

CORONA Survey Questions About Behavior Changes and Positive Impacts During the Pandemic

December 2020



Note: This is a qualitative analyses of two questions from the CORONA survey.

WHAT IS THE CORONA SURVEY

Community Recovery-Oriented Needs Assessment

- 9,547 adults from King County responded to this statewide survey
 - 3,442 respondents with children
- Sample was primarily white (70%), female (75%), and had a Bachelor's degree or higher (69%)
- Conducted in August and September 2020
- Survey available online or over the phone
- Available in English, Spanish, Vietnamese, Somali, Russian, Tagalog*
- Done through convenience sampling, which means that findings do not tell us about King County overall- only the experiences of King County respondents
 - Respondents were more likely to be female, ages 45-64, or have a graduate/professional degree than the overall King County population

** 0.7% of comments analyzed were in Spanish, the remainder in English.*

Findings are from two survey questions

- Since February 2020, have you made changes to your life or behavior?
- Although this is a challenging time, can you tell us about any positive outcomes you have experienced?

Key Points from two questions in the Community Oriented Recovery Needs Assessment in King County

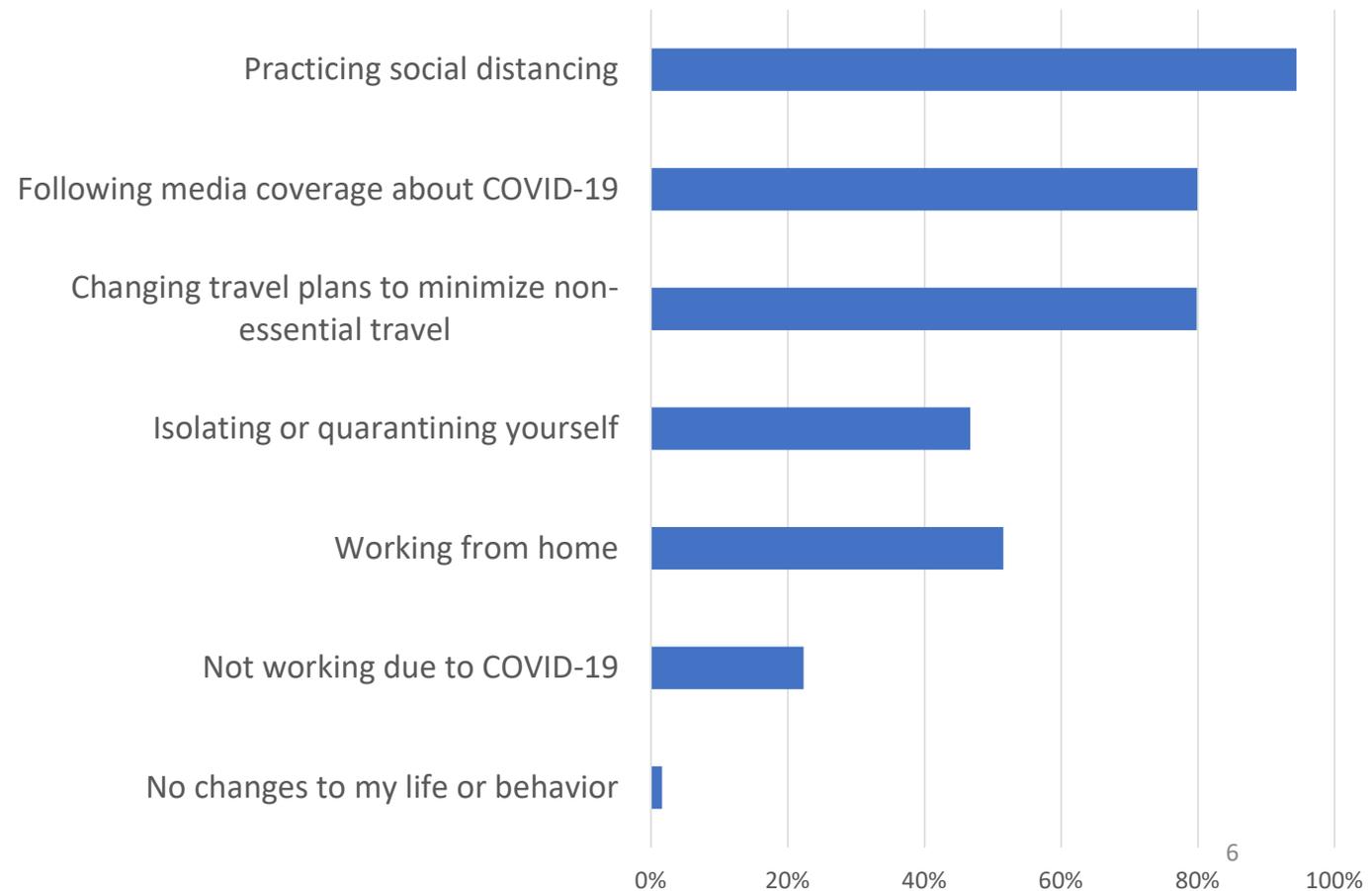
- People report numerous changes in their lives
 - Complying with mask wearing/social distancing/remaining home
 - Increases/decreases in healthy behaviors
 - Changed nature of work/childcare/education
 - Postponed or cancelled big events/life plans
 - Increased use of virtual platforms to shop and connect with others
- People experienced positive impacts during the pandemic
 - More time with family/friends
 - More time for and/or better health/spirituality
 - Received needed supports
 - Appreciated compliance with social distancing and other mandates
 - Less pollution

