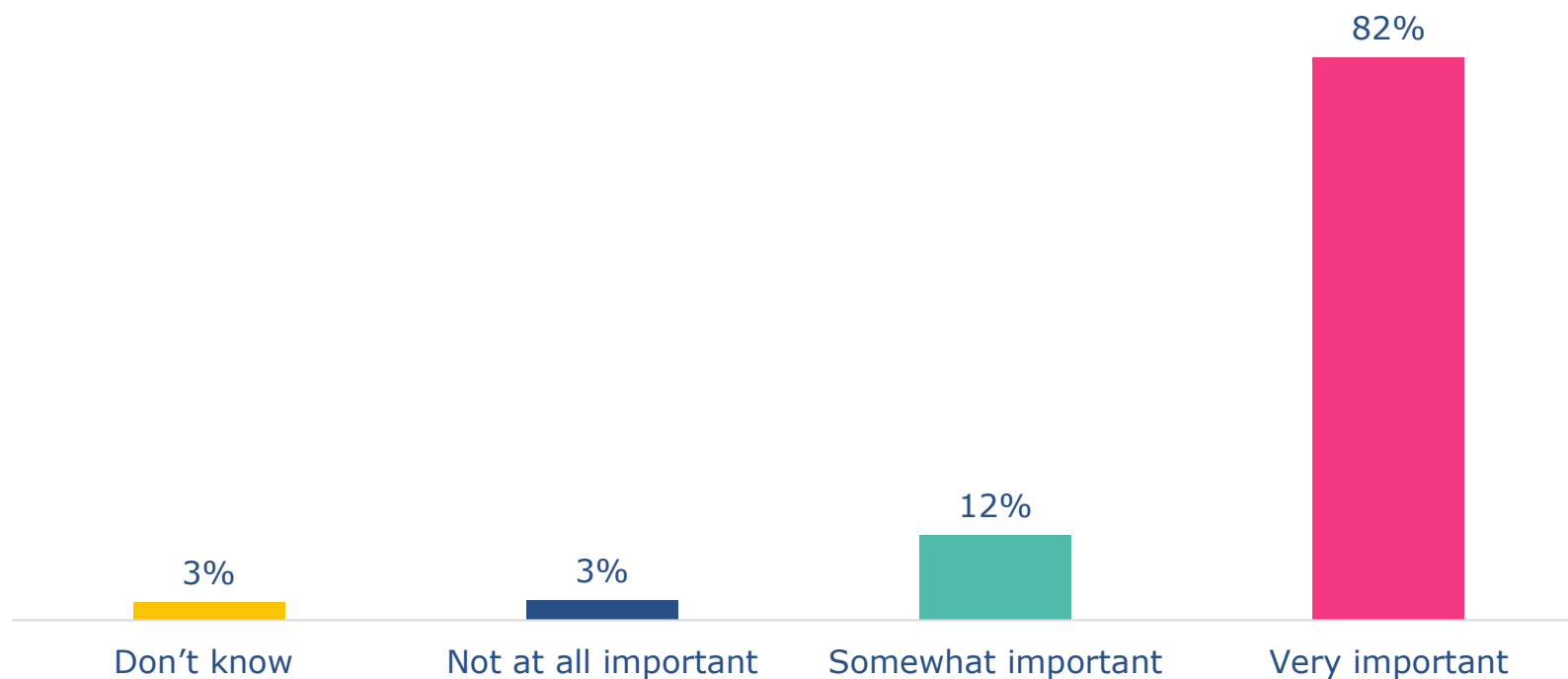
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Vaccines

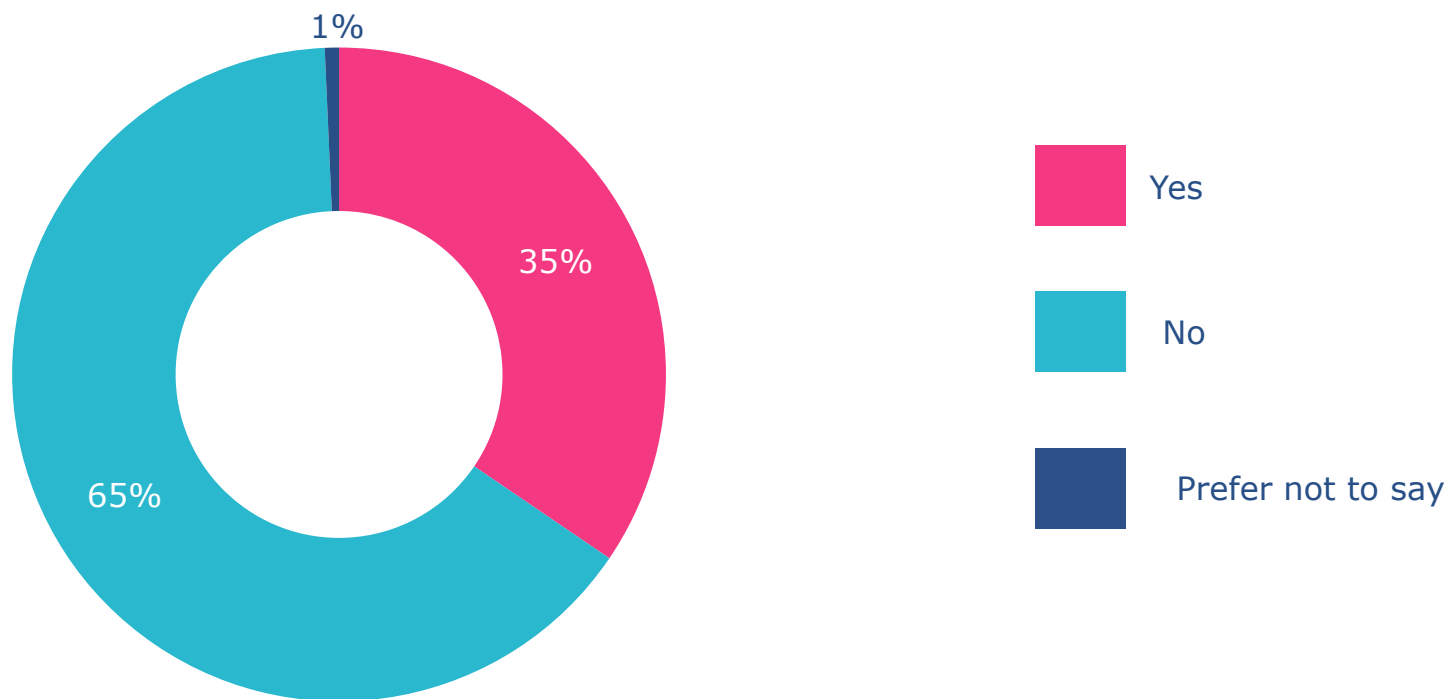
Vaccines

How important, if at all, do you think it is that children and young people are vaccinated?*



*Prefer not to say: 1%

Did you know people up to the age of 25 years can check their vaccination status with their GP or Health Board and arrange 'catch up' vaccinations of any they have missed?

