



April 2023

*Dear RED C Live member,*

*Welcome to the April 2023 edition of the RED C Live Newsletter!!*

Last month, 1265 RED C Live members reached the €50 threshold for payment and will be sent payment shortly! The total rewards paid out for completing surveys now stands at €3,442,634.

### WIN World Survey – Health Index

*by: Richard Colwell*

Most adults in Ireland have a positive mood and consider themselves healthy, despite recent major events and relatively poor ratings on fitness, weight and stress.

Most adults in Ireland have a positive mood and consider themselves healthy, despite recent major event such as the pandemic, war in Ukraine and the cost of living crisis.

However, many consider their fitness to be poor and their weight above average, while young adults also appear to suffer heavily from stress.

1. Over 2 in 3 (71%) in Ireland consider themselves healthy.
2. Three quarters (76%) also consider that they have a positive mood, a proportion that is strikingly similar to that seen in 2018 before the Covid 19 pandemic, War in Ukraine or the Cost of Living crisis.
3. Despite this we have a very poor perception of our fitness in Ireland vs. global norms, with 2 in 4 (40%) suggesting they have poor fitness.
4. Similar proportions (37%) also have concerns about their weight, with only half of those aged 35-54 happy with their weight.
5. More than half (52%) of young adults aged 18-35 in Ireland also consider their stress levels to be poor or very poor.....[HERE](#)

*Best Wishes*

*The RED C Live Team*

### FAQ's

#### Logged out of a Survey

Please remember that you can now log back into a survey if you are unable to complete it in one sitting, or if you are logged out due to a technical fault or a server error. We hope this will improve your experience of RED C Live. If you are logged out, please wait for at least 15-20 minutes before you attempt to log back in.

#### Quality Control

We would like to remind you that our reputation as a leading market research company is based on the accuracy and validity of the data we provide to our clients.

To ensure members do not complete surveys hurriedly or provide incorrect information, a series of check questions are included at intervals. These inbuilt quality control questions appear on every survey and are administered to everyone equally. Answers provided by members who failed the Quality Control check are not included in the survey results.

We appreciate that this can be frustrating when a genuine mistake is made, however, we are unable to make exceptions to the mechanisms and allow members to go back and change their answers, so please take extra care to avoid being screened out of surveys.

#### Reporting issues with surveys

If you encounter an error or a problem when taking part in a survey, such as the screen freezing or otherwise, **please forward us the original survey invite, along with a screen shot of the error**, where applicable, to [info@redclive.ie](mailto:info@redclive.ie)