

Bermuda Omnibus Survey

A Syndicated Quarterly
Survey of the
Bermuda Community



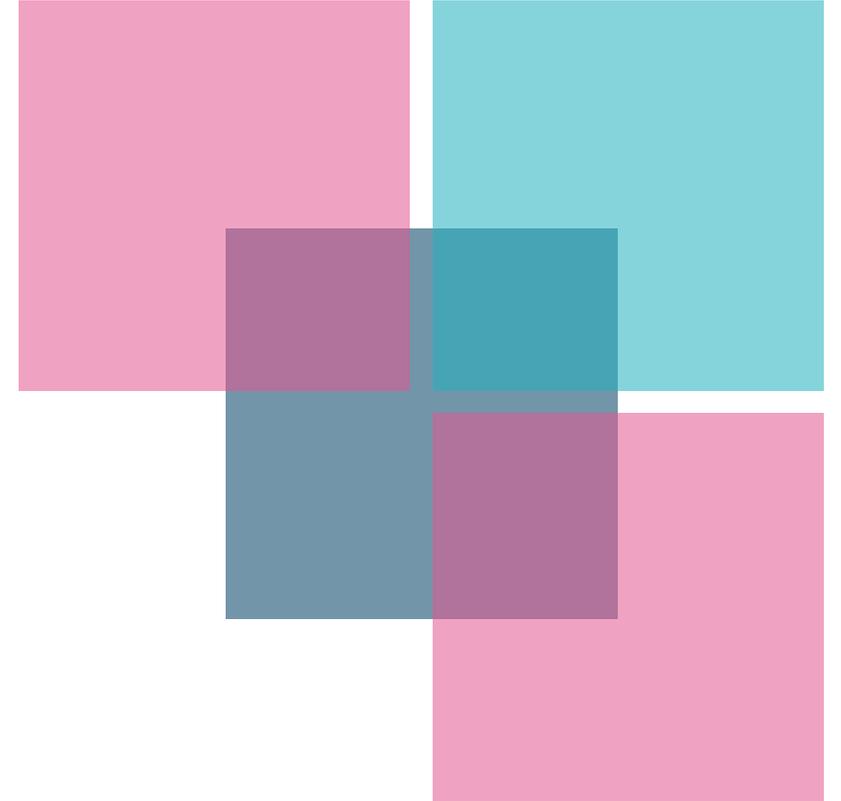
NARRATIVE
RESEARCH
BERMUDA

Q3 2022 Commissioned Results for Bermuda Hospitals Board

The Bermuda Omnibus Survey©

This report presents the results for the **Bermuda Hospitals Board** commissioned questions from the latest Bermuda Omnibus Survey©, a syndicated quarterly survey of Bermuda residents.

The survey consisted of telephone interviews with a representative sample of 471 Bermuda residents conducted between August 30th and September 19th, 2022. A sample of this size drawn from the population provides results accurate to within plus or minus 4.5 percent in 19 out of 20 samples.



