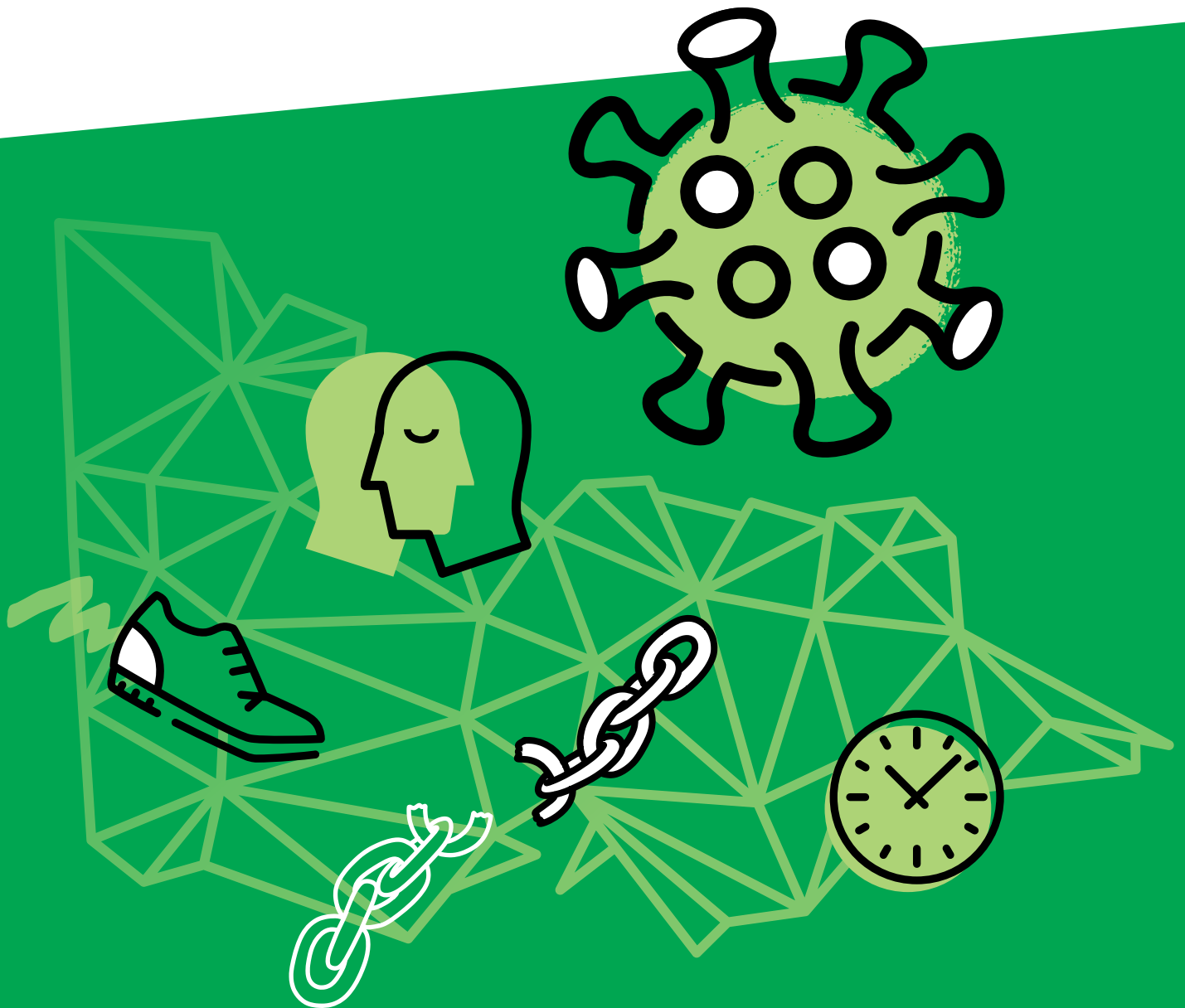


VicHealth Coronavirus Victorian Wellbeing Impact Study

Summary of survey #1

How the first coronavirus lockdown impacted
the health and wellbeing of Victorians



GENERAL WELLBEING

VicHealth Coronavirus Victorian Wellbeing Impact Study

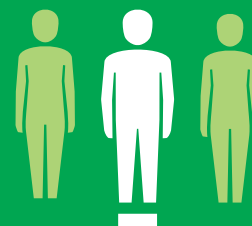
A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed high psychological distress and lower levels of life satisfaction.

