

Atlantic Collaborative on Injury Prevention & Injury Free Nova Scotia

Atlantic Canada's use of Alcohol during the Pandemic: Relation to Injury Study

May 24, 2021

Final Report

Thinkwell

1.0 Background and Methodology

The Atlantic Collaborative on Injury Prevention (ACIP), along with Injury Free Nova Scotia (IFNS), engaged us to conduct a survey with Atlantic Canadians about the impact of the pandemic on their drinking, and injuries they may have experienced during this time.

The primary objectives of the research were to:

- Understand the impact of the pandemic and related restrictions on Atlantic Canadians alcohol purchases;
- Understand the impact of the pandemic and related restrictions on Atlantic Canadians alcohol consumption;
- Delve into injuries incurred during the months immediately after the pandemic began; and
- Explore the relationship between alcohol and occurrence of injuries.

Methodology

A total of 1536 Atlantic Canadian adults (18+) completed an online questionnaire, between the dates of March 10 through 23, 2021. Respondents were recruited through an online respondent panel, and as a result, this is a non-probability sample. The dataset has been weighted by province, age and gender to ensure it reflects the population distribution of Atlantic Canada.

Respondents were categorized by their adherence to Canada's Low-Risk Drinking Guidelines (LRDG)¹. Women who indicated they typically exceed 10 drinks weekly or 2 drinks daily, or men who indicated they typically exceed 15 drinks weekly or 3 drinks daily, were considered to drink outside the LRDG limits. Respondents who indicated they drank less than the given amounts were considered to drink within LRDG limits, with non-drinkers as a separate category.

Questionnaire Design

Thinkwell designed the survey, in cooperation with IFNS and ACIP.

Additional Considerations

The percentage totals detailed in this report may not add up to 100, due to rounding.

¹ https://www.ccsa.ca/sites/default/files/2020-07/2012-Canada-Low-Risk-Alcohol-Drinking-Guidelines-Brochure-en_0.pdf

A Note on Further (sub-group) Analysis

Differences in response on a sub-group basis are highlighted within the report where these differences are considered relevant, and where they have been found to be statistically significant. We caution the reader that this is a non-probability sample, and as with the results of the study as a whole, these differences should be viewed as directional in nature only.

2.0 Executive Summary

The pandemic had a significant impact on Atlantic Canadians – of the half who were working prior to the onset of the pandemic, two thirds report an impact on their employment. One-in-five reported reduced work hours, 14% report losing their jobs, and over a quarter began working remotely.

Almost half of Atlantic Canadians report purchasing alcohol once a month or more, usually beer or wine/champagne. About a third did not purchase alcohol in the three-month period immediately prior to and immediately after the pandemic began. The pandemic seemed to have little overall impact on purchase frequency. There was a slight increase in those saying they purchased alcohol weekly, but also an increase in those reporting they did not purchase alcohol in the first few months of the pandemic.

However, the reported amount of alcohol purchased increased in the first few months of the pandemic, with the number of bottles or cans of beer, coolers/ciders/pre-mixed drinks, wine/champagne, liquor/sprits, and liqueur all increasing. There was also a slight trend towards purchasing larger bottles, bulk purchasing, and delivery of alcohol. Atlantic Canadians indicate they wanted to minimize their numbers of shopping occasions, and cited concerns about future availability. At the same time, overall the pandemic did not impact home alcohol making.

Approximately one quarter of Atlantic Canadians have exceeded the low-risk drinking guidelines within the months leading into the pandemic and shortly afterwards. This is driven largely by those under 55 years of age. While weekly alcohol consumption appears to be largely unchanged, daily drinking does seem to have been affected by the pandemic, with slightly more drinkers reporting 3-11 drinks per day compared to before the pandemic. Most alcohol drinkers report their typical drink to be roughly in line with a 'standard' drink, however among wine drinkers, one third consider a typical glass to be 6+ ounces.

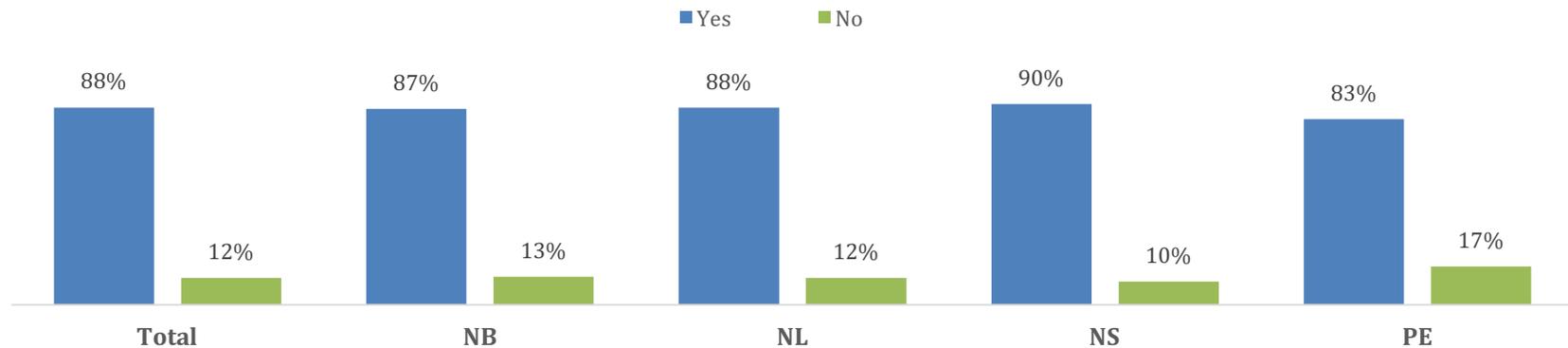
Most Atlantic Canadians do not report experiencing injuries in the months surrounding the pandemic, however one-in-five report experiencing a change in their mental or emotional health, and one-in-ten report increased stress or conflict in their relationships. In general, females and those in younger age groups are more vulnerable to injury than males or those who are older. Those who have exceeded the low-risk drinking guidelines were more likely to be injured than those who stayed within the limits.

3.0 Detailed Findings

3.1 Time spent at home

A large majority of Atlantic Canadians report spending more time at home since the pandemic began, with little variation by province.

Q. Did you spend more time at home in spring 2020 compared to before the pandemic began?



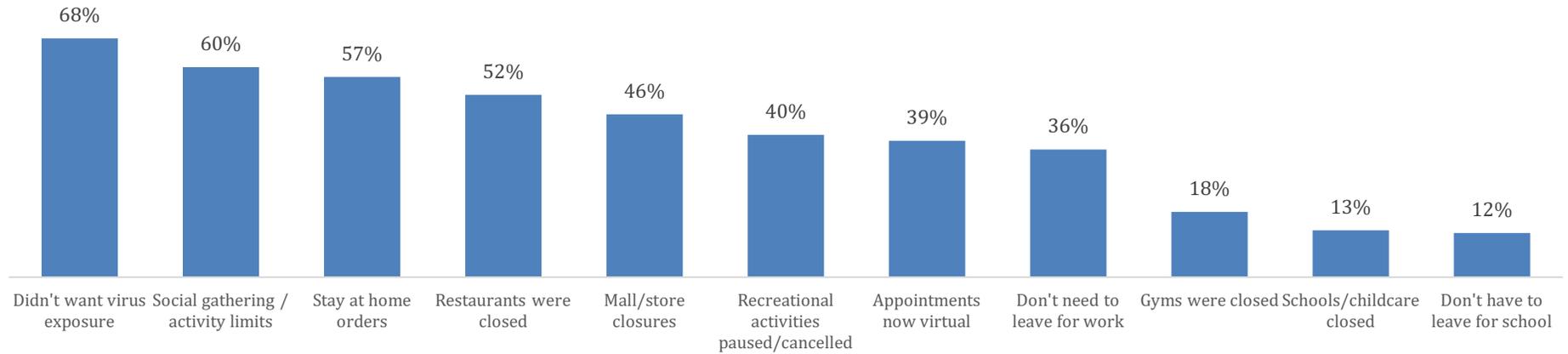
Further Analysis

Education

Those with at least some college were more likely to spend more time at home post-pandemic than those with high school or less (89% vs 85%).

Two thirds of those who stayed at home more post-pandemic report that they didn't want to risk virus exposure. More than half stayed home more due to social gathering/activity limits, because of stay at home orders, or because restaurants were closed.

Q. Why did you stay at home more during those first few months of the pandemic?

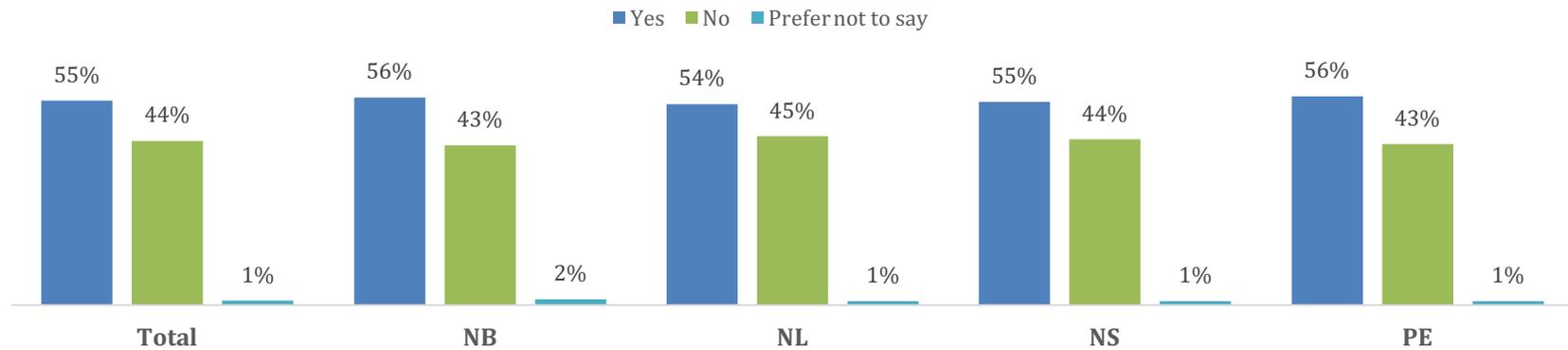


NOTE: Response options reported at 10% or less were excluded from chart

3.2 Pandemic impact on employment

A little more than half of respondents were employed prior to the pandemic, with consistent employment levels reported across the Atlantic provinces.

Q. Were you employed prior to the onset of the pandemic (prior to March 1st, 2020)?



Further Analysis

Age Category

As expected, those 65 or older are much less likely to have been employed pre-pandemic (29%), than those in the younger age groups (73% of those 18-34; 76% of those 35-54).

Gender

Males are more likely to have been employed prior to the pandemic than females (58% vs. 52%).

Drinker Status

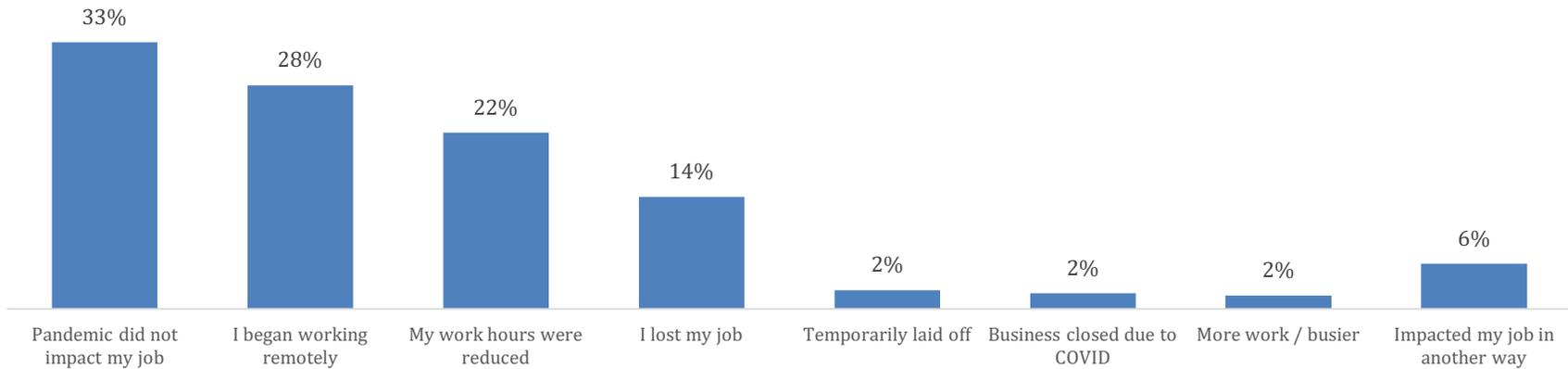
Those who exceeded the low-risk drinking guidelines (LRDG) were more likely to be employed prior to the pandemic (43% employed vs. 56% unemployed for non-drinkers, 56% employed vs. 43% unemployed for those who drink within LRDG, and 65% employed vs. 35% unemployed for those who drank outside LRDG, pre-pandemic).

Education

Those who have at least some college are more likely to report being employed pre-pandemic, compared to those with high school or less (59% vs. 42%).

Of those who were employed pre-pandemic, one third report no pandemic impact on their employment. Almost three-in-ten began working remotely, and two-in-ten report reduced work hours.

Q. Did the pandemic impact your employment in any of the following ways?



Further Analysis

Age Category

Impacts on employment due to the pandemic lessened with age, with those older more likely to report no impact. Those younger were more likely to report losing their job, or a reduction in hours. The middle age group was most likely to report working remotely because of the pandemic.

| | Total | 18-34 | 35-54 | 65 or older |
|---|-------|-------|-------|-------------|
| The pandemic did not impact my job / employment | 33% | 23% | 35% | 42% |
| I began working remotely / from home | 28% | 23% | 32% | 23% |
| My work hours were reduced | 22% | 30% | 18% | 19% |
| I lost my job | 14% | 24% | 10% | 6% |
| The pandemic impacted my job in another way - please specify: | 6% | 5% | 6% | 5% |
| Temporarily laid off | 2% | 1% | 2% | 4% |
| Business closed due to COVID | 2% | 2% | 1% | 4% |
| More work / busier | 2% | 2% | 2% | 1% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Drinker Status

Those who exceed low risk drinking guidelines are more likely to report having their work hours reduced compared to those who drink within them (28% vs. 19%, pre-pandemic).

