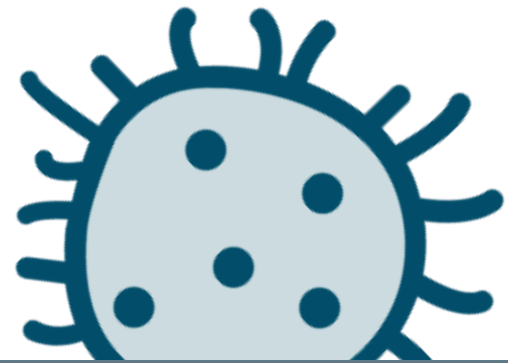
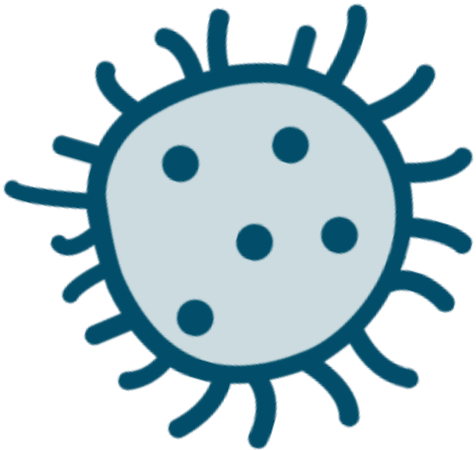


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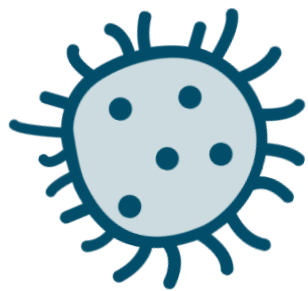
Sunderland



What you told us about COVID-19

Keeping Yourself Well

July 2020



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Executive Summary

In June 2020, Healthwatch Sunderland gathered feedback from 714 respondents, gathering people's general experiences of using health and social care services during the COVID-19 pandemic.

A report 'What you told us about COVID-19' was published sharing the findings. The aim of this report is to understand the experiences of those who responded to the 'Keeping Yourself Well' impact questions.

The purpose of this report is to share the findings with key health and social care providers and commissioners, to help them identify what is working well and highlight those areas that need to be improved. It should be read in conjunction with the 'What you told us about COVID-19' report.

Key themes/findings

Exercise

The majority of respondents reported their levels of exercise had been adversely effected by the pandemic with 41% seeing a decrease in levels. The majority of these individuals were in the main female (73%) and aged between 45 and 74 years old (62%) and white British (89%).

Smoking

Of those who this section applied to, the majority (49%) reported that the amount they had been smoking had stayed the same. However a further 36% reported they are smoking more. Those who were smoking more were predominately female (66%), aged 25-44 years old (55%) and white British (83%).

Alcohol

Of those who this section applied to, the majority of respondents 47% reported they have been drinking about the same, however a further 36% reported they had been consuming more since the beginning of the pandemic. Those who were consuming more were mainly female (75%), aged between 35 and 64 years old and white British (88%).

Weight

The majority (44%) of those completing the survey reported their weight had stayed the same, however a further 41% reported a weight gain. Of those reporting a gain in weight 76% were female aged between 35- 64 years old (70%) and white British (90%).

Next steps

The response to our survey has been incredible, we appreciate the time taken by all 714 respondents who shared their experiences with us.

We are sharing that feedback with commissioners and providers via a suite of reports to provide robust information upon which to build future service responses. The other summary reports focus on certain areas or individuals experiences during the pandemic. These are titled;

- Mental health and wellbeing
- Use of North East Ambulance Service
- Shielded vs general population

Comments received from survey respondents on specific services will also be shared with service providers and commissioners where appropriate.

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Introduction

What is Healthwatch Sunderland?

Healthwatch Sunderland is the independent local champion for people who use health and social care services. We're here to make sure that those running services put people at the heart of care.

By speaking to Sunderland residents we aim to understand their needs, experiences and concerns of accessing and using local health and social care services. We can then speak out on their behalf to local service providers, focusing on people's concerns about current services and ensuring they are listened to and addressed by those who are running services.

We encourage and work with local services to involve Sunderland residents in the changes to health and social care provision. The ultimate aim is to get things right for the future, with health and social care services which meet the needs of the local community.