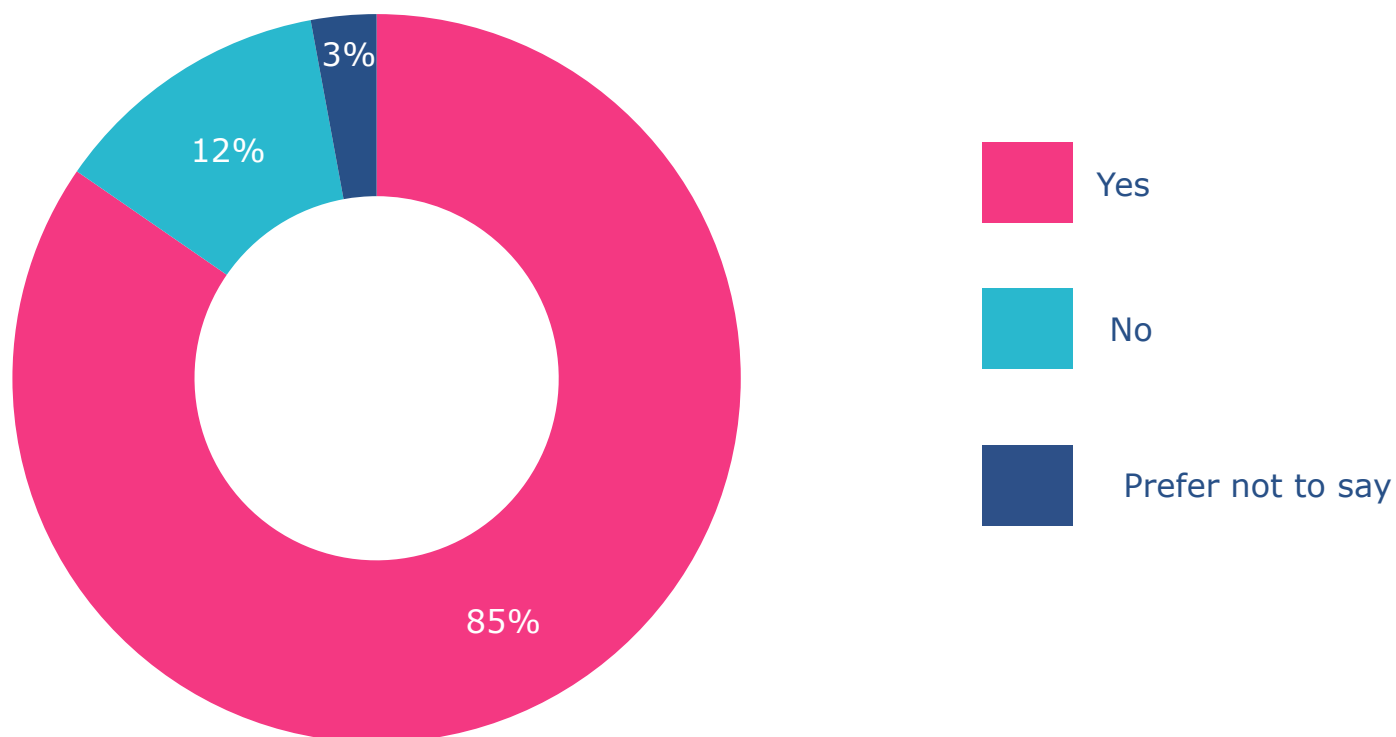


Which of the following free NHS vaccines for children and young people in Wales are you aware of?*

MMR (measles, mumps and rubella) vaccine	96%
Meningitis (MenACWY) vaccine	83%
HPV (human papilloma virus) vaccine	71%
Teenage booster vaccine (Diphtheria, tetanus and polio)	81%

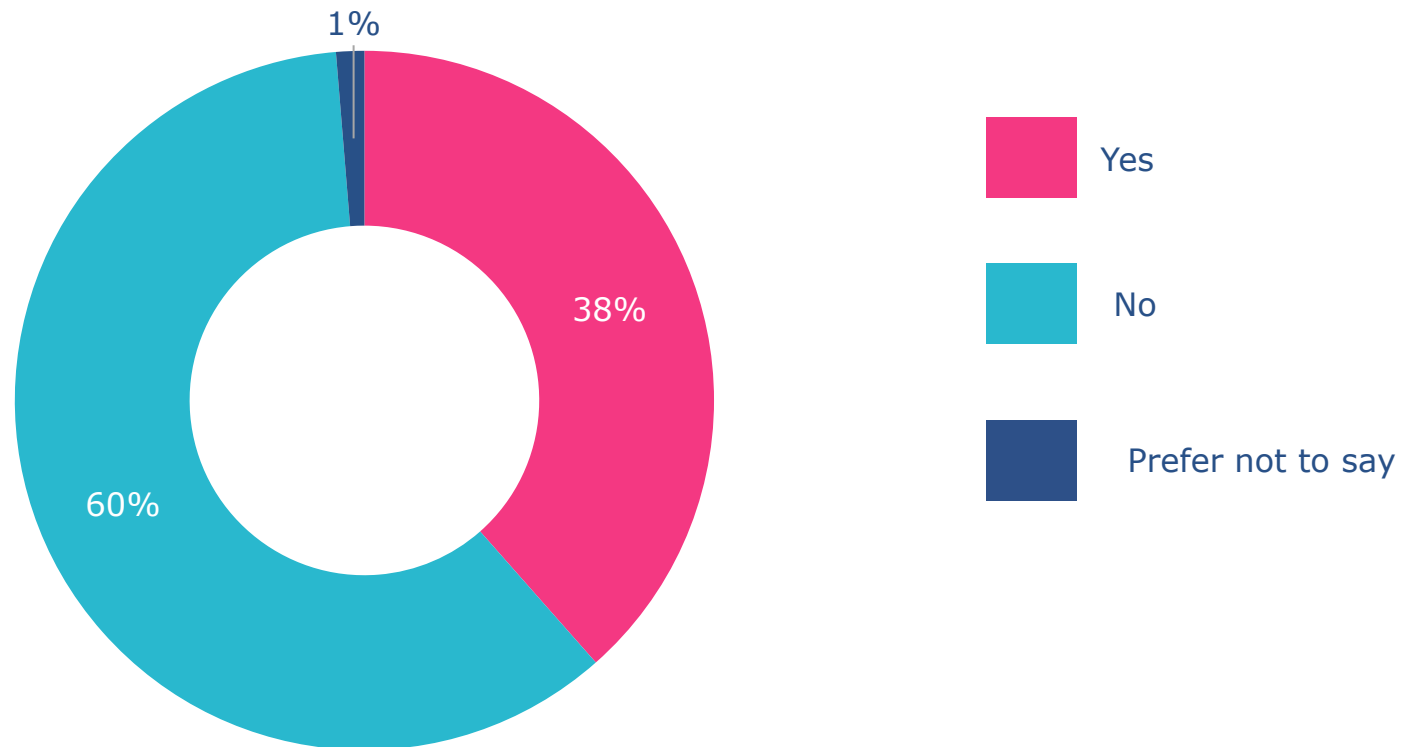
*Prefer not to say for all statements: $\leq 1\%$

Do you think more public awareness is needed on the four named vaccines available to protect children and young people from serious illnesses?