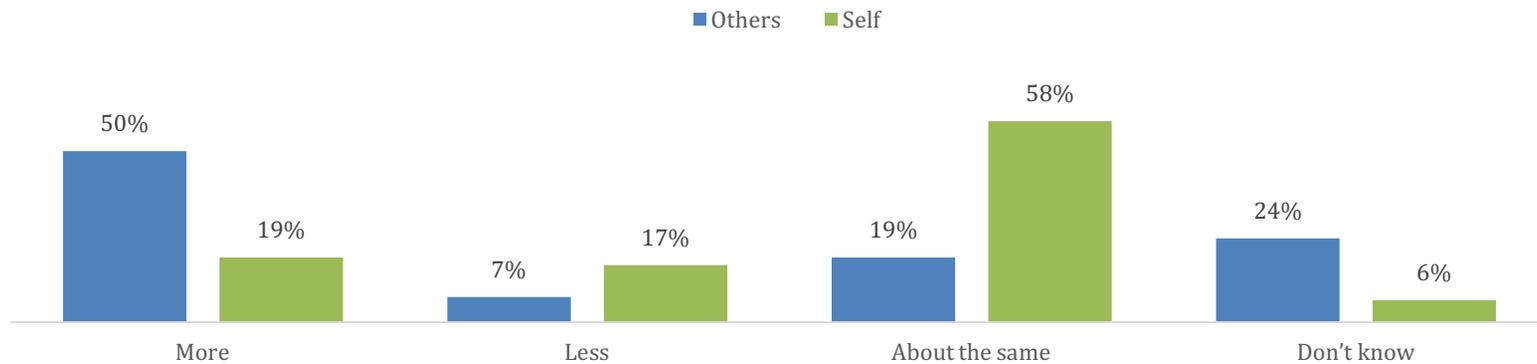
Education

Those with high school or less are more likely to report having their work hours reduced compared to those with more education (31% vs. 20%).

3.3 Alcohol Use Before and After Pandemic

While half of those interviewed report perceiving others as drinking more since the pandemic began, only two-in-ten report that they themselves are drinking more alcohol. More than half of Atlantic Canadians report that they are drinking about the same as they did prior to the pandemic.

Q. In general, thinking about those first few months of the pandemic, do you think people were drinking more alcohol, less alcohol, or about the same as they did prior to the pandemic?



Further Analysis

| | Total | Age Category | | | Province | | | |
|-----------------------|-------|--------------|-------|-------|----------|-----|-----|-----|
| | | 18-34 | 35-54 | 35-54 | NB | NL | NS | PE |
| Others: | | | | | | | | |
| <i>More</i> | 50% | 60% | 53% | 42% | 43% | 54% | 52% | 49% |
| <i>Less</i> | 7% | 10% | 7% | 6% | 8% | 5% | 7% | 8% |
| <i>About the same</i> | 19% | 16% | 19% | 20% | 21% | 16% | 18% | 23% |
| <i>Don't know</i> | 24% | 14% | 21% | 32% | 27% | 25% | 22% | 20% |
| Self: | | | | | | | | |
| <i>More</i> | 19% | 28% | 19% | 14% | 13% | 22% | 22% | 18% |
| <i>Less</i> | 17% | 19% | 15% | 16% | 17% | 17% | 16% | 14% |
| <i>About the same</i> | 58% | 48% | 59% | 64% | 63% | 56% | 55% | 59% |
| <i>Don't know</i> | 6% | 5% | 7% | 6% | 7% | 5% | 6% | 8% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Province

Residents of Newfoundland and Labrador and Nova Scotia are more likely to report themselves and others as drinking more post-pandemic, compared to residents of New Brunswick.

Age

Likelihood of reporting themselves or others drinking more post-pandemic decreases with age.

| | Total | Drinker Status (Post-Pandemic) | | | Education | |
|-----------------------|-------|--------------------------------|--------------------|---------------------|---------------------|----------------------|
| | | Non-drinker | Drinks within LRDG | Drinks outside LRDG | High School or Less | Some College or More |
| Others: | | | | | | |
| <i>More</i> | 50% | 39% | 48% | 65% | 39% | 53% |
| <i>Less</i> | 7% | 4% | 8% | 10% | 9% | 7% |
| <i>About the same</i> | 19% | 13% | 23% | 17% | 19% | 19% |
| <i>Don't know</i> | 24% | 44% | 21% | 7% | 33% | 21% |
| Self: | | | | | | |
| <i>More</i> | 19% | 2% | 15% | 44% | 14% | 20% |
| <i>Less</i> | 17% | 22% | 17% | 11% | 18% | 16% |
| <i>About the same</i> | 58% | 62% | 66% | 43% | 56% | 60% |
| <i>Don't know</i> | 6% | 14% | 3% | 2% | 11% | 4% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Drinker Status

Those who exceed the low-risk drinking guidelines were more likely to report themselves or others drinking more since the pandemic began.

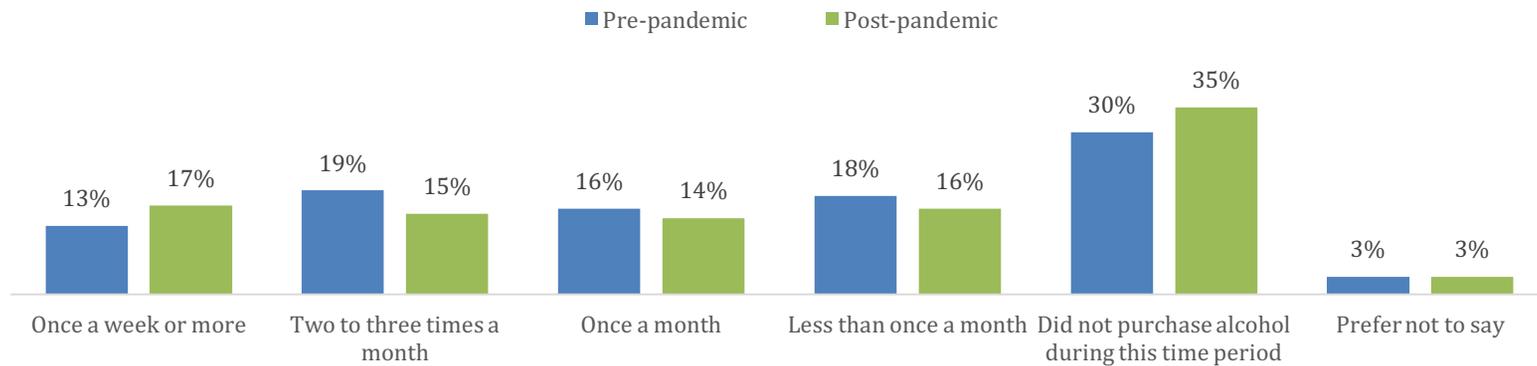
Education

Atlantic Canadians with some college or more education are more likely to report that they or others have been drinking more post-pandemic, compared to those with less education.

3.4 Frequency and Types of Alcohol Purchase

About a third of Atlantic Canadians interviewed did not purchase alcohol in the three months before or after the start of the pandemic, though more indicated not purchasing alcohol post-pandemic.

Q. How often did you purchase alcohol.....?



Further Analysis

Province

Residents of Newfoundland and Labrador were more likely to purchase alcohol once a week or more than other Atlantic Canadians, both pre-and post-pandemic. Residents of New Brunswick and Prince Edward Island were more likely to report not having purchased alcohol than those in NL or NS, both before and after the pandemic.

| | Total Atlantic | NB | NL | NS | PE |
|--|----------------|-----|-----|-----|-----|
| Purchase alcohol once a week or more pre-pandemic | 13% | 11% | 16% | 13% | 8% |
| Purchase alcohol once a week or more post-pandemic | 17% | 13% | 22% | 16% | 13% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Age

Prior to the pandemic, reports of weekly alcohol purchases were stable across age groups, though post-pandemic, younger residents were more likely to report weekly purchases than older respondents. In general, frequency of alcohol purchase decreases with age.

| | Pre-pandemic | | | | Post-pandemic | | | |
|--|--------------|-------|-------|-------------|---------------|-------|-------|-------------|
| | Total | 18-34 | 35-54 | 65 or older | Total | 18-34 | 35-54 | 65 or older |
| Once a week or more | 13% | 12% | 14% | 12% | 17% | 20% | 18% | 13% |
| Two to three times a month | 19% | 25% | 24% | 13% | 15% | 19% | 18% | 11% |
| Once a month | 16% | 21% | 15% | 15% | 14% | 17% | 15% | 12% |
| Less than once a month | 18% | 15% | 16% | 22% | 16% | 13% | 14% | 19% |
| Did not purchase alcohol during this time period | 30% | 24% | 26% | 36% | 35% | 29% | 31% | 41% |
| Prefer not to say | 3% | 3% | 5% | 2% | 3% | 3% | 4% | 3% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Gender

Before and after the start of the pandemic, men are more likely to purchase alcohol once a week or more than women (15% vs 11%, pre-pandemic; 20% vs 13%, post-pandemic). Men are also less likely to not purchase alcohol in the months before and after the beginning of the pandemic (25% vs 35%, pre-pandemic; 29% vs 40%, post-pandemic).

Drinker Status

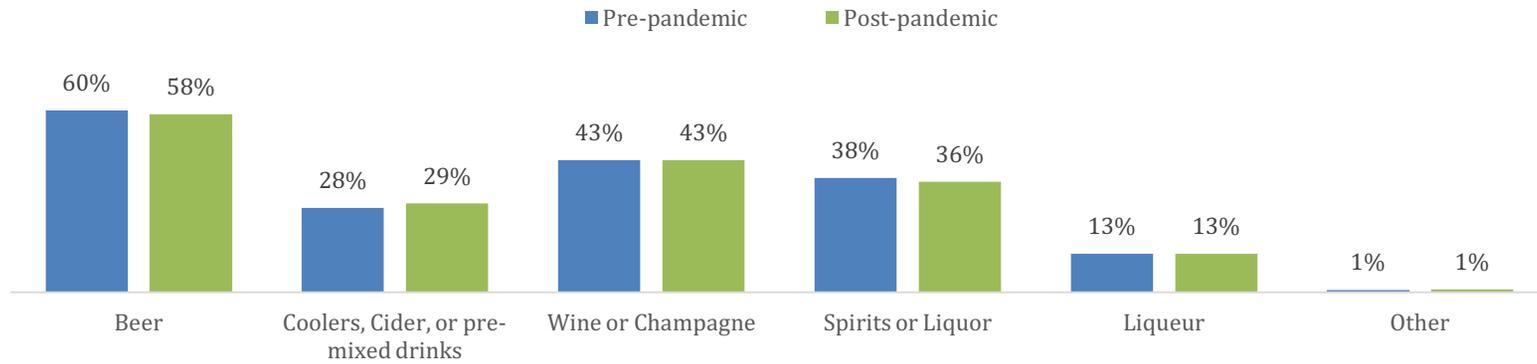
As might be expected, those who drink alcohol outside the low-risk drinking guidelines purchase alcohol more often than those who drink inside the guidelines or those who don't drink, both before and after the pandemic began. Among those who drink outside the guidelines, there is a noticeable increase in those purchasing alcohol on a weekly basis post-pandemic.

| | Pre-pandemic | | | | Post-pandemic | | | |
|--|--------------|-------------|--------------------|---------------------|---------------|-------------|--------------------|---------------------|
| | Total | Non-drinker | Drinks within LRDG | Drinks outside LRDG | Total | Non-drinker | Drinks within LRDG | Drinks outside LRDG |
| Once a week or more | 13% | 1% | 10% | 31% | 17% | 1% | 13% | 41% |
| Two to three times a month | 19% | 1% | 21% | 35% | 15% | 1% | 18% | 27% |
| Once a month | 16% | 3% | 22% | 19% | 14% | 2% | 21% | 18% |
| Less than once a month | 18% | 7% | 30% | 8% | 16% | 3% | 29% | 9% |
| Did not purchase alcohol during this time period | 30% | 87% | 12% | 5% | 35% | 91% | 16% | 3% |
| Prefer not to say | 3% | 2% | 4% | 2% | 3% | 2% | 4% | 2% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Six-in-ten Atlantic Canadians purchased beer in the months surrounding the start of the pandemic, with four-in-ten purchasing wine or champagne, and a third purchasing liquor. Type of alcohol purchased does not seem to be affected by the pandemic.

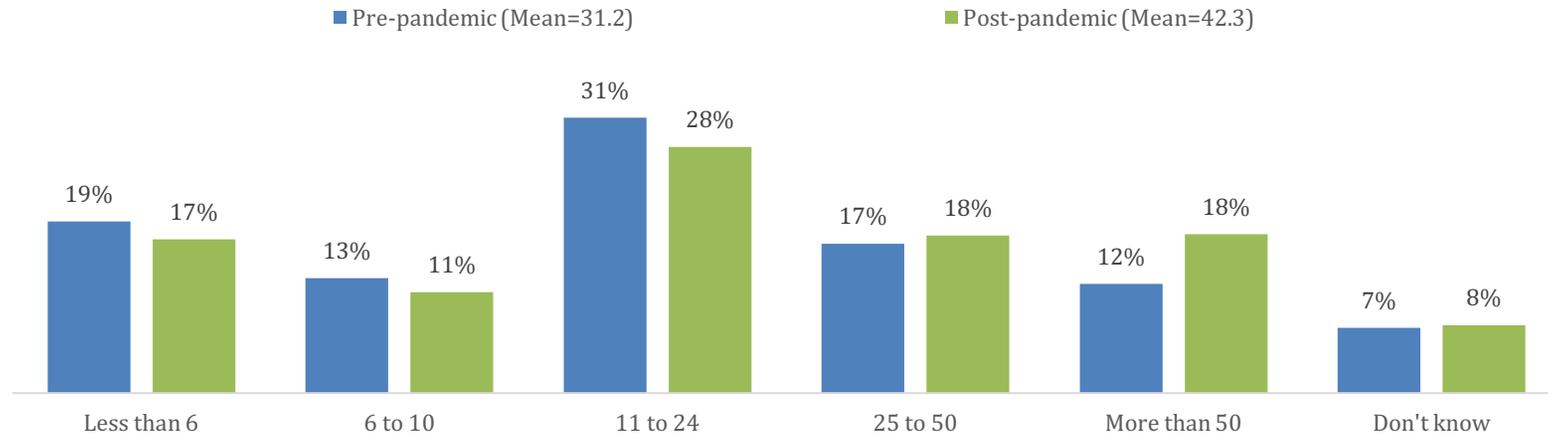
Q. What type(s) of alcohol did you purchase?



