



Ipsos
March 2021

IMPACT OF THE COVID-19 PANDEMIC ON HEALTH

GAME CHANGERS



METHODOLOGY



TARGET



GENERAL
POPULATION

Survey conducted in **14 countries** among representative samples of the population aged 18 y.o. and more in each country.



This current report displays European outcome (7 European countries).



COLLECTION DATES

From February 23rd to March 19th, 2021



METHODOLOGY

Online interviews via Ipsos Access Panel.

Quota method applied to gender, age, occupation, region and market size.

READING NOTE

- for Global results and sub-totals by clusters, each country weights the same.

FOCUS ON 7 EUROPEAN COUNTRIES



7 000 INTERVIEWS

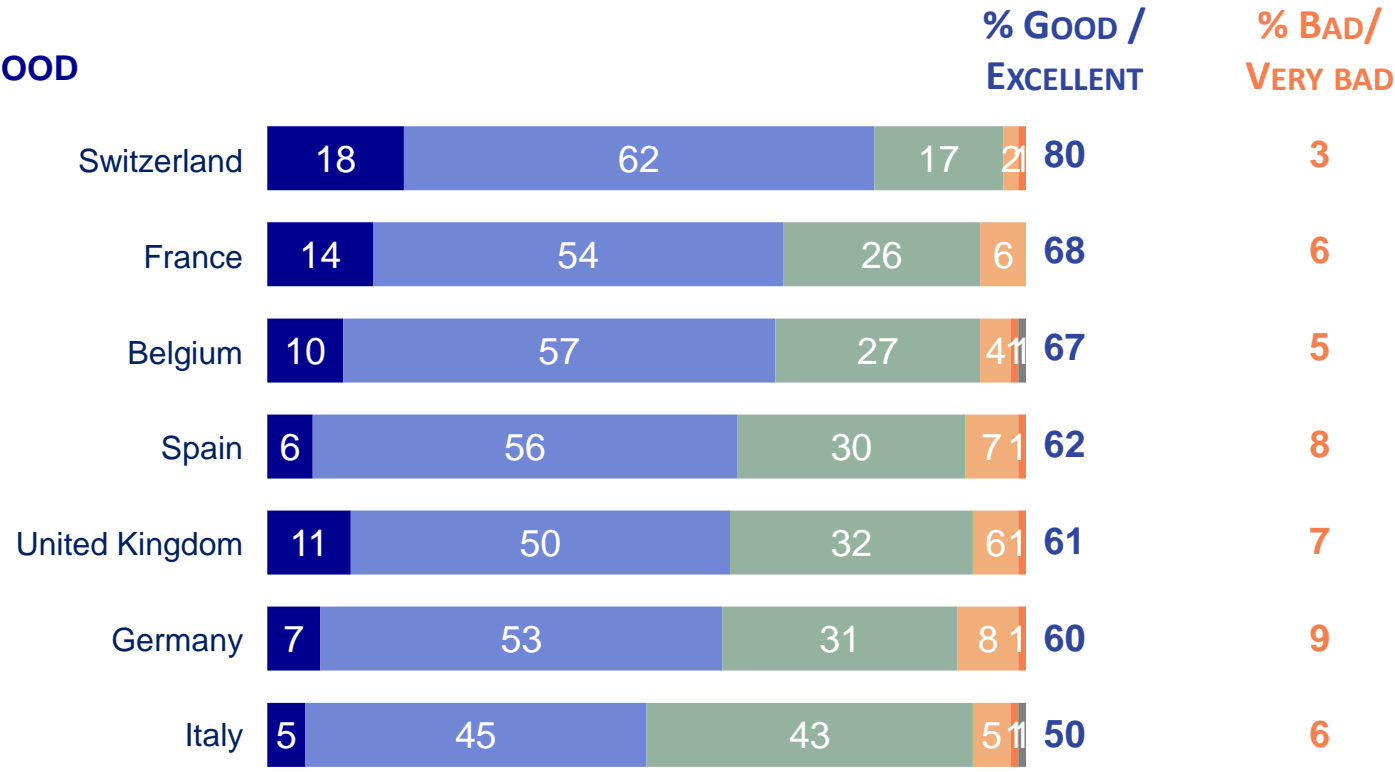
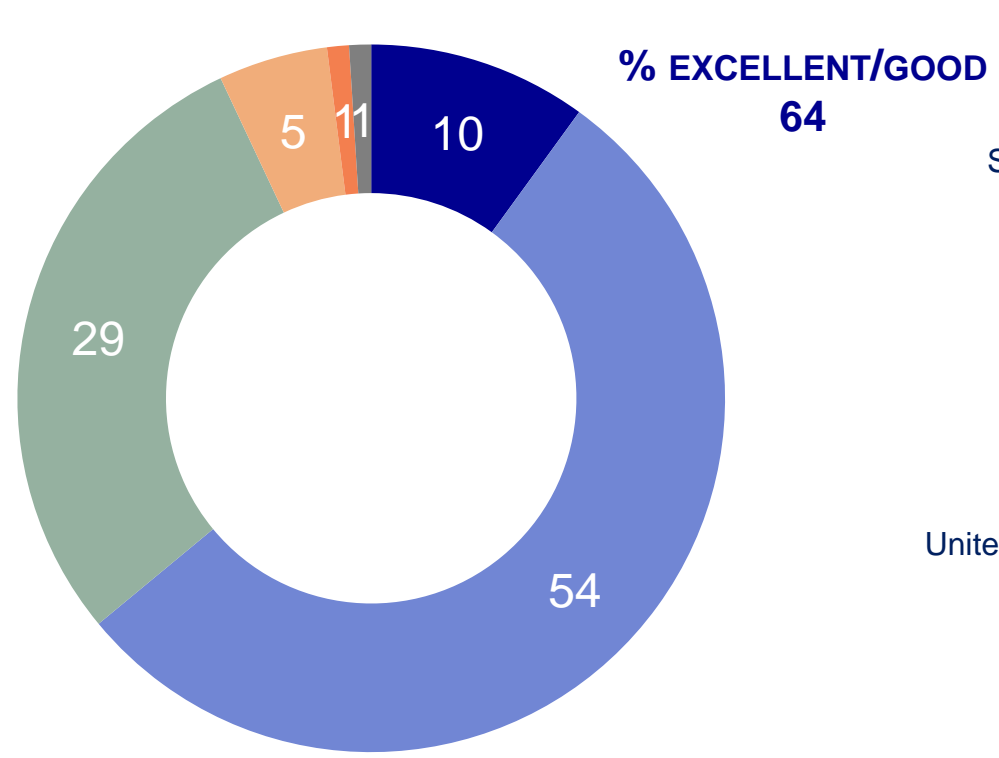


