

Gweithio gartref, iechyd a llesiant

Home working, health and wellbeing

Canfyddiadau o arolwg cenedlaethol yn ystod y pandemig COVID-19
Findings from a national survey during the COVID-19 pandemic

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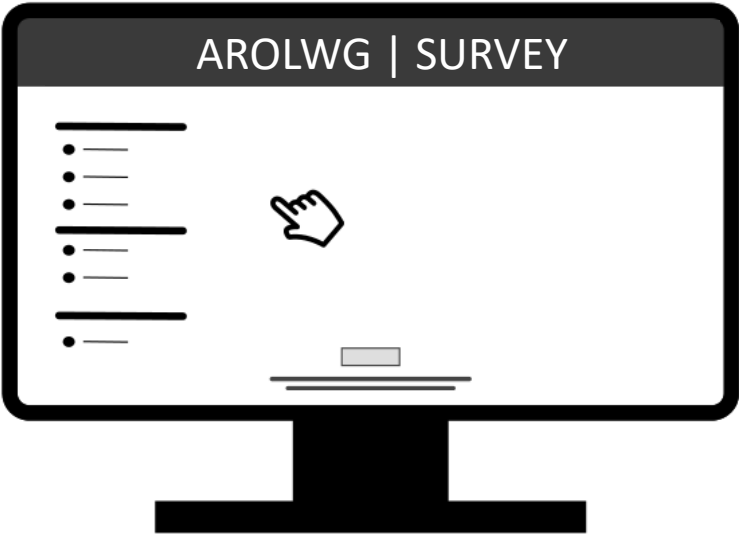
Canolfan Genedlaethol ar gyfer Ymchwil ar Iechyd a Llesiant y Boblogaeth
National Centre for Population Health & Wellbeing Research



- Pwy oedd yn gallu gweithio gartref?
- Sut mae gweithio o gartref yn effeithio ar iechyd a llesiant?
- Pa fodelau gwaith sydd orau gan bobl, wrth edrych tua'r dyfodol?

- *Who was able to work from home?*
- *How does working from home impact health & wellbeing?*
- *Which models of work do people prefer for the future?*

Dull | *Methods*



Cymhwysedd: <ul style="list-style-type: none">• Byw yng Nghymru• 18-64• Mewn cyflogaeth ym mis Chwefror 2020	Eligibility: <ul style="list-style-type: none">• <i>Resident in Wales</i>• 18-64• <i>In employment in February 2020</i>
Eithriadau: <ul style="list-style-type: none">• Pobl mewn addysg llawn-amser• Pobl di-waith	Exclusions: <ul style="list-style-type: none">• Those in full-time education• Those unemployed

Ton 1 | *Wave 1*
27/05/2020 – 22/06/2020


 1382

Cyfradd ymateb 7% *Response rate*



Cydsynio i'r ail don
Consent to follow-up
1084

Ton 2 | *Wave 2*
30/11/2020 – 29/1/2021

 626

Cyfradd ymateb 58% *Response rate*



Eithrio 9 ymateb
(gwallau cod adnabod)
9 responses excluded
(*identification code errors*)

Ymatebwyr | *Responses:*
615

Dadansoddiad

- Patrymau ar draws y sampl cyfan (gan ddefnyddio cyfrannau wedi'u pwysoli)*
- Dadansoddiadau χ^2 (cyfrannau wedi'u pwysoli)*
- Modelau atchweliad logisteg gan gymhwyso am:
 - nodweddion demograffeg (grŵp oedran, rhywedd, cwintel amddifadedd, lefel cwyhwyster uchaf)
 - nodweddion swydd (cytundeb, ansicrwydd cyflog, statws ffyrlo, lefel sgil swydd)
 - nodweddion iechyd wedi'u hunanadrodd (iechyd cyffredinol, llesian meddyliol, byw gyda chyflwr iechyd cyfyngol)

