

# 25% of Canadians (aged 35-54) are drinking more while at home due to COVID-19 pandemic; cite lack of regular schedule, stress and boredom as main factors

CCSA March Omni | Summary Report

Conducted by Nanos for the Canadian Centre on Substance Use and Addiction, April 2020  
Submission 2020-1621



Canadian Centre  
on Substance Use  
and Addiction



Seven in ten Canadians who report currently staying home more report their alcohol consumption has stayed the same; just under two in ten say their consumption has increased

The purpose of this study is to benchmark alcohol and cannabis consumption during the COVID-19 outbreak, as well as drivers of behaviour.

Canadians who report consuming more alcohol most often cite a lack of regular schedule, boredom and stress, and those who report consuming more cannabis most often cite the same reasons. Canadians who report consuming less alcohol most often cite a lack of social gatherings and opportunities to drink. Younger Canadians (18 to 34) more likely than Canadians 55 plus to report their consumption of both alcohol and cannabis has increased.

- **More than nine in ten Canadians report they are currently staying at home more due to Coronavirus/COVID-19** – A majority of Canadians (94%) report they are currently staying home more due to coronavirus/COVID-19, while five per cent report they are staying home the same amount and one percent report they are staying home less.
- **A majority of Canadians who report currently staying home more report they have been doing so for 15 days or more** – Just under six in ten Canadians (59%) who report they are currently staying home more due to coronavirus report they began staying at home more 15 days ago or more, while 36 per cent report they have been doing so for 8 to 14 days, and five per cent report they have been doing so for 7 days or less.
- **Seven in ten Canadians who report currently staying home more report their alcohol consumption has stayed the same** – A majority of Canadians (70%) who report they are currently staying home more due to coronavirus report their alcohol consumption has stayed the same, while 18 per cent report it has increased and 12 per cent report their alcohol consumption has decreased. Canadians 55 years of age and older are less likely to report their alcohol consumption has increased (10%) than Canadians 35 to 54 (25%) and 18 to 34 (21%).
- **Canadians who report consuming more alcohol while currently staying home more most often say it has increased due to a lack of regular schedule, boredom and stress**– Asked why their alcohol consumption has increased, Canadians who report they are staying home more due to coronavirus and consuming more alcohol most often select lack of a regular schedule (51%), boredom (49%) and stress (44%) as the reason it has increased. This was followed by loneliness (19%), and I have a lot (12%). Women were more likely to cite stress (57%) as a reason for consuming more than men (32%), while men are more likely to cite boredom (54%; 44% of women).

# SUMMARY



Nine in ten  
Canadians who  
report currently  
staying home more  
report their cannabis  
consumption has  
stayed the same

- **Canadians who report consuming less alcohol while currently staying home more most often say it has decreased due to a lack of social gathering and opportunity** – Asked why their alcohol consumption has decreased, Canadians who report they are staying home more due to coronavirus and consuming less alcohol most often select lack of social gathering/opportunities to socialize (61%), followed by health – I want to keep my health up in case I get the virus (36%), no reason (12%), I don't have much left (11%), too busy (eight per cent), and caring for dependents (eight per cent). Women are more likely than men to cite being too busy (15%; five per cent of men) or not having enough left (24%; four per cent of men).
- **Nine in ten Canadians who report currently staying home more report their cannabis consumption has stayed the same** – A majority of Canadians (90%) who report they are currently staying home more due to coronavirus report their cannabis consumption has stayed the same, while six per cent report it has increased and four per cent report their cannabis consumption has decreased. Canadians between 18 to 34 years of age are more likely to report their consumption has increased (14%) than those 35 to 54 (six per cent) and 55 plus (one per cent).

Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,036 Canadians, 18 years of age or older, between March 30<sup>th</sup> to April 2<sup>nd</sup>, 2020 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online.

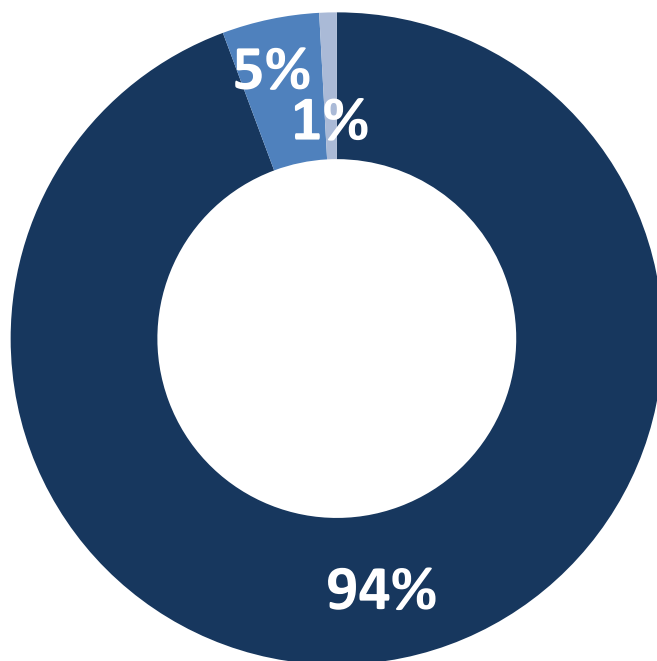
The margin of error for this survey is  $\pm 3.1$  percentage points, 19 times out of 20.

The research was commissioned by the Canadian Centre on Substance Use and Addiction and was conducted by Nanos Research.

# Time spent at home due to Coronavirus/COVID-19



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More
  Same
  Less

	More
Atlantic (n=93)	92.4%
Quebec (n=251)	93.3%
Ontario (n=342)	96.0%
Prairies (n=194)	94.8%
British Columbia (n=156)	91.8%
Male (n=529)	93.2%
Female (n=507)	95.4%
18 to 34 (n=223)	93.2%
35 to 54 (n=464)	94.1%
55 plus (n=349)	95.3%

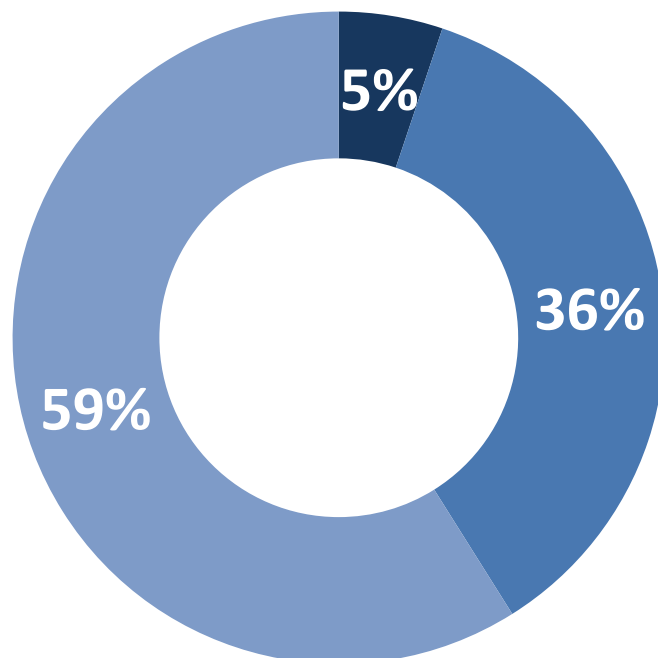
\*Weighted to the true population proportion.  
 \*Charts may not add up to 100 due to rounding.

