



## **Opinion Poll**

### **Post-Covid-19 Future of Health Security**



## Executive Summary

### Sample distribution:

- Male respondents expressed greater interest in participating in the poll and comprised 76 percent of respondents, with females representing 24 percent.
- Respondents were almost equally distributed among age groups; The 30-39 age group ranked first (28 percent), followed by the 40-49 age group (26 percent), the group aged 50 and above (25 percent), and finally the 18-29 age group (20 percent).
- A larger chunk of respondents (48 percent) held bachelor's degrees, while 43 percent had postgraduate degrees. Those with diplomas and high school certificates comprised 2 percent and 6 percent, respectively.
- More than two-thirds (73 percent) of respondents were of Arab nationalities, with the remaining 27 percent representing other nationalities.

### Highlights:

- Health security was the most important component of security for respondents. Personal security ranked second, followed by food security in the third place. Environment security ranked ninth.
- Sixty percent of respondents said the presence of an effective health system (providing medical care and safeguarding the medical staff) was the most essential component of health security, followed by protection from the spread of pandemics and diseases and their causes (53 percent). Then came the early detection and quick reporting of communicable diseases (53 percent), and rapid response and containment of the spread of pandemics and diseases (50 percent).
- A total of 58 percent of respondents were satisfied with the role of the World Health Organization during the Covid-19 pandemic while 78 percent were satisfied with the role of the healthcare sector in their countries. Another 61 percent were satisfied with the coordination between countries in general.



- According to the poll, 58 percent of respondents believe that the role of the World Health Organization will expand in the future after the Covid-19 pandemic, with 42 percent believing that it will not.
- A higher proportion (64 percent) of respondents believe that new preventive habits and behaviors necessitated by the Covid-19 pandemic, such as physical distancing, wearing gloves and masks, and continuous washing of hands, will continue for some time after the pandemic. Another 19 percent said these measures will continue after the pandemic, and 17 percent believe that they will stop at the end of the pandemic.
- The results show that 65 percent of respondents believe that healthcare will be a priority for their countries after the Covid-19 pandemic.
- Around half (49 percent) of respondents said that unequal access to necessary healthcare (vaccines, medical care for patients, masks, ventilators, etc.) will shrink in the future.
- More than half (55 percent) of respondents do more regular general medical checkups as a result of the Covid-19 pandemic while 46 percent improved their health habits in terms of maintaining a healthy diet, and 46 percent do more physical exercises. Thirty-five percent improved in terms of avoiding addictive habits such as smoking and sedative or stimulant drugs and 29 percent improved sleep habits.
- An overwhelming number (80 percent) of respondents said achieving self-sufficiency in the production of necessary medical equipment and supplies is likely to happen due to the Covid-19 pandemic. Fifty-five percent expect self-sufficiency in food and supply chains while 51 percent expect an increasing role of the state in healthcare sector compared to multinational companies and the private sector. Finally, 47 percent of respondents expects more globalization in healthcare and economic spheres.



## Introduction

As part of its opinion poll series, TRENDS Research & Advisory conducted a poll on the future of health security after Covid-19.

The poll focused on exploring Arab and international public opinion trends related to perceptions of health security, the changes in those perceptions in light of the Covid-19 pandemic and the future of health security after the pandemic.

The poll included questions gauging the awareness of the shifts in health security, including the most essential components of health security and the role of the World Health Organization in tackling the pandemic. The poll also tried to assess the health sector's role in their countries, and the level of coordination between countries in general. It asked respondents about their views on new preventive habits and behaviors, such as physical distancing, wearing gloves and masks, and repeated washing of hands, weaknesses in the healthcare sector in many countries, and whether they expect the healthcare to be a priority for their country in the future.

The poll also included questions about unequal access to necessary healthcare and whether this inequality will shrink in the future. It asked how the Covid-19 pandemic affected health habits, such as regular general medical checkups, maintaining a healthy diet, physical exercise, avoiding addictive habits, and getting enough sleep, and expectations of what is likely to happen due to the Covid-19 pandemic.

Respondents comprised a random sample of both genders, with varied nationalities, age groups, and education levels.



## Objectives

- Identifying the most important components of security;
- Identifying the three most essential components of health security in the view of the respondents;
- Assessing the role of the World Health Organization, the health sector in countries, and coordination between countries of the world in general;
- Determining whether or not the role of the World Health Organization will expand after the Covid-19 pandemic;
- Determining the fate of new preventive habits and behaviors which have been necessitated by the Covid-19 pandemic, such as physical distancing, wearing gloves and masks, and persistent washing of hands;
- Determining the extent to which healthcare will be a priority for countries in the future;
- Measuring the gap in access to necessary healthcare (vaccines, medical care for patients, masks, ventilators, etc.) and determining whether this gap will shrink in the future;
- Determining how the Covid-19 pandemic has affected people's health habits, such as regular general medical checkups, maintaining a healthy diet, physical exercise, avoiding addictive habits such as smoking and sedative or stimulant drugs, and getting enough sleep; and
- Predicting what is likely to happen in the future due to the Covid-19 pandemic.



## Methodology



### Design

The questionnaire was designed using software specially developed for TRENDS Research & Advisory.



### Target population

Arab and international community was the target population.



### Data collection

Data was collected electronically by posting the questionnaire on the TRENDS Research & Advisory website.

### Sampling



The Snowball Sampling Method was used given the difficulty of reaching the target population. A link to the questionnaire was sent to people in the TRENDS Research & Advisory databases, and they were asked to forward it to other people within the target population.



### Data collection period

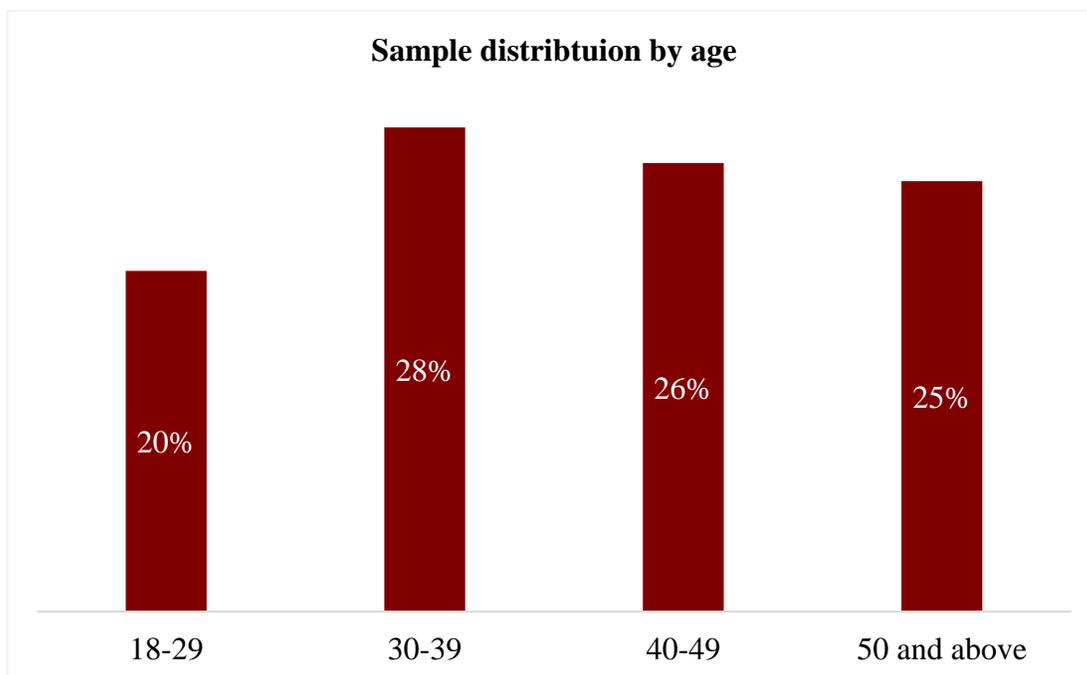
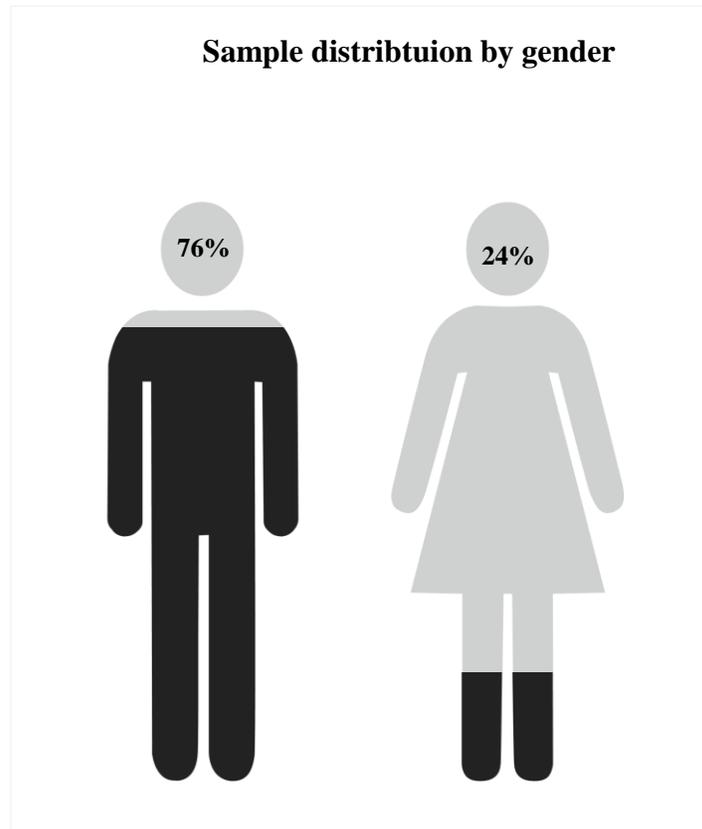
The data collection period was two weeks.