How findings are presented in this brief report

- The slides show responses to two questions from the survey. For each question:
 - People could select responses from a list; and
 - People had the option to include additional text.
- Results of the survey question are followed by themes from the open-ended responses provided by some respondents.
 - Themes appear on the left;
 - Select quotes appear to the right.

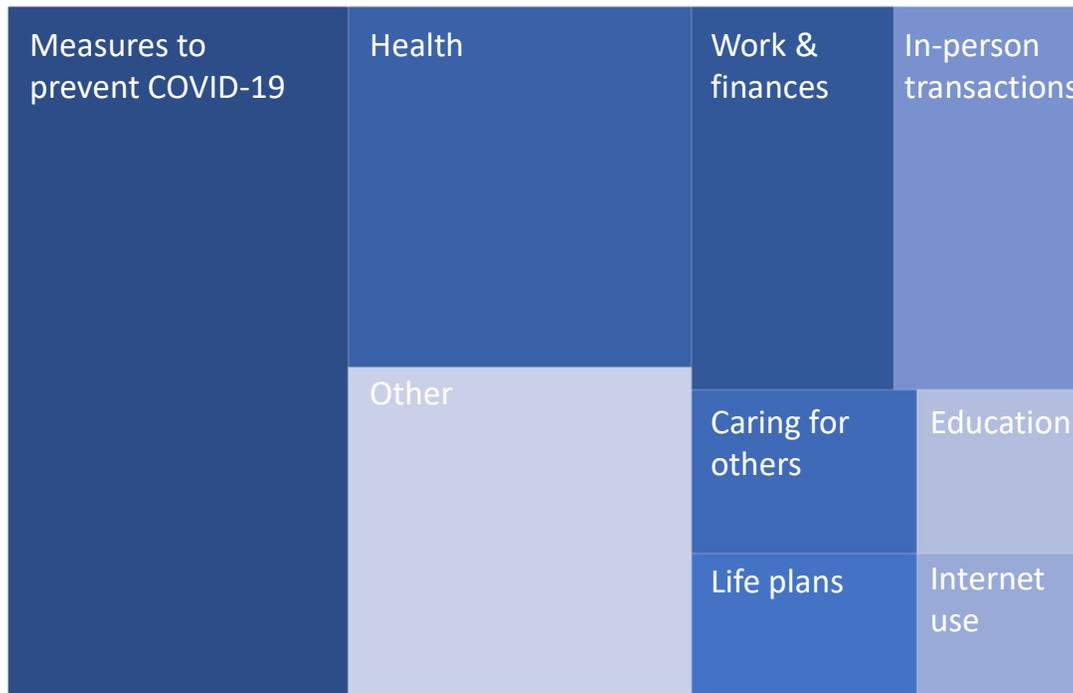
Since February 2020, have you made changes to your life or behavior?