- FRANCE**
1000 interviews
- UNITED-KINGDOM**
1000 interviews
- GERMANY**
1000 interviews
- SPAIN**
1000 interviews
- ITALY**
1000 interviews
- BELGIUM**
1000 interviews
- SWITZERLAND**
1000 interviews

MAIN RESULTS

NEARLY 1 OUT OF 3 EUROPEANS DO NOT CONSIDER THEMSELVES TO BE IN GOOD HEALTH, A VERY HETEROGENEOUS SITUATION: NEARLY 7 OUT OF 10 FRENCH PEOPLE SAY THEY ARE IN GOOD HEALTH, WHILE ONLY 1 OUT OF 2 ITALIANS ARE IN THE SAME SITUATION

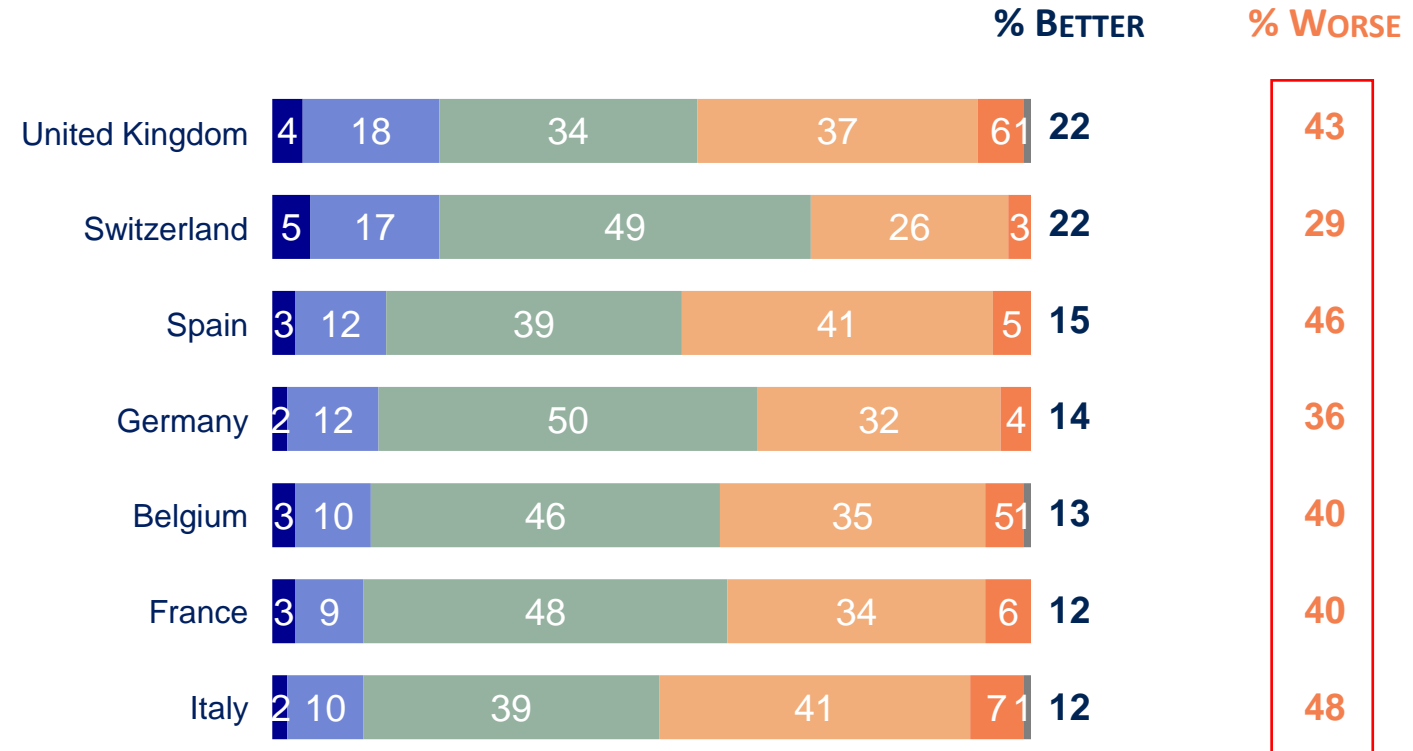
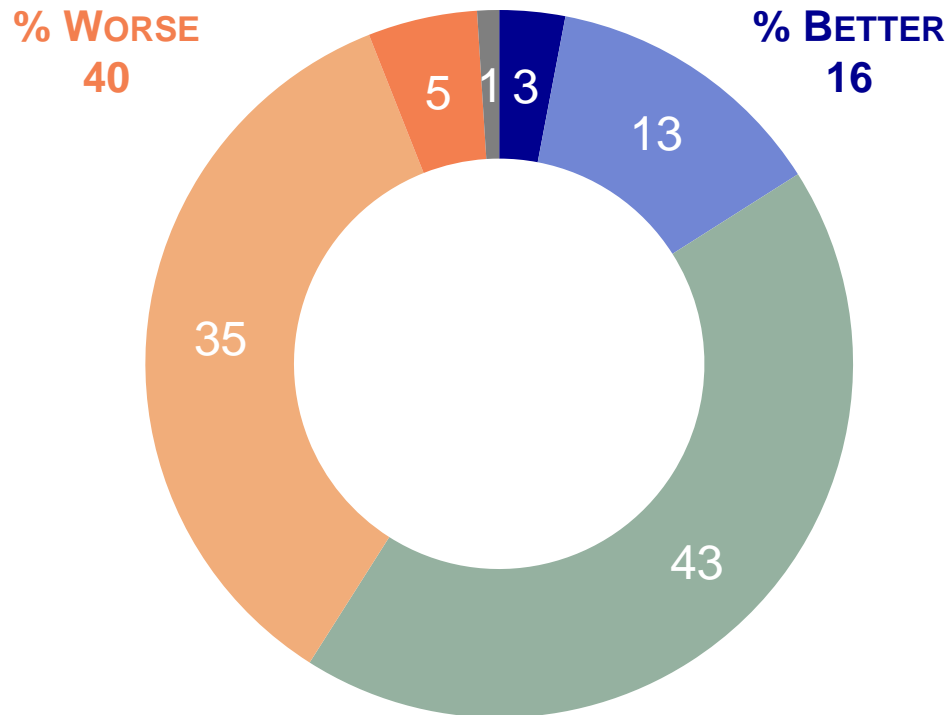
■ EXCELLENT ■ GOOD ■ MODERATE
■ BAD ■ VERY BAD ■ PREFER NOT TO ANSWER



