



AXA Health of the Nation **China 2020**

BEIJING

GUANGZHOU

Hangzhou

JINAN

NANJING

SHANGHAI

SHENZHEN

AXA Health of the Nation China 2020



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Introduction

We are delighted to share our inaugural AXA Health of the Nation China 2020 Report with you. In this report, we talked to 3,500 adults in 7 cities in China - Beijing, Guangzhou, Hangzhou, Jinan, Nanjing, Shanghai and Shenzhen between May and June 2020 about their top-of-mind physical and mental wellness concerns.

This report looks at three key areas: mental health, physical health and workplace wellness. Given the unprecedented challenges of the past 10 months, we have kicked off this report with a look at the impact of COVID-19 on mind health.

Overall, the insights we gained from this study reveal people in China are increasingly concerned about their ability to manage their physical and mental health. The findings from this study come as changing demographics and lifestyle trends fuel rising rates of serious disease in China, such as diabetes and cancer. Poor mental health has been linked to increased risk of contracting physical diseases. Health-related anxiety and stress may actually be increasing people's risk of becoming sick, creating a vicious cycle of fear, worry and correlated health problems.

Significantly higher levels of stress, anxiety and depression were observed in individuals who also reported a higher frequency of low mood, underlining the importance of early detection and treatment of symptoms linked to more serious mind health issues.

The results we found are among the reasons why we commissioned this report. We wanted to understand more about the effects of physical and mental health on each other. We believe that, for a healthy life, you need a balance between physical, mental and social well-being.

Addressing employee mental and physical health can have major benefits for the people in your workforce. AXA Tianping's purpose is to act for human progress by protecting what matters. Protecting physical and mental health is core to our business. This will, in turn, enhance your organization's capacity to successfully navigate these uncertain times.

I hope you find the report interesting and insightful. Please do contact us if you would like more information on the solutions AXA Tianping can offer you.

Yamin Zhu

AXA Tianping Designated Chief Executive Officer



MENTAL HEALTH

Impact of COVID-19

It will come as no surprise that our survey reveals that the vast majority of people surveyed find the outbreak of the novel coronavirus an anxious time. On average, across the 7 cities, 68.8% of people surveyed say the virus has caused them to feel anxious.

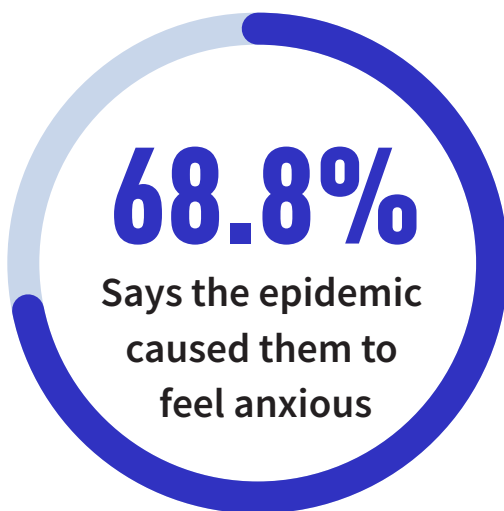
Digging deeper, the respondents' top worry – at 70.16% - is becoming infected themselves and fears about their own health.

Across all 7 cities, 62.79% respondents were also concerned about the impact of COVID-19 on their family's health; 55.16% are worried the virus will lower their personal income; and 51.29% are concerned that there are insufficient personal protection equipment available.

