

Report

COVID-19 PAN-CANADIAN TRACKING STUDY

WAVE 3 | June 3 to June 9, 2020



**Canadian
Red Cross**

DATE 2020-06-12 PROJECT NUMBER 13088-012

Leger



CONTEXT AND METHODOLOGY

CONTEXT AND OBJECTIVES

CONTEXT

This tracking study is conducted to support Canadian Red Cross operations and strategies related to COVID-19. The study focuses on public perceptions about social and psychological impacts of COVID-19, with an emphasis on seniors. **This report presents survey results for WAVE 3 (W3).**

HOW

A Web survey was conducted with a representative sample of 2,280 Canadians. Among them, **1,927 (84%) are recontacts who also answered the WAVE 2 survey** and 1,730 (75%) are recontacts followed since WAVE 1. All respondents were randomly selected from Leger’s Web panel.

WHO

2,280 Canadians, 18 years of age and older, French- and English- speaking:

- **18 to 64 years of age: 1,067 respondents;**
- **Seniors (65 years of age or over): 1,213 respondents** including **200 vulnerable seniors (VS)** who live alone and rated their health fair or poor before COVID-19.

LANGUAGE

French or English, based on the respondent’s preference.

WHEN

Data collection for this study took place **from June 3 to June 9, 2020.** The Web-based interviews lasted an average of **8 minutes.**

WEIGHTING

Survey results were weighted according to gender, age, region, education, mother tongue, presence of children in the household and the fact of being a vulnerable senior (65+, living alone, etc.) in order to ensure sample representativeness, **according to the latest Statistics Canada census.**

HOW TO READ THIS REPORT

ROUNDING

Numbers in this report have been rounded out, but the numbers before rounding were used to calculate the sums presented. Therefore, these sums might not correspond to the manual addition of the rounded numbers.

SIGNIFICANT DIFFERENCES

Results presenting significant and relevant differences are indicated in a text box next to overall results.

*Percentages in **bold green** indicate a statistically **higher proportion** than other respondents. Percentages in **bold red** indicate a statistically **lower proportion** than other respondents.*

*Arrows pointing upward in **bold green** (↑) indicate a statistically significant **increase since W2**. Arrows pointing downward in **bold red** (↓) indicate a statistically significant **drop since W2**.*

A man in a blue denim shirt is talking on a white mobile phone. He is sitting at a wooden desk with a laptop, a calculator, and some papers. A baby in a white sweater is leaning over the desk, looking at the papers. The background is a blurred indoor setting with a bookshelf and a window.

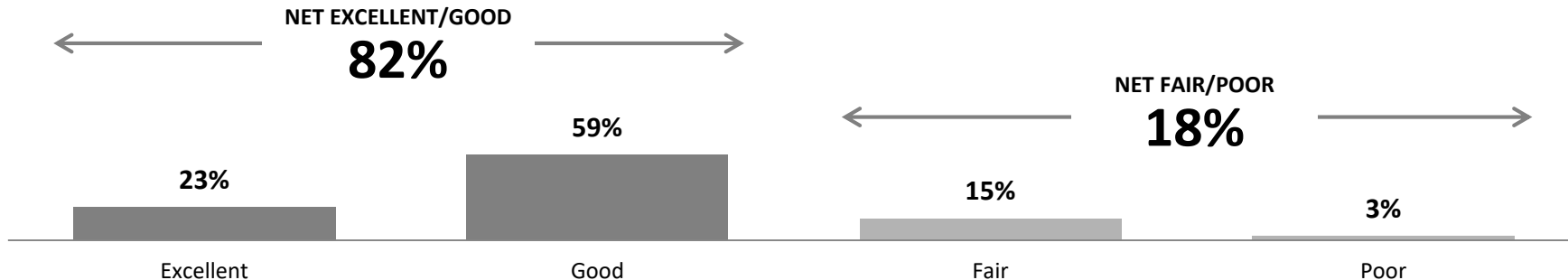
SURVEY RESULTS

HEALTH BEFORE COVID-19 AND IN THE PAST MONTH

BEFORE

Q1A – In general, how would you have rated your health BEFORE COVID-19?

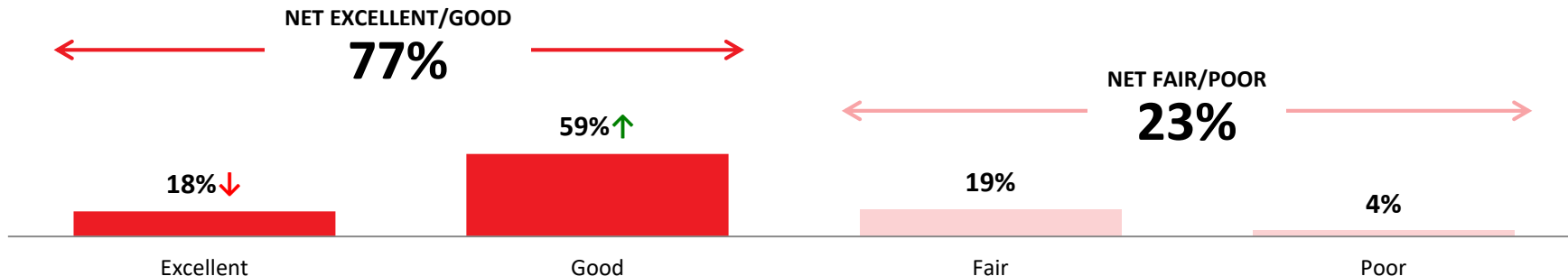
Base: All respondents (n=2,280)



PAST MONTH

Q1B – In general, how would you have rated your health IN THE PAST MONTH?