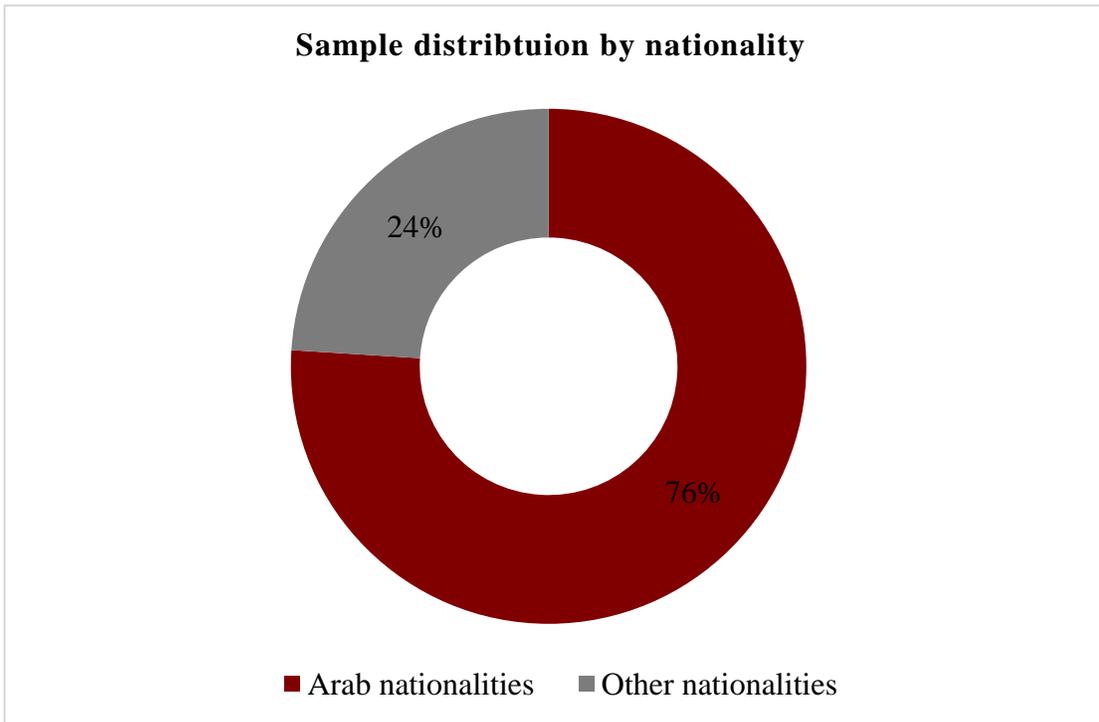
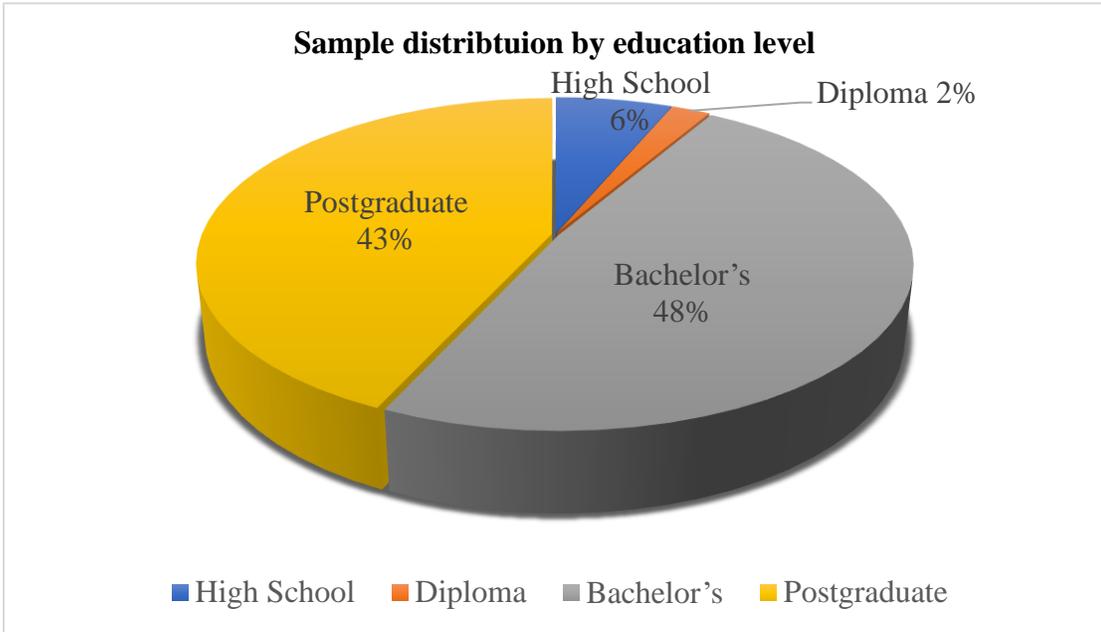
### Data Analysis



Data was analyzed using SPSS software, and Excel was used for data validation and analysis. Tables and charts were then created, and the statistical report was prepared.

## Sample distribution



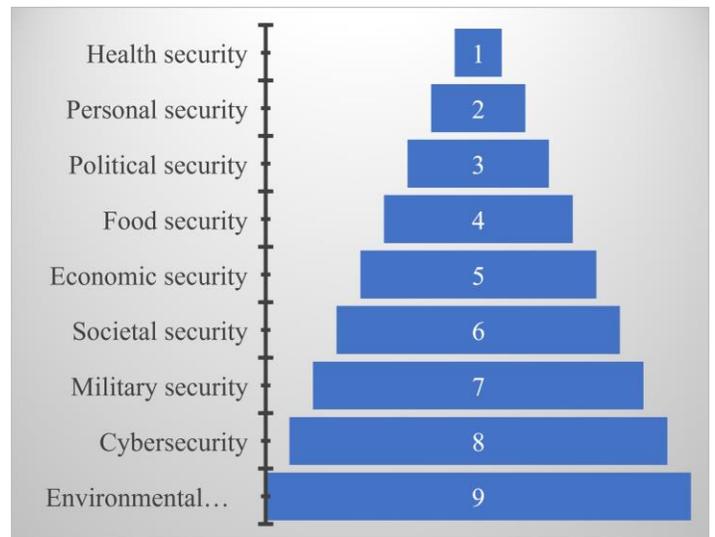




## Main findings

### Question 1: Rank main components of security in order of their importance

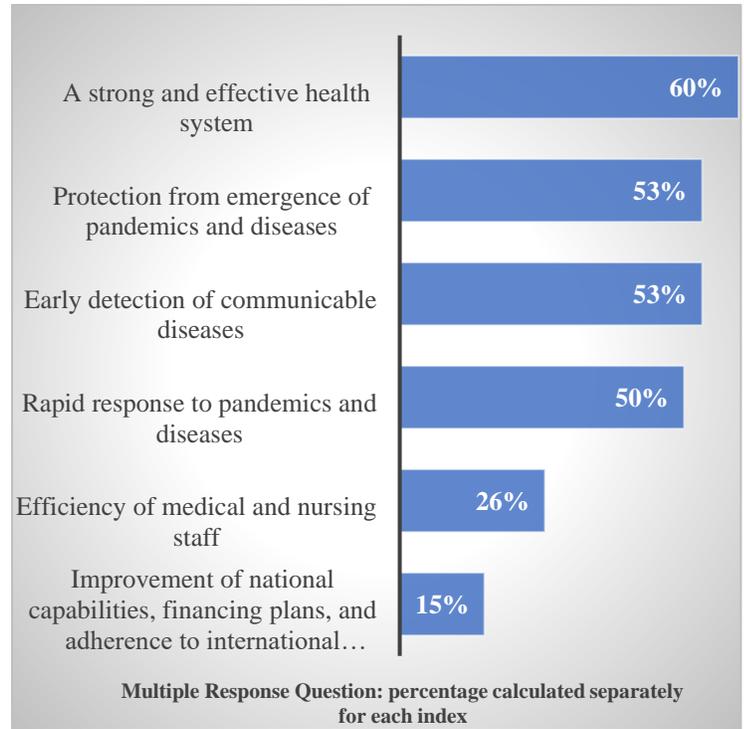
Respondents were asked to rank main components of security in order of their importance. Health security ranked first, followed by personal security in the second place. Environmental security ranked ninth.



