

# 2021 COVID Impact Survey Results

EXPLORING THE IMPACTS OF THE COVID-19 PANDEMIC THROUGHOUT THE LIFESPAN: A FOCUS ON INDIVIDUALS AGED 25 TO 44 YEARS

## QUICK FACTS

- 783 individuals aged 25 to 44 years responded to the survey.
- The majority (70%) of individuals aged 25 to 44 years were from the Nipissing district.
- 85% of individuals aged 25 to 44 years identified as female.

In this report, individuals aged 25 to 44 years are compared to **all other age groups combined**, which includes individuals aged **16 to 24 years** as well as those aged **45 years and older**.



Compared to all other age groups, individuals aged 25 to 44 years were significantly\* more worried about the impact of the COVID-19 pandemic on social life and mental health. Rates of worry about physical health was similar to that of all other age groups combined.

**80%**

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

**79%**

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

**67%**

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

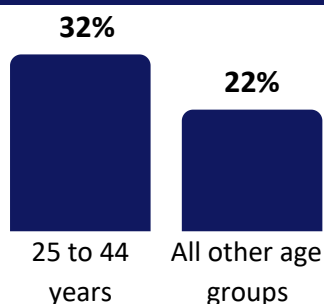
Survey respondents were asked if they experienced any changes since the start of the COVID-19 pandemic.

- 78% of individuals aged 25 to 44 years reported increased screen time, while 62% reported experiencing difficulties sleeping more often
- 72% of individuals aged 25 to 44 years reported feeling stressed to the point where it had an impact on daily life, while 55% reported feeling stressed to the point where they felt they could not cope/deal with things
- 57% of individuals aged 25 to 44 years reported participating in hobbies and activities less often



Over three-quarters (79%) of individuals aged 25 to 44 years reported feelings of loneliness or isolation more often

Compared to all other age groups combined, significantly more individuals aged 25 to 44 years reported a loss of income since the start of the COVID-19 pandemic.



**1 in 5**

individuals aged 25 to 44 years reported they did not have enough access to needed technology or internet, which is significantly higher than all other age groups combined.

\*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.

# 76%

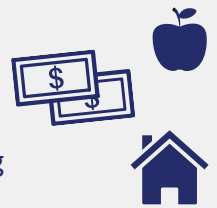
of individuals aged 25 to 44 years reported they accessed resources to support or improve their health and well-being during the pandemic.



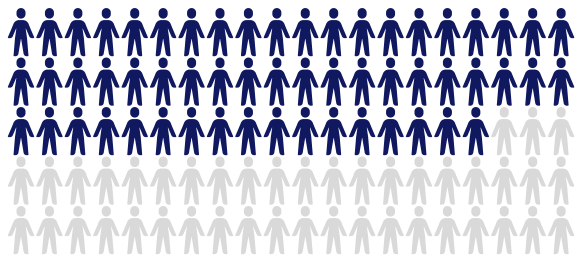
The most frequently reported challenges, difficulties, or concerns with accessing health and well-being supports among individuals aged 25 to 44 years were:

1. Hours that services are open
2. Lack of childcare
3. Cost of services

Compared to all other age groups combined, significantly more individuals aged 25 to 44 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.



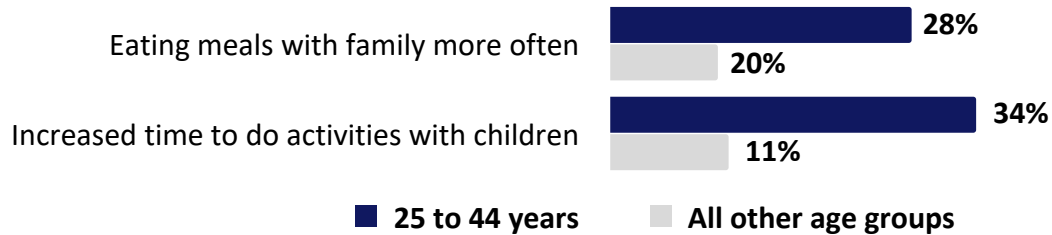
One third of individuals aged 25 to 44 years reported receiving government financial assistance during the pandemic, which is significantly more than all other age groups combined.



57% of individuals aged 25 to 44 years were worried about the loss of in-person community-based programs.

Rates of worrying about the loss of in-person community-based programs, as well as personal or household income and housing, were significantly higher for individuals aged 25 to 44 years compared to all other age groups combined.

Compared to all other age groups combined, significantly more individuals aged 25 to 44 years reported eating meals with family more often and increased time to do activities with children since the start of the COVID-19 pandemic.



Increased use of alcohol and cannabis among individuals aged 25 to 44 years were significantly higher than those in all other age groups combined. Rates of nicotine use increase were consistent between age groups.

# 35%

of individuals aged 25 to 44 years reported an increase in alcohol use since the start of the pandemic.

# 18%

of individuals aged 25 to 44 years reported an increase in cannabis use since the start of the pandemic.

# 12%

of individuals aged 25 to 44 years reported an increase in nicotine use since the start of the pandemic.