



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Time to Talk Public Health

June 2025 Survey Findings:

Type 2 diabetes, use of gloves in healthcare settings, incontinence, dental health, climate change and public health policy

Published: August 2025



Introduction

- **Time to Talk Public Health** is a national panel of Welsh residents aged 16+ years established by Public Health Wales to enable **regular public engagement** to inform public health policy and practice.
- The panel is designed to be broadly representative of the Welsh population by age, sex, deprivation, ethnicity and health board.
- Members of the public are recruited to the panel using a variety of methods and subsequently invited to participate in regular surveys to provide insight into key public health issues.
- This report presents findings from the June 2025 Survey covering:
 - **Type 2 diabetes**
 - **Use of gloves in healthcare settings**
 - **Incontinence**
 - **Dental health**
 - **Climate change**
 - **Public health policy**
- We are very grateful to the residents of Wales who have given their valuable time to participate in the panel.



Methodology

- Initial recruitment to the Time to Talk Public Health Panel (November 2022 to January 2023) was undertaken by telephone, face-to-face and social media advertising.
 - Recruitment is continuous with individuals able to sign up via the [Time to Talk Public Health Panel website](#) (opens in new window) at any time. Based on initial demographic screening, individuals are either recruited directly to the panel or invited to join a waiting list if the quota for their demographic profile is full.
 - During the delivery of each survey, additional targeted recruitment is undertaken through face-to-face interviews and social media advertising to increase sample representativeness as required.
 - From April 2025, panel members are invited to complete a survey every four months, either online or by telephone.
 - The data for this survey was collected 5th to 30th June 2025.
 - No financial incentives are provided for participation.
 - Due to the panel being partially self-selected and focused on public health topics, the sample may be affected by bias towards residents with greater interest in public health topics and healthcare issues. This should be considered when interpreting findings.
 - Further information on the methods of the survey is provided in the Appendix.
- A demographic breakdown of panel members who were invited to complete the survey and of the 1,402 participants who completed the survey in June 2025 is provided in the Appendix.
 - Unless stated otherwise, data are weighted to reflect national population demographics by age, sex and deprivation.
 - Please note: percentages in this report may not total 100% due to rounding.

- 1,402 participants took part in the June 2025 survey (5th to 30th June 2025).

Type 2 diabetes (T2D)

- Most people reported knowing that T2D is preventable (45% very; 42% somewhat).
- From a list of six symptoms of T2D, the proportion of people saying they knew each symptom was lowest for:
 - General itching or thrush (30%)
 - Unexpected weight loss (38%)
 - Slow healing wounds (53%)
- Interest in using an online tool to learn how at-risk an individual is of T2D was high, with 33% of people being very interested and 42% being fairly interested.

Use of gloves in healthcare settings

- 58% of people said they support healthcare professionals doing procedures with washed hands and no gloves where guidance suggests gloves are not needed (28% neither support nor oppose; 14% oppose)
- When presented with four benefits of reducing the number of gloves used by health professionals, the benefit ranked most important to most people was reducing the spread of infection (58%), followed by reducing waste (18%).

Incontinence

- Only 45% and 37% of people said they were knowledgeable about urinary incontinence and bowel incontinence, respectively.
- More people reported they would feel comfortable speaking about experiencing incontinence with healthcare professionals (77%) than with family (48%) or friends (31%). However, 77% said they would feel comfortable if family or friends spoke to them about their incontinence.

Public health policy

- The top three policy areas (from a list of six) people thought Welsh Government have 'a great deal' of a role in were:
 - Reducing child poverty (75%)
 - Giving children the best start in life (69%)
 - Making healthy food and drink more accessible and affordable (58%)

Dental health

- 29% of people reported having had a private course of dental treatment over the last 12 months. Of this group, 49% had tried to get NHS care but it was not available to them.
- 56% of people would like to have NHS dental check-ups at regular set intervals, regardless of how good or bad their dental health is.
- Only 12% of people had heard of the Dental Access Portal.



GIG
CYMRU
NHS
WALES

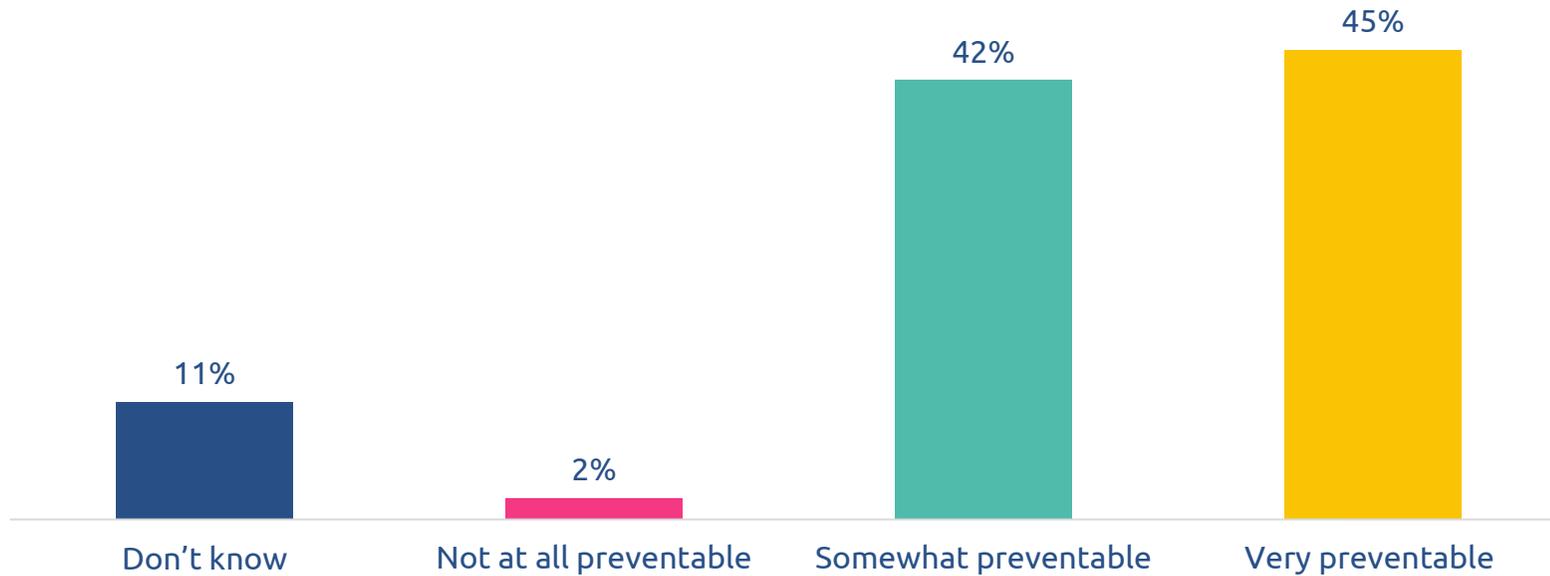
Iechyd Cyhoeddus
Cymru
Public Health
Wales

Type 2 diabetes

This section sought to understand people's level of knowledge and understanding of type 2 diabetes. Type 2 diabetes is high blood sugar levels due to your body not making enough of a hormone called insulin, or the insulin it makes not working properly — known as insulin resistance.

Type 2 diabetes

How preventable, if at all, do you think type 2 diabetes is?



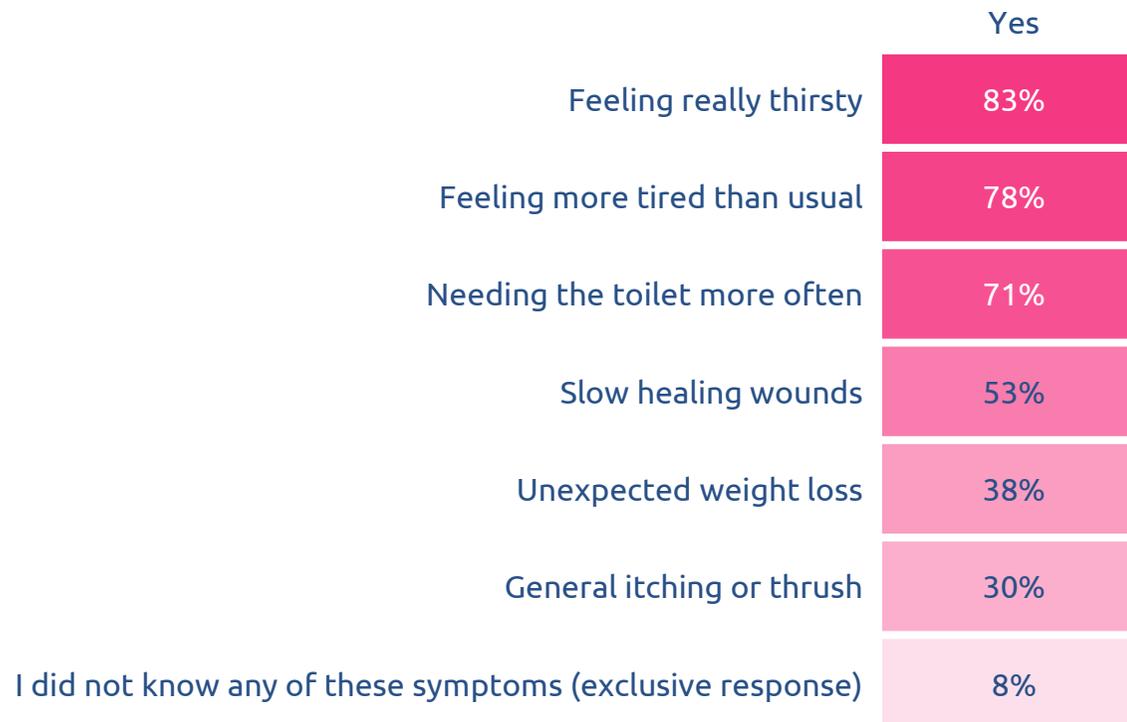
Prefer not to say: less than 1%



Type 2 diabetes

Which of the following, if any, did you already know are symptoms of type 2 diabetes?

(Select all that apply)



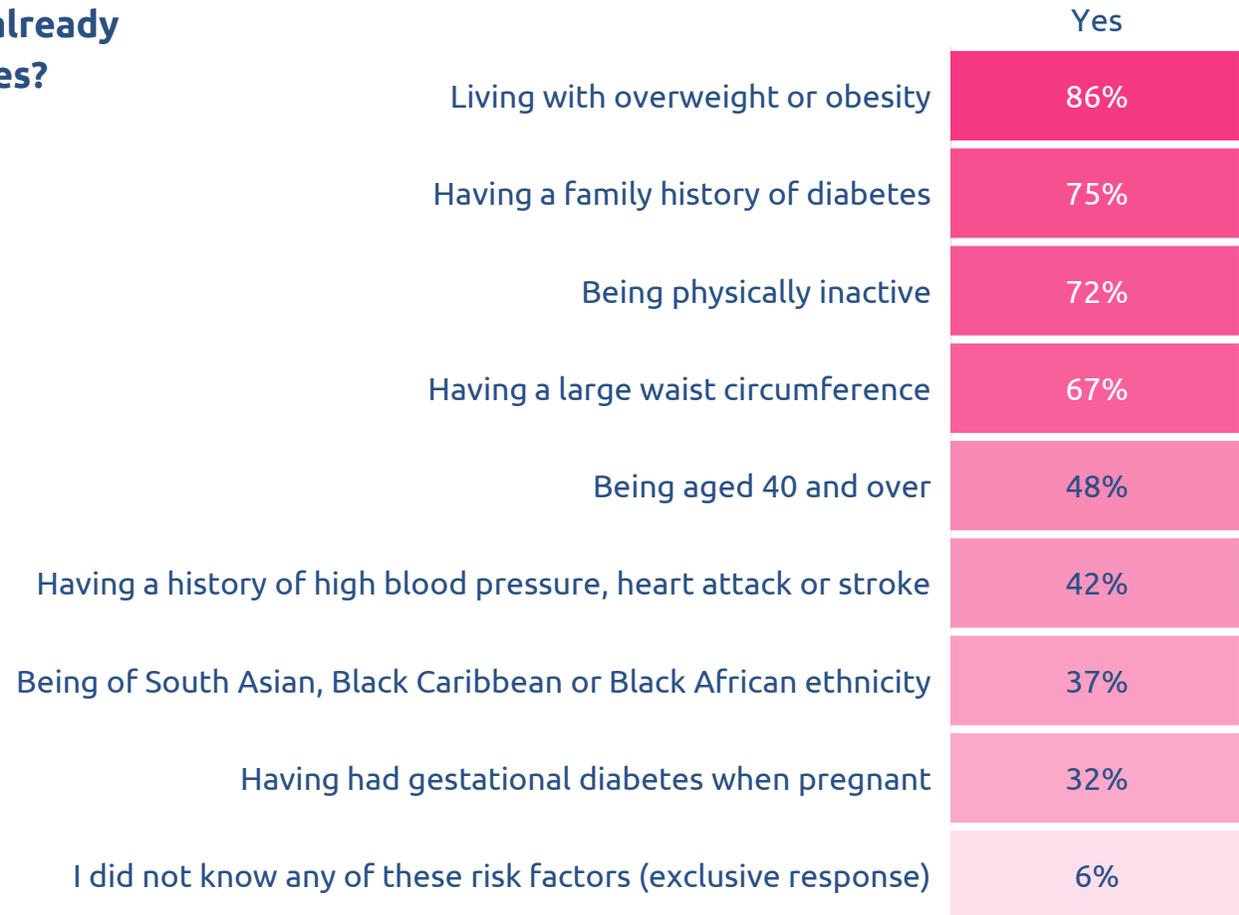
Prefer not to say: less than 1%



Type 2 diabetes

Which of the following, if any, did you already know are risk factors for type 2 diabetes?