Teenagers and young adults are the largest carriers of some of the types of bacteria that causes meningitis and sepsis and are therefore at the highest risk of these diseases.

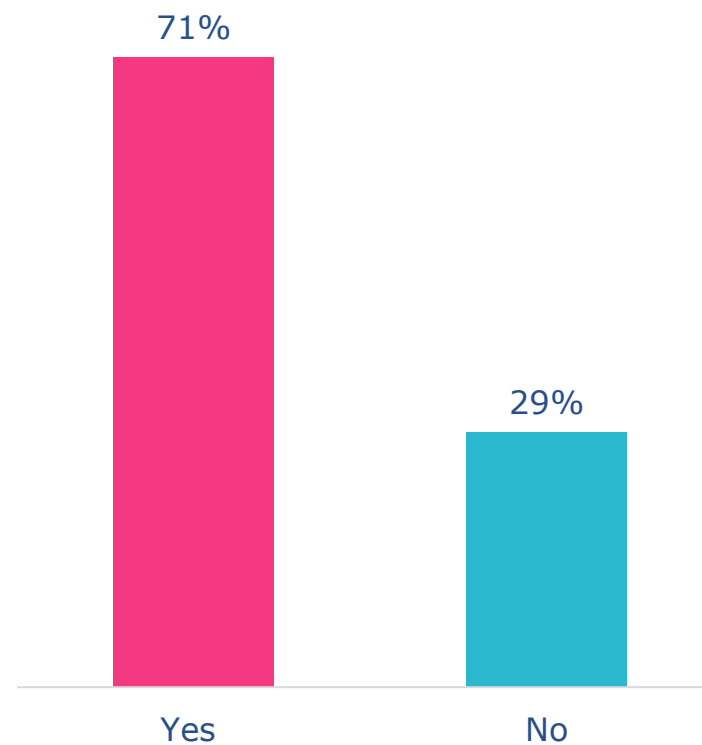
Before today, did you know this?



The main symptoms of meningitis are:

- Sudden onset of fever,
- Headache, and
- Stiff neck

Did you know all of these symptoms?*

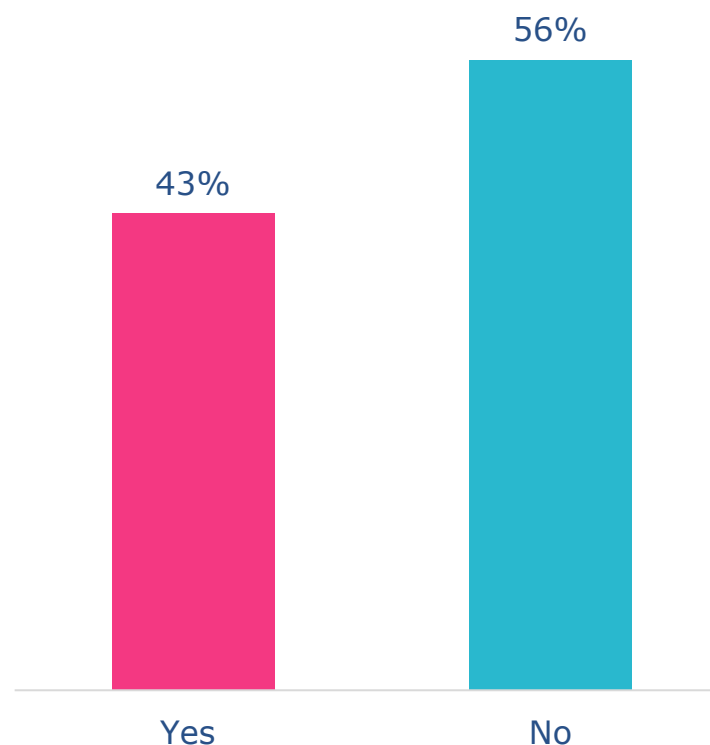


*Prefer not to say: 1%

The main symptoms of sepsis are:

- Generalised body swelling,
- Faster heart rate,
- Reduced urine output, and
- Fever and chills

Did you know all of these symptoms?*

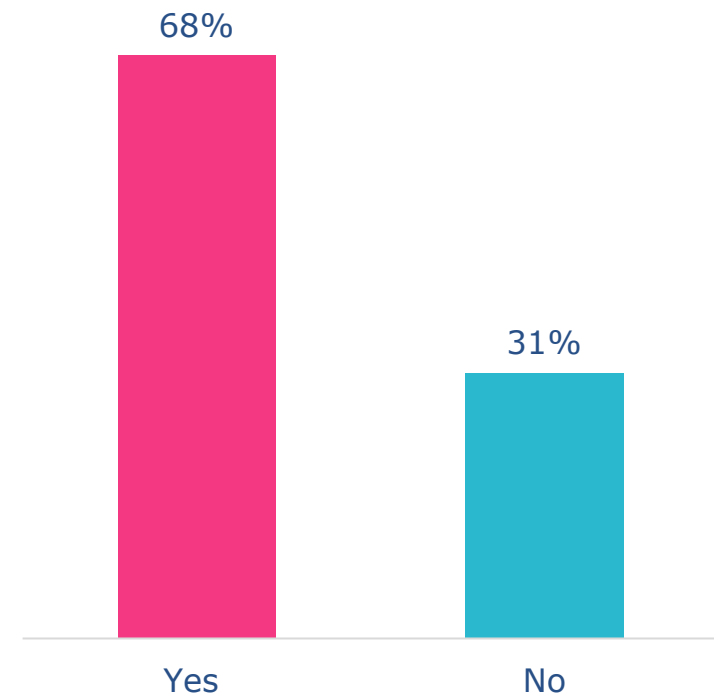


*Prefer not to say: 1%

The main symptoms of measles are:

- Cold-like symptoms,
- Sore red eyes, followed by
- A high temperature, and
- A red-brown blotchy rash