**QUESTION** – Are you currently staying at home MORE, THE SAME OR LESS due to Coronavirus/COVID-19?

# Time since home stay has increased due to Coronavirus/COVID-19



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■ 7 days or less    ■ 8 to 14 days    ■ 15 days or more

	15 days or more
Atlantic (n=86)	57.4%
Quebec (n=235)	62.2%
Ontario (n=326)	61.7%
Prairies (n=182)	53.9%
British Columbia (n=143)	52.5%
Male (n=490)	52.6%
Female (n=482)	64.9%
18 to 34 (n=205)	54.4%
35 to 54 (n=435)	61.0%
55 plus (n=332)	60.2%

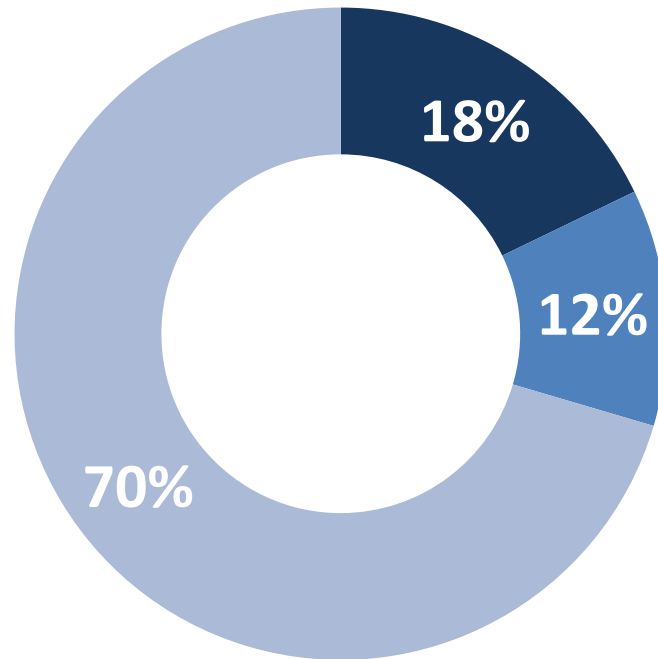
\*Weighted to the true population proportion.  
\*Charts may not add up to 100 due to rounding.

**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19] How long ago did you begin staying at home more due to Coronavirus/COVID-19?

# Change in consumption of alcohol



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■ Increased    ■ Decreased    ■ Remained the same

	Remained the same
Atlantic (n=86)	67.1%
Quebec (n=235)	69.6%
Ontario (n=326)	69.0%
Prairies (n=182)	74.6%
British Columbia (n=143)	71.8%
Male (n=490)	66.3%
Female (n=482)	74.3%
18 to 34 (n=205)	66.6%
35 to 54 (n=435)	63.8%
55 plus (n=332)	78.9%

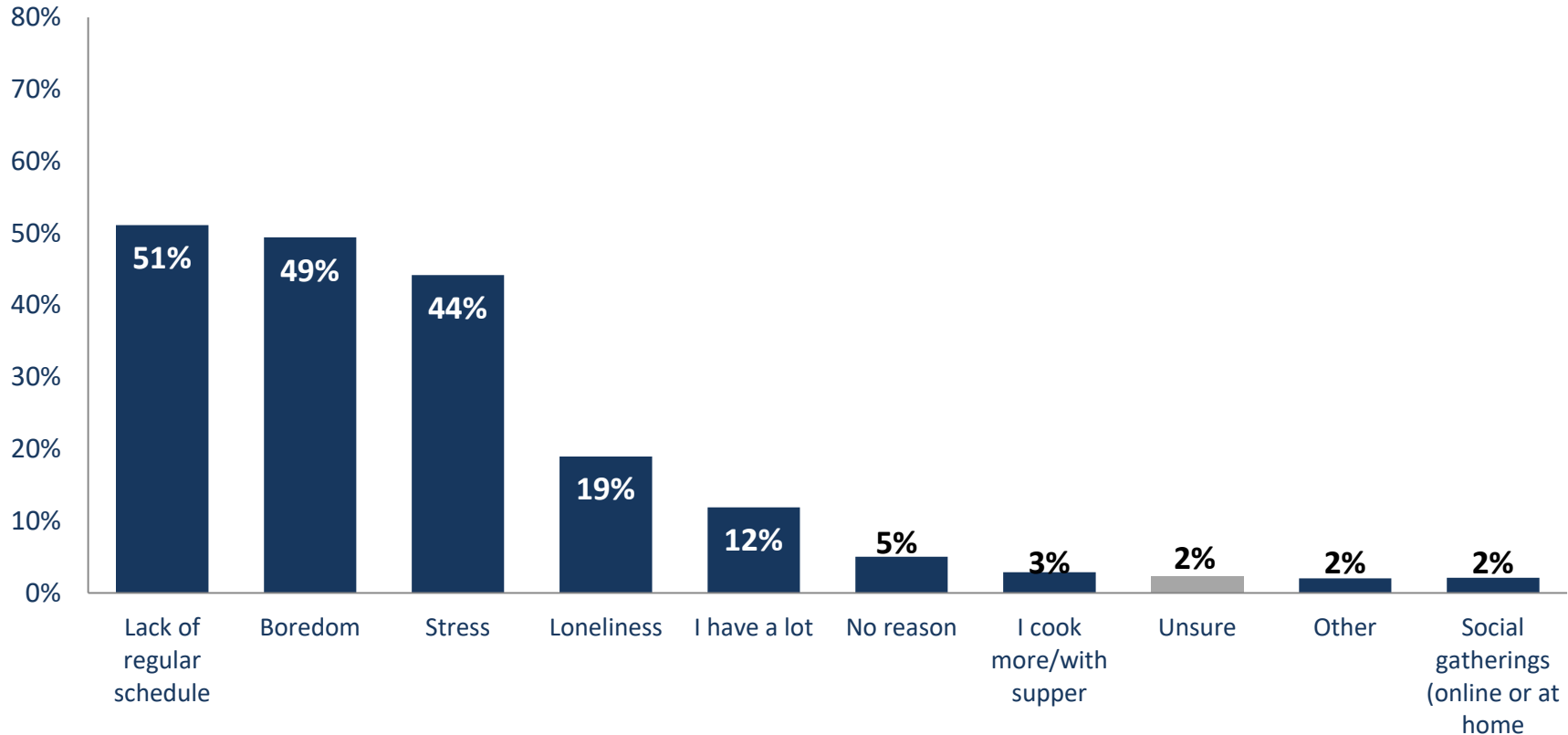
\*Weighted to the true population proportion.  
\*Charts may not add up to 100 due to rounding.