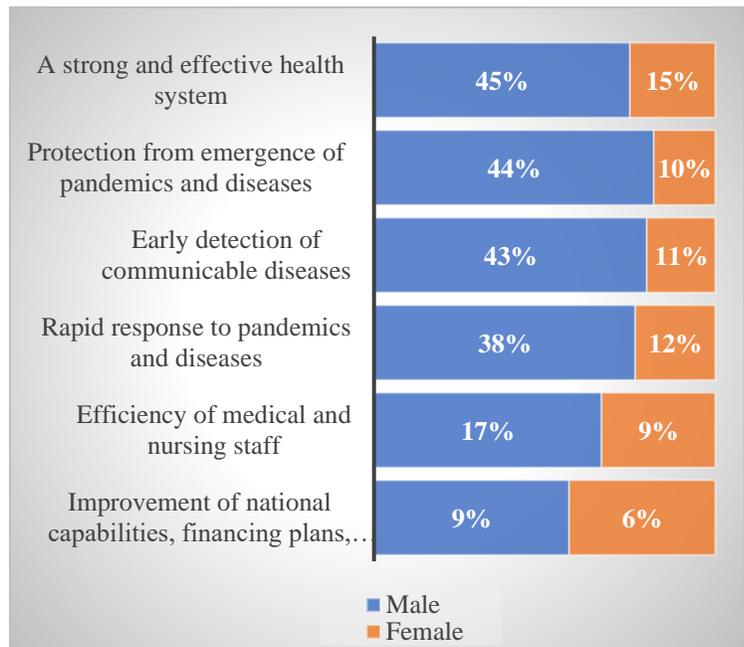


## Question 2: Components of health security

Respondents were asked about the components of health security from their points of view. The results revealed that the most essential component is “a strong and effective health system that provides medical care and protects the medical staff” (60 percent). “Early detection and quick reporting of communicable diseases” and “protection from emergence or the spread of pandemics and diseases and their causes” shared the second rank (53 percent). “Rapid response and containment of the spread of pandemics and diseases” ranked third (50 percent).



For male respondents, the most essential component of health security was “a strong and effective health system that provides medical care and protects the medical staff” (45 percent), followed by “protection from emergence or the spread of pandemics and diseases and their causes” (44 percent). “Early detection and quick reporting of communicable diseases” ranked third (43 percent).

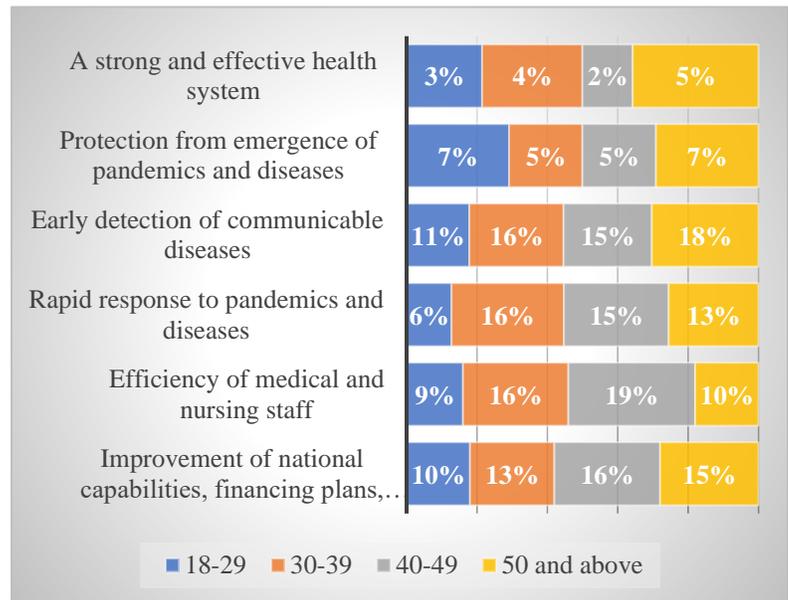


From the point of view of female respondents, the most essential component is “a strong and effective health system that provides medical care and protects the medical staff” (15 percent),



followed by “rapid response and containment of the spread of pandemics and diseases” (12 percent), and then “early detection and quick reporting of communicable diseases” (11 percent).

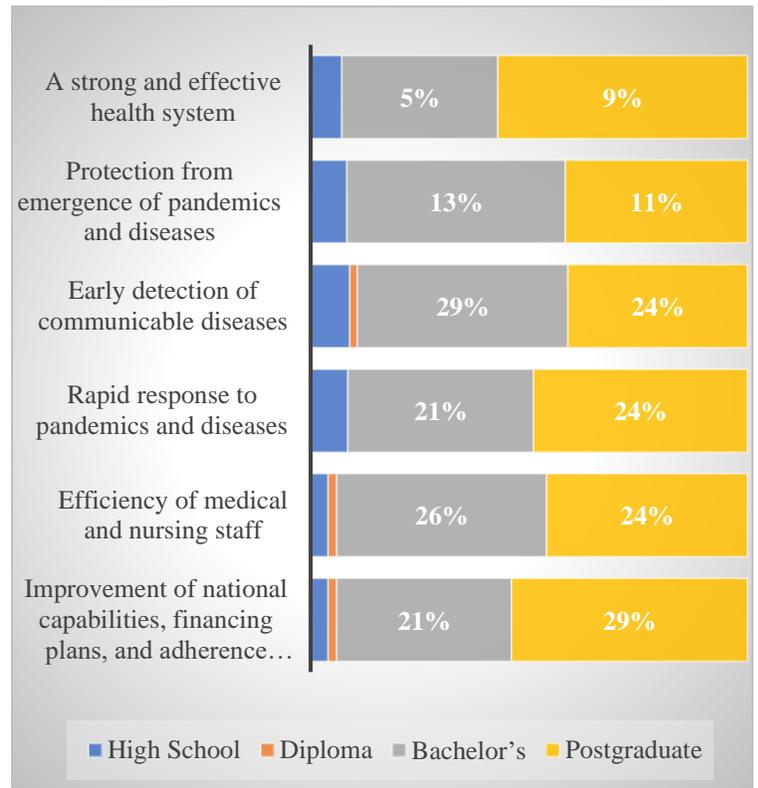
In terms of age groups, the results revealed that the most essential component of health security for the 18-29 age group is “a strong and effective health system” (11 percent). For the 30-39 age group, the most essential components of health security are “a strong and effective health system,” “rapid response and containment of the spread of pandemics and diseases” and “early detection and quick reporting of communicable diseases” (16 percent each). The 40-49 age group



believes that the most essential component is “early detection and quick reporting of communicable diseases” (19 percent). Respondents aged 50 and above think the most essential component is “a strong and effective health system” (18 percent).



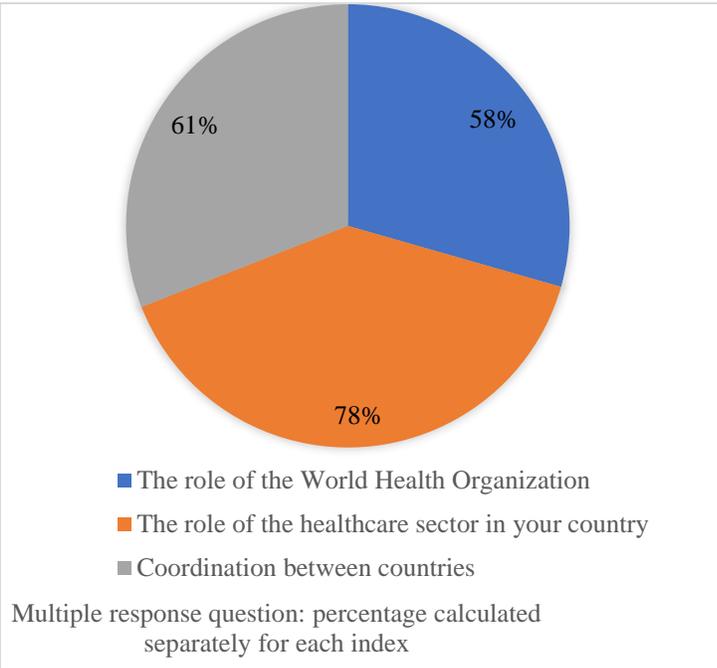
The results showed that the most essential component of health security in the view of respondents holding postgraduate degrees is “protection from emergence or the spread of pandemics and diseases” (29 percent). Those holding bachelor’s degrees believe the most essential component is “a strong and effective health system” (29 percent).



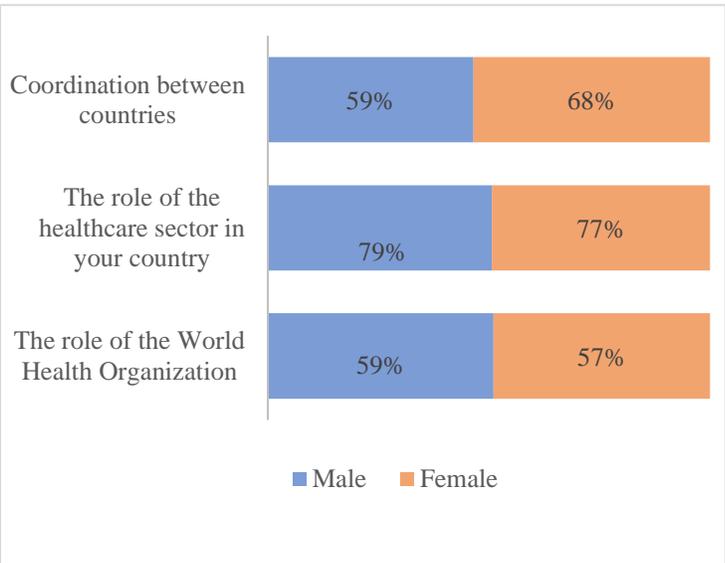


### Question 3: Assessing the role of the World Health Organization, healthcare sector in countries, and coordination between countries

Respondents were asked about the role of the World Health Organization, the role of the healthcare sector in their countries, and coordination between countries. The results showed that 58 percent of respondents were satisfied with the role of the World Health Organization during the Covid-19 pandemic. Seventy-Eight percent were satisfied with the role of the healthcare sector in their countries. As for coordination between countries of the world in light of the pandemic, 61 percent of respondents were satisfied with it.