Base: All respondents (n=2,280)



HEALTH BEFORE COVID-19 AND IN THE PAST MONTH

BY PROVINCE, AGE AND AMONG VULNERABLE SENIORS

VULNERABLE SENIORS

BEFORE

Q1A – In general, how would you have rated your health BEFORE COVID-19? / Base: All respondents (n=2,280)

	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
NET EXCELLENT/GOOD	82%	89%↑	80%	80%	76%	90%	82%	81%	83%	83%	84%	78%	-	84%
Excellent	23%	22%	25%	28%	18%	30%	19%	28%	24%	21%	19%	16%	-	23%
Good	59%	67%	55%	52%	58%	60%	64%	53%	59%	63%	65%	62%	-	60%
NET FAIR/POOR	18%	11%↓	20%	20%	24%	10%	18%	19%	17%	17%	16%	22%	100%	16%
Fair	15%	8%↓	17%	18%	20%	10%	12%	15%	15%	14%	14%	20%	86%	14%
Poor	3%	3%	2%	2%	4%	1%	6%	4%	2%	2%	2%	3%	14%	2%

PAST MONTH

Q1B – In general, how would you have rated your health IN THE PAST MONTH? / Base: All respondents (n=2,280)

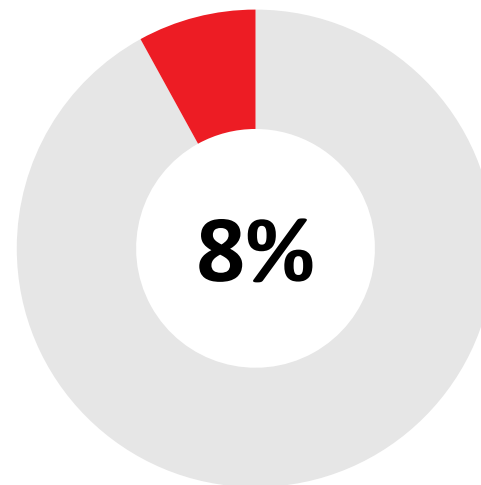
	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
NET EXCELLENT/GOOD	77%	78%	75%	77%	72%	85%↑	80%	74%	78%	77%	81%	76%	2%↓	78%
Excellent	18%↓	15%	22%	23%	14%	23%	15%	19%	18%	18%	17%	14%	-	18%↓
Good	59%↑	63%	53%	54%	58%	62%↑	65%	55%	60%	59%	64%	61%	2%↓	60%↑
NET FAIR/POOR	23%	22%	25%	23%	28%	15%↓	20%	26%	22%	23%	19%	24%	98%↑	22%
Fair	19%	19%	23%	20%	22%	13%↓	13%	20%	18%	20%	16%	20%	75%	18%
Poor	4%	4%↓	3%	4%	6%	2%	7%	6%	3%	4%	3%	4%	23%	4%

IMPACT OF HEALTH NEEDS ON FAMILY AND FRIENDS

Q2 – In the last 3 DAYS, have your family members or friends felt overwhelmed by your health needs?

Base: All respondents (n=2,280)

CANADIANS WHO THINK
THEIR FAMILY MEMBERS OR
FRIENDS FELT OVERWHELMED
BY THEIR HEALTH NEEDS IN
THE LAST 3 DAYS (% OF YES)



	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
	n= 2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
YES	8%	6%	7%	9%	10%	7%	9%	14%	8%	6%	3%	5%	7%	8%
NO	92%	94%	93%	91%	90%	93%	91%	86%	92%	94%	97%	95%	93%	92%

FEELINGS IN THE LAST 3 DAYS

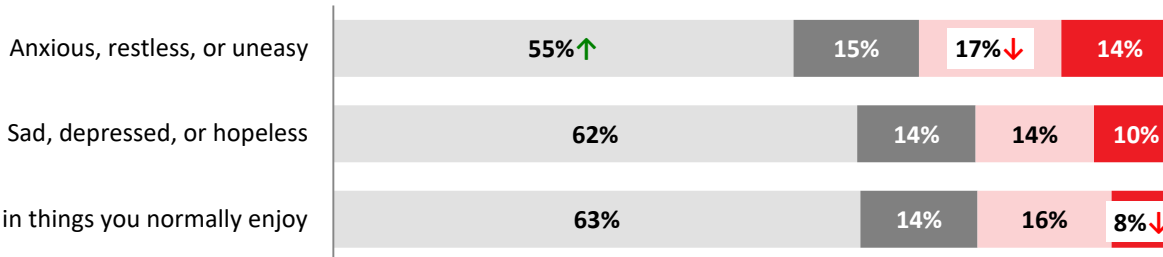
Q3 – In the last 3 DAYS, how often have you felt...?

Base: All respondents (n=2,280)

■ Not in the last 3 days
 ■ Not in the last 3 days, but often feel this way
 ■ In the last 1-2 of last 3 days
 ■ Daily in the last 3 days

NET YES
(In the last 1-2 days + Daily)