**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19] Since you have been home more, has your alcohol consumption increased, decreased or stayed the same?

# Reasons for increase in alcohol consumption



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**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND ALCOHOL CONSUMPTION HAS INCREASED]**  
Why has your alcohol consumption increased? (Select all that apply)

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, March 30<sup>th</sup> to April 2<sup>nd</sup>, 2020, n=185  
Canadians staying at home more due to Coronavirus and reporting increased alcohol consumption, accurate 7.2 percentage points plus or minus, 19 times out of 20.

# Reasons for increase in alcohol consumption



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	Canada (n=185)	Atlantic (n=17)	Quebec (n=54)	Ontario (n=61)	Prairies (n=25)	British Columbia (n=28)	Male (n=98)	Female (n=87)	18 to 34 (n=45)	35 to 54 (n=109)	55 plus (n=31)
Lack of regular schedule	51.1%		53.0%	59.0%			50.0%	52.3%	56.6%	51.3%	42.4%
Boredom	49.4%		28.8%	57.2%			54.2%	44.4%	58.3%	46.2%	43.1%
Stress	44.2%		31.2%	49.7%			31.8%	57.2%	31.9%	47.7%	54.9%
Loneliness	19.0%		26.8%	16.8%			17.7%	20.4%	20.8%	16.4%	21.8%
I have a lot	11.9%		12.0%	14.3%			13.5%	10.2%	12.3%	10.4%	14.6%
No reason	5.5%		7.6%	3.1%			5.3%	5.7%	4.9%	5.4%	6.6%
I cook more/with supper	2.9%		5.5%	2.5%			4.6%	1.1%	-	6.2%	-
Unsure	2.4%		-	3.1%			2.3%	2.6%	4.2%	2.3%	-
Other	2.2%		4.4%	1.2%			3.2%	1.1%	1.7%	2.4%	2.5%
Social gatherings (online or at home)	2.1%		-	2.1%			0.6%	3.7%	1.2%	1.9%	3.9%

\*Shaded due to small sample size.

## QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND ALCOHOL CONSUMPTION HAS INCREASED]

Why has your alcohol consumption increased? (Select all that apply)

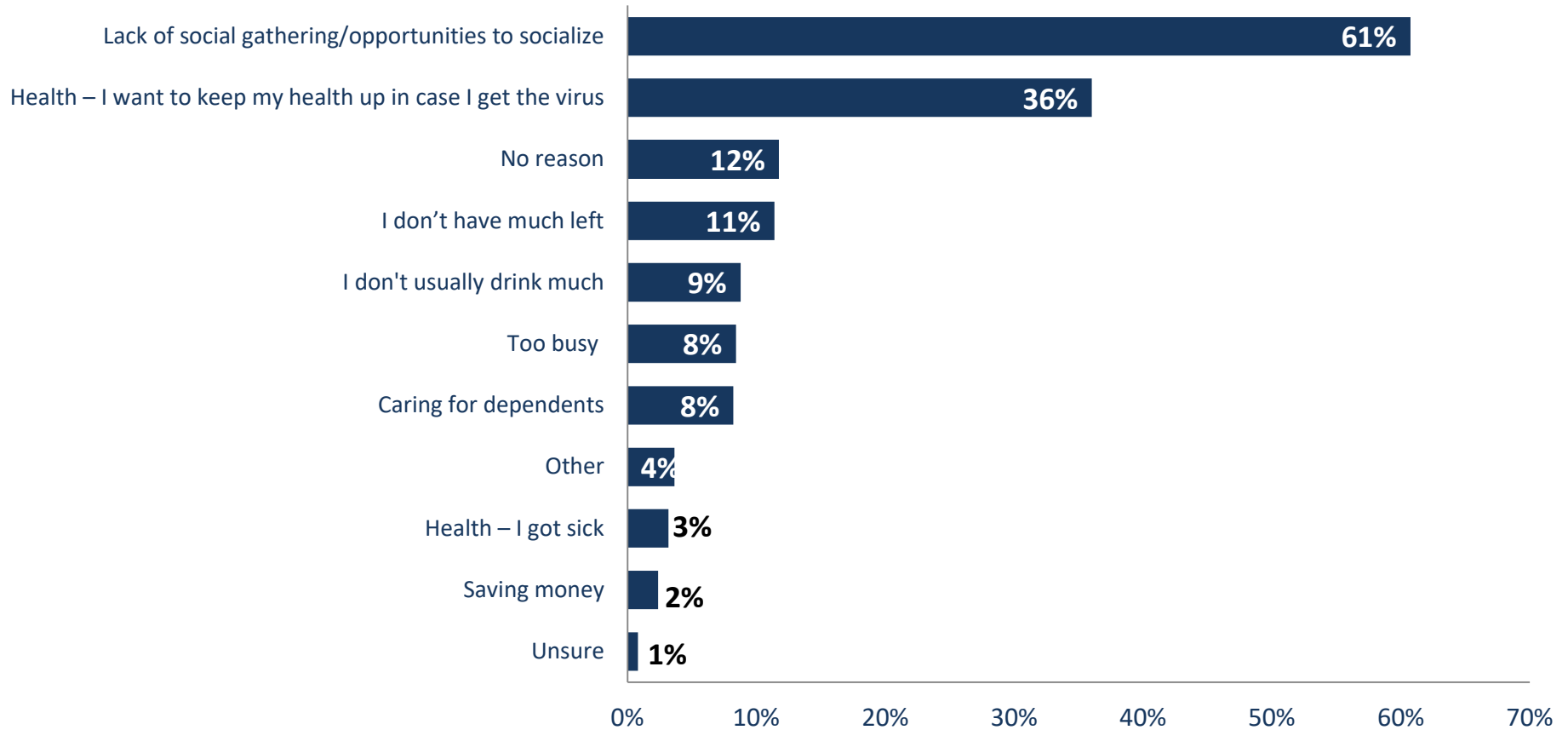
Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, March 30<sup>th</sup> to April 2<sup>nd</sup>, 2020, n=185  
 Canadians staying at home more due to Coronavirus and reporting that their alcohol consumption has increased, accurate 7.2 percentage points plus or minus, 19 times out of 20.



