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## COVID-19 Survey in the Municipality of Anchorage, Dec. 29-31, Jan. 14-16, Jan. 29-30: Brief Report

Gabriel Garcia PhD MA MPH,<sup>1</sup> Joy Chavez Mapaye PhD,<sup>2</sup> Rebecca Van Wyck,<sup>3</sup> Katie Cueva ScD MAT MPH,<sup>4</sup> Jennifer Meyer PhD MPH CPH RN,<sup>5</sup> Jenny Miller DrPH, MS MPH<sup>6</sup>

### Summary

A total of 18 COVID-19 related surveys have been conducted by the Municipality of Anchorage since May 2020. This brief report summarizes key findings from the three most recent surveys; conducted Dec. 29-31, 2020 (N=360), Jan. 14-16, 2021 (N=351), and Jan. 29-30, 2021 (N=325). The respondents to these panel surveys were a sample of the Nov. 5-7, 2020 population-based cell phone survey respondents. Thus, the findings presented here may not be representative of the Anchorage population, but still serve as an indicator for the community. In these three most recent surveys, **most** respondents:

- Practiced COVID-19 prevention and mitigation behaviors such as wearing masks; washing and sanitizing hands often; and avoiding close contact situations, crowded places, and enclosed spaces.
- Planned to get a COVID-19 vaccine when they were eligible, with 16% and 29% of respondents reporting already getting the COVID-19 vaccine Jan. 14-16 and Jan. 29-30, respectively.
- Indicated interest in a COVID-19 phone exposure notification (55%).
- Recalled messaging regarding COVID mitigation (68%) and COVID vaccine in the media in the last four weeks (72%).

Some demographic groups were **more likely** to be in situations that put them at risk for COVID-19, including:

- College degree holders
- Racial/ethnic minorities
- Essential workers
- Those who identified as politically conservative

Some demographic groups were **less likely** to get a COVID-19 vaccine:

- Women
- College degree holders
- Racial/ethnic minorities
- Essential workers
- Those who identified as politically conservative
- Those whose annual household income was below \$80,000

Some demographic groups were **less likely** to use a COVID-19 exposure notification application on their phones:

- Racial/ethnic minorities
- Those over 35 years of age
- Essential workers, those who identified as politically conservative
- Those whose annual household income was below \$80,000

Some demographic groups were **more likely** to report that their mental health was much worse than before the pandemic:

- Women
- Non-college degree holders
- Those who had children

<sup>1</sup> Professor of Public Health, Division of Population Health Sciences, University of Alaska Anchorage

<sup>2</sup> Professor, Department of Journalism and Public Communications, University of Alaska Anchorage

<sup>3</sup> Research Associate, Institute for Circumpolar Health Studies, University of Alaska Anchorage

<sup>4</sup> Assistant Professor of Health Policy, Institute of Social and Economic Research (ISER), University of Alaska Anchorage

<sup>5</sup> Assistant Professor of Health Sciences, Division of Population Health Sciences, University of Alaska Anchorage

<sup>6</sup> Associate Professor of Public Health, Division of Population Health Sciences, University of Alaska Anchorage

## Recommendations

- Conduct another population-based survey to obtain more generalizable information to better inform COVID-19 mitigation efforts.
- Develop outreach strategies and targeted messaging to increase vaccination uptake and risk reduction behaviors among higher risk groups (higher vaccine hesitancy and lower adherence to COVID-19 mitigation behaviors). These groups include racial/ethnic minorities, essential workers, and those who identify as politically conservative.
- Develop policies and procedures that further protect vulnerable groups such as racial/ethnic minorities and essential workers.
- Enable a COVID-19 exposure notification phone application, with targeted messaging for groups hesitant to use this technology, such as those over age 35, and racial/ethnic minority groups.
- Continue to promote mental health resources targeting those who are at higher risk, such women and those who have children.
- Continue to explain the role of vaccination efforts in opening the economy.

## Key Messaging

Continue to acknowledge the role of personal responsibility and sacrifice to decrease COVID-19 cases. Messaging could also include a need for renewed vigilance against the virus given new variants and the potential for more travel spring break. Messaging regarding the vaccine could include targeted strategies to reach vaccine hesitant groups, such as tailored messaging and increased representation of these groups. In addition, the number of successful vaccinations could be emphasized to help communicate safety. More personal stories from various groups related to vaccinations could also help build trust.