1 in 6 Victorians experienced **high psychological distress** in the first lockdown

16%



1 in 3



1 in 3 Victorians reported a decline in domains of **future security / sense of safety**



1 in 4

1 in 4 **young Victorians** experienced high psychological distress

Nearly **half** of Victorians had **lower levels of life satisfaction** compared to 1 in 5 in 2017



24% of Victorians in **inner metro** areas experienced **high psychological distress** compared to 10% in regional cities

Other Victorians facing **wellbeing impact**

People with a **disability**

29% high psychological distress

62% low-medium life satisfaction

People on **JobSeeker***

26% high psychological distress

58% low-medium life satisfaction

Aboriginal & Torres Strait Islander people

28% high psychological distress

70% low-medium life satisfaction

*Similar rates for JobKeeper

4 in 10 of those from **bushfire affected communities** experienced high psychological distress

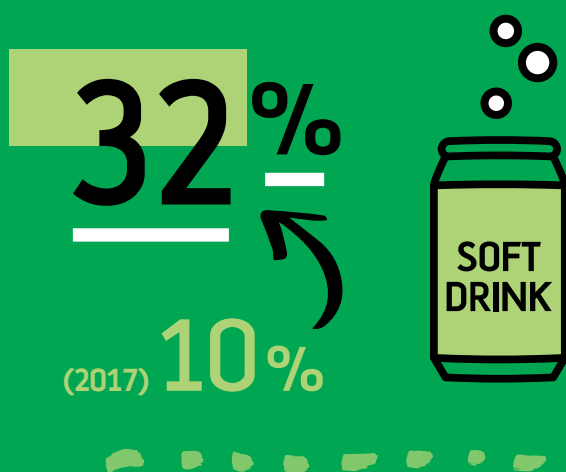


HEALTHY EATING

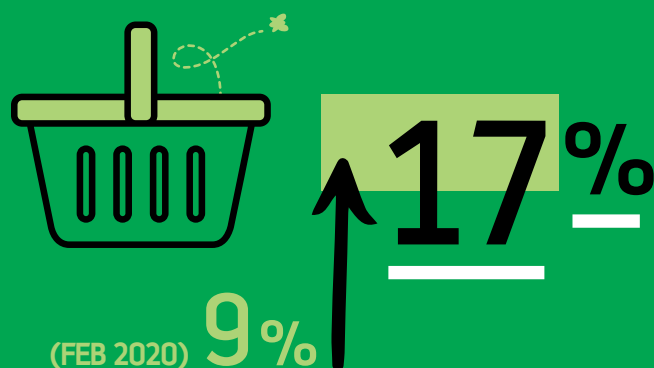
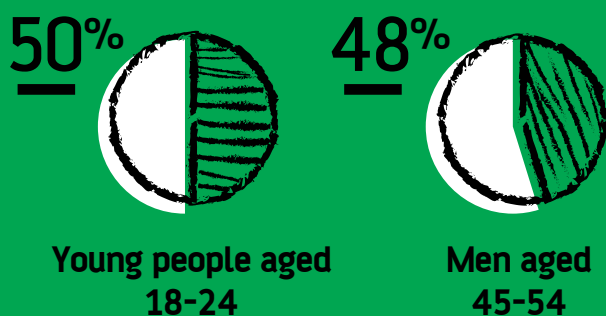
VicHealth Coronavirus Victorian Wellbeing Impact Study

A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed a rise in food insecurity and consumption of sugary drinks.

