

2021 COVID Impact Survey Results

EXPLORING THE IMPACTS OF THE COVID-19 PANDEMIC THROUGHOUT THE LIFESPAN: A FOCUS ON INDIVIDUALS AGED 16 TO 24 YEARS

QUICK FACTS

- 54 individuals aged 16 to 24 years responded to the survey
- The majority (74%) of individuals aged 16 to 24 years were from the Nipissing district
- 74% of individuals aged 16 to 24 years identified as female
- 41% of individuals aged 16 to 24 reported receiving government financial assistance as a result of the COVID-19 pandemic



Compared to individuals aged 25 years and older, individuals aged 16 to 24 years were significantly* more worried about the impact of the COVID-19 pandemic on social life and physical health. The rate of worry about mental health was similar to that of individuals aged 25 years and older.

80%

were worried about their social life or that of others in their household

74%

were worried about their mental health or that of others in their household

70%

were worried about their physical health or that of others in their household

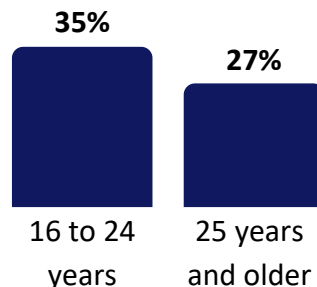
Survey respondents were asked if they experienced any changes since the start of the COVID-19 pandemic.

- 83% of individuals aged 16 to 24 years reported increased screen time, while 67% reported experiencing difficulties sleeping more often
- 74% of individuals aged 16 to 24 years reported feeling stressed to the point where it had an impact on daily life, while 69% reported feeling stressed to the point where they felt they could not cope/deal with things
- 61% of individuals aged 16 to 24 years reported feelings of happiness at home less often



Four in five (80%) individuals aged 16 to 24 years reported feelings of loneliness or isolation more often

Compared to individuals aged 25 years and older, significantly more individuals aged 16 to 24 years reported a loss of income since the start of the COVID-19 pandemic.



1 in 3

individuals aged 16 to 24 years reported experiencing thoughts of suicide or self-harm more often since the start of the COVID-19 pandemic.

*The term "significant" is used to describe differences that are statistically meaningful. We can say with certainty that the differences are real, and not simply due to chance. Sampling variability associated with each estimate was determined using 95% confidence intervals.

80%

of individuals aged 16 to 24 years reported they accessed resources to support or improve their health and well-being during the pandemic.



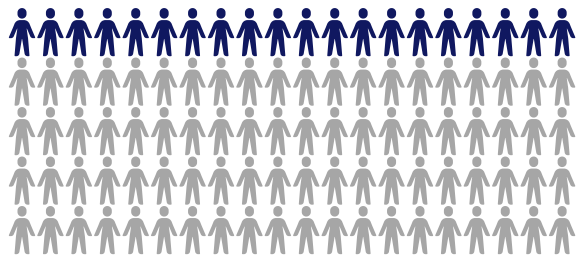
The most frequently reported challenges, difficulties, or concerns with accessing health and well-being supports among individuals aged 16 to 24 years were:

1. Hours that services are open
2. Waitlists
3. Cost of services

Compared to individuals aged 25 years and older, significantly more individuals aged 16 to 24 years reported worrying about or having difficulty paying housing costs, paying for food, paying for utilities, paying other expenses, and putting money into savings or other investments.



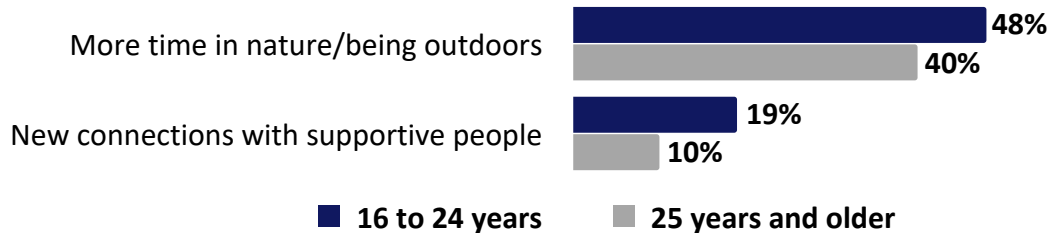
Significantly more individuals aged 16 to 24 years reported not working because of the COVID-19 pandemic, as well as receiving financial assistance during the pandemic, compared to those aged 25 years and older.



20% of individuals aged 16 to 24 years reported increased verbal or physical conflict since the start of the COVID-19 pandemic.

Rates of increased verbal or physical conflict since the start of the pandemic were significantly higher for individuals aged 16 to 24 years compared to those aged 25 years and older.

Compared to individuals aged 25 years and older, significantly more individuals aged 16 to 24 years reported more time in nature/being outdoors and new connections with supportive people since the start of the COVID-19 pandemic.



Approximately half of individuals aged 16 to 24 years reported feeling more thankful of things usually taken for granted since the start of the COVID-19 pandemic, which is consistent with those aged 25 years and older.

Increased use of cannabis among individuals aged 16 to 24 years was significantly higher than those aged 25 years and older. Rates of alcohol and nicotine use increase were consistent between age groups.

22%

of individuals aged 16 to 24 years reported an increase in alcohol use since the start of the pandemic.

30%

of individuals aged 16 to 24 years reported an increase in cannabis use since the start of the pandemic.

15%

of individuals aged 16 to 24 years reported an increase in nicotine use since the start of the pandemic.