

Report

COVID-19 PAN-CANADIAN TRACKING STUDY

WAVE 4 | July 22 to July 28, 2020



**Canadian
Red Cross**

DATE 2020-07-31 PROJECT NUMBER 13088-012

Leger



CONTEXT AND METHODOLOGY

CONTEXT AND OBJECTIVES

CONTEXT	<p>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 4 (W4).</p>
HOW	<p>A Web survey was conducted with a representative sample of 2,201 Canadians. Among them, 1,960 (87%) are recontacts who also answered the WAVE 3 survey and 1,510 (66%) are recontacts followed since WAVE 1. All respondents were randomly selected from Leger’s Web panel.</p>
WHO	<p>2,201 Canadians, 18 years of age and older, French- and English- speaking:</p> <ul style="list-style-type: none"> • 18 to 64 years of age: 1,010 respondents; • Seniors (65 years of age or over): 1,191 respondents including 204 vulnerable seniors (VS) who live alone and rated their health fair or poor before COVID-19.
LANGUAGE	<p>French or English, based on the respondent’s preference.</p>
WHEN	<p>Data collection for this study took place from July 22 to July 28, 2020. The Web-based interviews lasted an average of 6 minutes.</p>
WEIGHTING	<p>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.</p>

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 W3**. Arrows pointing downward in **bold red** (↓) indicate a statistically significant **drop since W3**.*

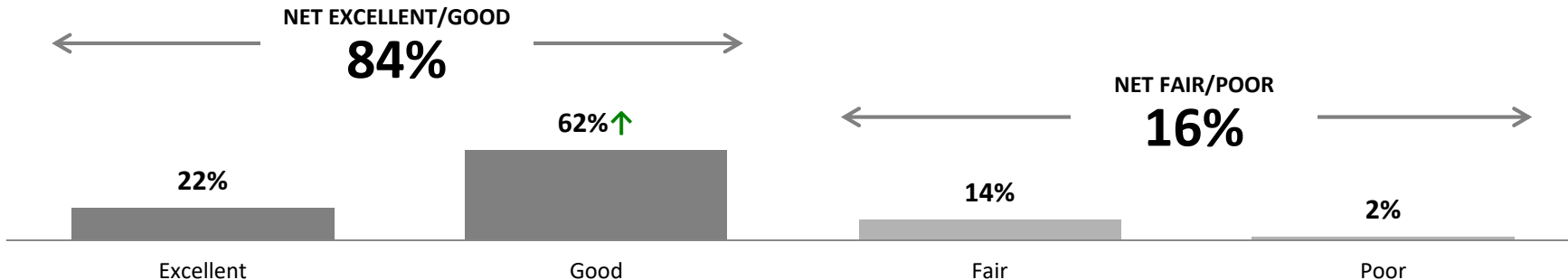
SURVEY RESULTS

HEALTH BEFORE COVID-19 AND IN THE PAST MONTH

BEFORE

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

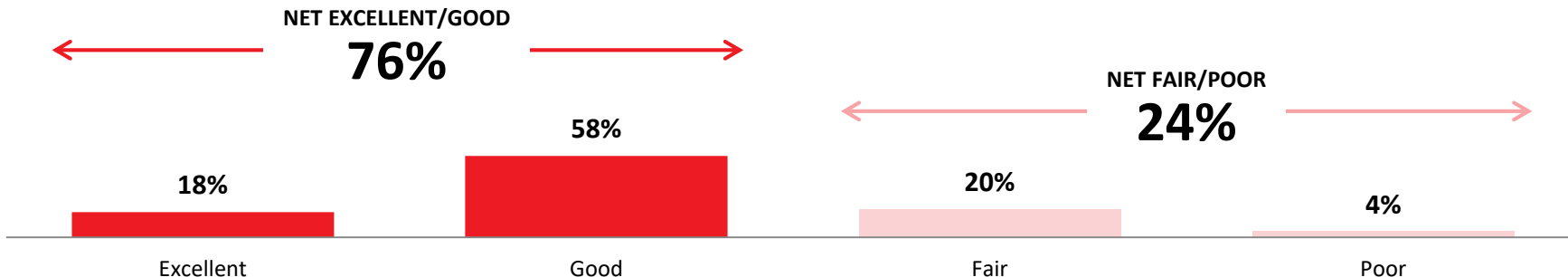
Base: All respondents (n=2,201)



PAST MONTH

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

Base: All respondents (n=2,201)



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=2,201)

	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,201	286	195	151	823	599	147	272	407	331	885	306	204	1,997
NET EXCELLENT/GOOD	84%	88%	81%	86%	81%↑	88%	79%	84%	85%	83%	85%	79%	-	85%
Excellent	22%	19%	20%	22%	18%	29%	21%	28%	19%	23%	19%	15%	-	22%
Good	62%↑	69%	60%	64%↑	63%↑	59%	58%	56%	66%↑	60%	66%	64%	-	63%↑
NET FAIR/POOR	16%	12%	19%	14%	19%↓	12%	21%	16%	15%	17%	15%	21%	100%	15%
Fair	14%	10%	19%	13%	16%↓	10%	17%	12%	14%	15%	13%	19%	83%	13%
Poor	2%	2%	1%	1%	3%	2%↑	4%	4%	1%	2%	2%	1%	17%	2%

PAST MONTH

Q1B – In general, how would you have rated your health IN THE PAST MONTH? / Base: All respondents (n=2,201)

	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,201	286	195	151	823	599	147	272	407	331	885	306	204	1,997
NET EXCELLENT/GOOD	76%	77%	72%	79%	72%	83%	71%	74%	75%	78%	79%	74%	1%	77%
Excellent	18%	14%	15%	21%	16%	24%	18%	23%	16%	19%	16%	14%	-	18%
Good	58%	64%	57%	58%	56%	59%	53%↓	52%	59%	58%	63%	60%	1%	59%
NET FAIR/POOR	24%	23%	28%	21%	28%	17%	29%	26%	25%	22%	21%	26%	99%	23%
Fair	20%	19%	27%	18%	22%	15%	25%↑	19%	22%	19%	18%	22%	77%	19%
Poor	4%	4%	1%	3%	6%	3%	5%	7%	3%	3%	3%	4%	22%	4%

HEALTH IN THE PAST MONTH

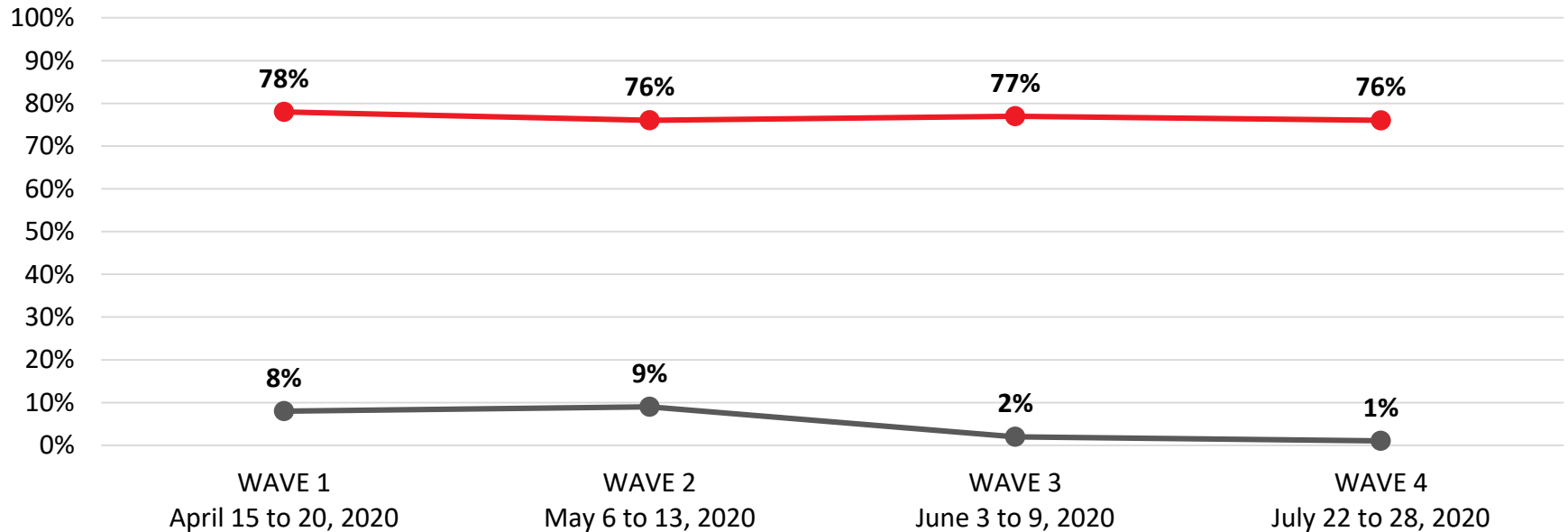
WAVES 1, 2, 3 & 4

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

Base: All respondents (W1=2,220, W2=2,264, W3=2,280, W4=2,201) & Vulnerable Seniors (W1=71, W2=200, W3=200, W4=204)