### Highlights from a January 29-30, 2021 panel survey of Anchorage residents

9%



Respondents  
engaged in 3 to 5  
risk behaviors

68%



Planning to get a  
COVID-19 vaccine  
when eligible

72%



Recall media  
about COVID-19  
vaccine

30%



Reported time in  
crowded places in  
the past 7 days

87%

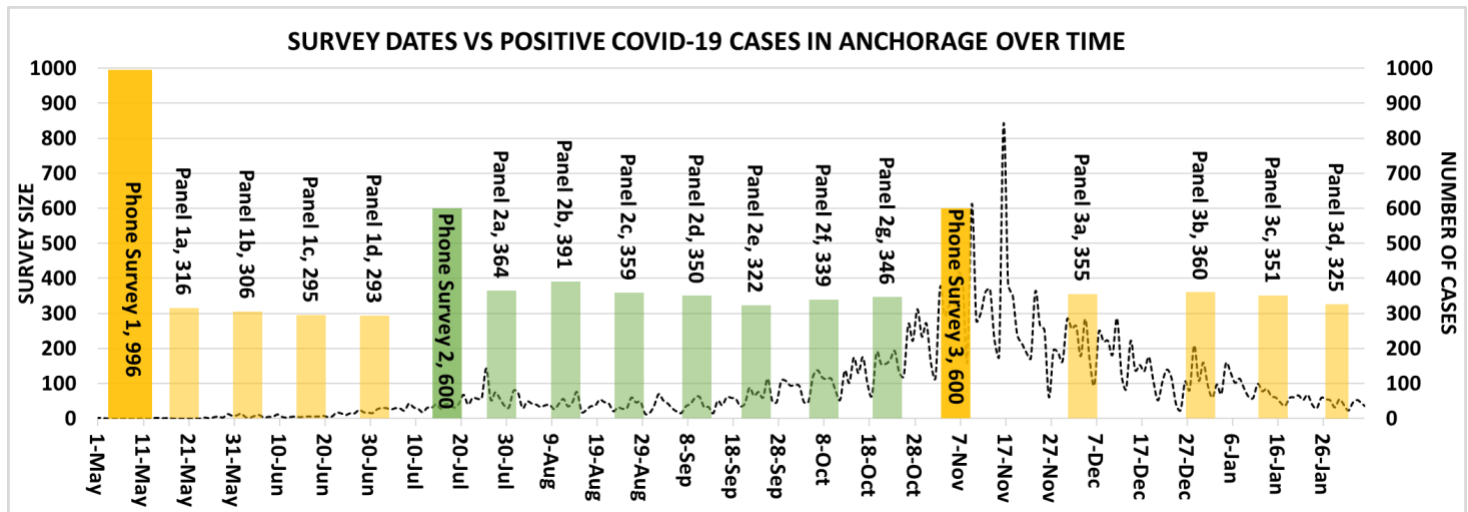


Wore a mask most or  
all of the time when  
not at home

68%



Recall media  
about COVID-19  
mitigation



## Key Findings

The following key findings are based on the overall average from the three most recent panel surveys.

### Prevention and Mitigation Behaviors Related to COVID-19

- **Most** (87%) of survey respondents reported wearing a mask all or most of the time when outside their home
- **Most** (85%) reported wearing a mask most or all of the time they came within six feet of someone who didn't live with them.
- **Most** (62%) reported washing or sanitizing their hands every time or most of the time they touched things that may have recently been touched by others who didn't live with them.
- **Most** reported avoiding close contact situations (63%), crowded places (73%), and enclosed spaces (84%) in the past 7 days.
- **Most** (68%) recalled media messaging about COVID-19 mitigation in the last four weeks.
- Groups **more likely** to be in situations where they were in close contact with someone outside their household, in crowded places, or in enclosed spaces in the past 7 days included respondents:
  - with college degrees (vs. those without degrees)
  - racial/ethnic minorities (vs. whites)
  - essential workers (vs. non-essential workers)
  - who self-identified as politically conservative (vs. moderate or progressive)
  - with annual household incomes below \$80,000 (vs. those with annual household incomes above \$80,000)

### COVID-19 Exposure Notification

- **Most** respondents (55%) expressed interest in having a COVID-19 exposure notification application on their phone.
- Those who were **more likely** to express interest in having a COVID-19 exposure notification app were:
  - white (compared to racial/ethnic minorities)
  - aged < 35 years (compared to those aged ≥ 35 years)
  - non-essential workers (compared to essential workers)
  - those who self-identified as politically moderate or progressive (compared to conservative)
  - those whose annual household income was below \$80,000 (compared to those above \$80,000).
- If respondents had a COVID-19 exposure notification app on their phone and were notified of a positive COVID-19 test, **most** said they would certainly/very likely anonymously share the result (72%), self-isolate (91%), engage in contact tracing (74%), and engage in self-contact tracing (83%).

**55%**

**Interested in  
a COVID-19  
Exposure Notification  
Application**



### COVID-19 Vaccine Beliefs and Practices

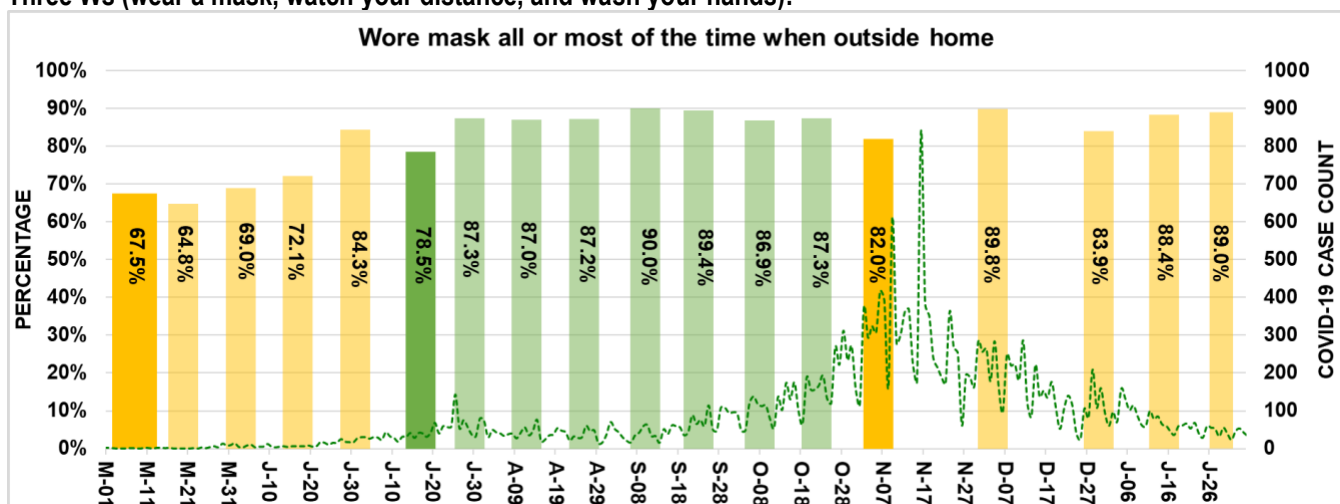
- **Most** respondents (68%) reported they planned to get a COVID-19 vaccine when they became eligible.
- About **16%** of survey respondents reported they'd gotten the COVID-19 vaccine already.
- **Most** (72%) recalled media messaging about the COVID-19 vaccine in the last four weeks.
- Respondents reported that their **top three sources of information** about the COVID-19 vaccine were Google searches, medical providers, and specific websites.
- Those who were not willing to get COVID-19 vaccine were **most motivated** to get vaccinated if vaccination will help **open up the economy**.
- Those **less likely** to say they would get the COVID-19 vaccine when they become eligible were:
  - women (vs. men)
  - college degree holders (vs. non-college degree holders)
  - racial/ethnic minorities (vs. whites)
  - essential workers (vs. non-essential workers)
  - those who self-identified as conservatives (vs. moderates and progressives)
  - those with annual household incomes below \$80,000 (vs. those with annual household incomes above \$80,000).
- Those unwilling to get a COVID-19 vaccine were **most motivated** to get vaccinated if it would help **open up the economy**.