# Reasons for decrease in alcohol consumption



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**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND ALCOHOL CONSUMPTION HAS DECREASED] Why has your alcohol consumption decreased? (Select all that apply)**

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, March 30<sup>th</sup> to April 2<sup>nd</sup>, 2020, n=111 Canadians staying at home more due to Coronavirus and reporting that their alcohol consumption decreased, accurate 9.3 percentage points plus or minus, 19 times out of 20.

# Reasons for decrease in alcohol consumption



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Top mentions	Canada (n=111)	Atlantic (n=12)*	Quebec (n=23)*	Ontario (n=41)	Prairies (n=21)*	British Columbia (n=14)*	Male (n=71)	Fem (n=40)	18 to 34 (n=23)*	35 to 54 (n=49)	55 plus (n=39)
Lack of social gathering/opportunities to socialize	60.7%			62.6%			61.2%	60.0%		54.2%	56.9%
Health – I want to keep my health up in case I get the virus	36.0%			44.9%			38.8%	31.6%		31.9%	32.9%
No reason	11.8%			14.3%			13.7%	8.8%		8.1%	18.0%
I don't have much left	11.4%			15.6%			3.6%	23.7%		11.6%	8.8%
I don't usually drink much	8.8%			3.7%			10.2%	6.6%		15.0%	2.9%
Too busy	8.4%			13.2%			4.5%	14.6%		3.7%	9.7%
Caring for dependents	8.2%			12.8%			7.0%	10.1%		12.3%	5.5%
Other	3.6%			3.0%			1.5%	7.0%		-	5.7%
Health – I got sick	3.2%			3.0%			-	8.2%		1.6%	7.0%

\*Shaded due to small sample size

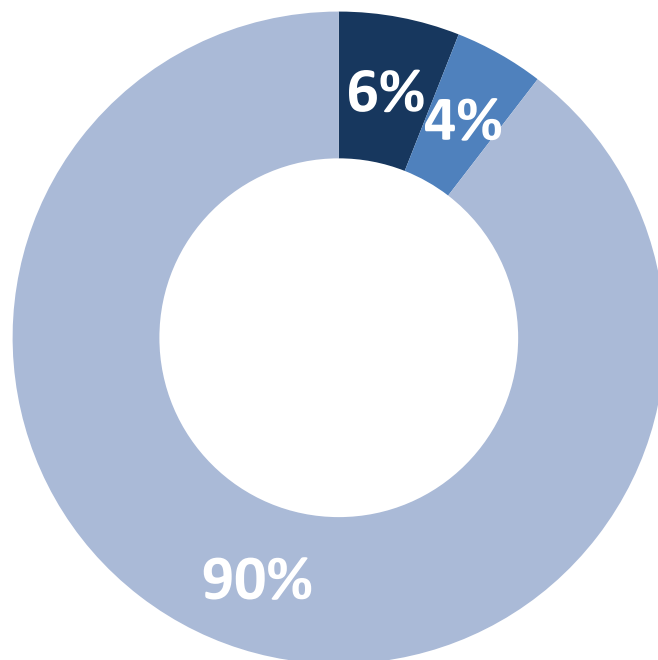
**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND ALCOHOL CONSUMPTION HAS DECREASED] Why has your alcohol consumption decreased? (Select all that apply)**

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, March 30<sup>th</sup> to April 2<sup>nd</sup>, 2020, n=111  
Canadians who are staying at home more due to Coronavirus and reporting that their alcohol consumption has decreased, accurate 9.3 percentage points plus or minus, 19 times out of 20.

# Change in consumption of cannabis



Canadian Centre  
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and Addiction



■ Increased    ■ Decreased    ■ Remained the same

	Remain the same
Atlantic (n=86)	88.3%
Quebec (n=235)	92.3%
Ontario (n=326)	88.9%
Prairies (n=182)	90.0%
British Columbia (n=143)	86.8%
Male (n=490)	87.4%
Female (n=482)	91.5%
18 to 34 (n=205)	79.9%
35 to 54 (n=435)	91.2%
55 plus (n=332)	94.9%

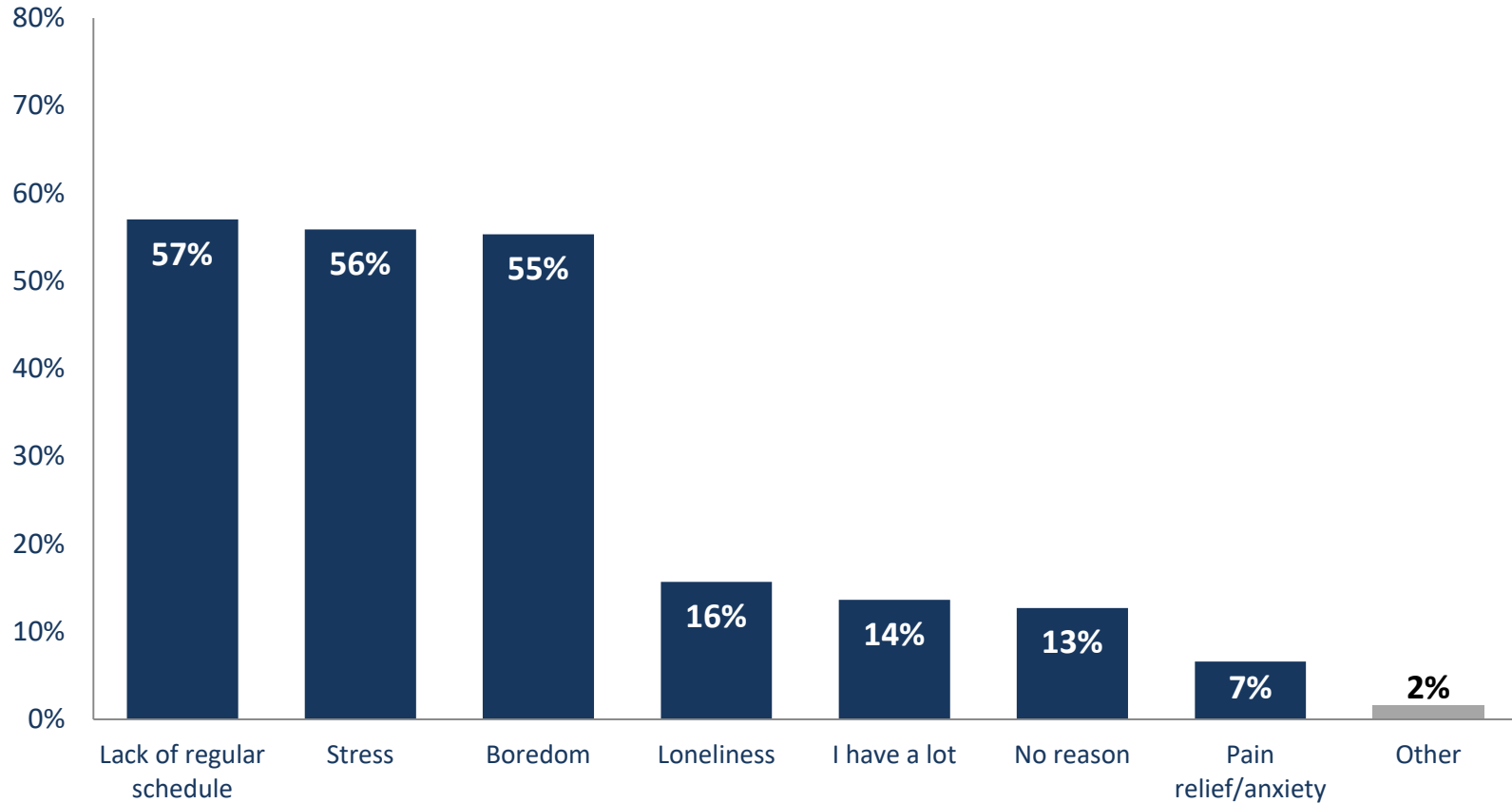
\*Weighted to the true population proportion.  
\*Charts may not add up to 100 due to rounding.

