

# 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%**

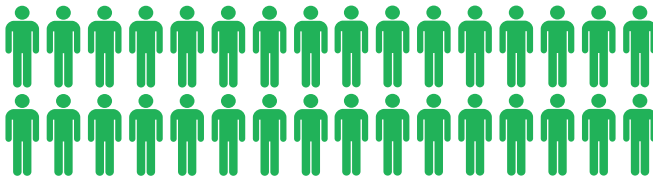
say it has worsened

**61%**

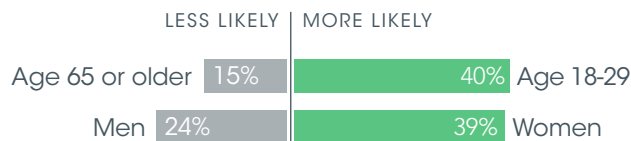
say it has stayed the same

**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 meditating.



Connecting with others for support.<sup>3</sup>

## PHYSICAL HEALTH

since pandemic began

**16%**

say it has worsened

**75%**

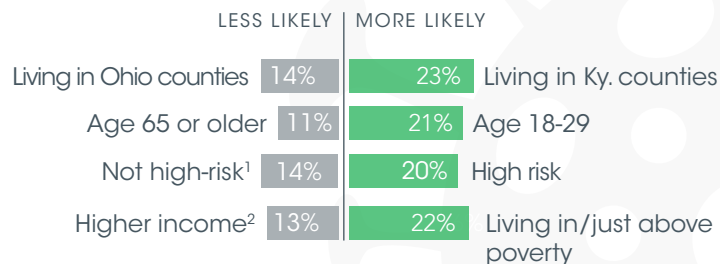
say it has stayed the same

**8%**

say it has gotten better



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



<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?"

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