The number of Victorians drinking sugary drinks each day has tripled to 32%

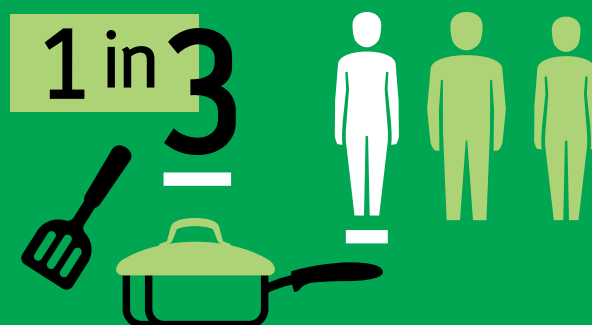


55% of Victorians from bushfire affected communities drank sugary drinks daily, as did:



17% of Victorians were worried about having enough money to buy food compared to 9% in Feb 2020

1 in 3 Victorians ate takeaway food less often, while a similar number cooked dinner more often



Of those cooking more, almost 1 in 2 (46%) were doing so to save money

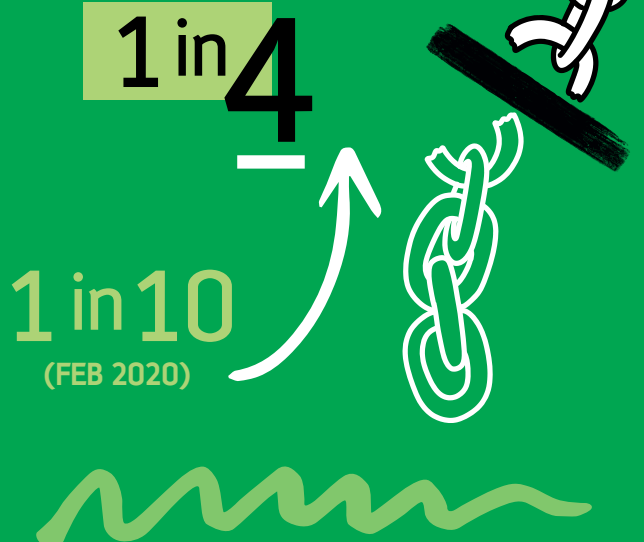


SOCIAL CONNECTION

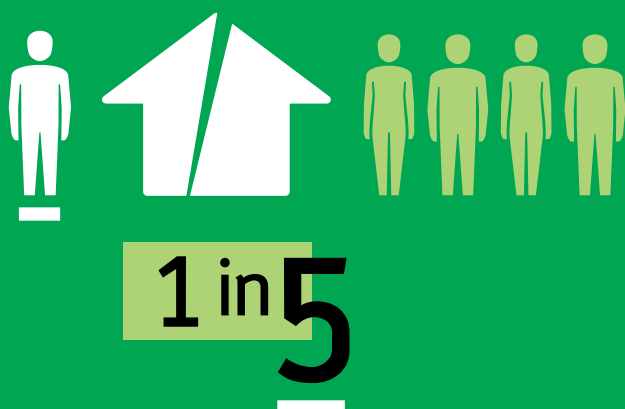
VicHealth Coronavirus Victorian Wellbeing Impact Study

A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed that people felt less socially connected.

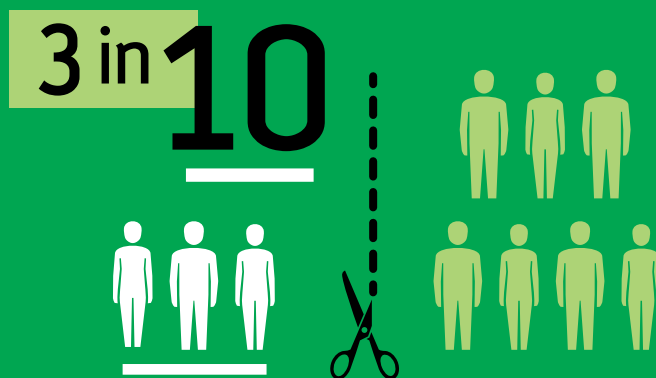
Almost **1 in 4 (23%)** of Victorians **did not feel connected with others**, up from 1 in 10 (10%) in February 2020