30%↓
24%
24%

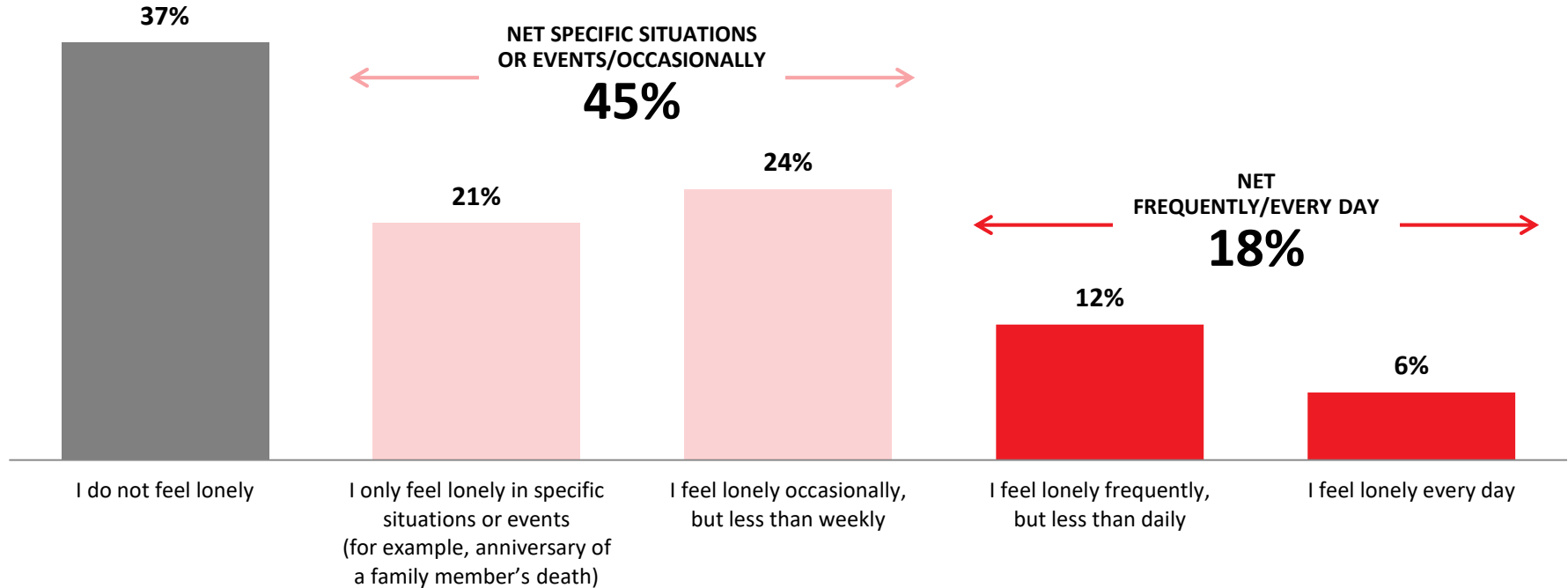


	% NET YES	TOTAL	PROVINCE					AGE					VS		
			BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
		n= 2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
Anxious, restless, or uneasy	30%↓		36%	34%	33%	31%↓	24%	27%	47%	31%	23%	17%↓	13%	23%	30%↓
Sad, depressed, or hopeless	24%		28%	26%	26%	24%	21%	25%	38%	22%	23%	13%	9%	20%	24%
Little interest or pleasure in things you normally enjoy	24%		28%	24%	26%	25%	19%	23%	37%	24%	16%	15%	13%	22%	24%

HOW OFTEN CANADIANS FEEL LONELY

Q4 – How often do you feel lonely?

Base: All respondents (n=2,280)



HOW OFTEN CANADIANS FEEL LONELY

BY PROVINCE, AGE AND AMONG VULNERABLE SENIORS

Q4 – How often do you feel lonely?

Base: All respondents (n=2,280)

	TOTAL	PROVINCE					
		BC	AB	SK/MB	ON	QC	ATL.
I DO NOT FEEL LONELY	37%	37%	31%	38%	39%	39%	27%
NET SPECIFIC SITUATIONS OR EVENTS/OCCASIONALLY	45%	47%	45%	43%	43%	45%	51%
I only feel lonely in specific situations or events*	21%	21%↓	22%	18%	20%	23%	21%
I feel lonely occasionally, but less than weekly	24%	26%↑	23%	25%	23%	22%	30%
NET FREQUENTLY/EVERY DAY	18%	16%	23%	18%	18%	16%	22%
I feel lonely frequently, but less than daily	12%	11%	17%	9%	12%	11%	18%
I feel lonely every day	6%	5%	6%	9%	6%	5%	3%↓

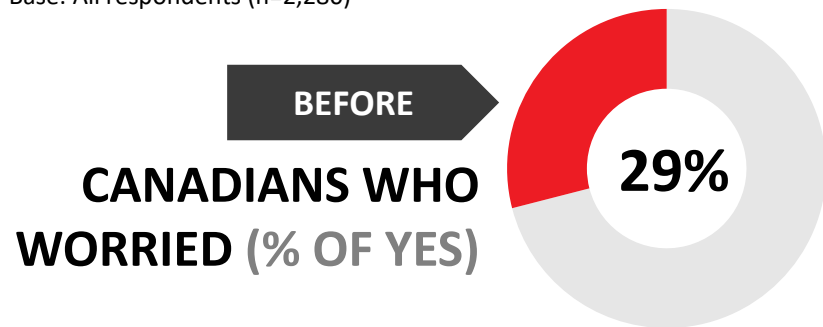
	TOTAL	AGE					VS	
		18-34	35-54	55-64	65-74	75+	YES	NO
I DO NOT FEEL LONELY	37%	24%	34%	43%	53%	54%	31%↑	37%
NET SPECIFIC SITUATIONS OR EVENTS/OCCASIONALLY	45%	48%↓	48%	44%	36%	34%	43%	45%
I only feel lonely in specific situations or events*	21%	22%	21%	23%	17% ↓	19%	10% ↓	21%
I feel lonely occasionally, but less than weekly	24%	26%	28%	21%	20% ↑	15%	33%	24%
NET FREQUENTLY/EVERY DAY	18%	28%	18%	13%	10%	12%	25%	18%
I feel lonely frequently, but less than daily	12%	18%	11%	12%	7%	10%	16%	12%
I feel lonely every day	6%	10%	7%	2%	3%	2%	10%	6%

* Examples given to respondents after this statement: (for example, anniversary of a family member's death)

FINANCIAL SITUATION BEFORE COVID-19 AND NOW

Q5A – BEFORE THE COVID-19 pandemic reached Canada, did you worry about making ends meet?