Q1 : Currently, do you think your health is...?

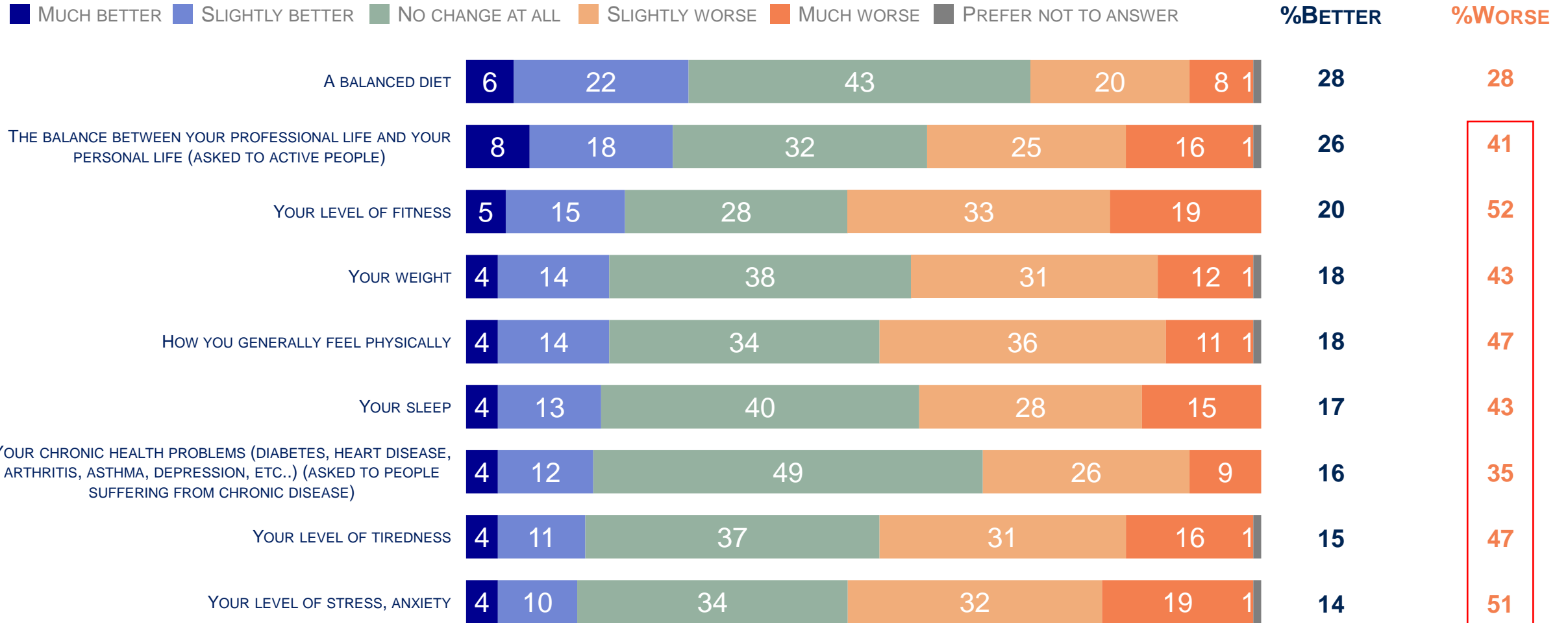
THE HEALTH OF 4 OUT OF 10 EUROPEANS WORSENE DURING THE COVID-19 PANDEMIC

■ MUCH BETTER ■ SOMEWHAT BETTER
■ MY HEALTH HAS NOT CHANGED AT ALL
■ SOMEWHAT WORSE ■ MUCH WORSE
■ PREFER NOT TO ANSWER



Q4 : Compared to the time BEFORE the pandemic, how would you assess your health right now?

