

YouGov Cambridge

The Globalism Project - All countries

Fieldwork Dates: 4th August - 21st September 2021



France	Germany	Sweden	Denmark	Spain	Italy	Greece	Hungary
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Generally speaking, compared with before the Coronavirus pandemic, are you doing more or less of each of the following, or has there been no real change from before?
(Please select one option on each row)

Sleeping

	1085	1009	1038	1170	1035	1023	1045	1012
Unweighted base	1085	1009	1038	1170	1035	1023	1045	1012
Base: All country adults	1085	1009	1038	1170	1035	1023	1045	1012
Doing much more	6%	7%	3%	1%	5%	5%	7%	4%
Doing a little more	13%	16%	14%	11%	13%	12%	15%	11%
No change	67%	66%	70%	81%	54%	60%	58%	62%
Doing a little less	8%	8%	8%	4%	20%	15%	13%	12%
Doing much less	3%	2%	3%	2%	6%	6%	5%	7%
Don't know	2%	2%	1%	1%	1%	2%	1%	3%
Prefer not to say	-	-	-	-	-	-	-	-
Net: More	19%	23%	18%	12%	19%	17%	22%	15%
Net: Less	12%	10%	11%	6%	27%	21%	18%	20%

Physical exercise

	1085	1009	1038	1170	1035	1023	1045	1012
Unweighted base	1085	1009	1038	1170	1035	1023	1045	1012
Base: All country adults	1085	1009	1038	1170	1035	1023	1045	1012
Doing much more	6%	6%	6%	5%	10%	5%	6%	5%
Doing a little more	19%	12%	14%	14%	21%	16%	19%	15%
No change	55%	56%	56%	62%	44%	51%	45%	55%
Doing a little less	11%	11%	12%	13%	16%	14%	10%	11%
Doing much less	7%	13%	9%	5%	9%	11%	18%	10%
Don't know	2%	3%	2%	1%	1%	2%	2%	4%
Prefer not to say	-	-	-	-	-	-	-	-
Net: More	25%	18%	20%	19%	31%	21%	25%	20%
Net: Less	18%	24%	21%	18%	25%	25%	28%	21%

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Drinking alcohol

	1085	1009	1038	1170	1035	1023	1045	1012
Unweighted base	1085	1009	1038	1170	1035	1023	1045	1012
Base: All country adults	1085	1009	1038	1170	1035	1023	1045	1012
Doing much more	2%	2%	2%	2%	1%	1%	2%	2%
Doing a little more	8%	7%	8%	6%	9%	8%	8%	7%
No change	65%	65%	67%	75%	54%	59%	62%	64%
Doing a little less	9%	8%	8%	8%	12%	9%	7%	6%
Doing much less	12%	15%	12%	7%	21%	17%	18%	15%
Don't know	4%	4%	2%	2%	2%	6%	3%	6%
Prefer not to say	-	-	-	-	-	-	-	-
Net: More	10%	9%	11%	8%	10%	10%	9%	10%
Net: Less	21%	23%	20%	15%	34%	26%	25%	21%

Eating healthily

	1085	1009	1038	1170	1035	1023	1045	1012
Unweighted base	1085	1009	1038	1170	1035	1023	1045	1012
Base: All country adults	1085	1009	1038	1170	1035	1023	1045	1012
Doing much more	9%	8%	5%	3%	10%	8%	9%	8%
Doing a little more	24%	19%	14%	14%	27%	23%	20%	19%
No change	59%	63%	70%	74%	49%	56%	53%	57%
Doing a little less	5%	6%	6%	7%	9%	8%	10%	8%
Doing much less	2%	2%	3%	1%	3%	3%	6%	6%
Don't know	2%	2%	2%	1%	1%	2%	2%	3%
Prefer not to say	-	-	-	-	-	-	-	-
Net: More	32%	27%	19%	17%	38%	31%	29%	26%
Net: Less	7%	8%	9%	8%	11%	11%	16%	14%

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Country									
Poland	GB	Australia	United States	Canada	Brazil	Mexico	Turkey	Egypt	Saudi Arabia

Generally speaking, compared with before the Coronavirus pandemic, are you doing more or less of each of the following, or has there been no real change from before?
(Please select one option on each row)

