

# Impact of Coronavirus Control Measures on a Selection of Health Determinants in Scotland – One Year On

Topline results

Public poll commissioned by Obesity Action Scotland

March 2021

# Impact of Coronavirus Control Measures on a Selection of Health Determinants in Scotland: Topline Results

## Question 1

Since the coronavirus pandemic began last year, people have been affected in different ways. Looking at the list below, what position, if any, do you find yourself in now?

Base: All (2244)	%
Working from home	30
I am a keyworker/unable to work from home	26
Having a reduced income	18
I am shielding (I am vulnerable and not leaving my home and minimising all non-essential contact within my home)	12
Being put on the government scheme known as 'furloughing'	10
Seeking help to afford food from family and/or friends	3
Seeking help to afford food from emergency support such as a foodbank	1

## Question 2

Since the start of the coronavirus outbreak, and the first lockdown in March 2020, to what extent, if at all, are you doing more or less of the following now?

*Whole sample*

Base: All (2244)	Much more	A little more	There has been no difference	A little less	Much less	Don't know	N/A
	%	%	%	%	%	%	%
Cooking meals from scratch	16	27	48	6	3	0	1
Eating Confectionery	13	29	41	6	7	0	3
Consuming takeaways	8	23	33	11	17	0	9

Eating to cheer yourself up	15	31	41	3	3	1	7
Eating cakes and biscuits	13	30	41	6	6	0	3

*Half sample*

Base: Approx. Half	Much more	A little more	There has been no difference	A little less	Much less	Don't know	N/A
	%	%	%	%	%	%	%
Eating fruit and vegetables (fresh, frozen or tinned) (1,100)	7	26	59	5	3	*	1
Eating savoury snacks (1,102)	8	26	51	7	5	1	3
Eating ice cream (1085)	5	12	55	5	10	1	12
Eating ready meals (1,125)	2	12	47	7	15	1	17
Drinking alcohol (1,189)	8	18	30	12	14	*	17
Eating longer shelf-life foods (such as tinned, dried or frozen foods) (1,125)	6	20	61	5	4	1	3
Eating together as a family	9	12	58	3	8	*	10
Watching portion sizes (1051)	3	13	65	9	8	1	2
Spending on groceries (1,150)	15	36	34	8	4	1	1
Eating out of boredom (1,113)	18	35	35	3	3	*	6

## Question 3

How often are you eating takeaway meals nowadays?

Base: All (2,244)	%
Rarely or never	31
1-2 times per month	37
1-2 times per week	29
3-4 times per week	2
5 or more times per week	0

## Question 4

Thinking about the issues below, to what extent have they got better or got worse since the coronavirus outbreak.

Base: All (2079)	Much better	A little better	No change	A little worse	Much worse	Don't know / NA
	%	%	%	%	%	%
Your diet	5	18	37	29	11	*
The diet of people in your family	3	14	47	24	6	6
Your physical activity levels	9	21	22	26	21	*
Physical activity levels of people in your family	6	22	25	26	15	5
Your mental wellbeing	3	5	31	41	19	*
Mental wellbeing of people in your family	1	3	28	45	14	7

## Question 5

How does your bodyweight now compare to pre-March 2020 (before the first lockdown)?

Base: All (2,244)	%
Much lower	4
A little lower	15
Lower	19
The same	30
Higher	47
A little higher	36
Much higher	11
Don't know	4
Not applicable	*
Rather not say	*

## Question 6

How have you noticed this change?

Base: All (1,464)	%
Clothes are looser/tighter	62
By standing on scales	58
Other people commenting	14
Something else (please specify)	6
Don't know	2

## Question 7

Why do you think your bodyweight has changed over this period?

Base: All (1,464)	%
Changes in physical activity	69
Changes in diet	58
Physical or mental illness	23
Something else (please specify)	7
Don't know	3

## Question 8

How do you/your household shop for groceries nowadays? Please select one you use most often

Base: All (2,244)	%
Supermarket in person	67
Online supermarket delivery	20
Online supermarket 'click and collect'	5
Local food market in person	4
Convenience store or deli in person	2
Online delivery from a small/medium size food business	2

## Question 9

Thinking about how your shopping for groceries nowadays compares to pre-March 202 (before first lockdown), do you use each of the following more often, less often, or about the same nowadays?

Base: All (2244)	Much more often	A little more often	No difference	A little less often	Much less often	Don't know	N/A
	%	%	%	%	%	%	%
Convenience store or deli in person	3	14	36	10	12	*	23
Supermarket in person	5	9	43	19	21	*	2
Local food market in person	2	8	26	5	13	1	44
Online supermarket 'click and collect'	5	8	10	1	3	*	71
Online supermarket delivery	14	12	15	2	2	*	54
Online delivery from a small/medium size food business	3	12	16	2	3	1	64

\*don't use now or then

## Question 10

Once the covid-19 pandemic is over, do you think you will do more or less of the following than you did pre-March 2020 (before the first lockdown)?

Base: All (2244)	Much more	A little more	No difference	A little less	Much less	Don't know	N/A
	%	%	%	%	%	%	%
Going out for meals	12	23	24	6	24	2	8
Buying snacks and lunches on the go (i.e. café takeaways or shop meal deals)	2	12	37	12	20	2	14
Eating takeaways	2	12	45	17	13	2	8
Cooking from scratch	12	24	54	3	2	1	2
Paying attention to food prices	15	29	51	2	1	1	2
Healthy eating	10	30	47	7	3	1	1
Shopping for local products	10	30	47	2	3	4	5
Using services of small to medium size food businesses	5	28	41	3	4	7	12

## Technical details:

- ▶ The survey was designed by Diffley Partnership and invitations were issued online using the *ScotPulse* panel
- ▶ Results are based on a survey of 2,244 respondents
- ▶ Fieldwork was conducted between 24<sup>th</sup>-26<sup>th</sup> March 2021
- ▶ Results are weighted to the Scottish population by age and gender

Socio demographic description of the survey sample (n=2244)