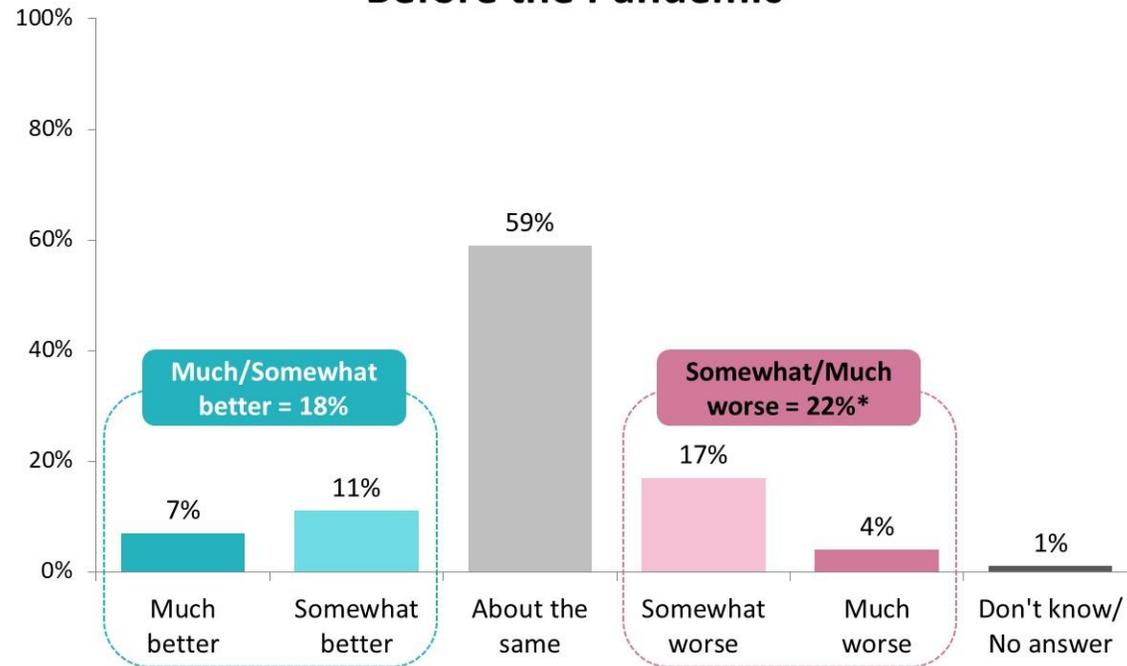


Mental Health

Current Mental Health

Residents were asked how their current mental health compares to their pre-pandemic mental health. It is important to note that a significant proportion of the population, at approximately one in five, indicate their mental health has worsened during the pandemic.

Status of Current Mental Health Compared with Before the Pandemic



Those under 35 were more likely to say that their mental health was **worse** than before the pandemic.

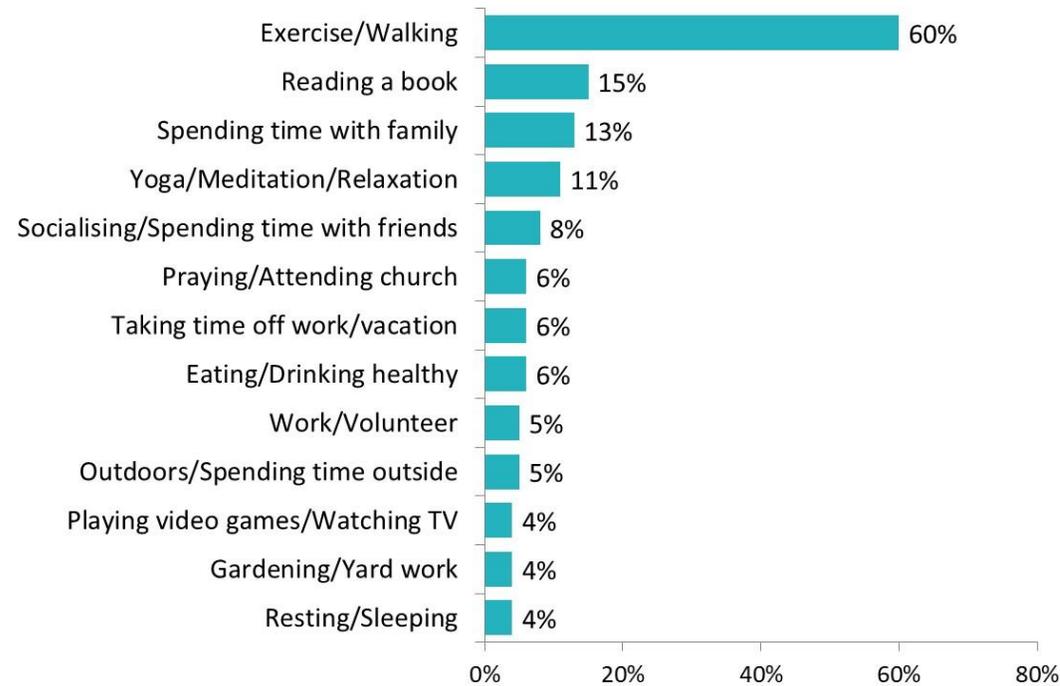
Q.BHB1: Compared to before the pandemic, would you say that your current mental health is now much better, somewhat better, about the same, somewhat worse, or much worse? (n=471) *Due to rounding.