In terms of the gender, the results showed that female respondents were more satisfied (68 percent) than male respondents (59 percent) with the coordination between countries of the world during the Covid-19 pandemic. On the healthcare sector's role in the respondent's country, both male and female respondents were almost equally satisfied (79 percent and 77 percent respectively). Likewise, 59 percent of male respondents and 57 percent of females were satisfied with the WHO's role.

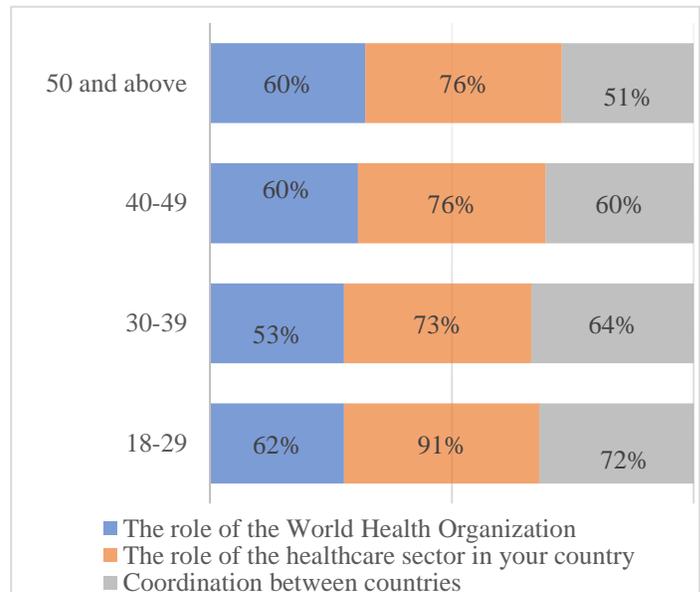




In terms of age groups, the results revealed that that the 18-29 age group was most satisfied (62 percent) with the role of the WHO during the Covid-19 pandemic. This was followed by the 40-49 age group and the group aged 50 and above (60 percent each), and finally, the 30-39 age group (53 percent).

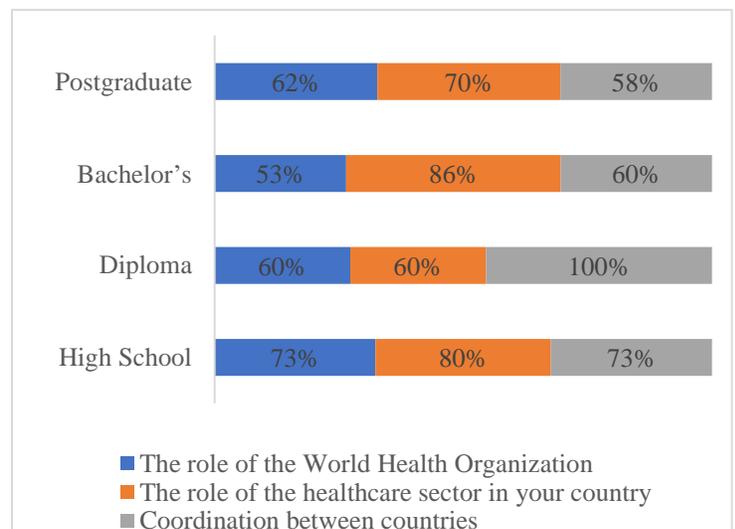
The respondents' satisfaction with the role of the healthcare sector in their countries ranged between 73 percent for the 30-39 age group and 91 percent for the 18-29 age group. Satisfaction

with coordination between countries during the Covid-19 pandemic ranged between 51 percent for the group aged 50 and above, and 72 percent for the 18-29 age group.



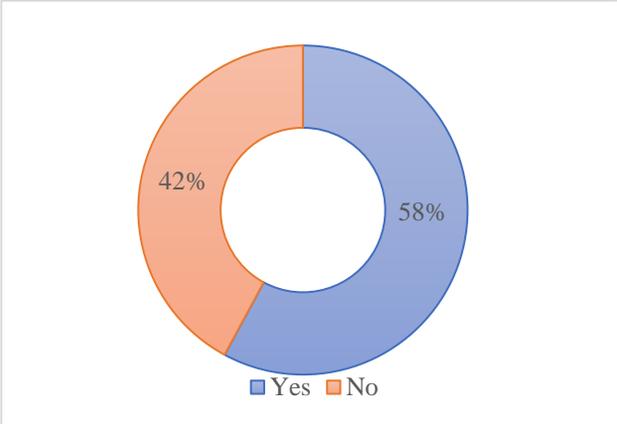
As far as the educational level is concerned, the results indicate that respondents holding postgraduate degrees were most satisfied (70 percent) with the role of the healthcare sector in their countries, and least satisfied (58 percent) with coordination between countries of the world.

Holders of bachelor's degrees were 86 percent satisfied with the role of the healthcare sector in their countries, 60 percent satisfied with coordination between countries, and 53 percent satisfied with the role of the World Health Organization.

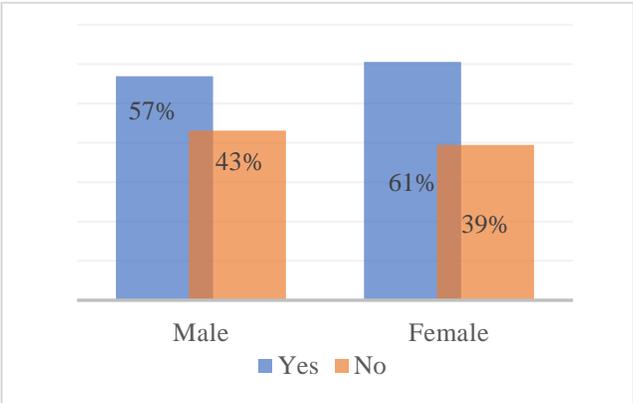


**Question 4: Will the role of WHO expand in the future?**

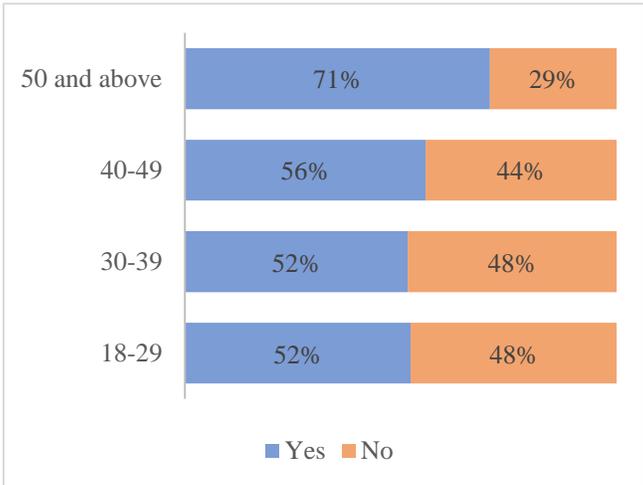
Respondents were asked if they believe the role of the World Health Organization will expand after the Covid-19 pandemic. The results showed that 58 percent of respondents believe so, while 42 percent do not.



Female respondents were more optimistic (61 percent) than males (57 percent) about the role of the World Health Organization expanding in the future=.

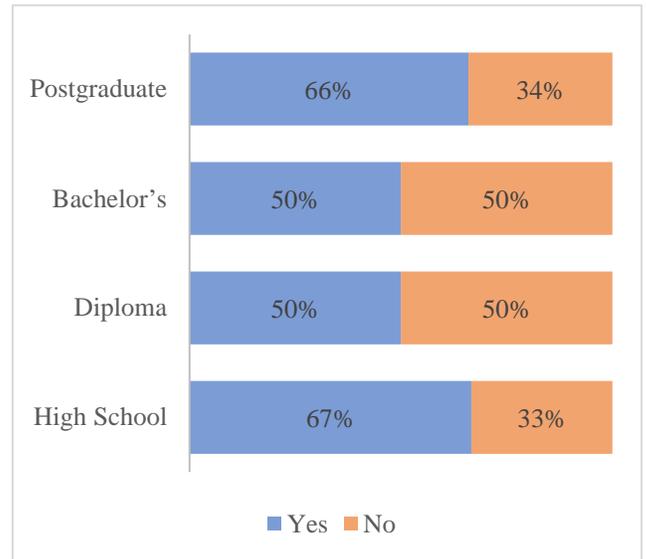


The results also revealed that the group aged 50 and above was most optimistic about the role of the World Health Organization expanding in the future after the Covid-19 pandemic (71 percent), followed by the 40-49 age group (56 percent).