(Select all that apply)



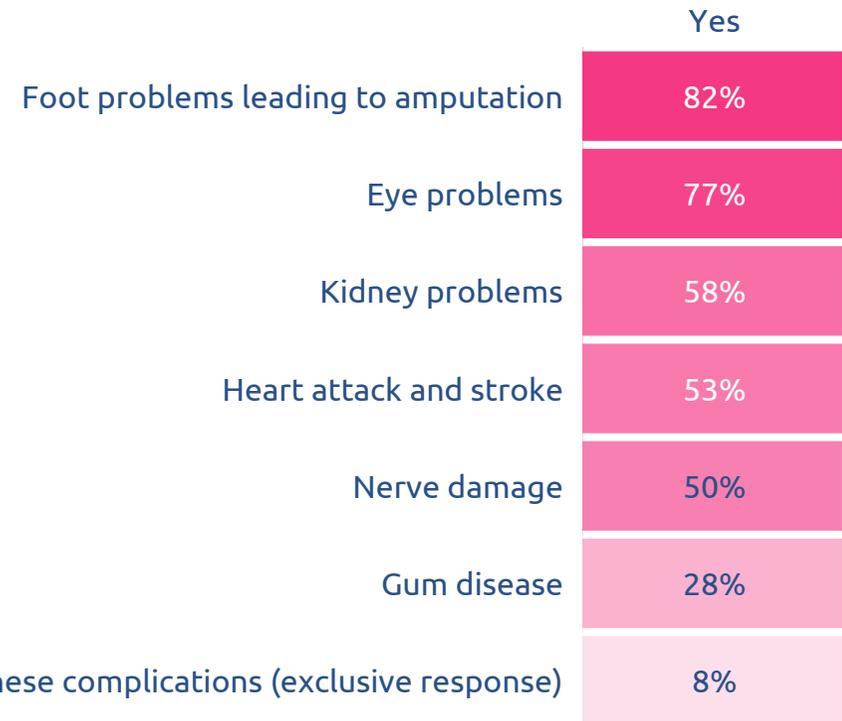
Prefer not to say: less than 1%



Type 2 diabetes

Which of the following, if any, did you already know are complications of type 2 diabetes?

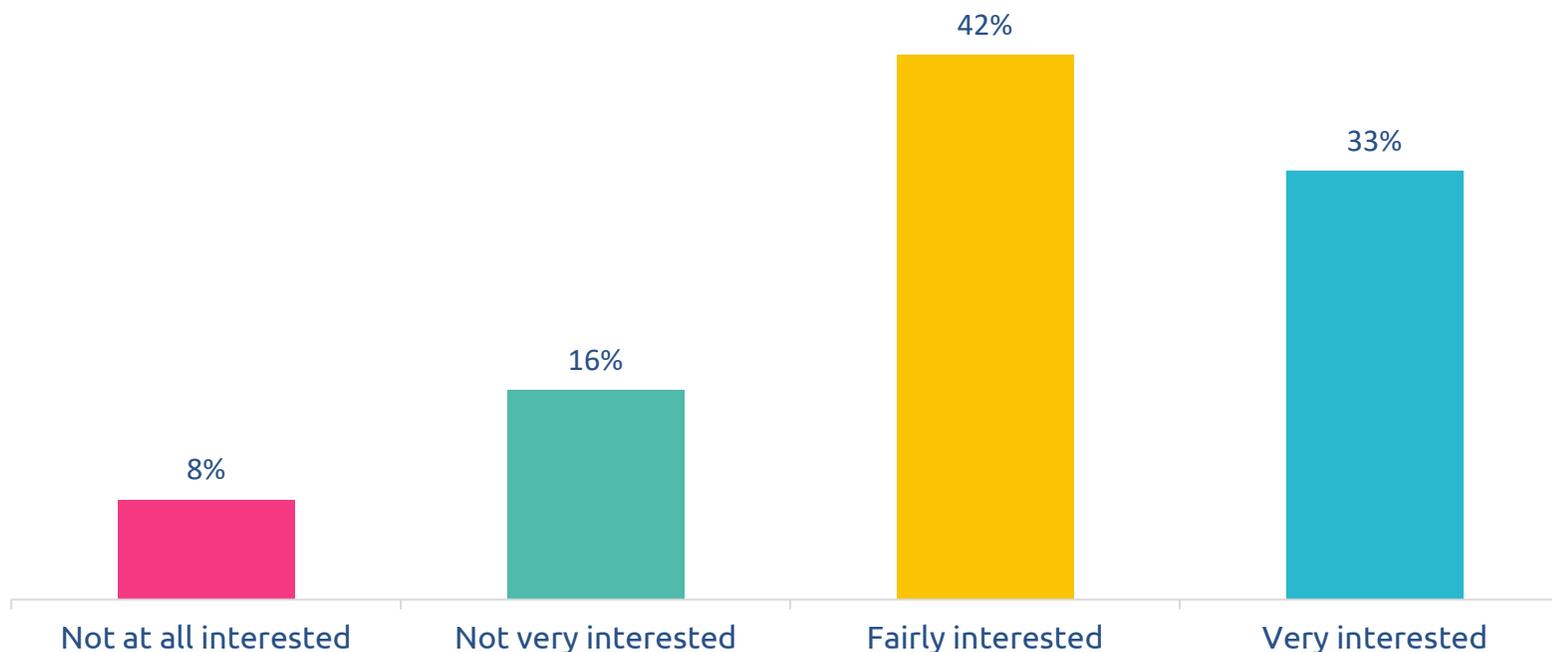
(Select all that apply)



Prefer not to say: less than 1%

Type 2 diabetes

How interested would you be in using an online tool to learn how at risk you are of type 2 diabetes?

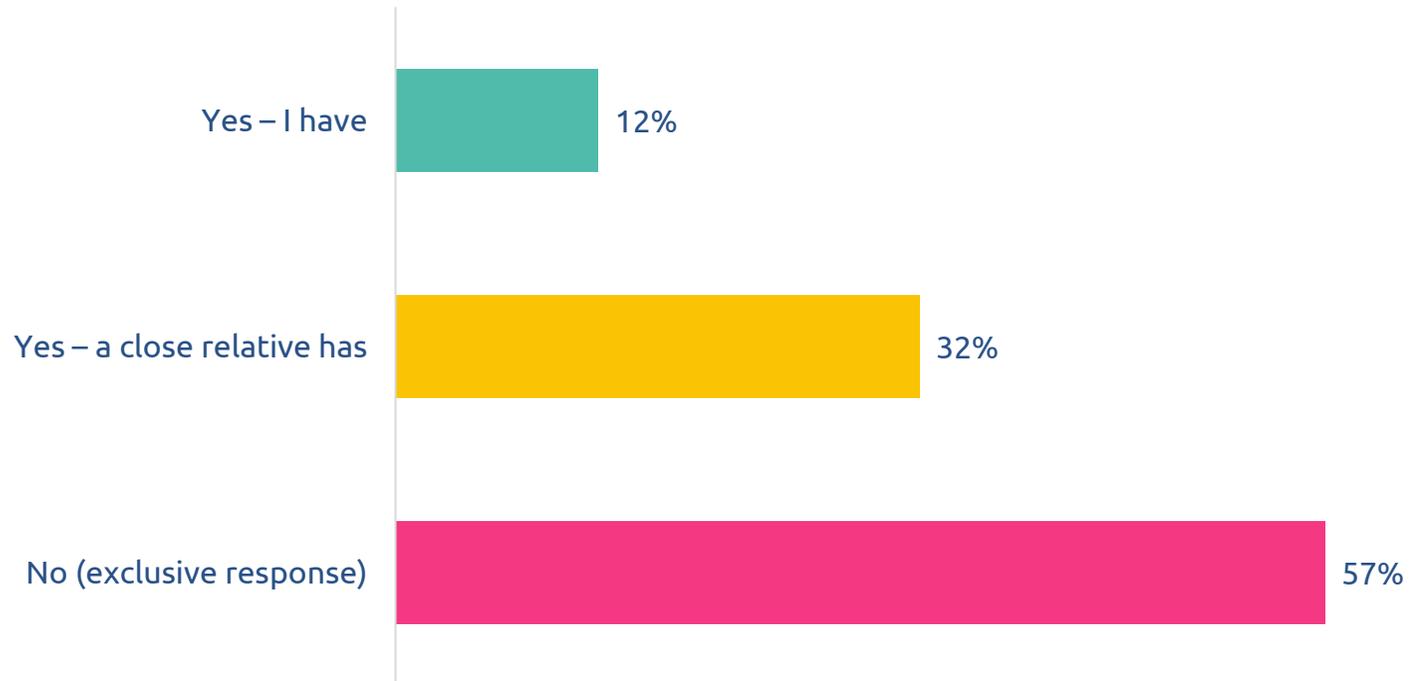


Prefer not to say: 1%



Type 2 diabetes

Have you or a close relative been diagnosed with type 2 diabetes? (Select all that apply)

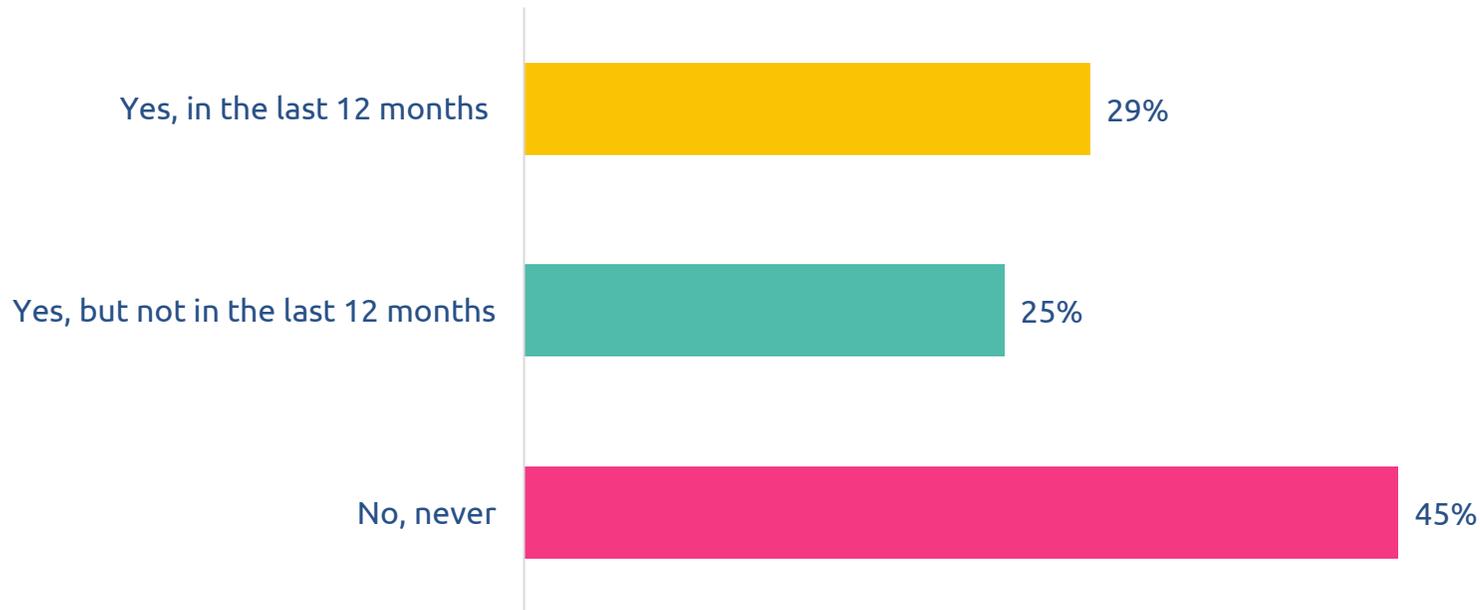


Prefer not to say: 1%

Type 2 diabetes

Asked to those who did not report that they had been diagnosed with type 2 diabetes (n = 1,214; unweighted)

Have you ever wondered if you are at risk of type 2 diabetes?