% NET EXCELLENT/GOOD

● TOTAL ● Vulnerable Seniors

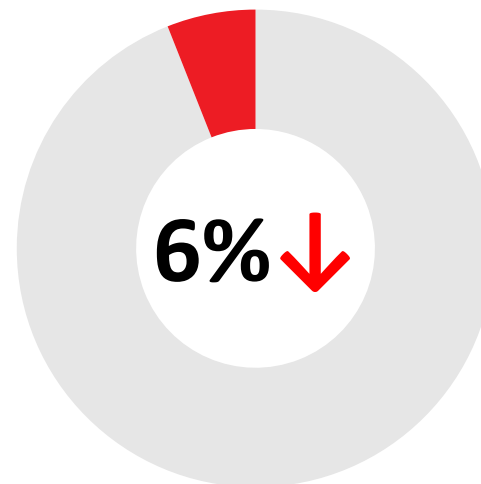


IMPACT OF HEALTH NEEDS ON FAMILY AND FRIENDS

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

Base: All respondents (n=2,201)

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



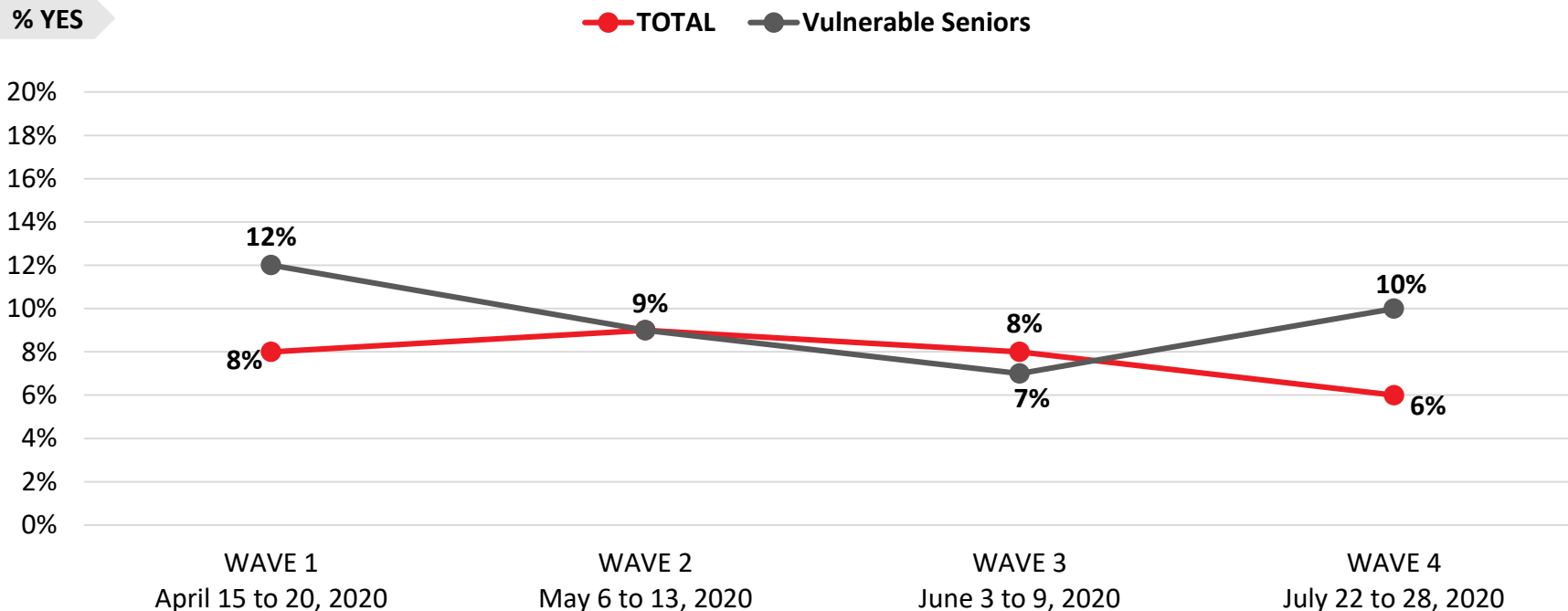
		PROVINCE						AGE					VS	
	TOTAL	BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,201	286	195	151	823	599	147	272	407	331	885	306	204	1,997
YES	6% ↓	4%	5%	2% ↓	7% ↓	5%	12%	10%	5% ↓	4%	3%	6%	10%	6% ↓
NO	94% ↑	96%	95%	98% ↑	93% ↑	95%	88%	90%	95% ↑	96%	97%	94%	90%	94% ↑

IMPACT OF HEALTH NEEDS ON FAMILY AND FRIENDS

WAVES 1, 2, 3 & 4

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

Base: All respondents (W1=2,220, W2=2,264, W3=2,280, W4=2,201) & Vulnerable Seniors (W1=71, W2=200, W3=200, W4=204)

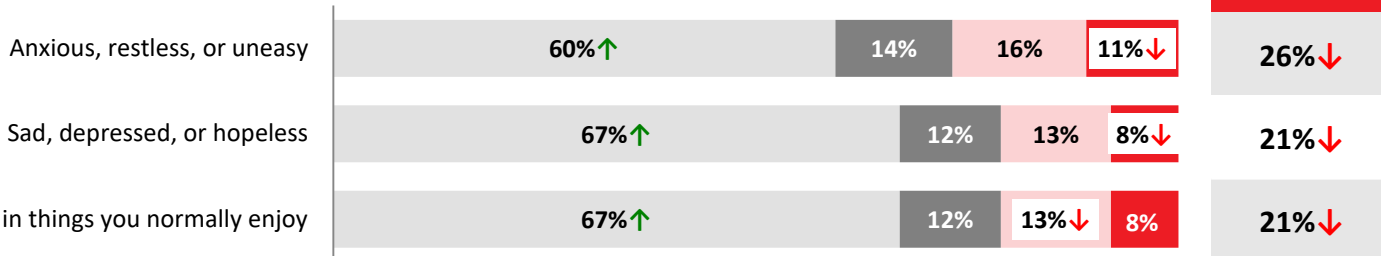


FEELINGS IN THE LAST 3 DAYS

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

Base: All respondents (n=2,201)

■ 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	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
	n= 2,201	286	195	151	823	599	147	272	407	331	885	306	204	1,997
Anxious, restless, or uneasy	26% ↓	31%	37%	19% ↓	27% ↓	19% ↓	28%	38% ↓	27%	22%	16%	13%	29%	26% ↓
Sad, depressed, or hopeless	21% ↓	25%	24%	20%	22%	16% ↓	21%	33%	21%	16% ↓	11%	10%	22%	21% ↓
Little interest or pleasure in things you normally enjoy	21% ↓	21% ↓	21%	18%	24%	16%	24%	31%	20%	21%	12%	12%	25%	21% ↓

