

2021 COVID Impact Survey

EXPLORING THE IMPACTS OF THE COVID-19 PANDEMIC THROUGHOUT THE LIFESPAN: A FOCUS ON INDIVIDUALS AGED 45 TO 64 YEARS

QUICK FACTS

- 612 individuals aged 45 to 64 years responded to the survey.
- The majority (63%) of individuals aged 45 to 64 years were from the Nipissing district.
- 74% of individuals aged 45 to 64 years identified as female.

In this report, individuals aged 45 to 64 years are compared to **all other age groups combined**, which includes individuals aged **16 to 44 years** as well as those aged **65 years and older**.



Compared to all other age groups combined, those aged 45 to 64 years were significantly* less worried about the impact the pandemic on their **social life** but similarly worried about their mental health and physical health.

69%

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

67%

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

64%

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

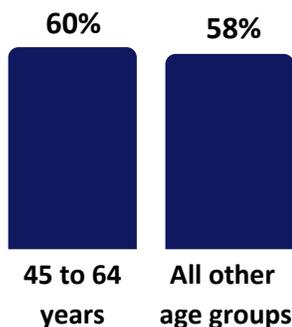
Survey respondents were asked if they experienced any changes since the start of the COVID-19 pandemic.

- 66% of individuals aged 45 to 64 years reported increased screen time, while 54% reported experiencing difficulties sleeping more often
- 59% of individuals aged 45 to 64 years reported feeling stressed to the point where it had an impact on daily life, while 38% reported feeling stressed to the point where they felt they could not cope/deal with things



Two-thirds (69%) of individuals aged 45 to 64 years reported feelings of loneliness or isolation more often.

Compared to all other age groups combined, a similar amount of individuals aged 45 to 64 years reported **separation from family** since the start of the COVID-19 pandemic.



70%

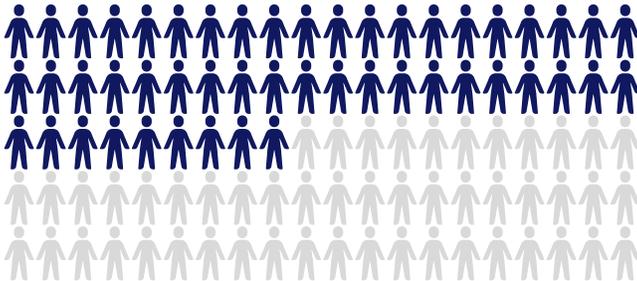
of individuals aged 45 to 64 years reported they felt they had a supportive family and/or friends within the 7 days prior to completing the survey.

*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.

Compared to all other age groups combined, individuals aged 45 to 64 years reported similar worries about or having difficulty paying housing costs, paying for food, paying for utilities, and putting money into savings or other investments as a result of the COVID-19 pandemic.



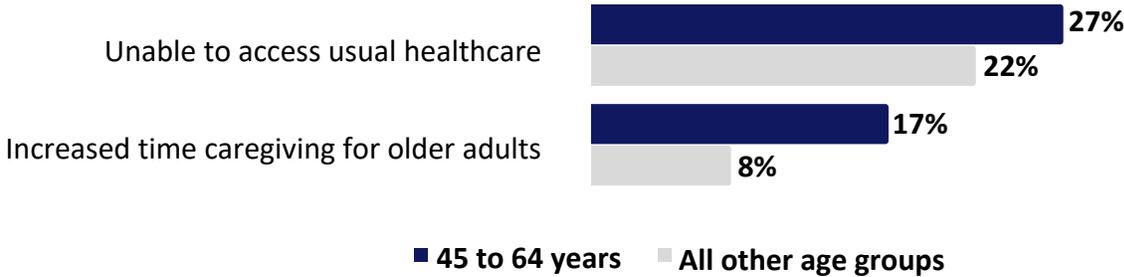
Approximately one in four individuals aged 45 to 64 years reported receiving government financial assistance during the pandemic, which is significantly less than all other age groups combined.



49% of individuals aged 45 to 64 years were worried about the loss of in-person health services.

Rates of worry about the loss of in-person health services were similar for individuals aged 45 to 64 years compared to all other age groups combined.

Compared to all other age groups combined, significantly more individuals aged 45 to 64 years reported increased time caregiving for older adults since the start of the COVID-19 pandemic. Rates of difficulties accessing usual healthcare were not significantly different between individuals 45 to 64 years and individuals in all other age groups combined.



Like individuals belonging to all other age groups combined, half of individuals aged 45 to 64 years reported feeling more thankful of things usually taken for granted since the start of the COVID-19 pandemic.

Rates of cannabis use increase among individuals ages 45 to 64 years were lower compared to all other age groups combined. Rates of alcohol and nicotine use increase among individuals aged 45 to 64 years were consistent with those in all other age groups combined.

28%

reported an increase in alcohol use since the start of the COVID-19 pandemic.

11%

reported an increase in cannabis use since the start of the COVID-19 pandemic.

11%

reported an increase in nicotine use since the start of the COVID-19 pandemic.