

COV/SCL/20/09 - Has social distancing made us healthier? Adoption, maintenance and sharing of positive changes

Social distancing has brought the biggest changes to everyday life in living memory. Although many of these changes make life worse, positive behaviours are emerging, for example, finding new ways to exercise at home, and offering help to neighbours. This project aims to capture these positive behaviours through surveys and interviews with the public in order to explore how and amongst whom this has happened, and if people can keep these health improvements going. Working with relevant charities and organisations we will share our learning to help the public to initiate and maintain these positive changes during COVID-19 and beyond