NEARLY HALF OF ALL EUROPEANS ADMIT THAT THEIR PERSONAL SITUATION HAVE WORSENERD IN MANY AREAS SINCE THE BEGINNING OF THE PANDEMIC: LEVEL OF ANXIETY, TIREDNESS OR GENERAL PHYSICAL CONDITION



Q2 : Since the beginning of the pandemic and its consequences (lockdown, curfew, home office, etc..), would you say that your current personal situation regarding the following is better or worse?

VERY STRONG DIFFERENCES BETWEEN COUNTRIES: A MORE WORRYING SITUATION IN ITALY



PER COUNTRY

% Worse

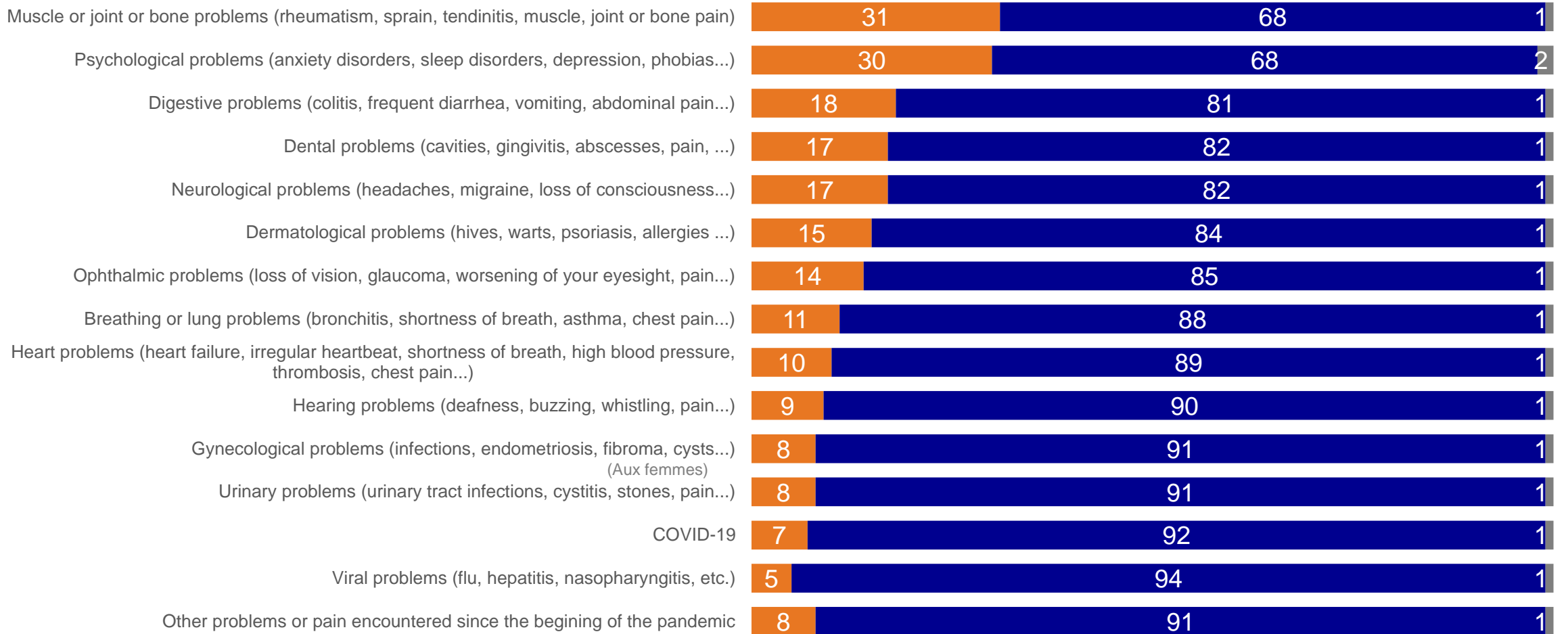
| | EUROPE | FRANCE | BELGIUM | GERMANY | ITALY | SPAIN | UNITED KINGDOM | SWITZERLAND |
|---|--------|--------|---------|---------|-------|-------|----------------|-------------|
| Your level of fitness | 52 | 53 | 52 | 48 | 59 | 52 | 53 | 46 |
| Your level of stress, anxiety | 51 | 55 | 51 | 39 | 64 | 55 | 55 | 39 |
| How you generally feel physically | 47 | 49 | 48 | 45 | 52 | 49 | 50 | 36 |
| Your level of tiredness | 47 | 51 | 48 | 38 | 55 | 50 | 51 | 39 |
| Your weight | 43 | 41 | 46 | 40 | 48 | 42 | 48 | 37 |
| Your sleep | 43 | 45 | 44 | 36 | 51 | 45 | 48 | 32 |
| The balance between your professional life and your personal life (asked to active people) | 41 | 43 | 41 | 41 | 46 | 42 | 36 | 41 |
| Your chronic health problems (diabetes, heart disease, arthritis, asthma, depression, etc..) (asked to people suffering from chronic disease) | 35 | 33 | 34 | 37 | 41 | 36 | 41 | 25 |
| A balanced diet | 28 | 30 | 34 | 22 | 34 | 25 | 32 | 21 |

Q2 : Since the beginning of the pandemic and its consequences (lockdown, curfew, home office, etc..), would you say that your current personal situation regarding the following is better or worse?