- 9,547 people responded to the survey
- Some respondents added open-ended responses described on the following slides



Other changes to life or behavior since Feb 2020*

In the chart below, the box sizes reflect how often people adding comments mentioned the most common topics. The following slides review themes in content within the major topics.



“Going through a big deal of care to protect my family from COVID and to keep my kids happy and active while in isolation, also reduced income and lots more work on my part trying to handle everything”

“Pretty much our whole lives changed. No work, no money. No school, the kids stay home and play video games. Sometimes strangers will be angry with me because I can't always wear a mask and start a fight.”

“Trying to live without any income, no job, no contact, nothing.”

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options (Question 12).

Changes: Measures to prevent COVID-19*

- Social distancing – i.e. reducing your physical contact with other people in social, work, or school settings by avoiding large groups and staying 3-6 feet away
- Isolating or quarantining yourself – i.e. while you are sick or if you have been exposed, separating yourself from other people to prevent others from getting it
- Minimizing non-essential trips
- Wearing masks
- Cleaning surfaces
- Avoiding crowded areas

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

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“Wearing a mask when I'm outside where I might encounter others.”

“When I leave my home I always wear a mask and latex gloves. I severely limit the places I go to those absolutely necessary.”

“Wearing mask when outside home. Wearing face shield in some situations where I think I might encounter others. Washing hands or sanitizer on hands frequently.”

“Wearing a mask when in public... Wiping down all my grocery purchases. Quarantining mail and packages.”

Changes: Health*

- Engaging in healthy habits – e.g. exercising more, going outdoors, learning new skills, gardening and other self-care practices
- Engaging in unhealthy habits – e.g. overeating, substance misuse, exercising less or not at all
- Dealing with mental health issues (self or family)
- Dealing with new health condition (self or family)
- Delaying getting medical or dental care
- Going through the death of family member

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

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“Over eating, not [exercising] enough, gained weight, watch tv which I never do, too much sitting, feelings of not wanting to do anything.”

“Drove to Florida to take care of my Father who contracted Covid-19. He experienced every aspect of what this virus does to a persons[sic] body and brain. He was in ICU for 5 wks. and died at the age 79.”

“My adult daughter after 6 years of sobriety [and] almost completed BA in computer science relapsed and died. The depression from online school for her and her son added to her stress of my cancer”

“I get more sleep and have time to exercise”

“Stopped drinking alcohol.”

Changes: Work & finances*

- Working from home
- Not working due to COVID-19
- Changing jobs
- Working less
- Working more
- Going through hardships in their business
- Retiring
- Having a harder time to find work
- Reducing spending

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

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“I’ve lost two jobs because of COVID.”

“Much tighter household budget, grocery shopping is more frugal, and auto repairs have been delayed due to financial strain forcing reliance on community transit.”

“I am a flight attendant. I was diagnosed with COVID. It has been very hard to not get paid because I was out of work for a whole month.”

“Working in a high-risk profession wearing heavy duty PPE for up to 6 hours without breaks for water, food or restroom.”

Changes: In-person transactions*

- Reducing in-person shopping
- Reducing in-person dining
- Reducing in-person services (e.g. banking)

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

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“I mainly get grocery delivery, meal takeout and delivery more often, stopped going to the gym, any needs are ordered online.”

“I have not been [inside] a store or restaurant since early March.”

“Shopping on-line for groceries-either using 'no-contact' pickup or delivery. Limiting time in bank, using pre-pay for prescriptions, doing as much as possible to reduce exposure risk.”