Did you know all of these symptoms?*



*Prefer not to say: 1%

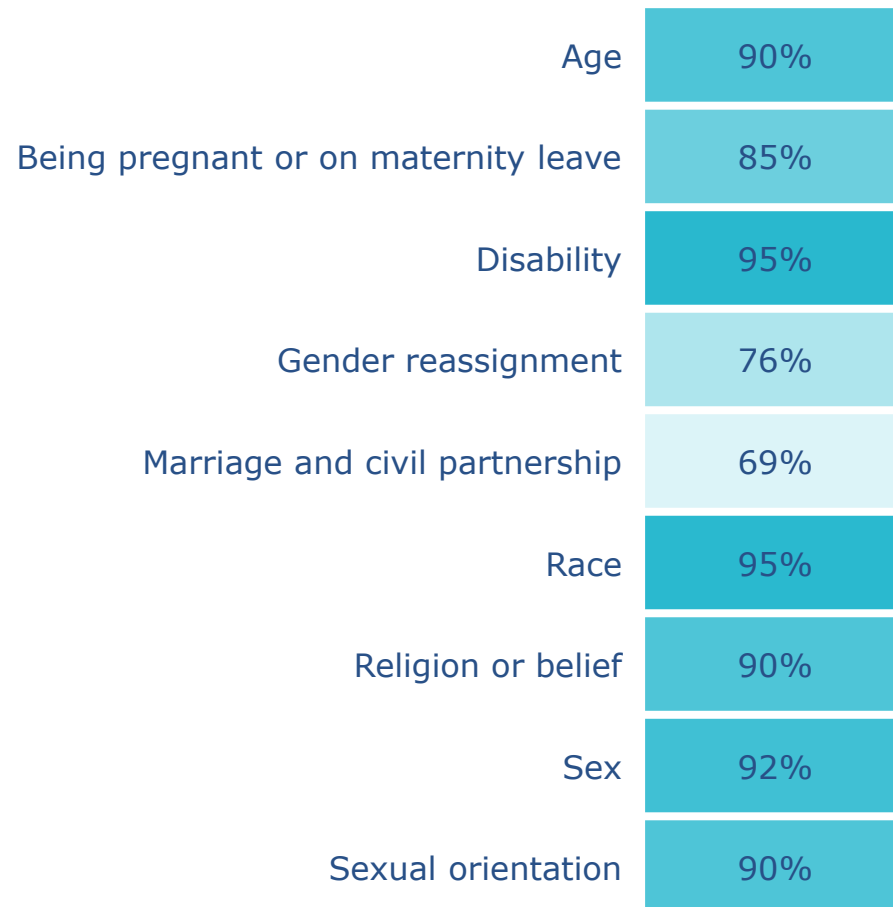
Addressing inequalities

As a public health organisation, we want all aspects of the work we deliver to be inclusive for all population groups. The Equality Act 2010 is a UK-wide law that legally protects people from discrimination in the workplace and in wider society.

Addressing inequalities

Under the Equality Act 2010, there are nine protected characteristics, where evidence has shown people are still experiencing discrimination in employment and access to services such as education and health.

Which of the following nine protected characteristics did you know of before today?



*Prefer not to say for each response: $\leq 2\%$

Addressing inequalities

On a scale of 0 to 5, where 0 is 'not at all important' and 5 is 'very important', how important do you think it is that Public Health Wales does the following?

	Not at all important				Very important	
	0	1	2	3	4	5
Has a workforce that reflects the population of Wales in terms of gender, ethnicity, and Welsh language	7%	3%	6%	17%	26%	39%
Uses feedback from staff, the public and other organisations to inform its work	2%	<1%	3%	11%	24%	58%
Works to reduce gender, ethnicity and disability pay gaps	4%	1%	3%	10%	18%	60%
Ensures there are places for under-represented groups in leadership roles and opportunities	7%	3%	7%	20%	24%	37%
Has a culture that prioritises equality, diversity, and inclusion through its policies and processes	5%	2%	4%	12%	20%	55%
Monitors the characteristics of people who access Public Health Wales' services (e.g. age, gender, ethnicity)	7%	2%	6%	18%	27%	39%
Ensures services are accessible and responsive to the different needs of the people who use them	1%	1%	2%	8%	19%	68%
Makes public information accessible in different formats so it can be accessed by everyone	2%	1%	2%	10%	20%	64%

*Prefer not to say for all statements: ≤3%



Coronavirus

Protective measures are an effective approach of reducing the spread of viruses. The questions in this section asked people about how they would feel about the re-introduction of protective measures for coronavirus in Wales if they were considered necessary in the next six months.

Would you comply with each of the following measures if Welsh Government recommended them, but they were not mandatory (i.e. not required by law)?

	Yes - Always	Yes - In some circumstances	No
Wearing a face covering in public places like shops, supermarkets and on public transport	42%	34%	23%
Physically distancing from people outside your household (e.g. keeping two meters apart)	30%	41%	28%
Avoiding indoor social gatherings	29%	43%	27%
Avoiding outdoor social gatherings	18%	38%	43%

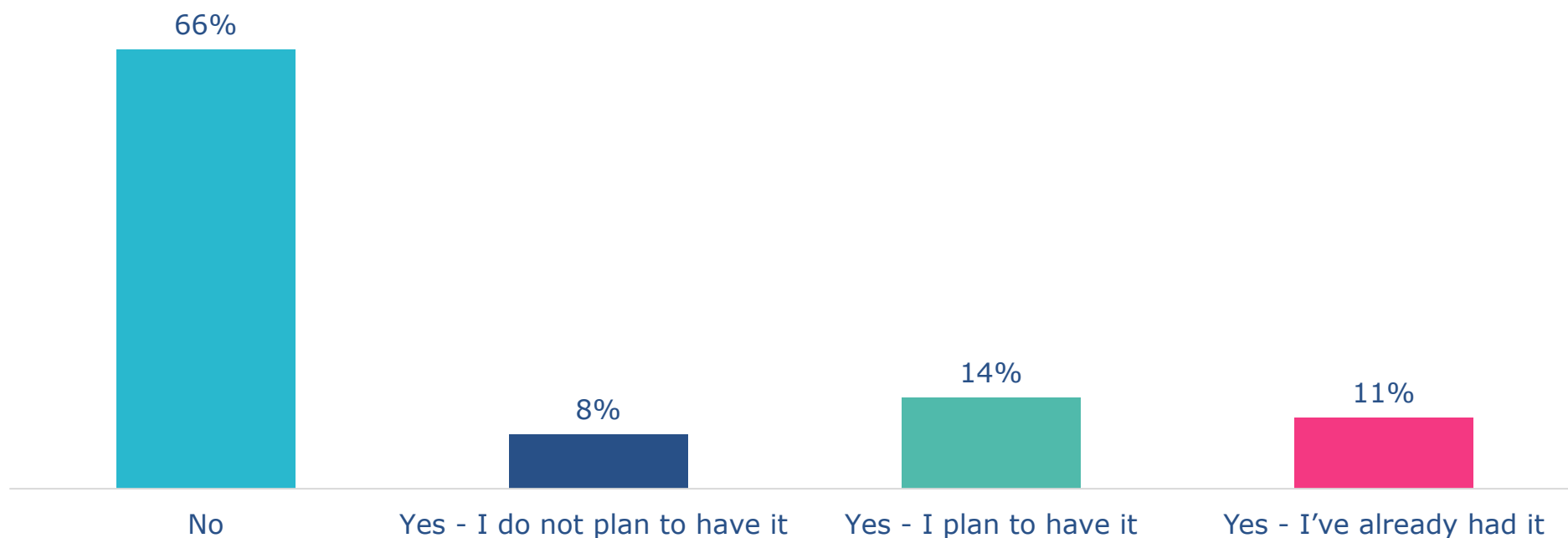
*Prefer not to say for all statements: 1%

