### INTERACT FOR HEALTH

# MENTAL, PHYSICAL EFFECTS OF COVID-19 PANDEMIC

In recent months COVID-19 has affected Greater Cincinnati in ways beyond causing illness, such as through job or income loss, lack of child care, and social isolation. Safety precautions such as social distancing are necessary but may negatively affect health in other ways. The **Greater Cincinnati COVID-19 Health Issues Survey** asked Greater Cincinnati adults how the pandemic has affected their mental and physical health.

#### MENTAL HEALTH

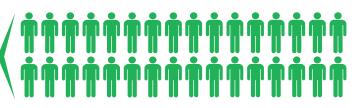
since pandemic began (March 2020) 32%

say it has worsened

61%

say it has stayed the same

7% say it has gotten better



# SOME GROUPS MORE LIKELY THAN OTHERS TO SAY MENTAL HEALTH HAS GOTTEN WORSE



#### WAYS TO COPE

The Centers for Disease Control and Prevention recommends:



Stepping away from the news and social media.



Taking care of your physical health.



Unwinding by reading a book or meditatiing.



Connecting with others for support.3

#### PHYSICAL HEALTH

since pandemic began

# 16%

say it has worsened

**75%** 

say it has stayed the same

8% say it has gotten better

## SOME GROUPS MORE LIKELY THAN OTHERS TO SAY PHYSICAL HEALTH HAS GOTTEN WORSE

LESS LIKELY	MORE LIKELY
Living in Ohio counties 14%	23% Living in Ky. counties
Age 65 or older 11%	21% Age 18-29
Not high-risk <sup>1</sup> 14%	20% High risk
Higher income <sup>2</sup> 13%	22% Living in/just above

<sup>&</sup>lt;sup>1</sup>Respondents were asked "From what you have seen or heard, do you think you might be in a high-risk group for catching COVID-19?"

The Greater Cincinnati COVID-19 Health Issues Survey was conducted between Oct. 7 and Nov. 17, 2020, to understand adult behaviors, attitudes and opinions related to the COVID-19 pandemic. A random sample of 879 adults from Greater Cincinnati was interviewed by telephone (329 landline and 520 cell phone interviews), including an oversample of African American residents. The potential margin of error for the survey is ±3.3%. The survey is a project of Interact for Health and conducted by the Institute for Policy Research at the University of Cincinnati. For more information, please visit <a href="https://www.interactforhealth.org/about-covid-19-survey">www.interactforhealth.org/about-covid-19-survey</a>.

<sup>&</sup>lt;sup>2</sup> In 2019, household income for a family of four living in poverty: \$25,750 or less; for a family of four living just above the poverty level: \$25,751-\$51,500; for a family of four with higher income: greater than \$51,500.

<sup>&</sup>lt;sup>3</sup> Centers for Disease Control and Prevention. (2021). Coping with Stress. Retrieved from https://bit.ly/3cNQXO1