3.5 Amount of Beer Purchased

Most commonly, Atlantic Canadian beer consumers purchase between 11 and 24 bottles or cans per month (31% pre-pandemic vs. 28% in the post-pandemic period). The likelihood of purchasing more than 50 bottles/cans per month increased post-pandemic, and the mean average increased from 31.2 to 42.3.

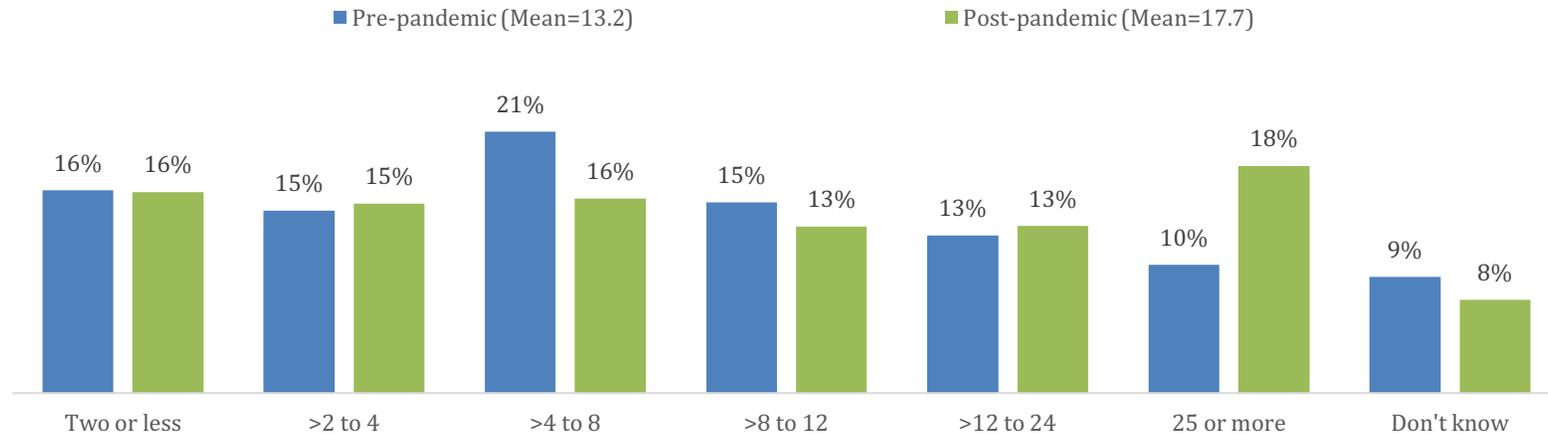
Q. How many bottles or cans of beer did you purchase per month...?



3.6 Amount of Coolers / Ciders / Pre-Mixed Drinks Purchased

About half of Atlantic Canadian cooler or cider purchasers buy eight or less bottles or cans of coolers/cider/pre-mixed drinks per month, though purchases of 12 or more bottles or cans have increased in the months since the pandemic began. The mean average increased from 13.2 to 17.7.

Q. How many bottles or cans of coolers, cider, or pre-mixed drinks, did you purchase per month...?

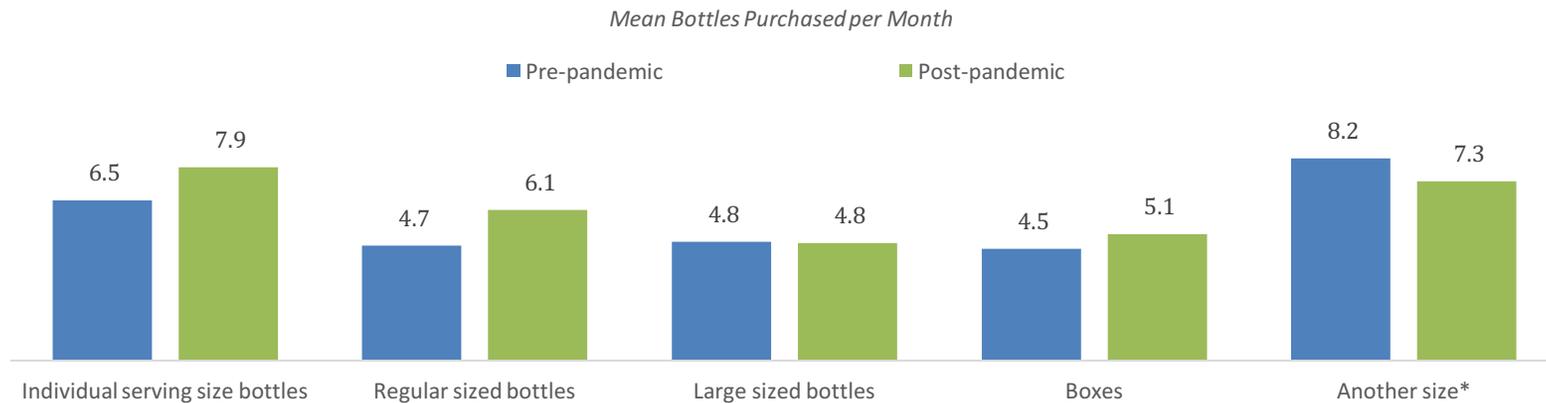
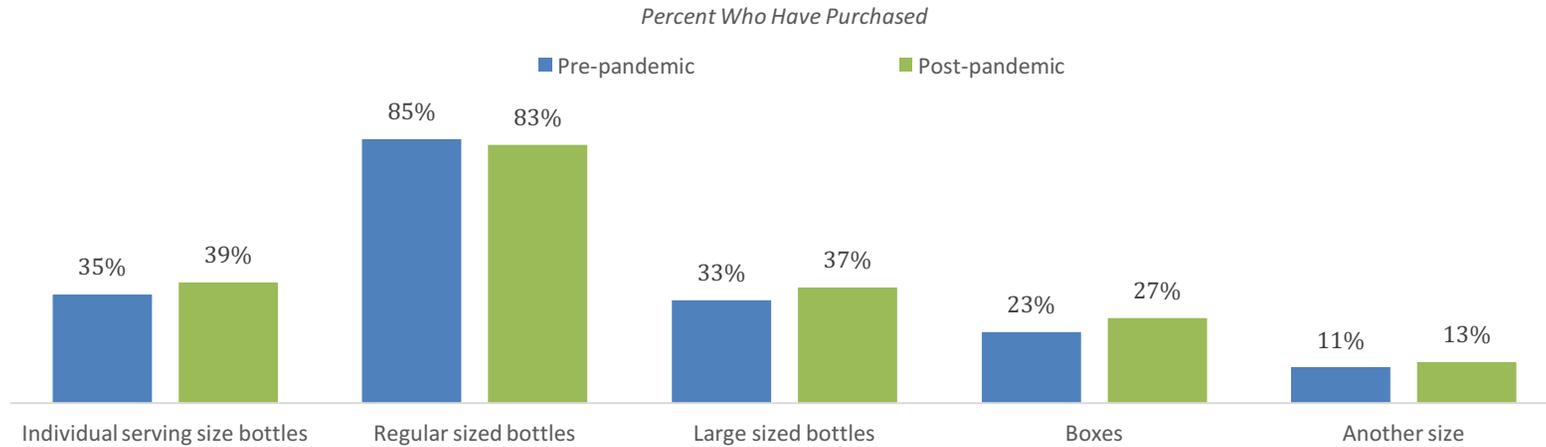


3.7 Amount of Wine/Champagne Purchased

The majority of wine/champagne is purchased in regular sized bottles. Among those who have purchased them, purchase quantity for individual sized bottles, regular sized bottles, and boxes of wine or champagne seem to have increased post-pandemic.

Q. How many bottles of wine or champagne did you purchase per month...?

*Due to small sample size, interpret results with caution.

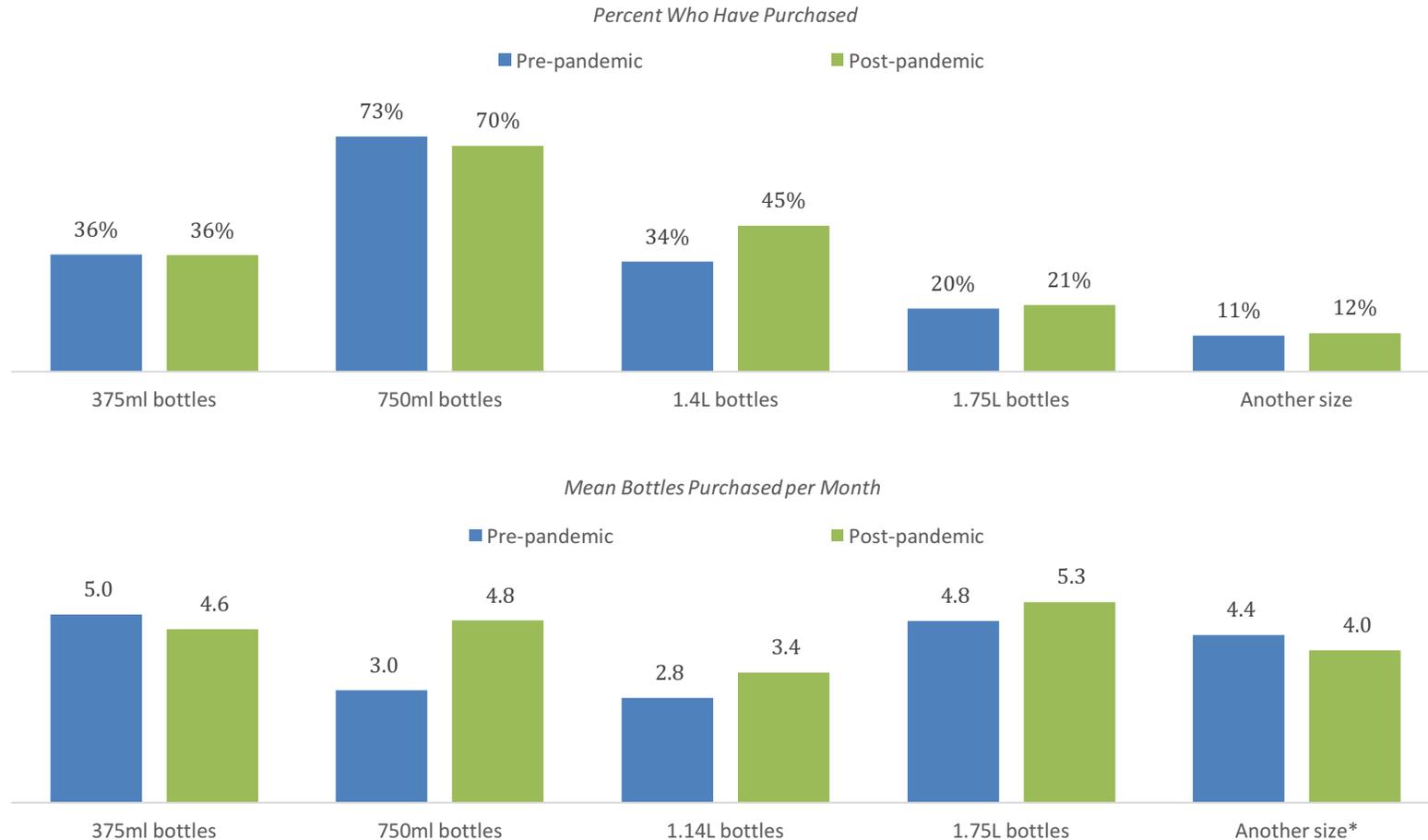


3.8 Amount of Spirits/Liquor Purchased

Most liquor is purchased in 750ml bottles, with seven-in-ten purchasing this size bottle. 1.4L bottles have become noticeably more popular since the pandemic began. Mean quantity of 750ml, 1.4L, and 1.75L size bottles purchased has increased post-pandemic.

