

# Boredom and Stress Drives Increased Alcohol Consumption during COVID-19: NANOS Poll Summary Report

CCSA May Omnibus Research | Summary

Conducted by Nanos for the Canadian Centre on Substance Use and Addiction, May 2020  
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# SUMMARY



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Although many Canadians report the same alcohol consumption, one in five Canadians who stay at home more report that their alcohol consumption has increased both in quantity and in frequency while one in ten report a decrease in consumption. Boredom, stress and lack of a regular schedule are the key drivers for increased alcohol consumptions while staying healthy and lack of social gatherings are the key reasons for a decrease in alcohol consumption. Fourteen percent of Canadians report remorse after drinking and eight percent report they have not been able to stop drinking once started.

## COVID-19 and staying at home

- **Nearly nine in ten Canadians report staying at home more due to COVID-19** – Eighty-nine per cent of Canadians report staying at home more due to COVID-19 (94% in March), while 10 per cent say that they are staying at home the same amount, and one per cent say less. Canadians who are staying at home more, most frequently say they have been doing so for 10 weeks (34%), followed by 11 weeks (16%), eight weeks (14%) and 12 weeks (13%).

## Change in alcohol consumption since staying at home more

- **One in five Canadians staying at home more report that their alcohol consumption has increased since they have been staying at home more** – Asked how their alcohol consumption has changed since they have been staying at home more, just under half of Canadians who are staying at home more say it has remained the same (47%), followed by one in five who say it has increased (20%), and 10 per cent who say it has decreased. Twenty-three per cent say they do not drink alcohol.
- **Most frequently Canadians who are staying at home more since the COVID-19 pandemic started and consume alcohol say they have consumed alcohol two to three times a week since the beginning of May** – Asked how often they have consumed alcohol since the beginning of May, Canadians who have been staying at home more and drink alcohol most frequently say two to three times a week (24%), followed by 21 per cent who say they drink once a day, 18 per cent who say they drink four to five times a week, 11 per cent who say they drink once a week, 10 per cent who say they drink two to three times a month, six per cent who say once a month or less than once a month, respectively. Five per cent say they have not consumed alcohol since the beginning of May.

As part of the study for the CCSA, Nanos collected information from Canadian on the frequency and amount of alcohol consumed for the pre-COVID-19 outbreak period and in May compared to April.

Boredom, stress and lack of a regular schedule are the top reported drivers for increased alcohol consumption.

Just over two in ten Canadians staying at home more and who drink alcohol say they are drinking more often in May than they did in the pre-COVID-19 period

## Change in frequency of alcohol consumption in May compared to the month of April

- **Nearly one in ten Canadians who are staying at home more and drink alcohol say they are drinking more often in May compared to April** – Asked how their alcohol consumption since the beginning of May compares to the month of April, 77 per cent of Canadians who are staying at home more say that their alcohol consumption is about the same, while 14 per cent say they consume alcohol less often and nine per cent say more often.
- **Stress and boredom are the most frequently mentioned reasons for consuming alcohol more often in May than April** – Canadians who are staying at home more and report drinking more often in May compared to the month of April, most frequently say the reason for drinking more is stress and boredom (34%, respectively), followed by a lack of a regular schedule (29%) and loneliness (23%).
- **Keeping healthy and lack of social opportunities are the most frequently mentioned reasons for consuming alcohol less often in May than April** – Canadians who are staying at home more and report drinking less often in May compared to the month of April, most frequently say the reason for drinking less is trying to keep up their health in case they get the virus (32%) and a lack of social gatherings/opportunities to socialize (31%).

## Change in frequency of alcohol consumption in May compared to pre-COVID-19

- **Just over one in five Canadians staying at home more and who drink alcohol say they are drinking more often in May than they did in the pre-COVID-19 period** – Asked how their alcohol consumption compares to the time before the onset of COVID-19, 65 per cent of Canadians who are staying at home more and drink alcohol say they are drinking about the same, 21 per cent say they are drinking more often and 15 per cent say they are drinking less often. Canadians 18 to 34 years old are more likely to report drinking more often (29%) compared to Canadians aged 55 plus (13%).
- **Lack of regular schedule and boredom the most frequently mentioned reasons for consuming alcohol more often in May than pre-COVID-19** – Canadians who are staying at home more and report drinking more often in May compared to pre-COVID-19 most frequently say the reason for drinking more often is lack of regular schedule (48%), boredom (44%), and stress (38%).

Nine per cent of Canadians staying at home more who drink alcohol report they had 5 or more drinks on days they were drinking

- **Lack of social gatherings is the most frequently mentioned reason for consuming alcohol less often in May than pre-COVID-19** – Canadians who are staying at home more and report drinking more often, most frequently say the reason for drinking less often is lack of social gatherings/opportunities to socialize (49%), followed by keeping healthy in case they get virus (24%).

### **Change in quantity of alcohol consumption in May compared to the month of April**

- **Canadian men staying at home more who drink alcohol report they have been drinking on average 2.8 drinks on days they were drinking , women report on average 2.4 drinks**– Asked how many alcoholic drinks they usually have on days they drank alcohol since the beginning of May, Canadians who are staying at home more and drink alcohol most frequently say they had one drink (37% of men; 49% of women), followed by two drinks (31% of men; 32% of women), three drinks (13% of men; seven per cent of women), and four drinks (seven per cent of men; five per cent of women). Twelve per cent of men report having five or more drinks, 12 per cent of women report having four or more drinks.
- **One in ten Canadians who are staying at home more and drink alcohol say they have been drinking a larger quantity in May than April** – Asked how the quantity of alcohol they have been consuming in May compares to the quantity they were consuming in April, 77 per cent of Canadians who are staying at home more and drink alcohol say they have been drinking about the same quantity, followed by 14 per cent who say they have been drinking a smaller quantity and nine per cent who say they have been drinking a larger quantity.
- **Stress is the most frequently mentioned reason for consuming a larger quantity of alcohol compared to April** – Asked why they are consuming a larger quantity of alcohol, Canadians who are staying at home more and consuming a larger quantity of alcohol in May compared to the month of April most frequently say this change is due to stress (44%), followed by boredom (37%) and lack of regular schedule (31%).
- **Lack of social gatherings is the most frequently mentioned reason for consuming a smaller quantity of alcohol compared to April** – Asked why they are consuming a smaller quantity of alcohol, Canadians who are staying at home more and consuming a smaller quantity of alcohol most frequently say this change is due lack of social gatherings/opportunities to socialize (30%) and because they are trying to stay healthy in case they get the virus (21%).

Nearly one in ten Canadians who are staying at home more and drink alcohol say that they have at least once not been able to stop drinking once they started since the onset of COVID-19

## Change in quantity of alcohol consumption in May compared to pre-COVID-19

- **One in five Canadians who are staying at home more and drink alcohol say they have been drinking a larger quantity in May than pre-COVID-19** – Asked how the quantity of alcohol they have been consuming in May compares to the quantity they were consuming during the time before the onset of COVID-19, 66 per cent of Canadians who are staying at home more and drink alcohol say they have been drinking about the same quantity, followed by 20 per cent who say they have been drinking a larger quantity and fifteen per cent who say they have been drinking a smaller quantity.
- **Lack of a regular schedule is the most frequently mentioned reason for consuming a larger quantity of alcohol compared to pre-COVID-19** – Asked why they are consuming a larger quantity of alcohol, Canadians who are staying at home more and consuming a larger quantity of alcohol in May compared to pre-COVID-19 most frequently say this change is due to lack of regular schedule (49%), followed by boredom (47%) and stress (43%).
- **Lack of social gatherings is the most frequently mentioned reason for consuming a smaller quantity of alcohol compared to pre-COVID-19** – Asked why they are consuming a smaller quantity of alcohol, Canadians who are staying at home more and consuming a smaller quantity of alcohol in May compared to pre-COVID-19 most frequently say this change is due to lack of social gatherings/opportunities to socialize (54%) and because they are trying to stay healthy in case they get the virus (23%).

## Alcohol consumption behavior and feelings since COVID-19

- **Can't stop drinking - Eight per cent of Canadians who are staying at home more and drink alcohol say that they have at least once not been able to stop drinking once they started since the onset of COVID-19** – Asked how often they have found that since the onset of COVID-19 they have not been able to stop drinking once they started, 92 per cent say this has never happened, followed by four per cent who say a few times, two per cent who say once, and one per cent each who say they could not stop more than a few times or daily or almost daily.

# SUMMARY



One in seven Canadians who are staying at home more and drink alcohol say that they have at least once felt guilt or remorse after drinking since the onset of COVID-19

- **Failed to do what was expected - Three per cent of Canadians who are staying at home more and drink alcohol say that they have at least once failed to do what was normally expected of them because of drinking since the onset of COVID-19** – Asked how often they have found that since the onset of COVID-19 they have failed to do what was normally expected of them because of drinking, 97 per cent say this has never happened, followed by two per cent who say this happened a few times and one per cent who say it has happened once.
- **Can't remember what happened - Six per cent of Canadians who are staying at home more and drink alcohol say that they have at least once not been able remember what happened *the night before* because they had been drinking since the onset of COVID-19** – Asked how often they have found that since the onset of COVID-19 they have been unable to remember what happened the night before because they had been drinking, 94 per cent say this has never happened, followed by three per cent who say a few times, two per cent who say once, and one per cent total who say this happened more than a few times or daily or almost daily.
- **Fix a drink first thing in the morning - Nearly no Canadians who are staying at home more and drink alcohol report that they have had to fix themselves a drink first thing in the morning to get themselves going after a night of heavy drinking** – Asked how often they have found that since the onset of COVID-19 they have had to fix themselves an alcoholic drink first thing in the morning to get themselves going after a night of heavy drinking, 99 per cent say this has never happened, followed by one per cent total who say this has happened once or a few times.
- **Felt guilt or remorse - Fourteen per cent of Canadians who are staying at home more and drink alcohol say that they have at least once felt guilt or remorse after drinking since the onset of COVID-19** – Asked how often they have found that since the onset of COVID-19 they have felt guilt or remorse after drinking, 86 per cent say this has never happened, followed by nine per cent who say a few times, four per cent who say once, one per cent say this happened more than a few times and less than one per cent say daily or almost daily.

98 per cent of  
Canadians who  
are staying at  
home more and  
drink alcohol have  
not accessed  
resources on  
alcohol  
consumption

- **Drinking injuries - Nearly all Canadians report that no injuries resulted from their drinking** – Asked how often since the onset of COVID-19 they have injured themselves or someone else as a result of their drinking, 99 per cent say this has never happened, followed by one per cent who say they have injured themselves only.
- **Others expressing concern - A large majority of Canadians who have been staying at home more and drink alcohol report that no one has expressed concern about their drinking** – Asked whether someone had expressed concern about their drinking since the onset of COVID-19, 97 per cent say this has never happened, followed by two per cent who a relative has expressed concern, and one per cent who say either a friend or a doctor has expressed concern, respectively.
- **Accessing resources - The significant majority have not accessed resources on alcohol consumption** – Asked whether or not they had accessed resources on how their drinking compared to the recommended guidelines to help them make informed choices about alcohol consumption, 98 per cent of Canadians who are staying at home more and drink alcohol say they have not accessed such resources and two per cent say that they have.

These observations are based on an RDD dual frame (land- and cell-lines) hybrid telephone and online random survey of 1,009 Canadians, 18 years of age or older, between May 26<sup>th</sup> to 28<sup>th</sup>, 2020. The survey of 1,009 Canadians is accurate  $\pm 3.1$  percentage points, 19 times out of 20. The margin of error for subsample of Canadians staying at home, who drink alcohol and whose consumption or frequency has increased or decreased will be wider.

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

# Alcohol consumption during COVID-19



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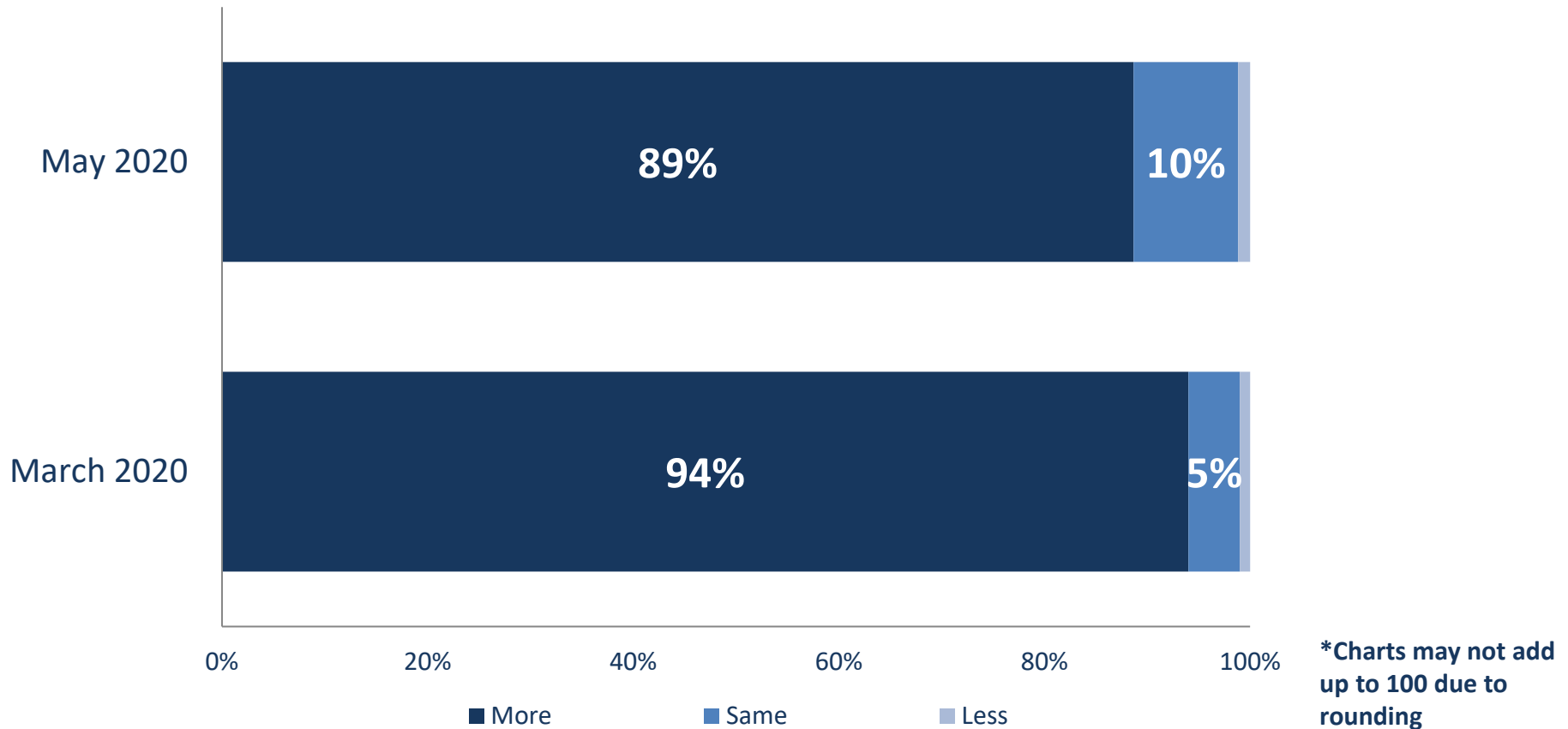


**“** *One in five Canadians report that their alcohol consumption has increased since they have been home more due to the COVID-19 pandemic*

**”**



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

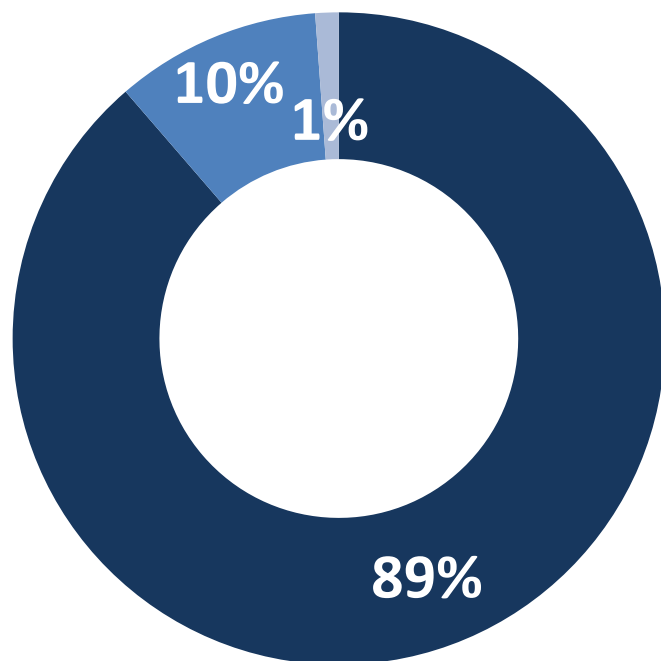


**QUESTION** – Are you currently staying at home MORE, THE SAME OR LESS due to Coronavirus/COVID-19?

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



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■ More      ■ Same      ■ Less

	More
Atlantic (n=97)	89.0%
Quebec (n=221)	85.7%
Ontario (n=342)	92.1%
Prairies (n=196)	85.7%
British Columbia (n=153)	88.0%
Male (n=521)	85.6%
Female (n=488)	91.6%
18 to 34 (n=212)	88.5%
35 to 54 (n=369)	88.5%
55 plus (n=428)	88.9%

\*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?