Would you comply with each of the following measures if Welsh Government made them mandatory (i.e. required by law)?

	Yes - Always	Yes - In some circumstances	No
Wearing a face covering in public places like shops, supermarkets and on public transport	59%	24%	16%
Physically distancing from people outside your household (e.g. keeping two meters apart)	49%	29%	21%
Avoiding indoor social gatherings	50%	29%	20%
Avoiding outdoor social gatherings	40%	28%	31%

*Prefer not to say for all statements: 1%

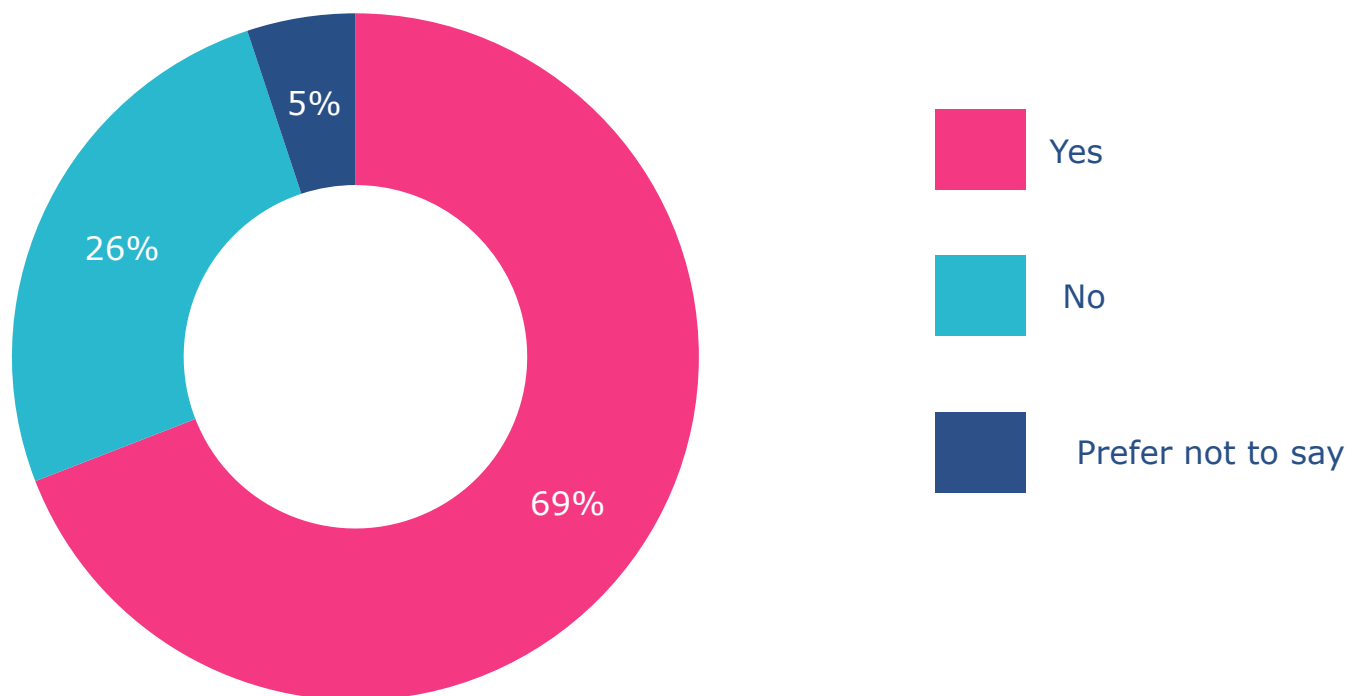
Have you been offered a COVID booster vaccine for this autumn/winter (i.e. from September 2023)?



*Prefer not to say: 1%

Asked to participants who said 'no' to being offered a covid booster vaccine this autumn/winter (n=708):

