



# Lockdown Research

People across Ireland have relied heavily on broadband to support their physical and mental health while staying at home during the ongoing COVID-19 public health crisis - with the majority saying they have been using the internet more regularly for health related information and support.



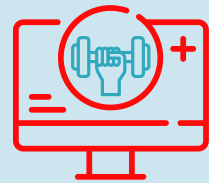
**80%**

said their physical health has remained good during lockdown



**4 in 10**

felt their mental health ranged from poor to middling during lockdown



**65%**

of people are taking part in live, online fitness and training classes more often than they usually would



**30%**

will continue to participate in online fitness classes in future



**50%**

have accessed videos, podcasts, blogs and social media to support their wellbeing during lockdown



**30%**

will share their health and fitness information (e.g. Fitbit) to get feedback and keep motivated in future



**40%**

The increase in data usage across Virgin Media's high speed residential broadband network (March to June 2020)



**73%**

increase in upstream video usage (e.g. Skype, Teams, Webex, Zoom, and all others) across the Virgin Media network with upstream traffic increasing by 73%



**52%**

increase in connected devices on Virgin Media's network (March - April 2020)