# Weeks stayed at home because of Coronavirus



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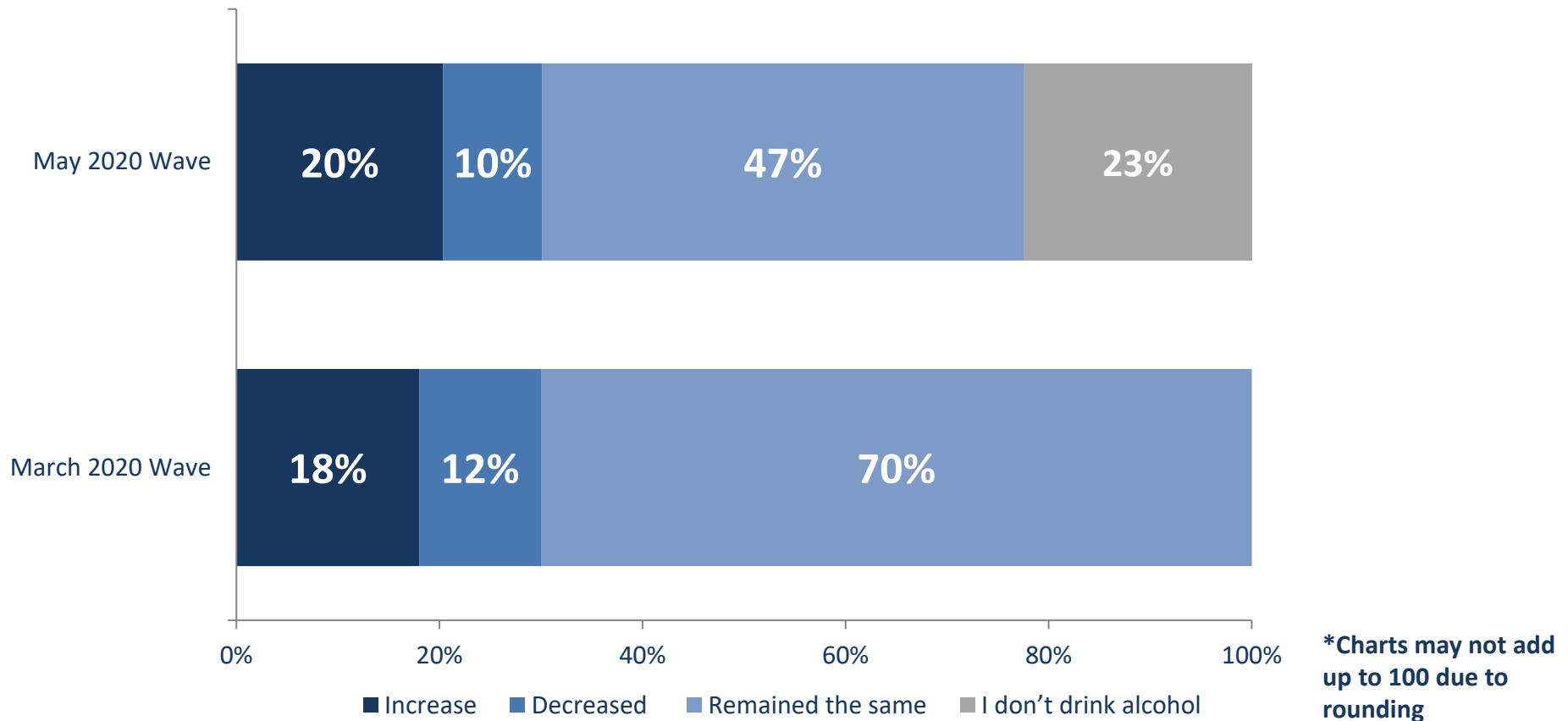


Mean	Median	Top Mentions	Frequency (n=888)
9.8 weeks	10.0 weeks	10 weeks	33.8%
		11 weeks	15.5%
		Eight weeks	13.9%
		12 weeks	13.3%
		Nine weeks	9.3%
		Six weeks	3.2%
		Seven weeks	2.1%

**QUESTION** – [IF STAYING AT HOME MORE DUE TO CORONAVIRUS/COVID-19] For how many weeks have you been staying at home more because of Coronavirus/COVID-19?

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=888 Canadians who report staying at home more due to Coronavirus, accurate 3.3 percentage points plus or minus, 19 times out of 20.

# Change in consumption of alcohol - Tracking



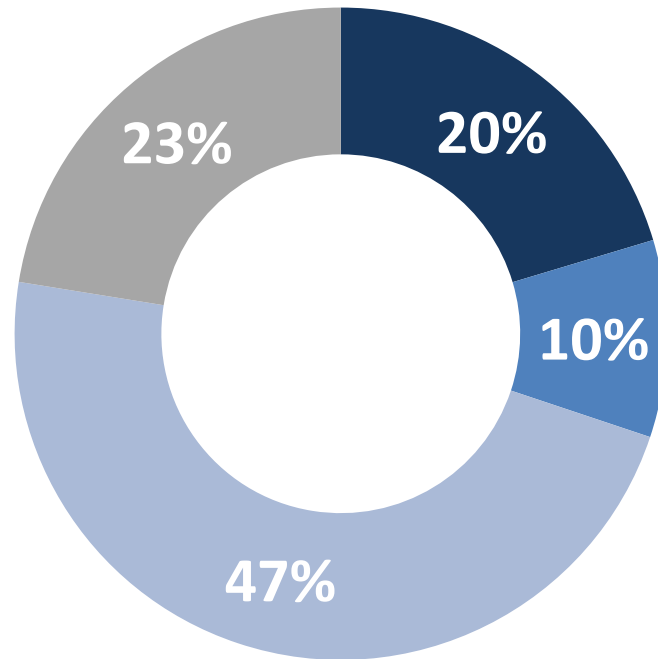
**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19] Since you have been home more, has your alcohol consumption increased, decreased or stayed the same?

**\*Please note that tracking from March 2020 did not include the response key option “I don't drink alcohol”.**

# Change in consumption of alcohol



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■ Increased ■ Decreased ■ Remained the same ■ I don't drink alcohol

	Remained the same
Atlantic (n=86)	43.0%
Quebec (n=188)	46.6%
Ontario (n=315)	46.4%
Prairies (n=166)	49.5%
British Columbia (n=133)	51.3%
Male (n=442)	46.8%
Female (n=446)	48.0%
18 to 34 (n=185)	40.2%
35 to 54 (n=326)	48.0%
55 plus (n=377)	51.9%

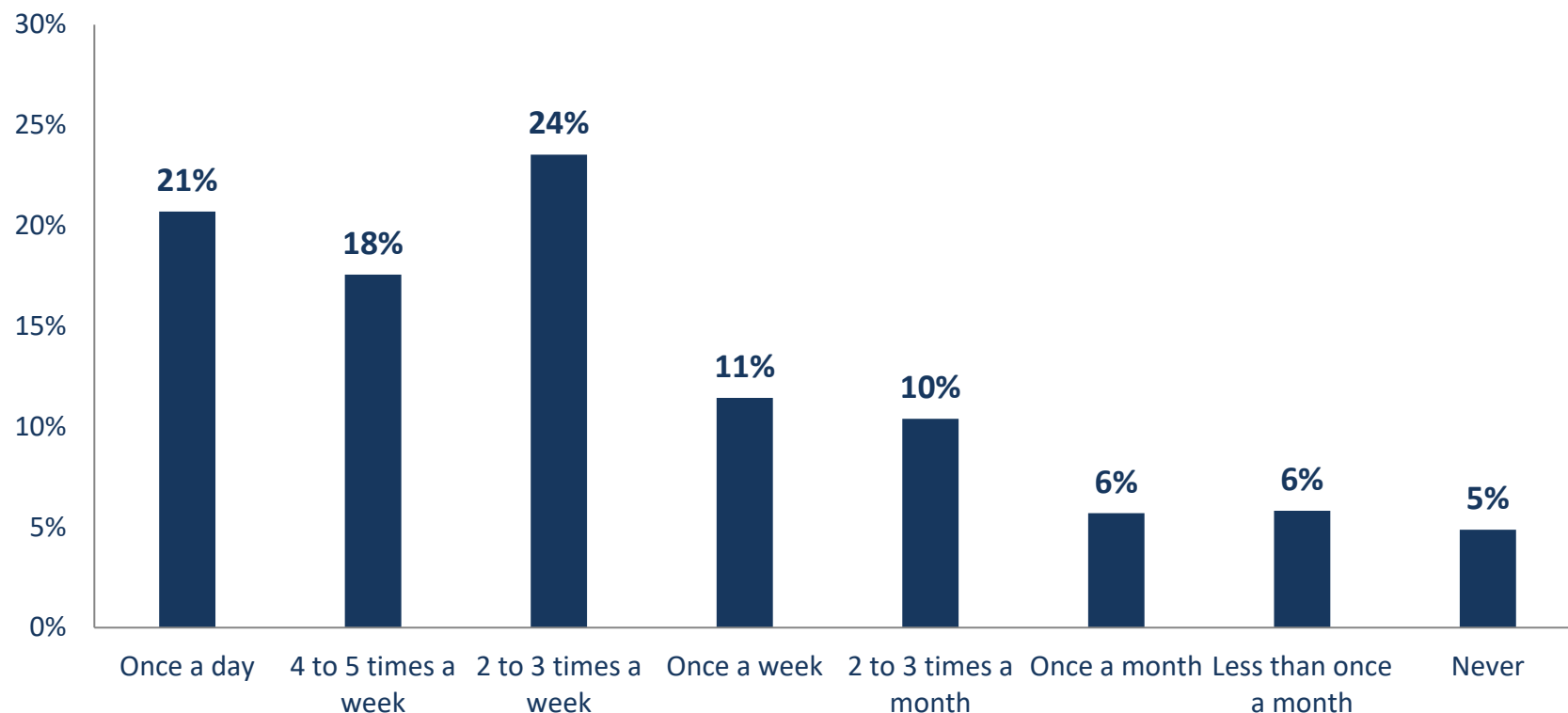
\*Weighted to the true population proportion.  
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**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19] Since you have been home more, has your alcohol consumption increased, decreased or stayed the same?

# Frequency of alcohol consumption



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**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL]** Since the beginning of May (i.e. the last three weeks), how often have you consumed alcohol?

# Change in frequency of alcohol consumption



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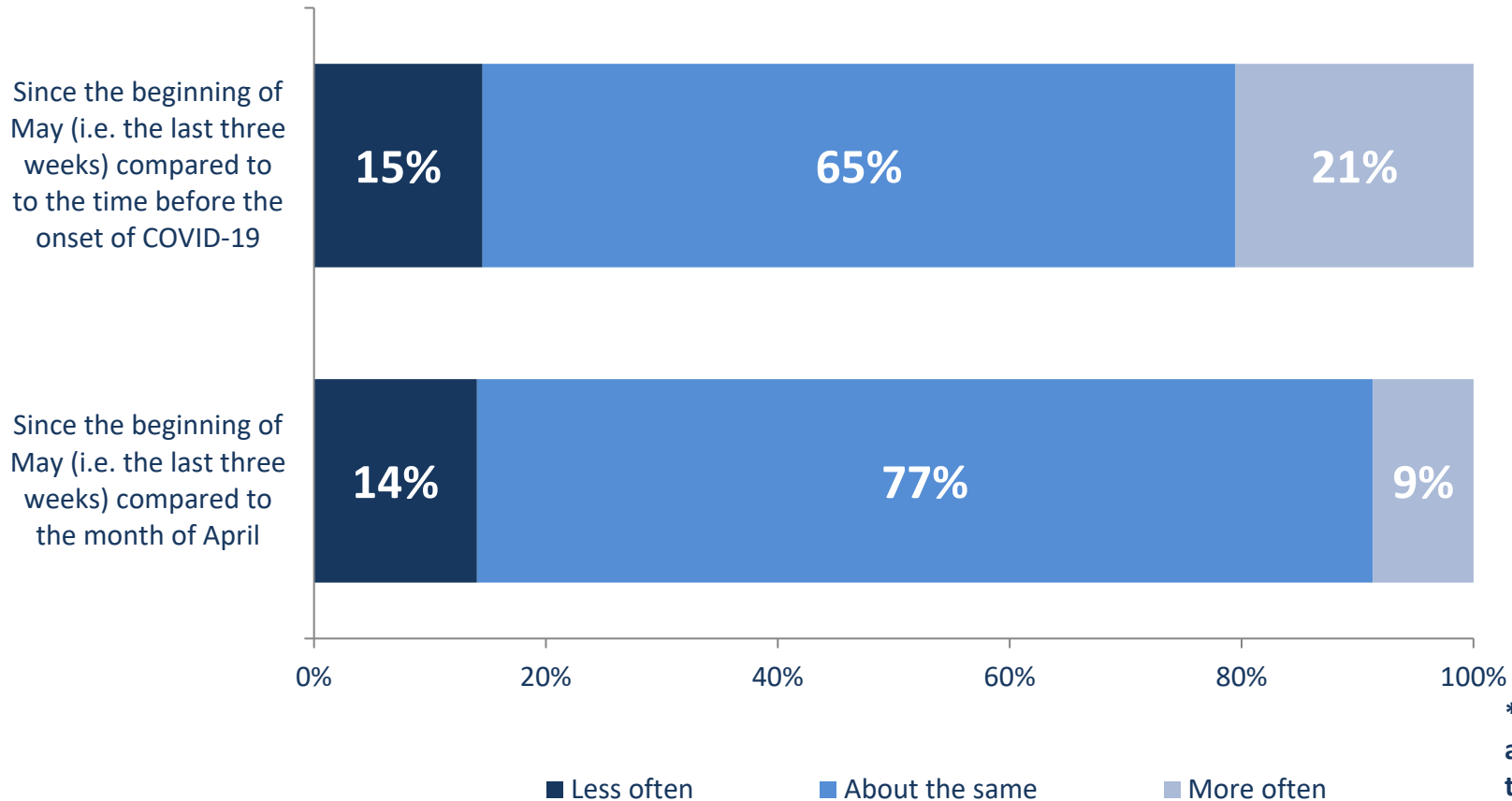


**“ Just over one in five Canadians who are staying at home more due to COVID-19 say they consume alcohol more frequently in May compared to pre-COVID-19 times ”**

# Change in frequency of alcohol consumption – Period comparison



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\*Charts may not add up to 100 due to rounding

**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL]** Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the month of April. Would it be...