Q. How many bottles of spirits/liquor did you purchase per month...?

**Due to small sample size, interpret results with caution.*

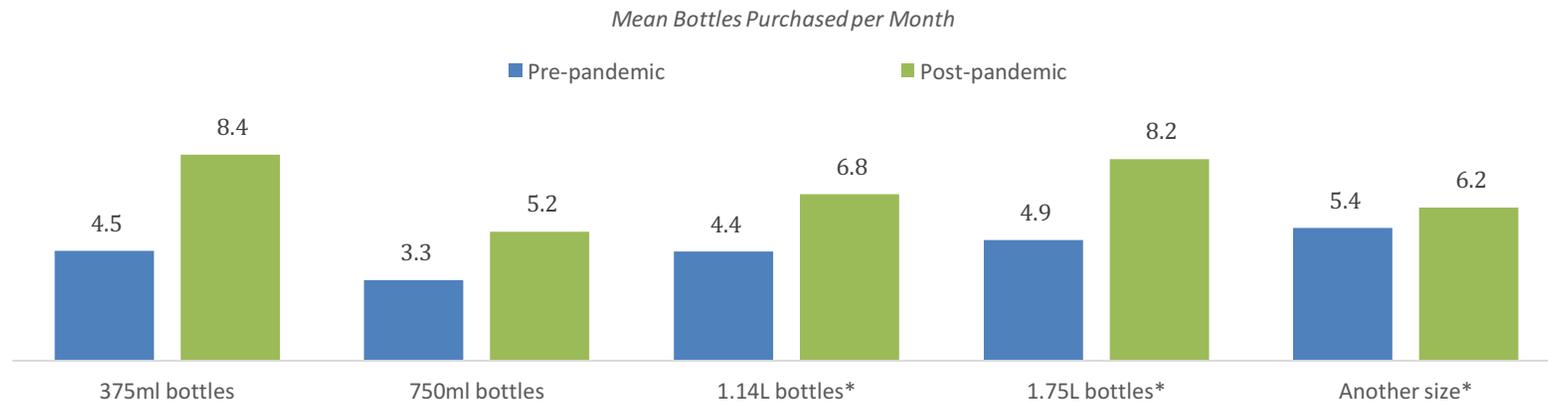
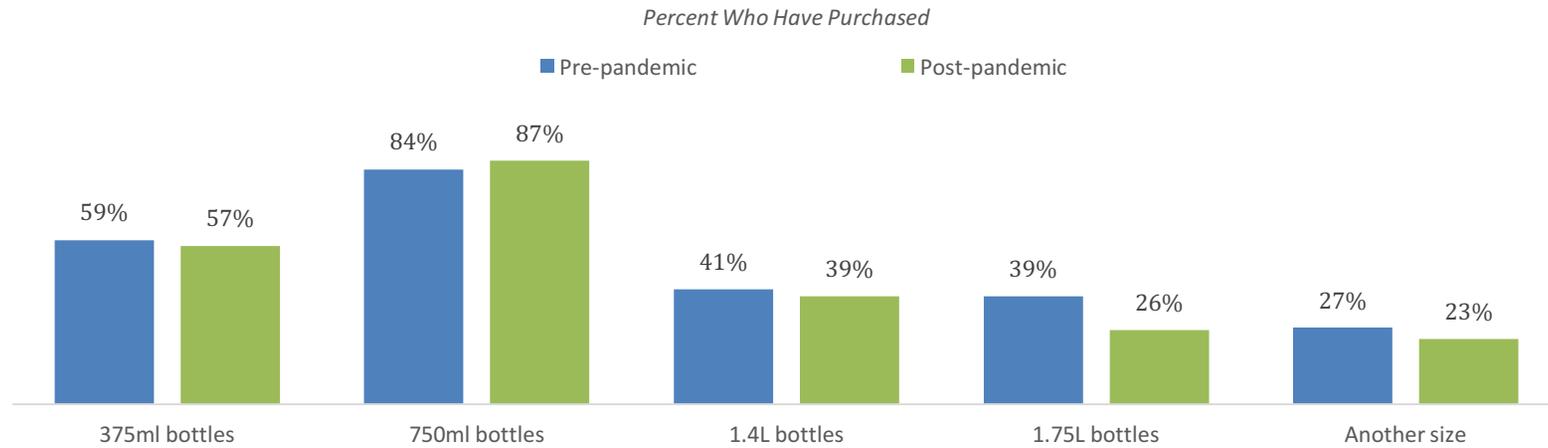


3.9 Amount of Liqueur Purchased

It does not appear that liqueur buyers are purchasing larger bottles since the pandemic began, but the quantity of bottles purchased has increased.

Q. How many bottles of liqueur did you purchase per month...?

**Due to small sample size, interpret results with caution.*

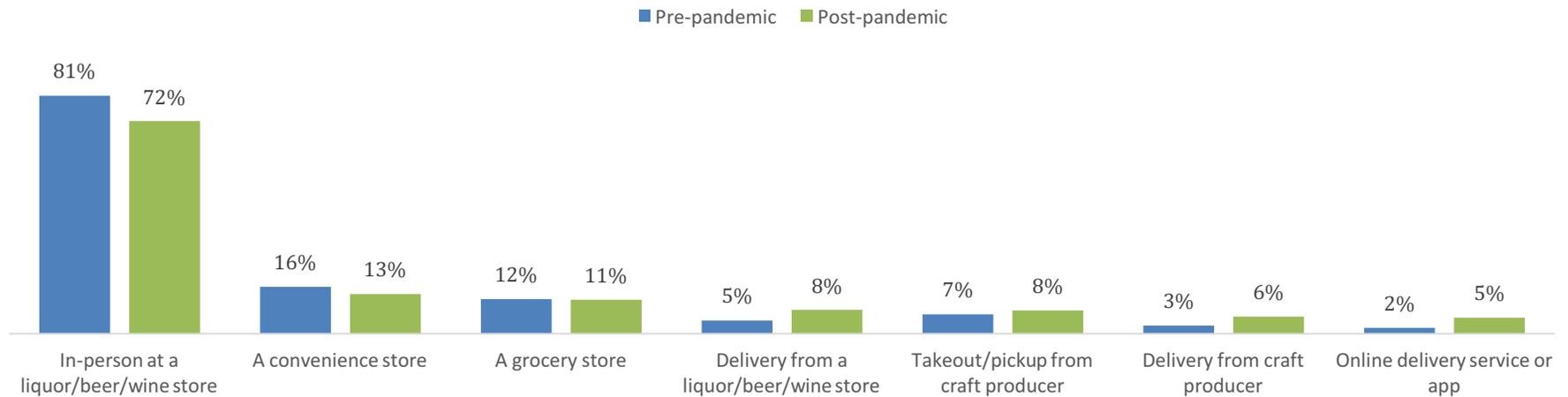


3.10 Where Alcohol Purchased

The majority of alcohol purchases are in-person at a store that sells alcohol, though fewer residents are doing in-person shopping post-pandemic. There are increases in customers having alcohol delivered, from stores that sell alcohol as well as from craft producers and online or using delivery apps.

Q. Where did you purchase alcohol?

NOTE: Response options reported at 4% or less both pre-and post-pandemic were excluded from chart



Further Analysis

Province

Newfoundland and Labrador stands out as having lower rates of in-person visits to a store that sells alcohol but has higher rates of purchasing alcohol at convenience stores, due to slightly different rules around alcohol sales in this province. Similarly, New Brunswick has a notably higher proportion of residents purchasing alcohol at a grocery store.

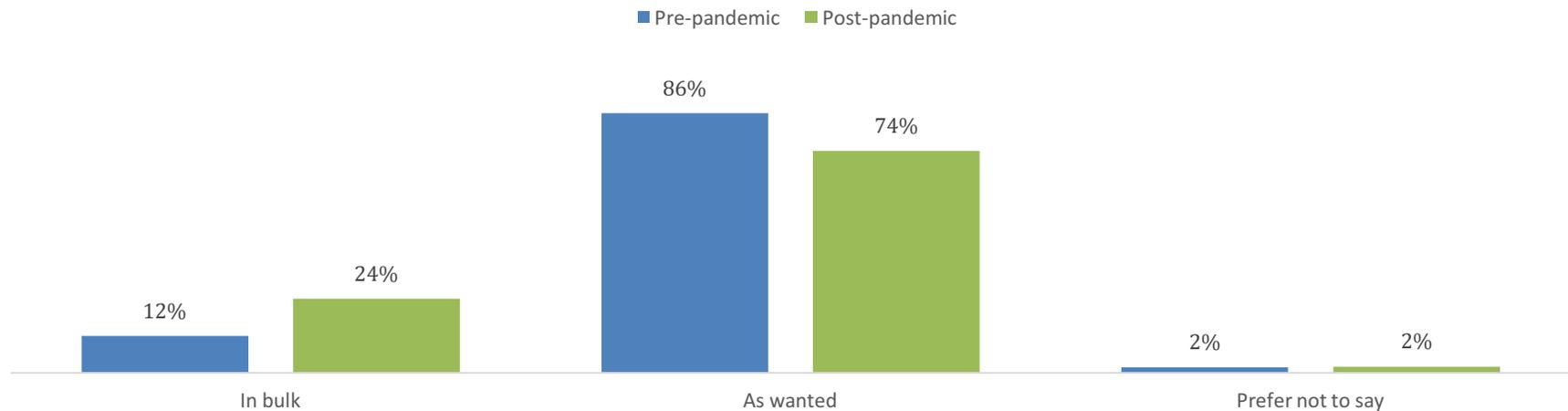
| | Pre-Pandemic | | | | | Post-Pandemic | | | | |
|---|----------------|-----|-----|-----|-----|----------------|-----|-----|-----|-----|
| | Total Atlantic | NB | NL | NS | PE | Total Atlantic | NB | NL | NS | PE |
| Purchased in-person at a liquor store, beer store, or wine store | 81% | 79% | 73% | 86% | 87% | 72% | 74% | 58% | 78% | 77% |
| A convenience store | 16% | 13% | 35% | 7% | 10% | 13% | 9% | 35% | 3% | 12% |
| A grocery store | 12% | 22% | 9% | 7% | 9% | 11% | 22% | 7% | 7% | 5% |
| Delivery from a liquor store, beer store, or wine store | 5% | 6% | 6% | 3% | 2% | 8% | 6% | 11% | 8% | 8% |
| Takeout/pickup from a craft producer | 7% | 7% | 4% | 8% | 7% | 8% | 7% | 7% | 10% | 6% |
| Delivery from a craft producer | 3% | 4% | 3% | 2% | 1% | 6% | 4% | 3% | 9% | 5% |
| Used an online delivery service or app | 2% | 2% | 1% | 2% | 3% | 5% | 5% | 6% | 5% | 5% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

3.11 Bulk Purchases vs As Wanted

Most Atlantic Canadians purchase their alcohol on an ‘as-wanted’ basis, though twice as many are purchasing alcohol in bulk post-pandemic than prior to the pandemic.

Q. Did you most often buy alcohol in bulk, or as it was wanted?



Further Analysis

Age

The shift to bulk purchasing seems driven primarily by younger age groups, though older individuals also saw a more modest increase in bulk buying.

| | Pre-pandemic | | | | Post-pandemic | | | |
|--------------------------|--------------|-------|-------|-------------|---------------|------------|------------|-------------|
| | Total | 18-34 | 35-54 | 65 or older | Total | 18-34 | 35-54 | 65 or older |
| In bulk | 12% | 12% | 13% | 12% | 24% | 31% | 24% | 20% |
| As wanted | 86% | 86% | 85% | 87% | 74% | 66% | 74% | 78% |
| Prefer not to say | 2% | 2% | 3% | 1% | 2% | 3% | 2% | 1% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Drinker Status

Those who drink outside the LRDG are more likely to purchase alcohol in bulk than those who drink within the guidelines, and this is especially true post-pandemic.

| | Pre-Pandemic | | | | Post-Pandemic | | | |
|--------------------------|--------------|-------------|--------------------|---------------------|---------------|-------------|--------------------|---------------------|
| | Total | Non-drinker | Drinks within LRDG | Drinks outside LRDG | Total | Non-drinker | Drinks within LRDG | Drinks outside LRDG |
| In bulk | 12% | 14% | 10% | 16% | 24% | 14% | 20% | 32% |
| As wanted | 86% | 76% | 89% | 83% | 74% | 77% | 78% | 67% |
| Prefer not to say | 2% | 9% | 2% | 1% | 2% | 9% | 2% | 2% |

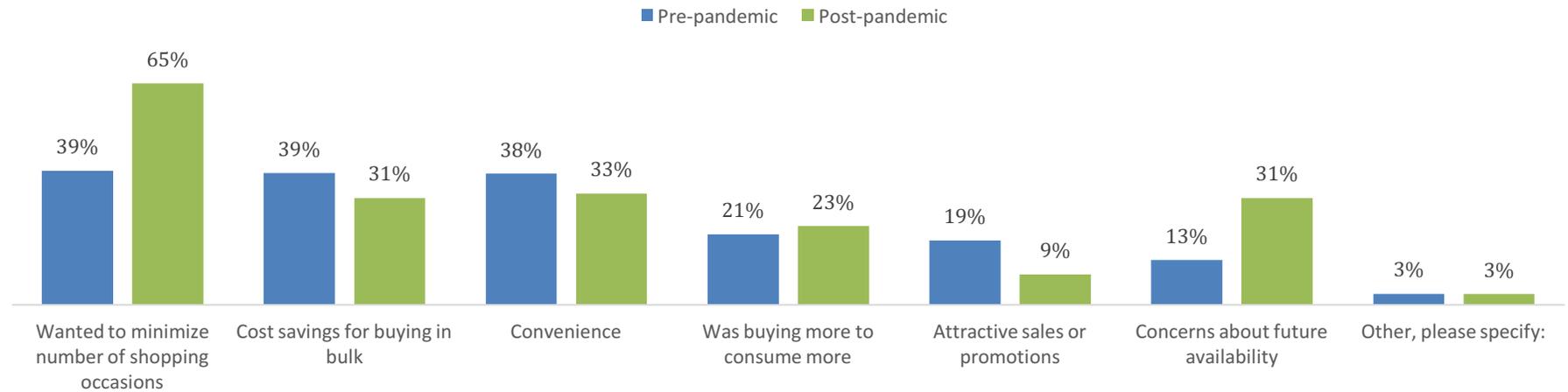
NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Education

Those with some college also reported post-pandemic bulk buying more often compared to those with less education (post-pandemic bulk buying: 27% among those with college or more, 15% among those with high school or less).

Reasons for purchasing alcohol in bulk have changed somewhat due to the pandemic, with residents much more likely to be minimizing their shopping occasions, and to be concerned about future availability. Cost considerations, and sales or promotions, are less of a factor since the pandemic began.

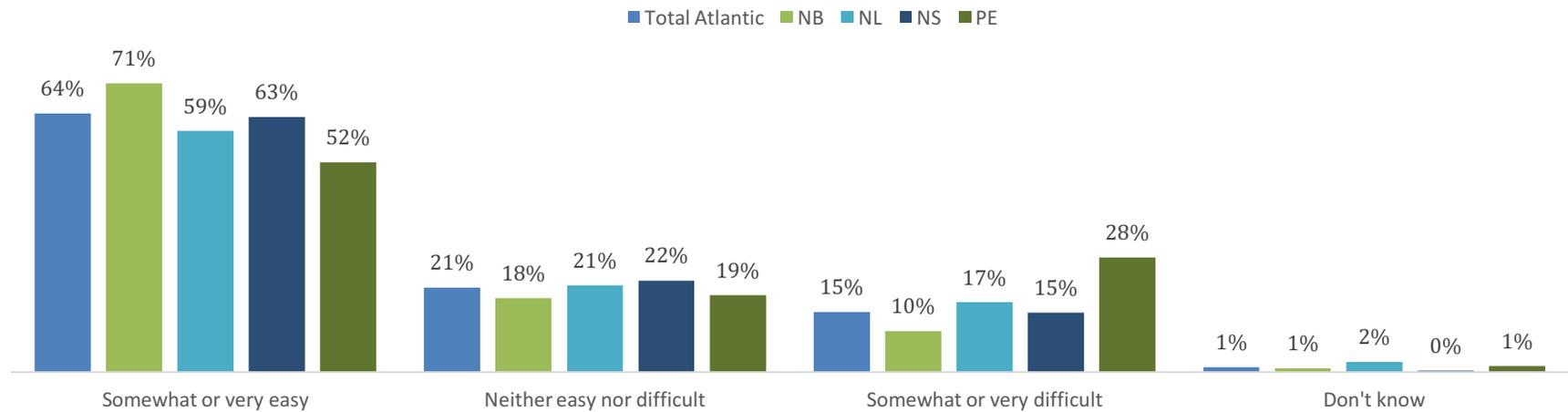
Q. Why did you purchase alcohol in bulk?