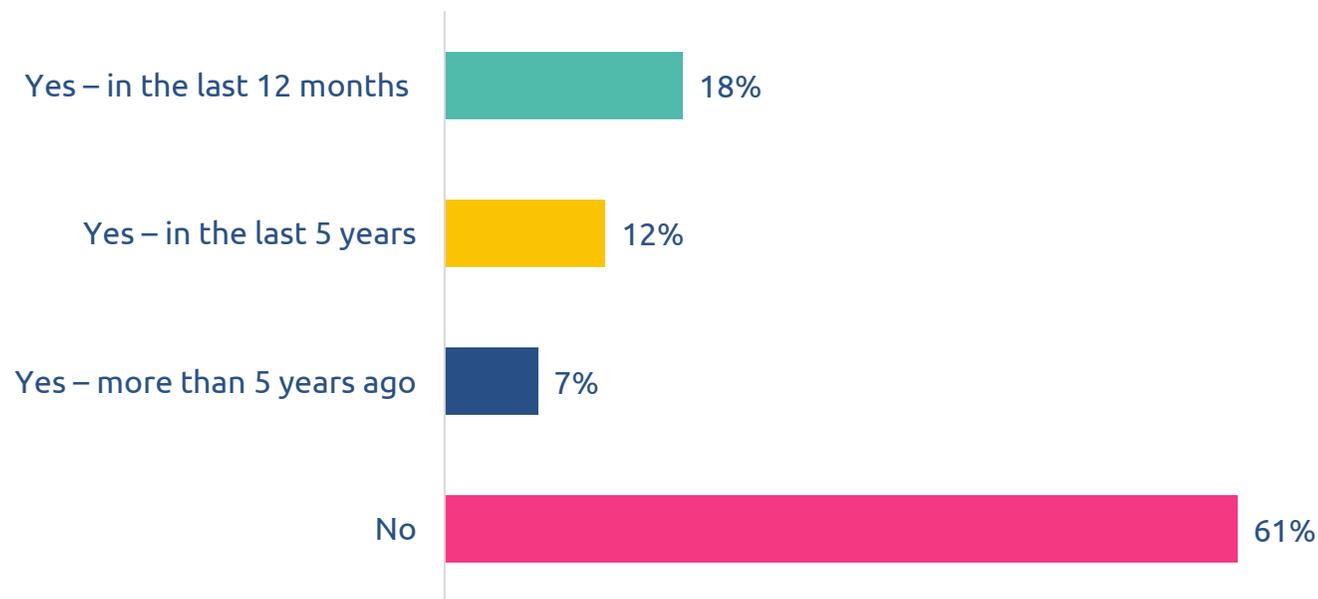


Prefer not to say: 2%

Type 2 diabetes

Asked to those who did not report that they had been diagnosed with type 2 diabetes (n = 1,214; unweighted)

Have you made any changes to your behaviours (e.g. diet, exercise, alcohol) because you were worried about getting type 2 diabetes?



Prefer not to say: 1%



GIG
CYMRU
NHS
WALES

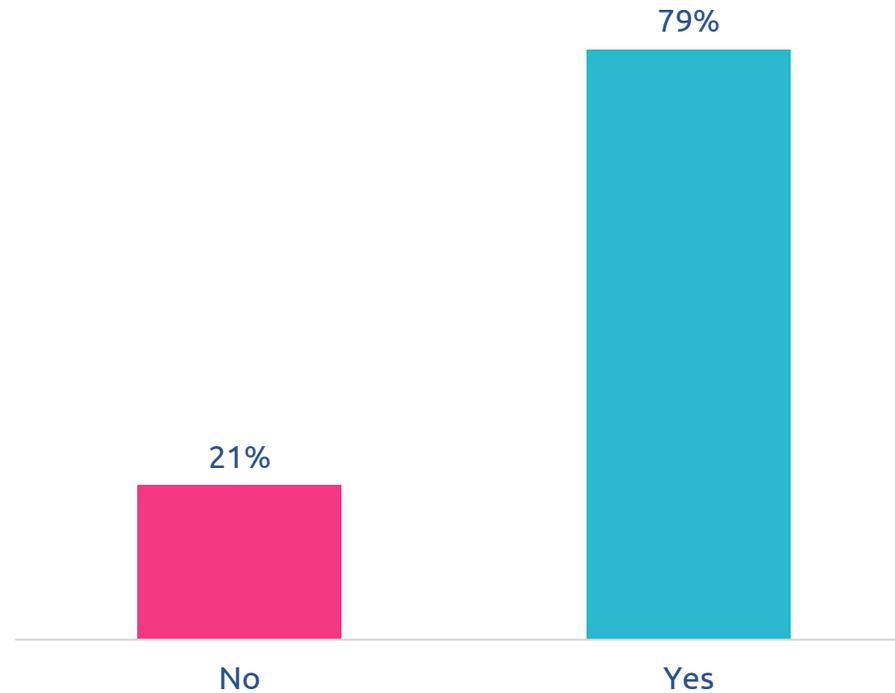
Iechyd Cyhoeddus
Cymru
Public Health
Wales

Use of gloves in healthcare settings

This section was interested in people's views on hand hygiene practices in healthcare settings as these can vary. Depending on the procedure, healthcare professionals may use gloves or washed hands only where guidance suggests gloves are not needed.

Use of gloves in healthcare settings

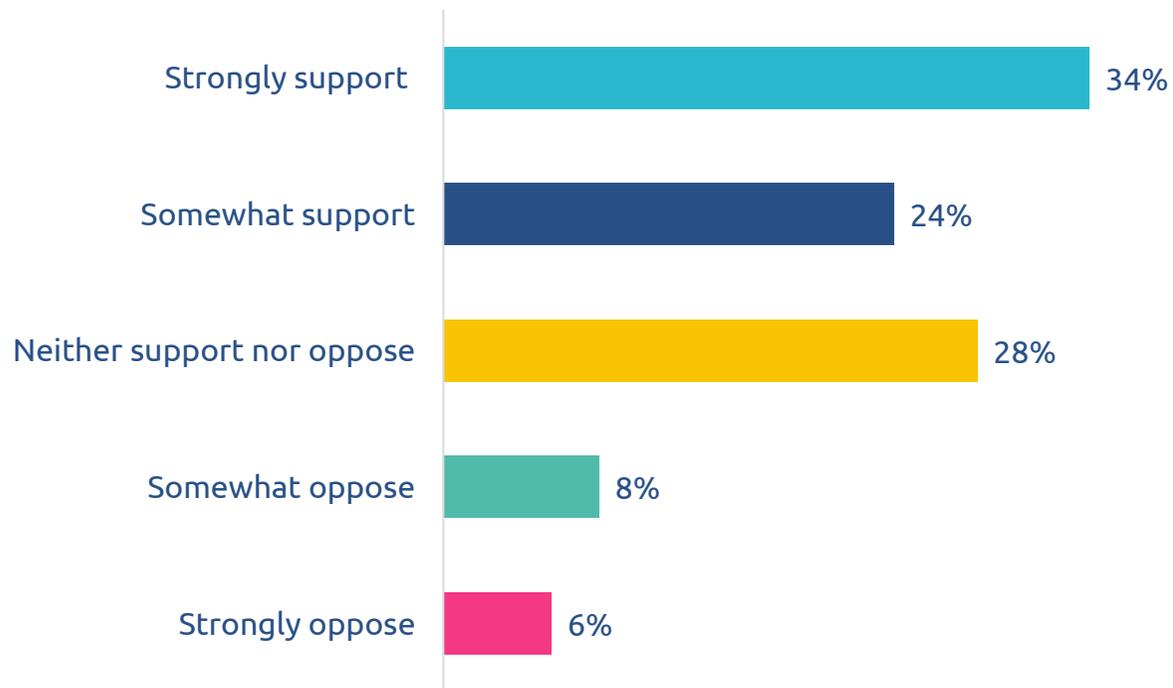
Before today, did you know that healthcare professionals may wear gloves or have washed hands and no gloves for different procedures?



Prefer not to say: 1%

Use of gloves in healthcare settings

To what extent do you support or oppose healthcare professionals doing procedures with washed hands and no gloves where guidance suggests gloves are not needed?



Prefer not to say: less than 1%

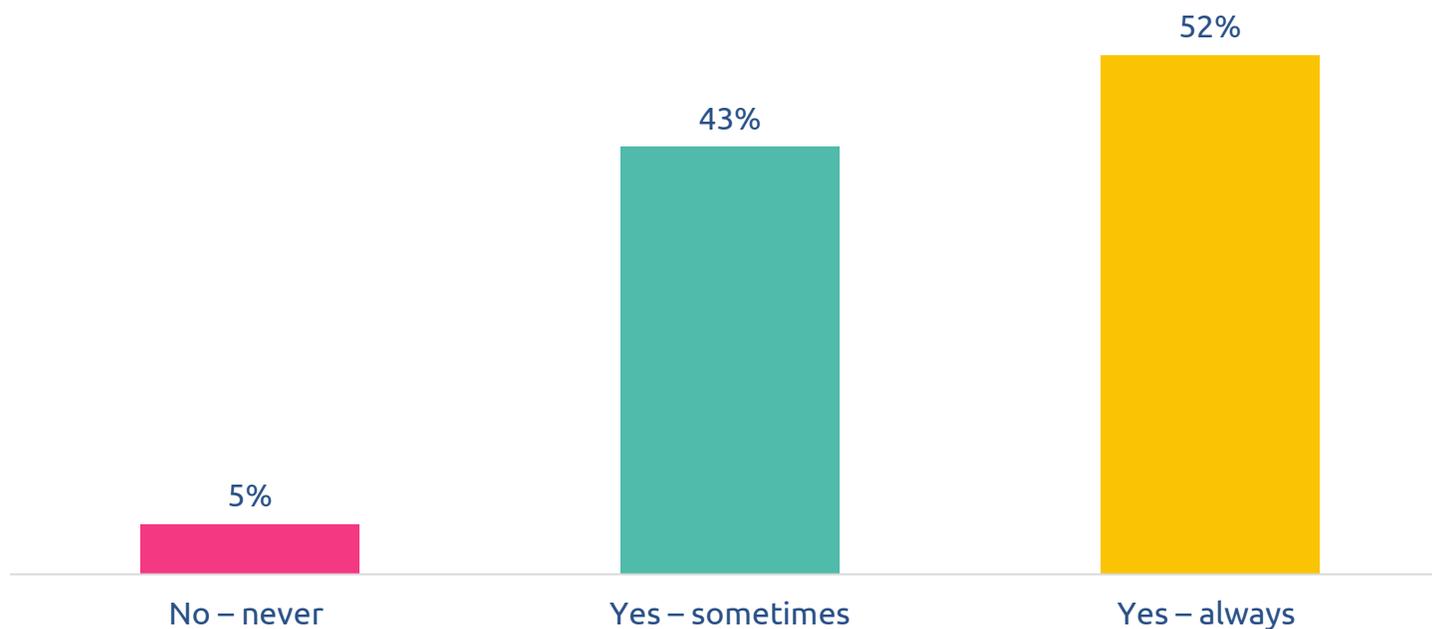
Use of gloves in healthcare settings

If you were receiving the following procedures, would you find it acceptable for them to be done by a healthcare professional wearing gloves, or washed hands and no gloves, or either?

