

Lifestyle of Scotland's People Since the Coronavirus Outbreak

Topline results

Public poll commissioned by Obesity Action Scotland

May 2020

Lifestyle of Scotland's People Since the Coronavirus Outbreak: Topline Results

Question 1

Since the coronavirus pandemic began, people have been affected in different ways. Looking at the list below, which, if any, have you been affected by as a result of the coronavirus?

Base: All (2079)	%
Working from home	29
Having a reduced income	22
I am shielding (I am vulnerable and not leaving my home and minimising all non-essential contact within my home)	21
Being put on the government scheme known as 'furloughing'	15
Seeking help to afford food from family and/or friends	4
Seeking help to afford food from emergency support such as a foodbank	1

Question 2

Since the start of the coronavirus outbreak, to what extent, if at all, are you doing more or less of the following?

Whole sample

Base: All (2079)	Much more	A little more	There has been no difference	A little less	Much less	Don't know	N/A
	%	%	%	%	%	%	%
Cooking meals from scratch	17	26	50	2	2	0	2
Eating fruit and vegetables (fresh, frozen or tinned)	7	22	60	8	2	0	1

Eating confectionery	11	36	37	7	6	0	3
Ordering takeaways	2	10	26	13	31	0	19

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 longer shelf life foods (such as tinned, dried or frozen foods) (1034)	7	28	58	3	2	0	2
Eating cakes and biscuits (1063)	13	36	36	6	6	0	3
Eating savoury snacks (1060)	8	30	49	6	4	0	3
Eating ice cream (1045)	2	15	52	7	10	0	14
Eating ready meals (994)	2	7	43	12	17	0	20
Drinking alcohol (1018)	9	26	31	7	8	0	19
Spending on food (1049)	21	35	26	12	5	1	0
Watching portion sizes (1051)	3	11	69	9	5	1	2
Eating together as a family (1029)	9	12	57	2	6	0	13
The amount of indoor physical activity you are doing (1048)	9	22	47	6	13	0	2
The amount of outdoor physical activity you are doing (1048)	12	23	26	13	24	0	1
Eating more out of boredom (1022)	18	35	36	4	3	0	3

Question 3

Since the coronavirus pandemic began, how often have you been eating takeaway meals?

Base: All (2079)	%
Rarely or never	55
1-2 times per month	26
1-2 times per week	18
3-4 times per week	1
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	4	18	42	29	6	1
The diet of people in your family	4	17	43	23	4	10
Your physical activity levels	9	23	26	24	17	1
Physical activity levels of people in your family	6	25	28	22	11	9
Your mental wellbeing	2	6	40	38	13	1

Question 5

And how concerned, if at all, are you about each of the following issues at the moment?

Base: All (2,079)	Very concerned	Somewhat concerned	A little concerned	Not concerned at all	Don't know
	%	%	%	%	%
Your bodyweight	11	20	32	32	5
The body weight of people in your family	4	12	29	42	13
Your diet	7	14	31	43	5
The diet of people in your family	2	10	26	49	13
Your levels of physical activity	8	17	28	41	6
The levels of physical activity in your family	4	13	29	43	12
Your mental wellbeing	9	18	29	39	5
The mental wellbeing of your family	7	17	34	32	12

Question 6

Some people have educational qualifications and others do not. Looking at the list below, please say which is the highest level of qualification, if any, that you have.

Base: All (2,079)	%
Degree or equivalent	33
Level 1 to 3 (Standard grade, higher)	32
Professional qualifications	22
Other (please state)	6
No Qualifications	5
Don't know	2

Question 7

And looking at the list below, which, if any, of these physical or mental health conditions or illnesses do you currently have?

Base: All (2,079)	%
Mental health problems	20
Heart, blood pressure or circulation problems	19
Arthritis	16
Chest or breathing problems (asthma/bronchitis)	13
Some other health problem or disability	12
Problems or disabilities related to legs or feet	10
Problems or disabilities related to back or neck	10
Diabetes	7
Problems or disabilities related to arms or hands	6
Severe stomach, liver, kidney or digestive problems	4
Severe disfigurement, skin condition or allergies	4
Some other progressive disability or illness	3
Learning or behavioural problems (e.g. autism, Down's Syndrome)	1
Rather not say	3
None	37

Technical details:

- ▶ The survey was designed by Mark Diffley Consultancy and Research Ltd. and was issued online using the *ScotPulse* panel
- ▶ Results are based on a survey of 2079 respondents
- ▶ Fieldwork was conducted between 7th and 13th May 2020
- ▶ Results are weighted to the Scottish population by gender and age