*We champion what matters to you and
work with others
to find ideas that work.*

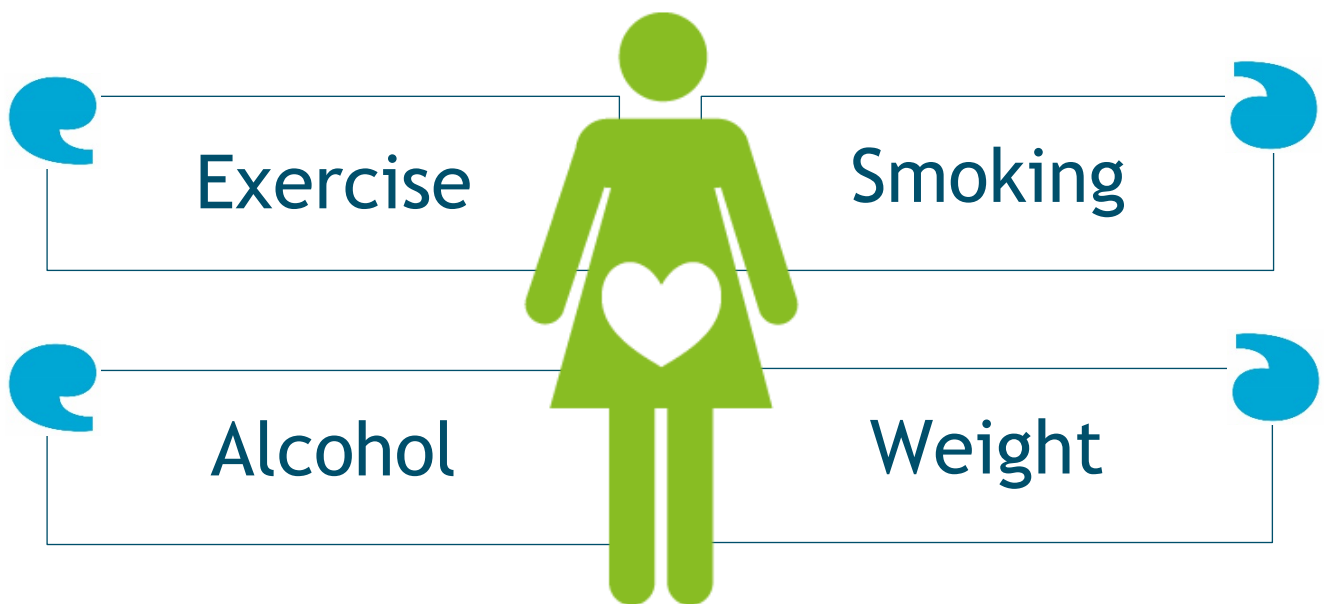
*We are independent and committed to
making the
biggest difference to you.*



Findings

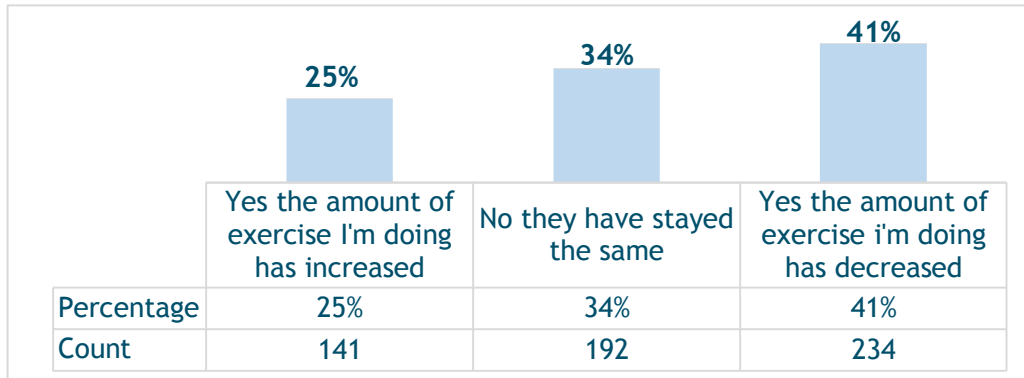
Keeping Yourself Well

In section six of the survey respondents were asked how they were keeping themselves well during the COVID-19 pandemic. The questions were targeted around people's behaviours in four main areas:



Exercise

567 people responded to inform us if the pandemic had effected their overall levels of exercise. The results highlight that the majority of people were either doing the same amount (34%) or less exercise (41%).