“Ordering everything online (no in-person shopping of any kind).”

Changes: Caring for others*

- Caring for a child or children at home
- Caring for others in the family or in the community – e.g. adult offspring, spouse, neighbors and friends
- Caring for a child or children outside the home
- Caring for an elderly person outside the home

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“Supporting extended family by caring for a grandchild or grandchildren twice or more times per week.”

“Supporting a relative who had been very depressed due to situation.”

“Caring for parents in their home, by doing all their shopping.”

“Sewing masks for family. Giving, receiving extra attention with family by phone/mail to keep spirits up.”

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

Changes: Life plans*

- Canceling life plans e.g. weddings and trips
- Changing life plans

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

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“Had to stop my plans to start my own business in order to teach my children while my spouse works from home.”

“I've had to postpone my wedding two times.”

“Had to cancel Canada vacation because border closed. Canadian relatives cannot visit.”

“Delaying becoming pregnant again, researching moving out of the city.”

Changes: Education*

- Changing the way children receive formal education
- Changing the way adults receive formal education

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

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“Homeschooling my child- this is a massive change that has been the biggest effect of Coronavirus on our family.”

“College student very uneasy about returning to school.”

“Trying to teach my child myself with no teachers degree or comprehension of the process.”

“Classes moving to all online.”

Changes: Internet use*

- Using the internet to connect with others
- Using the internet to study
- Using the internet to work

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

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“Taking more online classes.”

“All social interactions are online to ensure safety for our elderly parents and my immune compromised son.”

“Intentionally staying in touch virtually with friends and family far away, more than previously.”

“Holding AA Meetings on Zoom & other phone ways.”

“Open new English class at senior center via Zoom.”

Other changes to life or behavior since Feb 2020*

- Not being able to attend activities such as classes, gym, cultural events and social gatherings
- Doing volunteer work
- Not being able to care for others or do volunteer work
- Having changes in childcare
- Supporting local businesses
- Engaging in advocacy
- Having conflicts due to disagreements on how to behave regarding COVID-19
- Ending relationships
- Consuming less overall
- Driving less

*Reported by participants who selected “other” as their survey answer and specified changes to their life or behaviors that were not covered in the response options.

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“Moved out of my family home to avoid exposing an elderly and at-risk family member.”

“Not able to attend church, see family in other states, not able to enjoy our parks, lakes and trails in the area, not having our freedom to enjoy our summer.”