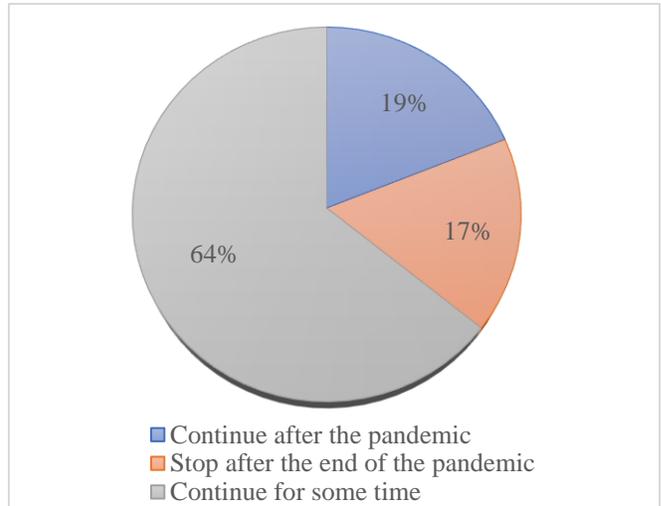
In terms of the education level, the results showed that holders of postgraduate degrees were less optimistic about the role of the World Health Organization expanding after the Covid-19 pandemic, with 34 percent of them saying ‘yes,’ compared to 50 percent among holders of bachelor’s degrees.



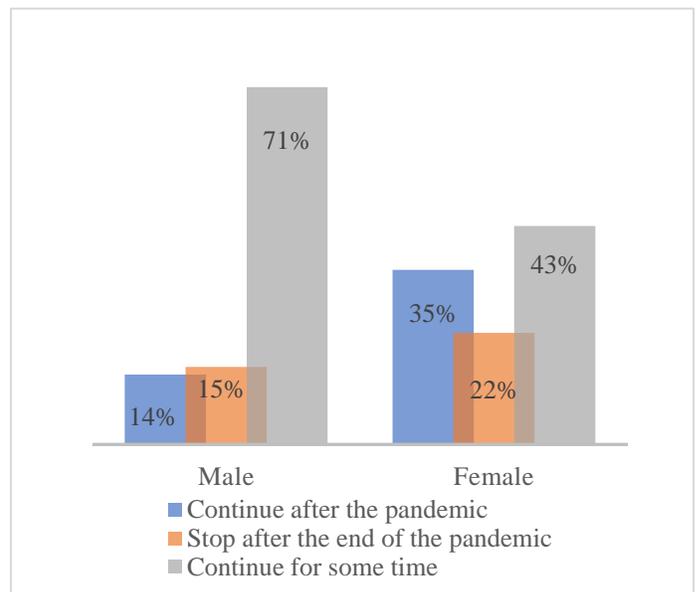


**Question 5: The Covid-19 pandemic has necessitated many preventive habits and behaviors such as physical distancing, wearing gloves, and masks, and persistent washing of hands. Will these habits and behaviors continue after the pandemic?**

In response to a question about the habits and behaviors necessitated by the Covid-19 pandemic, such as physical distancing, wearing gloves and masks, and repeated washing of hands, more than half (64 percent) of respondents expected that these habits and behaviors will continue for some time after the pandemic.

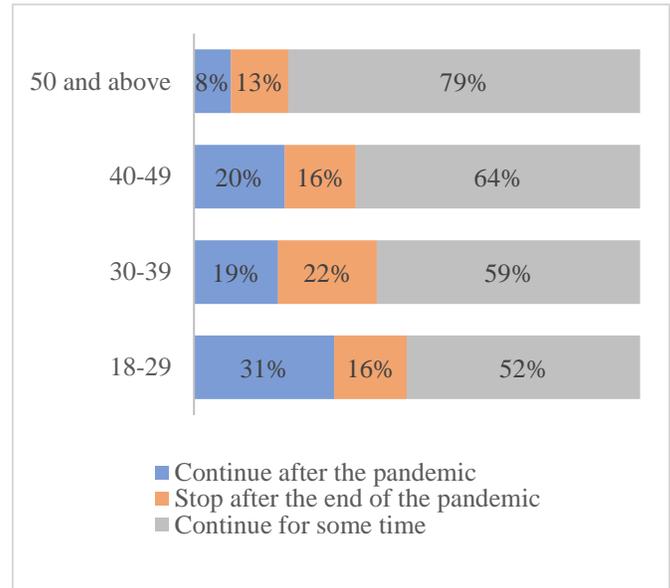


Around 71 percent of male respondents, versus 43 percent of female respondents, expected that these habits and behaviors will continue for some time after the pandemic. Thirty-five percent of female respondents, versus 14 percent of male respondents, expected that these habits and behaviors will continue after the pandemic.

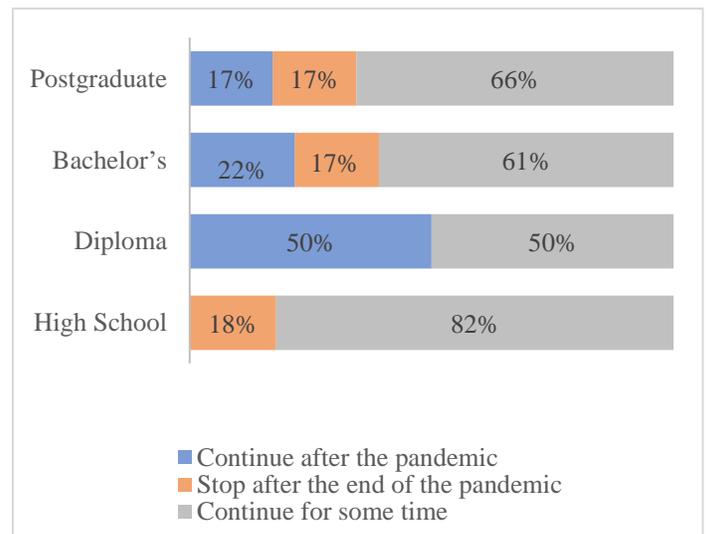




Looking at the distribution of results by age groups, 79 percent of respondents aged 50 and above, 64 percent of the 40-49 age group, 59 percent of the 30-39 age group, and 52 percent of the 18-29 age group, believed those habits and behaviors will continue for some time after the pandemic. The 18-29 age group was the most optimistic (31 percent) that those habits and behaviors will continue after the end of the pandemic.



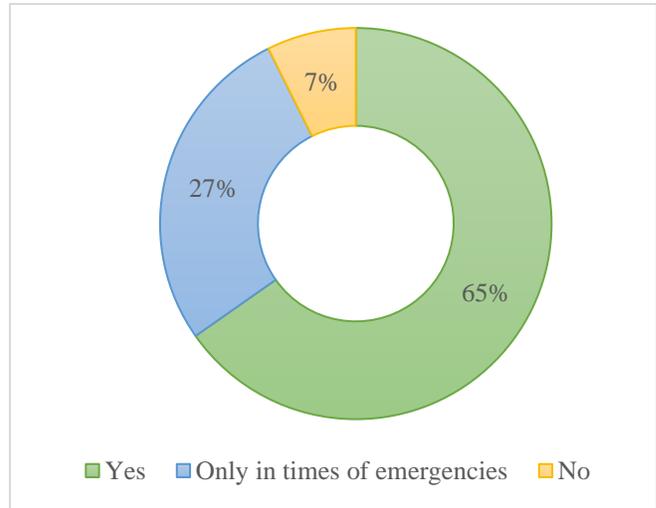
In terms of the educational level, the results showed that 66 percent of respondents holding postgraduate degrees believed these habits and behaviors will continue for some time after the pandemic. 61 percent of respondents holding bachelor's degrees, 50 percent of diploma holders, and 82 percent of those holding high school certificates had the same opinion.



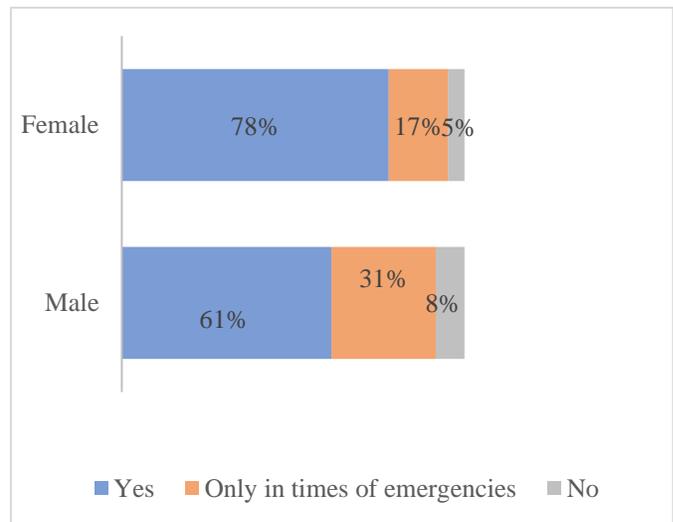


**Question 6: The Covid-19 pandemic has exposed many weaknesses in the healthcare sector in many countries. Do you think healthcare will be a priority for your country in the future?**

When asked “do you think healthcare will be a priority for your country in the future?,” 65 percent of respondents answered in the affirmative, and 27 percent said they believed that healthcare in their country will be a priority in the future only in times of emergencies.

