



COVID-19 in Western Australia

Bulletin 6: Follow-up on the impact on lifestyle and mental health

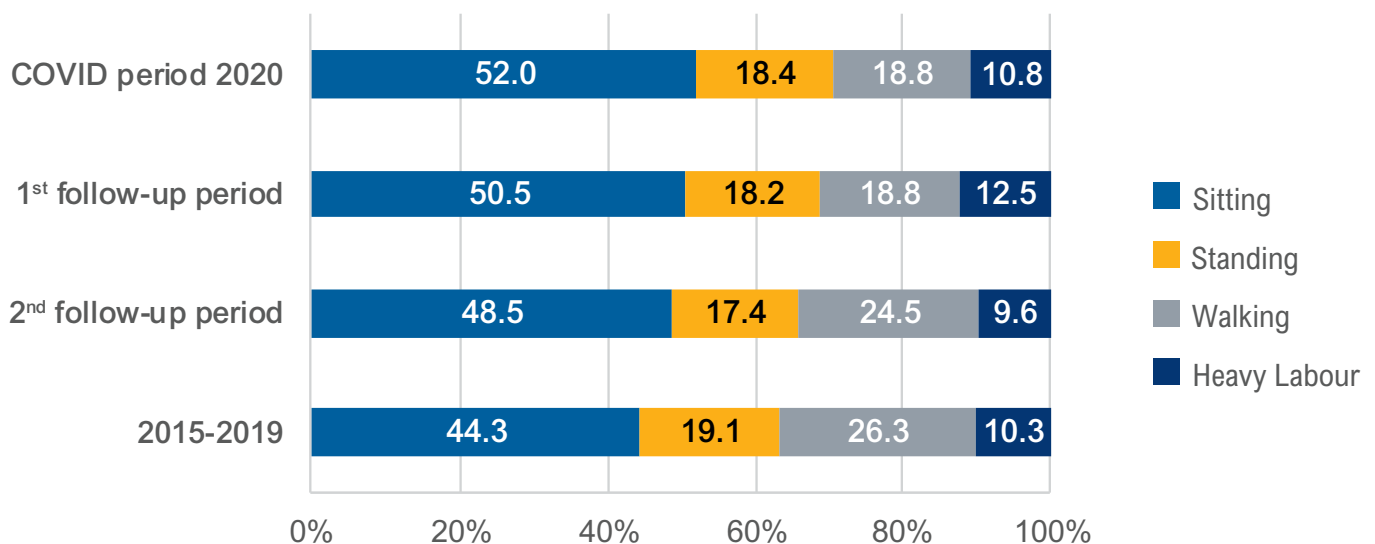
Self-ratings of health are used internationally, with poor health ratings associated with lower physical functioning and increased mortality, compared with ratings of excellent or very good health (1, 2). Self-reported health status did not differ significantly during the COVID-19 period compared with either of the follow-up periods or the baseline period.



General health

Key indicator	COVID-19 period	1 st follow-up period	2 nd follow-up period	Long-term Average % (95% CIs)
Self-reported health				
Excellent/Very Good	58%	58%	59%	57% (56%-58%)
Good	31%	28%	29%	30% (29%-32%)
Fair/Poor	11%	14%	12%	12% (12%-13%)

How respondents spent most of their day



- The proportion of people reporting that they spent most of their working day sitting was highest during the COVID-19 period, but this declined over the two follow-up periods.
- The proportion who spent most of their working day walking was lowest during the COVID-19 period, but this increased over the two follow-up periods.
- Compared to the long-term average, slightly more people spent most of their day sitting, and slightly fewer spent most of their day walking, during the COVID-19 period.