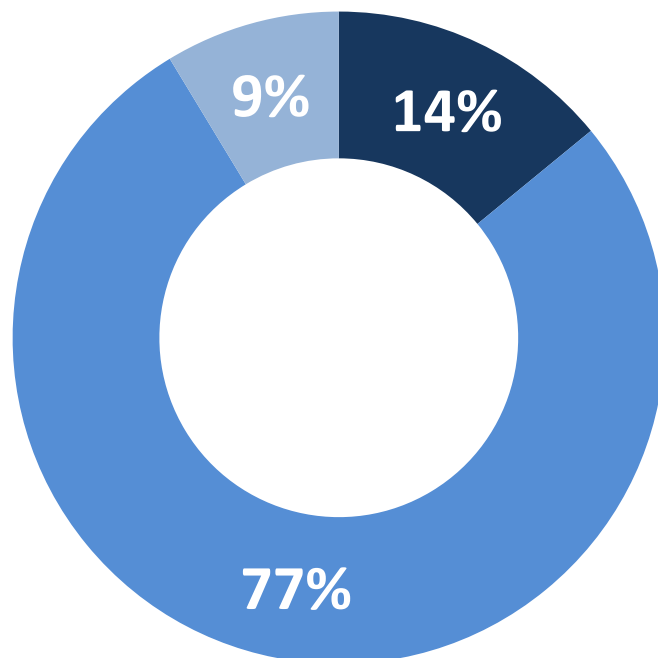
**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL]** Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the time before the onset of COVID-19. Would it be...



# Change in frequency of consumption of alcohol from April to May



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■ Less often    
 ■ About the same    
 ■ More often

	About the same
Atlantic (n=60)	80.3%
Quebec (n=155)	77.1%
Ontario (n=237)	71.1%
Prairies (n=129)	83.4%
British Columbia (n=104)	85.9%
Male (n=352)	74.5%
Female (n=333)	79.9%
18 to 34 (n=145)	75.3%
35 to 54 (n=260)	75.5%
55 plus (n=280)	80.5%

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

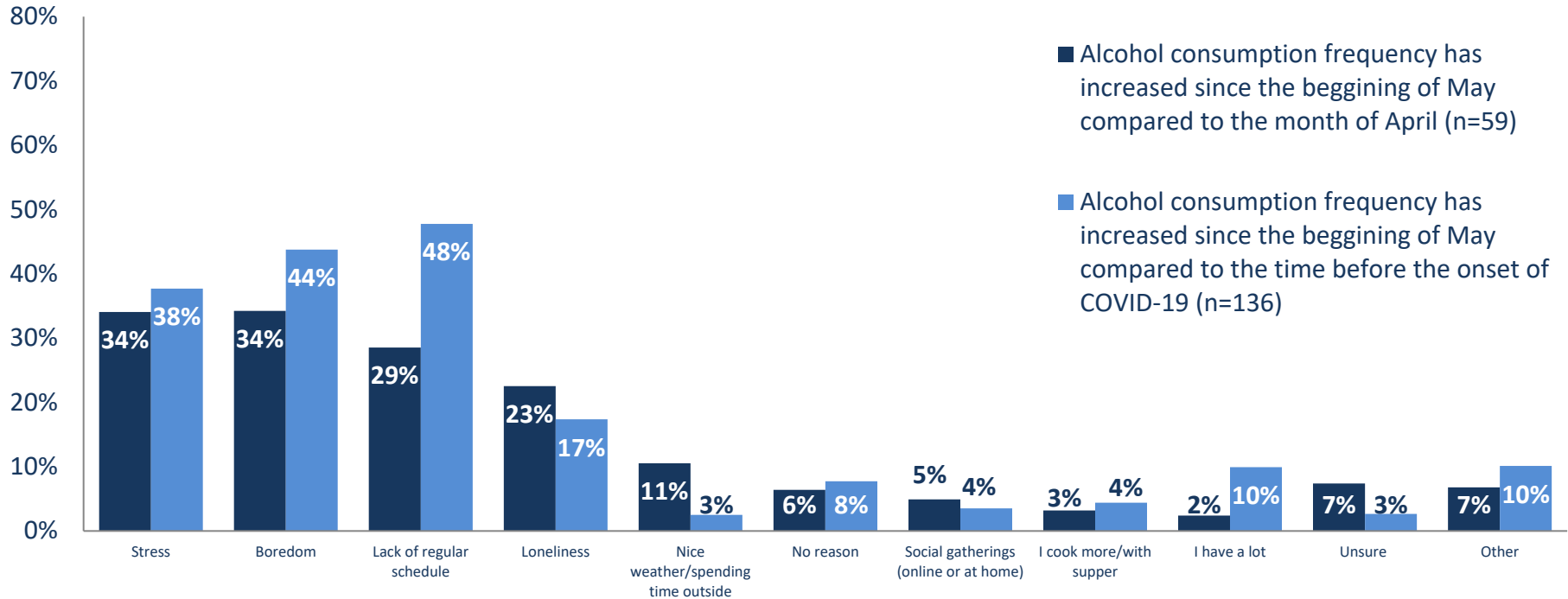
**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the month of April. Would it be....

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.7 percentage points plus or minus, 19 times out of 20.

# Reasons for increase in alcohol consumption frequency – Period comparison



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**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL MORE FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you been consuming alcohol more often? (Select all that apply)**

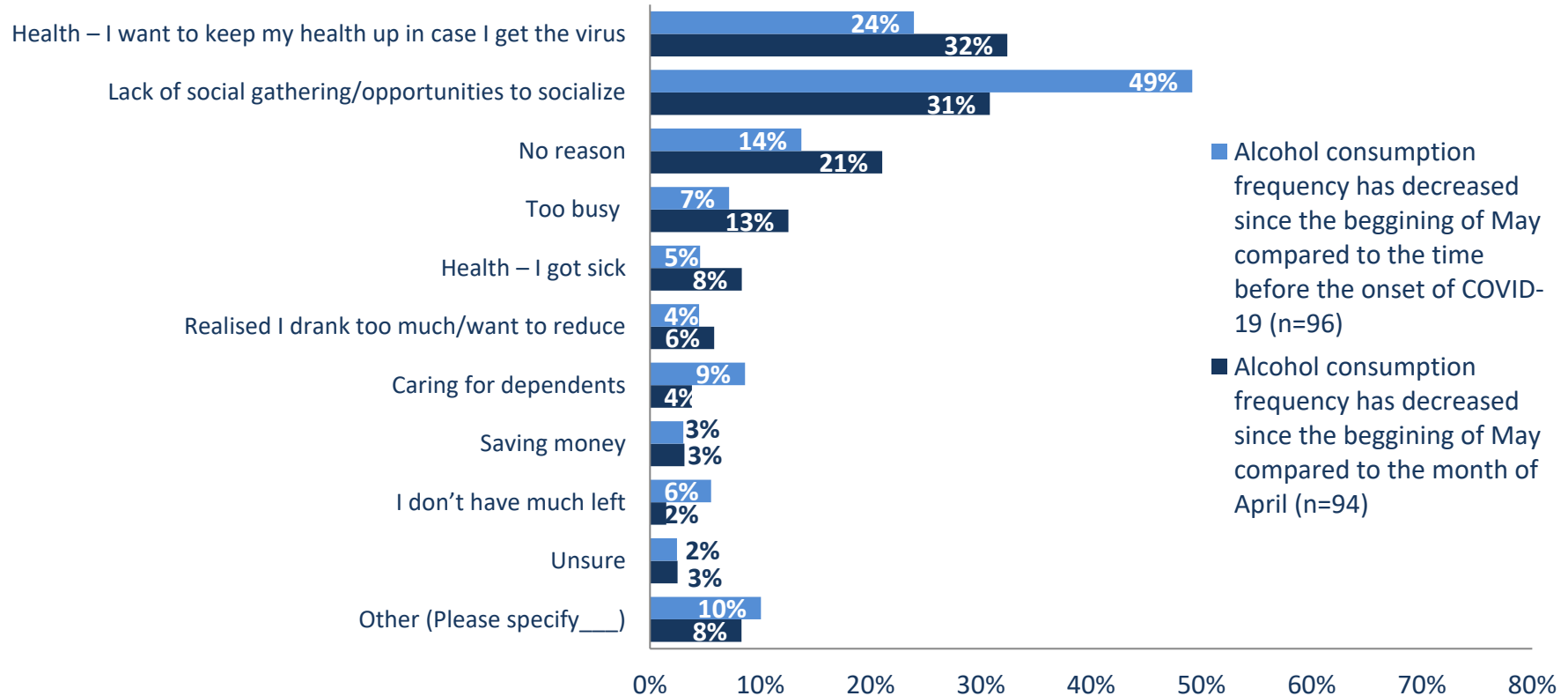
**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL MORE FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you been consuming alcohol more often? (Select all that apply)**

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.7 percentage points plus or minus, 19 times out of 20.

# Reasons for decrease in alcohol consumption frequency – Period comparison



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**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL LESS FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you been consuming alcohol less often? (Select all that apply)**

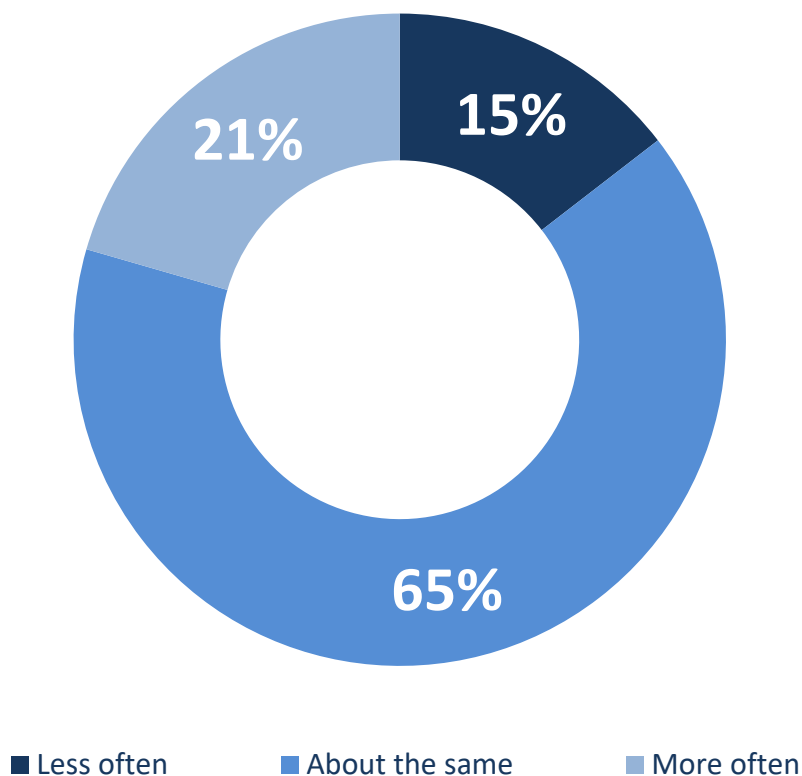
**QUESTION – QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL LESS FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you been consuming alcohol less often? (Select all that apply)**

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.7 percentage points plus or minus, 19 times out of 20.

# Change in frequency of consumption of alcohol from the time before Covid-19



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	About the same
Atlantic (n=60)	67.1%
Quebec (n=155)	69.3%
Ontario (n=237)	60.4%
Prairies (n=129)	66.7%
British Columbia (n=104)	67.0%
Male (n=352)	63.3%
Female (n=333)	66.5%
18 to 34 (n=145)	53.5%
35 to 54 (n=260)	64.1%
55 plus (n=280)	74.4%

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

**QUESTION** – Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the time before the onset of COVID-19. Would it be...

# Change in quantity of alcohol consumption



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**“** *Canadians staying at home more who drink alcohol say they have been drinking on average 2.6 drinks on the days they have been drinking*

**”**

# Number of alcoholic drinks since the beginning of May

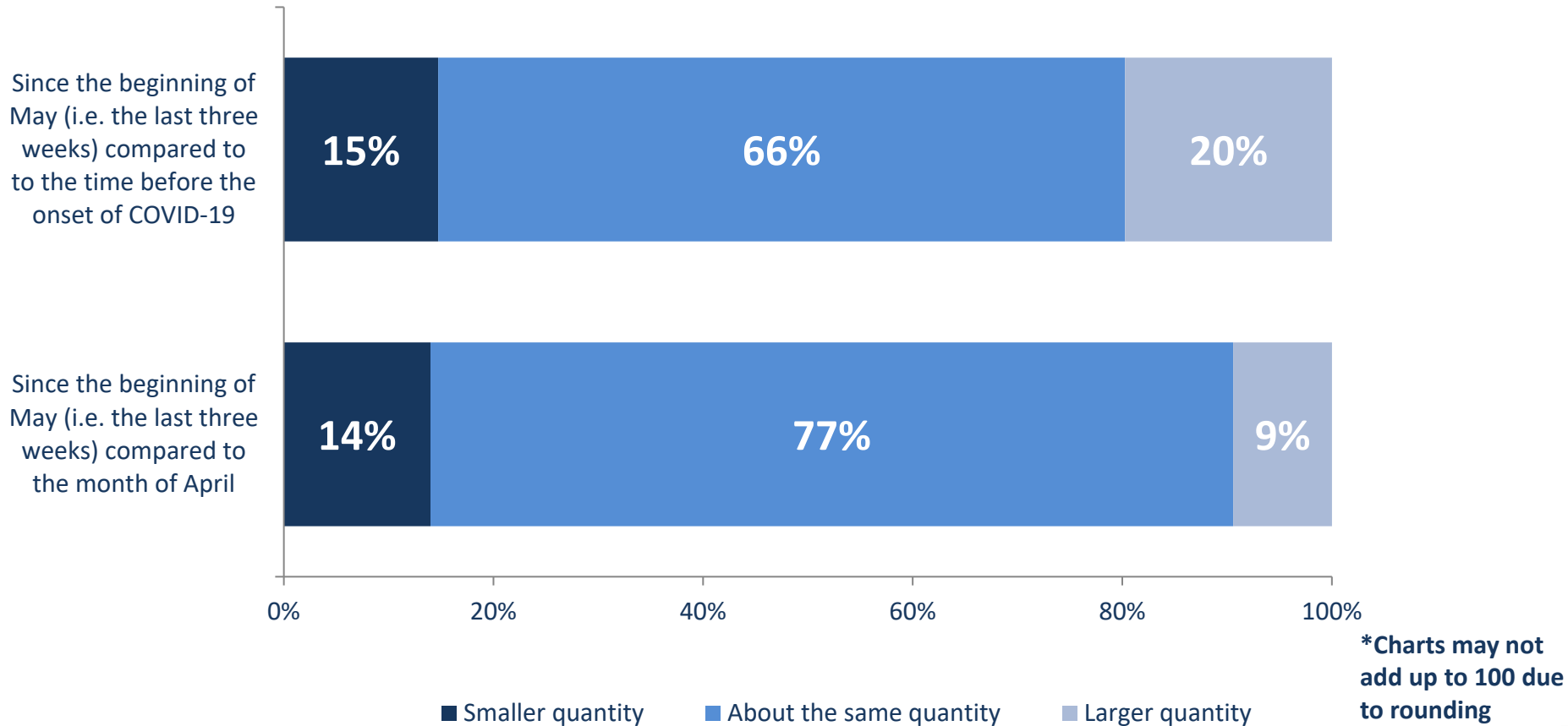
Men	
Mean	Median
2.8 drinks	2.0 drinks

Women	
Mean	Median
2.4 drinks	2.0 drinks

Top Mentions	Men (n=349)	Women (n=332)
One drink	36.6%	48.8%
Two drinks	31.0%	31.8%
Three drinks	13.6%	7.3%
Four drinks	6.5%	4.5%
Six drinks	3.5%	1.7%
Five drinks	2.9%	0.8%
Twelve drinks	1.1%	1.3%