	Washed hands and no gloves	Either	Gloves	Prefer not to say
Taking blood pressure	65%	28%	7%	Less than 1%
Helping a patient to eat	54%	28%	18%	1%
Changing bed linen	47%	30%	22%	1%
Carrying out routine examination (e.g. abdominal exam)	47%	32%	21%	1%
Mammogram (i.e. x-ray of the breast)	41%	33%	19%	8%
Giving out oral medication	40%	28%	31%	1%
Giving eye drops	37%	27%	35%	1%
Giving an injection	35%	27%	38%	Less than 1%
Helping a patient to wash	31%	30%	38%	1%
Taking blood	20%	25%	55%	Less than 1%
Checking a wound	7%	16%	76%	1%
Carrying out an intimate examination	3%	12%	84%	Less than 1%

Use of gloves in healthcare settings

Do you trust healthcare professionals to make the right decisions about hand hygiene practices (e.g. when gloves are or aren't needed to be worn)?



Prefer not to say: 1%

Use of gloves in healthcare settings

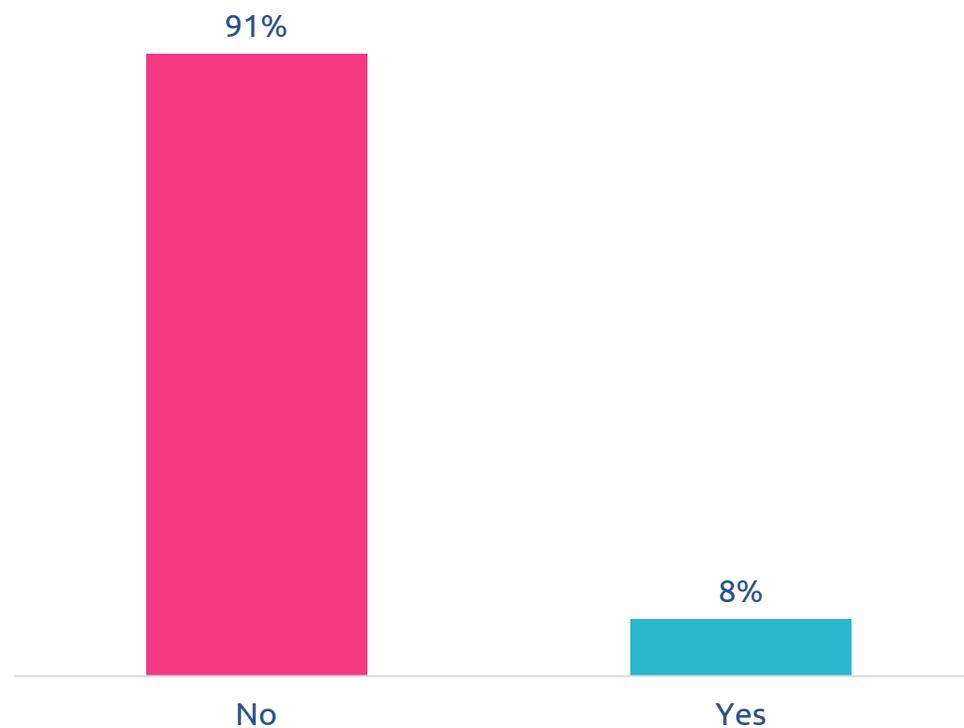
Reducing the number of gloves used by healthcare professionals would have several benefits. Rank in order of importance, where 1 is the most important and 4 is the least important, the following four benefits in terms of how important they would be for you.

	1 - Most important	2	3	4 - Least important	Prefer not to say
Reduces the spread of infection	58%	10%	9%	18%	4%
Reduces hand or skin conditions for healthcare professionals	10%	47%	20%	19%	4%
Reduces waste	18%	20%	37%	21%	4%
Reduces cost	9%	20%	30%	37%	4%



Use of gloves in healthcare settings

Are you currently a healthcare professional who uses gloves in your job?



Prefer not to say: 1%



GIG
CYMRU
NHS
WALES

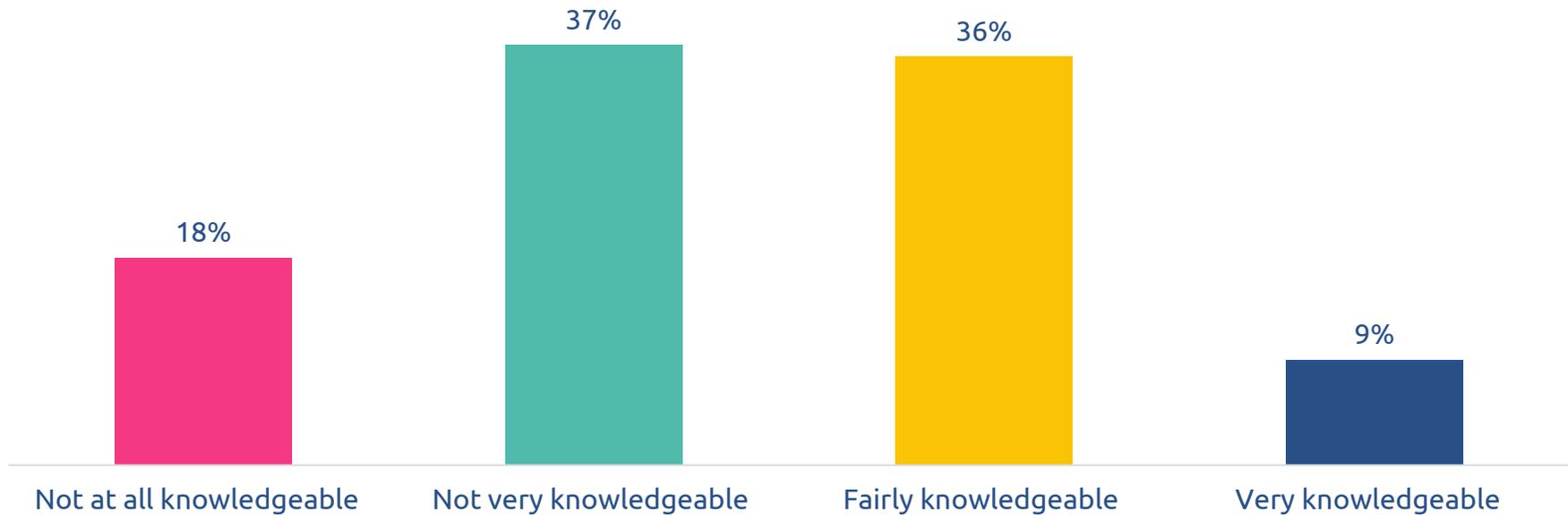
Iechyd Cyhoeddus
Cymru
Public Health
Wales

Incontinence

This section sought to understand people's knowledge and perceptions of incontinence. There are two types of incontinence, urinary incontinence and bowel incontinence.

Incontinence

Urinary incontinence is when you pass urine unintentionally. How knowledgeable, if at all, would you say you are about urinary incontinence?

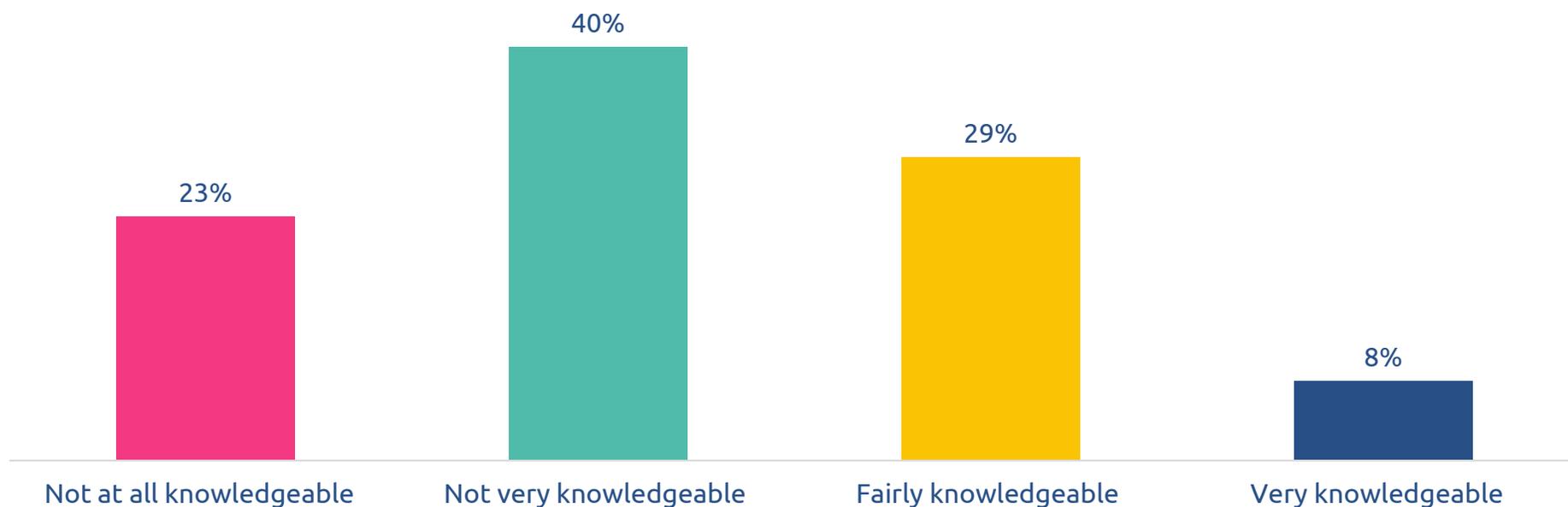


Prefer not to say: less than 1%



Incontinence

Bowel incontinence is when you cannot control when you poo. How knowledgeable, if at all, would you say you are about bowel incontinence?



Prefer not to say: less than 1%



Incontinence

Which of the following groups of people, if any, did you know are at increased risk of experiencing incontinence?

(Select all that apply)



Prefer not to say: less than 1%

Incontinence

If you were experiencing incontinence, would you feel comfortable or uncomfortable speaking with the following?

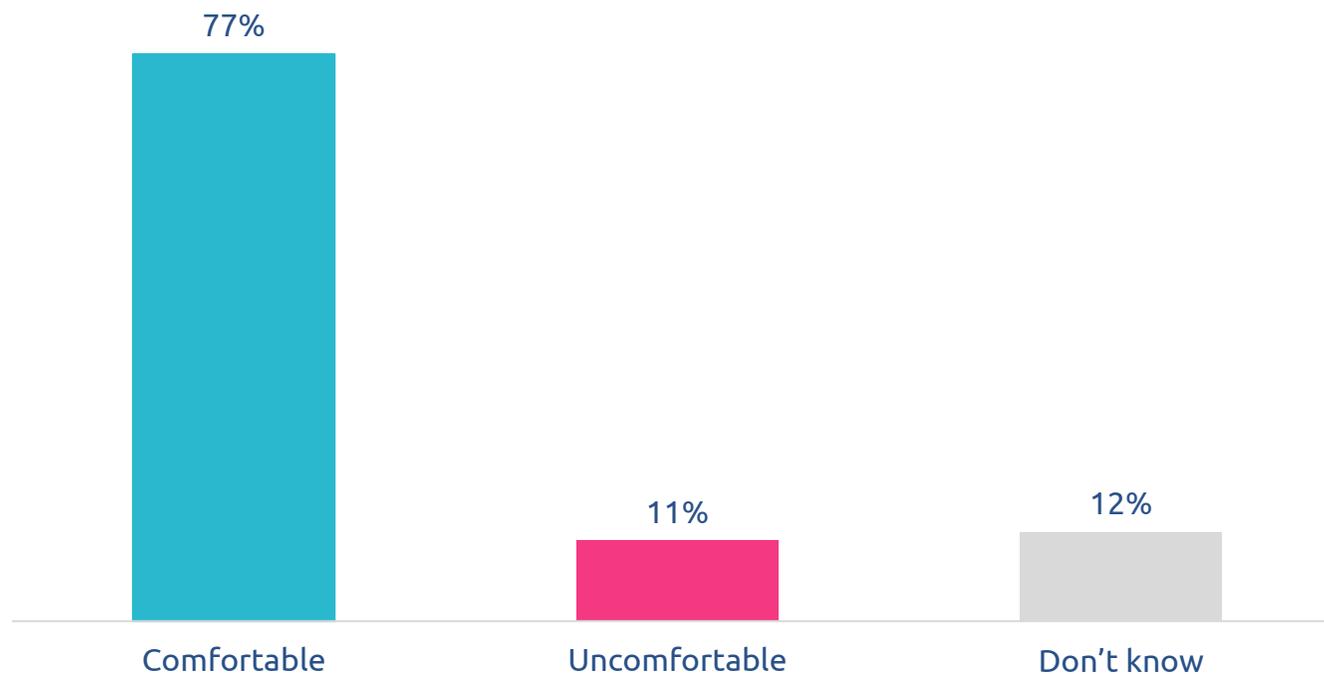
	Comfortable	Uncomfortable	Don't know
Friends	31%	56%	13%
Family	48%	41%	11%
Healthcare professionals	77%	17%	6%

Prefer not to say for each statement: 1%

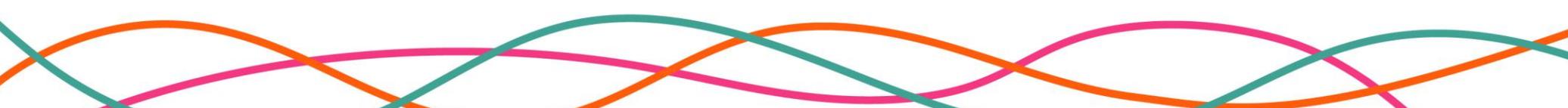


Incontinence

Would you feel comfortable or uncomfortable if a family member or friend spoke to you about their incontinence?