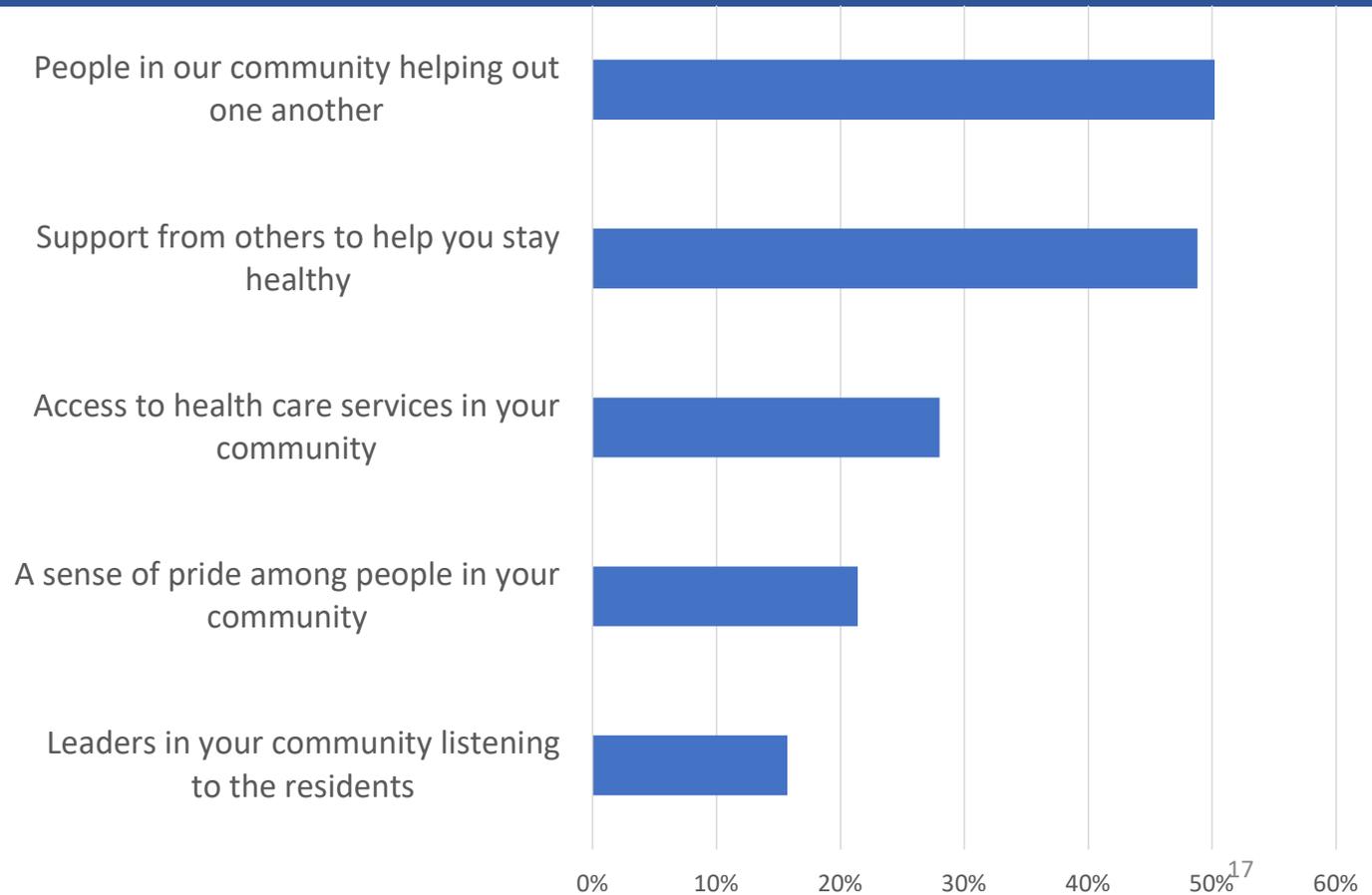
“Our children are now home alone when we work.”

“Trying to live without any income, no job, no contact, nothing.”

“Could not attend my father's funeral.”

Although this is a challenging time, can you tell us about any positive outcomes you have experienced?

- 9,547 people responded to the survey
- Some respondents added open-ended responses described on the following slides



Other positive things to come out of this*

In the chart below, the box sizes reflect how often people adding comments mentioned the most common topics. The following slides review themes in content within the major topics.

Time with family/friends	Invested in self/house/garden	Other: less pollution, aware of privilege, appreciate health care...	
	Support/assistance from family/community	Less stress, work/life balance	Job flexibility
	Support from institutions/organizations	Positive government response	Less commute



“Family time together. We had just moved to Washington State in January 2020. It was very disruptive to our child and he was acting out prior to shelter in place. After shelter-in-place he became calmer.”

"Quality family time, lots of time outdoors, chance to slow down and learn new things"

*Reported by participants who selected “other” as their survey answer and specified other positive outcomes experienced during this crisis that were not covered in the response options (Section 3 Question 11).

Positives: Time with family and friends*

- More time to be with family, call or write family
- More time/better connection with children
- Connecting with old/current friends via technology
- Time to cook, do activities with families/friends
- Time to get to know neighbors/community
- Opportunity to slow down, have quality time
- Enhanced closeness in relationships

*Reported by participants who selected “other” as their survey answer and specified other positive outcomes experienced during this crisis that were not covered in the response options (Section 3 Question 11).