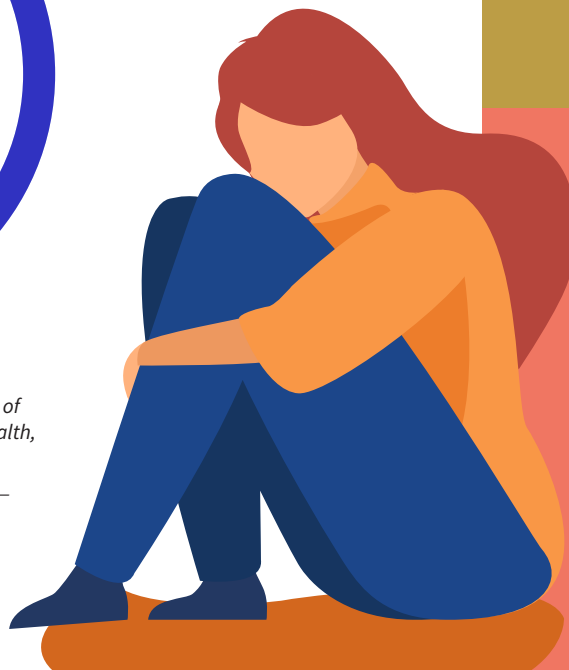
The virus has caused deep disruption to daily life and sparked fears for the health and safety of loved ones, not to mention a tragic loss of lives. Independent research¹ has further shown that the social isolation caused by prolonged lockdowns in response to COVID-19 has resulted in symptoms including anxiety, anger, sleep disturbances, depression, and a sense of helplessness among those affected. This compounds existing concerns over work-life balance and the stigma around mental health issues in the workplace that prevent individuals getting the help they need.

AXA believes that companies play a crucial role in promoting well-being in the community, not just through products and services but also more broadly through their employee policies. AXA Asia has released two, free English-language guides for companies to help them in safeguarding their employees' mental health as they return to work

The two guides are available for download in whole or in part at <http://axa.backtoofficemindhealthandpracticalguides.monilab.net>



¹ *International Journal of Social Psychiatry, The outbreak of COVID-19 coronavirus and its impact on global mental health, March 2020. https://www.researchgate.net/publication/340345338_The_outbreak_of_COVID-19_coronavirus_and_its_impact_on_global_mental_health*



70%

Worry of own health/fear of being infected

62%

Worry About health of family

55%

Lower level of income

51%

Shortage of supply of personal protective products

Four Major Mental Factors Impacting China's Citizens

Overview of four major mental health issues impacting China's citizens over the past 6 months

For years, mind health has been neglected. It was often taboo even to discuss mental illness and, in many countries, it still is. Only now are we beginning to realize its importance: the clear connection between our mental health and our physical wellbeing, and the wider social and economic costs associated with mental disorders. Poor mental health costs the economy billions of RMB each year; it undermines business and productivity. More importantly perhaps, it can ruin or greatly lower the enjoyment of our lives.

Stress

Based on a scale of 1 to 5, where 1 indicates no stress, and 5 indicates very stressed, we found that nearly 54.12% of people surveyed said that they have been stressed or very stressed within the past six months.



Very Stressed Boxes 4 and 5

60%

Beijing

56%

Guangzhou

51%

Hangzhou

53%

Jinan

48%

Nanjing

56%

Shanghai

57%

Shenzhen

Anxiety

Based on the same scale, we found that 47.14% of respondents across the 7 cities had felt anxious in the past six months.



Very Anxious Boxes 4 and 5

52%

Beijing

50%

Guangzhou

44%

Hangzhou

43%

Jinan

44%

Nanjing

48%

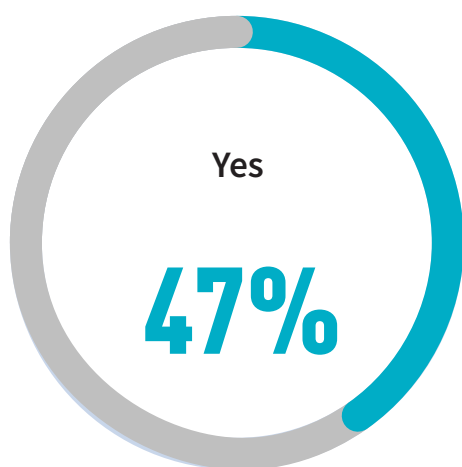
Shanghai

49%

Shenzhen

Depression

From our survey, we found that on average, 45.28% of people have either experienced depression themselves or noticed it among their family, friends, colleagues and neighbours.