2 OUT OF 3 EUROPEANS EXPERIENCED HEALTH PROBLEMS DURING THE COVID-19 PANDEMIC



■ YES
 ■ No
 ■ PREFER NOT TO ANSWER



Q3 : Since the beginning of the pandemic, which of the following problems have you experienced for the first time or more intensely than before?

MORE PROBLEMS EXPERIENCED IN THE COUNTRIES MOST AFFECTED BY THE PANDEMIC : IN ITALY, IN SPAIN AND TO A LESSEr EXTENT THE UNITED KINGDOM

% Yes

| | EUROPE | FRANCE | BELGIUM | GERMANY | ITALY | SPAIN | UNITED KINGDOM | SWITZERLAND |
|--|--------|--------|---------|---------|-------|-------|----------------|-------------|
| Muscle or joint or bone problems (rheumatism, sprain, tendinitis, muscle, joint or bone pain) | 31 | 29 | 30 | 25 | 39 | 35 | 33 | 26 |
| Psychological problems (anxiety disorders, sleep disorders, depression, phobias...) | 30 | 27 | 28 | 26 | 37 | 35 | 33 | 26 |
| Digestive problems (colitis, frequent diarrhea, vomiting, abdominal pain...) | 18 | 16 | 17 | 18 | 23 | 18 | 16 | 17 |
| Dental problems (cavities, gingivitis, abscesses, pain, ...) | 17 | 16 | 15 | 14 | 24 | 21 | 19 | 12 |
| Neurological problems (headaches, migraine, loss of consciousness...) | 17 | 12 | 17 | 17 | 16 | 23 | 18 | 15 |
| Dermatological problems (hives, warts, psoriasis, allergies ...) | 15 | 13 | 16 | 11 | 16 | 21 | 12 | 14 |
| Ophthalmic problems (loss of vision, glaucoma, worsening of your eyesight, pain...) | 14 | 12 | 14 | 13 | 13 | 18 | 13 | 13 |
| Breathing or lung problems (bronchitis, shortness of breath, asthma, chest pain...) | 11 | 9 | 12 | 13 | 8 | 10 | 12 | 12 |

Q3 : Since the beginning of the pandemic, which of the following problems have you experienced for the first time or more intensely than before?

OTHER PROBLEMS EXPERIENCED SINCE THE BEGINNING OF THE PANDEMIC

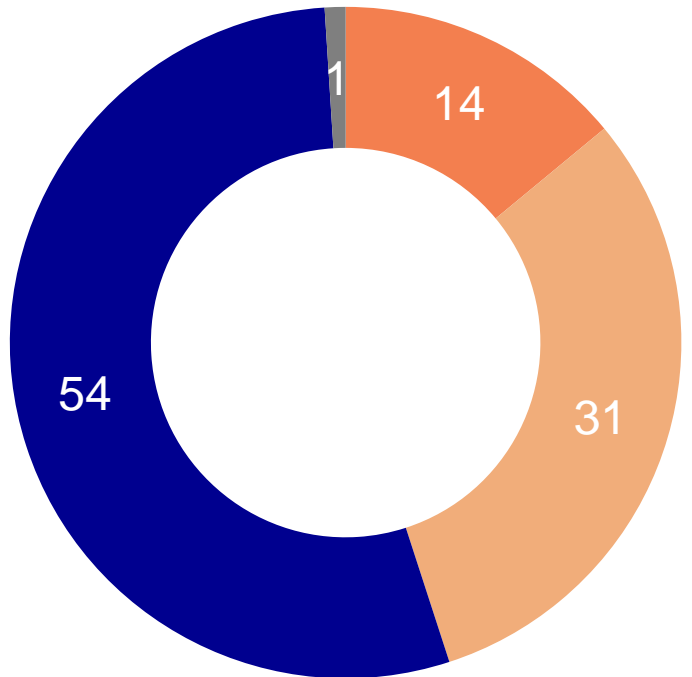
% Yes

| | EUROPE | FRANCE | BELGIUM | GERMANY | ITALY | SPAIN | UNITED KINGDOM | SWITZERLAND |
|---|--------|--------|---------|---------|-------|-------|----------------|-------------|
| Heart problems (heart failure, irregular heartbeat, shortness of breath, high blood pressure, thrombosis, chest pain...) | 10 | 10 | 9 | 10 | 12 | 8 | 9 | 9 |
| Hearing problems (deafness, buzzing, whistling, pain...) | 9 | 8 | 8 | 8 | 12 | 10 | 9 | 8 |
| Gynecological problems (infections, endometriosis, fibroma, cysts...) (to women) | 8 | 8 | 7 | 5 | 11 | 9 | 6 | 10 |
| Urinary problems (urinary tract infections, cystitis, stones, pain...) | 8 | 7 | 5 | 6 | 11 | 9 | 7 | 7 |
| COVID-19 | 7 | 6 | 7 | 5 | 6 | 7 | 7 | 11 |
| Viral problems (flu, hepatitis, nasopharyngitis, etc.) | 5 | 6 | 4 | 3 | 5 | 6 | 4 | 8 |
| Other problems or pain encountered since the beginning of the pandemic | 8 | 6 | 6 | 8 | 9 | 9 | 8 | 9 |

Q3 : Since the beginning of the pandemic, which of the following problems have you experienced for the first time or more intensely than before?