Analysis

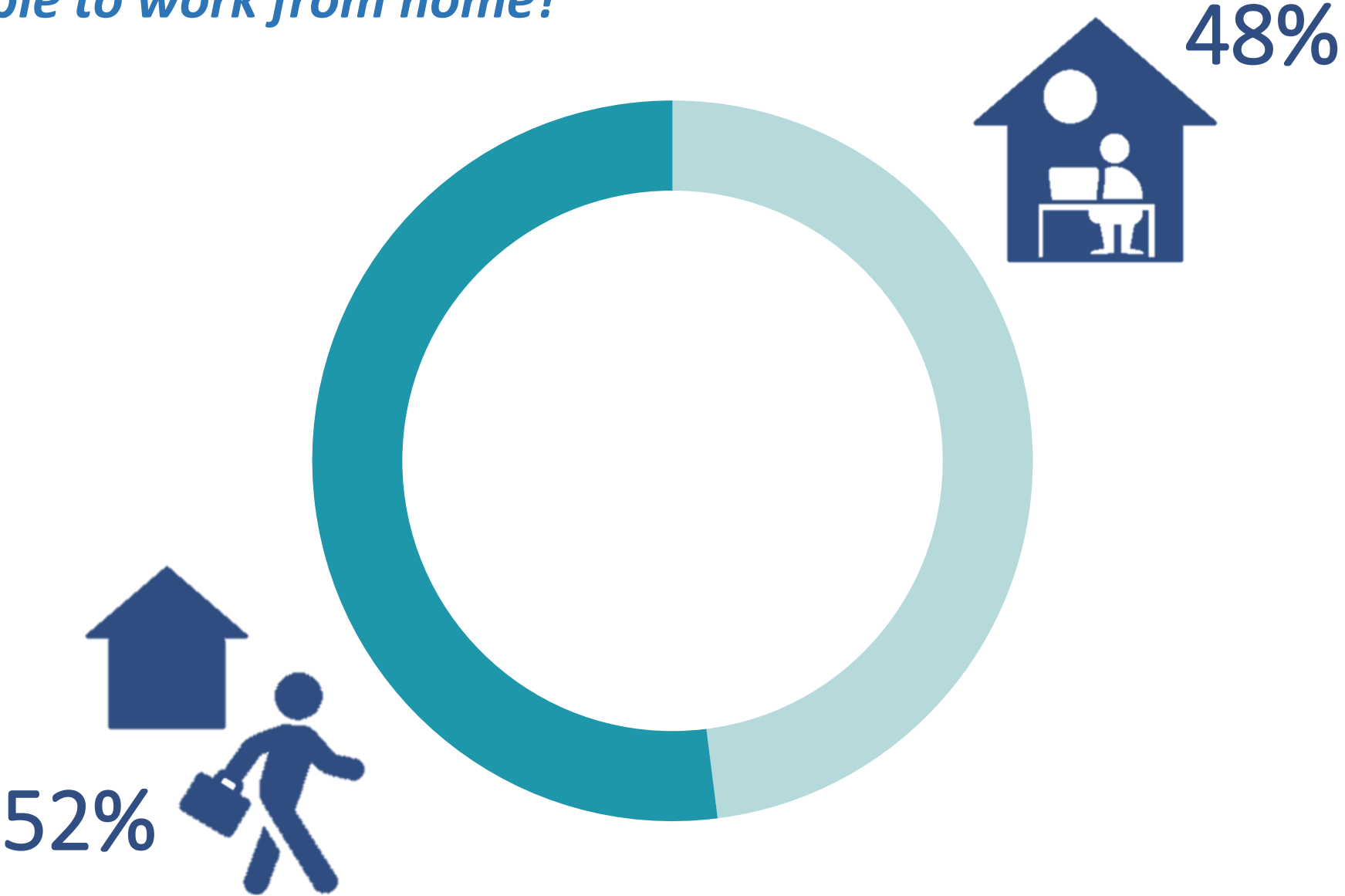
- Whole sample trends (weighted proportions)*
- χ^2 analyses (weighted proportions)*
- Multivariable logistic regressions adjusting for:
 - socio-demographics (age group, gender, deprivation quintile, highest qualification level)
 - current employment factors (employment contract, wage precarity, furlough status, job skill level)
 - self-reported health (general health, mental wellbeing, presence of limiting pre-existing conditions)

*Pwysoliad wedi ei seilio ar amcangyfrif canol blwyddyn y boblogaeth yr ONS yn 2018, gweler <https://cy.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates>

*Weights based on mid-year 2018 population estimates, see <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates>

Pwy oedd yn gallu gweithio gartref?

Who was able to work from home?



Sut mae gweithio o gartref yn effeithio ar iechyd a llesiant?

How does working from home impact health & wellbeing?

Ffigur 1. Hunanasesiad unigolion o effeithiau gweithio gartref ar eu hiechyd (Tachwedd 2020 – Ionawr 2021).

