

# Social factors of the pandemic

## *A participatory research project*

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*health impact*

**Higher burden of disease (e.g. NCDs), for socially disadvantaged people**

**Higher risks of infection, disease, complications, mortality, mental burdens etc.**

**Further burden of disease**

before the pandemic

during the pandemic

after the pandemic

**Social disadvantage, e.g.**

- low income / poverty
- precarious employment
- precarious housing
- low (formal) education

**Higher exposure to social/economic impacts**

**Further likelihood of social disadvantage**

*social impact*



## Who is affected by social inequalities and even more so through the current pandemic?

- people who work in low-wage sectors or in the informal labour market or are precariously employed;
- people in very precarious living situations (e.g. people experiencing poverty, homeless people, unemployed people, sex worker);
- people in crowded or precarious housing situations (e.g. people in refugee homes, emergency shelters, prisons; families living in crowded private flats)
- people who live in disadvantaged neighbourhoods,
- and people who are additionally disadvantaged by their gender, origin or health condition.

*(ECDC 2020, Chain 2020, Bambra et al. 2020, Wenham et al. 2020, van Dorn et al. 2020 etc.)*



## What are their needs and experiences?

- » February 2021 – February 2022
- » **Co-researchers** that were homeless themselves, struggled with financial issues, lost their jobs during the pandemic or were in precarious working or living situations
- » **7 research workshops**
- » data collection July – September 2021

### Focus on:

- » changes in life circumstances
- » struggles and burdens
- » coping mechanisms and resources



## Social and economic impacts from Covid-19

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Employment insecurity, underemployment, job loss or restriction of professional activities

loss of income

consumption of savings

sale of used goods (cars, clothing, etc.)

food shortages

relocation and homelessness

credit card overdrafts and debts

intensified work after lockdown

abundance from family/friends (financial/housing)

loss of routines

loss of social contacts/isolation

self-imposed movement restriction

stigma and insecurities

increased levels of stress, anxiety and loneliness

mental health issues (existential fears, depression, suicidal thoughts)

pushing physical limits

## Social and economic impacts from Covid-19

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unmet physical needs (delay of operations) → increased pain

loss of informal and formal care (e.g. accompanying persons for blind or visually impaired persons)

limited availability of counselling organisations

## Needs to tackle social and economic inequalities

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- » financial aids that cover the costs of living, even if not insured
  - » advice and support for the use of financial aids
- » donations in kind (e.g. for food)
- » rent reduction
- » barrier-free access to health services (like vaccinations, covid tests and information)
- » free access to health services, even if not insured
  
- » deep conversations with family, friends or colleagues
- » psychosocial support from NPOs
- » light-hearted spare time
- » childcare

## Contact details

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