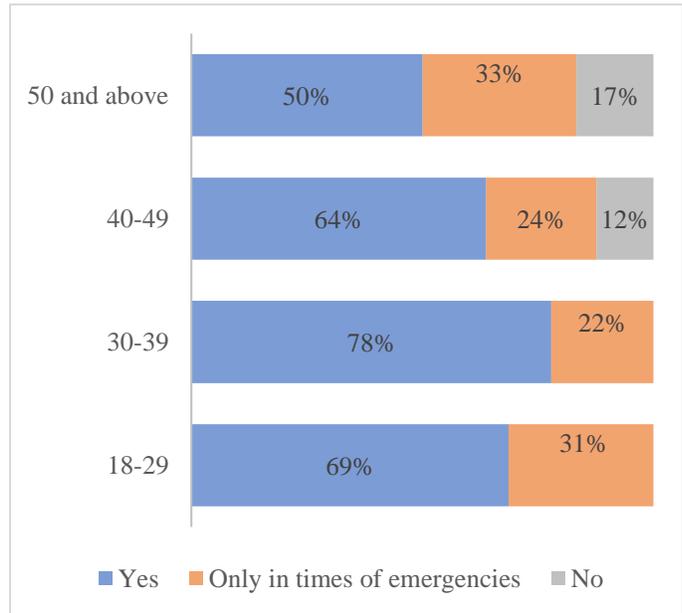


On the gender scale, 78 percent of female respondents, versus 61 percent of male respondents, thought that healthcare in their country will be a priority in the future.

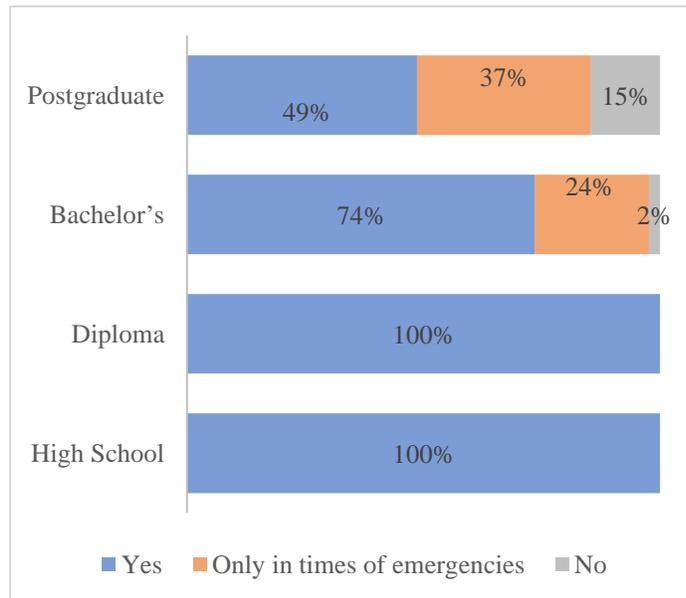




In terms of age groups, 69 percent of respondents aged 18-29 believed that healthcare in their country will be a priority in the future. This belief was shared by 78 percent of the 30-39 age group, 64 percent of the 40-49 age group and 50 percent of respondents aged 50 and above.



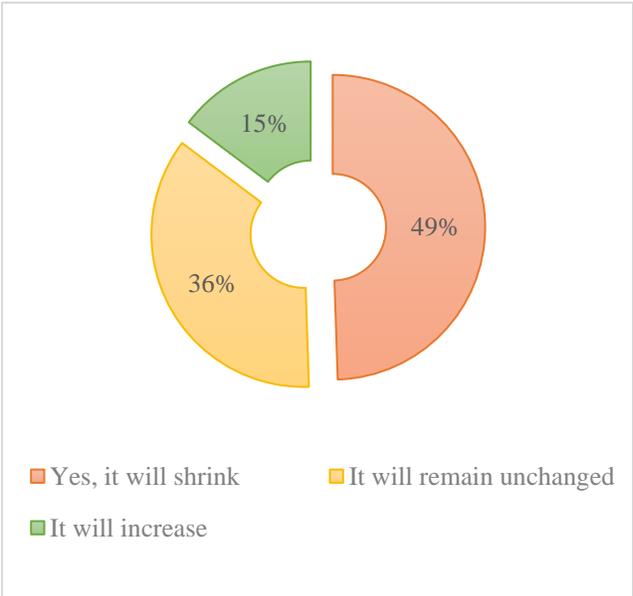
As far as the educational level is concerned, the results showed that 49 percent of respondents holding postgraduate degrees expected that healthcare in their country will be a priority in the future. This percentage rises to 74 percent among holders of bachelor's degrees, and to 100 percent of respondents holding diplomas and high school certificates.



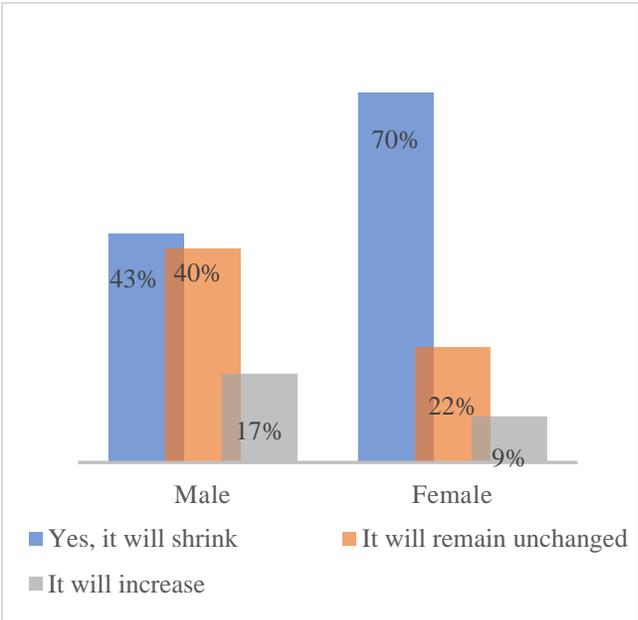


**Question 7: The fight against Covid-19 has shown unequal access to necessary healthcare (vaccines, medical care for patients, masks, ventilators, etc.) Do you think this inequality will shrink in the future?**

This question was aimed at gauging the opinion of respondents on unequal access to necessary healthcare (vaccines, medical care for patients, masks, ventilators, etc.) which appeared as a result of the fight against Covid-19. The results showed that nearly half (49 percent) of respondents expect that this inequality will shrink in the future. Thirty-six percent believed it will remain unchanged, and 15 percent thought it will increase.

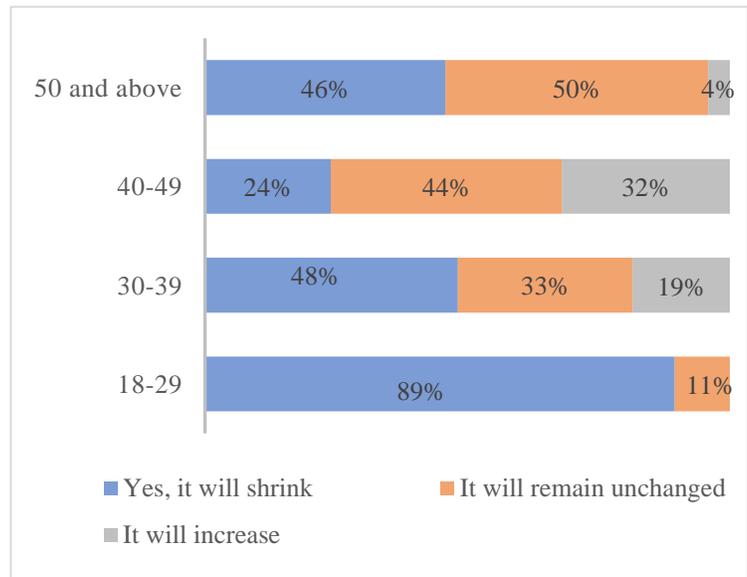


In terms of gender, the results showed that 70 percent of female respondents expected that this inequality will shrink in the future. 43 percent of male respondents thought it will remain unchanged.

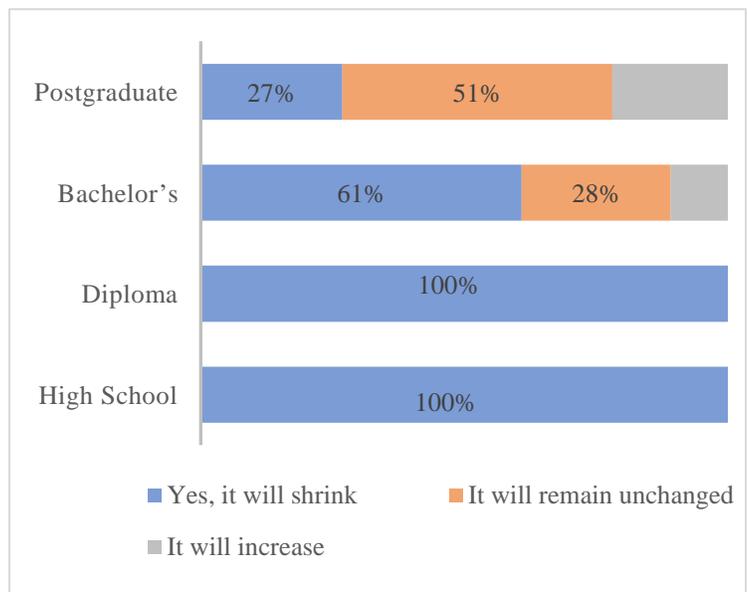




As far as age groups are concerned, the results indicated that all age groups believed that unequal access to necessary healthcare (vaccines, medical care for patients, masks, ventilators, etc.) which appeared as a result of the fight against Covid-19, will shrink in the future by between 24 percent for the 40-49 age group and 89 percent for the 18-29 age group.