Prefer not to say: less than 1%



Incontinence

How much of a negative impact, if any, do you think experiencing incontinence has on the following aspects of people lives?

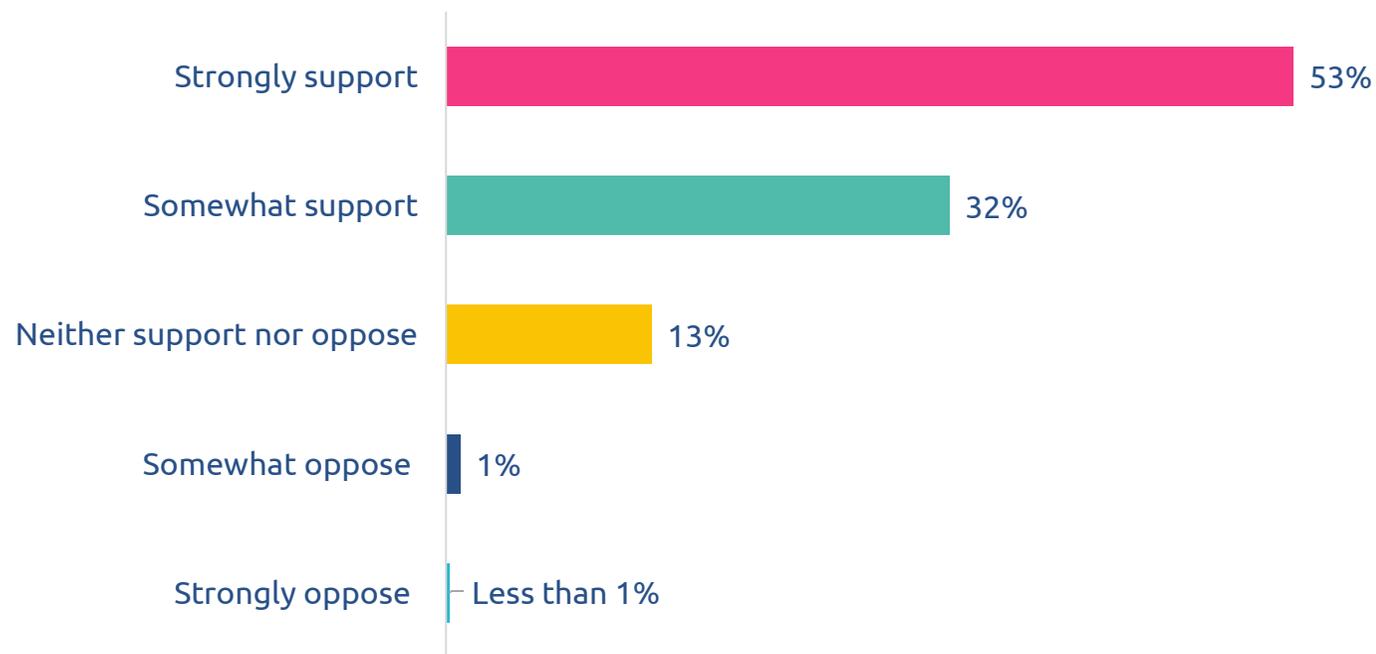
	Don't know	1 No impact at all	2	3	4	5 Major impact
Working lives	3%	1%	1%	8%	25%	62%
Mental health	3%	3%	1%	11%	23%	60%
Physical health	4%	1%	4%	22%	28%	40%

Prefer not to say for each statement: equal to or less than 1%



Incontinence

Do you support or oppose the need for more public discussion on incontinence to increase public understanding?

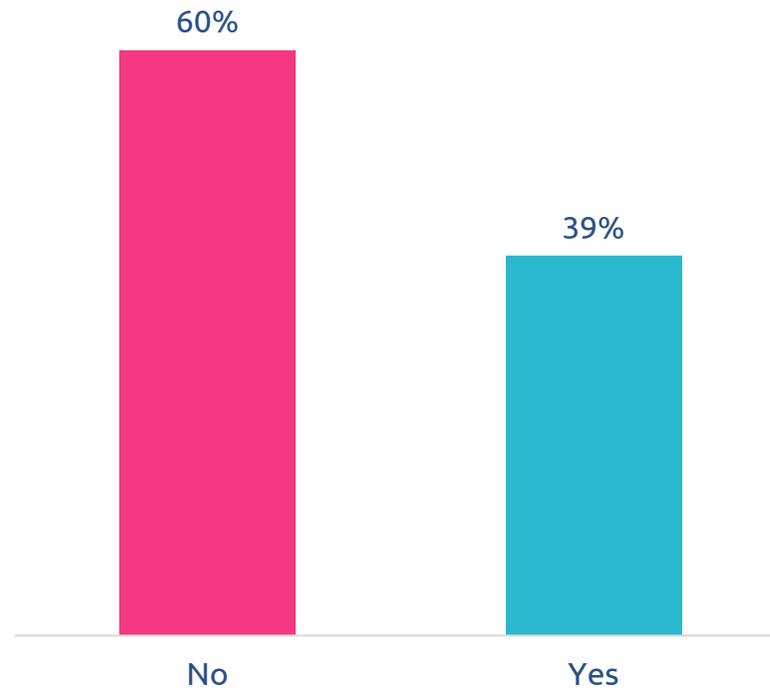


Prefer not to say: 1%



Incontinence

Have you ever experienced incontinence (urinary or bowel)?



Prefer not to say: 1%



GIG
CYMRU
NHS
WALES

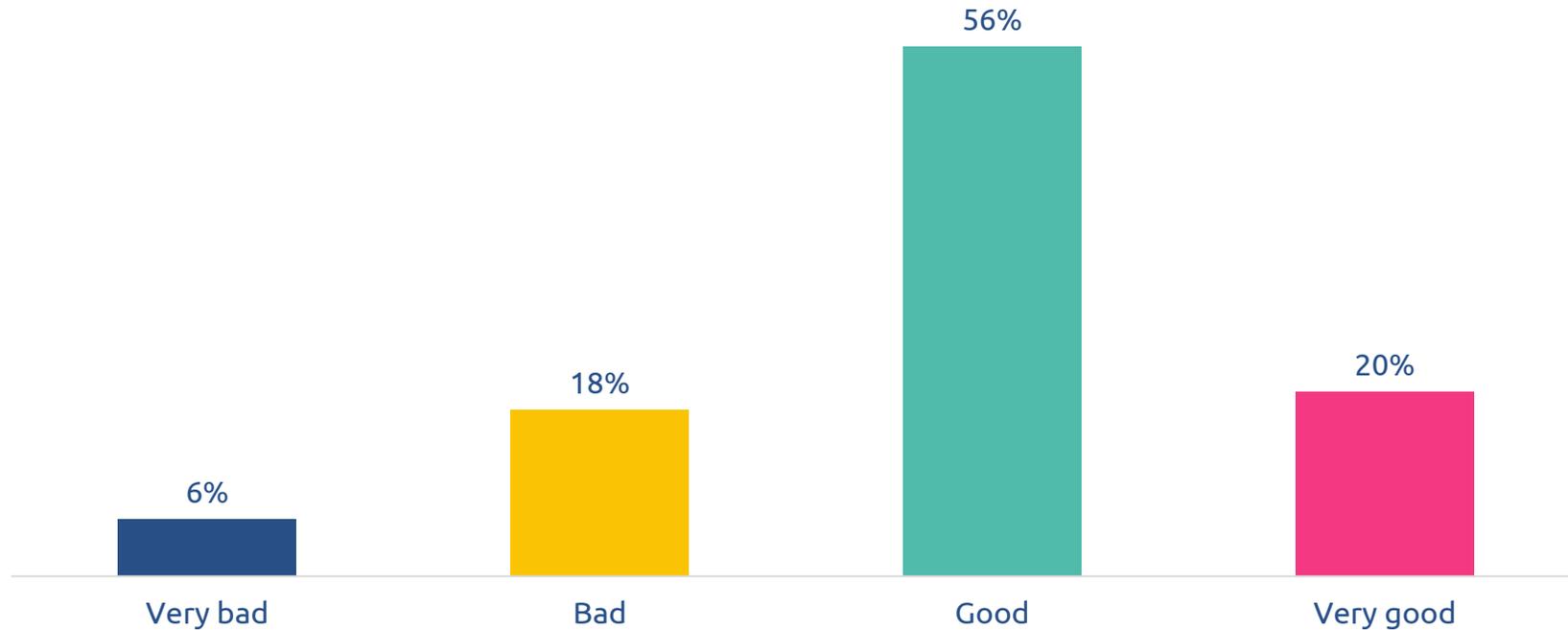
Iechyd Cyhoeddus
Cymru
Public Health
Wales

Dental health

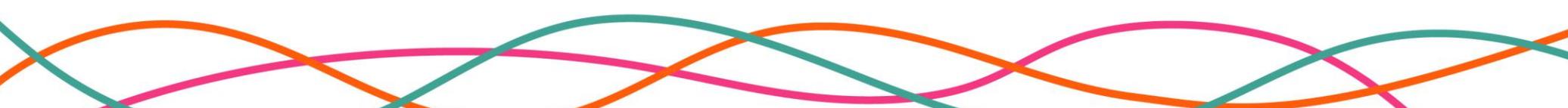
In this section, we explored people's use of dental health care, which is provided by the NHS and privately. We also wanted to know their views on proposed changes to the delivery of NHS dentistry in Wales.

Dental health

How would you describe your current dental health? This includes the condition of your mouth, teeth, gums, and, if applicable, dentures.