Activities to Prioritise Mental Health

The survey also sought to understand what residents do to prioritise their mental health and actions taken to improve it. **Exercise and walking** is by far the most common means of improving mental health, mentioned by six in ten. Meanwhile, a large variety of other activities were reported by residents - from reading a book, spending time with family and yoga, meditation and relaxation.

Activities Prioritised to Improve Mental Health

Key Unaided Mentions



Women, Bermudians, and those aged 55 and older as opposed to those who are 35-54, are more likely to **read a book** as a way to prioritise their mental health.

Non-Bermudians are more likely to mention **spending time outside**.

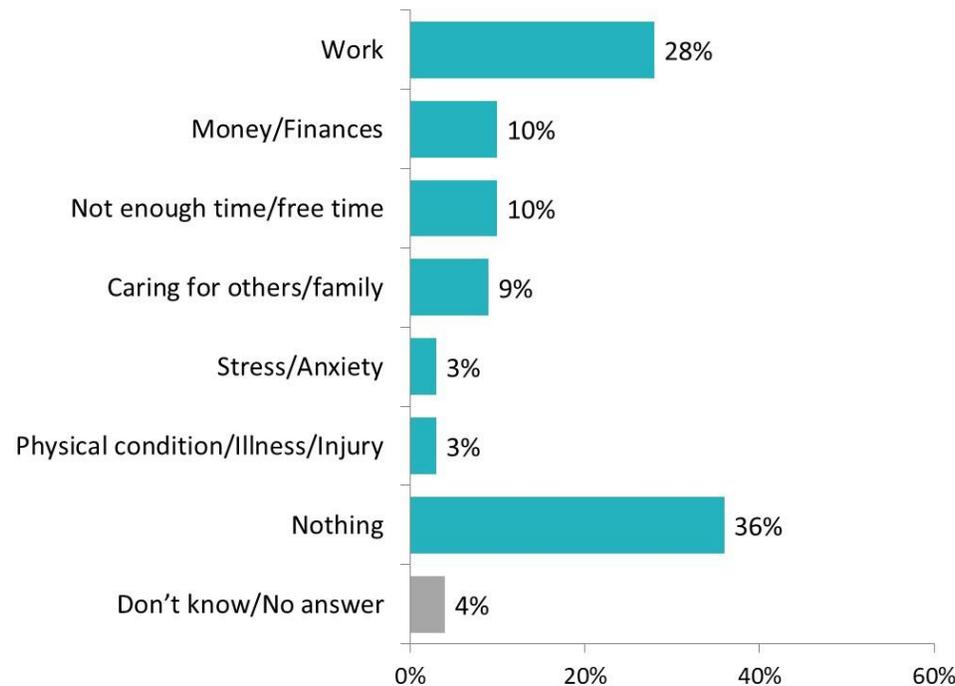
Q.BHB2: What activities and things do you prioritise to help improve your own mental health? (n=471)

What Stops Mental Health Prioritisation

When asked what stands in the way of residents being able to prioritise their mental health, most commonly, factors related to finding time were noted, including work, not having enough free time, and caring for others. One in ten indicate that money is preventing them from being able to prioritise their mental health, perhaps suggesting that communications could emphasise that mental health prioritisation does not require significant time or financial investment. It is important to note that one third of residents say that nothing stands in their way of prioritising mental health.

What Stops You Prioritising Your Mental Health

Key Unaided Mentions



Q.BHB3: What, if anything, stops you from being able to prioritise your mental health? (n=471)

Positively, one-third indicate that **nothing** stops them from being able to prioritise their mental health. These mentions are higher among Bermudians and those aged 55+.

Women and higher income earners are more likely to say that **caring for others/family** stops them from prioritising their mental health.

Mentions of **work** stopping the prioritisation of mental health increases with higher household income and as can be expected, is much lower among those aged 55 and older.