1 EUROPEAN OUT OF 3 SAY THAT ALL THE HEALTH PROBLEMS EXPERIENCED DURING THE PANDEMIC DID NOT RECEIVE MEDICAL ATTENTION

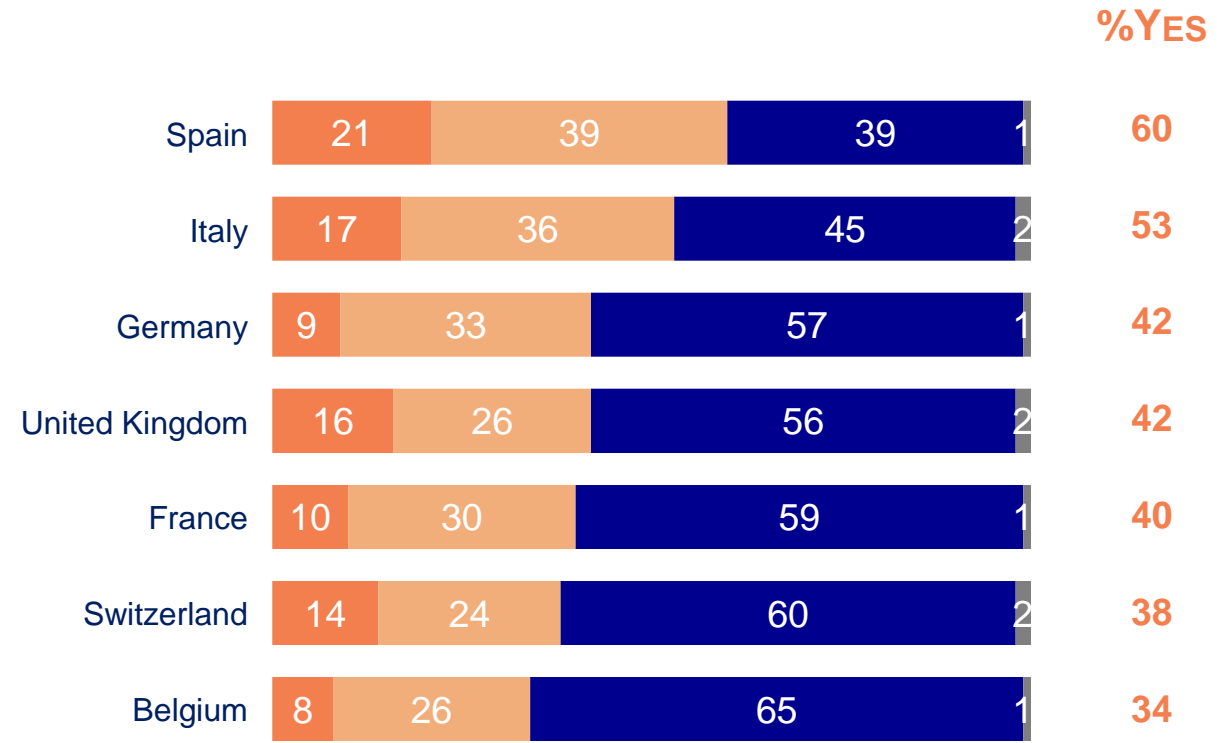
- YES, FOR ALL OF THEM
- YES, BUT ONLY FOR SOME OF THEM
- No
- PREFER NOT TO ANSWER



%YES
45

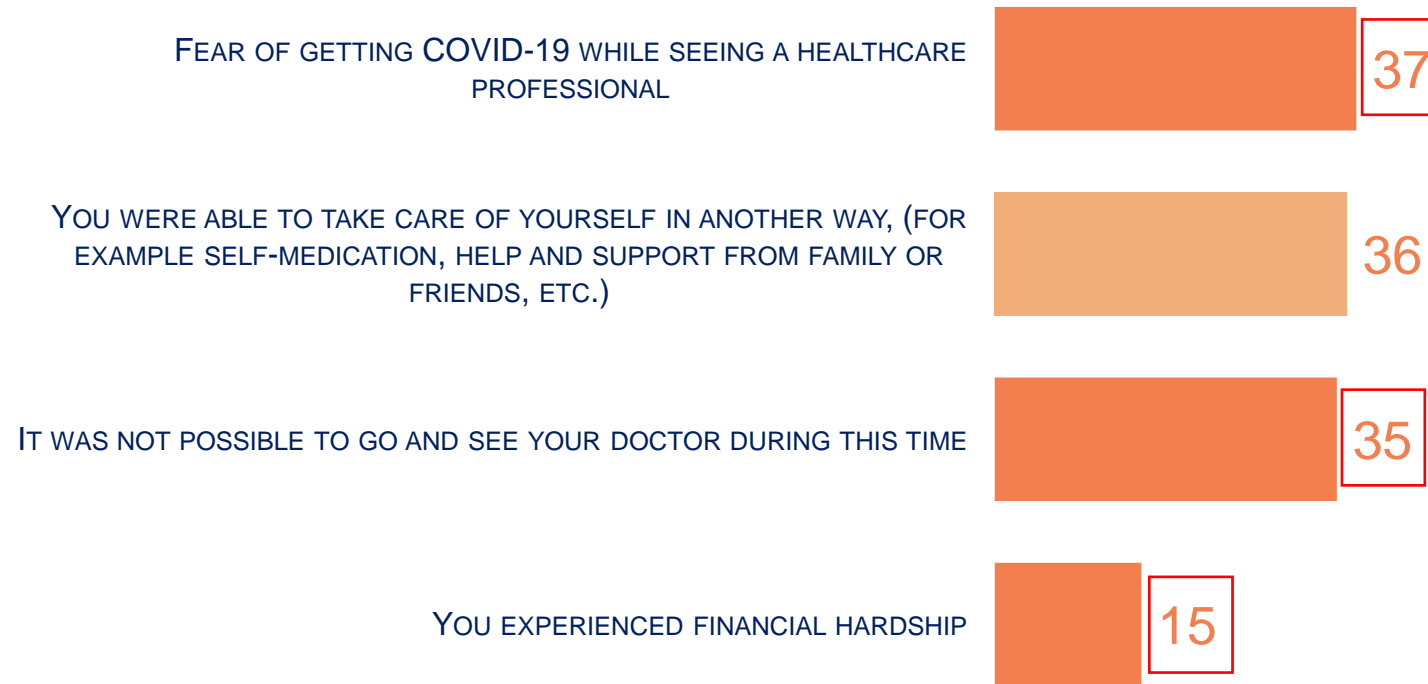


In total, **29%** of Europeans interviewed have given up care, treatment or visits to their doctor