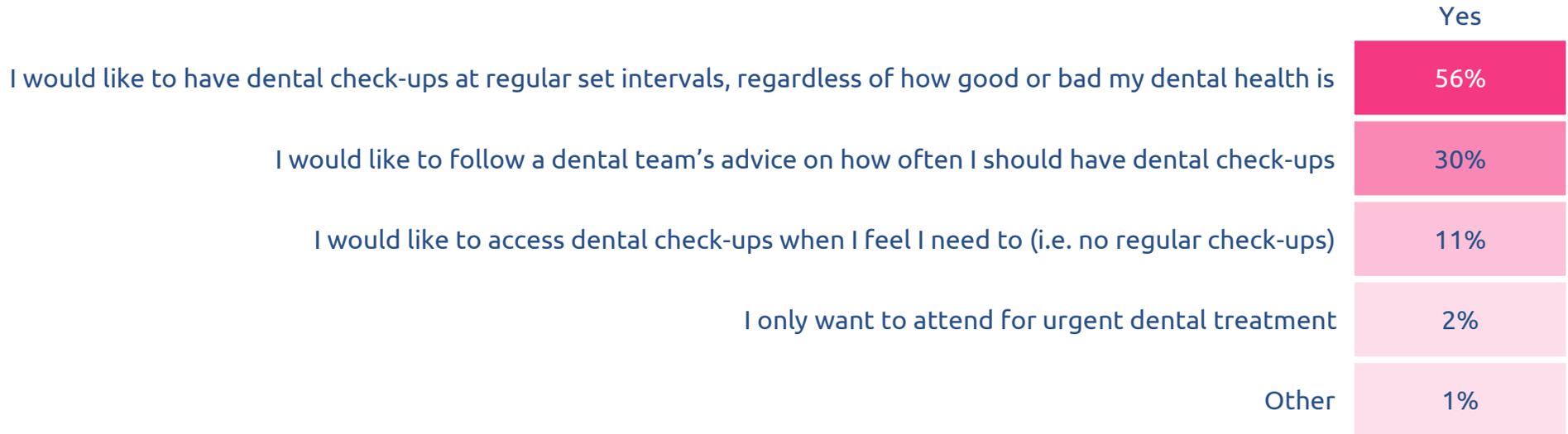
Prefer not to say: 1%



Dental health

If you were to attend NHS dental check-ups, which of the following would you prefer?

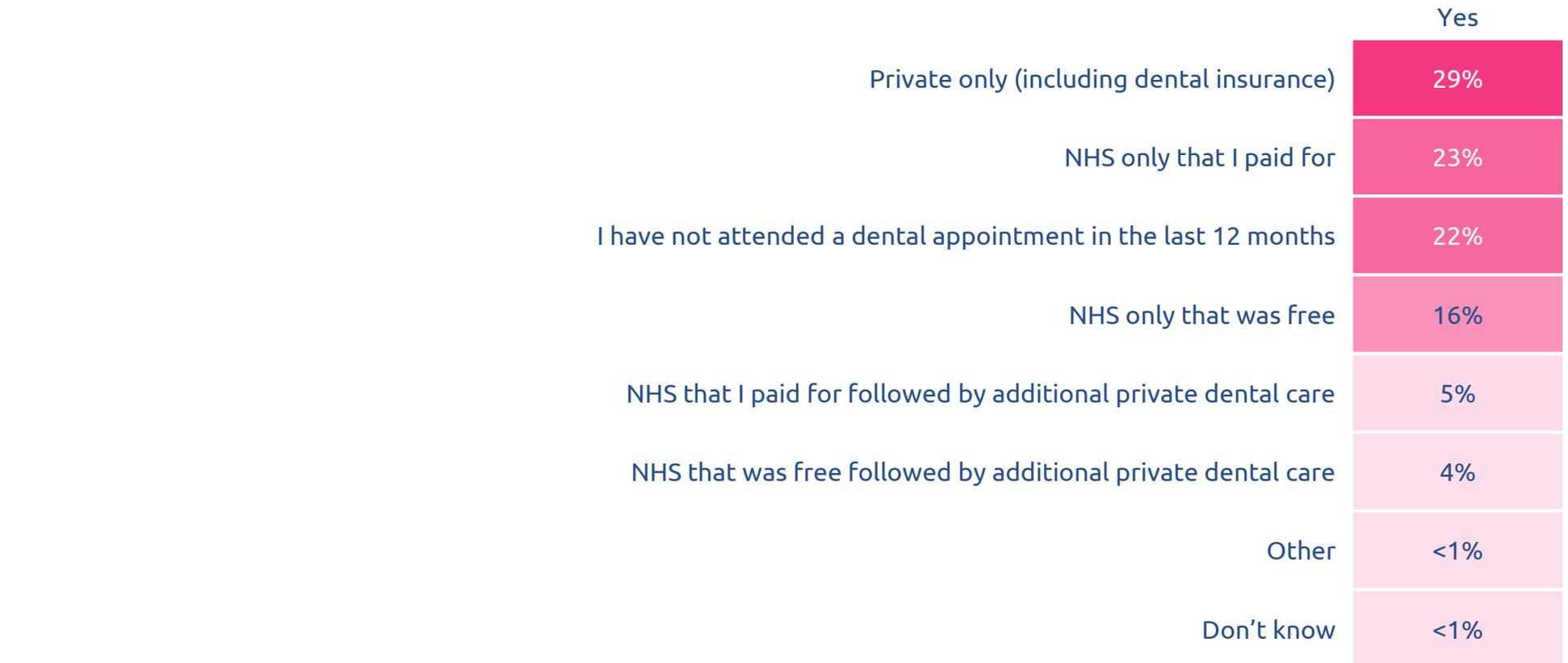
A dental check-up is also called an 'oral health assessment' and a 'dental exam'.



Prefer not to say: less than 1%

Dental health

Thinking of the most recent item or course of dental treatment you have had in the last 12 months, what type of dental care did you receive?

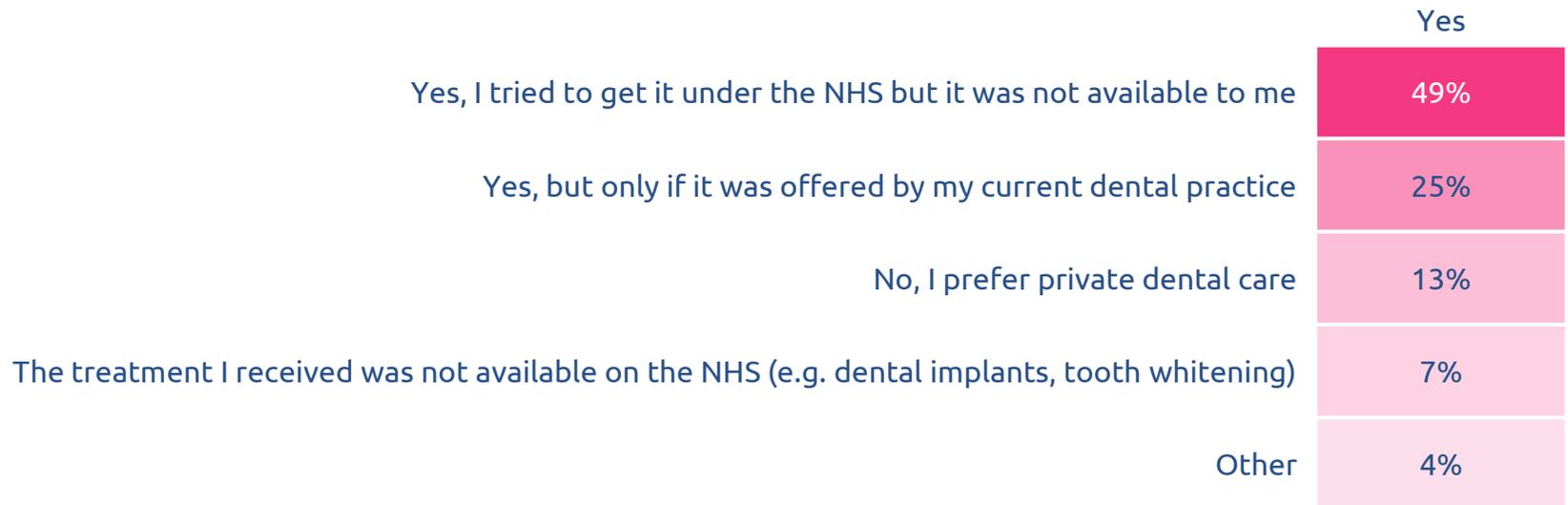


Prefer not to say: 0%

Dental health

Asked to those who said they had received private dental care in the last 12 months (n = 561; unweighted)

When you received your last item or course of private dental care, would you have chosen to use NHS dental care if it was available locally?

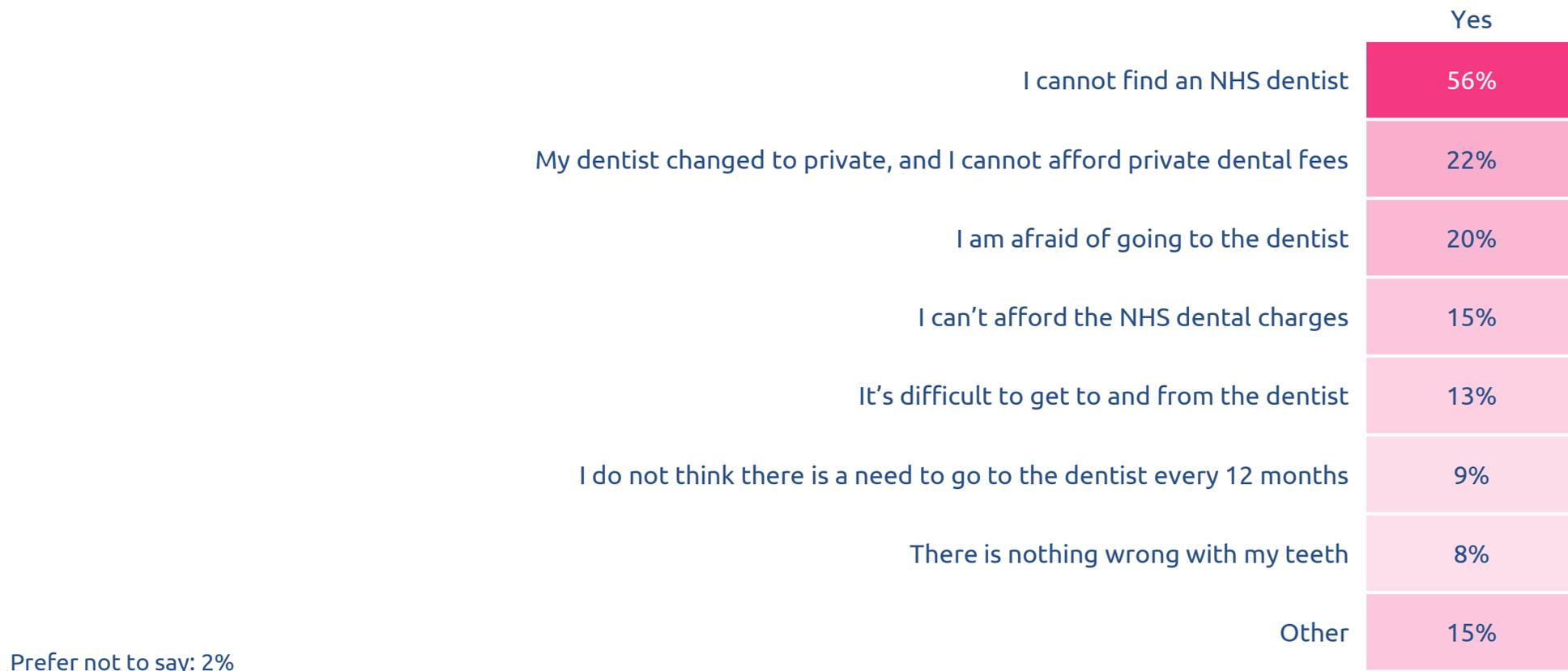


Prefer not to say: 1%

Dental health

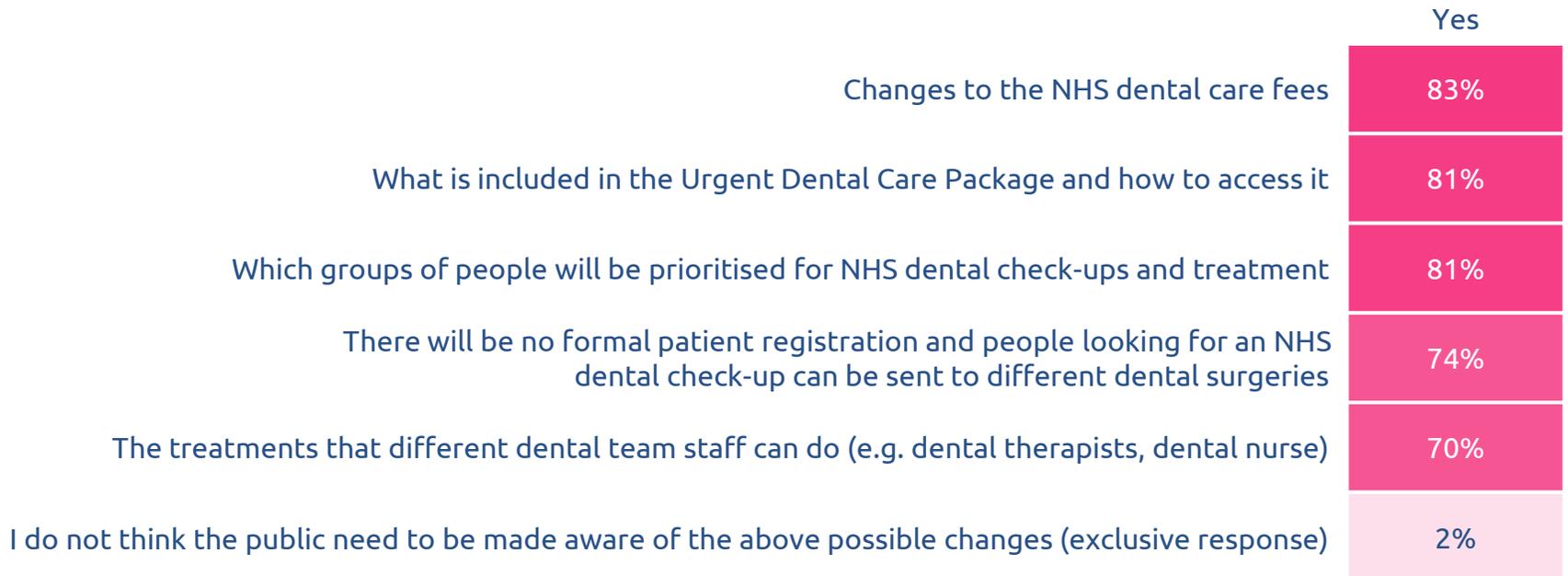
Asked to those who said they had not attended a dental appointment in the past 12 months (n = 287; unweighted)

Which of these, if any, are reasons why you have not been to the dentist in the last 12 months?