1 in 5 Victorians said the first lockdown put a **strain on their relationships with the people they live with**



3 in 10 Victorians found it **hard or very hard to stay connected** to friends or family during lockdown



Staying connected to others during the first lockdown was **most difficult for:**

Aboriginal & Torres Strait Islander Victorians **51%**

Young Victorians aged 18-24 **39%**

Victorians who speak a language other than English at home **39%**

Victorians eligible for JobKeeper (42%) or JobSeeker (39%) **42% 39%**

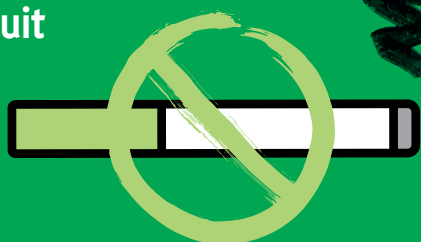
SMOKING

VicHealth Coronavirus Victorian Wellbeing Impact Study

A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed mixed results for smokers.

13%

of Victorians who smoke **attempted to quit**



7%

of all Victorians who smoke successfully quit

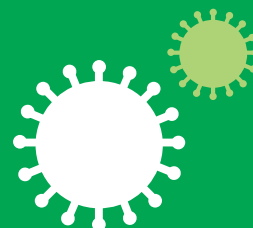
1 in 4 of Victorians who smoke **who attempted to quit did so to save money**



1 in 4



43%



who attempted to quit smoking did so because they **were worried it could increase the risk/severity of coronavirus**



38%

wanted to **improve their general health**



For Victorians **who smoked more**, over half said this **was due to:**

Anxiety or stress

55%

Boredom

51%

Having more free time

46%



ALCOHOL CONSUMPTION

VicHealth Coronavirus Victorian Wellbeing Impact Study

A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed that feeling anxious or stressed may have increased alcohol intake.

The risk of **short term harm*** from **alcohol consumption** across the state each week **remains unchanged** since 2017 at **11%**

11%

* People are at more risk of short term harm from alcohol, such as injury, if they consume 5 or more standard drinks in one session.



But the **rate of short term harm** from alcohol consumption each week is **higher for some groups:**

People from **bushfire affected communities** **33%**

People on **JobSeeker** **26%**

Young people **aged 18-24** **17%**



The risk of **long term harm**** from **alcohol consumption** is more likely for people from **bushfire affected areas** and those facing **loss of income or employment**

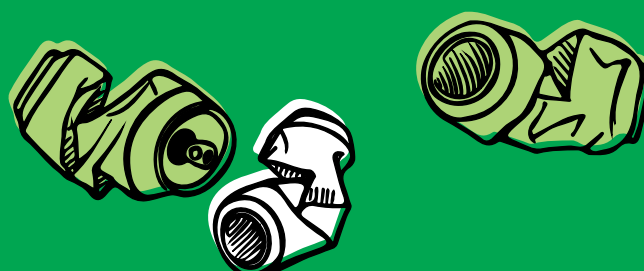
** Consuming more than 2 standard drinks most days of the week increases the risk of long term harm from alcohol, as it can cause chronic disease.

