

Bermuda Omnibus - Third Quarter 2022

Bermuda Hospitals Board

TABLE BHB1:

Compared to before the pandemic, would you say that your current mental health is now:

	BERMUDA OVERALL %	PARISH				GENDER		HSHLD. INCOME			AGE			RACE		BERMU - DIAN?	
		Sndy/ Sthp	War/ Paget	Pem/ Devon	Ham/ Sm/SG	-M-	-F-	L.T. \$75K	\$75 - L.T. \$150K	\$150K plus	18 - 34	35 - 54	55+	Black	White	Yes	No
Much better	7	8	9	5	5	8	6	9	7	6	12	3	8	9	3	6	12
Somewhat better	11	7	11	12	13	12	10	11	12	10	12	16	6	8	10	11	12
About the same	59	65	52	64	59	61	58	59	60	63	44	60	67	59	67	59	60
Somewhat worse	17	14	25	15	17	15	20	16	16	18	25	15	15	20	14	18	13
Much worse	4	5	3	3	5	3	6	4	6	2	7	6	2	4	6	5	3
Don't know/No answer	1	1	0	2	0	1	1	0	0	1	0	0	2	0	0	1	0
WEIGHTED SAMPLE SIZE (#)	471	92	124	121	118	221	250	175	156	101	104	172	195	237	139	408	63
UNWEIGHTED SAMPLE SIZE (#)	471	98	123	116	122	164	307	172	163	95	74	144	253	266	126	419	52
% BETTER	18	16	20	17	18	20	16	20	19	16	23	19	15	17	13	17	23
% WORSE	22	18	28	18	23	18	25	20	21	20	32	21	17	24	20	23	16

TABLE BHB2:

What activities and things do you prioritise to help improve your own mental health?

	BERMUDA OVERALL %	PARISH				GENDER		HSHLD. INCOME			AGE			RACE		BERMU - DIAN?	
		Sndy/ Sthp	War/ Paget	Pem/ Devon	Ham/ Sm/SG	-M-	-F-	L.T. \$75K	\$75 - L.T. \$150K	\$150K plus	18 - 34	35 - 54	55+	Black	White	Yes	No
Exercise/Walking	60	61	68	54	57	60	61	59	60	67	63	55	64	62	63	58	75
Reading a book	15	14	18	9	21	11	19	14	19	11	15	8	22	17	10	17	4
Spending time with family	13	12	13	13	16	14	12	10	14	18	9	16	12	12	18	12	21
Yoga/Meditation/Relaxation	11	13	12	10	13	8	14	8	17	11	9	15	10	13	8	12	10
Socialising/Spending time with friends	8	4	11	9	8	8	8	9	8	6	5	7	10	7	10	8	9
Praying/Attending church	6	7	7	4	7	6	6	7	7	5	4	5	9	8	2	7	1
Taking time off work/vacation	6	3	5	7	7	7	5	4	7	6	8	8	3	5	6	6	8
Eating/Drinking healthy	6	4	8	5	7	6	6	6	5	8	6	2	9	8	4	7	2
Work/Volunteer	5	4	1	5	7	5	6	5	4	6	8	3	5	4	9	6	4
Outdoors/Spending time outside	5	3	6	6	6	2	7	4	7	4	6	8	2	3	9	4	13
Playing video games/Watching TV	4	3	3	8	4	6	3	8	4	1	2	7	4	4	3	5	2
Gardening/Yard work	4	5	8	2	2	5	3	4	6	2	3	2	6	3	4	5	0
Resting/Sleeping	4	6	4	4	3	3	4	3	2	7	2	7	2	5	2	4	2
Arts and crafts/Painting/Knitting	3	0	3	5	3	1	5	4	1	2	5	2	2	4	3	3	2
Puzzles/Word games	3	2	1	5	3	1	4	3	3	0	1	1	5	2	3	3	2
Travelling	2	7	3	0	2	2	3	0	1	9	2	3	2	3	2	3	0
Listening to music/Playing music	2	1	3	3	2	3	2	2	3	3	2	3	2	2	1	2	2
Therapy/Counselling	2	1	3	1	2	0	3	1	3	3	3	2	1	3	1	2	0
Avoid stress/things that stress me out	1	0	0	2	3	2	1	1	2	3	0	2	2	1	1	1	2
Studying/Spend time learning about something	1	1	2	0	1	1	1	0	2	1	2	1	1	1	1	1	0
Other	6	6	6	8	2	6	5	5	9	4	9	3	6	5	7	6	5
Nothing	3	6	4	3	1	3	4	3	4	3	3	5	2	2	3	4	0
Don't know/No answer	1	0	0	2	0	0	1	1	0	0	0	1	1	0	1	1	0
WEIGHTED SAMPLE SIZE (#)	471	92	124	121	118	221	250	175	156	101	104	172	195	237	139	408	63
UNWEIGHTED SAMPLE SIZE (#)	471	98	123	116	122	164	307	172	163	95	74	144	253	266	126	419	52

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TABLE BHB3:

What, if anything, stops you from being able to prioritise your mental health?

	BERMUDA OVERALL %	PARISH				GENDER		HSHLD. INCOME			AGE			RACE		BERMU - DIAN?	
		Sndy/ Sthp	War/ Paget	Pem/ Devon	Ham/ Sm/SG	-M-	-F-	L.T. \$75K	\$75 - L.T. \$150K	\$150K plus	18 - 34	35 - 54	55+	Black	White	Yes	No
Work	28	26	31	31	27	29	28	23	33	36	44	38	11	28	32	28	33
Money/Finances	10	11	8	11	10	10	10	10	12	7	10	12	8	8	10	10	8
Not enough time/free time	10	3	9	17	7	8	11	6	10	17	13	13	5	10	15	9	12
Caring for others/family	9	12	10	8	6	5	12	5	11	15	7	15	4	9	12	9	11
Stress/Anxiety	3	1	3	6	1	3	2	4	3	2	2	5	2	1	3	1	12
Physical condition/Illness/Injury	3	5	4	0	4	3	3	4	1	1	0	1	6	2	4	3	3
Responsibilities/Commitments	1	1	3	1	1	0	2	1	2	1	2	2	1	2	1	2	0
COVID-19/Pandemic/Lockdowns	1	2	2	2	0	1	1	2	1	2	0	3	1	2	1	2	0
Myself/Laziness/Lack of motivation	1	1	1	3	1	1	2	2	1	1	0	2	1	2	1	1	2
School/Homework	1	0	1	1	2	1	1	1	0	1	4	0	0	2	0	1	0
Lack of resources/support	1	2	0	2	0	1	0	1	1	1	1	0	2	1	1	1	0
Other	2	2	1	0	4	3	2	3	1	1	4	1	2	3	2	2	3
Nothing	36	40	36	30	40	37	35	39	35	28	18	24	56	37	30	38	22
Don't know/No answer	4	6	3	3	4	4	4	6	3	3	6	3	4	4	4	4	6
WEIGHTED SAMPLE SIZE (#)	471	92	124	121	118	221	250	175	156	101	104	172	195	237	139	408	63
UNWEIGHTED SAMPLE SIZE (#)	471	98	123	116	122	164	307	172	163	95	74	144	253	266	126	419	52