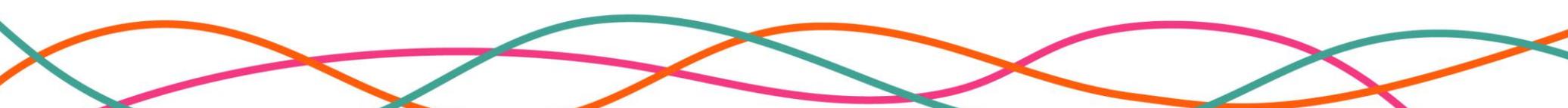


Dental health

Welsh Government has suggested large changes to how NHS dentistry will be delivered in Wales from 2026. Before the changes begin, which of the following changes do you think the public need to be made aware of? (Select all that apply)

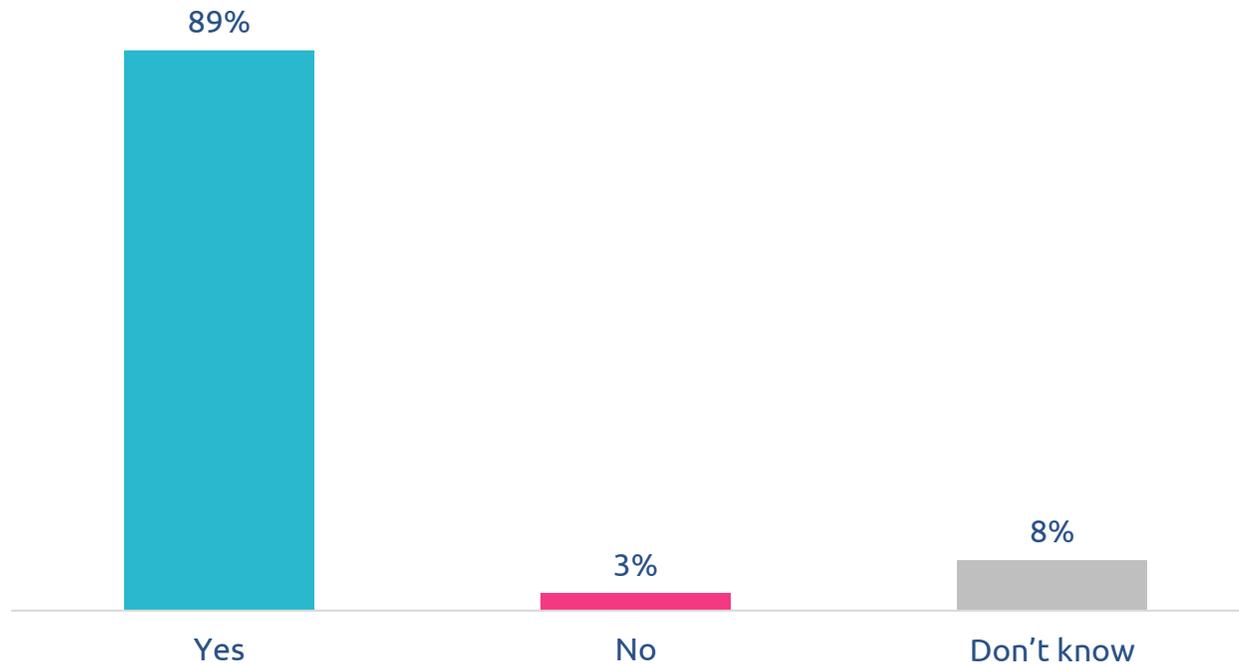


Prefer not to say: 2%



Dental health

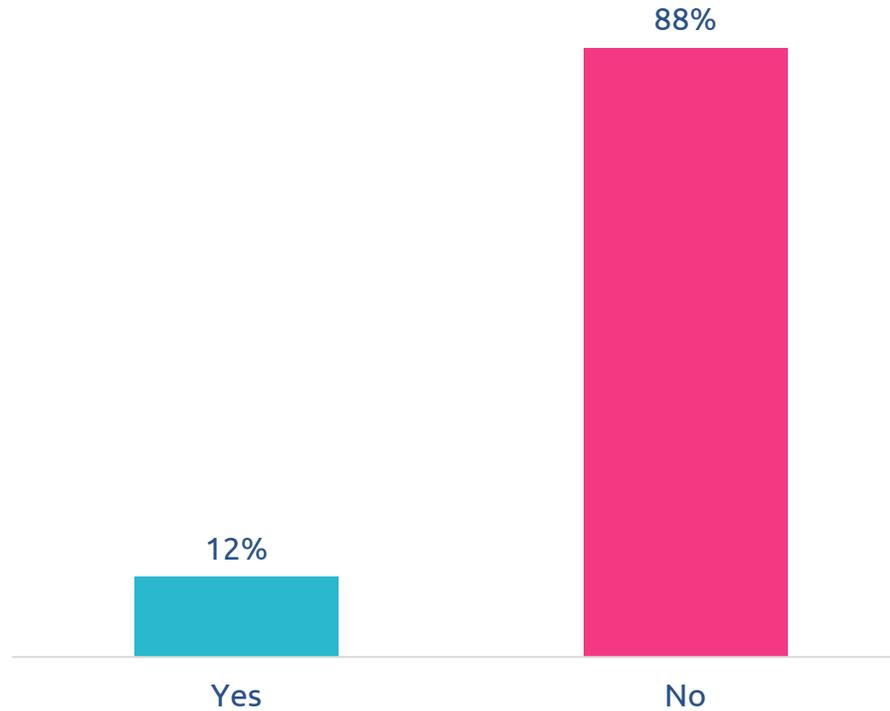
Do you think NHS dentistry should collect information from patients on their experiences and the outcomes of their dental treatment?



Prefer not to say: 1%

Dental health

Have you heard of the Dental Access Portal?



Prefer not to say: less than 1%



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

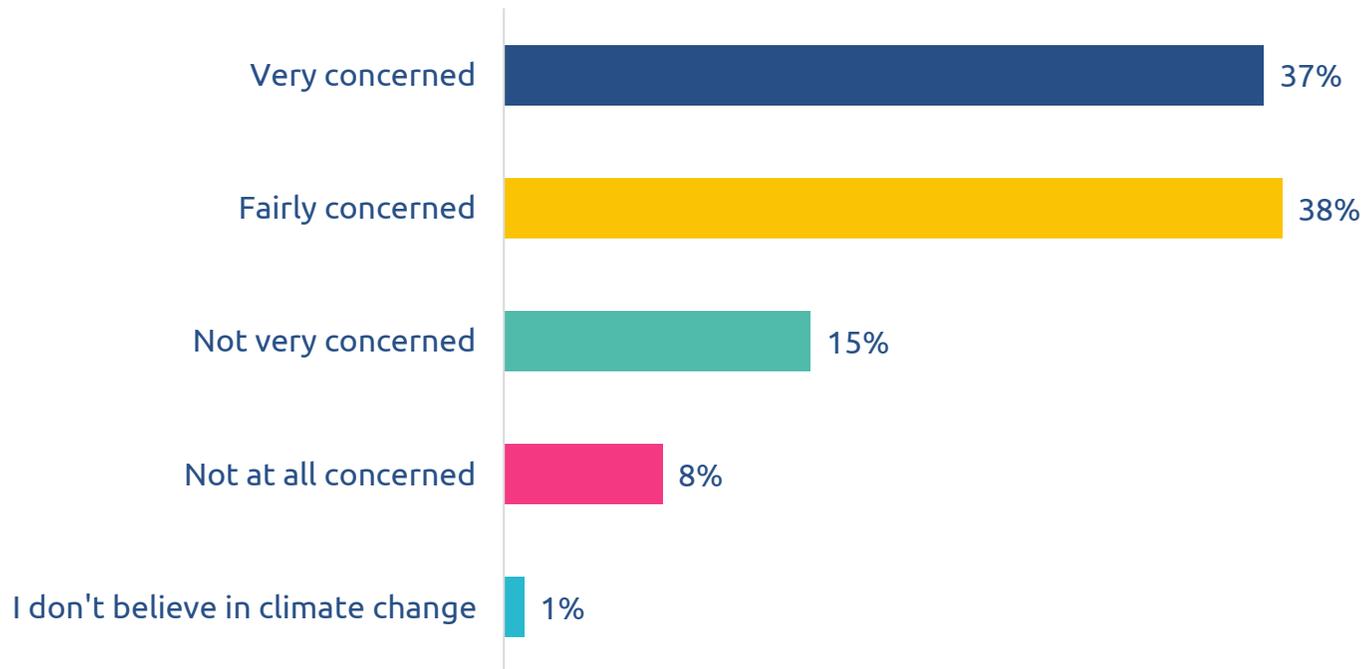
Climate change

This section explored people's perceptions of climate change.



Climate change

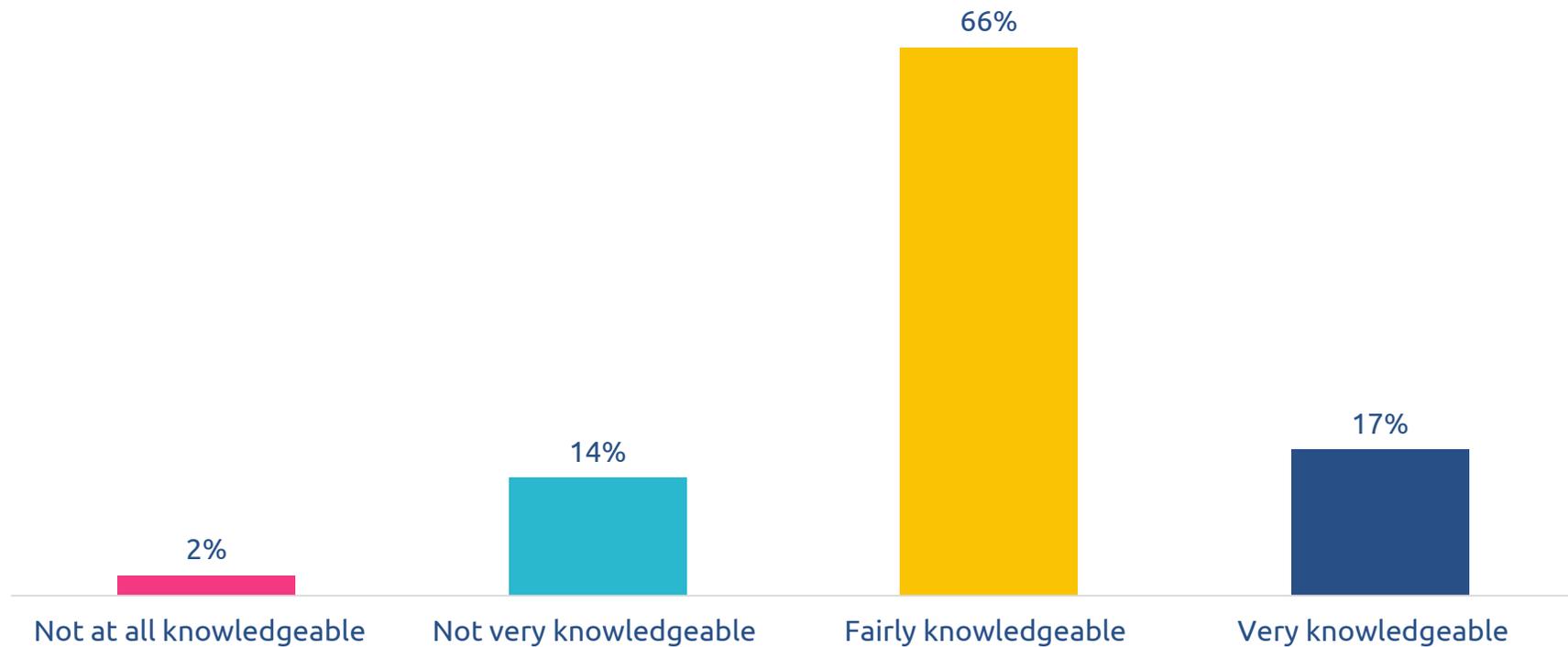
How concerned are you about climate change?