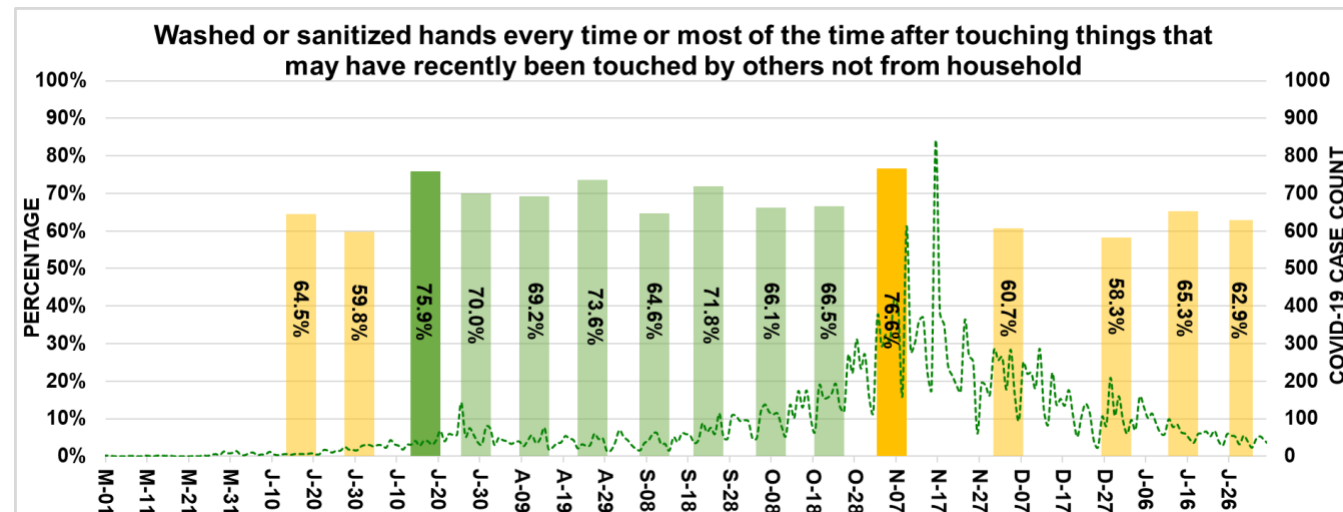
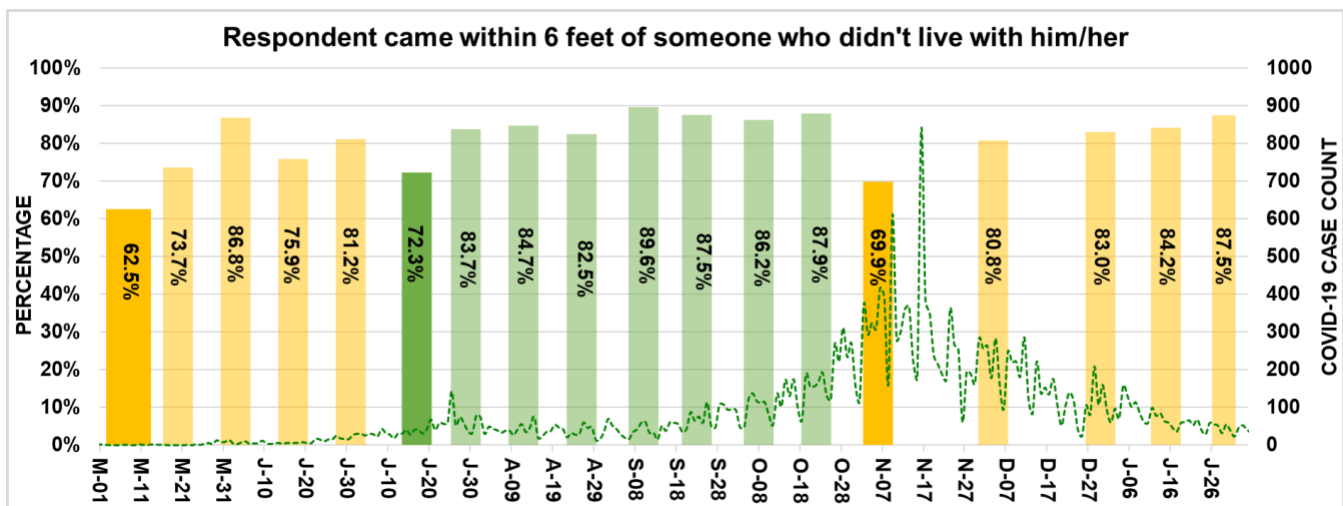
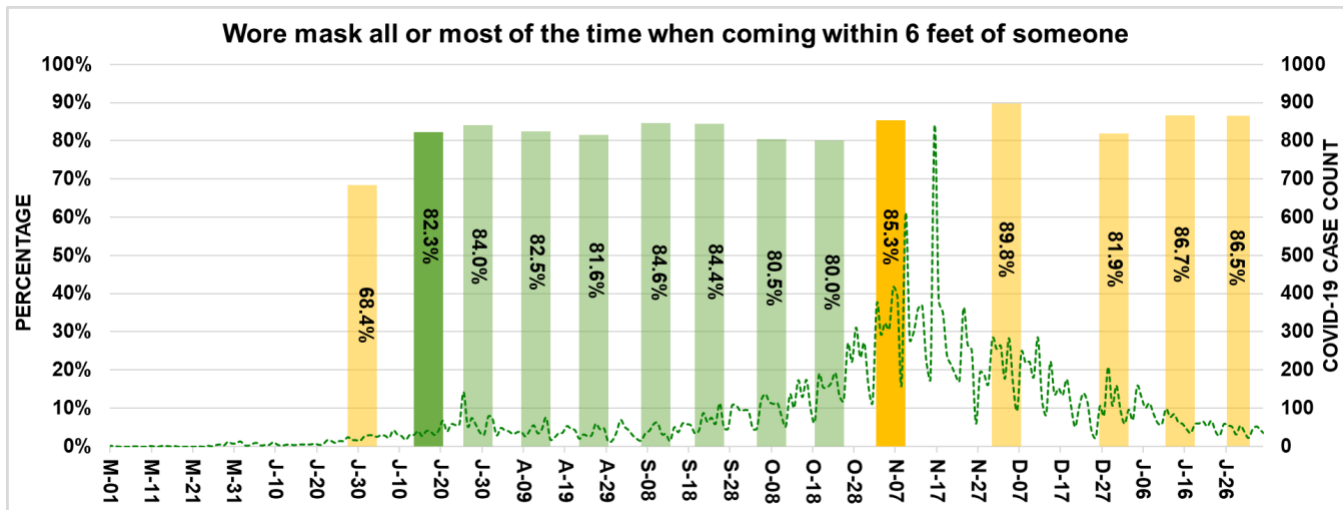
### Mental Health Status During the Pandemic