Yn seiliedig ar ymatebion pawb a ddywedodd y gallent weithio gartref (N = 299). Mae'r cyfrannau wedi'u pwysoli yn erbyn amcangyfrifon poblogaeth oedolion Cymru yn 2018.

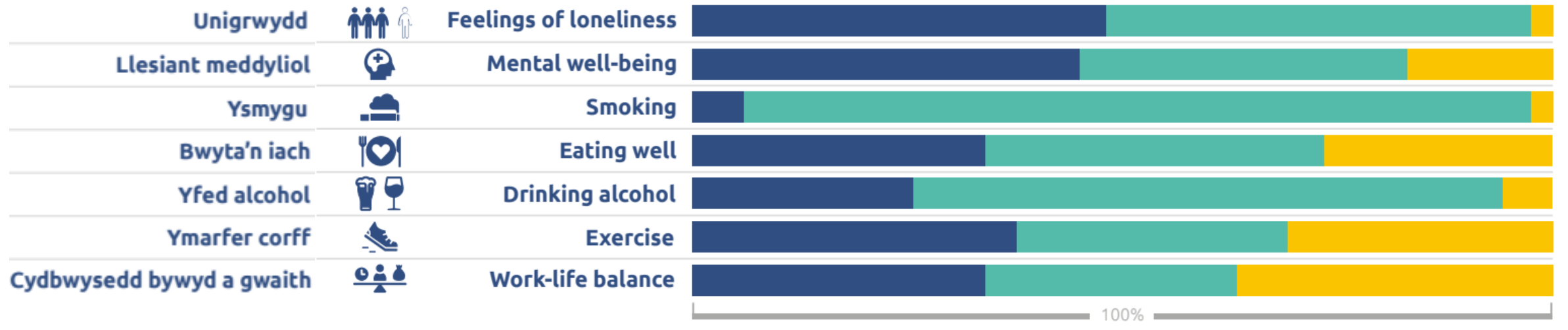


Figure 1. Self-reported health impacts of working from home (Nov 2020 – Jan 2021)

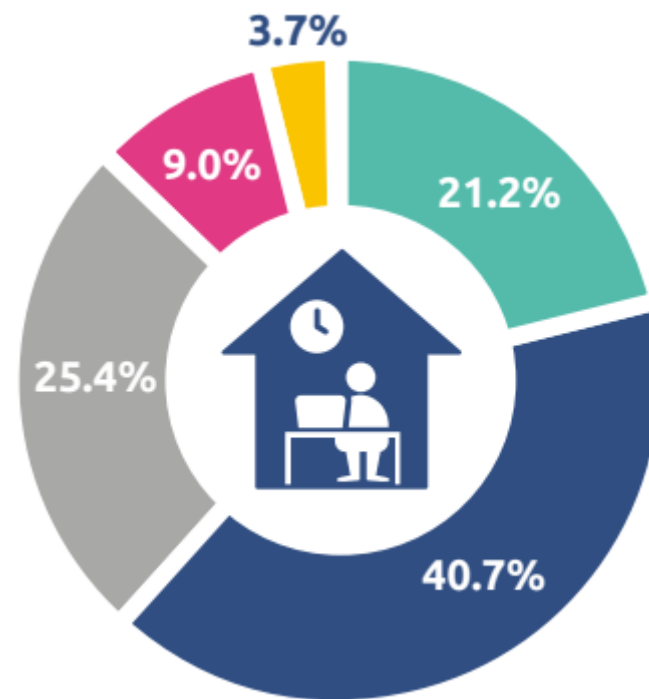
Based on responses of all those reporting being able to work from home (N = 299). Proportions weighted against Welsh adult population estimates in 2018.

Gwaeth ■ Worse
 Dim newid ■ No change
 Gwell ■ Better

Pa fodlau gwaith sydd orau gan bobl, wrth edrych tua'r dyfodol?
Which models of work do people prefer for the future?



