Are we there yet?

Adjusting to the new normal in health research

12th July 2022
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- Where are we now?
- What just happened?
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Where are we now?
“All restrictions have been removed”
Active Lives Adult Survey November 2020-21 Report, 28th Apr 2022

Coronavirus timeline and data reference periods

The latest 12 months of data cover the period from mid-November 2020 to mid-November 2021. This includes five months of notable restrictions (two-and-a-half months of full national lockdowns and two-and-a-half months of significant restrictions) and seven months of limited restrictions (three months of easing restrictions and four months with no legal restrictions).

Mid-November 2020 to mid-November 2021
- National Lockdown November (0.5 months)
- Notable restrictions December (1 month)
- National Lockdown January to February (2 months)
- Notable restrictions March to mid-April (15 months)
- Easing restrictions Mid-April to mid-July (3 months)
- No legal restrictions Mid-July to end-Nov (4 months)

2020
- Mid-Mar: National lockdown.
- Mid-May to end-July: Notable restrictions remained in place.
- Mid-Sept to end-Oct: Some restrictions were reintroduced.
- August to mid-Sept: Restrictions started to ease.

2021
- December: New tiered system of restrictions based on location.
- January: Activity choice restricted - mainly to walking, cycling, running, local solo outdoor activity and informal activities.
- 12 April: Gyms, pools, leisure centres and retail reopened.
- 17 May: Organised sport resumed and indoor gatherings reintroduced with the rule of six applied.
- 19 July: All legal restrictions removed.
- 8 Dec: Temporary restrictions introduced to counter the Omicron variant.

2022
- 28 January: All temporary restrictions removed.
“We are still, very much, in a pandemic”

ONS, 11th Jul 2022

https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19/latestinsights
What just happened?
“Worse mental health co-occurs with loneliness and poorer connectedness to family & schools”

Mental Health of Children and Young People in England, NHS digital, 2021

Probable mental disorder
1 in 6 children (5-16yrs)
1 in 4 young people (17-22y)

Figure 1.10: Individual level change in mental health of child or young person between 2017 and 2021

Base: 6 to 23 year olds

Per Cent

<table>
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<tr>
<th>Per Cent</th>
<th>6 to 16 year olds</th>
<th>17 to 23 year olds</th>
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Source: NHS Digital
“The rise in childhood obesity is unprecedented”
National Child Measurement Programme, July 2022

What’s in store?
“Google mobility data”
ONS, 11 Jul 22,

Visits to “workplaces”, “transit stations” and “retail and recreation” locations remained below pre-pandemic levels in the week to 1 July 2022

Source: Google Mobility

Volume of visits, seven-day rolling average, Index: 100 &x3D; the median value for the corresponding day of the week between 3 January and 6 February 2020, 21 February 2020 to 1 July 2022 UK

https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/coronaviruscovid19latestinsights/lifestyle#impact-on-society
“Passive measurement needs to bring together many technologies to get a complete picture”

Summary

- Where are we now?
- What just happened?
- What’s in store?
Contact

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