Increased levels of exercise



The breakdown of those who informed they had increased their levels of exercise is as follows;

- 77% (109) were female compared to 33% (32) male
- The majority 68% (92) were aged between 35-64
- 89% (126) were white British compared to 7% (10) who were Black, Asian and minority ethnic (BAME), 4% (5) people preferred not to say

Stayed the same



The breakdown of those who had informed that their exercise levels had stayed the same is as follows;

- 63% (121) were female compared with 35% (68) males, 0.5% (1) non-binary and 1.5% (2) preferred not to say
- The majority 62% (136) were aged 45-74
- 86% (164) were white British compared to 6% (12) who were BAME and 8% (14) people preferred not to say

Decreased levels of exercise



The breakdown of those who had informed they had decreased their levels of exercise is as follows;

- 73% (173) were female compared to males 23% (53) and 4% (8) who preferred not to say
- The majority 62% (114) were aged between 45-74
- 89% (208) were white British compared to 1.5% (4) who were BAME, 9.5% (22) preferred not to say

Forms of exercise

People informed of the type of exercise they had taken. Of the 447 people who stated that they had taken any form of exercise, many respondents said that walking was their main form of exercise, along with yoga, cycling, gardening and home exercise. Some of the comments received included:

“Walking, using the treadmill and Pilates DVD.”

“Stretching, sitting in the chair to exercise and also doing balancing exercises.”

“Playing with the kids in the garden, doing workouts in the house with online tutorials.”

“Zumba and Clubbercise classes via ZOOM.”

“Light exercise in the home, and a short daily walk.”

People also mentioned that the ability to carry out their normal levels and/or type of exercise had been affected as a result of the stay at home rules and its limitations to get out as normal:

“Only been able to push wheelchair up and down drive, whereas before the pandemic I usually did 5 to 6 hours exercise a week.”

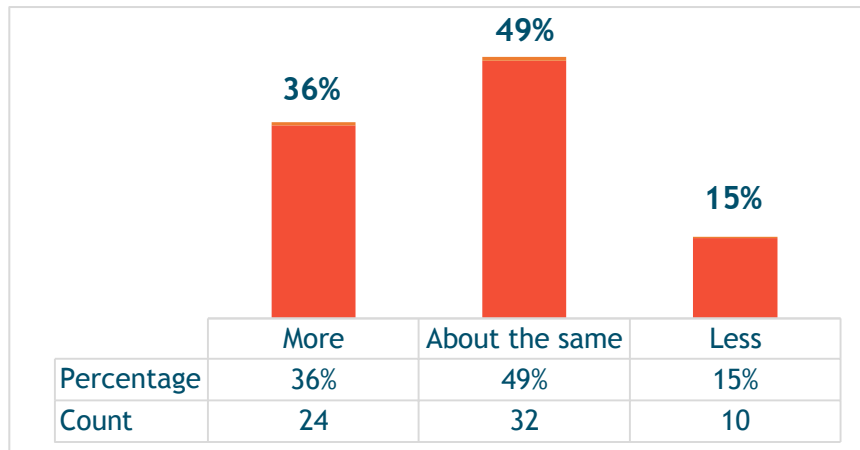
“I have been shielding so only exercise has been in the garden.”

“Mainly cardio as don't have access to heavier weights that I would use at gym. Walk, online classes, run, body weight exercises, Tabatha training, rowing machine, TRX training, Yoga, skipping, core work.”

“I used to do RPM and Zumba at a gym. Plus running. When the pandemic started I switched to just running. Now my Zumba classes are on Zoom so I do more of those, plus I do some running. Therefore I do the same amount in total but in different formats.”

Smoking

Respondents were asked if the pandemic had effected their smoking habits. 66 people answered the questions, the results are given below:



Smoking more



The breakdown of those who informed they were smoking more is as follows;

- 67% (16) were female compared to 34% (8) male
- The majority 55% (12) were aged between 25-44
- 83% (20) were white British compared to 4% (1) who were BAME and 13% (3) who preferred not to say

About the same



The breakdown of those who had informed that were smoking about the same is as follows;

- 72% (23) were female compared with 25% (8) males and 3% (1) preferred not to say
- The majority 54% (19) were aged 45-74
- 91% (29) were white British compared to 6% (2) who were BAME and 3% (1) who preferred not to say