Ffigur 3. Ffafiaeth y rhai a oedd yn gallu gweithio gartref (N = 274²)



Bob diwrnod gwaith Hanner neu fwy
Llai na hanner Dim gweithio gartref Ddim yn siŵr

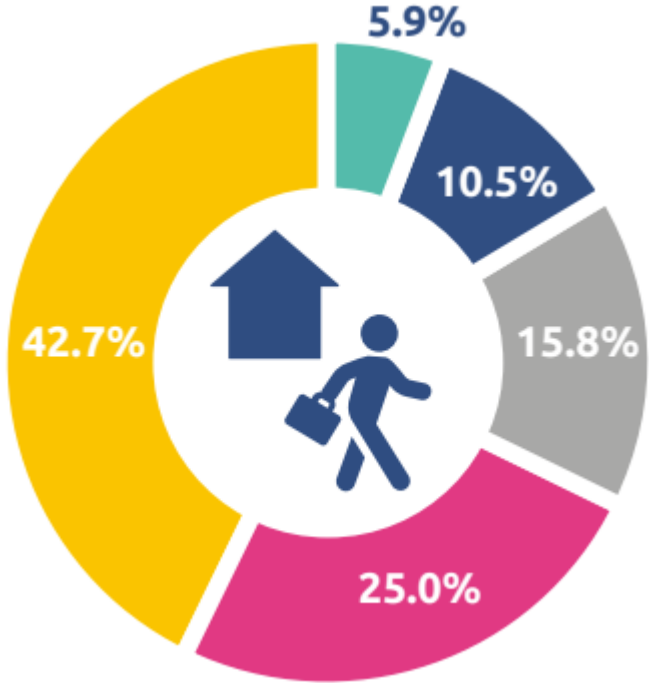
Figure 3. Preferences among those able to work from home (N = 274²)

All working days Half or more
Less than half No home-working Not sure

²Nid yw'r rhifau hyn yn cynnwys y rheiny na roddodd ateb i gwestiwn 3

²N excludes those that did not provide a response to Question 3

Ffigur 4. Ffafiaeth y rhai a oedd methu gweithio gartref (N = 302²)



- Bob diwrnod gwaith
- Hanner neu fwy
- Llai na hanner
- Dim gweithio gartref
- Ddim yn siŵr

²Nid yw'r rhifau hyn yn cynnwys y rheiny na roddodd ateb i gwestiwn 3

Figure 4. Preferences among those not able to work from home (N = 302²)

- All working days
- Half or more
- Less than half
- No home-working
- Not sure

²N excludes those that did not provide a response to Question 3

Cymhariaethau gyda data mwy diweddar
Comparisons with more recent data



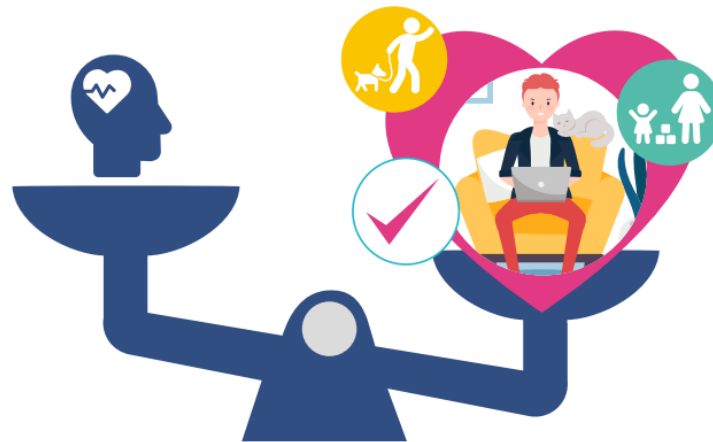
Parhau i werthuso
Continued evaluation



Cefnogi llesiant meddyliol
Supporting mental wellbeing



Llais, dewis a hyblygrwydd
Voice, choice and flexibility



Effeithiau ar iechyd corfforol
Impacts on physical health



Mynediad cyfiawn
Equitable access



Dulliau o gynnig cefnogaeth
Tools for offering support

Efallai yr hoffech ddarllen | *You may be interested to read:*

Griffiths ML, Gray BJ, Kyle RG, Davies AR. Seeking good work in the COVID-19 recovery: shifting priorities and employment choices among workers. *Journal of Occupational and Environmental Medicine*. 2022 Sep 6 (Published online ahead of print)

Griffiths ML, Gray BJ, Kyle RG, Song J, Davies AR. Exploring the health impacts and inequalities of the new way of working: findings from a cross-sectional study. *Journal of Occupational and Environmental Medicine*. 2022 Oct 19;64(10):815-21.

Gray BJ, Kyle RG, Song J, Davies AR. Characteristics of those most vulnerable to employment changes during the COVID-19 pandemic: a nationally representative cross-sectional study in Wales. *J Epidemiol Community Health*. 2022 Jan 1;76(1):8-15.



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