Base: All respondents (n=2,280)

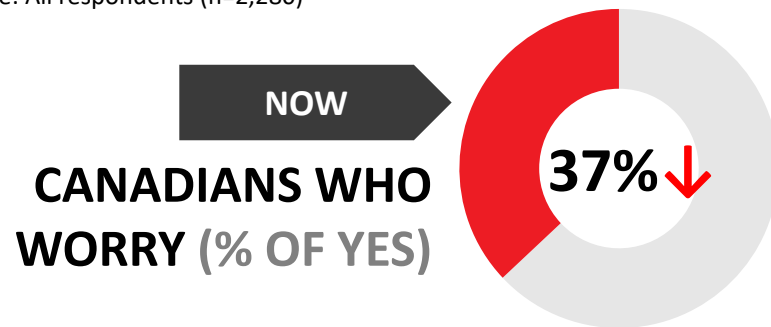


	TOTAL	PROVINCE					
		BC	AB	SK/MB	ON	QC	ATL.
n=	2,280	306	217	161	879	576	141
YES	29%	28%	30%	24%	34%	23%	32%
NO	71%	72%	70%	76%	66%	77%	68%

	TOTAL	AGE					VS	
		18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,280	287	451	329	896	317	200	2,080
YES	29%	32%	41%	20%	16%	13%	30%	29%
NO	71%	68%	59%	80%	84%	87%	70%	71%

Q5B – Considering your CURRENT SITUATION, are you now worried about making ends meet?

Base: All respondents (n=2,280)



	TOTAL	PROVINCE					
		BC	AB	SK/MB	ON	QC	ATL.
n=	2,280	306	217	161	879	576	141
YES	37% ↓	34%	44%	37%	43%	25%	33%
NO	63% ↑	66%	56%	63%	57%	75%	67%

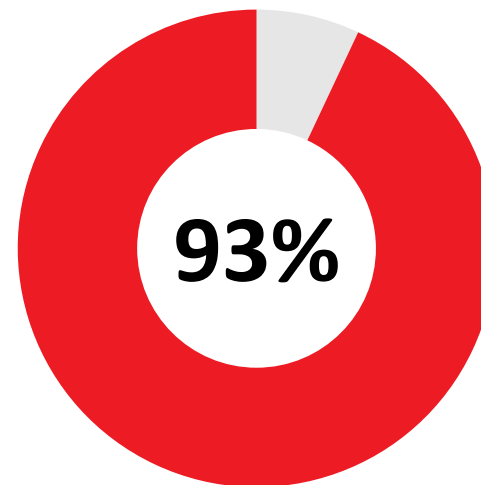
	TOTAL	AGE					VS	
		18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,280	287	451	329	896	317	200	2,080
YES	37% ↓	42% ↓	46%	27%	24%	19%	38%	37% ↓
NO	63% ↑	58% ↑	54%	73%	76%	81%	62%	63% ↑

GETTING THE NEEDED FOOD AND MEDICATION

Q6 – Do you have a way of getting all of the food and medication you need every day?

Base: All respondents (n=2,280)

CANADIANS WHO HAVE A WAY TO GET ALL THE FOOD AND MEDICATION THEY NEED EVERY DAY (% OF YES)



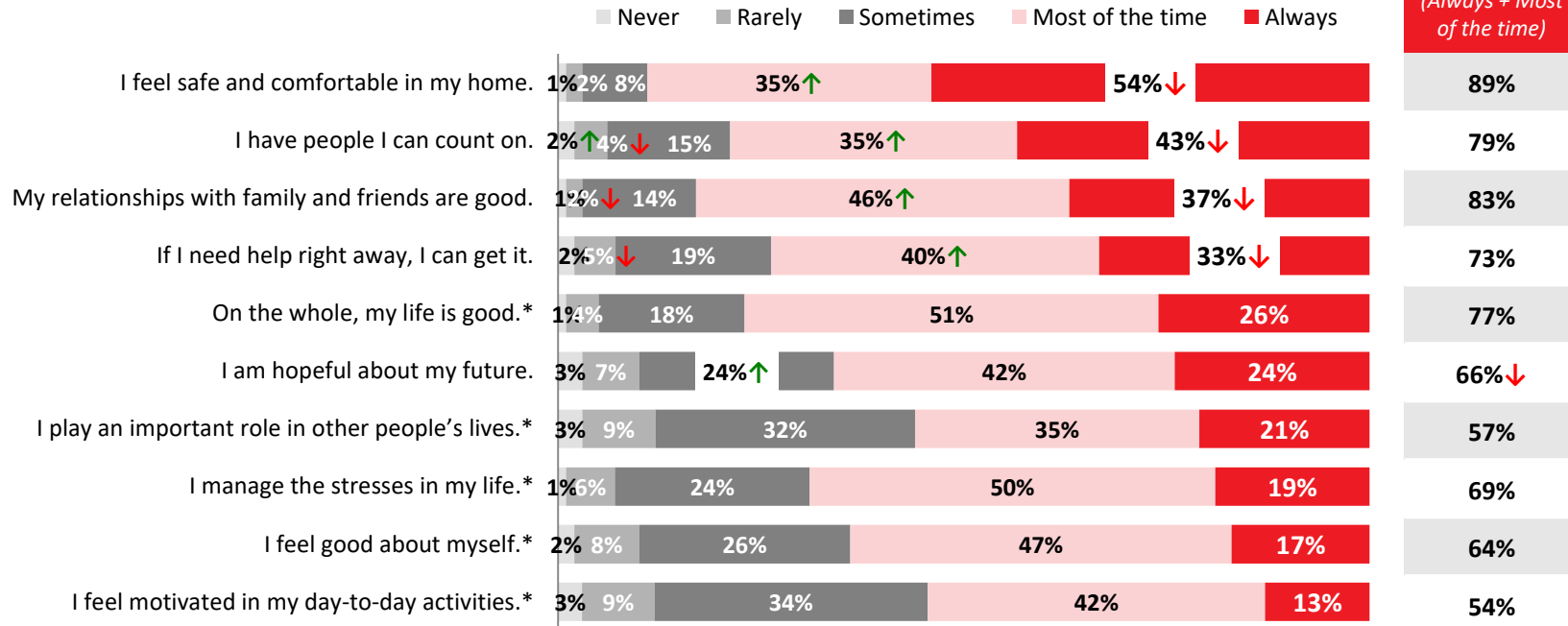
	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
YES	93%	95%↑	92%	90%	93%	93%	92%	89%	92%	96%	96%	96%	90%	93%
NO	7%	5%↓	8%	10%	7%	7%	8%	11%	8%	4%	4%	4%	10%	7%