Q5 : As a result of the health problems or pains you have experienced since the beginning of the pandemic, have you given up care, treatments or visits to your doctor?

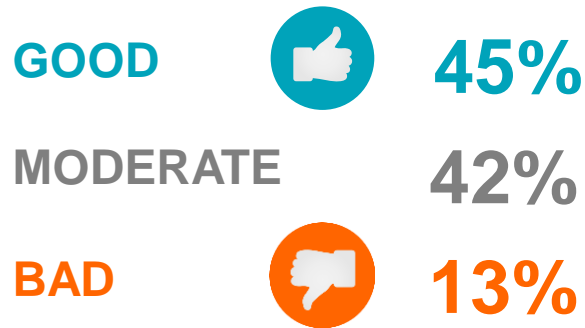
WHEN EUROPEANS GAVE UP CARE, TREATMENTS, OR DOCTORS VISITS, IT IS NOT MERELY A CHOICE



Q6 : And among the following reasons, which best explain why you gave up these care, treatments or visits to your doctor?

THE SITUATION IS EVEN MORE WORRYING FOR THE CHRONIC PATIENTS: NEARLY 1 OUT OF 2 DECLARE THAT THEIR HEALTH HAS WORSENE DUE TO THE PANDEMIC

Currently, chronic patients' health is...



But, compared to the time BEFORE the pandemic,

Their health is getting **WORSE**
47%

Since the beginning of the pandemic, **78%** have experienced a health problem



52% have given up care, treatments or visits to their doctor...

Especially because It was not possible to go and see their doctor during this time **37%**



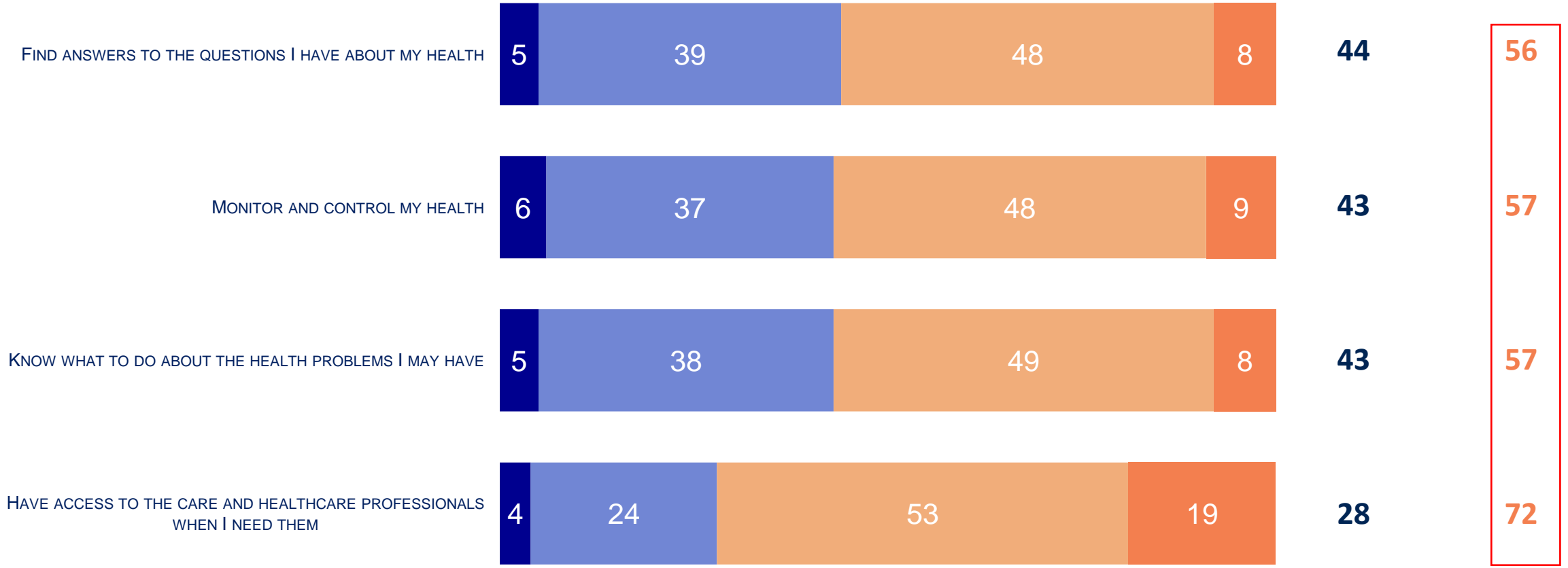
49% think they will need to have a full health check in the following weeks

THE MAJORITY OF EUROPEANS FEEL THAT SINCE THE BEGINNING OF THE EPIDEMIC, IT HAS BEEN MORE DIFFICULT FOR THEM TO MONITOR AND CONTROL THEIR HEALTH STATUS

■ MUCH EASIER ■ SLIGHTLY EASIER ■ SLIGHTLY HARDER ■ MUCH HARDER

%EASIER

%HARDER



Q7 : Since the beginning of the pandemic, which of the following do you think is easier or harder than before?