Self Depression Symptoms

51%

Beijing

52%

Guangzhou

44%

Hangzhou

39%

Jinan

45%

Nanjing

43%

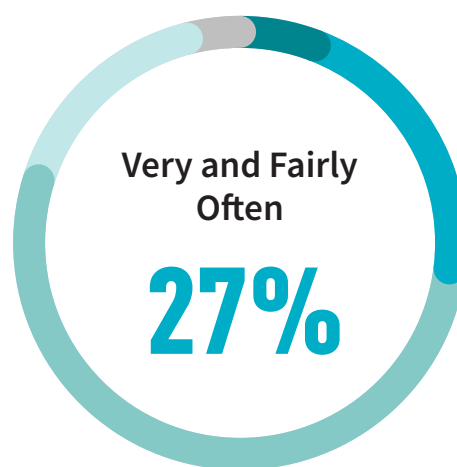
Shanghai

43%

Shenzhen

Low Mood

Finally, we asked respondents to rate themselves on their overall mood over the past six months, on a scale of 1 to 5 - with 1 indicating never, 4 indicating fairly often and 5 indicating very often. On average, citizens from the 7 believed they had experienced a low mood fairly and very often 27.42% during the past six months.



Low Mood Frequency – Very and Fairly Often:

27%

Beijing

30%

Guangzhou

27%

Hangzhou

26%

Jinan

30%

Nanjing

25%

Shanghai

27%

Shenzhen



MENTAL HEALTH

Why do people feel in a low mood?

Clearly feelings of stress, anxiety, depression, and low mood are cause for concern, so we took a deeper look at the underlying reason for people's low mood, and found there are five key factors impacting mood – 1) work and education, particularly putting in long hours; 2) family or personal health issues; 3) financial issues; 4) relationship issues with family and friends; and 5) a feeling of lack of purpose in life.

Based on our survey, the extent to which people experience these emotions depended greatly upon their age. For example work and education as a cause of low mood is greater for those aged between 18 and 44 years.

Overall, health issues are of less concern to younger respondents, although they are more concerned about their relationships with family and friends and have a corresponding feeling of a lack of purpose in life.

Financial worries appear to be a perennial problem, whatever your age, and a concern for people of all ages.