**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL]** Since the beginning of May (i.e. the last three weeks), on those days when you drank alcohol, how many alcoholic drinks did you usually have? \_\_\_ alcoholic drinks

# Change in quantity of alcohol consumption – Period comparison



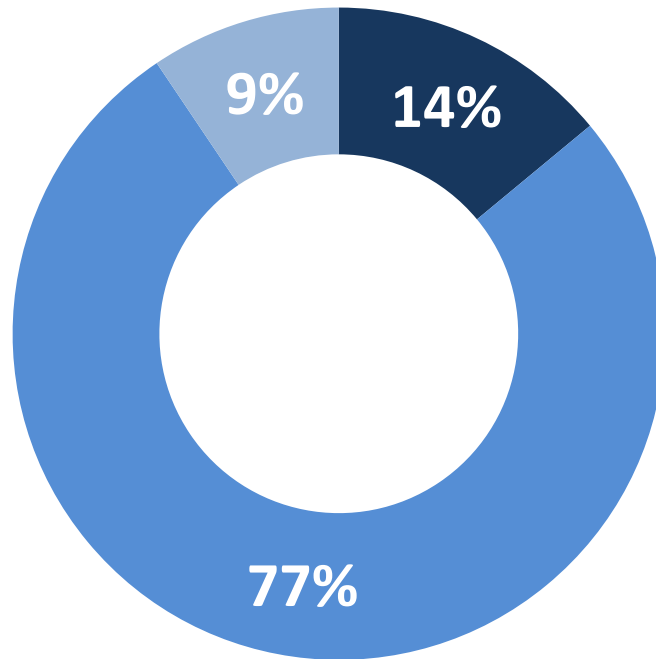
**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL]** Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the month of April. Would it be a...

**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL]** Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the time before the onset of COVID-19. Would it be...

# Change in quantity of alcohol consumed since the beginning of May compared to April



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■ Smaller quantity   ■ About the same quantity   ■ Larger quantity

	About the same quantity
Atlantic (n=60)	78.9%
Quebec (n=155)	75.2%
Ontario (n=237)	71.2%
Prairies (n=129)	79.3%
British Columbia (n=104)	90.0%
Male (n=352)	74.0%
Female (n=333)	79.0%
18 to 34 (n=145)	75.8%
35 to 54 (n=260)	74.8%
55 plus (n=280)	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 AND DRINKS ALCOHOL]** Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the month of April. Would it be a...

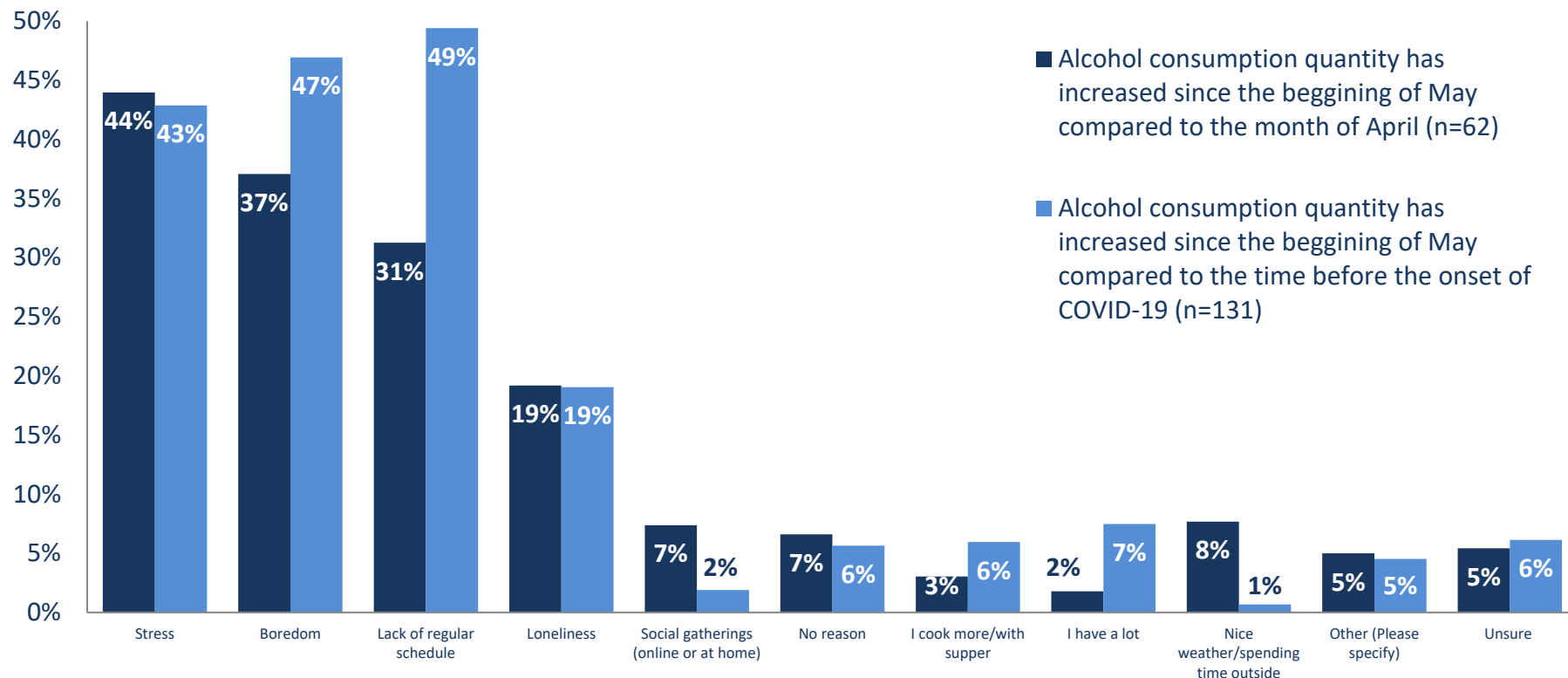
Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.7 percentage points plus or minus, 19 times out of 20.



# Reasons for increase in alcohol consumption quantity – Period comparison



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- Alcohol consumption quantity has increased since the beginning of May compared to the month of April (n=62)
- Alcohol consumption quantity has increased since the beginning of May compared to the time before the onset of COVID-19 (n=131)

**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A LARGER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you had a larger number of drinks per day? (Select all that apply)**

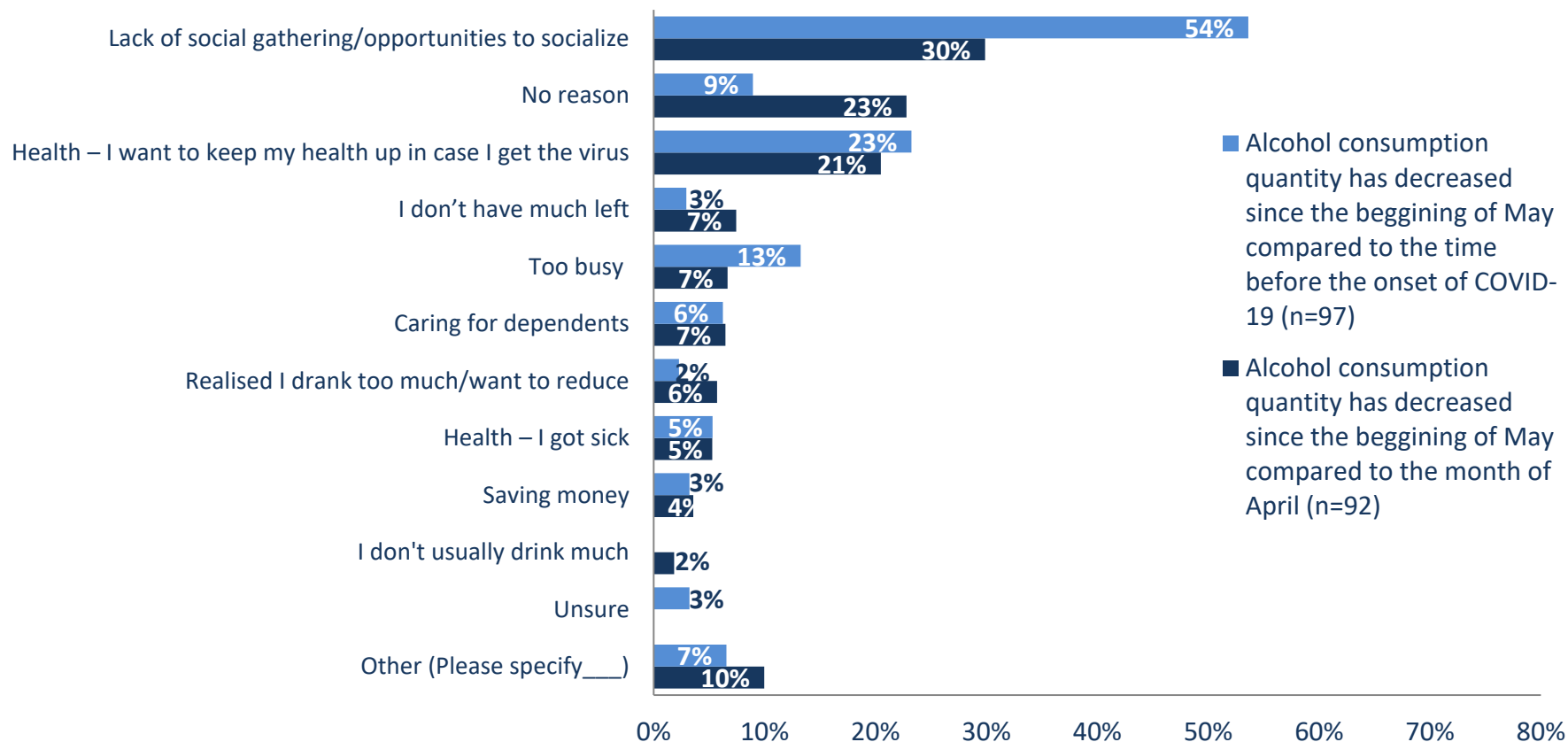
**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A LARGER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you had a larger number of drinks per day? (Select all that apply)**

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.7 percentage points plus or minus, 19 times out of 20.

# Reasons for decrease in alcohol consumption quantity – Period comparison



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**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A SMALLER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you had a smaller number of drinks per day? (Select all that apply)**

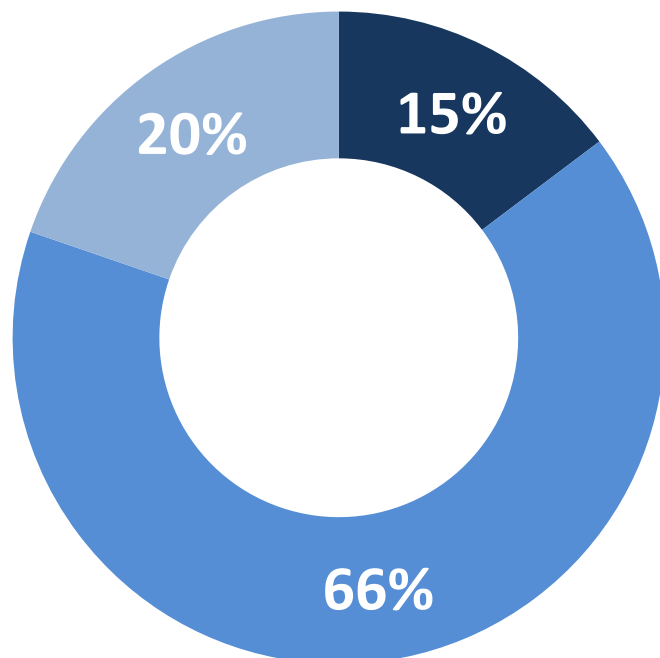
**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A SMALLER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you had a smaller number of drinks per day? (Select all that apply)**

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.7 percentage points plus or minus, 19 times out of 20.

# Change in consumption of alcohol since the beginning of May to the time before Covid-19



Canadian Centre  
on Substance Use  
and Addiction



■ Smaller quantity    ■ About the same    ■ Larger quantity

	About the same
Atlantic (n=60)	67.0%
Quebec (n=155)	63.1%
Ontario (n=237)	64.0%
Prairies (n=129)	65.8%
British Columbia (n=104)	73.3%
Male (n=352)	63.8%
Female (n=333)	67.2%
18 to 34 (n=145)	56.0%
35 to 54 (n=260)	64.8%
55 plus (n=280)	73.5%

\*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 AND DRINKS ALCOHOL] Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the time before the onset of COVID-19. Would it be a...

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.7 percentage points plus or minus, 19 times out of 20.