- **Most** respondents reported feeling **slightly worried/not worried** about household finances (69%), losing employment (78%), or not being able to connect with friends and family (62%) during the pandemic.
- **Most** respondents (66%) reported having good/very good morale in their household.
- About **20%** of respondents reported that their own mental health was much worse than before the pandemic. Those who were **more likely** to report having **much worse** mental health than before the pandemic were:
  - women (vs. men)
  - those without a college degree (vs. college degree holders)
  - those with children (vs. no children).
- Among the respondents who indicated they had much worse mental health than before the pandemic, many indicated they had anxiety, depression, loneliness, issues with sleep, and issues maintaining healthy work/life balance. Of those who reported they had worse mental health than before the pandemic, around **10%** reported thoughts of suicide.

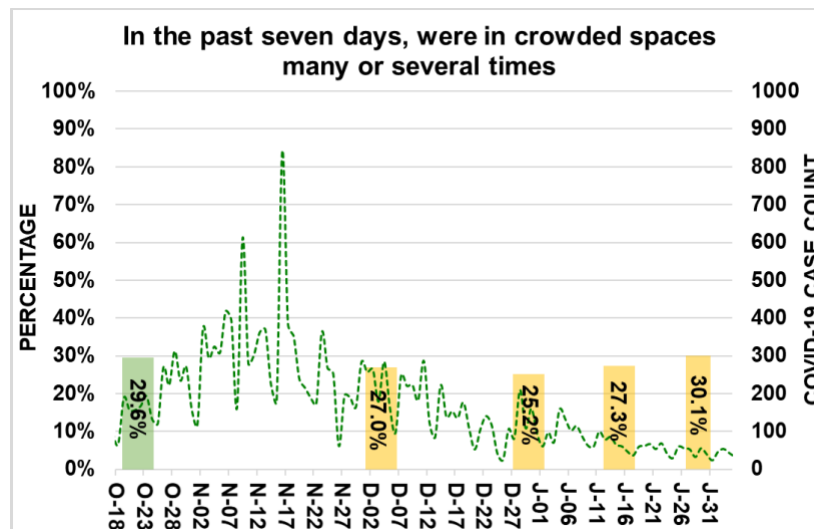
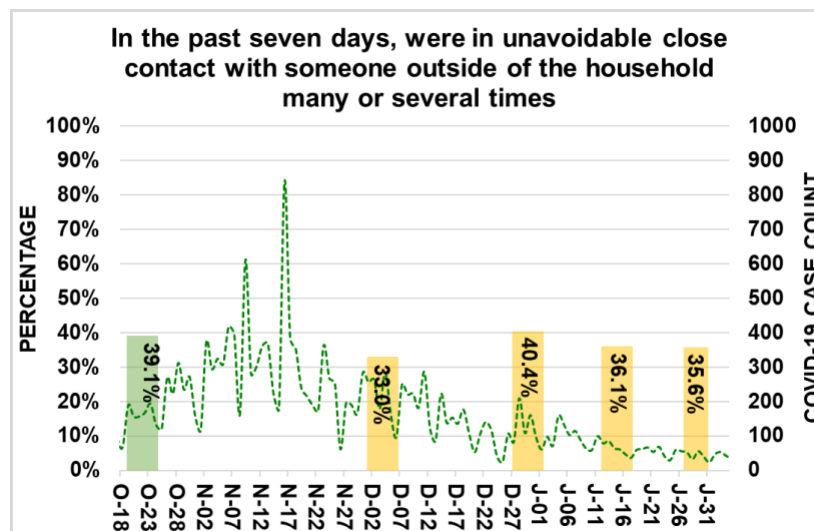
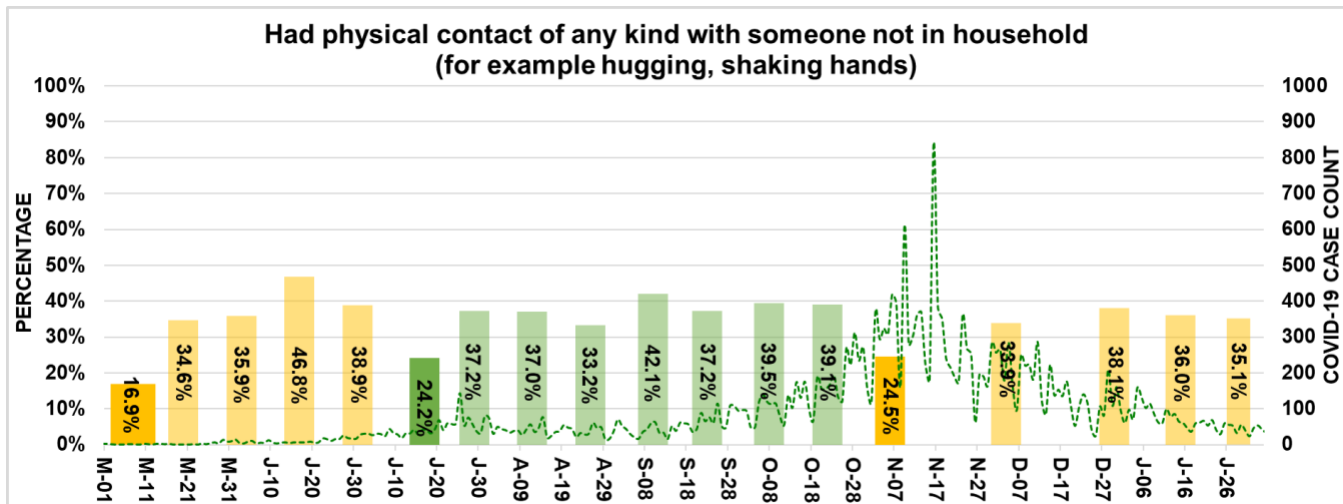
### Trends