Top 5 reasons for low mood in past 6 months

By age

Beijing

Work/ education

73

63

43

Family/ personal health problem/ illness

36

44

54

Financial problem

28

23

22

Relationship problems with friends/ family

27

21

18

Not having a focus/ purpose in life

23

19

11

18-29

30-44

45+

Guangzhou

69

71

54

35

46

56

35

29

35

26

19

19

20

18

18

18-29

30-44

45+

Hangzhou

Work/ education

69

63

47

Family/ personal health problem/ illness

31

36

55

Financial problem

26

23

19

Relationship problems with friends/ family

20

16

14

Not having a focus/ purpose in life

21

16

9

18-29

30-44

45+

Jinan

61

63

47

24

34

47

24

28

20

23

24

15

18

13

18

18-29

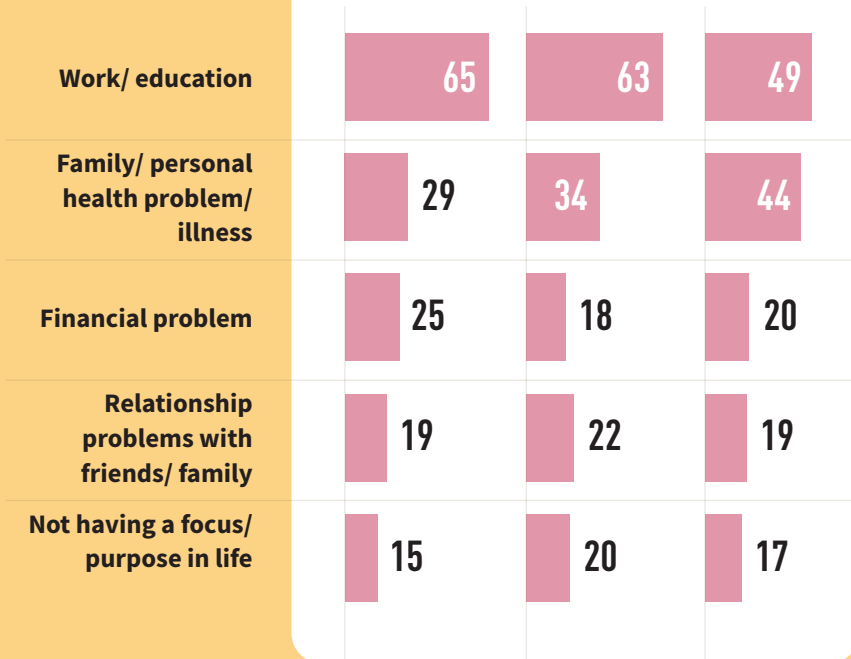
30-44

45+

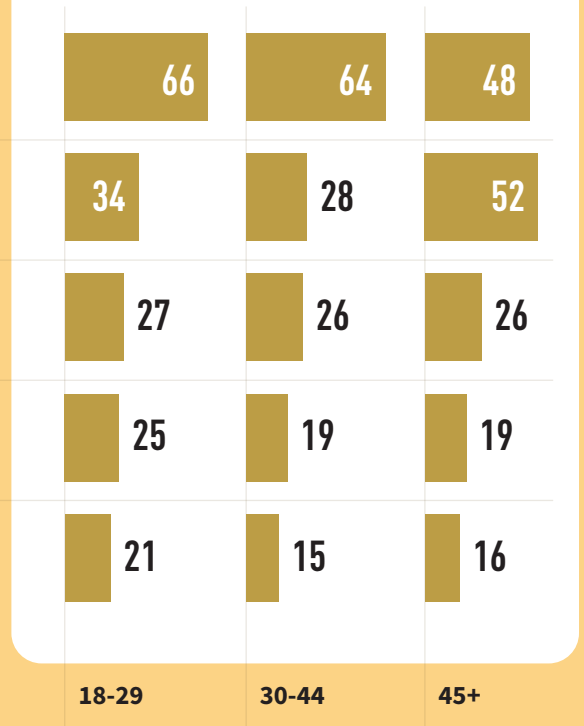
Top 5 reasons for low mood in past 6 months