**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19] Since you have been home more, has your cannabis consumption increased, decreased or remained the same?

# Reasons for increase in cannabis consumption



Canadian Centre  
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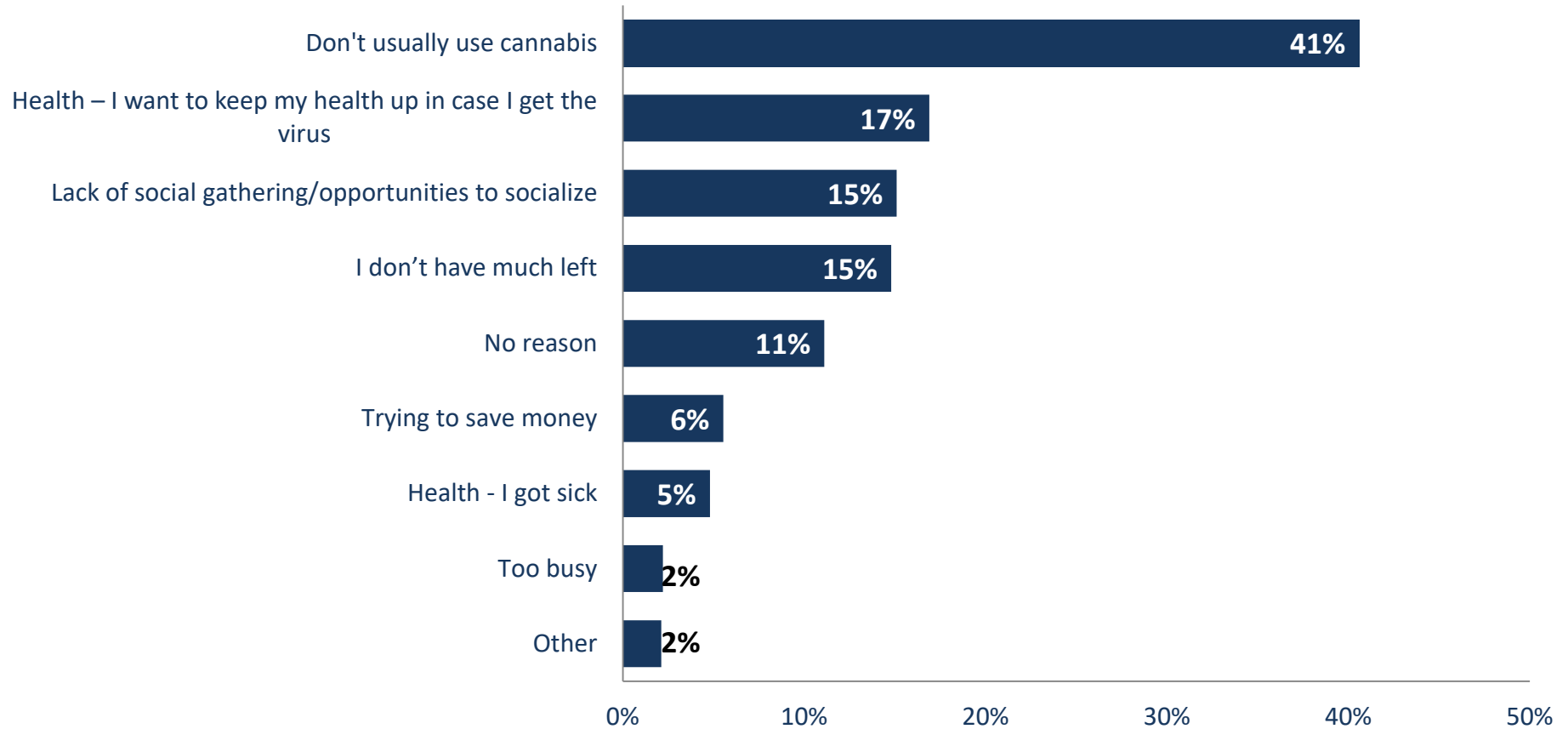
**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND CANNABIS CONSUMPTION HAS INCREASED] Why has your cannabis consumption increased? (Select all that apply)**

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, March 30<sup>th</sup> to April 2<sup>nd</sup>, 2020, n=56  
Canadians who are staying at home more due to Coronavirus and reporting that their cannabis consumption has increased, accurate 13.1 percentage points plus or minus, 19 times out of 20.

