

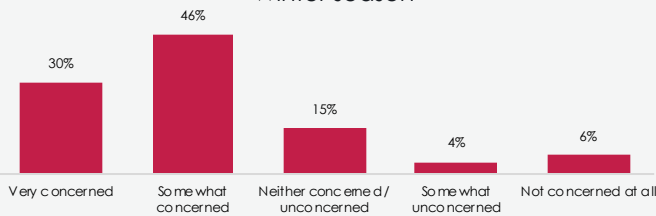
Winter health

In October 2020, as further restrictions were put in place to limit the spread of Coronavirus and the potential for a tough winter ahead, we asked our community of Northern Ireland about their Winter health plans. Uncovering things like their participation in October health initiatives such as Sober for October and likelihood to get the winter flu vaccine. Here's a snapshot of what they told us...



Concerns for winter 2020

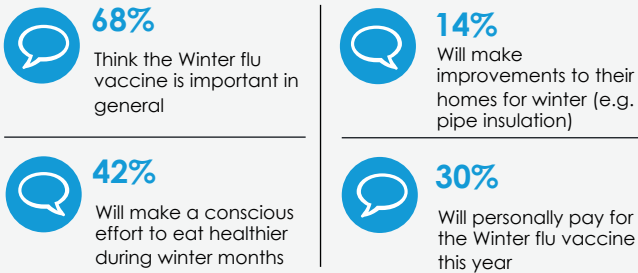
3 in 4 are concerned to some degree about the coming Winter season



Winter 2020 habits



Winter habits continued

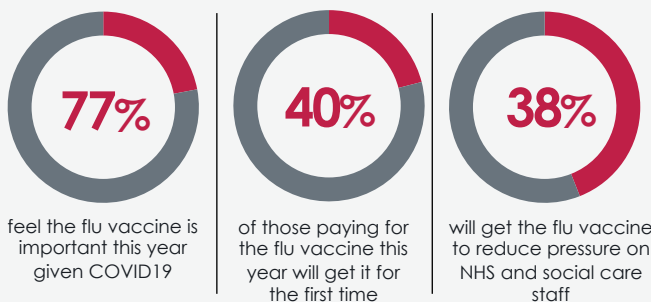


Second lockdown predictions

93% feel that a second Coronavirus Government lockdown is likely, with **over half** feeling that this is very likely.

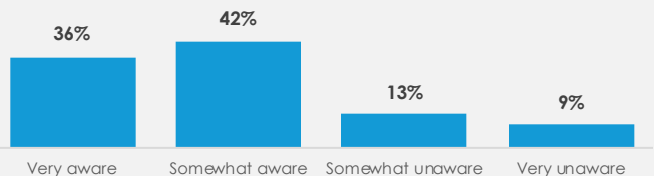


Flu vaccine 2020



NHS 111 Awareness

78% of NI urbanites are aware of the NHS 111 telephone number with **22%** unaware



SOBER OCTOBER

3% Only **3%** plan to take part in Sober October this year, with **5%** taking part in Sober(ish) October

NOT GOING SOBER FOR OCTOBER

22% Don't think as many people will take part in Sober October this year because it's been such a tough year

STOPTOBER INTENTIONS

29% of smoking NI Urbanites have quit pre-October with **1 in 10** quitting as part of the Stoptober health initiative this year