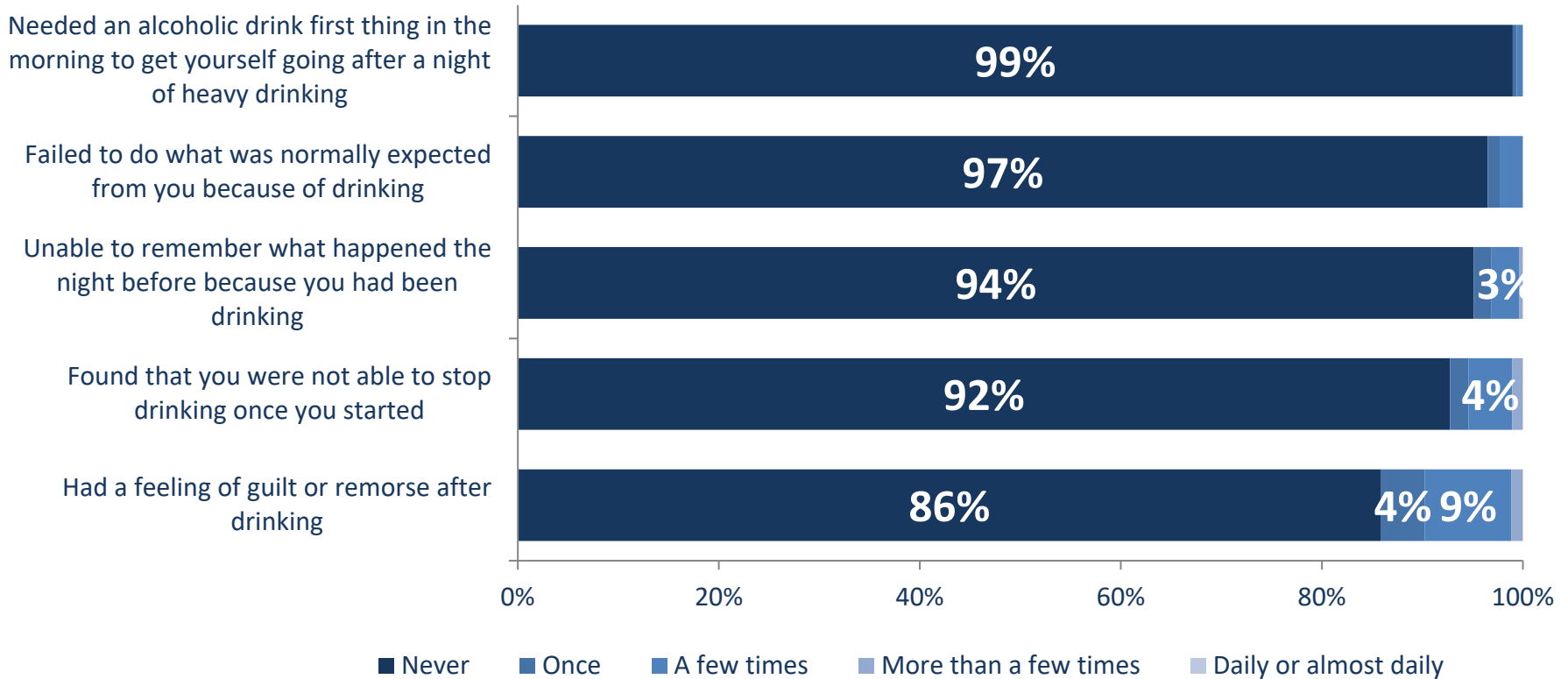
**“ Fourteen per cent of Canadians who are staying at home more and who consume alcohol say they have felt guilt or remorse about drinking at least once since the onset of COVID-19**

**”**

# Frequency of actions related to alcohol consumption



Canadian Centre  
on Substance Use  
and Addiction



## QUESTIONS – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL]

Since the onset of COVID-19, how often have you found that you were not able to stop drinking once you started?

Since the onset of COVID-19, how often have you failed to do what was normally expected from you because of drinking?

Since the onset of COVID-19, how often have you been unable to remember what happened the night before because you had been drinking?

Since the onset of COVID-19, how often have you needed an alcoholic drink first thing in the morning to get yourself going after a night of heavy drinking?

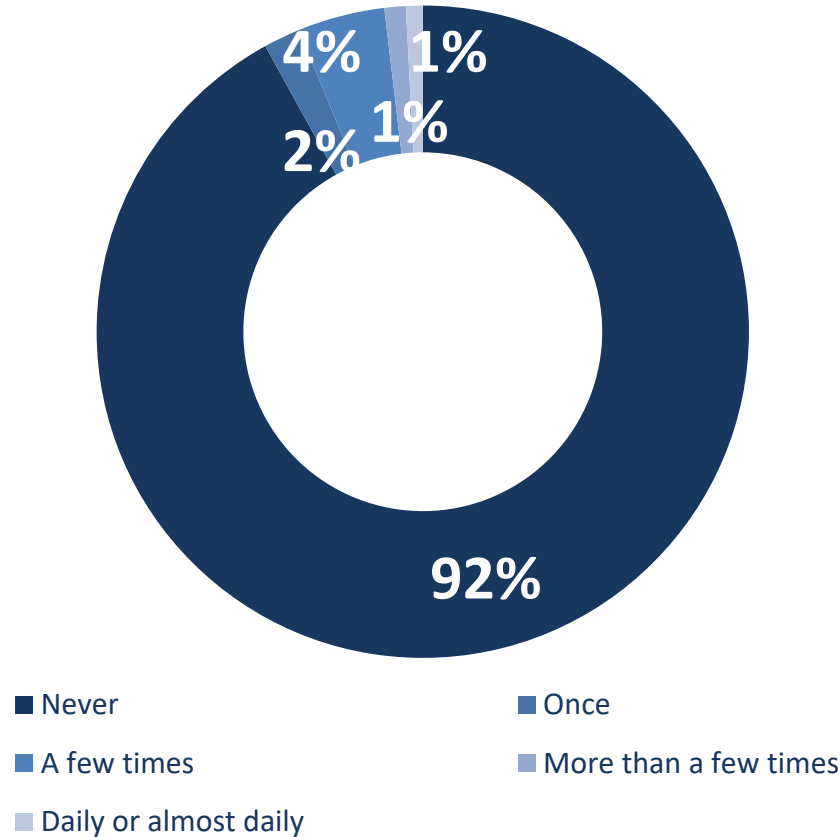
Since the onset of COVID-19, how often have you had a feeling of guilt or remorse after drinking?

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.7 percentage points plus or minus, 19 times out of 20.

# Frequency of not being able to stop drinking once started since COVID-19



Canadian Centre  
on Substance Use  
and Addiction



	Never
Atlantic (n=60)	92.6%
Quebec (n=154)	88.0%
Ontario (n=237)	93.2%
Prairies (n=128)	94.7%
British Columbia (n=104)	91.5%
Male (n=352)	90.2%
Female (n=331)	93.7%
18 to 34 (n=145)	89.1%
35 to 54 (n=260)	92.8%
55 plus (n=278)	93.4%

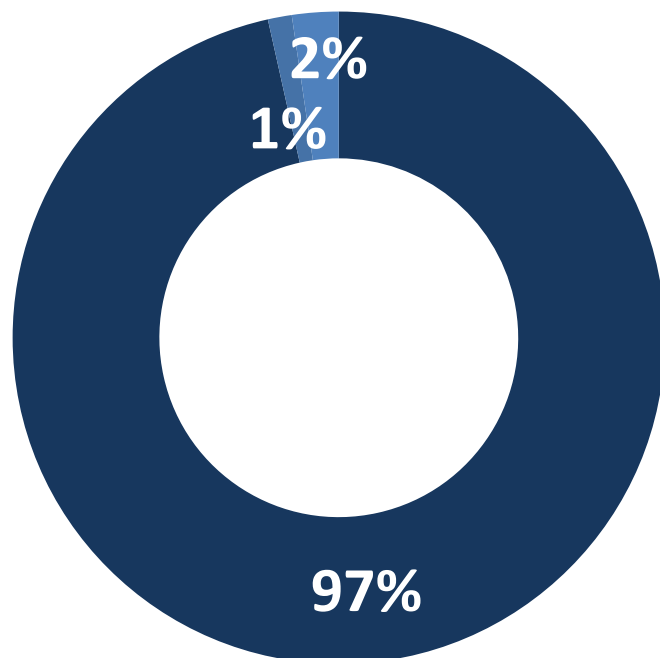
\*Weighted to the true population proportion.  
\*Charts may not add up to 100 due to rounding.

**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you found that you were not able to stop drinking once you started?

# Frequency of not being able to do what was normally expected since COVID-19



Canadian Centre  
on Substance Use  
and Addiction



- Never
- Once
- A few times
- More than a few times
- Daily or almost daily

	Never
Atlantic (n=60)	95.9%
Quebec (n=155)	96.6%
Ontario (n=237)	96.4%
Prairies (n=129)	94.8%
British Columbia (n=104)	99.3%
Male (n=352)	96.0%
Female (n=333)	97.0%
18 to 34 (n=145)	92.4%
35 to 54 (n=260)	97.2%
55 plus (n=280)	99.0%

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

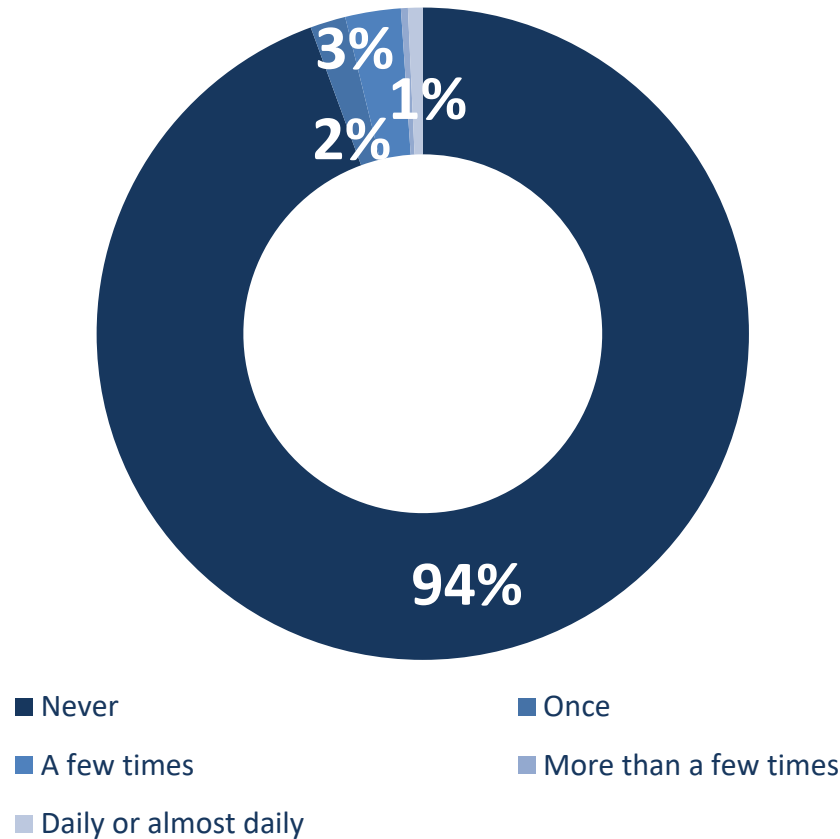
**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you failed to do what was normally expected from you because of drinking?

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.6 percentage points plus or minus, 19 times out of 20.

# Frequency of not being able to remember what happened the night before since COVID-19



Canadian Centre  
on Substance Use  
and Addiction



	Never
Atlantic (n=60)	94.0%
Quebec (n=155)	96.2%
Ontario (n=237)	92.5%
Prairies (n=129)	95.3%
British Columbia (n=104)	95.7%
Male (n=352)	94.2%
Female (n=333)	94.6%
18 to 34 (n=145)	90.1%
35 to 54 (n=260)	95.4%
55 plus (n=280)	96.7%

\*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 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you been unable to remember what happened the night before because you had been drinking?

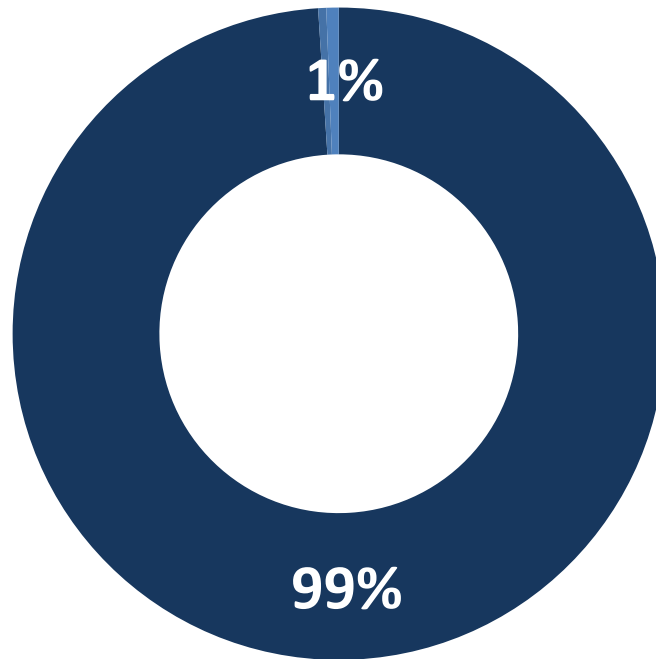
Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.6 percentage points plus or minus, 19 times out of 20.



# Frequency of needing an alcoholic drink first thing in the morning since COVID-19



Canadian Centre  
on Substance Use  
and Addiction



- Never
- Once
- A few times
- More than a few times
- Daily or almost daily

	Never
Atlantic (n=60)	96.3%
Quebec (n=155)	98.4%
Ontario (n=237)	99.0%
Prairies (n=129)	100.0%
British Columbia (n=104)	100.0%
Male (n=352)	99.0%
Female (n=333)	99.0%
18 to 34 (n=145)	97.3%
35 to 54 (n=260)	99.8%
55 plus (n=280)	99.5%

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

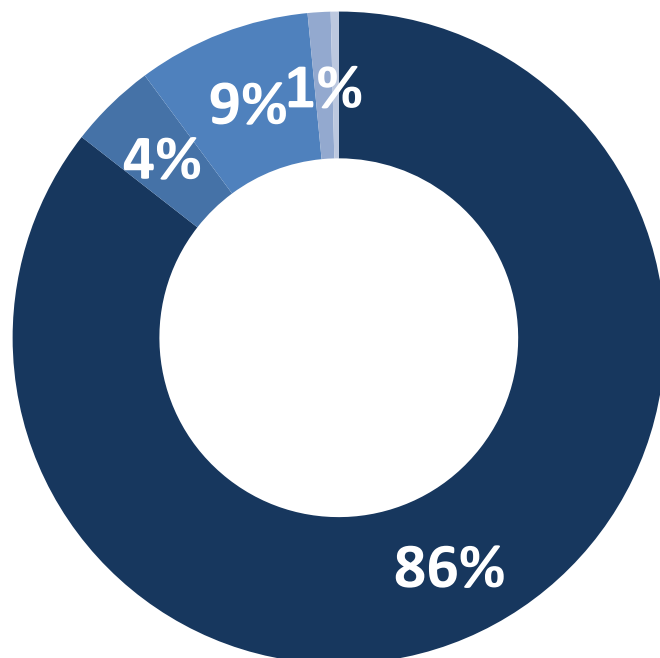
**QUESTION – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL]** Since the onset of COVID-19, how often have you needed an alcoholic drink first thing in the morning to get yourself going after a night of heavy drinking?

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.6 percentage points plus or minus, 19 times out of 20.

# Frequency of feeling guilt or remorse after drinking since COVID-19



Canadian Centre  
on Substance Use  
and Addiction



- Never
- Once
- A few times
- More than a few times
- Daily or almost daily

	Never
Atlantic (n=60)	84.8%
Quebec (n=155)	83.9%
Ontario (n=237)	88.0%
Prairies (n=129)	84.6%
British Columbia (n=104)	83.0%
Male (n=352)	84.8%
Female (n=333)	86.3%
18 to 34 (n=145)	78.5%
35 to 54 (n=260)	83.7%
55 plus (n=280)	92.6%

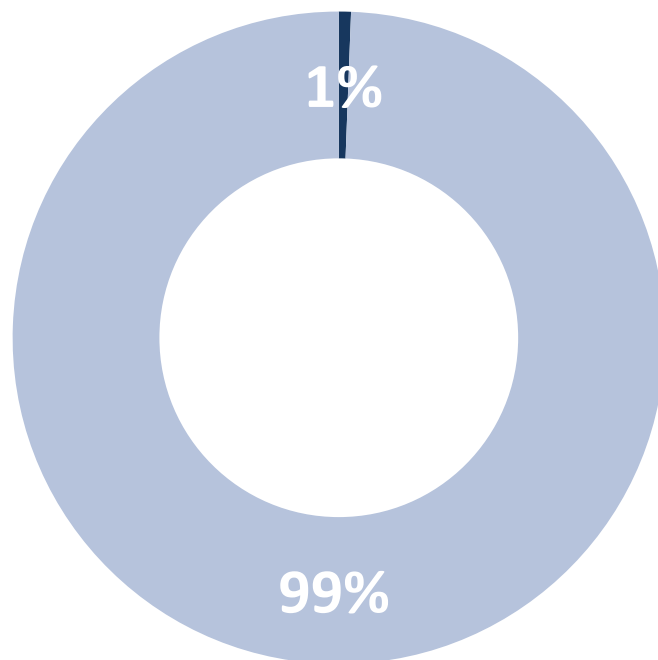
\*Weighted to the true population proportion.  
\*Charts may not add up to 100 due to rounding.