Sleeping

	Poland	GB	Australia	United States	Canada	Brazil	Mexico	Turkey	Egypt	Saudi Arabia
Unweighted base	1035	1062	1076	1004	1127	1117	1092	1041	1009	1005
Base: All country adults	1035	1062	1076	1004	1127	1117	1092	1041	1009	1005
Doing much more	9%	2%	7%	6%	8%	16%	12%	13%	13%	15%
Doing a little more	14%	12%	17%	15%	15%	19%	21%	20%	17%	23%
No change	63%	62%	54%	54%	52%	34%	42%	44%	44%	38%
Doing a little less	8%	15%	13%	13%	14%	16%	18%	12%	12%	15%
Doing much less	4%	6%	7%	6%	7%	13%	7%	7%	6%	6%
Don't know	3%	2%	1%	6%	3%	3%	1%	4%	5%	3%
Prefer not to say	-	-	-	-	-	-	-	-	3%	2%
Net: More	22%	15%	24%	21%	23%	34%	32%	33%	30%	37%
Net: Less	12%	21%	21%	19%	21%	29%	25%	19%	18%	20%

Physical exercise

	Poland	GB	Australia	United States	Canada	Brazil	Mexico	Turkey	Egypt	Saudi Arabia
Unweighted base	1035	1062	1076	1004	1127	1117	1092	1041	1009	1005
Base: All country adults	1035	1062	1076	1004	1127	1117	1092	1041	1009	1005
Doing much more	7%	8%	9%	9%	7%	11%	15%	8%	12%	19%
Doing a little more	13%	21%	20%	22%	20%	18%	22%	19%	18%	25%
No change	53%	43%	41%	41%	41%	26%	32%	36%	36%	26%
Doing a little less	15%	17%	18%	16%	16%	17%	16%	14%	13%	14%
Doing much less	9%	9%	11%	7%	12%	23%	12%	19%	10%	10%
Don't know	2%	2%	1%	5%	3%	4%	2%	5%	6%	5%
Prefer not to say	-	-	-	-	-	-	-	-	3%	2%
Net: More	20%	28%	29%	31%	28%	30%	37%	26%	31%	44%
Net: Less	24%	26%	30%	23%	28%	40%	28%	33%	23%	24%

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	Country									
	Poland	GB	Australia	United States	Canada	Brazil	Mexico	Turkey	Egypt	Saudi Arabia

Drinking alcohol

Unweighted base	1035	1062	1076	1004	1127	1117	1092	1041	1009	-
Base: All country adults	1035	1062	1076	1004	1127	1117	1092	1041	1009	-
Doing much more	3%	3%	7%	6%	4%	6%	3%	5%	2%	-
Doing a little more	8%	15%	16%	10%	14%	10%	4%	4%	2%	-
No change	58%	60%	52%	56%	56%	33%	35%	43%	36%	-
Doing a little less	10%	8%	8%	7%	8%	9%	11%	4%	3%	-
Doing much less	15%	10%	16%	14%	13%	33%	40%	22%	11%	-
Don't know	6%	3%	2%	8%	5%	9%	6%	21%	31%	-
Prefer not to say	-	-	-	-	-	-	-	-	15%	-
Net: More	11%	19%	22%	16%	18%	16%	7%	9%	4%	-
Net: Less	25%	19%	24%	21%	21%	42%	52%	26%	14%	-

Eating healthily

Unweighted base	1035	1062	1076	1004	1127	1117	1092	1041	1009	1005
Base: All country adults	1035	1062	1076	1004	1127	1117	1092	1041	1009	1005
Doing much more	9%	4%	9%	10%	9%	18%	22%	15%	24%	25%
Doing a little more	18%	20%	21%	20%	22%	20%	30%	25%	24%	25%
No change	60%	59%	51%	48%	49%	30%	33%	36%	32%	26%
Doing a little less	6%	12%	12%	12%	12%	15%	8%	8%	8%	12%
Doing much less	5%	3%	6%	5%	4%	14%	5%	12%	5%	6%
Don't know	2%	2%	1%	5%	3%	3%	1%	4%	5%	4%
Prefer not to say	-	-	-	-	-	-	-	-	2%	2%
Net: More	27%	25%	30%	30%	32%	37%	52%	40%	48%	50%
Net: Less	11%	15%	18%	16%	16%	29%	13%	20%	13%	17%