CURRENT LIFE CIRCUMSTANCES

Q8 – Next, consider how you feel about your current life circumstances. Please respond according to how often each statement is true for you.

For each statement, please answer with one of the following choices.

Base: All respondents (n=2,280)



* New statement for W3 (no comparison with W2)

CURRENT LIFE CIRCUMSTANCES

BY PROVINCE, AGE AND AMONG VULNERABLE SENIORS

Q8 – Next, consider how you feel about your current life circumstances. Please respond according to how often each statement is true for you.

For each statement, please answer with one of the following choices.

Base: All respondents (n=2,280)

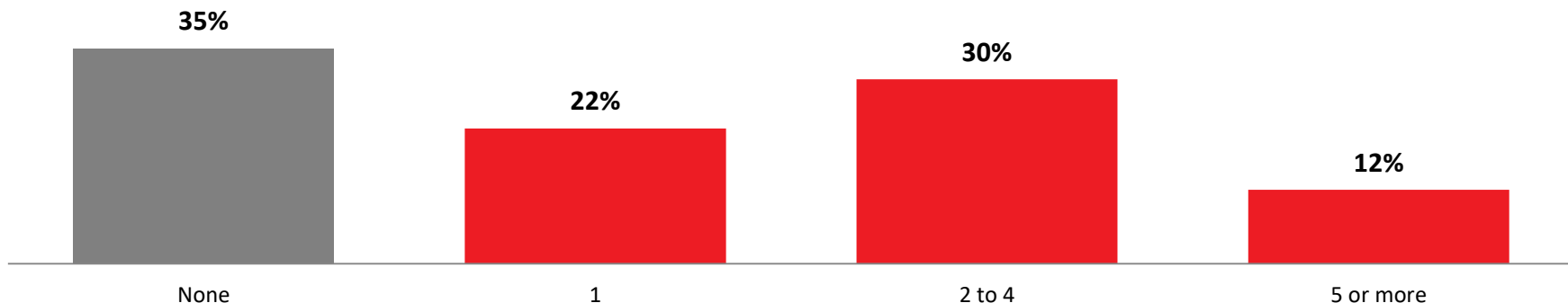
% NET YES (Always + Most of the time)	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
I feel safe and comfortable in my home.	89%	88%	87%	91%	84%↓	94%	92%	82%	86%	93%	96%	98%	89%	89%
My relationships with family and friends are good.	83%	80%	76%	84%	80%	89%	91%	75%	80%	89%	91%	94%	77%	83%
I have people I can count on.	79%	77%	77%	73%	77%	85%	80%	72%	76%	83%	86%	91%	70%	79%
On the whole, my life is good.*	77%	74%	73%	76%	73%	87%	82%	68%	74%	80%	89%	93%	72%	77%
If I need help right away, I can get it.	73%	71%	69%	73%	71%	81%	70%	67%	68%	76%	84%	89%	68%↓	73%
I manage the stresses in my life.*	69%	72%	67%	64%	66%	75%	72%	55%	65%	75%	86%	93%	81%	69%
I am hopeful about my future.	66%↓	63%	57%	71%	63%	76%	66%	61%	64%	66%↓	77%	76%	48%	67%↓
I feel good about myself.*	64%	66%	61%	58%	61%	72%	64%	52%	58%	70%	82%	86%	64%	64%
I play an important role in other people's lives.*	57%	52%	52%	59%	58%	59%	53%	54%	55%	61%	58%	57%	34%	57%
I feel motivated in my day-to-day activities.*	54%	51%	55%	50%	50%	65%	55%	46%	50%	60%	67%	69%	40%	55%

* New statement for W3 (no comparison with W2)

HIGHEST NUMBER OF ALCOHOLIC DRINKS IN A “SINGLE SITTING” IN THE LAST 14 DAYS

Q9A – In the last 14 days, what is the highest number of alcoholic drinks you had in a “single sitting”?*

Base: All respondents (n=2,280)