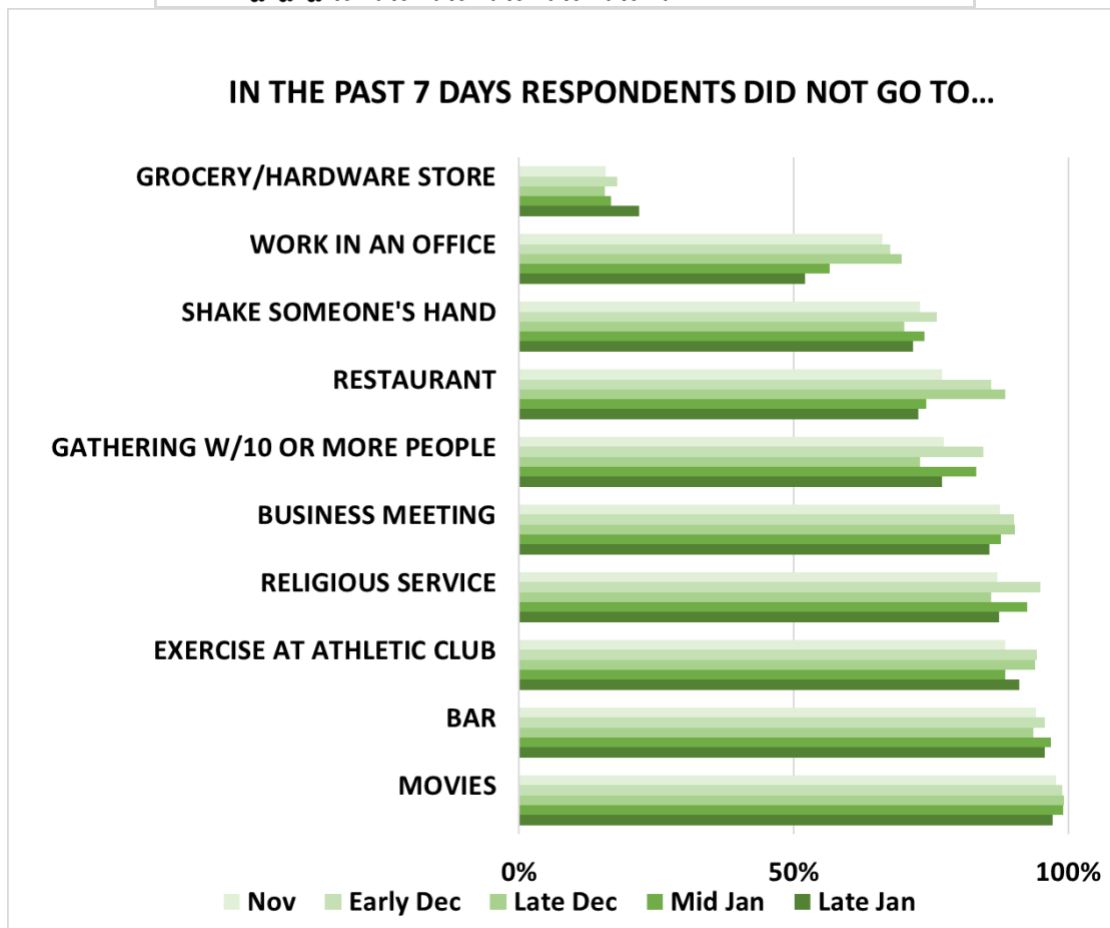
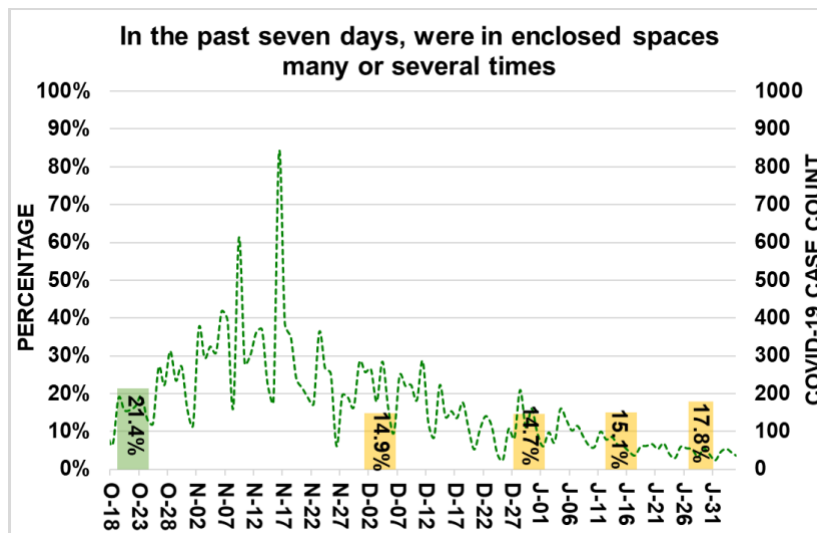
Three Ws (wear a mask, watch your distance, and wash your hands):