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“Enjoying time with family, feeling helpful in our commitment to help our community.”

“There has been some extra special moments when kids were home from mid March thru May. Lots of extra stress then too, but a few sweet moments.”

“We've created a monthly virtual neighborhood Zoom meeting, where we learn about current events, support one another, and take collective action.”

“I am supporting others emotionally and that may help me.”

“Re-evaluating what is important to me and reaching out by phone and emails to friends and family who are far away.”

Positives: Investing in self, house, garden*

- Gardening
- Getting house/other projects done
- Devoted time for spirituality/church community
- Time for introspection/self-development/reflection
- Teaching online
- Learning online skills
- More exercise/Better eating and cooking
- Time and less stress recovering from illness/surgery
- Helping people/parents/family
- Volunteering/making masks
- Learning to reduce anxiety/be grateful

*Reported by participants who selected “other” as their survey answer and specified other positive outcomes experienced during this crisis that were not covered in the response options (Section 3 Question 11).

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“Time off work helped me heal, re-evaluate my career, and start a large garden.”

“Being able to dedicate my time to my Master’s Degree online due to not working, being able to help my son with homework, helping him overcome challenges of peer pressures that existed at school.”

“Accomplishing projects that would have otherwise not been done. Spending a lot of time with my husband that I wouldn’t have been able to otherwise. Reflecting on what is truly important in my life .”

“Family communication is better, better relationship with God.”

Positives: Support/assistance from family/community*

- Family/friends supporting each other/me
- People complying with guidelines/mask wearing
- Faith/church community support
- Co-worker support
- Neighbor/community support
- Friend/family financial support

*Reported by participants who selected “other” as their survey answer and specified other positive outcomes experienced during this crisis that were not covered in the response options (Section 3 Question 11).

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“Having my husband working from home and able to help with our baby.”

“Emotional support and encouragement from my community. Quality time with close family.”

“Church community supporting one another.”

“Neighbors checking in on each other.”

“Compliance with Social Distancing and Face Covering mandates.”

“A greater sense of community, both in our physical community and among people I interact with professionally. Greater communication and resilience with my partner.”

Positives: Support from institutions/ organizations*

- Food assistance/free food
- Financial help/unemployment benefits
- Work/employer supports
- Stores providing options to increase safety/delivery
- Support from church/online services
- Support groups/therapists
- Support from schools virtually
- Online resources for coping
- Behavioral health treatment

*Reported by participants who selected “other” as their survey answer and specified other positive outcomes experienced during this crisis that were not covered in the response options (Section 3 Question 11).

“Workplace support, including work from home, contact between coworkers, and supporting each other to figure out how to move forward.”

“Restaurants and food banks feeding people in need more through community contribution.”

“Being about to get unemployment as a freelancer has helped tremendously.”

“Financial support is available yet difficult to get because application process is not easy to understand and/or confusing.”

“Unemployment and PUA has helped pay my bills.”

“Being able to shop during at-risk hours and having a home to stay in.”

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Other positive things to come out of this*

- Better air, less pollution
- Healthier with less exposure to people/not sick often
- Community activism in response to police shootings of Black/African American residents
- Grassroots organizing/collective action
- Increase in situational awareness/global news interest
- Acknowledging/learning about privileges
- Having a home
- Access to remote classes/learning
- Faith in God
- Watching/more time with dogs/cats/animals/nature
- More appreciation for basic social interaction
- Better/easier shopping with social distance/less people

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“My work helps people and that keeps me going.”

“God will see us through and we will be stronger for it.”

“Appreciation for simple things we usually take for granted.”

“I believe I had COVID for six weeks and I was able to make it through, though my sense of smell is not the same.”

“I have a home.”

*Reported by participants who selected “other” as their survey answer and specified other positive outcomes experienced during this crisis that were not covered in the response options (Section 3 Question 11).

**For more information and all
survey results:**

www.kingcounty.gov/COVID/impacts

Contact: data.request@kingcounty.gov