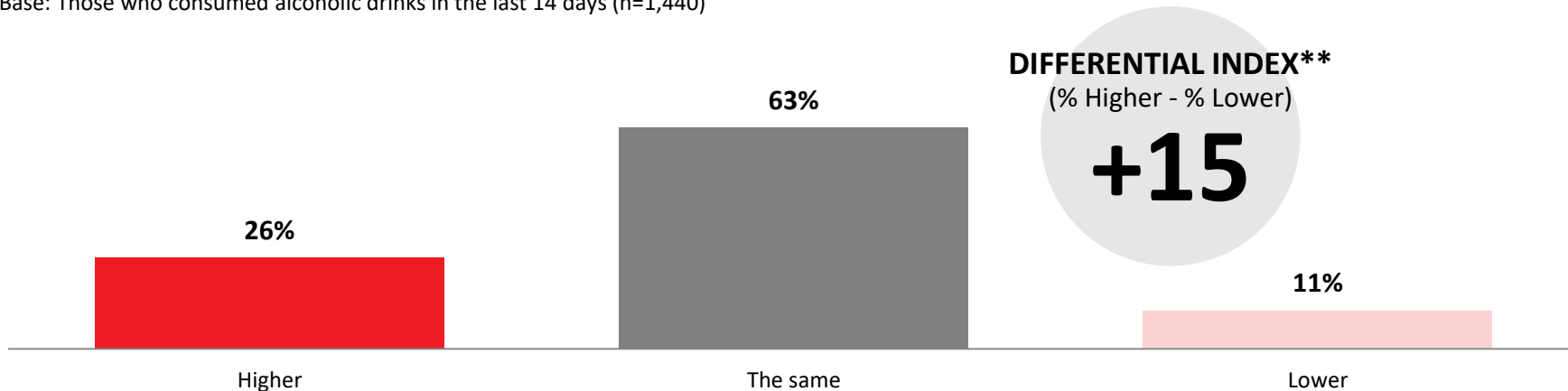
	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
	n= 2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
None	35%	35%	26%	38%	39%	29%	48%	32%	33%	33%	40%	49%	63%	35%
1	22%	21%	28%	27%	22%	19%	18%	25%	19%	19%	23%	29%	15%	22%
2 to 4	30%	35%	32%	26%	27%	37%	25%	29%	31%	37%	31%	20%	15%	31%
5 or more	12%	9%	14%	10%	12%	16%	9%	13%	17%	11%	7%	2%	7%	13%

* New question for W3 (no comparison with W2)

ALCOHOL CONSUMPTION IN THE LAST 14 DAYS VS IN A TWO WEEK PERIOD BEFORE COVID-19

Q9B – Was your alcohol consumption in the past 14 days higher, the same or lower than in an average two week period prior to the COVID-19 pandemic?*

Base: Those who consumed alcoholic drinks in the last 14 days (n=1,440)



	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	1,440	189	143	99	530	399	80	200	297	224	535	184	90	1,350
Higher	26%	21%	34%	22%	26%	25%	20%	34%	29%	18%	15%	11%	29%	26%
The same	63%	70%	59%	72%	62%	62%	67%	55%	59%	71%	78%	78%	55%	64%
Lower	11%	9%	7%	6%	12%	13%	13%	11%	12%	11%	7%	10%	16%	11%

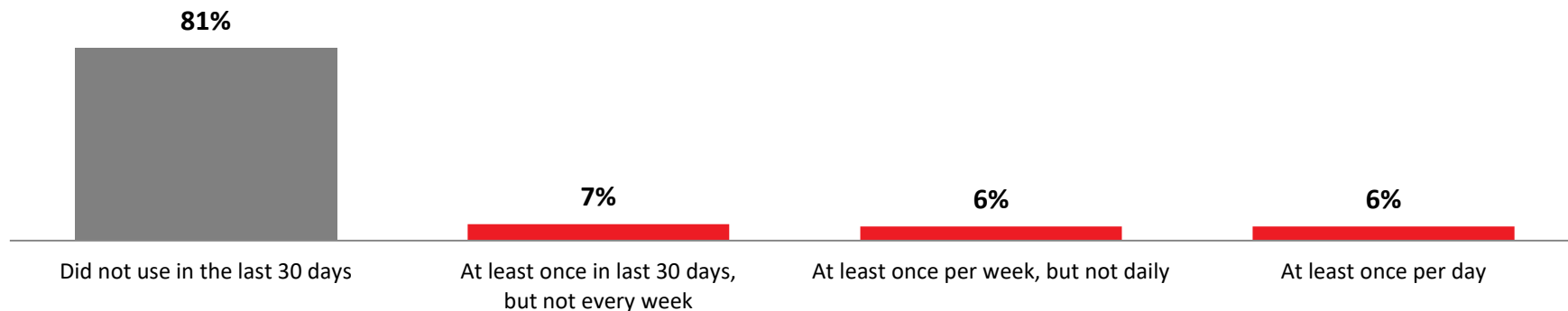
* New question for W3 (no comparison with W2)

** A positive index indicates that Canadians consumed more alcohol in the past 14 days than in an average two week period prior to the COVID-19 pandemic.

CANNABIS USE IN THE LAST 30 DAYS

Q10A – In the last 30 days, how often did you use any cannabis products?*

Base: All respondents (n=2,280)