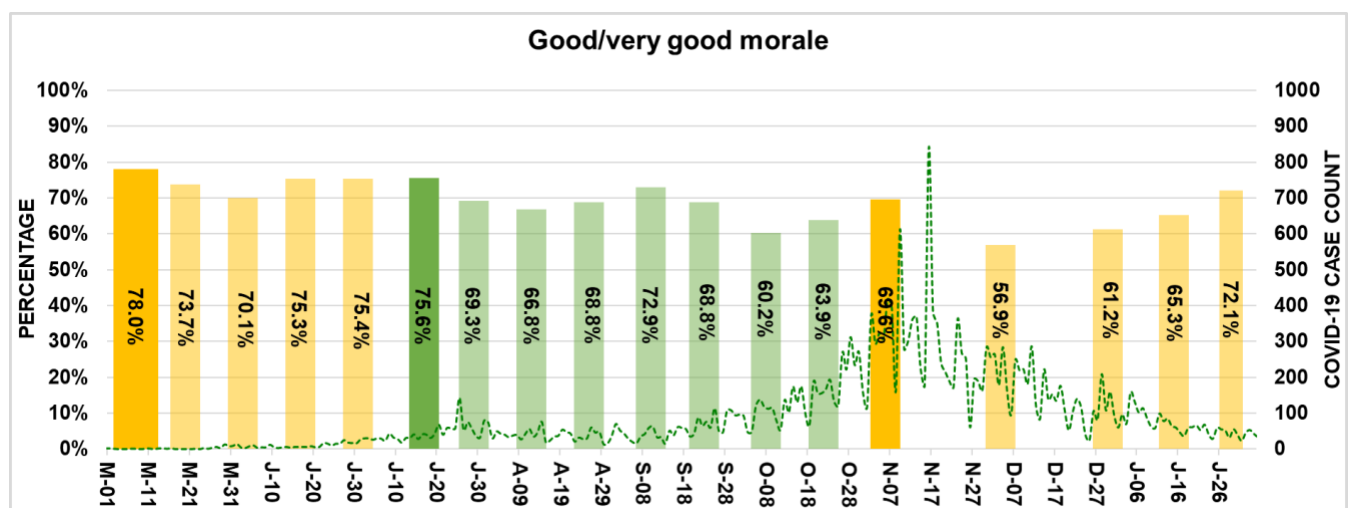
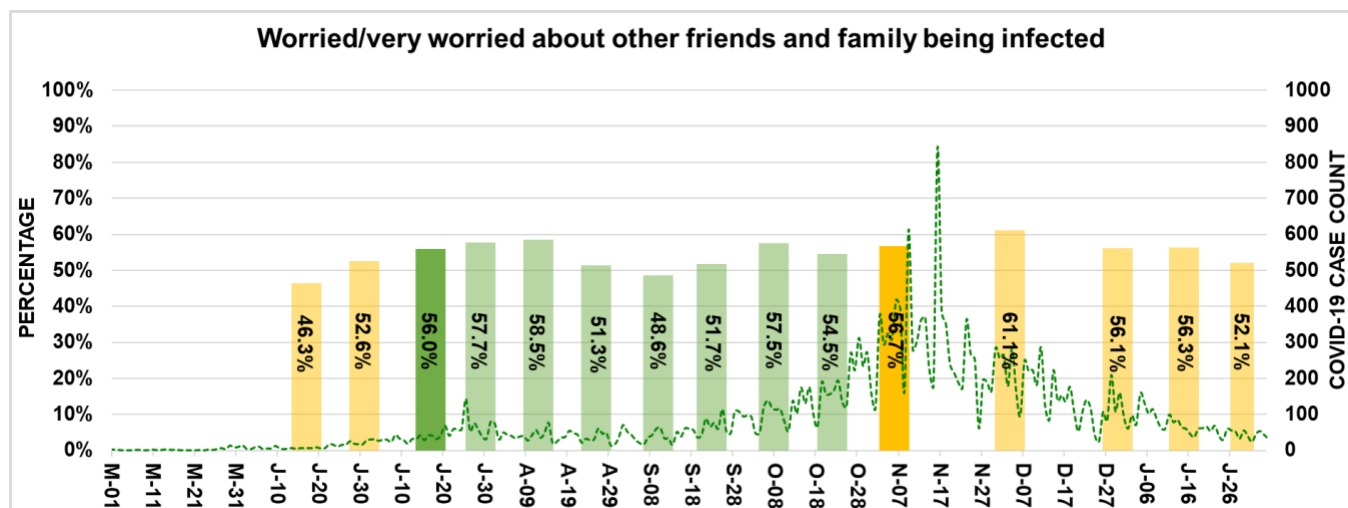
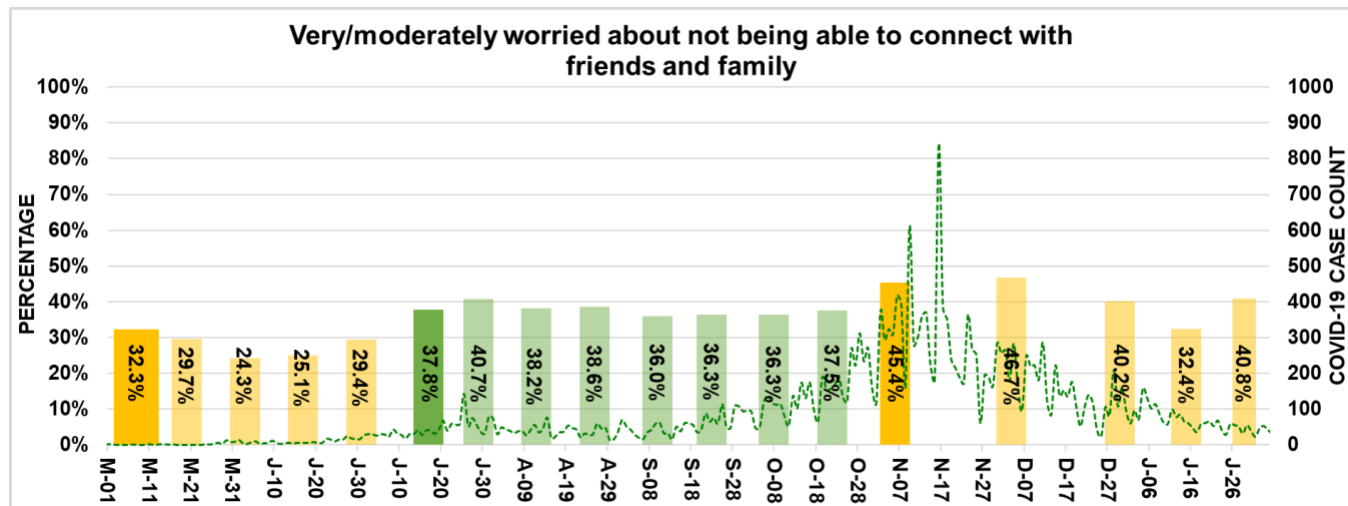
Three Cs (avoid crowded places, close-contact settings, and confined and enclosed spaces):