3.12 Ease of Alcohol Shopping/Purchase

Most Atlantic Canadians report it was somewhat or very easy to shop for and purchase alcohol in the first few months of the pandemic.

Q. How easy would you say it was to shop for and purchase alcohol during the first few months of the pandemic?



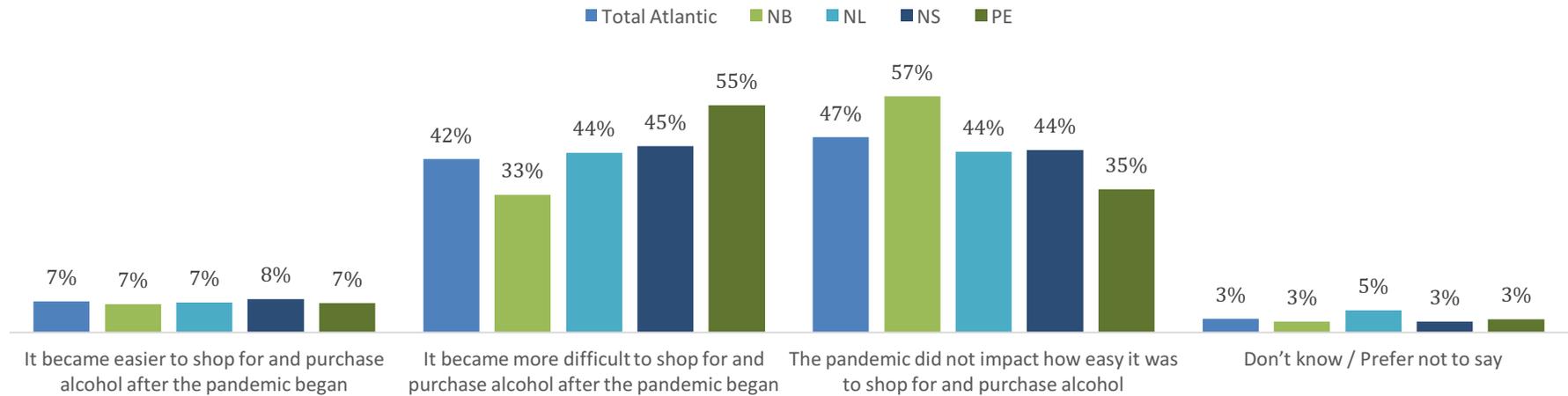
Further Analysis

Province

Prince Edward Island was the Atlantic province reporting the most difficulty shopping for and purchasing alcohol after the pandemic began, with almost three-in-ten saying it was somewhat or very difficult.

At the same time, more than four in ten Atlantic Canadians report that shopping for alcohol became more difficult after the pandemic began.

Q. How did the pandemic impact how you shopped for and purchased alcohol?



Further Analysis

Province

PEI residents are more likely to report having more difficulty in the months following the pandemic, while those in NB report are most likely to report no impact.

Age

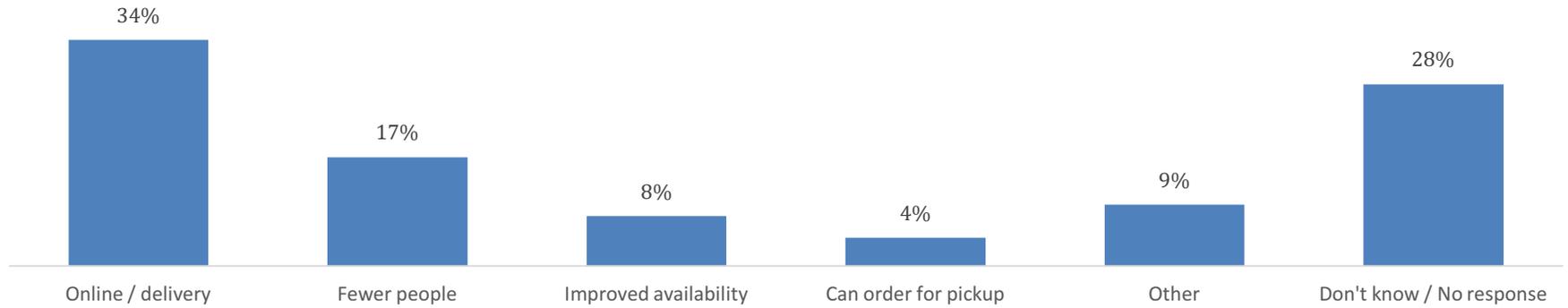
Those who are older are less likely to report the pandemic having an impact on their alcohol shopping/purchases, while those in younger age groups are more likely to report alcohol being easier to shop for and purchase since the pandemic.

| | Total Atlantic | 18-34 | 35-54 | 65+ |
|--|----------------|-------|-------|-----|
| It became easier to shop for and purchase alcohol after the pandemic began | 8% | 11% | 10% | 3% |
| The pandemic did not impact how easy it was to shop for and purchase alcohol | 44% | 36% | 48% | 54% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Of those who think the pandemic made it easier to shop for and purchase alcohol, one third attribute this to online/delivery of alcohol, and two-in-ten mention having to face/deal with fewer people as the reason.

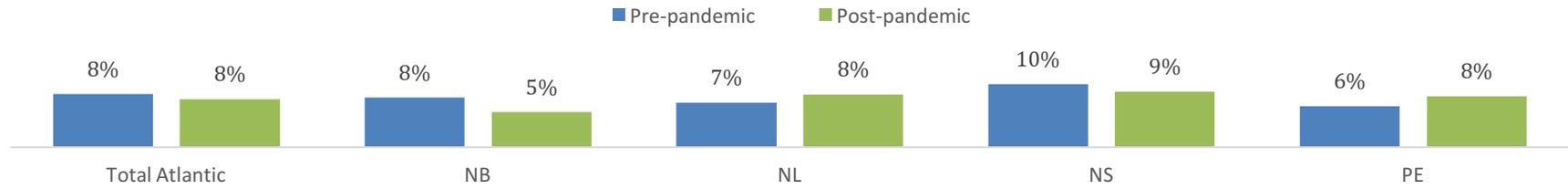
Q. Why do you think the pandemic made it easier to shop for and purchase alcohol?



3.13 Making Alcohol at Home

Less than one-in-ten of those interviewed make their own alcohol at home, with the pandemic not having a discernable impact on home alcohol-making activities.

Q. Did you, either before or after the pandemic began, make your own alcohol at home? - % yes



Further Analysis

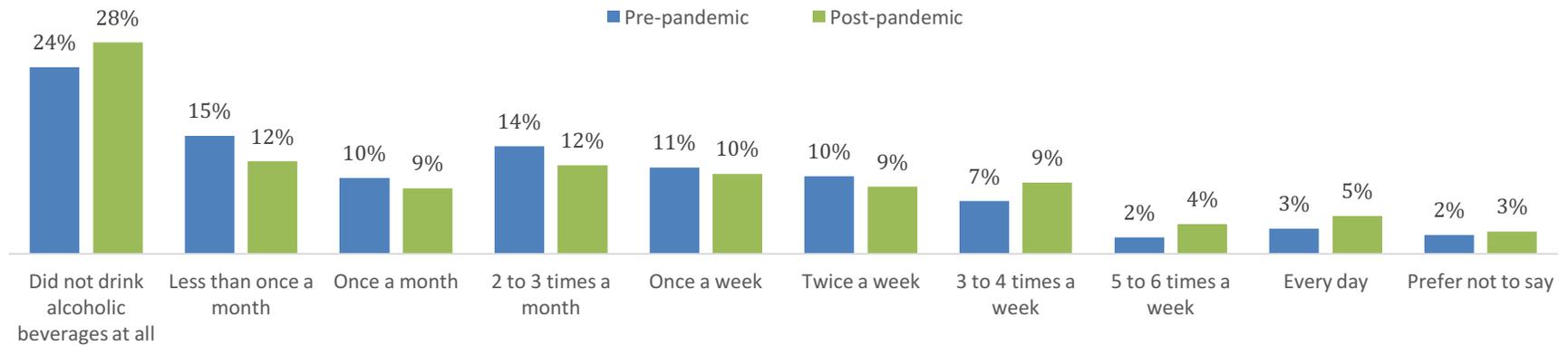
Drinker Status

Those whose drinking exceeds low-risk drinking guidelines are more likely to report making alcohol at home (16% vs 7% for those who drink within LRDG and 1% for non-drinkers, post-pandemic). Once again, the pandemic seems to have little impact on home brewing activity regardless of drinker status.

3.14 Frequency of Alcohol Consumption

The majority of Atlantic Canadians drink alcohol less than once a week, both before and after the pandemic. About a third of those surveyed drank on at least a weekly basis prior to the pandemic, with this increasing to four-in-ten after the pandemic. More individuals report drinking alcohol more than twice a week after the pandemic began than before.

Q. How often did you drink alcoholic beverages before and after the onset of the pandemic?



Further Analysis

Age

Older individuals are more likely to report that they do not drink at all, yet are also more likely to drink daily than younger individuals, both before and after the start of the pandemic.

| | Pre-pandemic | | | | Post-pandemic | | | |
|--|--------------|-------|-------|-------------|---------------|-------|-------|-------------|
| | Total | 18-34 | 35-54 | 55 or older | Total | 18-34 | 35-54 | 55 or older |
| Did not drink alcoholic beverages at all | 24% | 19% | 22% | 29% | 28% | 23% | 25% | 32% |
| Less than once a month | 15% | 23% | 15% | 12% | 12% | 15% | 13% | 10% |
| Once a month | 10% | 15% | 11% | 7% | 9% | 11% | 9% | 7% |
| 2 to 3 times a month | 14% | 17% | 14% | 12% | 12% | 13% | 12% | 11% |
| Once a week | 11% | 12% | 10% | 12% | 10% | 12% | 10% | 9% |
| Twice a week | 10% | 8% | 11% | 10% | 9% | 8% | 10% | 9% |
| 3 to 4 times a week | 7% | 4% | 8% | 8% | 9% | 10% | 9% | 9% |
| 5 to 6 times a week | 2% | 0% | 2% | 3% | 4% | 3% | 4% | 4% |
| Every day | 3% | 0% | 3% | 5% | 5% | 2% | 4% | 7% |
| Prefer not to say | 2% | 3% | 3% | 2% | 3% | 4% | 4% | 2% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Gender

Women are more likely to report not drinking at all than men, while men are more likely to drink once or twice a week, with the pandemic affecting both men and women roughly equally.

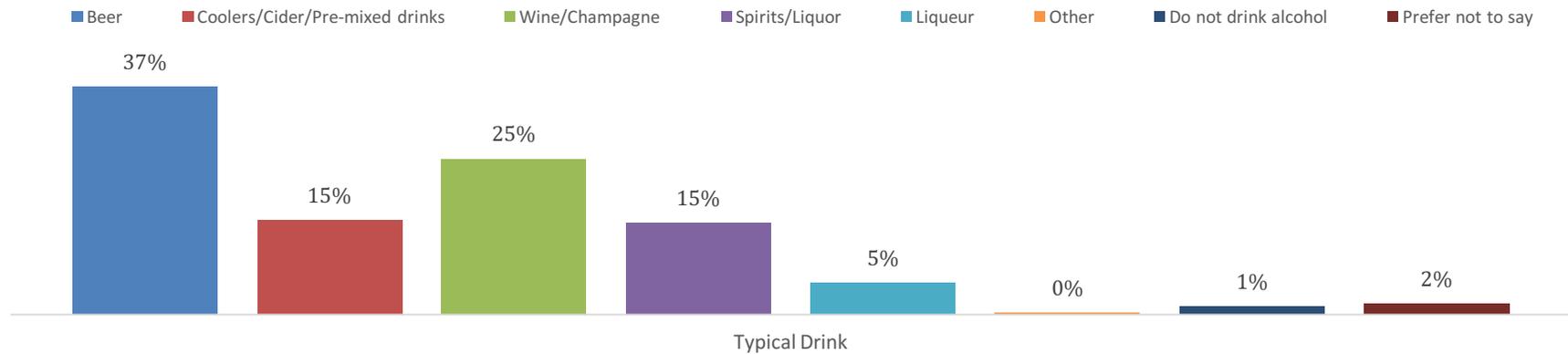
| | Pre-pandemic | | | Post-pandemic | | |
|--|--------------|------|--------|---------------|------|--------|
| | Total | Male | Female | Total | Male | Female |
| Did not drink alcoholic beverages at all | 24% | 21% | 27% | 28% | 24% | 31% |
| Less than once a month | 15% | 13% | 18% | 12% | 10% | 14% |
| Once a month | 10% | 10% | 9% | 9% | 8% | 9% |
| 2 to 3 times a month | 14% | 14% | 14% | 12% | 12% | 11% |
| Once a week | 11% | 13% | 10% | 10% | 14% | 8% |
| Twice a week | 10% | 12% | 8% | 9% | 11% | 7% |
| 3 to 4 times a week | 7% | 8% | 6% | 9% | 10% | 9% |
| 5 to 6 times a week | 2% | 3% | 2% | 4% | 4% | 3% |
| Every day | 3% | 4% | 3% | 5% | 5% | 5% |
| Prefer not to say | 2% | 2% | 3% | 3% | 2% | 3% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

3.15 Typical Drink

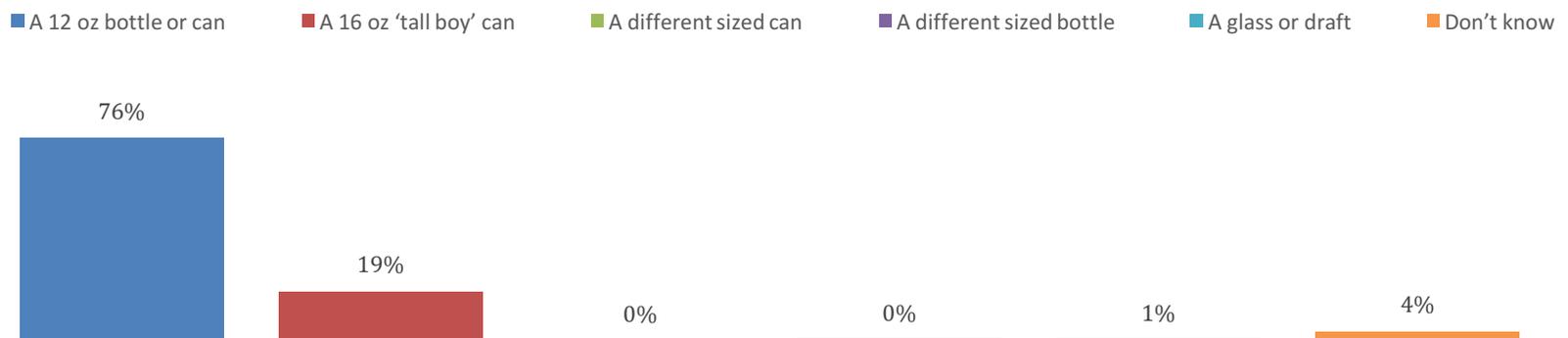
The most popular drinks consumed are beer, chosen by one-third of those who drink, and wine/champagne, chosen by a quarter.

