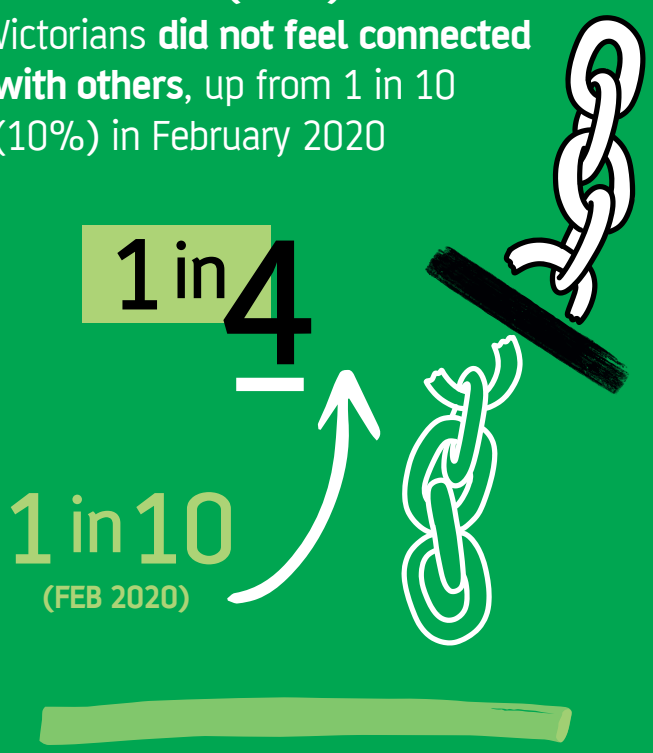


SOCIAL CONNECTION

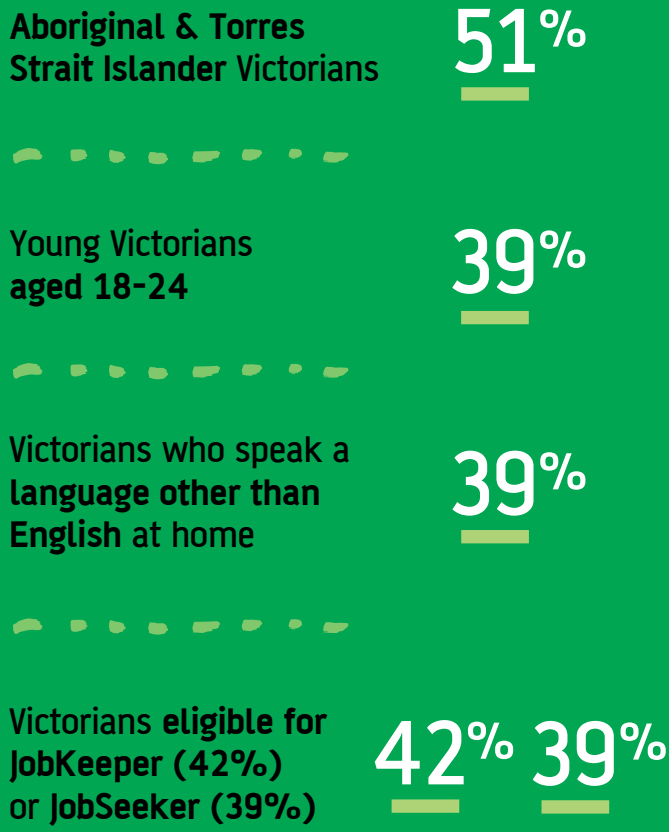
VicHealth Coronavirus Victorian Wellbeing Impact Study

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

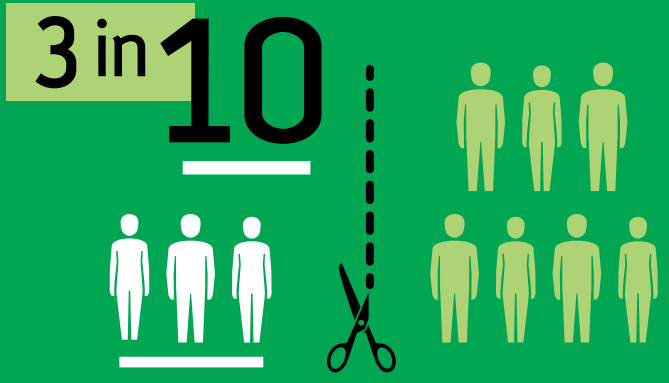
Almost **1 in 4 (23%)** of Victorians **did not feel connected with others**, up from 1 in 10 (10%) in February 2020



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



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



Source research report: <https://doi.org/10.37309/2020.P0909>

Reference surveys: 2017 refers to: Victorian Population Health Survey and 2015 refers to: VicHealth Indicators Survey

Need help? Call Lifeline 13 11 14 or BeyondBlue 1300 224 636

PHYSICAL ACTIVITY

VicHealth Coronavirus Victorian Wellbeing Impact Study

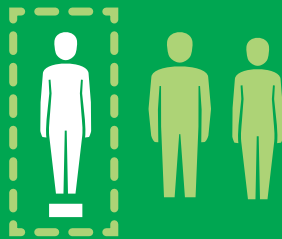
A comprehensive survey of 2,000 Victorians in the first coronavirus lockdown of 2020 showed most of those able to continue being active did so, but there were some limiting factors.