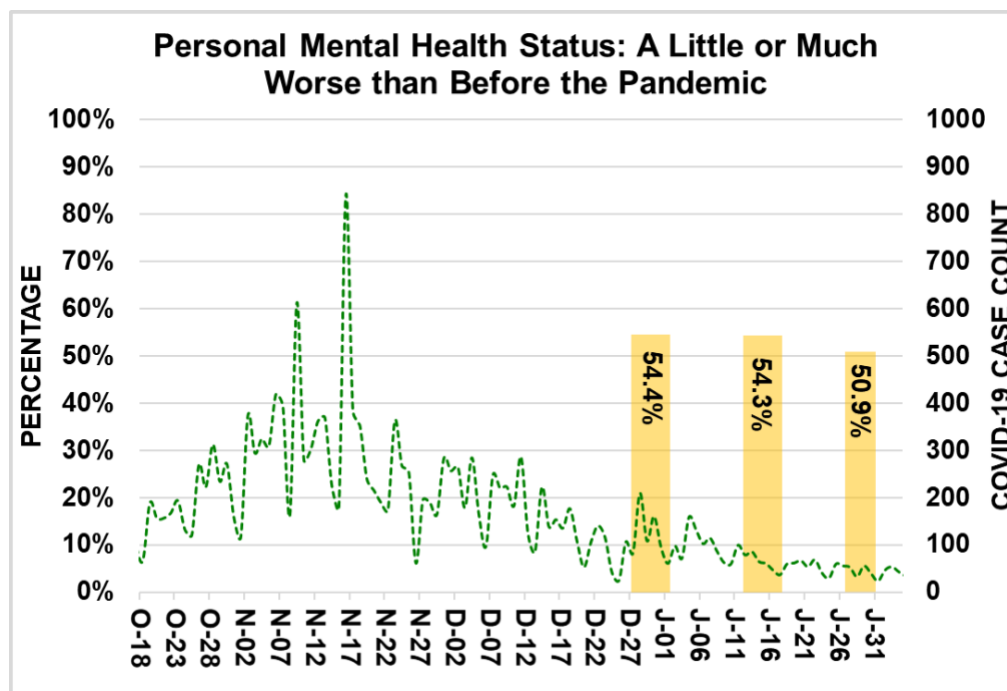
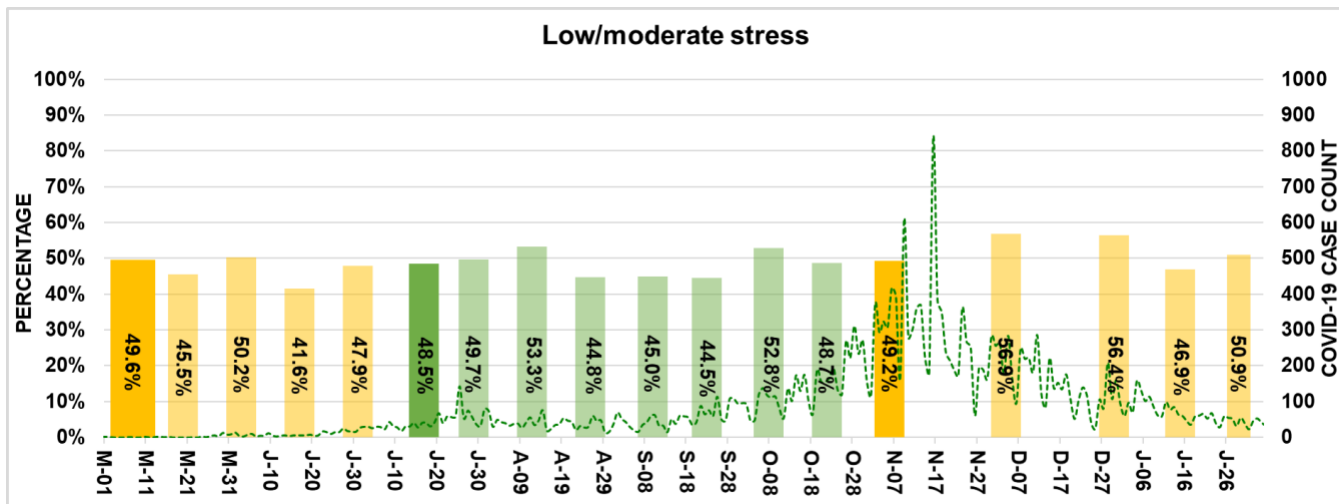