If you were offered a COVID booster vaccine, would you be willing to accept it?*



*Unweighted data

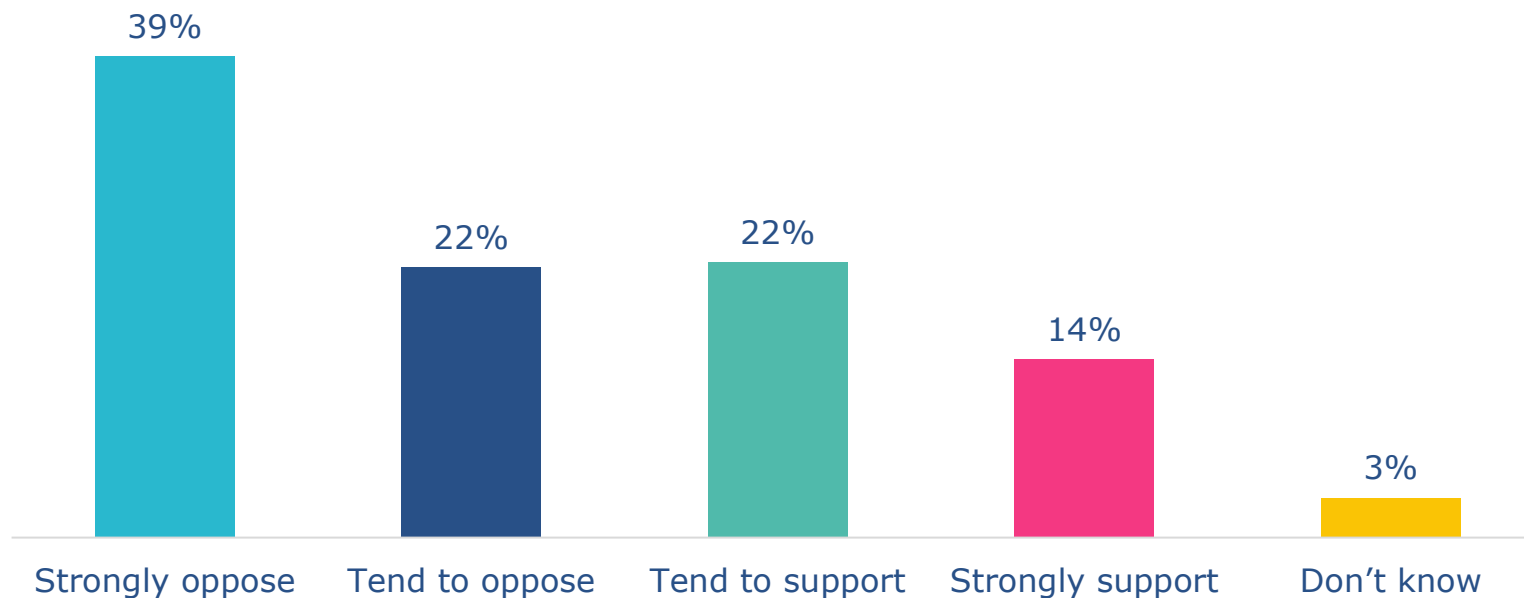


20mph speed limits

In September 2023, Welsh Government introduced a new default 20mph speed limit on restricted roads, which are usually in residential and built-up areas where there are lots of people. This survey was conducted in October 2023 during early implementation of the policy. We plan to carry out a follow-up survey in 2024 to understand how public attitudes to and knowledge of the policy change over time.

20mph speed limits

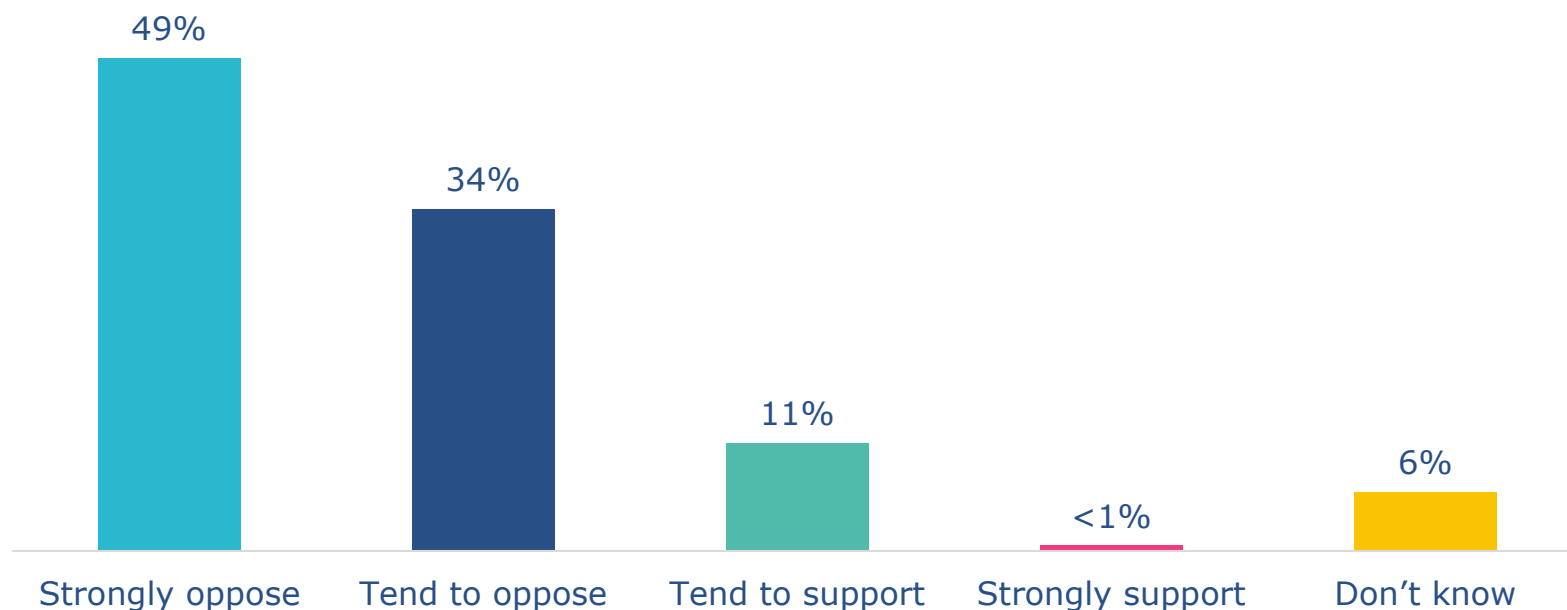
To what extent do you support or oppose the new 20mph default speed limit in Wales?*