FEELINGS IN THE LAST 3 DAYS

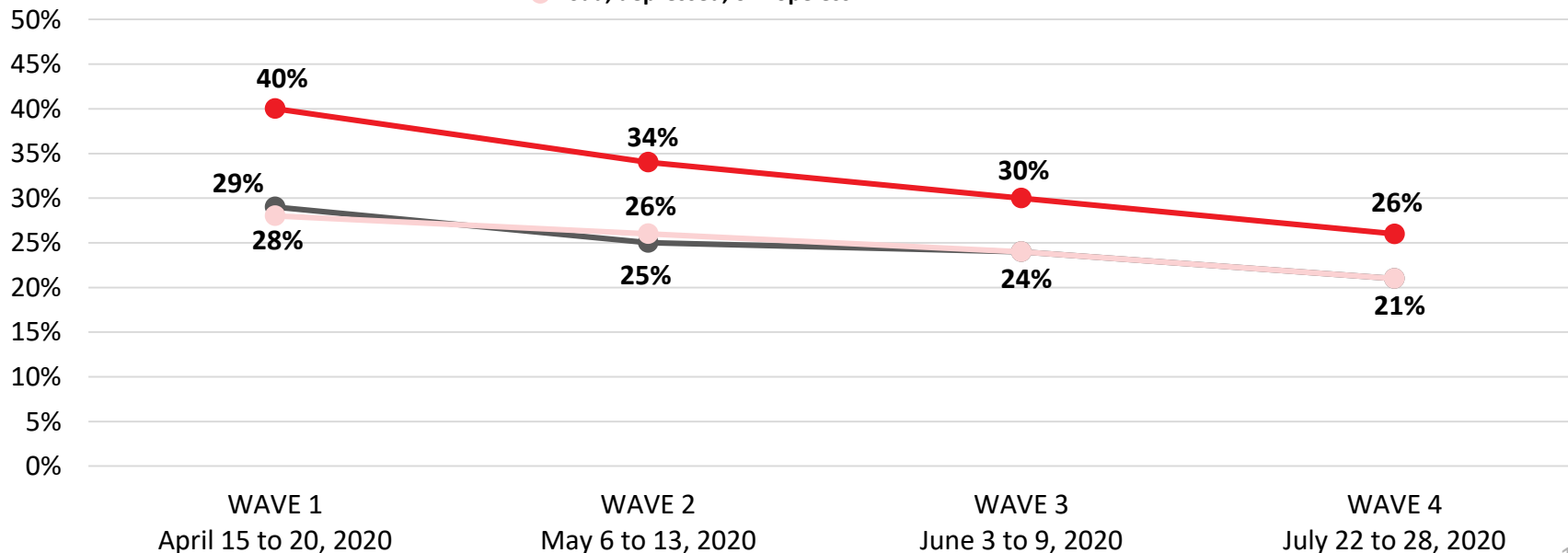
WAVES 1, 2, 3 & 4 | AMONG ALL RESPONDENTS

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

Base: All respondents (W1=2,220, W2=2,264, W3=2,280, W4=2,201)

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

- Anxious, restless, or uneasy
- Little interest or pleasure in things you normally enjoy
- Sad, depressed, or hopeless



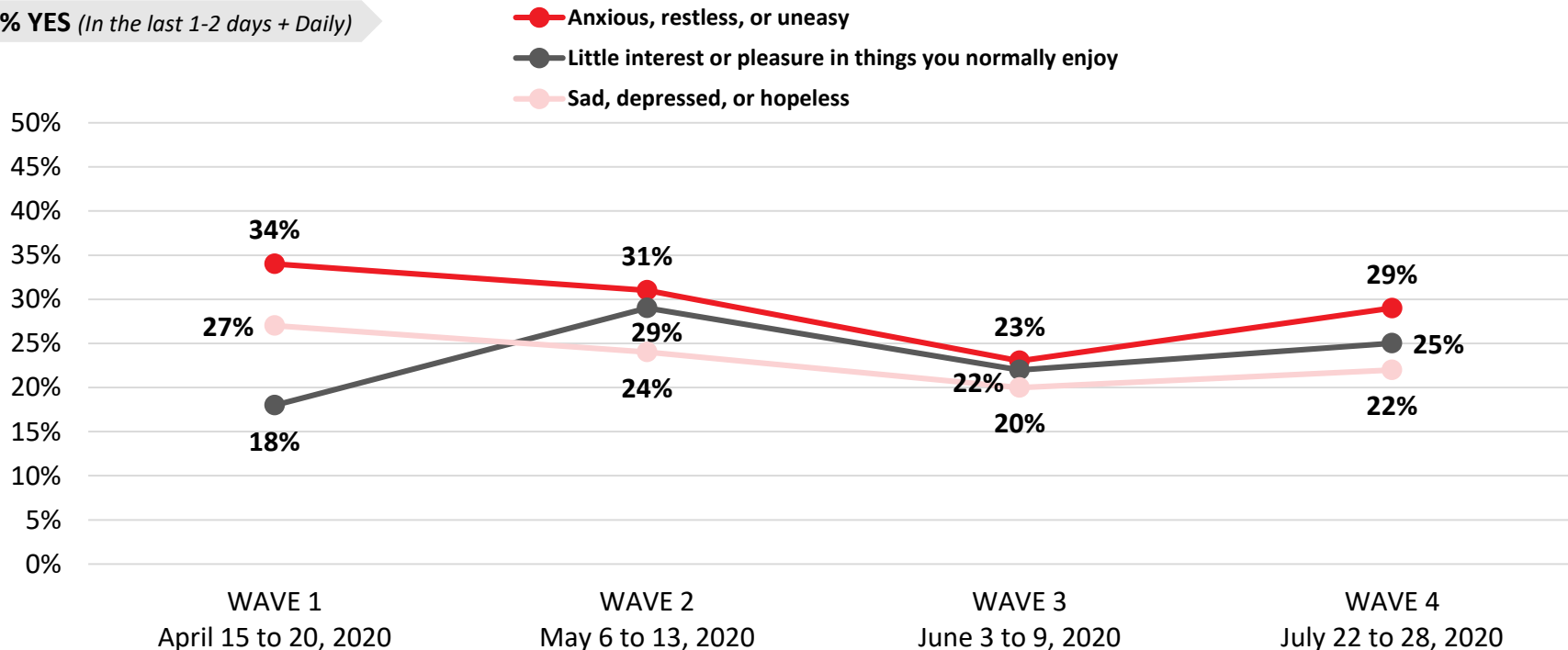
FEELINGS IN THE LAST 3 DAYS

WAVES 1, 2, 3 & 4 | AMONG VULNERABLE SENIORS

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

Base: Vulnerable Seniors (W1=71, W2=200, W3=200, W4=204)