Smoking less

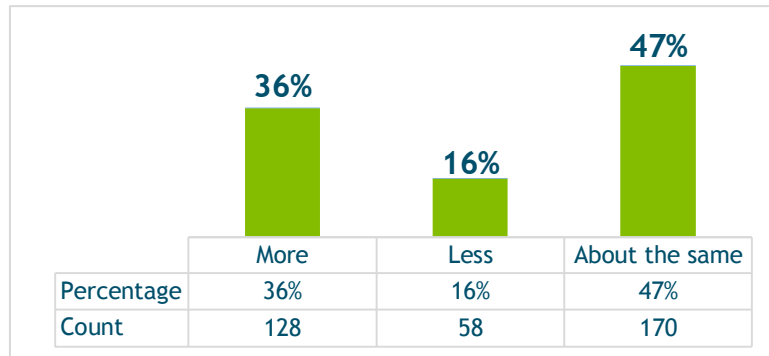


The breakdown of those who had informed they were smoking less is as follows;

- 50% (5) were female compared with 50% (5) males
- The majority 50% (5) were aged 35-54
- 80% (8) were white British compared with 10% (1) who were BAME and 10% (1) who preferred not to say

Alcohol

356 people responded to inform if the pandemic had an effect on their alcohol consumption. The results of this are shown below;



Consuming more



The breakdown of those who informed they were consuming more is as follows;

- 75% (96) were female compared to 25% (32) male
- The majority 75% (95) were aged between 35-64
- 88% (113) were white British compared to 1% (1) who are BAME and 11% (14) who preferred not to say

About the same



The breakdown of those who had informed that consuming about the same is as follows;

- 65% (107) were female compared with 31% (53) males 4% (10) who preferred not to say
- The majority 71% (115) were aged 45-64
- 90% (153) were white British compared to 2% (3) who were BAME and 8% (14) preferred not to say

Consuming less

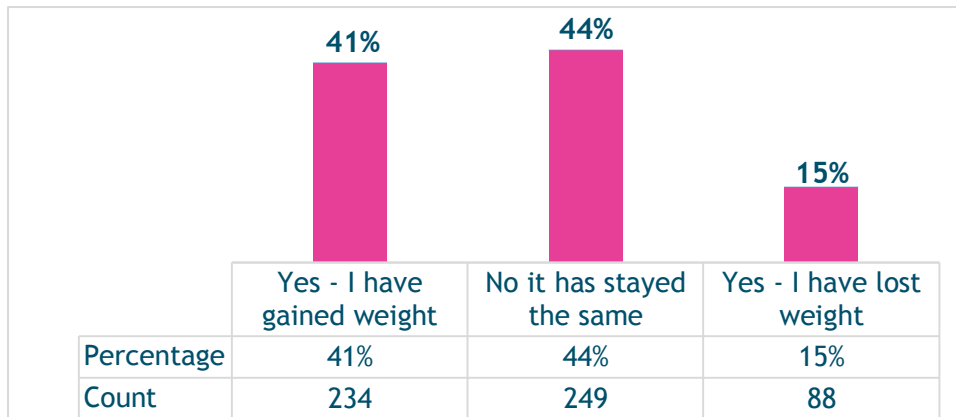


The breakdown of those who had informed they were consuming less is as follows;

- 59% (34) were female compared to males 36% (21) and 5% (3) who preferred not to say
- The majority 55% (31) were aged between 45-64
- 88% (51) were white British compare to 5% (3) who were BAME and 7% (4) who preferred not to say

Weight

571 people responded to inform us if the pandemic had an effect on their weight. The result of those who responded is given below:



Gained weight



The breakdown of those who informed they gained weight is as follows;

- 76% (177) were female compared to 21% (48) male and 3% (9) preferred not to say
- The majority 70% (158) were aged between 35-64
- 90% (210) were white British compared to 4% (10) who are BAME and 6% (14) who preferred not to say

Stayed the same



The breakdown of those who had informed that their weight had stayed the same is as follows;

- 68% (169) were female compared with 31% (76) males and 1% (4) who preferred not to say
- The majority 61% (143) were aged 45-64
- 88% (220) were white British compared to 6% (15) who were BAME and 6% (14) who preferred not to say

Lost weight



The breakdown of those who had informed they had lost weight is as follows;

- 65% (57) were female compared to males 33% (29) and 2% (2) who preferred not to say
- The majority 61% (52) were aged between 45-74
- 85% (75) were white British compare to 6% (5) who were BAME and 9% (80) who preferred not to say

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