# Reasons for decrease in cannabis consumption

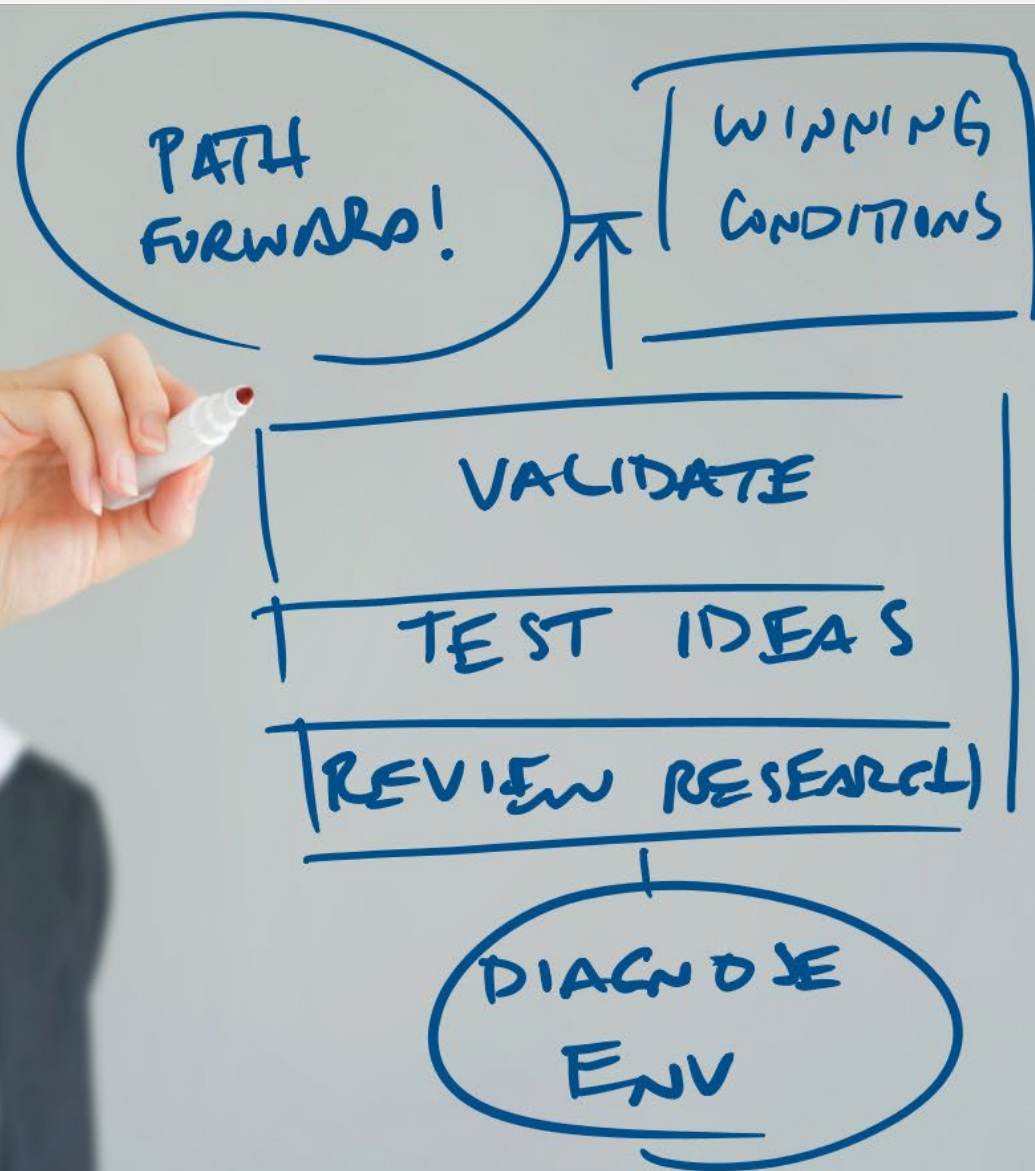


Canadian Centre  
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**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND CANNABIS CONSUMPTION HAS DECREASED] Why has your cannabis consumption decreased? (Select all that apply)**

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, March 30<sup>th</sup> to April 2<sup>nd</sup>, 2020, n=43  
Canadians who are staying at home more due to Coronavirus and reporting that their cannabis consumption has decreased, accurate 14.9 percentage points plus or minus, 19 times out of 20.



Nanos conducted an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,036 Canadians, 18 years of age or older, between March 30<sup>th</sup> and April 2<sup>nd</sup>, 2020 as part of an omnibus survey. Participants were randomly recruited by telephone using live agents and administered a survey online. The results were statistically checked and weighted by age and gender using the latest Census information and the sample is geographically stratified to be representative of Canada.

Individuals were randomly called using random digit dialling with a maximum of five call backs.

The margin of error for this survey is  $\pm 3.1$  percentage points, 19 times out of 20.

The research was commissioned by the Canadian Centre on Substance Use and Addiction and was conducted by Nanos Research.

Note: Charts may not add up to 100 due to rounding.



Element	Description
Research sponsor	Canadian Centre on Substance Use and Addiction
Population and Final Sample Size	1036 Randomly selected individuals.
Source of Sample	Panel survey
Type of Sample	Probability
Margin of Error	±3.1 percentage points, 19 times out of 20.
Mode of Survey	RDD dual frame (land- and cell-lines) hybrid telephone and online omnibus survey
Sampling Method Base	The sample included both land- and cell-lines RDD (Random Digit Dialed) across Canada.
Demographics (Captured)	Atlantic Canada, Quebec, Ontario, Prairies, British Columbia; Men and Women; 18 years and older. Six digit postal code was used to validate geography.
Fieldwork/Validation	Individuals were recruited using live interviews with live supervision to validate work, the research questions were administered online
Number of Calls	Maximum of five call backs to those recruited.
Time of Calls	Individuals recruited were called between 12-5:30 pm and 6:30-9:30pm local time for the respondent.
Field Dates	March 30 <sup>th</sup> to April 2 <sup>nd</sup> , 2020.
Language of Survey	The survey was conducted in both English and French.
Standards	Nanos Research is a member of the Canadian Research Insights Council (CRIC) and confirms that this research fully complies with all CRIC Standards including the CRIC Public Opinion Research Standards and Disclosure Requirements. <a href="https://canadianresearchinsightscouncil.ca/standards/">https://canadianresearchinsightscouncil.ca/standards/</a>

Element	Description
Weighting of Data	The results were weighted by age and gender using the latest Census information (2016) and the sample is geographically stratified to ensure a distribution across all regions of Canada. See tables for full weighting disclosure
Screening	Screening ensured potential respondents did not work in the market research industry, in the advertising industry, in the media or a political party prior to administering the survey to ensure the integrity of the data.
Excluded Demographics	Individuals younger than 18 years old; individuals without land or cell lines, and individuals without internet access could not participate.
Stratification	By age and gender using the latest Census information (2016) and the sample is geographically stratified to be representative of Canada. Smaller areas such as Atlantic Canada were marginally oversampled to allow for a minimum regional sample.
Estimated Response Rate	Twelve percent, consistent with industry norms.
Question Order	Question order in the preceding report reflects the order in which they appeared in the original questionnaire.
Question Content	This was topic three of an omnibus survey. Previous content included issues related to politics and the economy.
Question Wording	The questions in the preceding report are written exactly as they were asked to individuals.
Research/Data Collection Supplier	Nanos Research
Contact	Contact Nanos Research for more information or with any concerns or questions. <a href="http://www.nanos.co">http://www.nanos.co</a> Telephone:(613) 234-4666 ext. 237 Email: info@nanosresearch.com.