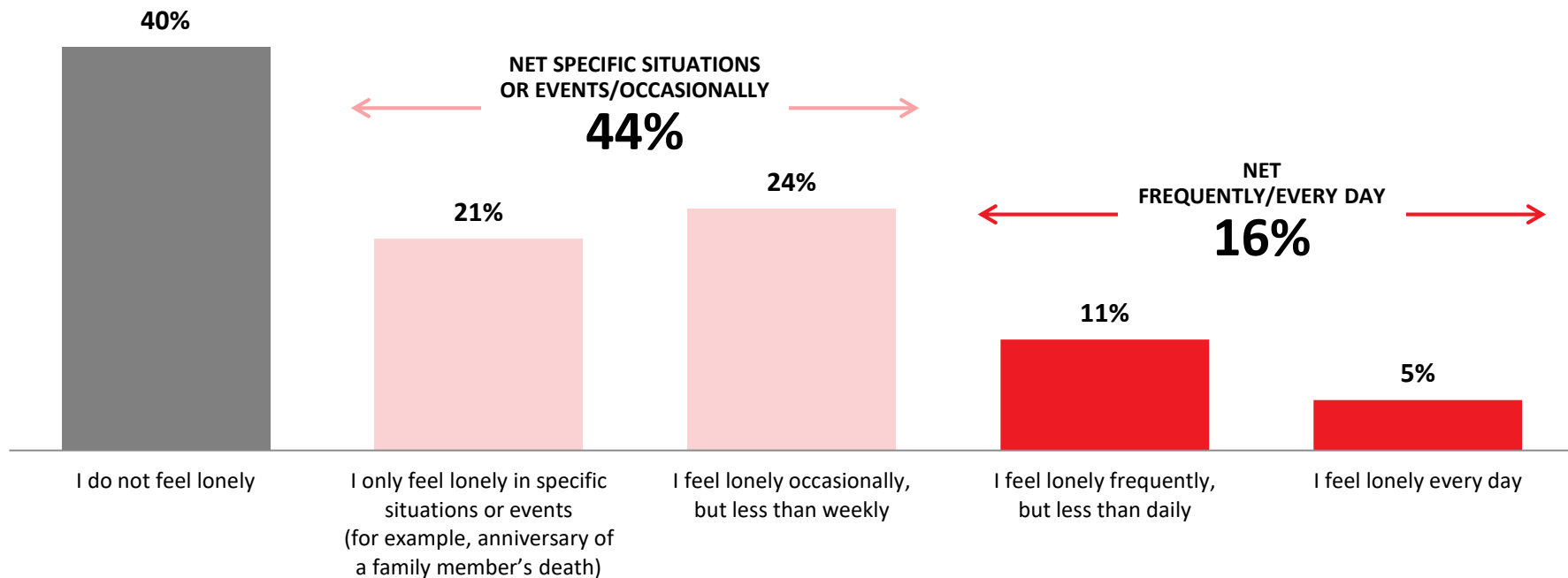
% YES (In the last 1-2 days + Daily)



HOW OFTEN CANADIANS FEEL LONELY

Q4 – How often do you feel lonely?

Base: All respondents (n=2,201)



HOW OFTEN CANADIANS FEEL LONELY

BY PROVINCE, AGE AND AMONG VULNERABLE SENIORS

Q4 – How often do you feel lonely?

Base: All respondents (n=2,201)

	TOTAL	PROVINCE					
		BC	AB	SK/MB	ON	QC	ATL.
I DO NOT FEEL LONELY	40%	34%	31%	35%	46%↑	43%	31%
NET SPECIFIC SITUATIONS OR EVENTS/OCCASIONALLY	44%	50%	53%	45%	38%↓	43%	55%
I only feel lonely in specific situations or events*	21%	21%	28%	23%	18%	21%	22%
I feel lonely occasionally, but less than weekly	24%	29%	25%	22%	21%	22%	33%
NET FREQUENTLY/EVERY DAY	16%	16%	17%	20%	16%	14%	14%
I feel lonely frequently, but less than daily	11%	10%	11%	16%	10%	13%	8%↓
I feel lonely every day	5%	6%	6%	4%	6%	2%↓	6%

	TOTAL	AGE					VS	
		18-34	35-54	55-64	65-74	75+	YES	NO
I DO NOT FEEL LONELY	40%	23%	40%	46%	52%	53%	28%	40%
NET SPECIFIC SITUATIONS OR EVENTS/OCCASIONALLY	44%	50%	45%	43%	37%	37%	40%	44%
I only feel lonely in specific situations or events*	21%	19%	22%	22%	19%	21%	12%	21%
I feel lonely occasionally, but less than weekly	24%	32%	23%	20%	18%	17%	28%	24%
NET FREQUENTLY/EVERY DAY	16%	26%	15%	11%	11%	10%	32%	16%
I feel lonely frequently, but less than daily	11%	16%	10%	10%	8%	8%	21%	11%
I feel lonely every day	5%	10%	5%	1%	3%	2%	10%	5%

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

HOW OFTEN CANADIANS FEEL LONELY

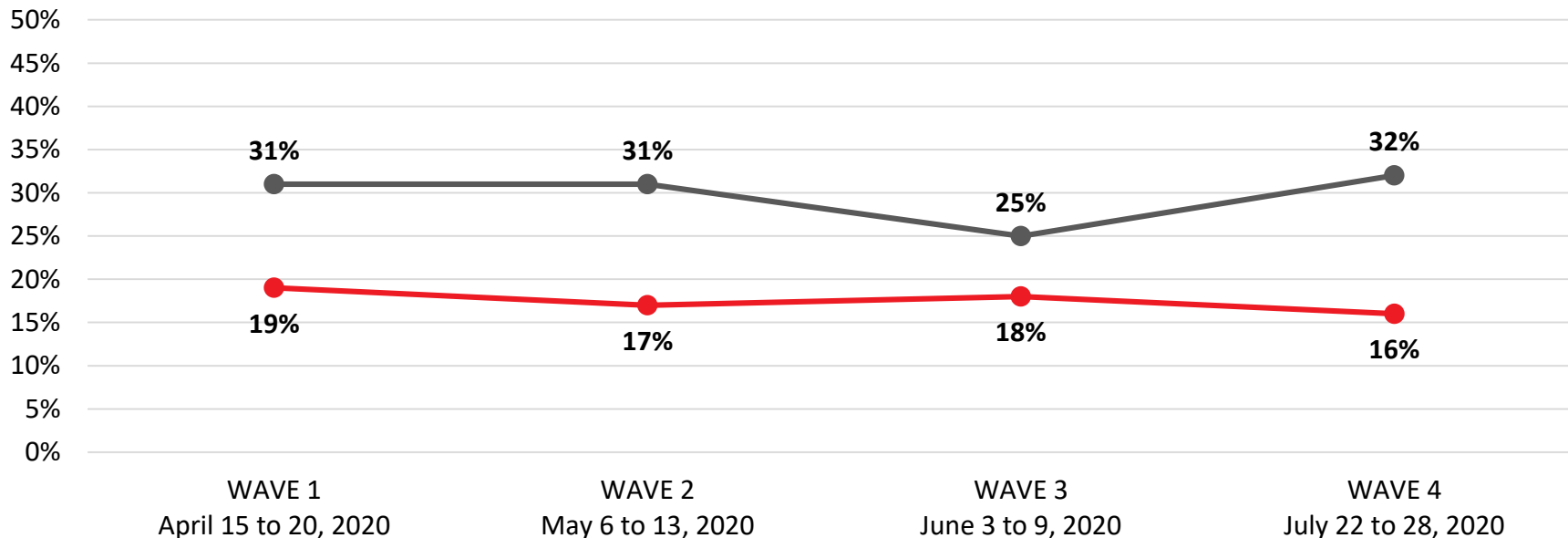
WAVES 1, 2, 3 & 4

Q4 – How often do you feel lonely?

Base: All respondents (W1=2,220, W2=2,264, W3=2,280, W4=2,201) & Vulnerable Seniors (W1=71, W2=200, W3=200, W4=204)

% NET FREQUENTLY/EVERY DAY

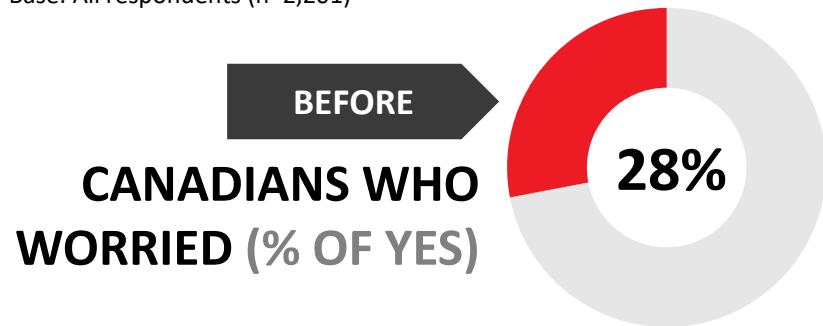
● TOTAL ● Vulnerable Seniors



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=2,201)