Prefer not to say: less than 1%

Climate change

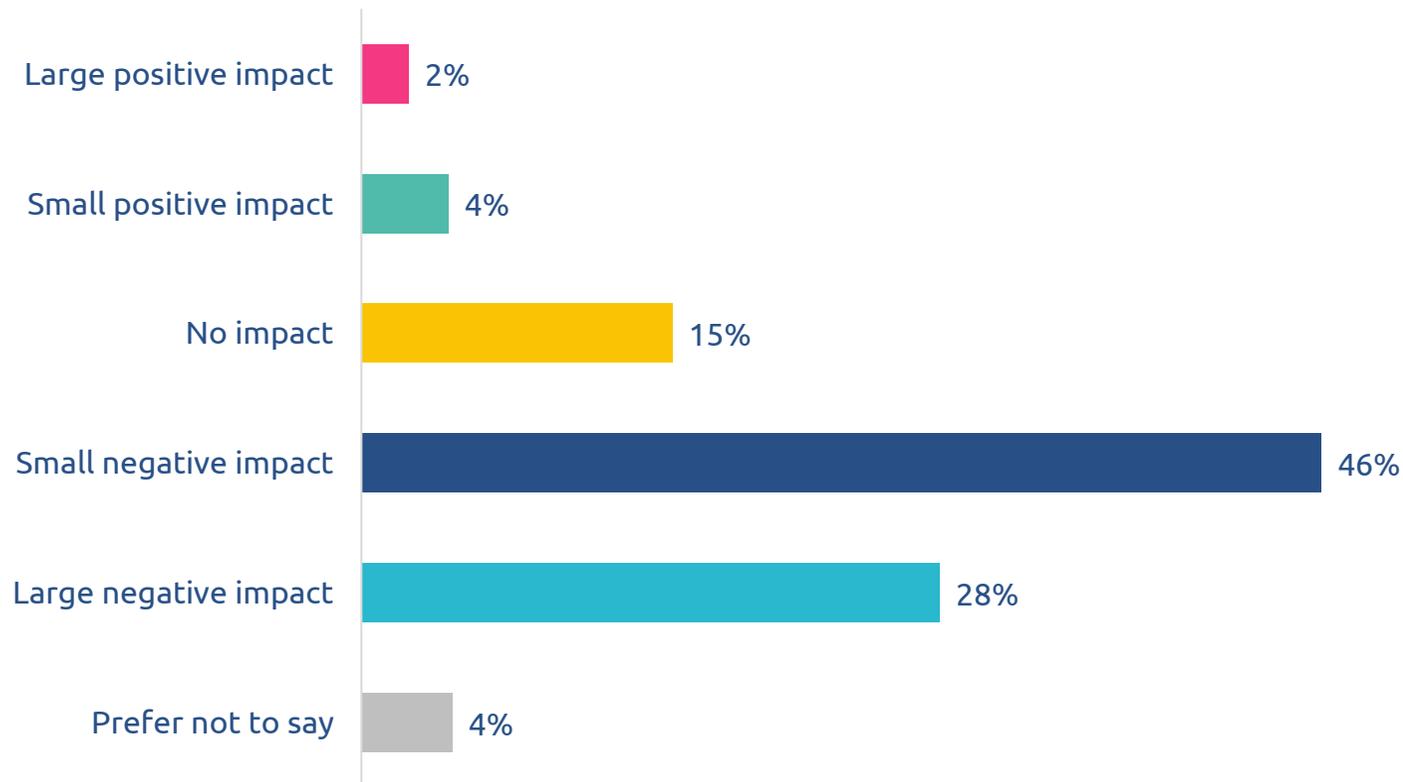
How knowledgeable, if at all, would you say you are about climate change?



Prefer not to say: 0%

Climate change

What type of impact, if any, do you think climate change has on the health of people in Wales?



Climate change

Which of the following climate-related events, if any, do you think will negatively impact your health in the next 10 years?
(Select all that apply)



Prefer not to say: 3%



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Public health policy

This section sought to understand people's views on different public health policy areas.

Public health policy

How much of a role, if any, do you think Welsh Government should have for each of the following?

	Don't know	No role at all	Not very much	Fair amount	A great deal
Reducing child poverty	1%	2%	4%	17%	75%
Giving children the best start in life	2%	3%	5%	21%	69%
Making healthy food and drink more accessible and affordable	1%	5%	9%	27%	58%
Increasing the financial stability of families and communities	3%	3%	8%	30%	54%
Assisting employers to support people with health conditions in work	4%	3%	8%	36%	48%
Managing the effects of climate change on health	3%	9%	12%	34%	42%

Prefer not to say for each statement: equal to or less than 1%



Want to be involved in Time to Talk Public Health?

Recruitment to Time to Talk Public Health is continuous as we want to speak with a broad range of individuals across Wales.

If you live in Wales and are aged 16+ years, this is your opportunity to be heard.

Want to learn more about how to live a healthy and prosperous life?

Want to find out how to help your community flourish?

Public Health Wales works to protect and improve health and well-being and reduce health inequalities for the people of Wales.



TalkPHWales.com



02920 227744



TalkPHWales@wales.nhs.uk

Join the Group

How does the panel work?

Have your say!

What is public health?

Make a difference!



Project contributors

Project Team: Dr Catherine Sharp, Prof Karen Hughes, Carys Dale

Policy and International Health, WHO Collaborating Centre on Investment for Health & Well-being

Wider Project Support Acknowledgements:

Policy and International Health, WHO CC: Dr Sumina Azam, Dr Rebecca Hill, Dr Louisa Petchey, Nicola Rees

Communications Team: Aamir Mohammed, Sarah Hibbard, Katie Allen, Rebecca Hopkins, Danny Donovan, Celyn Hunt

Cross-Organisational Advisory Group: Amy Burgess, Bethan Bowden, Susan Belfour, Giles Greene, Emily van de Venter, Chris Roberts (Welsh Government), Semele Mylona (Welsh Government)

Questionnaire Development

The questions used in the June 2025 survey were developed in partnership with colleagues in Public Health Wales and Welsh Government.





GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Appendix

Demographics

Methods



Demographics

		Population (16+ years)	Panel sample N = 3,727		June 2025 survey sample N = 1,402	
Sex	Male	49%	1592	43%	600	43%
	Female	51%	2103	56%	789	56%
	Other	-	32	1%	13	1%
Age group (years)	16-29	20%	659	18%	166	12%
	30-49	29%	1440	39%	423	30%
	50-69	32%	1007	27%	511	36%
	70+	19%	621	17%	302	22%
Deprivation quintile	1 (Most)	19%	572	15%	178	13%
	2	19%	712	19%	261	19%
	3	21%	731	20%	274	20%
	4	21%	863	23%	338	24%
	5 (Least)	20%	849	23%	351	25%

Note. The panel sample numbers represent the breakdown of the people on the panel who were invited to take part in the June 2025 survey. Population data from [the ONS Estimates of the population for the UK, England and Wales, Scotland and Northern Ireland \(Mid 2020\)](#) (opens in new window); Deprivation quintile data from [the Welsh Index of Multiple Deprivation \(2019\)](#) (opens in new window). Due to lack of participation in three consecutive surveys, 593 people were removed from the panel. This process was outlined to panel members in the joining material.

Demographics

		Population (16+ years)	Panel sample N = 3,727	June 2025 survey sample N = 1,402		
Ethnicity	White		3587	96%	1362	97%
	Mixed/Multiple Ethnic Groups		57	2%	18	1%
	Asian, Asian Welsh or Asian British		52	1%	10	1%
	Black, African, Caribbean, Black Welsh or Black British		12	<1%	<5	<1%
	Other Ethnic Group		10	<1%	<5	<1%
	Prefer not to say		9	<1%	5	<1%
Health Board	Aneurin Bevan UHB		685	18%	229	16%
	Betsi Cadwaladr UHB		667	18%	280	20%
	Cardiff and Vale UHB		707	19%	259	18%
	Cwm Taf Morgannwg UHB		563	15%	195	14%
	Hywel Dda UHB		531	14%	214	15%
	Powys Teaching HB		137	4%	59	4%
	Swansea Bay UHB		437	12%	166	12%

Note. [Population estimates by ethnicity](#) (opens in new window) retrieved from Stats Wales are for all ages due to data not being available for non-white residents aged 65+ years. [Population estimates by local health boards](#) (opens in new window) retrieved from Stats Wales. UHB: University Health Board; HB: Health Board.

Methods – Initial recruitment

- An initial target of 2,500 panel members was set in order to obtain a monthly survey sample of approximately 1,000 responses, with response rates to each survey estimated to be a maximum of 50%. To reach a range of individuals, three methods of recruitment were used:
 - Telephone
 - Social media
 - Face-to-face
- A professional market research company (DJS Research Limited) was procured to undertake recruitment and surveys.
- Telephone and face-to-face recruitment used stratified quota sampling. Quotas applied to:
 - Geography (Health Board)
 - Age
 - Sex
 - Deprivation quintile (Welsh Index of Multiple Deprivation)
- Social media targeting focused on demographic gaps in recruitment.
- Panel members completed an initial recruitment survey and are asked to complete a 15 to 20-minute survey quarterly. Quarterly surveys are undertaken online or by telephone, depending on participants' preference.
- Further methodological detail is available in the [project protocol](#) (opens in new window).

Methods – Survey delivery

- For each survey, all panel members are invited to complete the questionnaire through their method of choice (telephone or online). Panel members have three weeks to complete the survey. Within that timeframe, gaps in the demographic profile required to achieve a sample representative of the age, sex, ethnicity and deprivation profile of Wales are identified, and reminders to complete the survey are sent.
- The questionnaires include both single-response and multi-response questions (i.e. select all that apply). Where a question is multi-response but also contains an exclusive response option (meaning only that option can be selected), this is acknowledged on the graph or table.
- For each survey wave, to increase representation across the survey sample, around 100 face-to-face interviews are undertaken with targeted population groups. These individuals are invited to complete the survey and are then invited to join the panel. Thus, a proportion are one-off survey participants. In addition, social media advertising targeting specific population groups is conducted.

Participants (N = 1,402) who completed the June 2025 survey, were recruited via the following methods:

Recruitment method	n	%
Online	1138	81%
Telephone	119	18%
Face-to-face (panel)	101	7%
Face-to-face (one-off)	44	3%

Participants (N = 1,402) who completed the June 2025 survey, completed via the following methods:

Participation method	n	%
Online	1219	87%
Telephone	69	5%
Face-to-face	114	8%



GIG
CYMRU
NHS
WALES

Iechyd Cyhoeddus
Cymru
Public Health
Wales

Gweithio gyda'n gilydd i
greu Cymru iachach

Working together for a
healthier Wales