Q. Now, thinking about when you drink alcohol, what is a typical drink for you, or the drink that you choose most often?



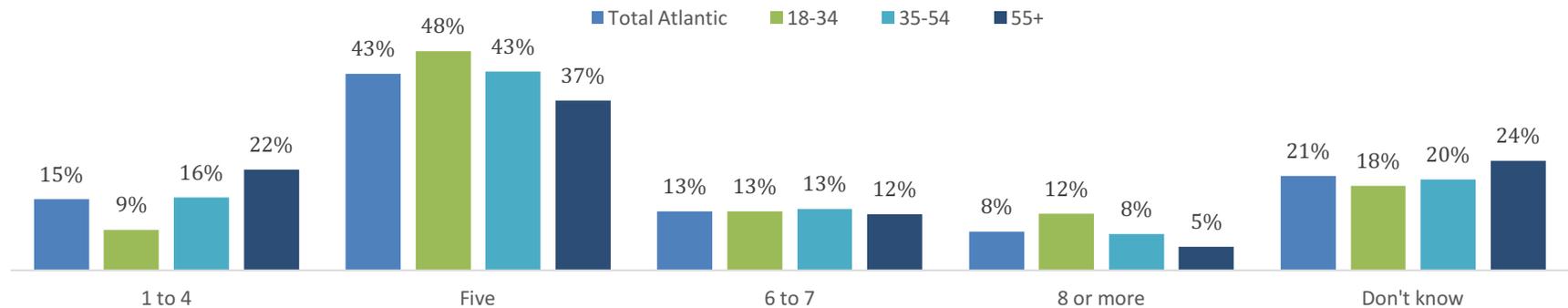
When drinking beer, coolers, ciders or pre-mixed drinks, three quarters of Atlantic Canadians choose a regular 12 oz can, with another two-in-ten choosing a 16 oz can.

Q. Which size beer, cooler, cider or pre-mixed drink do you typically drink?



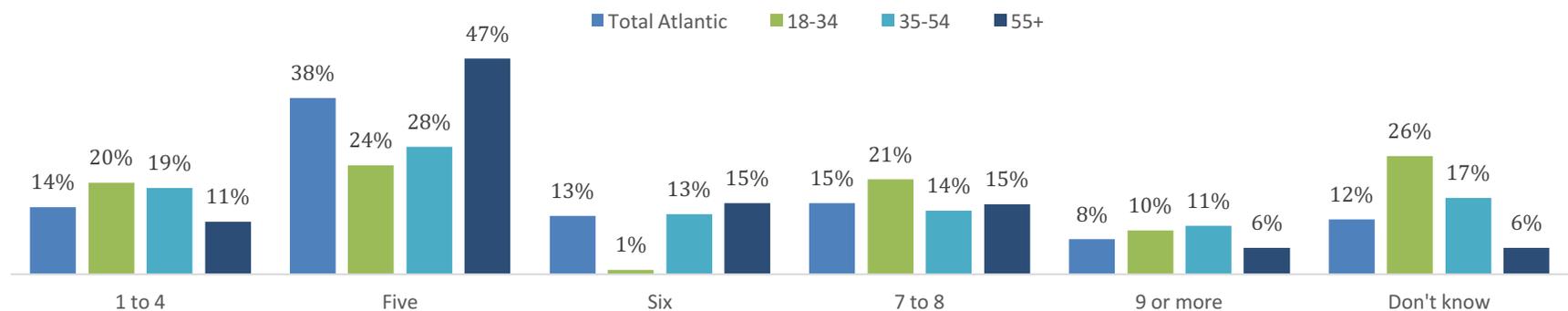
Younger age groups seem likelier to consume drinks with a higher % ABV than those who are older. Most of the beer, coolers, ciders or pre-mixed drinks consumed are between 5% and 7% ABV.

Q. And what is the percent alcohol by volume (% ABV) of the beer, cooler, cider or pre-mixed drink you usually drink?



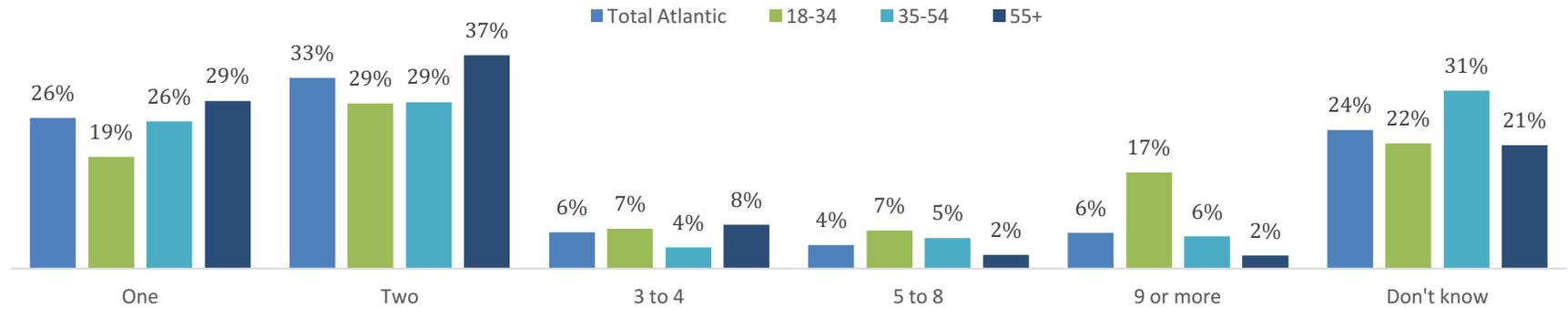
Half of Atlantic Canadians consider a glass of wine or champagne to be 5 ounces or less, at or below a 'standard' wine pour. Almost half of those 55 years of age or more indicate a five ounce glass is typical for them. More than a third of wine or champagne drinkers typically drink a more generous serving, 6 ounces or more.

Q. Roughly how many ounces of wine or champagne would be in your typical glass?



Six-in-ten of those who drink spirits or liqueurs have one or two ounces in a typical drink, hovering around the standard drink size of 1.5 ounces.

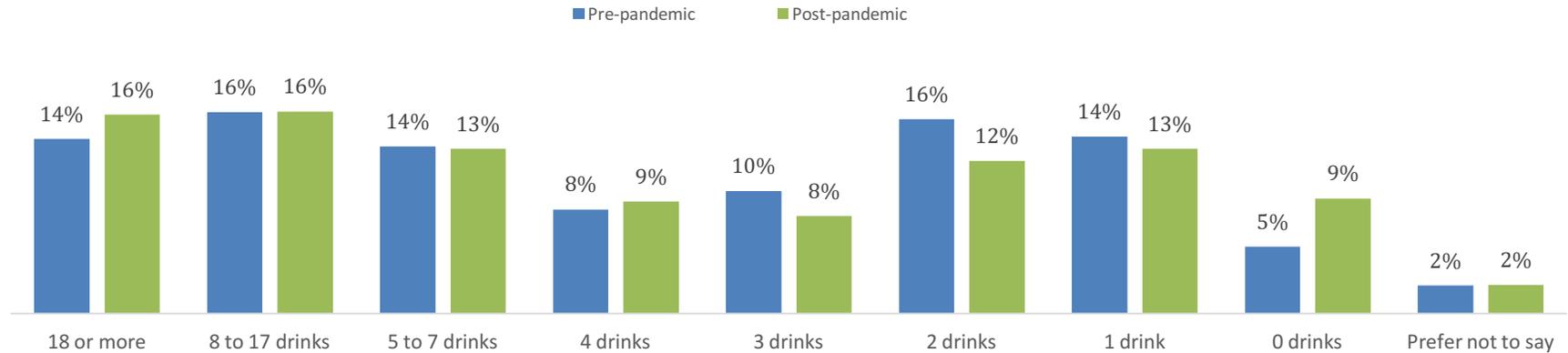
Q. How many ounces of liquor, spirits or liqueur are in each of your typical drinks or cocktails?



3.16 Typical Weekly Consumption

The pandemic does not seem to have had a large effect on weekly alcohol consumption – while there are slightly more reporting 18+ drinks per week post-pandemic, there is also an increase in those not drinking at all post-pandemic.

Q. During each of these time periods, how many alcoholic drinks did you have in a typical week when you drank alcohol?



Further Analysis

Age

High volume drinking (36+ drinks weekly) is driven by younger individuals.

| | Pre-pandemic | | | | Post-pandemic | | | |
|--------------------------|--------------|-------|-------|-------------|---------------|-------|-------|-------------|
| | Total | 18-34 | 35-54 | 55 or older | Total | 18-34 | 35-54 | 55 or older |
| 36 drinks or more | 4% | 6% | 5% | 3% | 7% | 8% | 8% | 5% |
| 24 to 35 drinks | 4% | 5% | 4% | 5% | 4% | 4% | 5% | 4% |
| 18 to 23 drinks | 5% | 6% | 6% | 4% | 5% | 4% | 6% | 5% |
| 12 to 17 drinks | 8% | 9% | 11% | 6% | 7% | 9% | 7% | 6% |
| 8 to 11 drinks | 8% | 6% | 8% | 9% | 9% | 10% | 9% | 9% |
| 5 to 7 drinks | 14% | 10% | 13% | 16% | 13% | 13% | 14% | 13% |
| 4 drinks | 8% | 10% | 7% | 9% | 9% | 9% | 10% | 8% |
| 3 drinks | 10% | 9% | 11% | 9% | 8% | 6% | 7% | 10% |
| 2 drinks | 16% | 14% | 14% | 18% | 12% | 9% | 11% | 15% |
| 1 drink | 14% | 14% | 13% | 15% | 13% | 14% | 11% | 15% |
| 0 drinks | 5% | 7% | 5% | 5% | 9% | 10% | 9% | 9% |
| Prefer not to say | 2% | 3% | 3% | 1% | 2% | 3% | 3% | 1% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Gender

In general, men drink at higher volumes than women, both pre and post-pandemic.

| | Pre-pandemic | | | Post-pandemic | | |
|--------------------------|--------------|------|--------|---------------|------|--------|
| | Total | Male | Female | Total | Male | Female |
| 36 drinks or more | 4% | 7% | 2% | 7% | 9% | 4% |
| 24 to 35 drinks | 4% | 5% | 4% | 4% | 5% | 4% |
| 18 to 23 drinks | 5% | 5% | 5% | 5% | 5% | 5% |
| 12 to 17 drinks | 8% | 9% | 7% | 7% | 9% | 5% |
| 8 to 11 drinks | 8% | 9% | 7% | 9% | 10% | 8% |
| 5 to 7 drinks | 14% | 16% | 11% | 13% | 15% | 12% |
| 4 drinks | 8% | 9% | 8% | 9% | 10% | 8% |
| 3 drinks | 10% | 11% | 9% | 8% | 8% | 8% |
| 2 drinks | 16% | 16% | 16% | 12% | 12% | 12% |
| 1 drink | 14% | 7% | 21% | 13% | 8% | 18% |
| 0 drinks | 5% | 4% | 7% | 9% | 6% | 12% |
| Prefer not to say | 2% | 2% | 3% | 2% | 2% | 3% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Education

Few significant differences in weekly drinking habits are seen by education level, though observationally it does appear that those with high school or less drink at slightly higher volumes than those with college or higher.