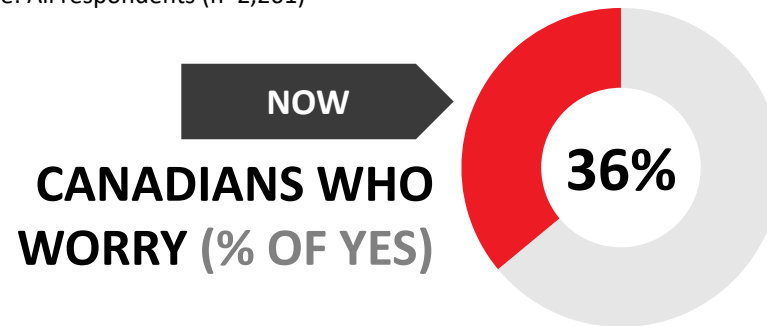


	TOTAL	PROVINCE					
		BC	AB	SK/MB	ON	QC	ATL.
n=	2,201	286	195	151	823	599	147
YES	28%	29%	32%	30%	29%	20%	30%
NO	72%	71%	68%	70%	71%	80%	70%

	TOTAL	AGE					VS	
		18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,201	272	407	331	885	306	204	1,997
YES	28%	32%	35%	20%	15%	16%	34%	27%
NO	72%	68%	65%	80%	85%	84%	66%	73%

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

Base: All respondents (n=2,201)



	TOTAL	PROVINCE					
		BC	AB	SK/MB	ON	QC	ATL.
n=	2,201	286	195	151	823	599	147
YES	36%	34%	44%	42%	41%	23%	31%
NO	64%	66%	56%	58%	59%	77%	69%

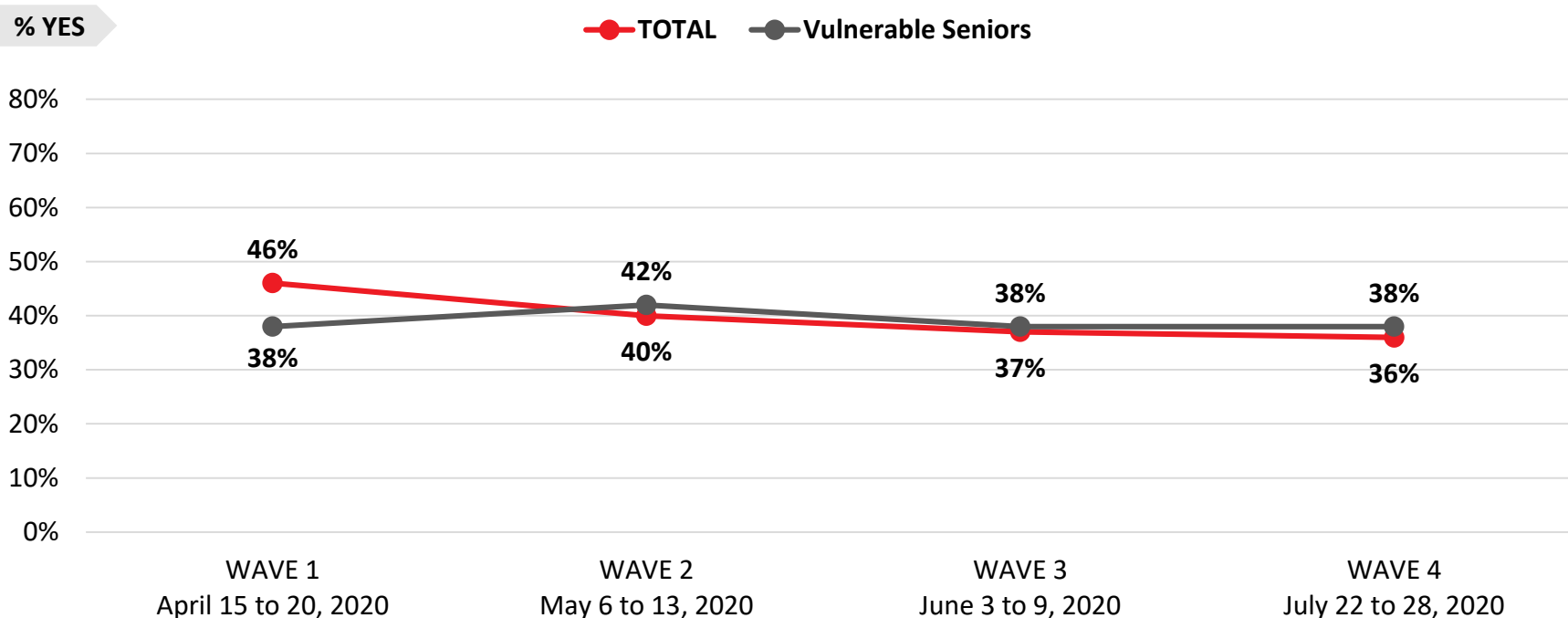
	TOTAL	AGE					VS	
		18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,201	272	407	331	885	306	204	1,997
YES	36%	40%	43%	32%	24%	18%	38%	36%
NO	64%	60%	57%	68%	76%	82%	62%	64%

CURRENT FINANCIAL SITUATION

WAVES 1, 2, 3 & 4

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

Base: All respondents (W1=2,220, W2=2,264, W3=2,280, W4=2,201) & Vulnerable Seniors (W1=71, W2=200, W3=200, W4=204)

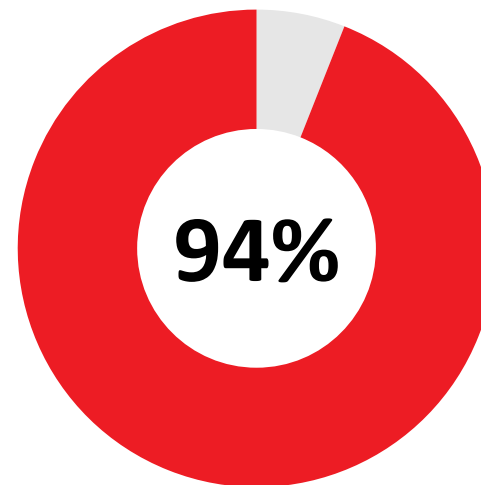


GETTING THE NEEDED FOOD AND MEDICATION

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

Base: All respondents (n=2,201)

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



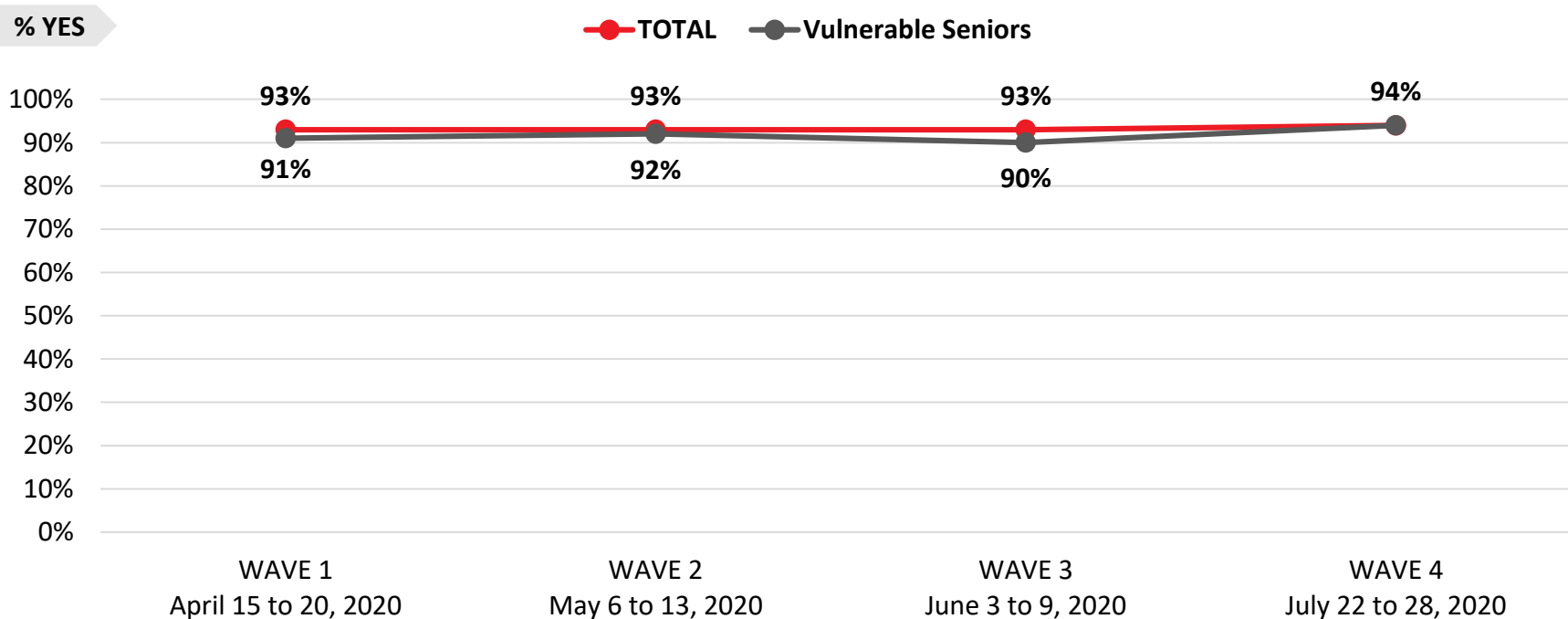
	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,201	286	195	151	823	599	147	272	407	331	885	306	204	1,997
YES	94%	93%	96%	95%	94%	95%	96%	92%	93%	98%	97%	99%↑	94%	94%
NO	6%	7%	4%	5%	6%	5%	4%	8%	7%	2%	3%	1%↓	6%	6%