*Prefer not to say: <1%

20mph speed limits

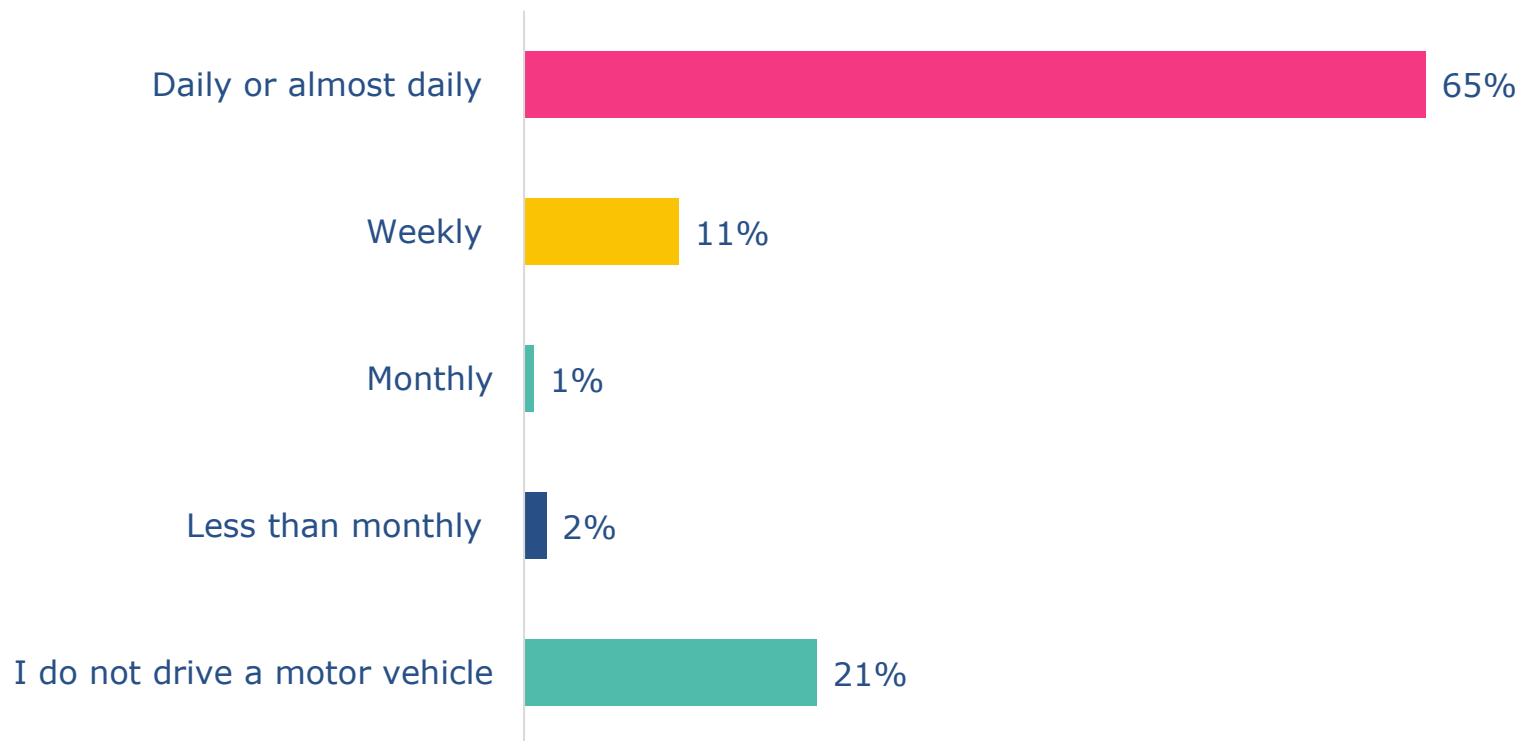
To what extent do you think other people in Wales support or oppose the new 20mph default speed limit in Wales?*



*Prefer not to say: <1%

20mph speed limits

How often do you drive a motor vehicle (e.g. motorbike, car, van, lorry)?*

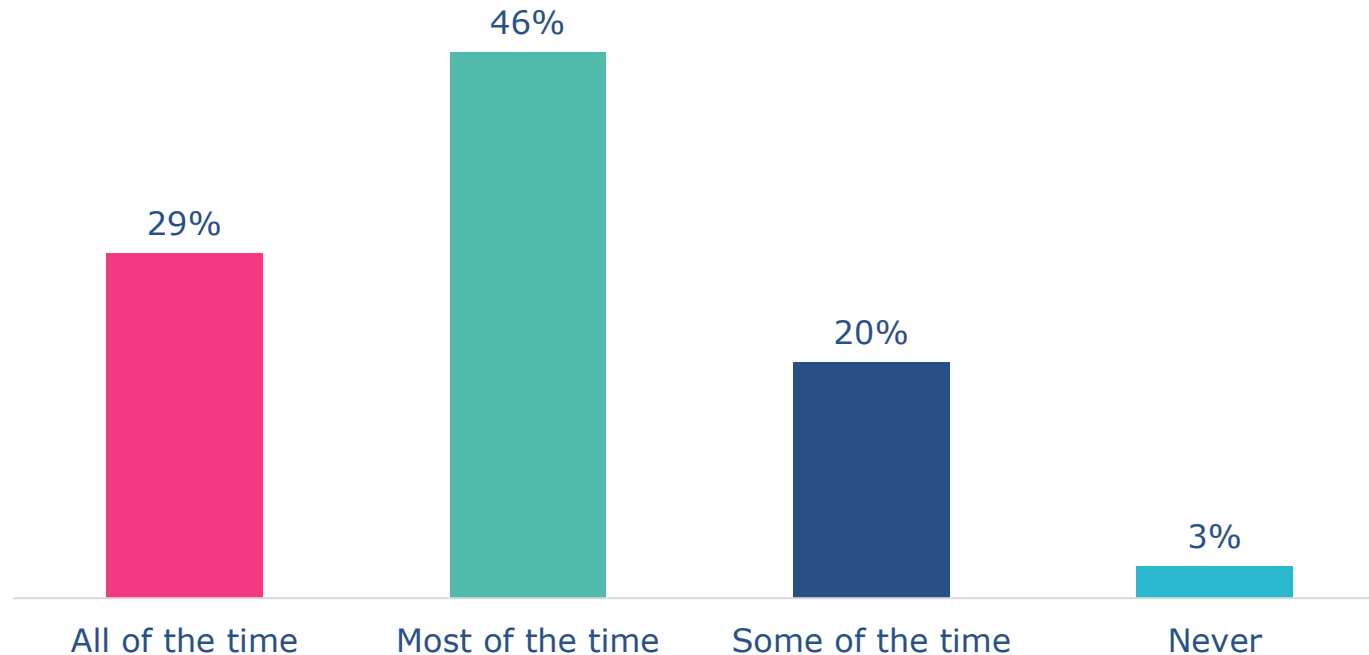


*Prefer not to say: 1%

20mph speed limits

Asked to those who drive a motor vehicle (n=876):

When I am driving in a 20mph area, I drive at or below 20mph...*



*Unweighted data; Don't know: <1%; Prefer not to say: 2%

20mph speed limits

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

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I understand why Welsh Government has introduced 20mph speed limits	23%	21%	11%	28%	18%
20mph speed limits will make me switch from travelling by vehicle (e.g. car, bus) to travelling more actively (e.g. walking, cycling)	48%	26%	17%	5%	2%
We need more action to reduce motor vehicle travel to protect the planet and future generations	12%	15%	18%	31%	23%
We need more action to protect the rights of drivers	8%	15%	29%	24%	23%
We all need to use our cars less	11%	17%	22%	32%	17%
I support polices that reduce car use even if they affect me	21%	21%	21%	24%	12%