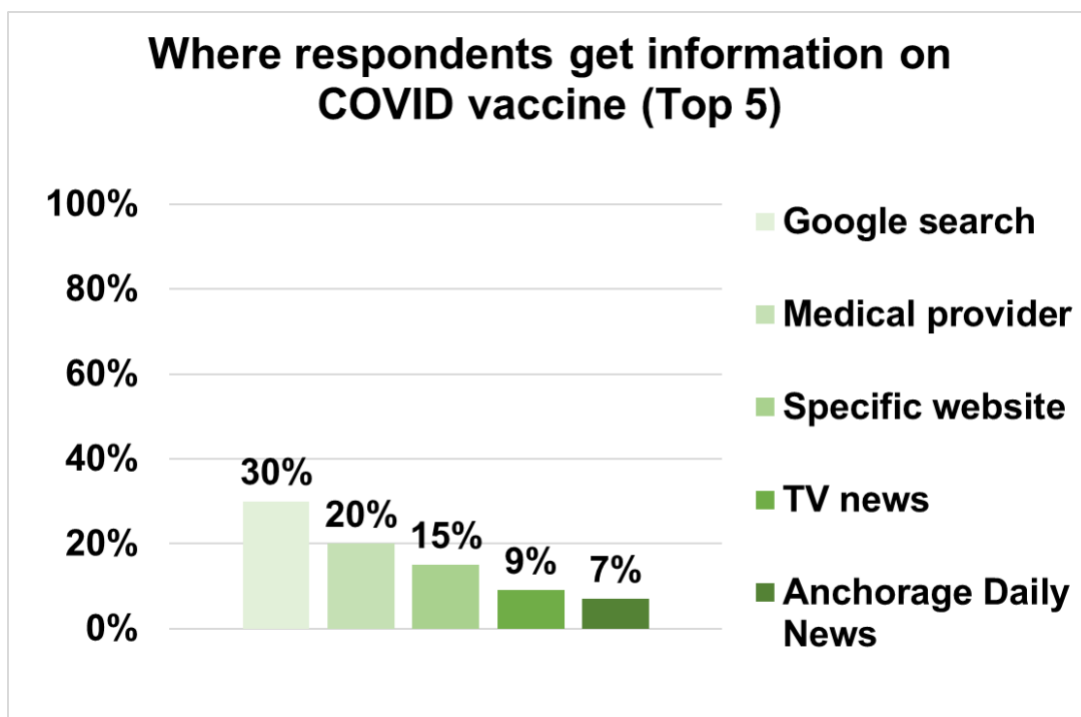
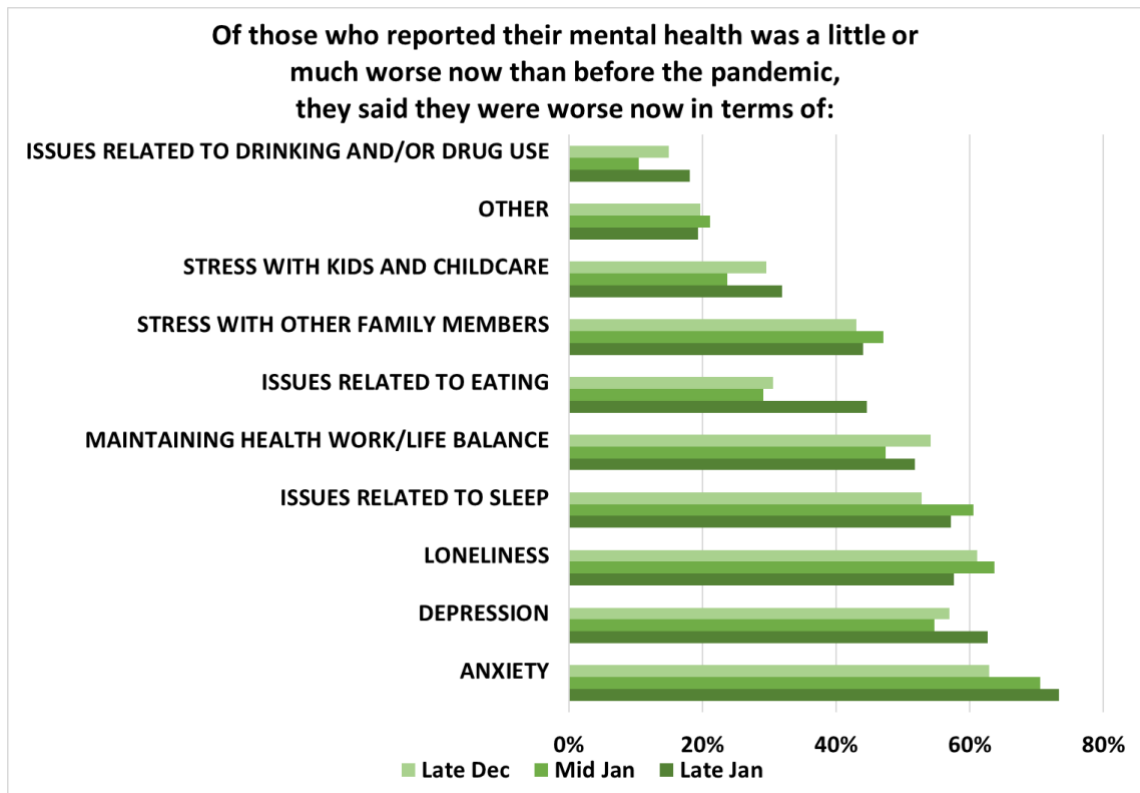


## Mental Health (Worry, Morale, Stress):









### Limitations

Caution must be exercised when interpreting the results of the surveys due to several limitations. First, the surveys from the panel may not be representative of the Anchorage population. Additionally, all surveys are cross-sectional, so each survey only measures a single point in time. Finally, most of the survey questions related to hygiene and physical distancing behaviors are based on self-reports, which can be subject to social desirability and recall bias.