**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you had a feeling of guilt or remorse after drinking?

# Injury as a result of drinking since COVID-19



Canadian Centre  
on Substance Use  
and Addiction



- Yes, injured myself only
- Yes, injured someone else only
- Yes, injured both myself and someone else
- No injury concern

	No injury
Atlantic (n=60)	100.0%
Quebec (n=155)	98.3%
Ontario (n=237)	100.0%
Prairies (n=128)	100.0%
British Columbia (n=104)	98.3%
Male (n=351)	99.5%
Female (n=333)	99.3%
18 to 34 (n=145)	98.7%
35 to 54 (n=259)	99.6%
55 plus (n=280)	99.7%

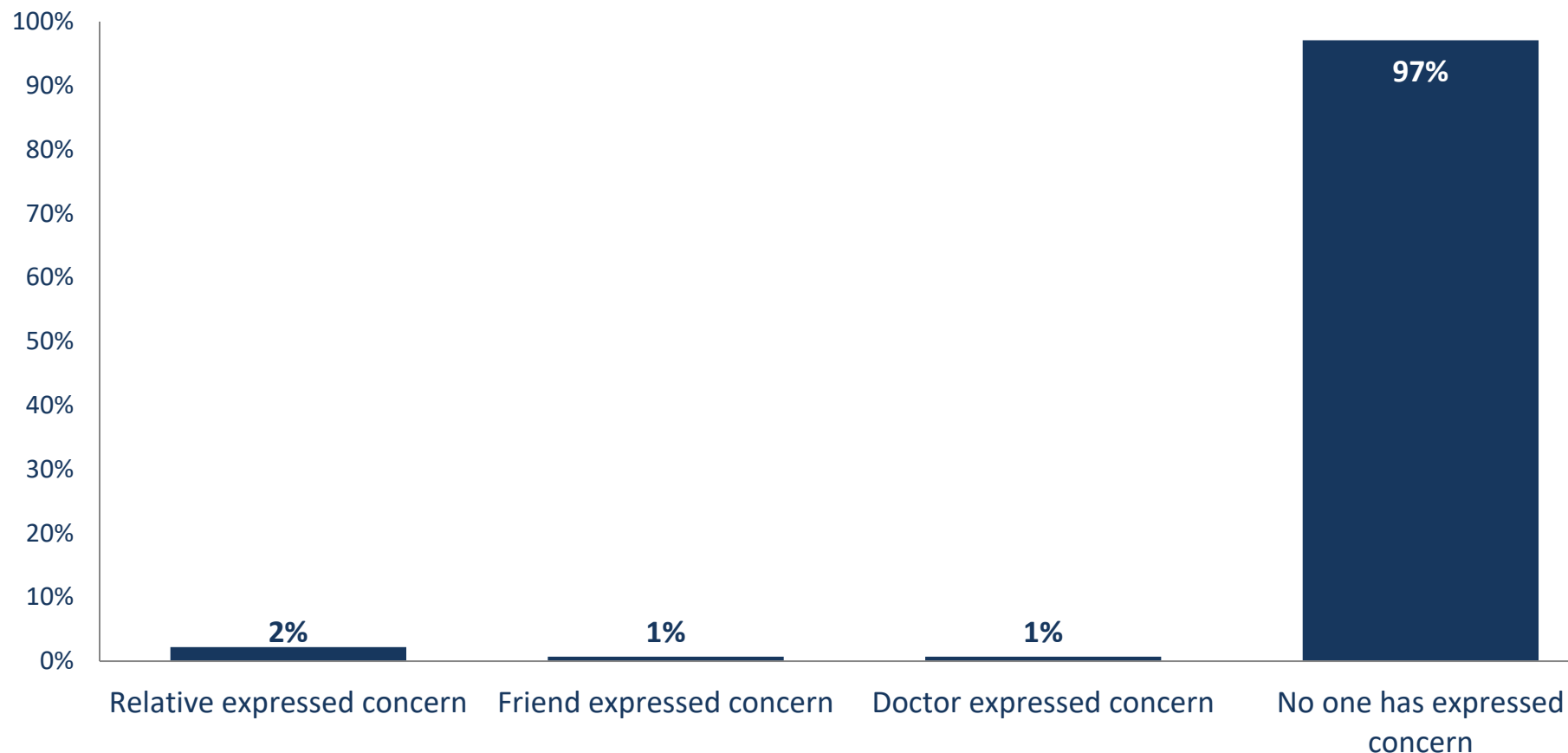
\*Weighted to the true population proportion.  
\*Charts may not add up to 100 due to rounding.

**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, have you or someone else been injured as a result of your drinking? (Select one)

# Express concern about drinking since COVID-19



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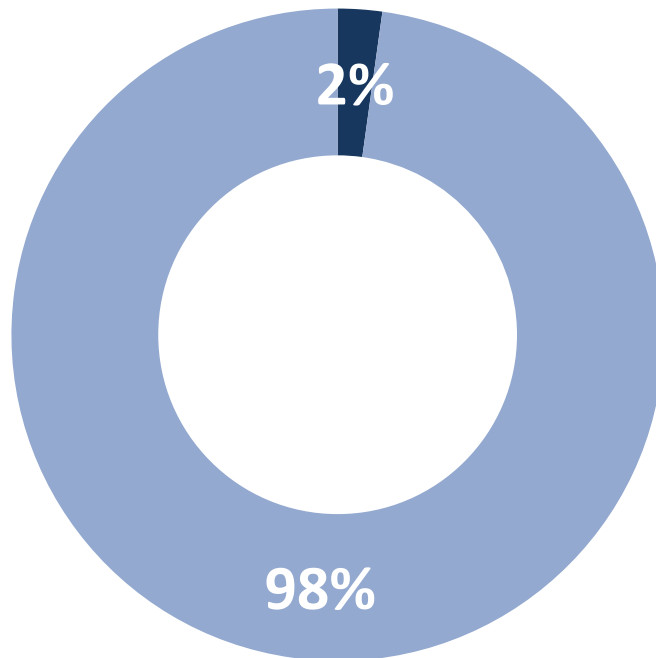
**QUESTION** – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down? (Select all that apply)

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=676 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.8 percentage points plus or minus, 19 times out of 20.

# Access to resources since COVID-19



Canadian Centre  
on Substance Use  
and Addiction



■ Have accessed resources    ■ Have not accessed resources

	Has not accessed resources	Has accessed resources
Atlantic (n=60)	94.0%	6.0%
Quebec (n=155)	97.3%	2.7%
Ontario (n=237)	98.2%	1.8%
Prairies (n=129)	98.3%	1.7%
British Columbia (n=104)	98.6%	1.4%
Male (n=352)	97.6%	2.4%
Female (n=333)	98.0%	2.0%
18 to 34 (n=145)	97.1%	2.9%
35 to 54 (n=260)	98.8%	1.2%
55 plus (n=280)	97.4%	2.6%

\*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 AND DRINKS ALCOHOL]** Since the onset of COVID-19, have you accessed any resources (for example, checked how your drinking compared to that recommended by Canada’s Low Risk Drinking guidelines) to help you make informed choices about your alcohol consumption or help managing your drinking?

Source: Nanos Research, RDD dual frame hybrid telephone and online random survey, May 26<sup>th</sup> to 28<sup>th</sup>, 2020, n=685 Canadians who report staying at home more due to Coronavirus and consume alcohol, accurate 3.6 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 1,009 Canadians, 18 years of age or older, between May 26<sup>th</sup> and 28<sup>th</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 of 1,009 Canadians is  $\pm 3.1$  percentage points, 19 times out of 20.

The research was commissioned by 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	1009 Randomly selected individuals.
Source of Sample	Nanos Panel
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	May 26 <sup>th</sup> to 28 <sup>th</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. *Confirm if applicable
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	10 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	Previous content on the omnibus included political issues, economic issues, real estate, and COVID-19.
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. 27 Email: info@nanosresearch.com.





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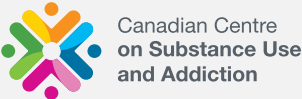
This international joint venture between [dimap](http://www.dimap.com) and [Nanos](http://www.nanos.co) brings together top research and data experts from North American and Europe to deliver exceptional data intelligence to clients. The team offers data intelligence services ranging from demographic and sentiment microtargeting; consumer sentiment identification and decision conversion; and, data analytics and profiling for consumer persuasion.

[www.nanosdimap.com](http://www.nanosdimap.com)

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# TABULATIONS



Canadian Centre  
on Substance Use  
and Addiction





**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	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	1009	97	221	342	196	153	521	488	212	369	428
		Wgt N	1000	67	233	384	183	133	490	510	273	341	386
	More	%	88.7	89.0	85.7	92.1	85.7	88.0	85.6	91.6	88.5	88.5	88.9
	Same	%	10.2	10.0	12.5	7.1	12.8	11.5	13.1	7.4	9.8	10.7	10.0
	Less	%	1.2	1.0	1.8	0.8	1.5	0.5	1.3	1.0	1.7	0.7	1.2

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,009 Canadians, 18 years of age or older, between May 26<sup>th</sup> and 28<sup>th</sup>, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.



2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING AT HOME MORE DUE TO CORONAVIRUS/COVID-19] For how many weeks have you been staying at home more because of Coronavirus/COVID-19?	Total	Unwgt N	888	86	188	315	166	133	442	446	185	326	377
		Wgt N	887	60	200	354	157	117	419	467	242	302	343
		Mean	9.8	9.9	9.8	10.0	9.5	9.9	9.7	9.9	10.1	9.5	9.9
		Median	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0	10.0
	1.00	%	0.1	0.0	0.0	0.0	0.5	0.0	0.0	0.2	0.0	0.0	0.2
	2.00	%	0.7	0.0	0.0	0.9	2.0	0.0	0.6	0.8	0.5	1.4	0.2
	3.00	%	0.4	0.0	0.0	0.7	0.6	0.0	0.8	0.0	0.9	0.4	0.0
	4.00	%	0.9	2.4	0.0	1.4	0.0	1.4	1.7	0.2	0.3	1.6	0.7
	5.00	%	1.0	1.2	1.7	0.6	0.4	1.7	0.9	1.1	0.0	0.8	1.8
	6.00	%	3.2	2.1	4.1	2.5	3.6	4.3	3.6	2.9	2.7	3.3	3.6
	7.00	%	2.1	1.3	2.2	1.1	5.5	0.5	1.2	2.8	3.7	1.0	1.8
	7.50	%	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.2	0.0	0.3	0.0
	8.00	%	13.9	16.1	15.4	11.8	15.9	13.8	14.6	13.3	12.8	15.3	13.4
	9.00	%	9.3	9.1	11.2	8.0	10.9	8.0	9.5	9.2	6.7	12.0	8.8
	10.00	%	33.8	34.1	34.8	33.8	30.5	36.5	36.2	31.7	32.9	33.0	35.2
	10.50	%	0.3	0.0	0.0	0.3	0.6	0.7	0.2	0.4	0.0	0.9	0.0
	11.00	%	15.5	11.7	15.3	19.6	8.7	14.2	13.0	17.7	17.3	17.2	12.7
	12.00	%	13.3	14.4	10.2	12.5	17.3	14.7	11.6	14.7	15.3	9.2	15.4
	13.00	%	1.9	2.5	1.7	2.9	0.6	0.5	2.0	1.8	1.7	2.1	1.9
	14.00	%	0.7	2.7	0.4	1.0	0.0	0.5	0.6	0.9	0.6	0.0	1.5
15.00	%	0.9	0.0	1.2	1.1	0.0	1.9	1.3	0.6	2.5	0.0	0.7	
16.00	%	0.8	1.3	0.9	0.4	1.3	1.1	0.9	0.7	1.0	0.0	1.4	
Refuse/no answer	%	1.0	1.0	0.9	1.1	1.9	0.0	1.4	0.7	1.2	1.4	0.6	

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,009 Canadians, 18 years of age or older, between May 26<sup>th</sup> and 28<sup>th</sup>, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.



**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
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?	Total	Unwgt N	888	86	188	315	166	133	442	446	185	326	377
		Wgt N	887	60	200	354	157	117	419	467	242	302	343
	Increased	%	20.4	22.3	24.2	19.0	19.0	18.6	21.6	19.2	27.4	22.6	13.4
	Decreased	%	9.8	3.5	11.5	9.9	11.0	8.1	11.2	8.5	12.2	8.9	8.9
	Remained the same	%	47.4	43.0	46.6	46.4	49.5	51.3	46.8	48.0	40.2	48.0	51.9
	I don't drink alcohol	%	22.5	31.2	17.7	24.7	20.4	22.0	20.4	24.3	20.2	20.4	25.8

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the beginning of May (i.e. the last three weeks), how often have you consumed alcohol?	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Once a day	%	20.7	22.5	22.1	17.9	21.6	24.2	22.2	19.3	16.4	13.9	30.4
	4 to 5 times a week	%	17.6	16.9	20.3	19.9	13.0	12.3	18.3	16.9	15.5	20.5	16.4
	2 to 3 times a week	%	23.5	34.7	20.3	23.5	20.7	28.3	24.1	23.0	27.8	24.5	19.4
	Once a week	%	11.4	4.1	13.8	10.5	13.9	9.7	11.0	11.8	12.7	11.2	10.7
	2 to 3 times a month	%	10.4	8.3	10.0	9.7	11.0	13.0	11.5	9.4	10.2	10.8	10.1
	Once a month	%	5.7	5.2	5.6	5.6	6.6	5.1	5.6	5.8	5.0	7.7	4.4
	Less than once a month	%	5.8	1.4	5.3	8.3	5.1	2.4	5.3	6.3	5.6	7.7	4.2
	Never	%	4.9	6.9	2.6	4.4	8.0	4.9	2.0	7.6	6.7	3.7	4.6

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,009 Canadians, 18 years of age or older, between May 26<sup>th</sup> and 28<sup>th</sup>, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.



**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the month of April. Would it be...	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Less often	%	14.1	10.6	13.2	18.8	10.2	8.6	16.2	12.0	16.7	12.8	13.3
	About the same	%	77.3	80.3	77.1	71.1	83.4	85.9	74.5	79.9	75.3	75.5	80.5
	More often	%	8.7	9.1	9.8	10.1	6.4	5.5	9.3	8.1	8.1	11.7	6.3

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,009 Canadians, 18 years of age or older, between May 26<sup>th</sup> and 28<sup>th</sup>, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.