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



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



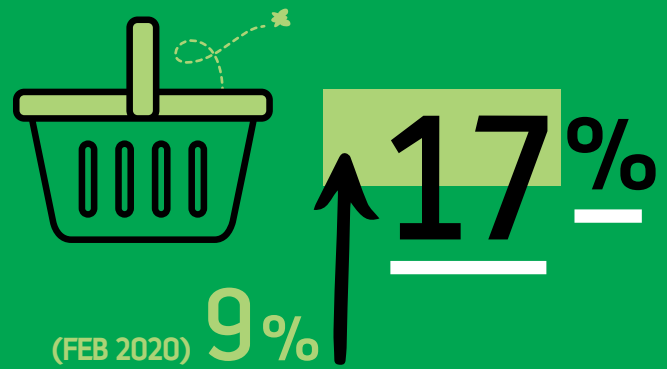
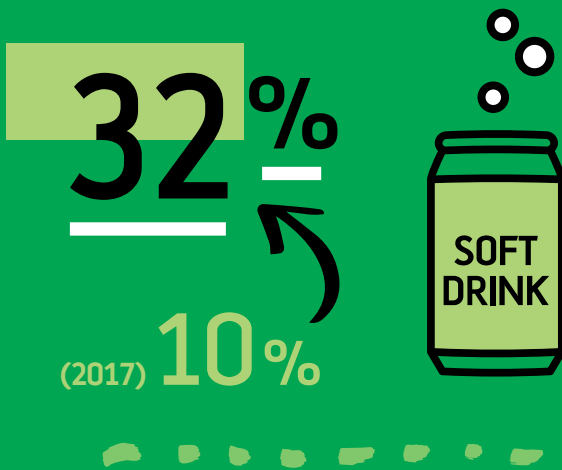
34%

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.

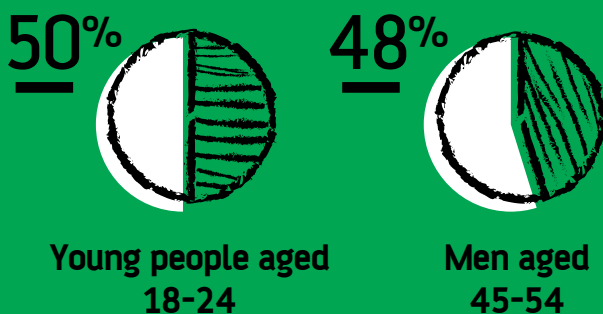
The number of Victorians drinking sugary drinks each day has tripled to 32%



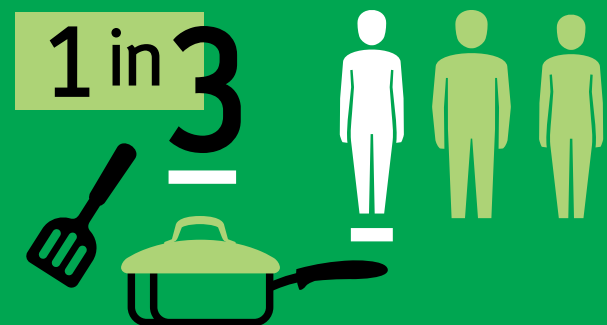
17% of Victorians were worried about having enough money to buy food compared to 9% in Feb 2020



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



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



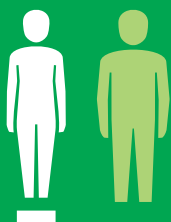
Of those cooking more, almost 1 in 2 (46%) were doing so to save money



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.



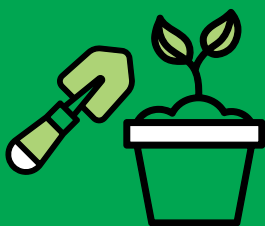
44%

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**

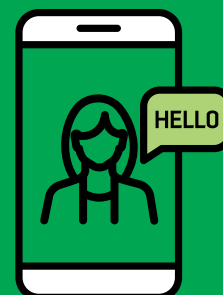
10%



1 in 10 want **flexible work hours**

Social life

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



17%

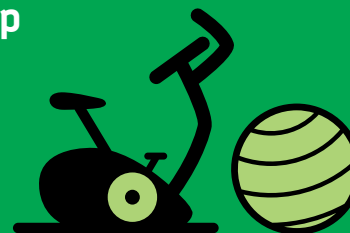


11% want to **socialise more** and have **more contact with people**

Personal wellbeing

25% want to **keep exercising**

25%



8%



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



Victorian Health Promotion Foundation
PO Box 154 Carlton South
Victoria 3053 Australia
T +61 3 9667 1333 F +61 3 9667 1375

vichealth@vichealth.vic.gov.au
vichealth.vic.gov.au
twitter.com/vichealth
facebook.com/vichealth

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*.



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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.