This includes:

People from **bushfire affected communities** **19%**

People on **JobKeeper** **12%**

People on **JobSeeker** **11%**

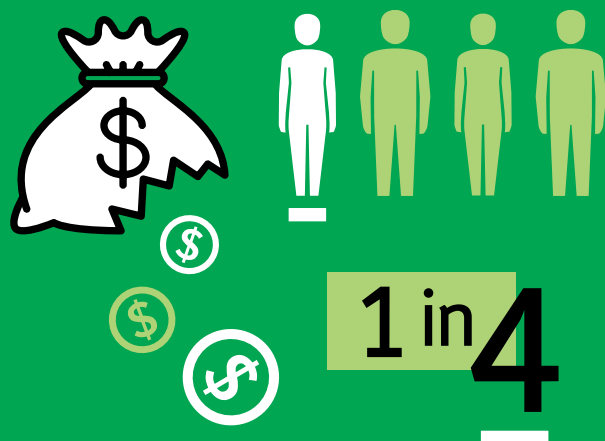


FINANCIAL HARDSHIP

VicHealth Coronavirus Victorian Wellbeing Impact Study

A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed a large number experienced financial hardships and increasing uncertainty.

1 in 4 Victorians experienced financial hardship during the first lockdown, compared to 1 in 6 before it started



The first lockdown affected the **jobs and finances of Victorians:**

4 in 10 Hours cut back

1 in 6 Took a pay cut

1 in 10 Forced to take unpaid leave

3 in 10 Victorians (29%) were **worried about their job prospects**

29%



Victorians **doing it tough before** coronavirus were **more likely to lose their job** during the first lockdown:

Young women aged 18-24

2.5x more likely

Those with a disability

2x more likely

1 in 10 Victorians reported they had **lost their job during the first lockdown:**



PHYSICAL ACTIVITY

VicHealth Coronavirus Victorian Wellbeing Impact Study

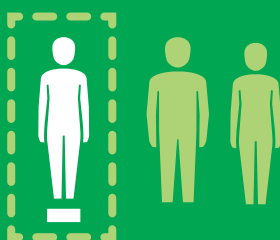
A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed most of those able to continue being active did so, but there were some limiting factors.

37%



2 in 5 Victorians (37%) exercised less in the first lockdown compared to February 2020

1 in 3 Victorians who exercised less in lockdown **didn't have regular access to a space to exercise at home**



1 in 3



1 in 5



Almost 1 in 5 Victorians who exercised less in lockdown had **no one to exercise with or didn't feel safe outside**

1 in 4

1 in 4 (27%) people in Victoria were physically inactive during lockdown*

*Physically inactive: exercising 0-1 days per week



1 in 3

Around 1 in 3 Victorians who were more active during lockdown **were motivated by:**

Wanting to improve their health

33%

Wanting to get out of the house

31%

Having more free time



34%

WORKING & HOMELIFE

VicHealth Coronavirus Victorian Wellbeing Impact Study

A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed many were concerned about their job prospects, and mothers were bearing a greater burden.

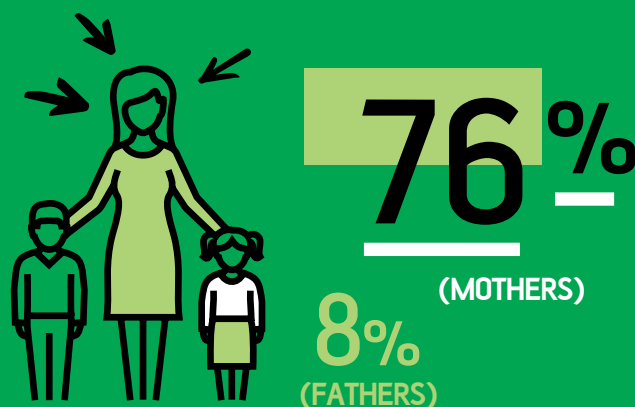


Some Victorians were **more concerned about their job prospects** than others:

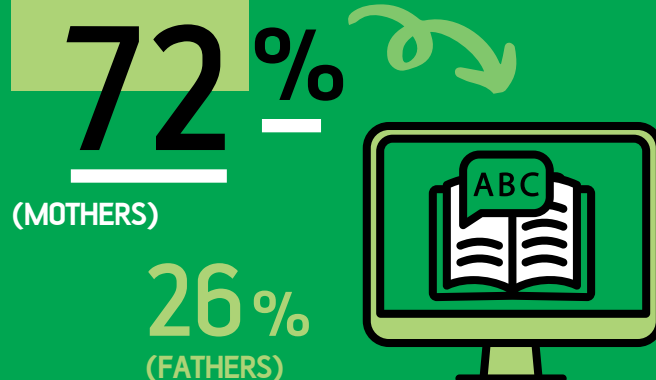
Victorians who were already unemployed **6 in 10**

Victorians aged 25-34 **1 in 2**

Young Victorians aged 18-24 and Victorians who speak a language other than English at home **4 in 10**



76% of Victorian **mothers** were **primarily responsible for looking after their pre-school aged kids**, compared with only 8% of fathers

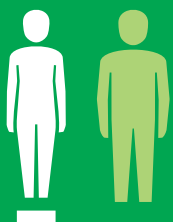


3 in 4 (72%) Victorian **mothers** spent the **most time helping their kids with remote learning**, compared with just 1 in 4 of fathers (26%)

POSITIVE IMPACTS

VicHealth Coronavirus Victorian Wellbeing Impact Study

A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed there were some silver linings.



44%

Almost 1 in 2 (44%) Victorians said there were **some aspects of life in lockdown they want to keep**

OF THAT 44%:

Home life

1 in 4 (26%) want to **spend more time** with friends and family



More than **1 in 10 (12%)** want to **continue gardening**

Work life

25%



1 in 4 want to **work from home**

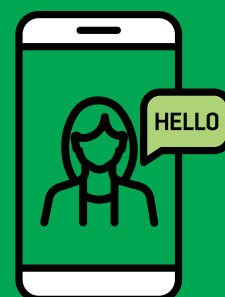
10%



1 in 10 want **flexible work hours**

Social life

17% want to **stay in touch with people through technology**



17%

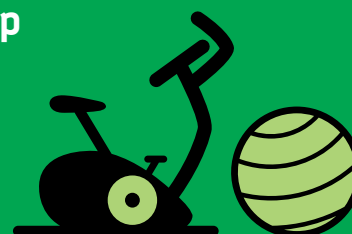


11% want to **socialise more** and have **more contact with people**

Personal wellbeing

25% want to **keep exercising**

25%



8%



8% want to **maintain a healthy lifestyle**

PEOPLE FACING HARDSHIP

VicHealth Coronavirus Victorian Wellbeing Impact Study

A comprehensive survey of 2000 Victorians in the first coronavirus lockdown of 2020 highlighted stark differences between the experiences of some people and communities facing hardship, and the whole population.

Young people aged 18-24



23%

23% experienced **high psychological distress** compared to 16% in the rest of the state

Bushfire affected communities

41%

41% experienced **high psychological distress** compared to 16% in the rest of the state

↑ 16%
(Rest of state)

Young people aged 25-34



44% experienced **financial hardship** compared to 24% in the rest of the state

Young people aged 18-34

Each week, around **1 in 6** were **drinking alcohol** at levels consistent with **short term harm** compared to 1 in 10 in the rest of the state

1 in 6

Living in inner Melbourne

Victorians living in the **inner metro** area were **more likely** to:

Experience **high psychological distress**

24%
vs 16%

Consume **sugary drinks** daily



42%
vs 32%

Eat **low cost, unhealthy food** due to shortage of money

36%
vs 23%


Low income: less than \$40k/year

58% reported **low to medium levels of life satisfaction** compared to 49% in the rest of the state



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VicHealth is committed to health equity, which means levelling the playing field between people who can easily access good health and people who face barriers, to achieve the highest level of health for *everyone*.

VicHealth acknowledges the support of the Victorian Government.

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<https://doi.org/10.37309/2020.P0909>



VicHealth acknowledges the Traditional Custodians of the land. We pay our respects to all Elders past, present and future.