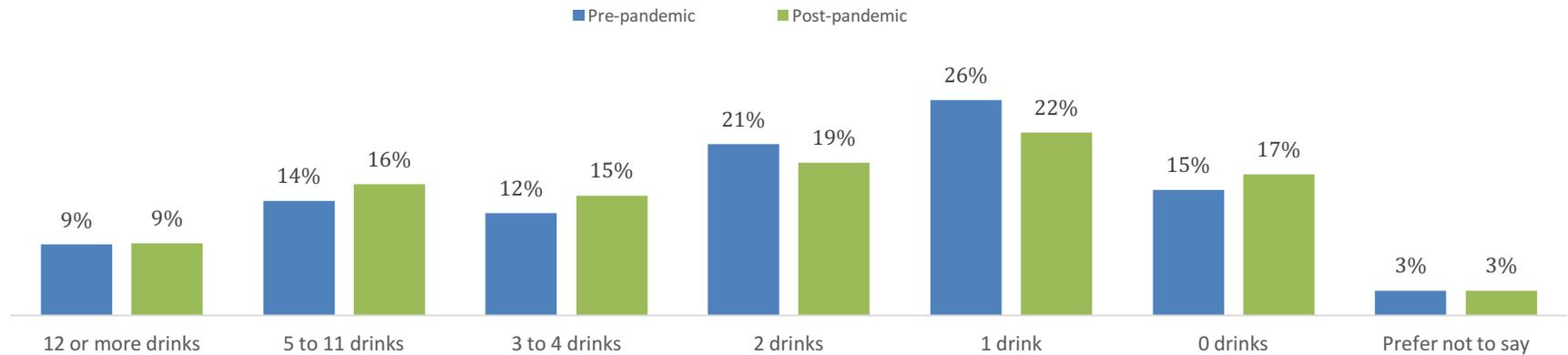
| | Pre-pandemic | | | Post-pandemic | | |
|--------------------------|--------------|---------------------|----------------------|---------------|---------------------|----------------------|
| | Total | High School or Less | Some College or More | Total | High School or Less | Some College or More |
| 36 drinks or more | 4% | 6% | 4% | 7% | 8% | 6% |
| 24 to 35 drinks | 4% | 5% | 4% | 4% | 6% | 4% |
| 18 to 23 drinks | 5% | 2% | 6% | 5% | 3% | 6% |
| 12 to 17 drinks | 8% | 10% | 8% | 7% | 6% | 7% |
| 8 to 11 drinks | 8% | 8% | 8% | 9% | 9% | 9% |
| 5 to 7 drinks | 14% | 17% | 13% | 13% | 16% | 12% |
| 4 drinks | 8% | 5% | 9% | 9% | 6% | 10% |
| 3 drinks | 10% | 7% | 11% | 8% | 6% | 8% |
| 2 drinks | 16% | 17% | 16% | 12% | 14% | 12% |
| 1 drink | 14% | 14% | 14% | 13% | 13% | 13% |
| 0 drinks | 5% | 6% | 5% | 9% | 9% | 9% |
| Prefer not to say | 2% | 3% | 2% | 2% | 3% | 2% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

3.17 Typical Daily Consumption

The pandemic does seem to have had a modest impact on daily drinking habits, with fewer reporting one or two drinks a day, and more respondents indicating they have 3 to 11 drinks a day. This said, slightly more did not drink at all on a typical day post-pandemic.

Q. And during each time period, how many alcoholic drinks did you have on a typical day when you drank alcohol?



Further Analysis

Age

Those under 55 years of age seem to be drinking more on a daily basis, with those older drinking fewer drinks per day.

| | Pre-pandemic | | | | Post-pandemic | | | |
|-------------------|--------------|-------|-------|-------------|---------------|-------|-------|-------------|
| | Total | 18-34 | 35-54 | 55 or older | Total | 18-34 | 35-54 | 55 or older |
| 25 or more drinks | 2% | 1% | 3% | 1% | 2% | 1% | 3% | 1% |
| 19 to 24 drinks | 2% | 3% | 1% | 1% | 2% | 2% | 3% | 1% |
| 16 to 18 drinks | 2% | 4% | 2% | 0% | 2% | 4% | 2% | 1% |
| 12 to 15 drinks | 3% | 5% | 3% | 2% | 3% | 6% | 2% | 2% |
| 9 to 11 drinks | 3% | 4% | 5% | 2% | 3% | 2% | 5% | 2% |
| 7 to 8 drinks | 4% | 8% | 4% | 1% | 5% | 9% | 6% | 3% |
| 5 to 6 drinks | 7% | 9% | 9% | 4% | 8% | 11% | 8% | 5% |
| 3 to 4 drinks | 12% | 11% | 11% | 15% | 15% | 12% | 15% | 16% |
| 2 drinks | 21% | 14% | 23% | 23% | 19% | 13% | 20% | 21% |
| 1 drink | 26% | 22% | 22% | 32% | 22% | 17% | 19% | 27% |
| 0 drinks | 15% | 16% | 13% | 17% | 17% | 18% | 14% | 19% |
| Prefer not to say | 3% | 3% | 3% | 2% | 3% | 4% | 3% | 2% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Gender

Men are significantly more likely to drink 25 drinks a day than women, and generally do seem to report higher daily drinking volumes. Women are significantly more likely to report having no drinks on a typical day.

| | Pre-pandemic | | | Post-pandemic | | |
|-------------------|--------------|------|--------|---------------|------|--------|
| | Total | Male | Female | Total | Male | Female |
| 25 or more drinks | 2% | 3% | 0% | 2% | 3% | 0% |
| 19 to 24 drinks | 2% | 2% | 1% | 2% | 3% | 1% |
| 16 to 18 drinks | 2% | 3% | 1% | 2% | 2% | 2% |
| 12 to 15 drinks | 3% | 4% | 3% | 3% | 4% | 2% |
| 9 to 11 drinks | 3% | 3% | 3% | 3% | 4% | 2% |
| 7 to 8 drinks | 4% | 4% | 4% | 5% | 5% | 5% |
| 5 to 6 drinks | 7% | 8% | 6% | 8% | 8% | 7% |
| 3 to 4 drinks | 12% | 15% | 10% | 15% | 16% | 14% |
| 2 drinks | 21% | 22% | 20% | 19% | 19% | 18% |
| 1 drink | 26% | 23% | 29% | 22% | 21% | 23% |
| 0 drinks | 15% | 11% | 20% | 17% | 12% | 23% |
| Prefer not to say | 3% | 3% | 3% | 3% | 3% | 3% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Education

Individuals who have at least some college were more likely to report having just one or two drinks daily. They were also significantly less likely than their high school counterparts to drink 12-15 drinks per day.

| | Pre-pandemic | | | Post-pandemic | | |
|--------------------------|--------------|---------------------|----------------------|---------------|---------------------|----------------------|
| | Total | High School or Less | Some College or More | Total | High School or Less | Some College or More |
| 25 or more drinks | 2% | 3% | 2% | 2% | 2% | 2% |
| 19 to 24 drinks | 2% | 1% | 2% | 2% | 3% | 2% |
| 16 to 18 drinks | 2% | 2% | 2% | 2% | 3% | 2% |
| 12 to 15 drinks | 3% | 6% | 3% | 3% | 6% | 2% |
| 9 to 11 drinks | 3% | 4% | 3% | 3% | 4% | 3% |
| 7 to 8 drinks | 4% | 4% | 4% | 5% | 5% | 5% |
| 5 to 6 drinks | 7% | 9% | 6% | 8% | 8% | 7% |
| 3 to 4 drinks | 12% | 11% | 13% | 15% | 14% | 15% |
| 2 drinks | 21% | 16% | 22% | 19% | 14% | 20% |
| 1 drink | 26% | 21% | 28% | 22% | 18% | 23% |
| 0 drinks | 15% | 19% | 14% | 17% | 19% | 17% |
| Prefer not to say | 3% | 4% | 3% | 3% | 4% | 3% |

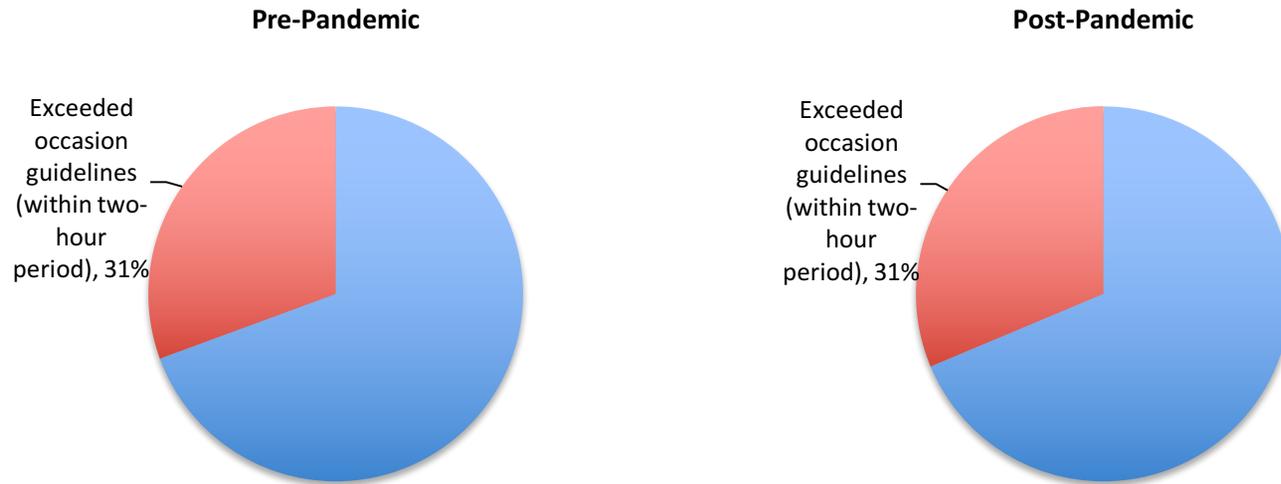
NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

3.18 Drinks per Occasion

Three-in-ten Atlantic Canadians indicate that they have exceeded recommended drinking guidelines for special occasions within a two-hour timeframe, and this is unchanged by the advent of the pandemic.

Q. How often did you have {PIPE-IN 1} drinks containing any kind of alcohol in within a two-hour period?

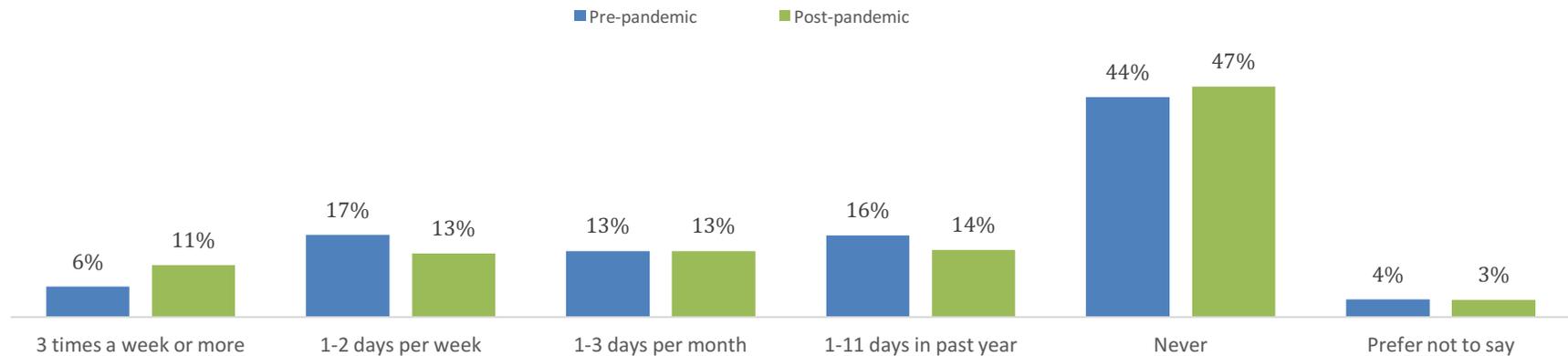
*PIPE-IN 1 = 4 drinks for women, 5 drinks for men



A large proportion of Atlantic Canadians who drink did not exceed the recommended occasion limits in the months surrounding the start of the pandemic. More individuals report drinking past these occasion guidelines 3+ times a week post-pandemic, compared to before the pandemic began.

Q. How often did you have {PIPE-IN 1} drinks containing any kind of alcohol in within a two-hour period?

*PIPE-IN 1 = 4 drinks for women, 5 drinks for men



Further Analysis

Age

Generally, reported frequency of exceeding occasion guidelines for drinking increases with age.

| | Pre-pandemic | | | | Post-pandemic | | | |
|-------------------------------|--------------|-------|-------|-------------|---------------|-------|-------|-------------|
| | Total | 18-34 | 35-54 | 55 or older | Total | 18-34 | 35-54 | 55 or older |
| Every day | 2% | 1% | 2% | 2% | 2% | 0% | 3% | 3% |
| 5 to 6 days a week | 1% | 2% | 2% | 1% | 2% | 2% | 4% | 1% |
| 3 to 4 days a week | 3% | 3% | 3% | 3% | 6% | 10% | 5% | 5% |
| Two days a week | 7% | 9% | 8% | 4% | 5% | 7% | 7% | 3% |
| One day a week | 10% | 12% | 11% | 8% | 7% | 8% | 8% | 7% |
| 2 to 3 days a month | 7% | 12% | 7% | 4% | 6% | 10% | 8% | 3% |
| One day a month | 7% | 9% | 7% | 4% | 7% | 11% | 8% | 4% |
| 3 to 11 days in the past year | 6% | 7% | 8% | 3% | 6% | 8% | 8% | 3% |
| 1 or 2 days in the past year | 11% | 17% | 11% | 7% | 8% | 12% | 8% | 4% |
| Never | 44% | 23% | 38% | 62% | 47% | 27% | 38% | 65% |
| Prefer not to say | 3% | 5% | 3% | 3% | 3% | 6% | 3% | 2% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

Gender

Women are more likely to never exceed occasion limits with their drinking, with men more likely to exceed these limits frequently.