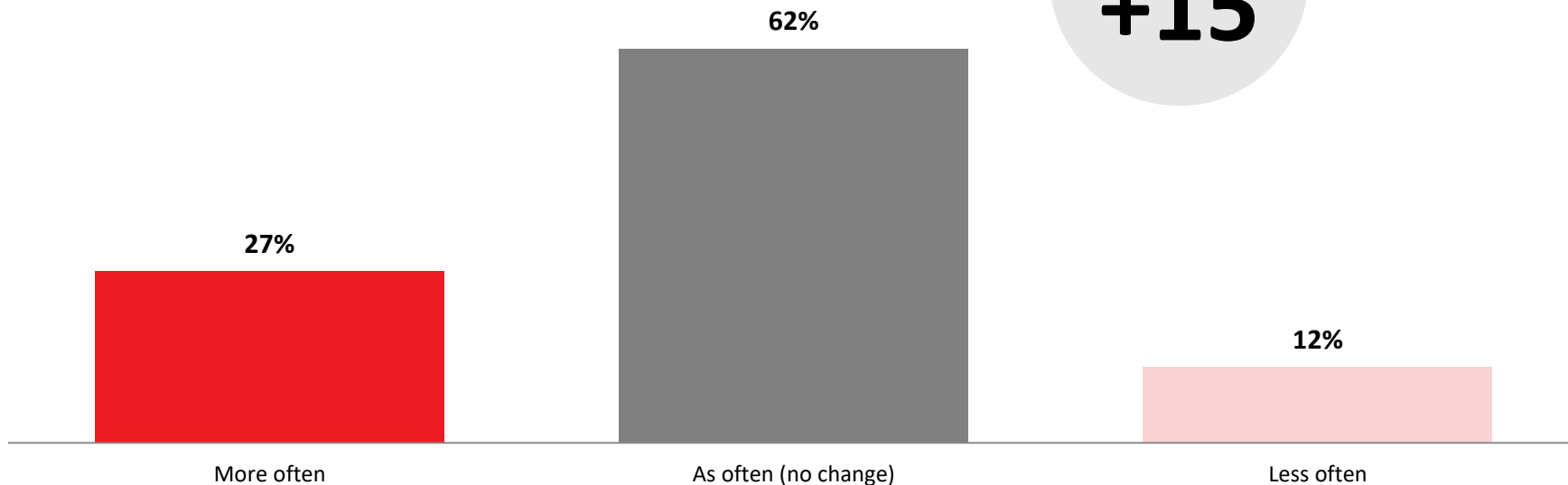
	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
Did not use in the last 30 days	81%	74%	81%	84%	81%	84%	85%	72%	77%	89%	92%	96%	91%	81%
At least once in last 30 days, but not every week	7%	12%	5%	2%	6%	7%	8%	13%	6%	5%	2%	-	3%	7%
At least once per week, but not daily	6%	9%	8%	4%	6%	4%	2%	8%	9%	2%	2%	2%	3%	6%
At least once per day	6%	5%	6%	10%	7%	5%	5%	8%	8%	4%	4%	2%	3%	6%

* New question for W3 (no comparison with W2)

CANNABIS USE IN THE LAST 30 DAYS VS IN A ONE MONTH PERIOD BEFORE COVID-19

Q10B – In the last 30 days, did you use any cannabis products more often, as often (no change) or less often than in an average one month period prior to the COVID-19 pandemic?*

Base: Those who used a cannabis product in the last 30 days (n=272)**

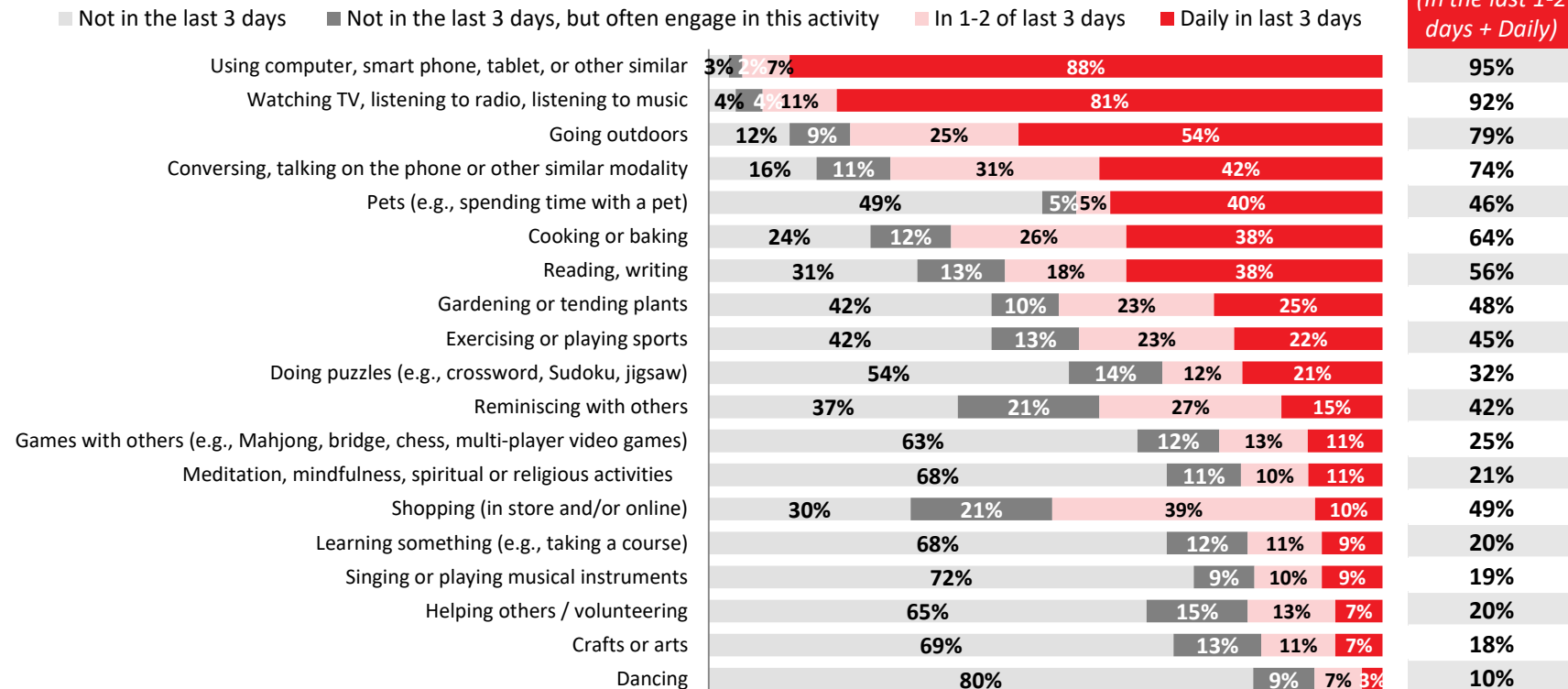


* New question for W3 (no comparison with W2) / ** Because of the small sample size, results are not presented by province, age and among vulnerable seniors.