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# TABULATIONS



Canadian Centre  
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2020-1621 – Canadian Centre on Substance Abuse – COVID-19 Benchmark – STAT SHEET

			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - Are you currently staying at home MORE, THE SAME OR LESS due to Coronavirus/COVID-19?	Total	Unwgt N	1036	93	251	342	194	156	529	507	0	223	464	349
		Wgt N	1000	67	233	384	183	133	490	510	0	273	341	386
	More	%	94.3	92.4	93.3	96.0	94.8	91.8	93.2	95.4	-	93.2	94.1	95.3
	Same	%	4.8	6.1	5.5	4.0	3.7	6.8	5.6	4.1	-	4.8	5.4	4.3
	Less	%	0.9	1.5	1.2	0.0	1.5	1.5	1.2	0.5	-	2.0	0.6	0.3

			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE] How long ago did you begin staying at home more due to Coronavirus/COVID-19?	Total	Unwgt N	972	86	235	326	182	143	490	482	0	205	435	332
		Wgt N	943	62	217	368	173	122	457	487	0	254	321	368
	7 days or less	%	5.1	0.9	6.3	5.0	4.5	6.4	6.5	3.9	-	6.1	4.4	5.2
	8 to 14 days	%	35.9	41.7	31.5	33.2	41.6	41.1	40.9	31.2	-	39.5	34.6	34.6
	15 days or more	%	58.9	57.4	62.2	61.7	53.9	52.5	52.6	64.9	-	54.4	61.0	60.2

			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE] Since you have been home more, has your alcohol consumption increased, decreased or stayed the same?	Total	Unwgt N	972	86	235	326	182	143	490	482	0	205	435	332
		Wgt N	943	62	217	368	173	122	457	487	0	254	321	368
	Increased	%	17.8	18.0	20.7	18.3	12.8	18.4	18.9	16.8	-	21.1	24.5	9.7
	Decreased	%	11.7	14.8	9.7	12.7	12.6	9.8	14.8	8.8	-	12.3	11.7	11.4
	Remained the same	%	70.4	67.1	69.6	69.0	74.6	71.8	66.3	74.3	-	66.6	63.8	78.9

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,036 Canadians, 18 years of age or older, between March 30<sup>th</sup> and April 2<sup>nd</sup>, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.



2020-1621 – Canadian Centre on Substance Abuse – COVID-19 Benchmark – STAT SHEET

			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question -	Total	Unwgt N	185	17	54	61	25	28	98	87	0	45	109	31
[ONLY THOSE WHO ARE STAYING AT HOME MORE AND WHOSE ALCOHOL CONSUMPTION HAS INCREASED]		Wgt N	168	11	45	67	22	22	86	82	0	54	79	36
Why has your cannabis consumption increased? (Select all that apply)	I cook more/with supper	%	2.9		5.5	2.5			4.6	1.1	-	0.0	6.2	0.0
	Stress	%	44.2		31.2	49.7			31.8	57.2	-	31.9	47.7	54.9
	Boredom	%	49.4		28.8	57.2			54.2	44.4	-	58.3	46.2	43.1
	Loneliness	%	19.0		26.8	16.8			17.7	20.4	-	20.8	16.4	21.8
	Lack of regular schedule	%	51.1		53.0	59.0			50.0	52.3	-	56.6	51.3	42.4
	I have a lot	%	11.9		12.0	14.3			13.5	10.2	-	12.3	10.4	14.6
	No reason	%	5.5		7.6	3.1			5.3	5.7	-	4.9	5.4	6.6
	Unsure	%	2.4		0.0	3.1			2.3	2.6	-	4.2	2.3	0.0
	Social gatherings (online or at home)	%	2.1		0.0	2.1			0.6	3.7	-	1.2	1.9	3.9
	Other	%	2.2		4.4	1.2			3.2	1.1	-	1.7	2.4	2.5

\*Shaded due to small sample size.



2020-1621 – Canadian Centre on Substance Abuse – COVID-19 Benchmark – STAT SHEET

			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE AND WHOSE ALCOHOL CONSUMPTION HAS INCREASED] Why has your cannabis consumption increased? (Select all that apply)	Total	Unwgt N	354	34	95	126	48	51	179	175	0	88	208	58
		Wgt N	321	22	76	141	43	38	158	163	0	103	149	68
	I cook more/with supper	%	1.5	0.0	3.3	1.2	1.6	0.0	2.5	0.5	-	0.0	3.2	0.0
	Stress	%	23.2	21.3	18.4	23.8	24.5	29.9	17.4	28.8	-	16.6	25.1	28.9
	Boredom	%	25.9	33.6	17.0	27.4	28.7	30.6	29.6	22.4	-	30.4	24.3	22.7
	Loneliness	%	10.0	14.3	15.8	8.0	6.1	7.2	9.6	10.3	-	10.9	8.6	11.5
	Lack of regular schedule	%	26.8	22.7	31.3	28.2	23.0	19.3	27.3	26.3	-	29.5	27.0	22.4
	I have a lot	%	6.2	0.0	7.1	6.9	4.6	7.8	7.4	5.2	-	6.4	5.4	7.7
	No reason	%	2.9	2.8	4.5	1.5	7.1	0.0	2.9	2.9	-	2.5	2.8	3.5
	Unsure	%	1.3	0.0	0.0	1.5	2.1	2.8	1.2	1.3	-	2.2	1.2	0.0
	Social gatherings (online or at home)	%	1.1	5.3	0.0	1.0	2.3	0.0	0.3	1.8	-	0.6	1.0	2.0
	Other	%	1.2	0.0	2.6	0.6	0.0	2.3	1.8	0.6	-	0.9	1.3	1.3

			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE AND WHOSE ALCOHOL CONSUMPTION HAS DECREASED] Why has your alcohol consumption decreased? (Select all that apply)	Total	Unwgt N	111	12	23	41	21	14	71	40	0	23	49	39
		Wgt N	111	9	21	47	22	12	68	43	0	31	38	42
	Health – I got sick	%	3.2			3.0			0.0	8.2	-		1.6	7.0
	I don't usually drink much	%	8.8			3.7			10.2	6.6	-		15.0	2.9
	Saving money	%	2.4			0.0			1.7	3.4	-		7.0	0.0
	Other	%	3.6			3.0			1.5	7.0	-		0.0	5.7
	Health – I want to keep my health up in case I get the virus	%	36.0			44.9			38.8	31.6	-		31.9	32.9
	Lack of social gathering/opportunities to socialize	%	60.7			62.6			61.2	60.0	-		54.2	56.9
	Caring for dependents	%	8.2			12.8			7.0	10.1	-		12.3	5.5
	Too busy	%	8.4			13.2			4.5	14.6	-		3.7	9.7
	I don't have much left	%	11.4			15.6			3.6	23.7	-		11.6	8.8
	No reason	%	11.8			14.3			13.7	8.8	-		8.1	18.0
	Unsure	%	0.8			1.9			0.0	2.1	-		2.4	0.0

\*Shaded due to small sample size.