2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL MORE FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you been consuming alcohol more often? (Select all that apply)	Total	Unwgt N	59	6	15	23	9	6	32	27	12	30	17
		Wgt N	60	4	16	27	8	5	31	29	16	28	16
	Stress	%	34.0						24.3			35.8	
	Boredom	%	34.2						37.8			37.2	
	Loneliness	%	22.5						15.0			13.4	
	Lack of regular schedule	%	28.5						32.3			23.7	
	I have a lot	%	2.4						0.0			0.0	
	No reason	%	6.4						8.2			9.0	
	Unsure	%	7.4						6.9			5.9	
	Other	%	6.8						3.6			6.0	
	Nice weather/spending time outside	%	10.5						15.6			7.4	
	Social gatherings (online or at home)	%	4.9						3.6			3.9	
	I cook more/with supper)	%	3.2						3.6			3.9	

\*Shaded due to small sample size



2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL MORE FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you been consuming alcohol more often? (Select all that apply)	Total	Unwgt N	94	7	21	42	15	9	49	45	22	43	29
		Wgt N	96	4	22	50	13	8	47	49	28	41	27
	Stress	%	21.2			20.5			16.1	26.0		24.4	
	Boredom	%	21.3			20.3			25.1	17.7		25.4	
	Loneliness	%	14.0			15.3			10.0	17.8		9.2	
	Lack of regular schedule	%	17.7			22.0			21.4	14.2		16.2	
	I have a lot	%	1.5			2.9			0.0	2.9		0.0	
	No reason	%	4.0			2.2			5.4	2.6		6.2	
	Unsure	%	4.6			2.3			4.6	4.6		4.1	
	Other	%	4.2			2.2			2.4	6.0		4.1	
	Nice weather/spending time outside	%	6.5			5.5			10.4	2.9		5.1	
	Social gatherings (online or at home)	%	3.0			4.5			2.4	3.7		2.7	
	I cook more/with supper)	%	2.0			2.2			2.4	1.6		2.7	

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL LESS FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you been consuming alcohol less often? (Select all that apply)	Total	Unwgt N	94	6	21	45	13	9	53	41	26	31	37
		Wgt N	97	4	22	50	13	8	54	43	32	31	34
	Health – I got sick	%	8.3			8.8			9.7	6.5		5.3	10.9
	Health – I want to keep my health up in case I get the virus	%	32.4			32.8			39.1	23.9		25.4	26.5
	Lack of social gathering/opportunities to socialize	%	30.8			27.9			32.0	29.3		36.2	35.4
	Caring for dependents	%	3.8			4.9			4.7	2.7		3.9	3.4
	Too busy	%	12.5			10.7			15.4	9.0		6.6	7.7
	I don't have much left	%	1.5			2.8			0.0	3.3		0.0	0.0
	No reason	%	21.1			26.9			22.7	18.9		29.8	24.3
	Unsure	%	2.5			0.0			3.2	1.6		0.0	3.9
	Other	%	8.3			2.6			9.9	6.1		1.8	7.5
	Realised I drank too much/want to reduce	%	5.8			6.9			4.5	7.5		6.9	6.4
	Saving money	%	3.1			4.3			3.7	2.4		6.9	2.6

\*Shaded due to small sample size



2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL LESS FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you been consuming alcohol less often? (Select all that apply)	Total	Unwgt N	122	6	25	57	23	11	76	46	36	39	47
		Wgt N	126	4	25	65	22	9	78	47	45	38	43
	Health – I got sick	%	6.4			6.9			6.7	5.9	6.2	4.3	8.5
	Health – I want to keep my health up in case I get the virus	%	24.9			25.5			27.0	21.4	32.6	20.6	20.6
	Lack of social gathering/opportunities to socialize	%	23.7			21.6			22.1	26.3	15.1	29.4	27.5
	Caring for dependents	%	2.9			3.8			3.2	2.4	3.0	3.2	2.6
	Too busy	%	9.6			8.3			10.6	8.1	16.8	5.4	6.0
	I don't have much left	%	1.1			2.2			0.0	3.0	3.2	0.0	0.0
	No reason	%	16.2			20.9			15.7	17.0	6.7	24.3	18.9
	Unsure	%	1.9			0.0			2.2	1.4	2.5	0.0	3.0
	Other	%	6.3			2.0			6.9	5.5	11.0	1.5	5.8
	Realised I drank too much/want to reduce	%	4.5			5.4			3.1	6.7	3.0	5.7	5.0
	Saving money	%	2.4			3.3			2.5	2.2	0.0	5.7	2.0

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**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the time before the onset of COVID-19. Would it be...	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Less often	%	14.5	5.1	14.4	17.6	12.9	12.3	17.4	11.8	18.0	13.8	12.6
	About the same	%	64.9	67.1	69.3	60.4	66.7	67.0	63.3	66.5	53.5	64.1	74.4
	More often	%	20.5	27.8	16.4	21.9	20.5	20.7	19.3	21.7	28.5	22.1	13.0

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL MORE FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you been consuming alcohol more often? (Select all that apply)	Total	Unwgt N	136	17	25	50	25	19	66	70	41	58	37
		Wgt N	141	11	27	58	26	19	64	77	55	53	33
	Stress	%	37.7			48.8			29.8	44.4	34.0	43.8	34.1
	Boredom	%	43.8			44.4			46.8	41.2	42.9	42.4	47.3
	Loneliness	%	17.4			16.9			18.1	16.8	18.5	16.5	16.9
	Lack of regular schedule	%	47.8			54.7			47.5	48.0	64.6	37.8	35.9
	I have a lot	%	9.9			10.3			11.6	8.5	15.4	4.3	9.7
	No reason	%	7.7			3.5			9.9	5.9	7.9	8.0	7.1
	Unsure	%	2.6			1.8			2.5	2.8	0.0	4.0	4.8
	Other	%	10.1			3.7			8.8	11.2	11.6	12.5	3.8
	Social gatherings (online or at home)	%	3.5			4.2			3.2	3.7	3.7	1.9	5.5
	I cook more/with supper	%	4.4			6.1			3.9	4.9	5.2	5.2	2.0
	Nice weather/spending time outside	%	2.5			4.0			3.2	1.9	2.6	0.0	6.2

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL MORE FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19]	Total	Unwgt N	251	24	42	98	50	37	118	133	86	101	64
		Wgt N	264	16	45	116	47	40	119	145	113	94	57
Why have you been consuming alcohol more often? (Select all that apply)	Stress	%	20.1		16.8	24.6	14.6	18.6	16.1	23.5	16.5	24.8	19.7
	Boredom	%	23.4		24.7	22.4	21.3	26.9	25.3	21.8	20.8	24.0	27.3
	Loneliness	%	9.3		16.8	8.5	9.6	6.3	9.8	8.9	9.0	9.3	9.7
	Lack of regular schedule	%	25.5		17.7	27.6	35.8	19.5	25.7	25.4	31.3	21.4	20.7
	I have a lot	%	5.3		5.3	5.2	5.0	8.1	6.3	4.5	7.5	2.5	5.6
	No reason	%	4.1		1.9	1.8	6.6	3.9	5.3	3.1	3.8	4.5	4.1
	Unsure	%	1.4		4.4	0.9	0.0	0.0	1.3	1.5	0.0	2.3	2.8
	Other	%	5.4		9.2	1.8	4.7	10.6	4.7	5.9	5.6	7.1	2.2
	Social gatherings (online or at home)	%	1.8		0.0	2.1	0.0	4.3	1.7	2.0	1.8	1.1	3.2
	I cook more/with supper	%	2.4		3.2	3.1	0.0	1.7	2.1	2.6	2.5	2.9	1.2
	Nice weather/spending time outside	%	1.3		0.0	2.0	2.4	0.0	1.7	1.0	1.3	0.0	3.6

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			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL LESS FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you been consuming alcohol less often? (Select all that apply)	Total	Unwgt N	96	3	23	42	16	12	56	40	28	33	35
		Wgt N	100	2	24	47	16	11	58	42	35	33	32
	Health – I got sick	%	4.5			5.0			4.3	4.8		1.8	7.9
	Health – I want to keep my health up in case I get the virus	%	23.9			22.0			29.7	15.9		23.4	25.2
	Lack of social gathering/opportunities to socialize	%	49.2			46.6			41.2	60.2		52.3	51.3
	Caring for dependents	%	8.6			8.0			13.0	2.6		6.9	0.0
	Too busy	%	7.2			4.8			8.9	4.7		2.7	2.9
	I don't have much left	%	5.5			5.0			7.7	2.5		5.8	2.0
	No reason	%	13.7			15.8			18.7	6.8		15.4	22.7
	Unsure	%	2.4			2.8			4.2	0.0		0.0	0.0
	Other	%	10.1			8.1			7.1	14.2		6.2	8.2
	Realised I drank too much/want to reduce	%	4.4			6.8			1.9	8.0		9.6	4.0
	Saving money	%	3.0			4.6			3.4	2.5		6.4	2.7

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES ALCOHOL LESS FREQUENTLY SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19]	Total	Unwgt N	126	4	30	54	21	17	77	49	39	43	44
		Wgt N	133	3	30	61	22	17	81	51	49	43	41
Why have you been consuming alcohol less often? (Select all that apply)	Health – I got sick	%	3.4		2.9	3.9			3.1	3.9	2.9	1.4	6.2
	Health – I want to keep my health up in case I get the virus	%	18.0		21.6	17.0			21.2	13.0	16.6	18.0	19.9
	Lack of social gathering/opportunities to socialize	%	37.1		44.1	36.0			29.4	49.3	31.6	40.1	40.4
	Caring for dependents	%	6.5		0.0	6.2			9.2	2.1	13.0	5.3	0.0
	Too busy	%	5.4		9.4	3.7			6.4	3.9	11.0	2.0	2.3
	I don't have much left	%	4.2		2.9	3.9			5.5	2.0	6.1	4.4	1.6
	No reason	%	10.3		8.7	12.2			13.3	5.6	2.7	11.8	17.9
	Unsure	%	1.8		0.0	2.2			3.0	0.0	5.0	0.0	0.0
	Other	%	7.6		3.3	6.2			5.1	11.6	11.1	4.7	6.4
	Realised I drank too much/want to reduce	%	3.4		4.2	5.2			1.4	6.5	0.0	7.3	3.1
	Saving money	%	2.3		2.9	3.5			2.4	2.0	0.0	4.9	2.2

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**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - Our next few questions have to do with the amount of alcohol you have consumed. [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the beginning of May (i.e. the last three weeks), on those days when you drank alcohol, how many alcoholic drinks did you usually have? ____ alcoholic drinks	Total	Unwgt N	681	60	155	234	128	104	349	332	145	259	277
		Wgt N	684	41	164	263	124	91	331	353	193	239	252
		Mean	2.6	2.2	4.2	2.1	1.9	2.1	2.8	2.4	2.7	2.5	2.5
		Median	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0	2.0
	1.0	%	42.9	38.7	32.8	47.2	45.3	47.6	36.6	48.8	38.3	41.9	47.4
	1.5	%	0.2	3.4	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.2	0.3
	2.0	%	31.4	32.4	31.0	30.3	34.0	31.2	31.0	31.8	35.3	31.3	28.5
	2.5	%	0.3	1.7	0.0	0.0	1.0	0.0	0.6	0.0	0.0	0.5	0.3
	3.0	%	10.3	5.5	10.9	10.8	10.4	10.2	13.6	7.3	7.0	11.5	11.8
	4.0	%	5.5	9.9	6.5	5.7	3.6	3.5	6.5	4.5	5.9	7.1	3.6
	5.0	%	1.8	4.4	1.1	0.8	2.1	4.5	2.9	0.8	2.3	3.1	0.3
	6.0	%	2.6	0.0	3.6	2.7	2.8	1.4	3.5	1.7	4.2	1.3	2.5
	7.0	%	0.5	2.3	0.0	0.5	0.9	0.0	0.7	0.3	1.8	0.0	0.0
	8.0	%	0.8	0.0	1.7	0.9	0.0	0.0	0.9	0.6	0.7	0.5	1.2
	9.0	%	0.5	1.8	0.8	0.5	0.0	0.0	0.2	0.8	1.1	0.0	0.5
	12.0	%	1.2	0.0	4.6	0.0	0.0	0.7	1.1	1.3	1.5	0.9	1.3
	14.0	%	0.1	0.0	0.0	0.0	0.0	0.9	0.2	0.0	0.0	0.3	0.0
	15.0	%	0.1	0.0	0.5	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.3
	20.0	%	0.7	0.0	2.0	0.5	0.0	0.0	1.1	0.3	1.9	0.0	0.3
	21.0	%	0.5	0.0	2.0	0.0	0.0	0.0	0.3	0.7	0.0	0.5	0.9
28.0	%	0.4	0.0	1.8	0.0	0.0	0.0	0.5	0.4	0.0	0.4	0.9	
30.0	%	0.2	0.0	0.7	0.0	0.0	0.0	0.0	0.3	0.0	0.5	0.0	

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**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the month of April. Would it be a...	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Smaller quantity	%	14.0	15.6	14.0	17.1	11.1	8.4	15.4	12.7	14.6	12.5	15.0
	About the same quantity	%	76.6	78.9	75.2	71.2	79.3	90.0	74.0	79.0	75.8	74.8	78.9
	Larger quantity	%	9.4	5.5	10.8	11.7	9.6	1.6	10.6	8.3	9.7	12.7	6.2

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A LARGER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you had a larger number of drinks per day? (Select all that apply)	Total	Unwgt N	62	4	16	26	14	2	34	28	14	32	16
		Wgt N	64	2	18	30	12	1	34	30	19	29	16
	Stress	%	44.0						43.0			48.7	
	Boredom	%	37.1						40.6			31.9	
	Loneliness	%	19.2						17.4			19.0	
	Lack of regular schedule	%	31.3						35.2			30.5	
	I have a lot	%	1.8						0.0			0.0	
	No reason	%	6.6						9.7			11.3	
	Unsure	%	5.2						3.2			11.3	
	Other	%	5.4						2.6			3.0	
	Nice weather/spending time outside	%	7.7						14.3			4.1	
	Social gatherings (online or at home)	%	7.4						4.2			3.5	
	I cook more/with supper	%	3.0						0.0			0.0	

\*Shaded due to small sample size

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A LARGER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you had a larger number of drinks per day? (Select all that apply)	Total	Unwgt N	105	7	25	48	23	2	59	46	24	52	29
		Wgt N	107	4	27	56	19	1	58	49	32	48	27
	Stress	%	26.1			24.1			25.3	27.0		29.8	
	Boredom	%	22.0			23.5			23.8	19.8		19.5	
	Loneliness	%	11.4			14.9			10.2	12.8		11.6	
	Lack of regular schedule	%	18.5			17.0			20.7	16.0		18.7	
	I have a lot	%	1.1			2.0			0.0	2.3		0.0	
	No reason	%	3.9			3.9			5.7	1.8		6.9	
	Unsure	%	3.1			2.0			1.9	4.5		6.9	
	Other	%	3.2			4.6			1.5	5.2		1.8	
	Nice weather/spending time outside	%	4.6			4.0			8.4	0.0		2.5	
	Social gatherings (online or at home)	%	4.4			3.9			2.5	6.6		2.2	
	I cook more/with supper	%	1.8			0.0			0.0	3.9		0.0	