ACCESS TO THE CARE AND HEALTHCARE PROFESSIONALS HAVE BEEN DEFINITELY HARDER SINCE THE BEGINNING OF THE PANDEMIC IN EVERY EUROPEAN COUNTRIES



PER COUNTRY

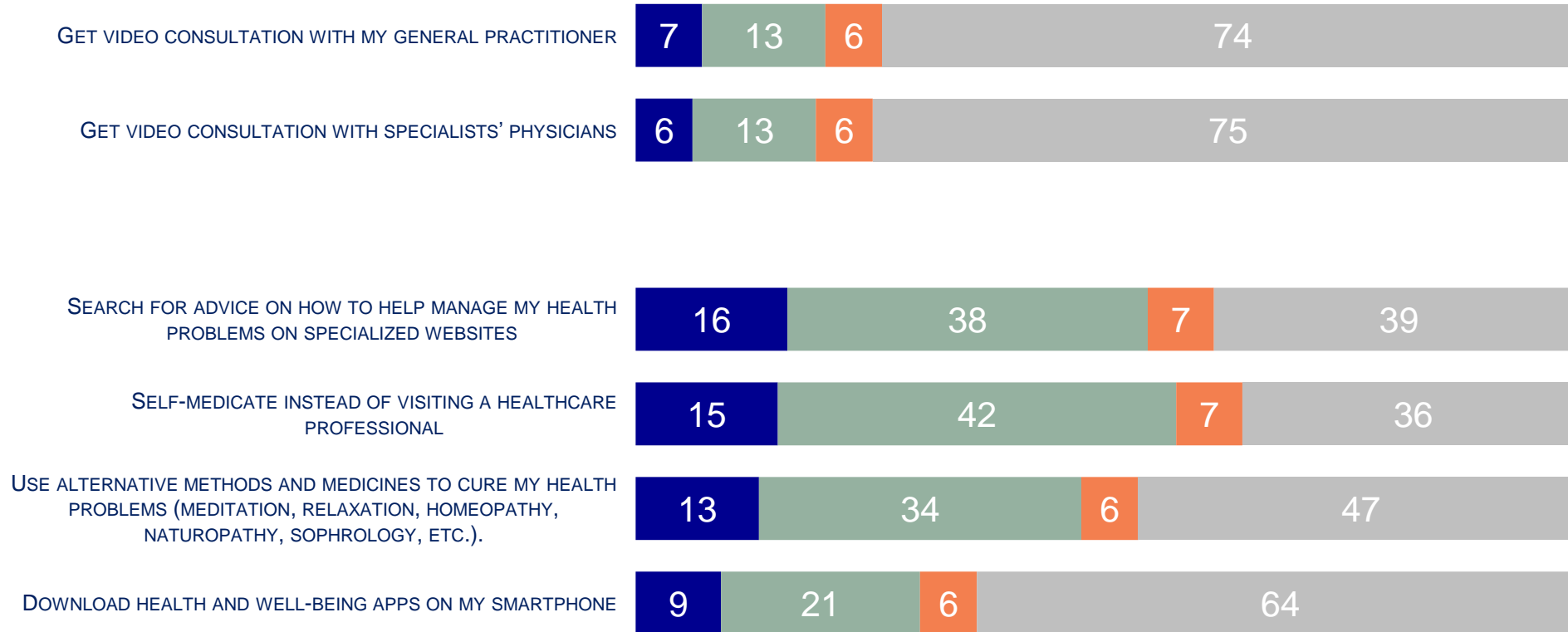
% Harder



Q7 : Since the beginning of the pandemic, which of the following do you think is easier or harder than before?

THE HEALTH PROBLEMS EXPERIENCED COULD NOT REALLY BE SOLVED BY AN INCREASED USE OF TELECONSULTATION OR DIGITAL TOOLS

■ MORE
 ■ AS MUCH AS BEFORE
 ■ LESS
 ■ I NEVER OR ALMOST NEVER DO THIS



Q8 : Since the beginning of the pandemic, have you done the following more, less or as much as before?

EMERGING PRACTICES SINCE THE BEGINNING OF THE PANDEMIC



% More

| | EUROPE | FRANCE | BELGIUM | GERMANY | ITALY | SPAIN | UNITED KINGDOM | SWITZERLAND |
|---|--------|--------|---------|---------|-------|-------|----------------|-------------|
| Get video consultation with my <u>general practitioner</u> | 7 | 12 | 6 | 3 | 8 | 7 | 10 | 6 |
| Get video consultation with <u>specialists' physicians</u> | 6 | 11 | 5 | 3 | 5 | 7 | 8 | 5 |
| Search for advice on how to help manage my health problems on specialized websites | 16 | 11 | 13 | 13 | 20 | 13 | 27 | 16 |
| Self-medicate instead of visiting a healthcare professional | 15 | 13 | 10 | 13 | 21 | 10 | 23 | 13 |
| Use alternative methods and medicines to cure my health problems (meditation, relaxation, homeopathy, naturopathy, sophrology, etc.). | 13 | 14 | 12 | 11 | 10 | 11 | 16 | 17 |
| Download health and well-being apps on my smartphone | 9 | 7 | 8 | 7 | 10 | 8 | 13 | 11 |

Q8 : Since the beginning of the pandemic, have you done the following more, less or as much as before?