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			Region					Gender			Age			
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE AND ALCOHOL CONSUMPTION HAS DECREASED] Why has your alcohol consumption decreased? (Select all that apply)	Total	Unwgt N	169	20	28	70	32	19	99	70	0	41	71	57
		Wgt N	172	15	26	82	35	15	96	76	0	55	55	62
	Health – I got sick	%	2.0			1.7	0.0		0.0	4.6	-	0.0	1.1	4.7
	I don't usually drink much	%	5.6			2.1	10.4		7.1	3.7	-	5.2	10.2	2.0
	Saving money	%	1.5			0.0	4.2		1.2	1.9	-	0.0	4.7	0.0
	Other	%	2.3			1.7	7.6		1.1	4.0	-	3.0	0.0	3.9
	Health – I want to keep my health up in case I get the virus	%	23.2			25.7	26.6		27.3	17.9	-	25.8	21.6	22.3
	Lack of social gathering/opportunities to socialize	%	39.1			35.8	36.0		43.1	34.1	-	42.1	36.7	38.6
	Caring for dependents	%	5.3			7.3	0.0		4.9	5.8	-	4.0	8.3	3.7
	Too busy	%	5.4			7.5	5.0		3.1	8.3	-	7.1	2.5	6.6
	I don't have much left	%	7.3			8.9	8.4		2.5	13.5	-	8.4	7.8	6.0
	No reason	%	7.6			8.2	1.8		9.6	5.0	-	4.5	5.5	12.2
	Unsure	%	0.5			1.1	0.0		0.0	1.2	-	0.0	1.6	0.0

\*Shaded due to small sample size.

			Region					Gender			Age			
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE] Since you have been home more, has your cannabis consumption increased, decreased or remained the same?	Total	Unwgt N	972	86	235	326	182	143	490	482	0	205	435	332
		Wgt N	943	62	217	368	173	122	457	487	0	254	321	368
	Increased	%	6.0	5.3	3.3	7.7	6.2	5.8	7.3	4.7	-	14.3	5.5	0.7
	Decreased	%	4.4	6.4	4.4	3.5	3.8	7.4	5.2	3.7	-	5.9	3.3	4.5
	Remained the same	%	89.6	88.3	92.3	88.9	90.0	86.8	87.4	91.5	-	79.9	91.2	94.9

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,036 Canadians, 18 years of age or older, between March 30<sup>th</sup> and April 2<sup>nd</sup>, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.



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			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE AND WHOSE CANNABIS CONSUMPTION HAS INCREASED] Why has your cannabis consumption increased? (Select all that apply)	Total	Unwgt N	56	5	9	24	9	9	33	23	0	28	26	2
		Wgt N	57	3	7	28	11	7	33	23	0	36	18	2
	Stress	%	55.9						37.5		-			
	Boredom	%	55.3						62.7		-			
	Loneliness	%	15.7						13.9		-			
	Lack of regular schedule	%	57.0						54.5		-			
	I have a lot	%	13.7						16.8		-			
	No reason	%	12.7						15.2		-			
	Pain relief/anxiety	%	6.6						0.0		-			
	Other	%	1.6						0.0		-			

			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE AND WHOSE CANNABIS CONSUMPTION HAS INCREASED] Why has your cannabis consumption increased? (Select all that apply)	Total	Unwgt N	117	9	15	57	17	19	62	55	0	67	45	5
		Wgt N	123	6	13	69	21	15	67	56	0	85	32	6
	Stress	%	25.6			22.3			18.7	33.8	-	24.7	28.5	
	Boredom	%	25.3			27.4			31.3	18.3	-	26.8	22.0	
	Loneliness	%	7.2			6.9			6.9	7.5	-	8.8	4.3	
	Lack of regular schedule	%	26.1			24.0			27.2	24.9	-	25.1	26.3	
	I have a lot	%	6.2			8.7			8.4	3.7	-	7.0	5.4	
	No reason	%	5.8			7.7			7.6	3.7	-	3.2	10.8	
	Pain relief/anxiety	%	3.0			1.7			0.0	6.6	-	4.4	0.0	
	Other	%	0.7			1.3			0.0	1.6	-	0.0	2.8	

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			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE AND WHOSE CANNABIS CONSUMPTION HAS DECREASED] Why has your cannabis consumption decreased? (Select all that apply)	Total	Unwgt N	43	4	9	11	7	12	23	20	0	12	15	16
		Wgt N	42	4	10	13	7	9	24	18	0	15	11	17
	Health – I got sick	%	4.8								-			
	Trying to save money	%	5.5								-			
	Other	%	2.1								-			
	Health – I want to keep my health up in case I get the virus	%	16.9								-			
	Lack of social gathering/opportunities to socialize	%	15.1								-			
	Too busy	%	2.2								-			
	I don't have much left	%	14.8								-			
	No reason	%	11.1								-			
	Don't usually use cannabis	%	40.6								-			

			Region						Gender			Age		
			Canada 2020-03	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	Other	18 to 34	35 to 54	55 plus
Question - [ONLY THOSE WHO ARE STAYING AT HOME MORE AND WHOSE CANNABIS CONSUMPTION HAS DECREASED] Why has your cannabis consumption decreased? (Select all that apply)	Total	Unwgt N	48	4	11	14	7	12	23	25	0	14	16	18
		Wgt N	47	4	12	16	7	9	24	24	0	17	11	19
	Health – I got sick	%	4.2								-			
	Trying to save money	%	4.9								-			
	Other	%	1.9								-			
	Health – I want to keep my health up in case I get the virus	%	14.9								-			
	Lack of social gathering/opportunities to socialize	%	13.3								-			
	Too busy	%	2.0								-			
	I don't have much left	%	13.1								-			
	No reason	%	9.8								-			
	Don't usually use cannabis	%	35.9								-			

\*Shaded due to small sample size.