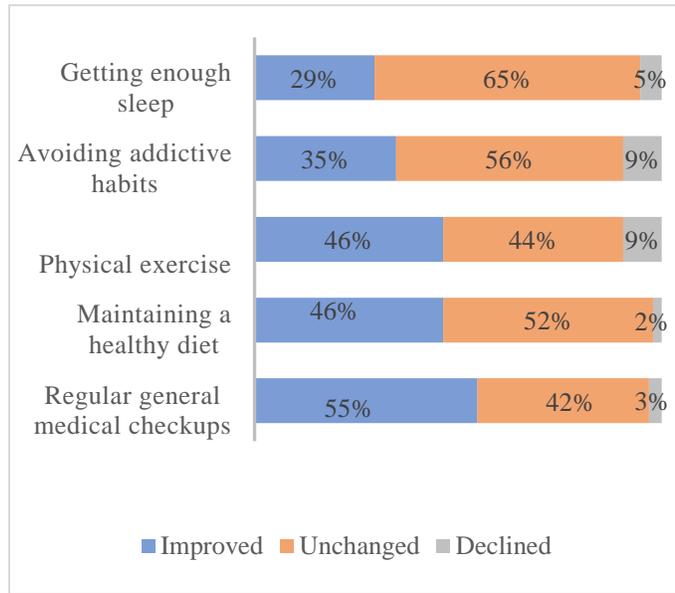
On the educational level, the results showed that respondents holding postgraduate degrees believed the least (27 percent) that inequality will shrink in the future. 61 percent of holders of bachelor's degrees thought it will. All (100 percent) of respondents holding diplomas and high school certificates were optimistic that inequality will shrink in the future.



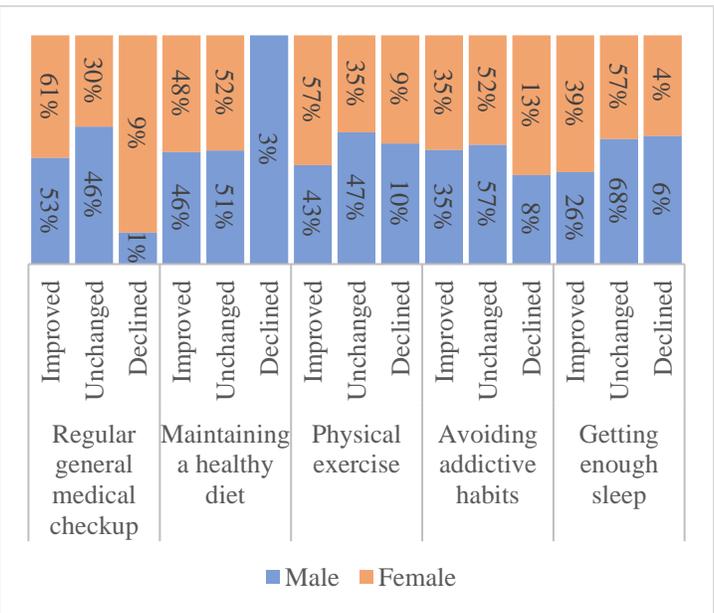


## Question 8: How has the Covid-19 pandemic affected your health habits?

When asked how has the Covid-19 pandemic affected their health habits, 55 percent of respondents stated that their regular general medical checkups have improved. In terms of maintaining a healthy diet, 52 percent reported no change. Physical exercise improvement was reported by 46 percent of respondents while 56 percent said there was no change in relation to avoiding addictive habits such as smoking. The same goes for getting enough sleep, 65 percent of respondents reported no change.

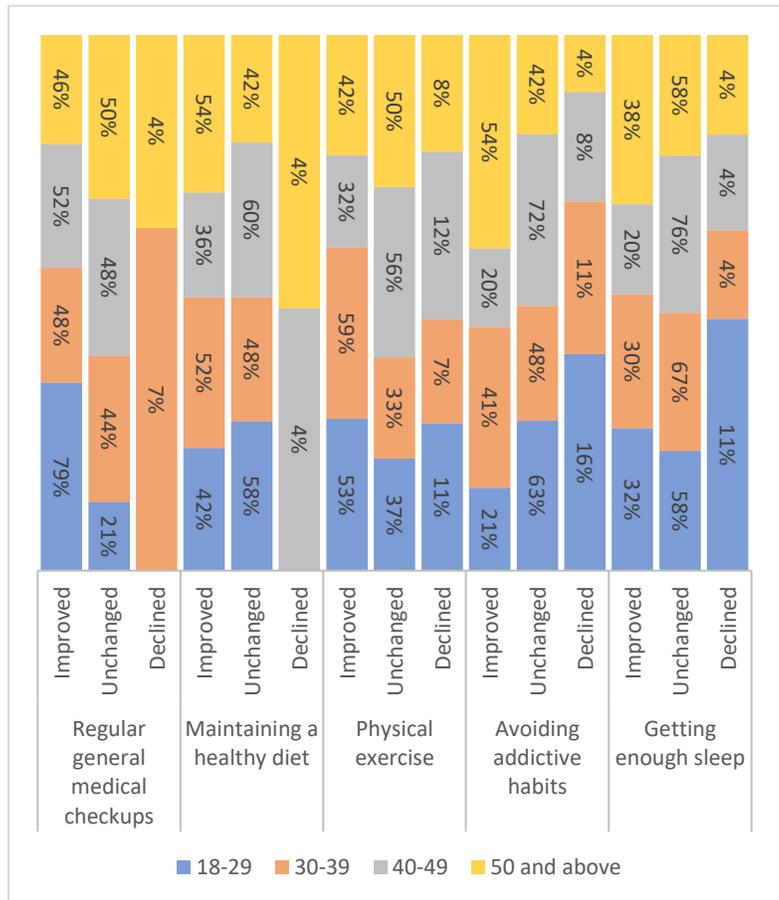


Health habits of female respondents were positively affected due to the Covid-19 pandemic more than those of male respondents were; 61 percent of female respondents improved their regular general medical checkups, compared to 53 percent of male respondents. Maintaining a healthy diet improved among 48 percent of female respondents, compared to 46 percent of male respondents. The same goes for physical exercise; it improved among 57 percent of female respondents, compared to 43 percent of male respondents. Both male and female respondents equally improved



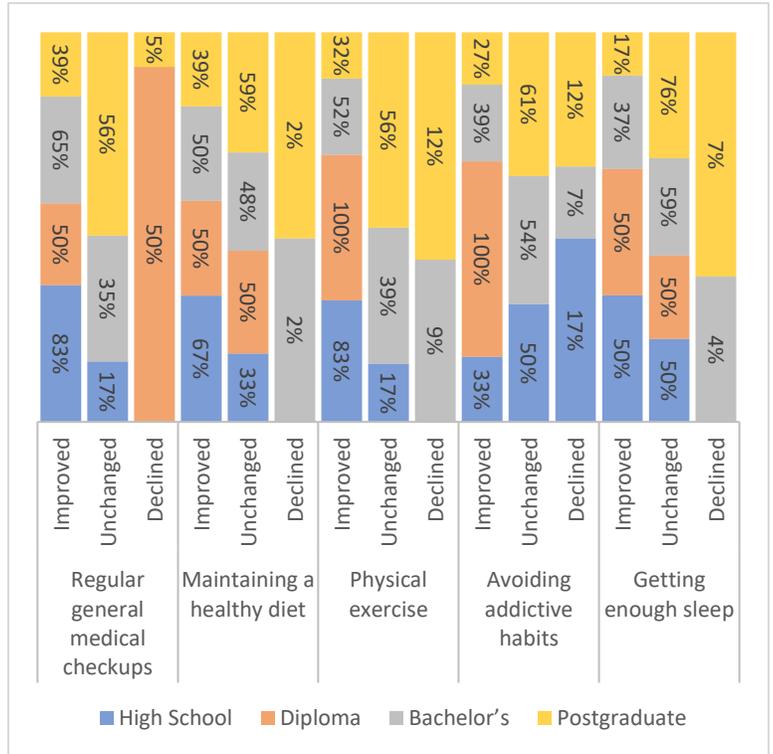
the health habit of avoiding addictive habits such as smoking (35 percent each). A total 39 percent of female respondents improved the habit of getting enough sleep, compared to 26 percent of male respondents.