GETTING THE NEEDED FOOD AND MEDICATION

WAVES 1, 2, 3 & 4

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

Base: All respondents (W1=2,220, W2=2,264, W3=2,280, W4=2,201) & Vulnerable Seniors (W1=71, W2=200, W3=200, W4=204)

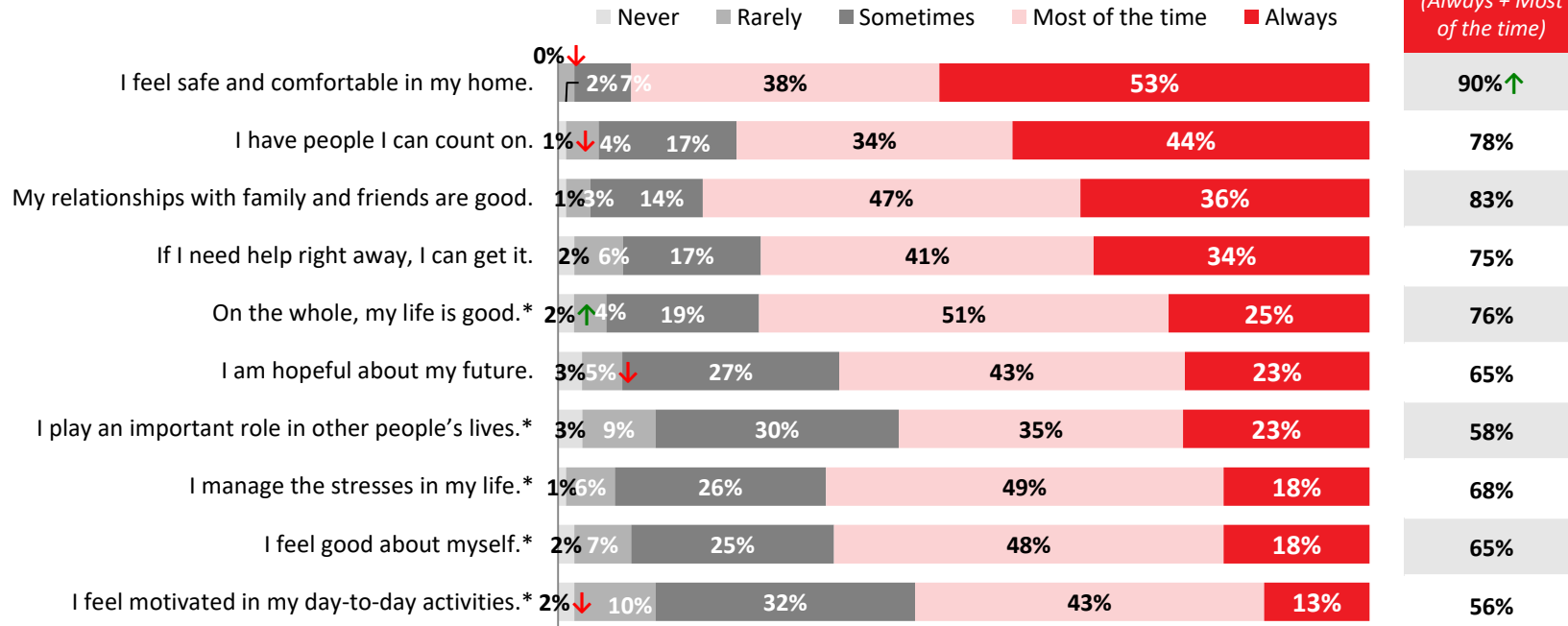


CURRENT LIFE CIRCUMSTANCES

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=2,201)



* New statement for W3

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=2,201)

% 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= 2,201	286	195	151	823	599	147	272	407	331	885	306	204	1,997
I feel safe and comfortable in my home.	90%↑	90%	88%	93%	88%↑	96%	87%	81%	93%↑	93%	95%	96%	88%	90%↑
My relationships with family and friends are good.	83%	82%	81%	84%	79%	89%	84%	71%	82%	90%	90%	92%	81%	83%
I have people I can count on.	78%	73%	73%	80%	75%	84%	83%	70%	74%	84%	85%	90%	71%	78%
On the whole, my life is good.*	76%	78%	67%	78%	68%	88%	79%	67%	72%	79%	88%	89%	63%	76%
If I need help right away, I can get it.	75%	74%	67%	75%	73%	82%	77%	67%	73%	77%	85%	88%	68%	75%
I manage the stresses in my life.*	68%	62%↓	70%	68%	66%	72%	69%	52%	63%	76%	85%	90%	76%	67%
I feel good about myself.*	65%	63%	54%	65%	64%	75%	66%	50%	63%	72%	79%	86%	57%	66%
I am hopeful about my future.	65%	61%	59%	67%	62%	76%	68%	56%	63%	71%	75%	77%	50%	66%
I play an important role in other people's lives.*	58%	56%	58%	55%	58%	62%	57%	48%	62%↑	65%	58%	56%	25%	59%
I feel motivated in my day-to-day activities.*	56%	53%	50%	56%	52%	68%	56%	44%	53%	62%	70%	74%	36%	57%

* New statement for W3

CURRENT LIFE CIRCUMSTANCES

WAVES 1, 2, 3 & 4 | AMONG ALL RESPONDENTS

Q8 – Next, consider how you feel about your current life circumstances.

