

HEALTH & WELLBEING DURING COVID-19 & BEYOND

KEY SURVEY FINDING

The Population Health Team at Central Highlands Rural Health administered a survey in July/August 2020 in regard to the affect of COVID-19 on the health and wellbeing on the local community

362 respondents* to the survey with 72% of respondents living in Hepburn Shire

See key findings below

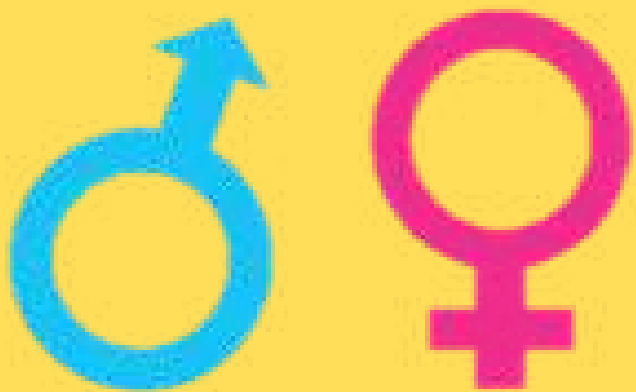
DEMOGRAPHICS OF RESPONDENTS



58% have lived in their area for 10 or more years

54%

are aged between 45 and 64 years of age



77% female
20% male

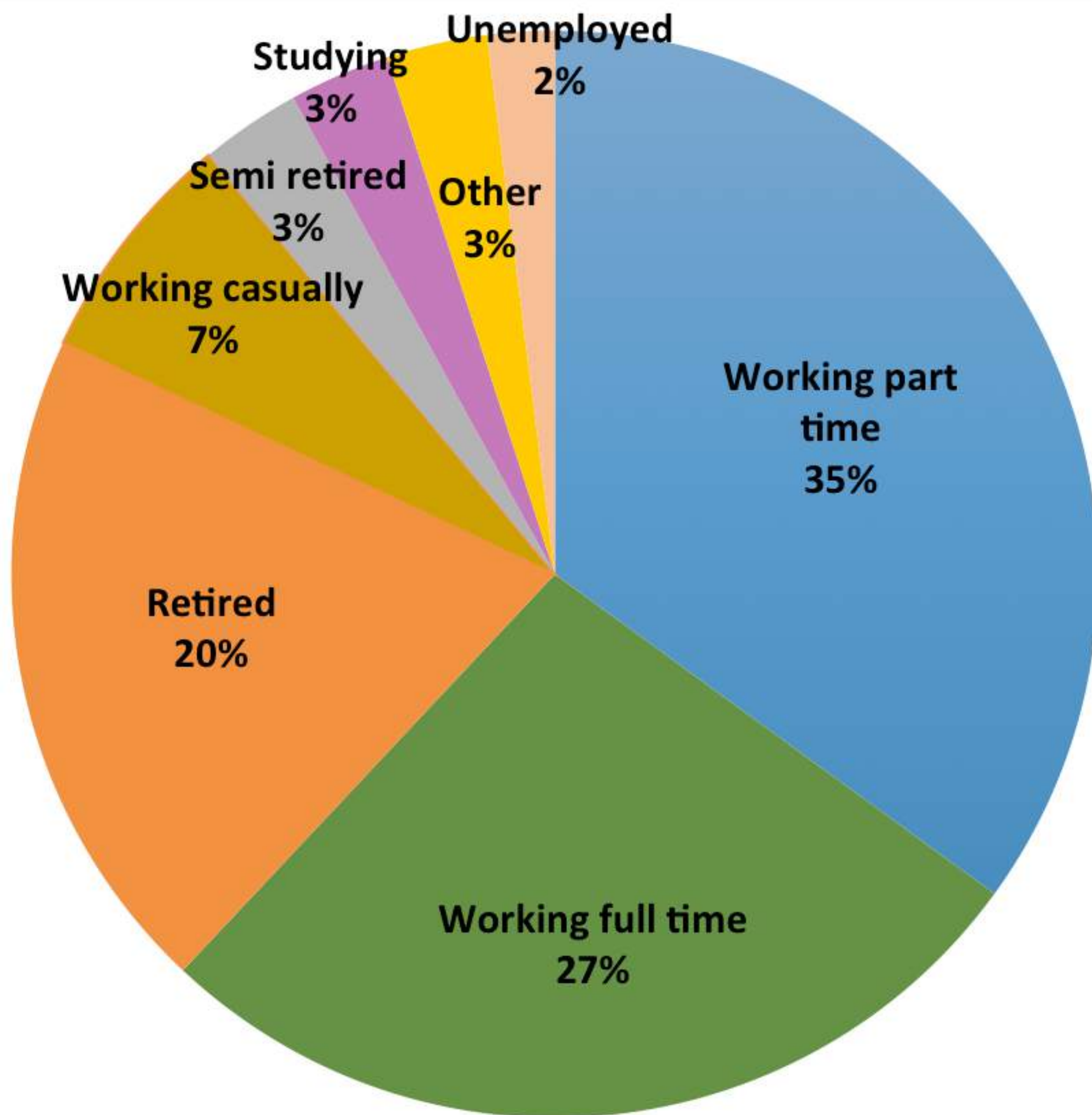


11% identify themselves as active volunteers

*Snapshot in time of an engaged cohort including CHRH consumers

DEMOGRAPHICS CONTINUED

Before COVID-19, respondents were



40%

of respondents
live with
a partner

20%

of respondents
live alone

17%

live with a
partner and
school aged
children

16% of household makeups changed during COVID-19

HEALTH & WELLBEING DURING COVID-19

There was a
DECREASE

in physical activity levels, with more people getting less than 30 minutes per week



The majority of respondents continue to have

**ACCESS TO
HEALTHY FOODS**

In regard to alcohol consumption

4% had a significant increase

11% had a moderate increase

14% had a mild increase

25% of respondents do not drink alcohol



There was an
INCREASE

in feeling lonely 3 or more days per week

20%
INCREASE

in feeling anxious 5-7 days per week

SOCIAL CONNECTIONS

During the pandemic, people have been

**interacting and connecting less with friends,
family and neighbours**



Individuals are most looking forward to

**restaurants, cafes,
and pubs opening up**

**having meals with
loved ones**

COMMUNICATION

The main ways people have been receiving information during the pandemic
is via

Television - 76%

Online News - 74%

Social Media - 63%

Radio - 51%

The majority of respondents did not have any barriers to
receiving information

IMMEDIATE IMPACTS OF COVID-19

Not seeing family and friends

Being isolated/lonely

Less in person interaction

Attending functions, events and milestones

Financial concerns



Social isolation, economic impacts upon local business, and the **mental health** of the community are the most significant concerns

WHAT RESPONDENTS ARE MOST LOOKING FORWARD TO POST COVID-19



We will continue to provide updates on the evidence in the near future. For more information about this survey, please feel free to contact pophealth@chrh.org.au