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

20mph speed limits

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

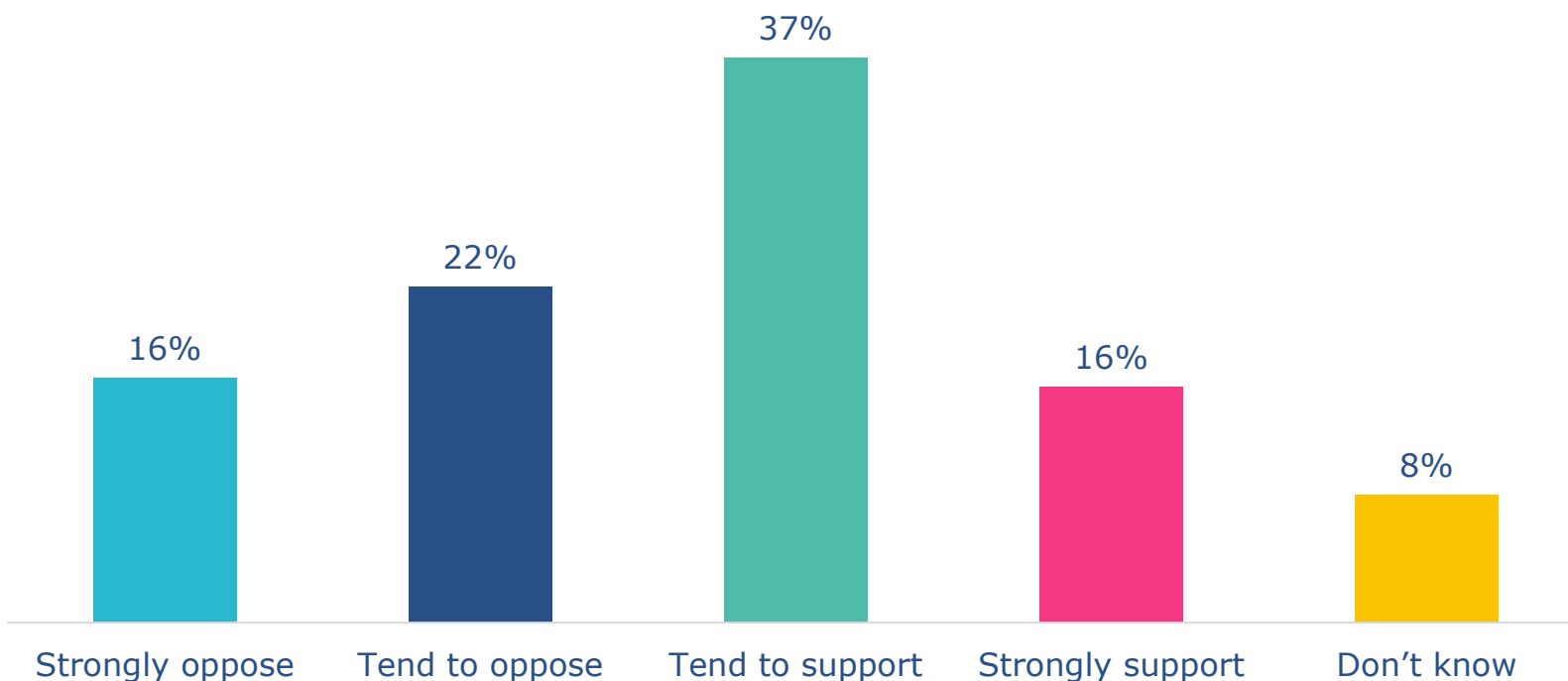
20mph speed limits will lead to...*

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Fewer collisions on the road	17%	28%	17%	29%	10%
More people walking on the streets	20%	34%	24%	18%	4%
More people cycling	22%	31%	26%	18%	2%
More congestion on the roads	5%	16%	14%	30%	34%
More air pollution	7%	20%	20%	29%	23%
Better traffic flow (less stopping and starting)	32%	34%	17%	13%	3%
Longer journey times	2%	7%	10%	37%	44%
Less vehicle noise	20%	34%	17%	22%	6%
Reduced fuel efficiency	12%	20%	21%	23%	22%
Safer streets	14%	23%	18%	32%	13%
Fewer injuries caused by vehicles	11%	22%	19%	32%	15%

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

20mph speed limits

In general, to what extent do you support or oppose the reduction of road traffic in towns and cities in Wales?*



*Prefer not to say: 1%

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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



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well-being and reduce health
inequalities for the people of Wales.**



Policy and International Health

WHO Collaborating Centre on Investment for Health & Well-being

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Questionnaire Development

The questions used in the October survey were developed in partnership with colleagues in Public Health Wales and Welsh Government.

Appendix

Demographics – Panel sample and Survey sample

Methods

Panel Sample Demographics

		Panel Sample~ N=2,327		Survey Sample N=1,094		Welsh Population*
Gender*	Male	716	31%	382	35%	49%
	Female	1565	67%	697	64%	51%
	Other	46	2%	15	1%	- \$
Age group (years)*	16-29	429	18%	189	17%	21%
	30-49	880	38%	354	32%	29%
	50-69	679	29%	356	33%	31%
	70+	339	15%	195	18%	19%
Deprivation quintile^	1 (Most)	400	17%	172	16%	19%
	2	464	20%	219	20%	20%
	3	484	21%	239	22%	21%
	4	463	20%	223	20%	21%
	5 (Least)	516	22%	241	22%	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. ~50 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.

Due to lack of participation in four consecutive surveys, 200 people have been removed from the panel. This process was outlined to panel members in the joining material.

Panel Sample Demographics

		Panel Sample N=2,327		Survey Sample N= 1,094		Population*
Ethnicity [^]	White	2196	94%	1,049	96%	95%
	Mixed/Multiple Ethnic Groups	47	2%	22	2%	1%
	Asian, Asian Welsh or Asian British	34	1%	9	1%	2%
	Black, African, Caribbean, Black Welsh or Black British	20	1%	<5	<1%	1%
	Other Ethnic Group	20	1%	6	1%	1%
	Prefer not to say	10	<1%	5	<1%	- \$
Health Board [#]	Aneurin Bevan UHB	408	18%	198	18%	19%
	Betsi Cadwaladr UHB	511	22%	253	23%	22%
	Cardiff and Vale UHB	416	18%	183	17%	16%
	Cwm Taf Morgannwg UHB	287	12%	131	12%	14%
	Hywel Dda UHB	316	14%	146	13%	12%
	Powys Teaching HB	110	5%	60	5%	4%
	Swansea Bay UHB	279	12%	123	11%	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, with response rates to alternate month surveys 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 alternate month 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 to complete the questionnaire through their method of choice (telephone or online). Panel members have three weeks to complete the survey. Within that timeframe, gaps in the demographic profile required to achieve a sample representative of the age, gender, ethnicity and deprivation profile of Wales are identified, and reminders to complete the survey are sent.
- To increase representation across the survey sample, around 100 face-to-face interviews are undertaken per survey wave with targeted population groups. These individuals are invited to complete the survey and are then invited to join the panel. Thus, a proportion are one-off survey participants. In addition, social media advertising targeting specific population groups is conducted. These individuals provide demographic information and are then invited to complete the live survey.

Participants who completed the October survey, were recruited via the following methods:

Recruitment Method	n	%
Online	604	55%
Telephone	349	32%
Face-to-face (panel)	91	8%
Face-to-face (one-off)	50	5%

Participants who completed the October survey, completed via the following methods:

Participation Method	n	%
Online	878	80%
Telephone	106	10%
Face-to-face	110	10%