\*Shaded due to small sample size

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A SMALLER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you had a smaller number of drinks per day? (Select all that apply)	Total	Unwgt N	92	9	22	40	12	9	51	41	21	31	40
		Wgt N	94	6	23	44	14	7	51	43	28	30	36
	Health – I got sick	%	5.3			4.5			7.7	2.4		3.5	6.9
	Health – I want to keep my health up in case I get the virus	%	20.5			20.8			32.0	6.8		17.0	18.5
	Lack of social gathering/opportunities to socialize	%	29.9			32.1			27.3	32.9		38.1	33.2
	Caring for dependents	%	6.5			10.6			9.7	2.7		7.3	3.2
	Too busy	%	6.7			9.0			12.3	0.0		3.0	0.0
	I don't have much left	%	7.4			9.0			4.0	11.5		4.8	4.9
	No reason	%	22.8			19.9			24.3	21.0		29.4	26.8
	Saving money	%	3.6			4.8			3.4	3.8		9.1	1.7
	Other	%	10.0			6.2			9.4	10.7		2.1	9.4
	Realised I drank too much/want to reduce	%	5.7			7.2			2.2	10.0		10.6	3.5
	I don't usually drink much	%	1.8			2.6			0.0	4.0		2.0	3.2

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A SMALLER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO THE MONTH OF APRIL] Why have you had a smaller number of drinks per day? (Select all that apply)	Total	Unwgt N	109	9	26	50	14	10	66	43	26	39	44
		Wgt N	113	6	27	56	16	8	68	46	35	38	40
	Health – I got sick	%	4.4			3.5			5.8	2.3		2.7	6.2
	Health – I want to keep my health up in case I get the virus	%	17.1			16.4			24.2	6.4		13.4	16.6
	Lack of social gathering/opportunities to socialize	%	24.9			25.4			20.7	31.2		30.0	29.9
	Caring for dependents	%	5.4			8.3			7.3	2.5		5.8	2.8
	Too busy	%	5.5			7.1			9.3	0.0		2.3	0.0
	I don't have much left	%	6.2			7.1			3.1	10.9		3.8	4.4
	No reason	%	19.0			15.7			18.4	19.9		23.2	24.1
	Saving money	%	3.0			3.8			2.6	3.6		7.2	1.6
	Other	%	8.3			4.9			7.1	10.1		1.6	8.4
	Realised I drank too much/want to reduce	%	4.8			5.7			1.6	9.4		8.3	3.1
	I don't usually drink much	%	1.5			2.0			0.0	3.8		1.6	2.8

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**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question – [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Please tell us how your alcohol consumption since the beginning of May (i.e. the last three weeks) compares to the time before the onset of COVID-19. Would it be a...	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Smaller quantity	%	14.7	11.8	16.7	16.1	12.7	11.4	17.4	12.2	21.0	11.3	13.2
	About the same	%	65.5	67.0	63.1	64.0	65.8	73.3	63.8	67.2	56.0	64.8	73.5
	Larger quantity	%	19.7	21.2	20.2	19.9	21.5	15.3	18.8	20.6	22.9	23.9	13.3

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2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A LARGER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you had a larger number of drinks per day? (Select all that apply)	Total	Unwgt N	131	14	30	46	26	15	65	66	31	63	37
		Wgt N	136	9	33	53	27	14	63	73	44	58	34
	Stress	%	42.9		44.2	42.9			36.6	48.3	50.6	41.5	35.1
	Boredom	%	46.9		39.8	46.9			51.4	43.0	61.5	41.9	36.4
	Loneliness	%	19.0		22.6	22.5			21.8	16.7	22.2	16.5	19.3
	Lack of regular schedule	%	49.4		34.2	49.0			42.8	55.1	75.5	37.7	35.2
	I have a lot	%	7.5		3.3	8.7			6.3	8.5	6.7	6.9	9.5
	No reason	%	5.7		7.1	2.1			3.9	7.2	0.0	9.6	6.4
	Unsure	%	6.1		2.7	6.6			9.8	3.0	5.1	7.4	5.5
	Other	%	4.5		3.3	6.4			4.4	4.7	3.7	3.8	6.8
	Nice weather/spending time outside	%	0.7		0.0	1.8			1.5	0.0	0.0	0.0	2.8
	Social gatherings (online or at home)	%	1.9		4.3	2.2			2.3	1.6	3.2	0.0	3.4
	I cook more/with supper	%	6.0		11.5	3.5			7.1	5.0	3.2	3.0	14.6

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			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A LARGER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you had a larger number of drinks per day? (Select all that apply)	Total	Unwgt N	241	21	52	87	48	33	118	123	72	104	65
		Wgt N	259	13	58	102	51	34	118	140	103	97	59
	Stress	%	22.5		25.5	22.3	20.5	20.3	19.5	25.0	21.8	24.7	20.1
	Boredom	%	24.6		23.0	24.3	24.5	24.7	27.4	22.3	26.5	24.9	20.8
	Loneliness	%	10.0		13.0	11.7	4.6	11.8	11.6	8.7	9.6	9.8	11.0
	Lack of regular schedule	%	25.9		19.8	25.4	35.3	24.3	22.8	28.6	32.6	22.4	20.1
	I have a lot	%	3.9		1.9	4.5	4.0	6.9	3.4	4.4	2.9	4.1	5.4
	No reason	%	3.0		4.1	1.1	3.5	5.3	2.1	3.7	0.0	5.7	3.6
	Unsure	%	3.2		1.5	3.4	5.2	0.0	5.2	1.6	2.2	4.4	3.1
	Other	%	2.4		1.9	3.3	0.0	4.8	2.3	2.4	1.6	2.3	3.9
	Nice weather/spending time outside	%	0.4		0.0	0.9	0.0	0.0	0.8	0.0	0.0	0.0	1.6
	Social gatherings (online or at home)	%	1.0		2.5	1.1	0.0	0.0	1.2	0.8	1.4	0.0	1.9
	I cook more/with supper	%	3.1		6.6	1.8	2.2	1.9	3.8	2.6	1.4	1.8	8.3

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			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A SMALLER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you had a smaller number of drinks per day? (Select all that apply)	Total	Unwgt N	97	7	26	38	15	11	57	40	31	28	38
		Wgt N	101	5	27	43	16	10	58	43	41	27	34
	Health – I got sick	%	5.3			5.5			6.8	3.3	7.0		7.5
	Health – I want to keep my health up in case I get the virus	%	23.2			22.0			33.5	9.4	27.4		22.4
	Lack of social gathering/opportunities to socialize	%	53.6			58.4			48.6	60.3	47.8		51.3
	Caring for dependents	%	6.2			8.8			10.9	0.0	12.9		0.0
	Too busy	%	13.3			8.4			14.6	11.4	28.6		2.8
	I don't have much left	%	2.9			3.1			5.1	0.0	7.3		0.0
	No reason	%	8.9			11.2			13.8	2.4	0.0		16.9
	Unsure	%	3.2			2.2			2.7	3.9	0.0		4.6
	Other	%	6.6			3.1			5.5	8.0	5.7		9.8
	Realised I drank too much/want to reduce	%	2.3			2.4			0.0	5.3	0.0		3.8
	Saving money	%	2.0			2.6			3.4	0.0	0.0		2.6

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			Region						Gender		Age		
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] [IF CONSUMES A SMALLER QUANTITY OF ALCOHOL SINCE THE BEGINNING OF MAY COMPARED TO PRE-COVID-19] Why have you had a smaller number of drinks per day? (Select all that apply)	Total	Unwgt N	122	8	32	48	19	15	80	42	42	34	46
		Wgt N	129	6	33	55	20	16	84	45	55	33	41
	Health – I got sick	%	4.2		6.9	4.3			4.7	3.2	5.2	0.0	6.1
	Health – I want to keep my health up in case I get the virus	%	18.2		19.5	17.2			23.1	9.0	20.1	14.9	18.4
	Lack of social gathering/opportunities to socialize	%	42.0		42.7	45.8			33.6	57.9	35.0	53.9	42.1
	Caring for dependents	%	4.9		0.0	6.9			7.5	0.0	9.4	3.4	0.0
	Too busy	%	10.4		12.9	6.6			10.1	11.0	20.9	2.7	2.3
	I don't have much left	%	2.3		0.0	2.4			3.5	0.0	5.4	0.0	0.0
	No reason	%	7.0		5.3	8.7			9.5	2.3	0.0	10.3	13.9
	Unsure	%	2.5		3.3	1.7			1.9	3.8	0.0	5.2	3.8
	Other	%	5.1		3.0	2.4			3.8	7.7	4.2	3.1	8.1
	Realised I drank too much/want to reduce	%	1.8		3.8	1.9			0.0	5.1	0.0	3.2	3.1
	Saving money	%	1.5		2.6	2.0			2.4	0.0	0.0	3.4	2.1

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			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you found that you were not able to stop drinking once you started?	Total	Unwgt N	683	60	154	237	128	104	352	331	145	260	278
		Wgt N	685	41	163	266	124	91	334	352	193	240	252
	Never	%	92.0	92.6	88.0	93.2	94.7	91.5	90.2	93.7	89.1	92.8	93.4
	Once	%	1.8	0.0	2.3	1.8	1.4	2.3	2.2	1.4	2.0	1.8	1.7
	A few times	%	4.3	5.1	6.0	3.3	3.1	5.4	5.2	3.5	7.8	2.5	3.4
	More than a few times	%	1.1	2.3	1.2	1.3	0.7	0.0	1.3	0.8	1.2	1.7	0.4
	Daily or almost daily	%	0.8	0.0	2.4	0.4	0.0	0.7	1.1	0.6	0.0	1.2	1.1

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you failed to do what was normally expected from you because of drinking?	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Never	%	96.5	95.9	96.6	96.4	94.8	99.3	96.0	97.0	92.4	97.2	99.0
	Once	%	1.2	1.8	0.6	1.0	3.0	0.0	1.0	1.3	3.8	0.0	0.3
	A few times	%	2.3	2.3	2.8	2.6	2.1	0.7	3.0	1.7	3.8	2.8	0.7

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you been unable to remember what happened the night before because you had been drinking?	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Never	%	94.4	94.0	96.2	92.5	95.3	95.7	94.2	94.6	90.1	95.4	96.7
	Once	%	1.8	0.0	1.2	1.9	1.4	3.6	1.2	2.3	3.4	1.3	1.0
	A few times	%	2.8	6.0	1.7	3.4	3.3	0.7	3.0	2.5	4.3	2.4	1.9
	More than a few times	%	0.3	0.0	0.0	0.9	0.0	0.0	0.4	0.3	0.7	0.4	0.0
	Daily or almost daily	%	0.7	0.0	0.9	1.3	0.0	0.0	1.2	0.3	1.4	0.5	0.4



**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you needed an alcoholic drink first thing in the morning to get yourself going after a night of heavy drinking?	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Never	%	99.0	96.3	98.4	99.0	100.0	100.0	99.0	99.0	97.3	99.8	99.5
	Once	%	0.4	0.0	0.0	1.0	0.0	0.0	0.4	0.4	1.4	0.0	0.0
	A few times	%	0.6	3.7	1.6	0.0	0.0	0.0	0.6	0.6	1.2	0.2	0.5

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, how often have you had a feeling of guilt or remorse after drinking?	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Never	%	85.5	84.8	83.9	88.0	84.6	83.0	84.8	86.3	78.5	83.7	92.6
	Once	%	4.3	2.3	4.8	2.7	5.8	7.1	3.8	4.8	7.5	4.4	1.8
	A few times	%	8.6	10.5	9.1	7.3	9.6	9.3	9.6	7.7	13.5	9.4	4.2
	More than a few times	%	1.1	0.0	1.2	1.9	0.0	0.7	1.3	0.9	0.0	1.7	1.4
Daily or almost daily	%	0.4	2.3	1.1	0.0	0.0	0.0	0.5	0.3	0.5	0.7	0.0	

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, have you or someone else been injured as a result of your drinking?	Total	Unwgt N	684	60	155	237	128	104	351	333	145	259	280
		Wgt N	687	41	164	266	124	91	333	354	193	240	254
	Yes, injured myself only	%	0.6	0.0	1.7	0.0	0.0	1.7	0.5	0.7	1.3	0.4	0.3
	Yes, injured someone else only	%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	Yes, injured both myself and somebody else	%	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
	No injury	%	99.4	100.0	98.3	100.0	100.0	98.3	99.5	99.3	98.7	99.6	99.7

Nanos conducted an RDD dual frame (land- and cell- lines) hybrid telephone and online random survey of 1,009 Canadians, 18 years of age or older, between May 26<sup>th</sup> and 28<sup>th</sup>, 2020. The margin of error this survey is ±3.1 percentage points, 19 times out of 20.



2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down? (Select all that apply)	Total	Unwgt N	676	60	153	232	128	103	350	326	143	258	275
		Wgt N	676	41	162	261	122	91	332	344	188	238	249
	Relative expressed concern	%	2.2	3.7	2.9	2.5	0.4	1.6	3.5	0.9	2.4	2.2	1.9
	Friend expressed concern	%	0.7	2.3	0.5	0.4	1.4	0.0	1.1	0.3	1.1	0.5	0.6
	Doctor expressed concern	%	0.7	2.3	0.5	1.1	0.0	0.0	0.7	0.7	2.0	0.4	0.0
	Another healthcare professional expressed concern	%	0.1	2.3	0.0	0.0	0.0	0.0	0.0	0.3	0.5	0.0	0.0
	No one has expressed concern	%	97.1	94.0	97.1	96.5	98.2	98.4	95.6	98.4	95.7	97.3	97.8

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down? (Select all that apply)	Total	Unwgt N	681	62	155	233	128	103	353	328	146	259	276
		Wgt N	681	43	164	262	122	91	335	346	192	239	250
	Relative expressed concern	%	2.2	3.5	2.9	2.5	0.4	1.6	3.5	0.9	2.4	2.2	1.9
	Friend expressed concern	%	0.7	2.2	0.5	0.4	1.4	0.0	1.1	0.3	1.1	0.5	0.6
	Doctor expressed concern	%	0.7	2.2	0.5	1.0	0.0	0.0	0.7	0.7	1.9	0.4	0.0
	Another healthcare professional expressed concern	%	0.1	2.2	0.0	0.0	0.0	0.0	0.0	0.3	0.5	0.0	0.0
	No one has expressed concern	%	96.3	89.8	96.0	96.0	98.2	98.4	94.8	97.9	94.1	96.9	97.5

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**2020-1645 – CCSA – Alcohol Consumption during COVID-19 – STAT SHEET**

			Region					Gender		Age			
			Canada 2020-05	Atlantic	Quebec	Ontario	Prairies	British Columbia	Male	Female	18 to 34	35 to 54	55 plus
Question - [IF STAYING HOME MORE DUE TO CORONAVIRUS/COVID-19 AND DRINKS ALCOHOL] Since the onset of COVID-19, have you accessed any resources (for example, checked how your drinking compared to that recommended by Canada's Low Risk Drinking guidelines) to help you make informed choices about your alcohol consumption or help managing your drinking?	Total	Unwgt N	685	60	155	237	129	104	352	333	145	260	280
		Wgt N	687	41	164	266	125	91	334	354	193	240	254
	Have accessed resources	%	2.2	6.0	2.7	1.8	1.7	1.4	2.4	2.0	2.9	1.2	2.6
	Have not accessed resources	%	97.8	94.0	97.3	98.2	98.3	98.6	97.6	98.0	97.1	98.8	97.4

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