By age

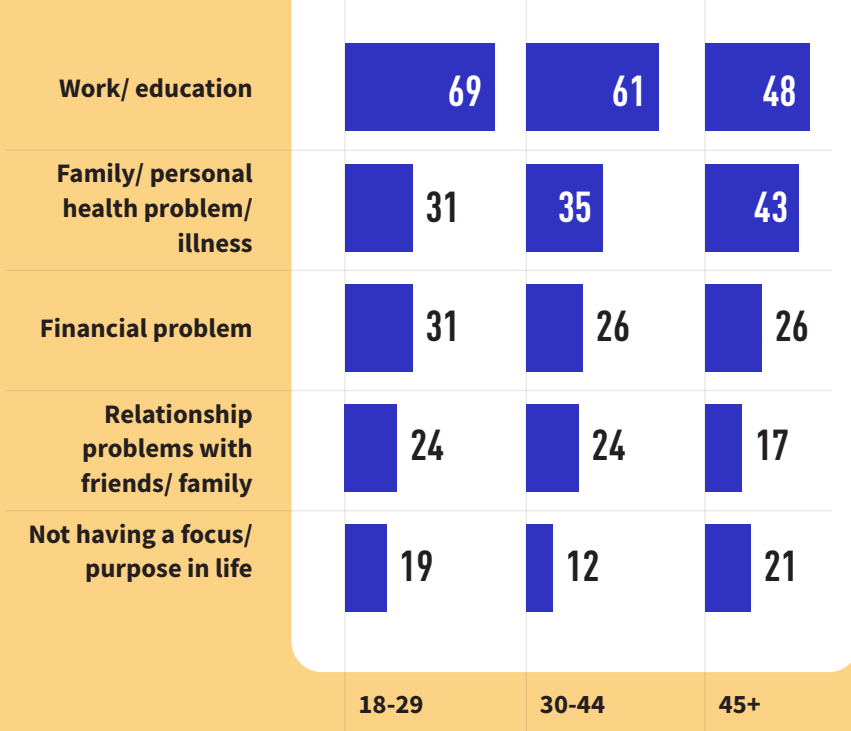
Nanjing



Shanghai

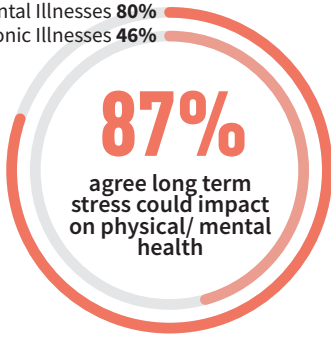


Shenzhen



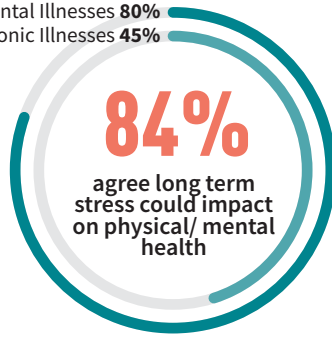
Beijing

Mental Illnesses 80%
Chronic Illnesses 46%



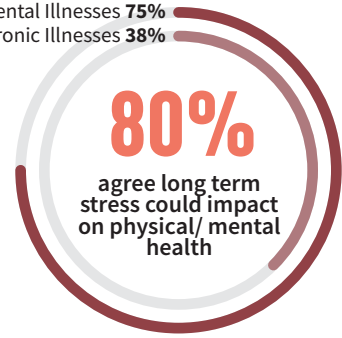
Guangzhou

Mental Illnesses 80%
Chronic Illnesses 45%



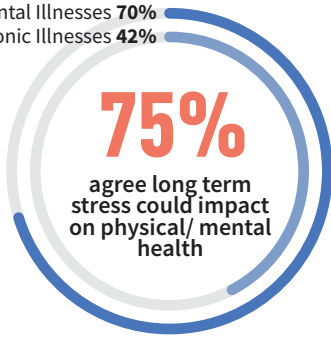
Hangzhou

Mental Illnesses 75%
Chronic Illnesses 38%



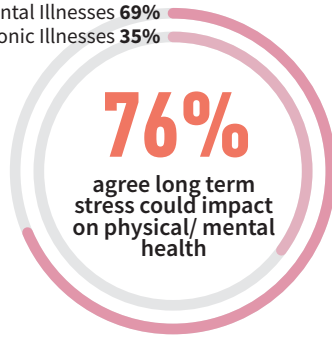
Jinan

Mental Illnesses 70%
Chronic Illnesses 42%



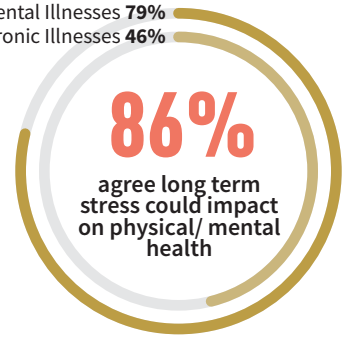
Nanjing

Mental Illnesses 69%
Chronic Illnesses 35%



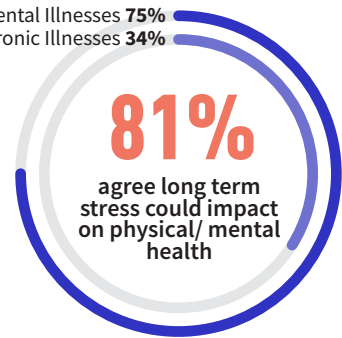
Shanghai

Mental Illnesses 79%
Chronic Illnesses 46%



Shenzhen

Mental Illnesses 75%
Chronic Illnesses 34%



MENTAL HEALTH

Impact of Long-Term Stress

Respondents across all 7 cities agreed that long-term stress could have a negative impact on mental health, while overall they felt that stress has less impact on physical health.

Out of the 7 cities, respondents from Beijing felt stress could have the most impact, and those from Jinan felt it had the least impact.



PHYSICAL HEALTH

Why your Mood Matters to your Health?

While we discovered in the first section that people believe that long-term stress can have more of a negative impact on mental health than physical health, we also found that a respondent's physical health has a corresponding impact on their mental mood.

Of the 7 cities surveyed, 38.42% believe they have experienced a low mood in the past 6 months because of their own health or the health of family and friends. This was found to be highest in Guangzhou at 45% and lowest in Jinan at 34%.

An average of
38.42%

of people over 18 years old in all 7 cities believe they have experienced a low mood in the past 6 months because of **their own health or the health of family/friends**