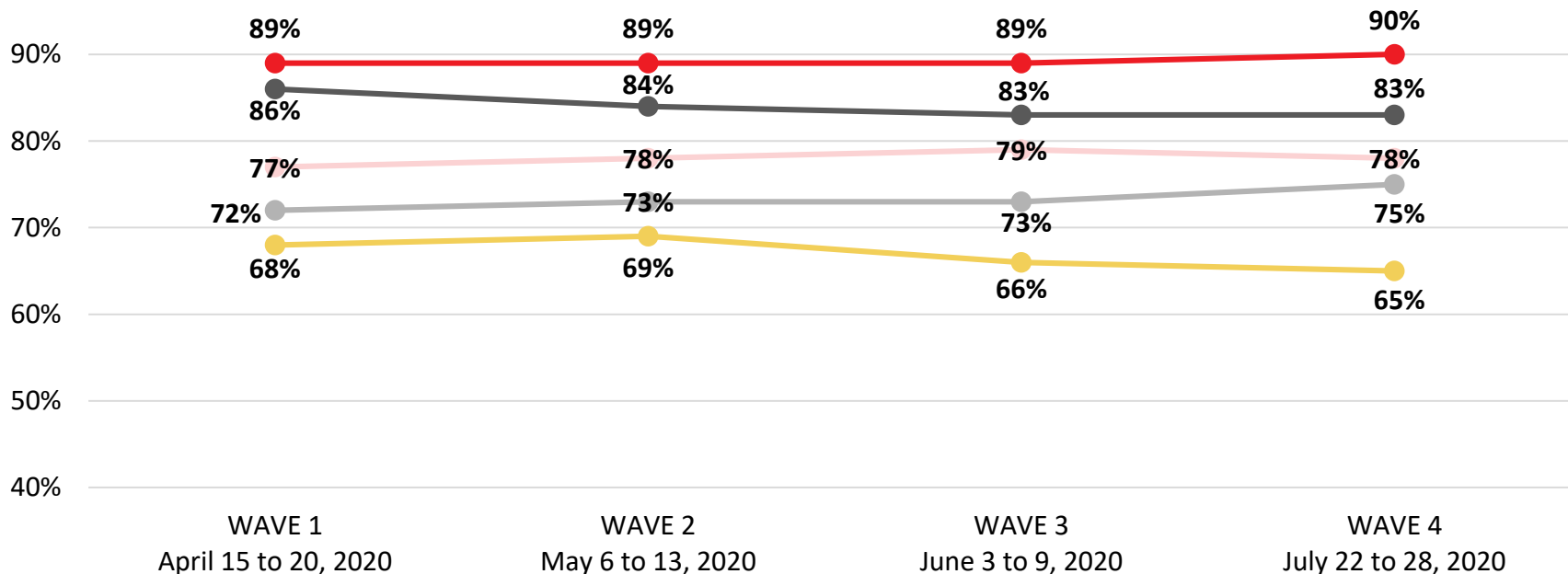
Please respond according to how often each statement is true for you.

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

Base: All respondents (W1=2,220, W2=2,264, W3=2,280, W4=2,201)

% NET YES (Always + Most of the time)

- I feel safe and comfortable in my home.
- My relationships with family and friends are good.
- I have people I can count on.
- If I need help right away, I can get it.
- I am hopeful about my future.



CURRENT LIFE CIRCUMSTANCES

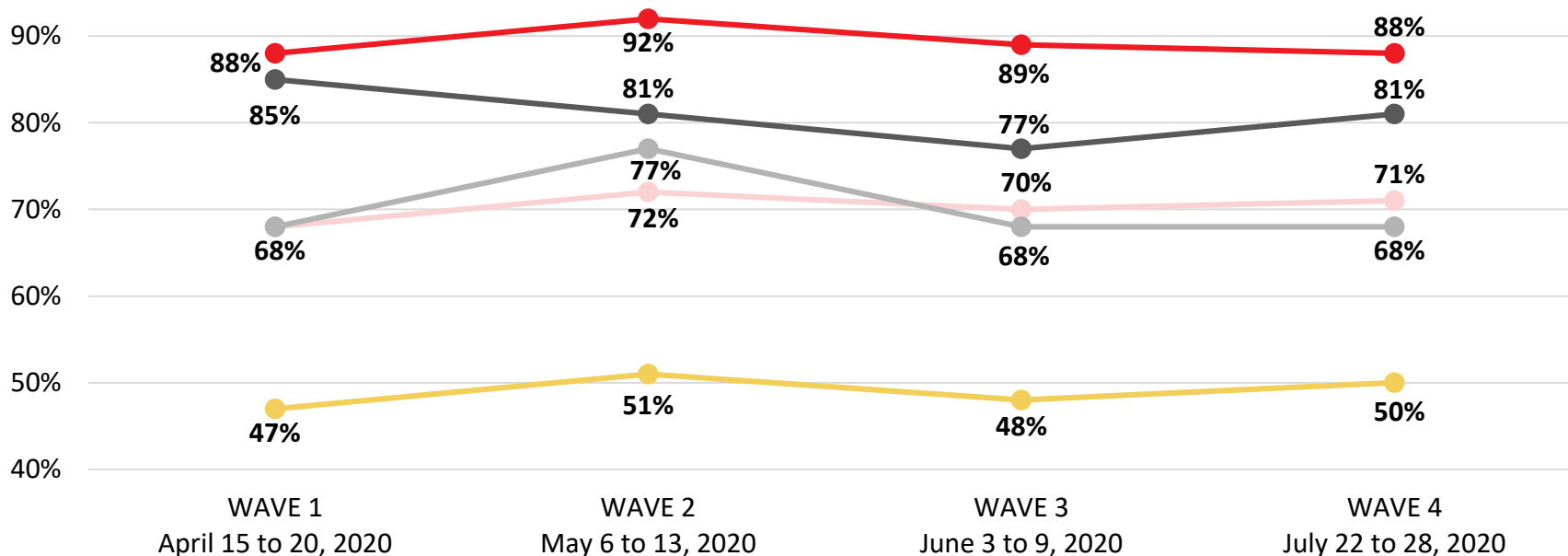
WAVES 1, 2, 3 & 4 | AMONG VULNERABLE SENIORS

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: Vulnerable Seniors (W1=71, W2=200, W3=200, W4=204)

% NET YES (Always + Most of the time)

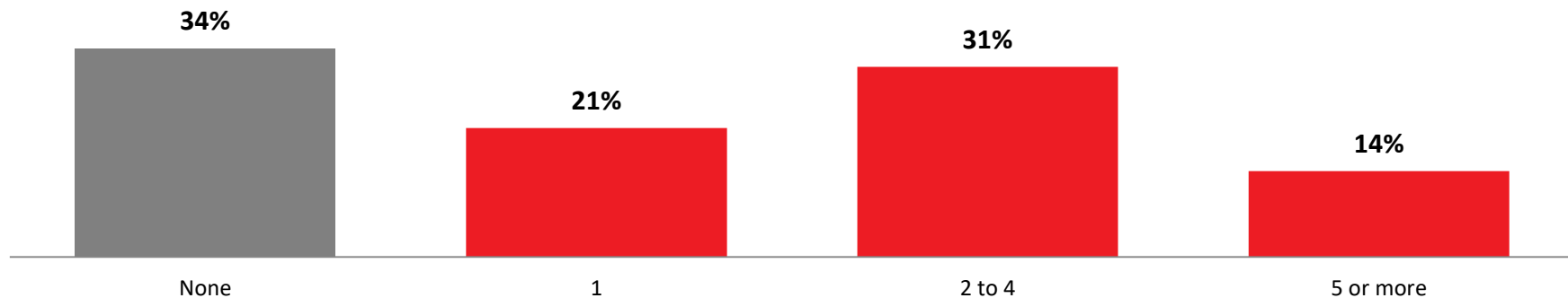
- I feel safe and comfortable in my home.
- My relationships with family and friends are good.
- I have people I can count on.
- If I need help right away, I can get it.
- I am hopeful about my future.



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=2,201)