In terms of age distribution, the results revealed that the 79 percent of the 18-29 age group improved regular general medical checkups as a result of Covid-19 pandemic. The group aged 50 and above improved the most in maintaining a healthy diet (54 percent). Physical exercise improved by 59 percent among the 30-39 age group compared to other age groups. The group aged 50 and above ranked top in terms of improving the habit of avoiding addictive behavior such as smoking (54 percent) and getting enough sleep (38 percent) compared to other age groups.





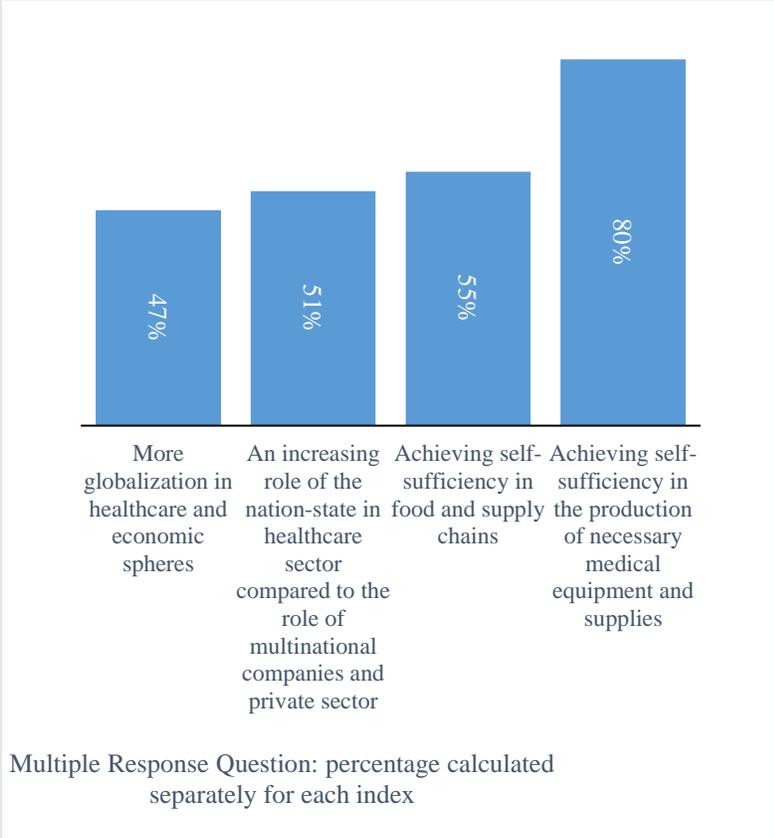
The results showed that 83 percent of respondents holding secondary school certificates improved their regular general medical checkups, 67 percent improved in maintaining a healthy diet. Physical exercise and avoiding addictive habits such as smoking improved among 100 percent of respondents holding diplomas. Getting enough sleep improved by 50 percent for respondents holding high school certificates and those holding diplomas.



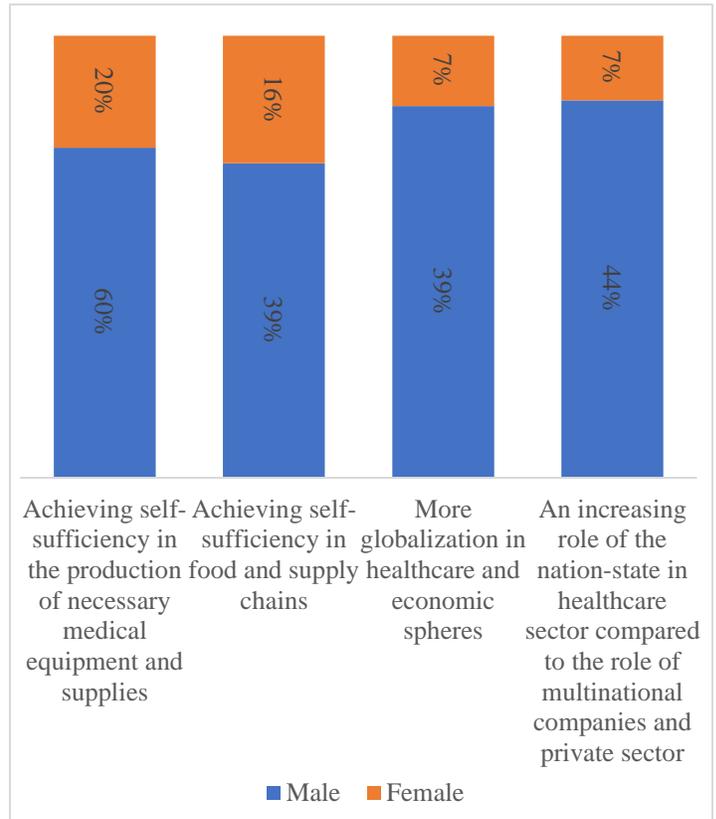


**Question 9: What is likely to happen in the future due to the Covid-19 pandemic?**

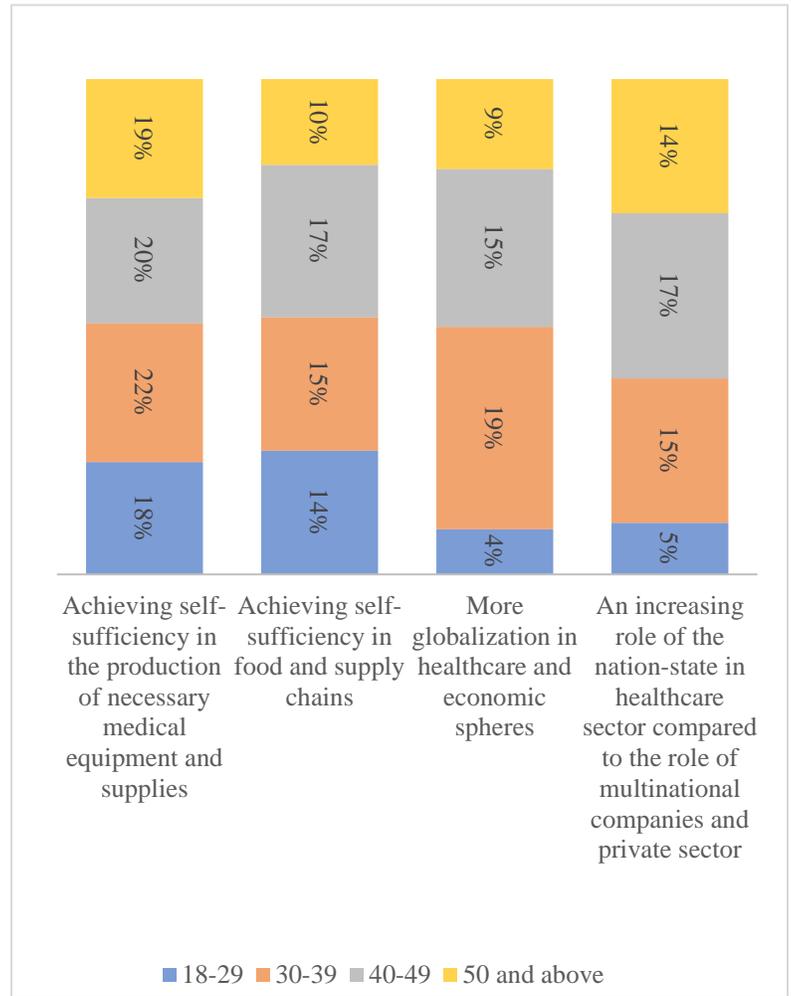
This question explores the expectations of respondents of what is likely to happen in the post-Covid-19 future. The results showed that 80 percent of respondents expected achieving self-sufficiency in the production of necessary medical equipment and supplies 55 percent predict achieving self-sufficiency in food and supply chains. 51 percent expect an increasing role of the state in healthcare sector compared to the role of multinational companies and private sector. Finally, 47 percent think more globalization in healthcare and economic spheres is more likely to happen.



In terms of the gender variable, the results showed varied expectations between male and female respondents of what is likely to happen due to the Covid-19 pandemic. While 60 percent of male respondents expect achieving self-sufficiency in the production of necessary medical equipment and supplies, 20 percent of female respondents expect the same. 39 percent of male respondents expect self-sufficiency in food and supply chains, compared to 16 percent of female respondents. Likewise, 44 percent of male respondents, as opposed to 7 percent of female respondents, predict an increasing role of the state in healthcare sector compared to the role of multinational companies and the private sector. Finally, 39 percent of male respondents and 7 percent of female respondents expect more globalization in healthcare and economic spheres.



Looking at distribution of results by age groups, achieving self-sufficiency in the production of necessary medical equipment and supplies was most expected by the 30-39 age group (22 percent). The 40-49 age group age most expected achieving self-sufficiency in food and supply chains (17 percent). More globalization in healthcare and economic spheres was most expected by the 30-39 age group (19 percent). Finally, the 40-49 age group most expected an increasing role of the state in healthcare sector compared to the role of multinational companies and private sector (17 percent).



As far as the educational level is concerned, the results revealed that respondents holding postgraduate degrees most expected more globalization in healthcare and economic spheres (26 percent) and an increasing role of the state in healthcare sector compared to the role of multinational companies and private sector (24 percent). Those holding bachelor's degrees most expected self-sufficiency in the production of necessary medical equipment and supplies (40 percent), and achieving self-sufficiency in food and supply chains (28 percent).