*** A positive index indicates that Canadians used cannabis products more often in the past 30 days than in an average one month period prior to the COVID-19 pandemic.

ACTIVITIES DONE IN THE LAST 3 DAYS

Q11 – In the last 3 DAYS, how often have you engaged in the following activities for PERSONAL ENJOYMENT OR FULFILLEMENT (e.g., for fun, to relax, me-time)?* / Base: All respondents (n=2,280)



* New question for W3 (no comparison with W2)

ACTIVITIES DONE IN THE LAST 3 DAYS

BY PROVINCE, AGE AND AMONG VULNERABLE SENIORS

Q11 – In the last 3 DAYS, how often have you engaged in the following activities for PERSONAL ENJOYMENT OR FULFILLMENT (e.g., for fun, to relax, me-time)?*

Base: All respondents (n=2,280)

	% NET YES <i>(In the last 1-2 days + Daily)</i>	PROVINCE						AGE					VS		
		TOTAL	BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
	n=	2,280	306	217	161	879	576	141	287	451	329	896	317	200	2,080
Using computer, smart phone, tablet, or other similar	95%	94%	96%	97%	93%	96%	97%	93%	93%	98%	97%	94%	96%	95%	
Watching TV, listening to radio, listening to music	92%	92%	92%	95%	91%	93%	92%	88%	92%	95%	96%	94%	94%	92%	
Going outdoors	79%	75%	78%	87%	80%	78%	86%	72%	78%	86%	87%	81%	72%	79%	
Conversing, talking on the phone or other similar modality	74%	73%	65%	70%	74%	78%	71%	73%	70%	76%	76%	83%	84%	73%	
Cooking or baking	64%	65%	61%	66%	63%	67%	62%	58%	65%	70%	68%	63%	69%	64%	
Reading, writing	56%	58%	58%	58%	57%	55%	41%	45%	51%	62%	71%	74%	65%	56%	
Shopping (in store and/or online)	49%	58%	48%	52%	50%	45%	40%	47%	50%	52%	50%	51%	38%	50%	
Gardening or tending plants	48%	48%	51%	64%	47%	44%	46%	40%	47%	54%	59%	52%	36%	48%	
Pets (e.g., spending time with a pet)	46%	38%	52%	51%	44%	47%	55%	51%	51%	46%	36%	25%	25%	46%	
Exercising or playing sports	45%	49%	44%	48%	45%	44%	41%	48%	45%	44%	44%	44%	43%	26%	45%
Reminiscing with others	42%	41%	37%	42%	40%	48%	43%	45%	40%	40%	42%	48%	38%	42%	
Doing puzzles (e.g., crossword, Sudoku, jigsaw)	32%	31%	27%	28%	33%	39%	24%	23%	25%	38%	48%	55%	46%	32%	
Games with others (e.g., Mahjong, bridge, chess, multi-player video games)	25%	26%	25%	25%	24%	24%	26%	36%	23%	20%	18%	18%	18%	25%	
Meditation, mindfulness, spiritual or religious activities	21%	24%	22%	27%	20%	18%	20%	24%	18%	19%	21%	27%	21%	21%	
Learning something (e.g., taking a course)	20%	23%	22%	14%	20%	24%	8%	36%	19%	10%	12%	11%	9%	20%	
Helping others / volunteering	20%	21%	12%	27%	23%	16%	23%	21%	19%	20%	21%	21%	10%	20%	
Singing or playing musical instruments	19%	21%	16%	22%	18%	20%	18%	32%	16%	14%	10%	14%	9%	19%	
Crafts or arts	18%	13%	21%	16%	20%	16%	26%	24%	19%	12%	14%	19%	17%	18%	
Dancing	10%	5%	10%	9%	13%	10%	7%	20%	9%	5%	4%	6%	1%	10%	

* New question for W3 (no comparison with W2)

RESPONDENT PROFILE

RESPONDENT PROFILE

	TOTAL*
GENDER	<i>n</i> = 2,280
Male	49%
Female	51%
AGE	
18-34 year-olds	26%
35-54 year-olds	36%
55-64 year-olds	17%
65-74 year-olds	12%
75 years and older	9%
PROVINCE	
British Columbia	14%
Alberta	11%
Manitoba / Saskatchewan	7%
Ontario	38%
Quebec	23%
Atlantic	7%
REGION	
Quebec	23%
Rest of Canada (ROC)	77%
AREA TYPE	
Urban	90%
Rural	10%

	TOTAL*
MOTHER TONGUE	<i>n</i> = 2,280
French	20%
English	66%
Other languages	14%
ETHNIC ORIGIN	
Caucasian (white)	81%
Aboriginal / First Nations	1%
Black	2%
Chinese	5%
Other	10%
CHILDREN IN THE HOUSEHOLD	
Yes	28%
No	72%
LIVING SITUATION	
Alone	21%
With spouse / partner only	32%
With spouse / partner and other(s)	26%
With child(ren) (no spouse / partner)	6%
With parent(s) or guardian(s)	10%
With sibling(s)	1%
With other relative(s)	2%
With nonrelative(s)	3%

	TOTAL*
VULNERABLE SENIOR	<i>n</i> = 2,280
Yes	2%
No	98%
EDUCATION	
Elementary / High school	32%
College	41%
University	27%
OCCUPATION	
Office / services / sales	22%
Manual worker	10%
Professional	20%
Homemaker	4%
Student	7%
Retired	28%
Unemployed	5%
HOUSEHOLD INCOME	
Less than \$40K	22%
\$40K-\$59K	17%
\$60K-\$79K	16%
\$80K-\$99K	14%
\$100K-\$149K	16%
\$150K +	8%

* The complement to 100% is “I prefer not to answer” and “Other”.

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