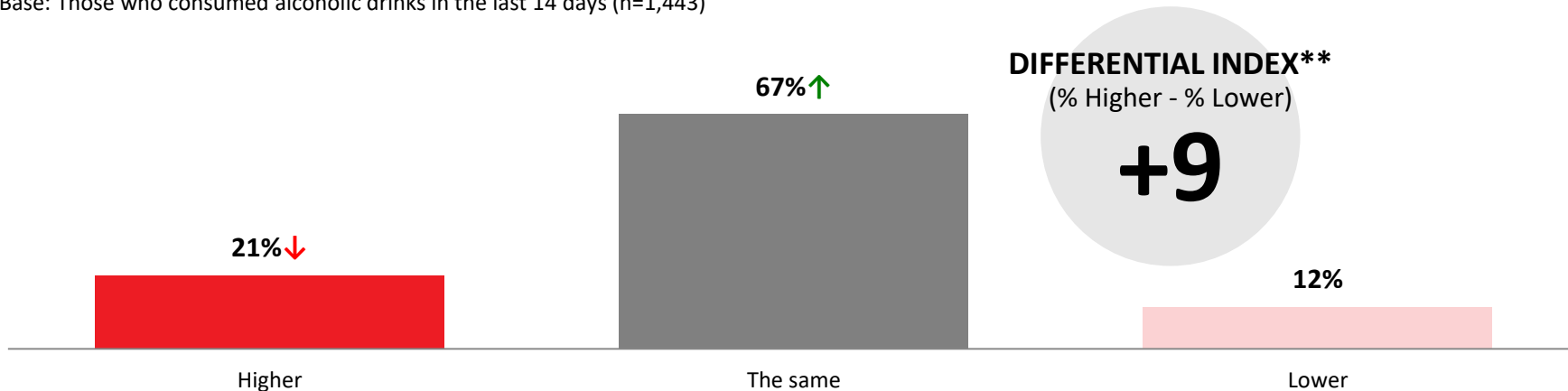
	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	2,201	286	195	151	823	599	147	272	407	331	885	306	204	1,997
None	34%	25%↓	31%	39%	39%	28%	41%	32%	32%	31%	35%	47%	57%	33%
1	21%	27%	27%	13%↓	21%	16%	21%	19%	19%	21%	23%	30%	17%	21%
2 to 4	31%	31%	30%	28%	28%	38%	29%	31%	33%	32%	33%	20%	20%	31%
5 or more	14%	16%↑	13%	20%↑	11%	19%	9%	18%	15%	16%	8%	4%	6%	14%

* New question for W3

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=1,443)



	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
n=	1,443	199	121	94	527	412	90	189	276	231	565	182	101	1,342
Higher	21% ↓	25%	19% ↓	34%	18% ↓	22%	15%	26%	21% ↓	26% ↑	13%	7%	20%	21% ↓
The same	67% ↑	63%	67%	58% ↓	70% ↑	68%	67%	59%	69% ↑	63%	77%	79%	66%	67%
Lower	12%	12%	14%	9%	12%	10%	19%	15%	10%	11%	10% ↑	15%	15%	12%

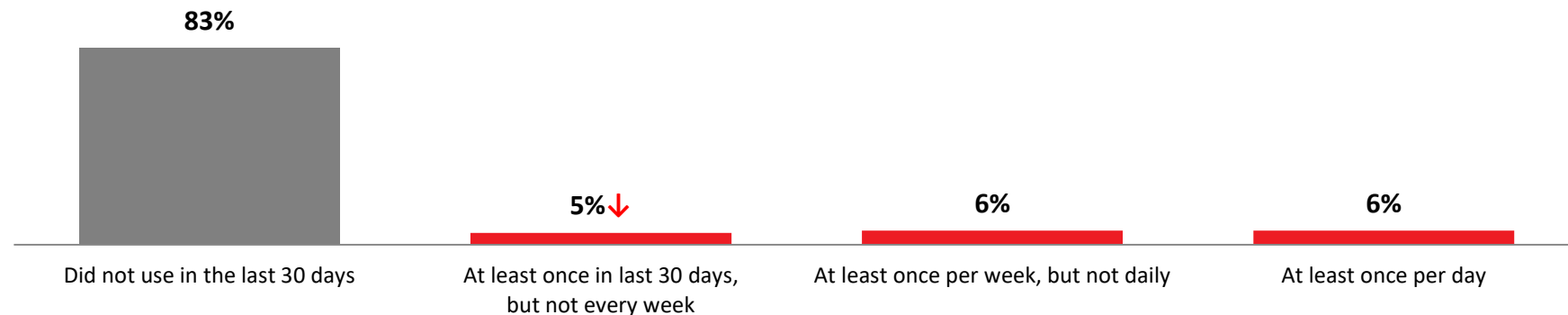
* New question for W3

** 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=2,201)



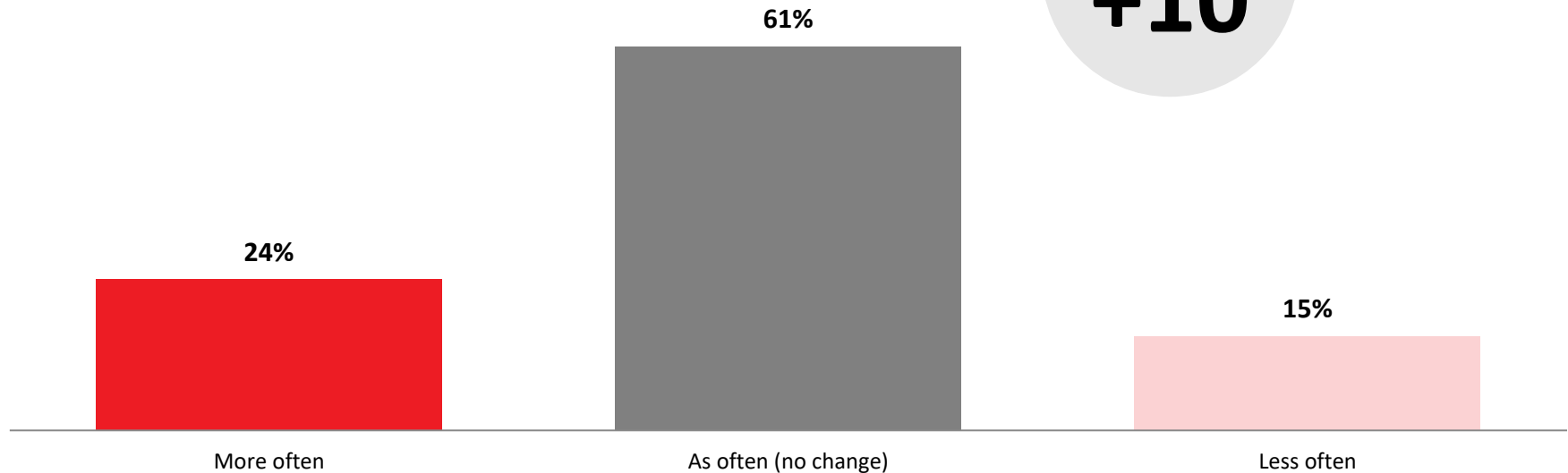
	TOTAL	PROVINCE						AGE					VS	
		BC	AB	SK/MB	ON	QC	ATL.	18-34	35-54	55-64	65-74	75+	YES	NO
	n= 2,201	286	195	151	823	599	147	272	407	331	885	306	204	1,997
Did not use in the last 30 days	83%	77%	81%	88%	84%	83%	82%	73%	81%	88%	93%	95%	88%	83%
At least once in last 30 days, but not every week	5%↓	9%	1%↓	4%	5%	5%	5%	11%	4%	3%	2%	-	2%	5%↓
At least once per week, but not daily	6%	8%	10%	1%	6%	4%	4%	7%	8%	4%	3%	1%	6%	6%
At least once per day	6%	6%	7%	7%	5%	7%	9%	8%	8%	4%	3%	4%	5%	6%

* New question for W3

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=265)**



* New question for W3 / ** 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.

RESPONDENT PROFILE

RESPONDENT PROFILE

	TOTAL*
GENDER	<i>n</i> = 2,201
Male	49%
Female	51%
AGE	
18-34 year-olds	24%
35-54 year-olds	37%
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> = 2,201
French	20%
English	65%
Other languages	14%
ETHNIC ORIGIN	
Caucasian (white)	80%
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	31%
With spouse / partner and other(s)	28%
With child(ren) (no spouse / partner)	5%
With parent(s) or guardian(s)	9%
With sibling(s)	1%
With other relative(s)	2%
With nonrelative(s)	2%

	TOTAL*
VULNERABLE SENIOR	<i>n</i> = 2,201
Yes	2%
No	98%
EDUCATION	
Elementary / High school	30%
College	43%
University	27%
OCCUPATION	
Office / services / sales	23%
Manual worker	9%
Professional	20%
Homemaker	4%
Student	6%
Retired	28%
Unemployed	4%
HOUSEHOLD INCOME	
Less than \$40K	22%
\$40K-\$59K	15%
\$60K-\$79K	15%
\$80K-\$99K	15%
\$100K-\$149K	15%
\$150K +	8%

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

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