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Russia	India	China	Japan	Indonesia	Thailand	Kenya	Nigeria	South Africa
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Generally speaking, compared with before the Coronavirus pandemic, are you doing more or less of each of the following, or has there been no real change from before?
(Please select one option on each row)

Sleeping

	Russia	India	China	Japan	Indonesia	Thailand	Kenya	Nigeria	South Africa
Unweighted base	1228	1212	1026	1155	1473	1004	1017	1057	1159
Base: All country adults	1228	1212	1026	1155	1473	1004	1017	1057	1159
Doing much more	5%	16%	7%	4%	17%	16%	17%	14%	17%
Doing a little more	12%	30%	27%	11%	25%	21%	25%	28%	24%
No change	69%	37%	52%	73%	48%	46%	28%	32%	38%
Doing a little less	8%	11%	11%	7%	7%	10%	19%	17%	13%
Doing much less	4%	4%	2%	2%	1%	5%	11%	8%	7%
Don't know	2%	2%	2%	4%	2%	1%	0%	1%	0%
Prefer not to say	-	-	-	-	-	-	-	-	-
Net: More	17%	46%	34%	15%	42%	38%	42%	43%	41%
Net: Less	12%	14%	13%	9%	8%	16%	30%	25%	20%

Physical exercise

	Russia	India	China	Japan	Indonesia	Thailand	Kenya	Nigeria	South Africa
Unweighted base	1228	1212	1026	1155	1473	1004	1017	1057	1159
Base: All country adults	1228	1212	1026	1155	1473	1004	1017	1057	1159
Doing much more	8%	23%	9%	2%	18%	19%	28%	23%	21%
Doing a little more	19%	32%	34%	11%	26%	22%	30%	31%	23%
No change	57%	24%	35%	51%	34%	36%	21%	26%	28%
Doing a little less	9%	11%	15%	19%	11%	11%	13%	12%	15%
Doing much less	5%	7%	6%	13%	8%	11%	8%	7%	13%
Don't know	3%	2%	1%	4%	2%	2%	0%	0%	0%
Prefer not to say	-	-	-	-	-	-	-	-	-
Net: More	26%	56%	44%	13%	44%	41%	57%	54%	44%
Net: Less	14%	18%	20%	32%	19%	22%	22%	19%	27%

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	Russia	India	China	Japan	Indonesia	Thailand	Kenya	Nigeria	South Africa
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Drinking alcohol

	Russia	India	China	Japan	Indonesia	Thailand	Kenya	Nigeria	South Africa
Unweighted base	1228	1212	1026	1155	1473	1004	1017	1057	1159
Base: All country adults	1228	1212	1026	1155	1473	1004	1017	1057	1159
Doing much more	2%	5%	2%	2%	2%	2%	4%	2%	5%
Doing a little more	6%	11%	9%	7%	2%	4%	9%	6%	10%
No change	59%	32%	56%	55%	22%	25%	28%	35%	30%
Doing a little less	9%	10%	13%	11%	5%	11%	13%	12%	19%
Doing much less	20%	20%	14%	19%	29%	39%	39%	35%	34%
Don't know	4%	21%	5%	7%	40%	19%	7%	10%	3%
Prefer not to say	-	-	-	-	-	-	-	-	-
Net: More	8%	16%	12%	9%	4%	6%	13%	9%	15%
Net: Less	29%	31%	28%	30%	34%	50%	52%	47%	53%

Eating healthily

	Russia	India	China	Japan	Indonesia	Thailand	Kenya	Nigeria	South Africa
Unweighted base	1228	1212	1026	1155	1473	1004	1017	1057	1159
Base: All country adults	1228	1212	1026	1155	1473	1004	1017	1057	1159
Doing much more	9%	31%	11%	5%	29%	30%	33%	28%	24%
Doing a little more	18%	33%	34%	20%	27%	28%	26%	28%	27%
No change	62%	22%	43%	65%	33%	32%	18%	20%	32%
Doing a little less	5%	8%	9%	5%	7%	6%	16%	15%	10%
Doing much less	3%	3%	2%	2%	3%	3%	8%	8%	7%
Don't know	2%	3%	1%	3%	2%	1%	0%	1%	0%
Prefer not to say	-	-	-	-	-	-	-	-	-
Net: More	28%	64%	45%	25%	56%	58%	59%	56%	51%
Net: Less	8%	11%	11%	7%	10%	9%	23%	23%	17%