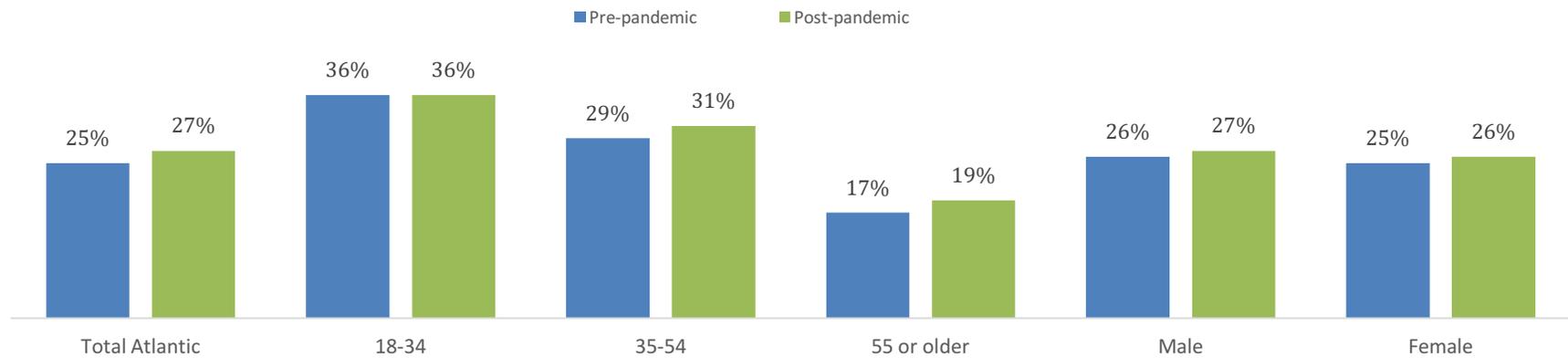
| | Pre-pandemic | | | Post-pandemic | | |
|--------------------------------------|--------------|------|--------|---------------|------|--------|
| | Total | Male | Female | Total | Male | Female |
| Every day | 2% | 3% | 1% | 2% | 2% | 2% |
| 5 to 6 days a week | 1% | 2% | 1% | 1% | 4% | 1% |
| 3 to 4 days a week | 3% | 3% | 2% | 3% | 7% | 6% |
| Two days a week | 7% | 8% | 6% | 4% | 5% | 5% |
| One day a week | 10% | 10% | 10% | 8% | 8% | 7% |
| 2 to 3 days a month | 7% | 6% | 7% | 4% | 7% | 6% |
| One day a month | 7% | 7% | 6% | 4% | 8% | 6% |
| 3 to 11 days in the past year | 6% | 7% | 4% | 3% | 7% | 5% |
| 1 or 2 days in the past year | 11% | 11% | 11% | 7% | 6% | 9% |
| Never | 44% | 40% | 49% | 62% | 43% | 50% |
| Prefer not to say | 3% | 3% | 4% | 3% | 3% | 3% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

3.19 Low-Risk Drinking Guidelines (Daily/Weekly)

Roughly one-in-four Atlantic Canadians have exceeded the low-risk drinking guidelines for either daily or weekly consumption within the months leading into the pandemic and shortly afterwards. This is driven largely by those under 55 years of age. The pandemic does not seem to have impacted the proportion of residents exceeding these guidelines, with incidence roughly equal pre and post pandemic.

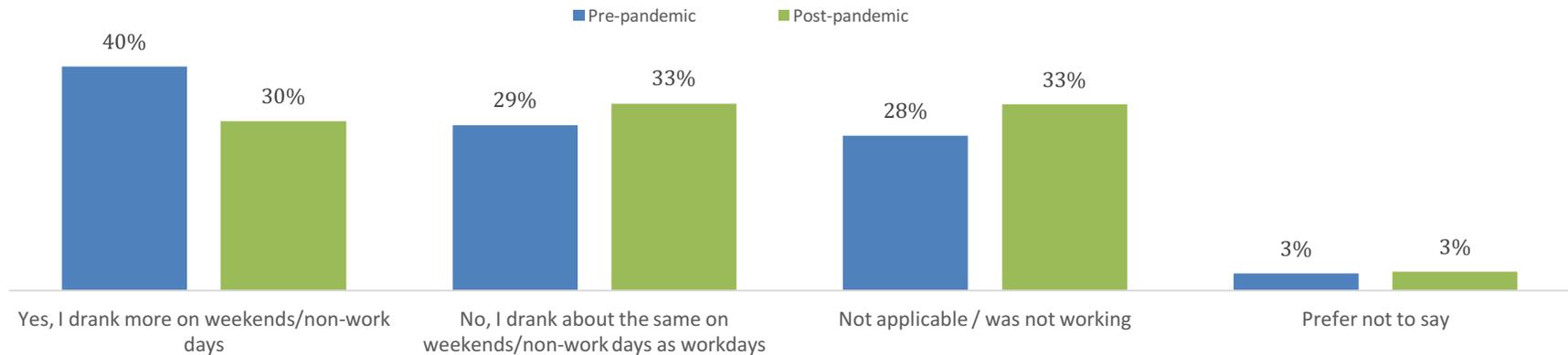
Q. Derived – % who Exceed Low-Risk Drinking Guidelines



3.20 Workdays vs. Weekends

While prior to the pandemic four-in-ten report drinking more on weekends or non-work days, this drops to three-in-ten in the months immediately after the pandemic began. About a third of drinkers say their weekend vs. weekday consumption is about the same, and another third were not working.

Q. Did you drink more on weekends or your days off work, compared to weekdays or days that you did have to work?



Further Analysis

Age

Those in younger age groups are more likely to drink more on weekends than weekdays, although weekend/non-workday drinking among those 18 to 34 years old is markedly reduced post-pandemic. Those 55 or older are more likely to be not working than their younger counterparts.

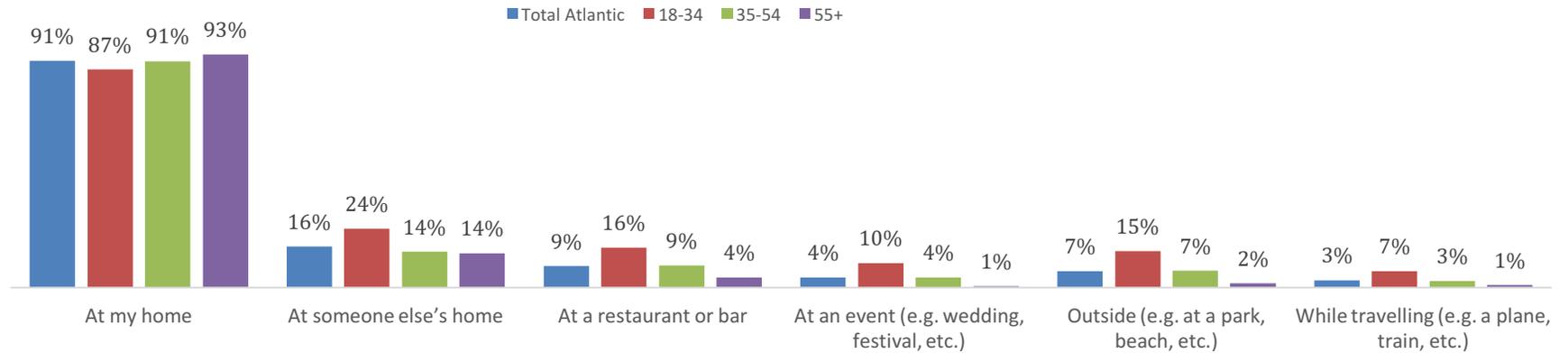
| | Pre-pandemic | | | | Post-pandemic | | | |
|--|--------------|-------|-------|-------------|---------------|-------|-------|-------------|
| | Total | 18-34 | 35-54 | 55 or older | Total | 18-34 | 35-54 | 55 or older |
| Yes, I drank more on weekends/non-work days | 40% | 63% | 45% | 23% | 30% | 38% | 38% | 20% |
| No, I drank about the same on weekends/non-work days as workdays | 29% | 23% | 38% | 26% | 33% | 35% | 41% | 25% |
| Not applicable / was not working | 28% | 9% | 15% | 50% | 33% | 21% | 18% | 53% |
| Prefer not to say | 3% | 5% | 3% | 2% | 3% | 6% | 3% | 2% |

NOTE: Gray shading highlights cells which are significantly different from other cells within the same row, at 95% confidence.

3.21 Where Alcohol Consumed

The vast majority of alcohol was consumed at home during the first few months of the pandemic. Respondents aged 18-34 were more likely to mention drinking alcohol in other locations, most commonly someone else's home.

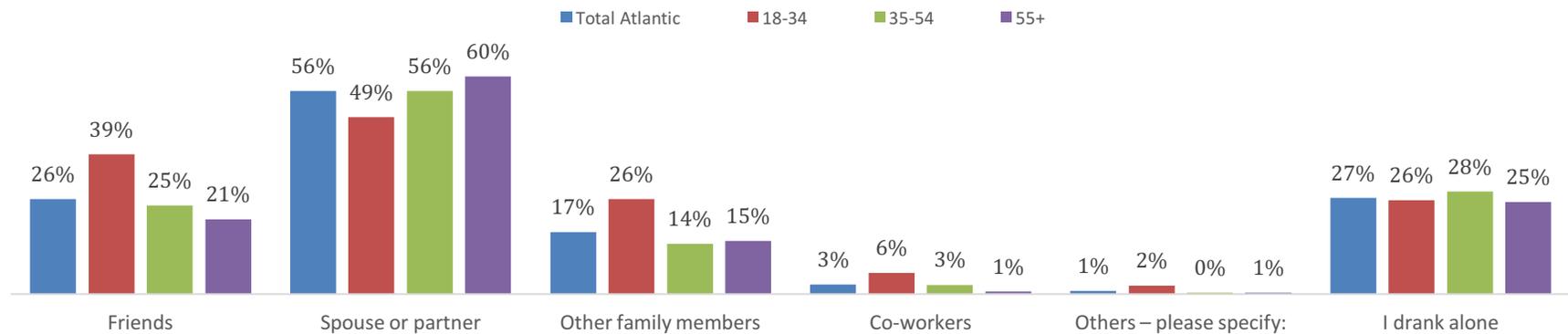
Q. Thinking only about those first few months of the pandemic (March 1st thru June 1st, 2020), where did you consume alcohol?



3.22 Company When Drinking

During the first few months of the pandemic, more than half of Atlantic Canadians report drinking with their spouse or partners, while about a quarter report drinking alone, and another quarter report drinking with friends. Those in the youngest age group were more likely to report drinking with friends or other family and less likely to mention a spouse or partner. There were no significant differences by gender.

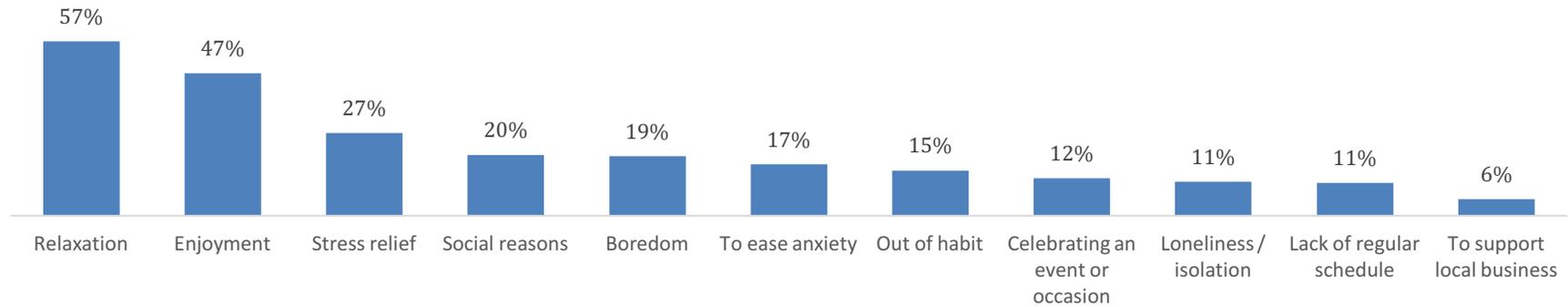
Q. Again thinking about the first few months of the pandemic, who did you drink with?



3.23 Reasons for Drinking

While Atlantic Canadians gave a variety of reasons for drinking during the early months of the pandemic, top among them was relaxation and enjoyment, with about half of respondents mentioning one or both of these.

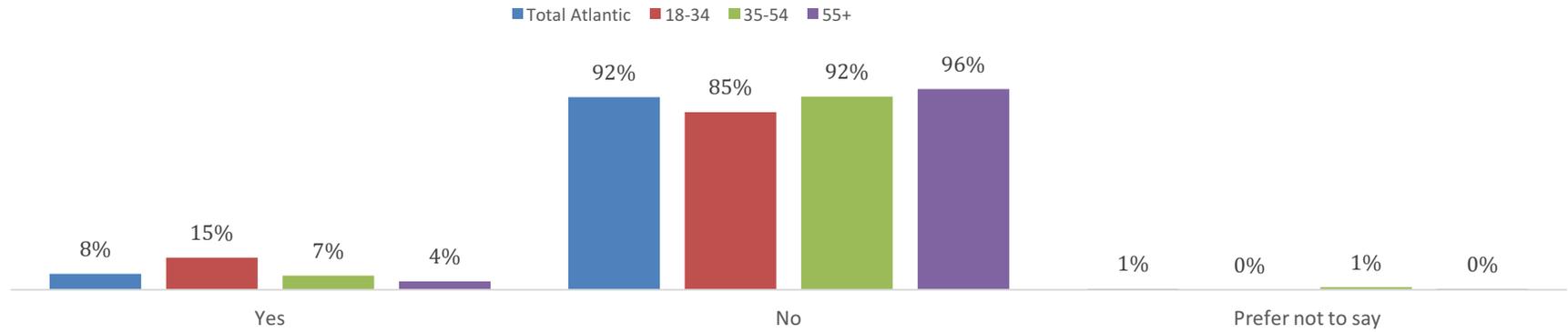
Q. Now, thinking back to occasions when you drank alcohol in spring of last year (March 1st through June 1st, 2020), why did you drink?



3.24 Concern for Drinking

Less than one-in-ten respondents have had someone express concern over their drinking post-pandemic, however among those 18-34 years of age, 15% report experiencing this.

Q. Did anyone complain or express concern about your use of alcohol during the first few months of the pandemic (between March 1st and June 1st, 2020)?



3.25 Pandemic Injuries

Most Atlantic Canadians do not report experiencing any injuries during the first few months of the pandemic, however one-in-five report experiencing a change in their mental or emotional health, and one-in-ten report increased stress or conflict in their relationships. In general, females and those in younger age groups are more vulnerable to injury than males or those who are older. Those who have exceeded the low risk drinking guidelines were more likely to report falling, impaired driving, or physical violence in their home.

Q. During this time, did you experience any of the following?

| | Total Atlantic | 18-34 | 35-54 | 55 or older | Male | Female | Non-drinker | Stayed within LRDG limits | Exceeded LRDG limits |
|--|----------------|------------|------------|-------------|------------|------------|-------------|---------------------------|----------------------|
| A change in your mental or emotional health | 21% | 38% | 22% | 12% | 15% | 26% | 21% | 18% | 24% |
| Increased stress or conflict in your relationships with others | 11% | 20% | 11% | 6% | 9% | 13% | 12% | 7% | 14% |
| Feeling more at risk of suicide | 4% | 9% | 5% | 1% | 5% | 3% | 3% | 3% | 6% |
| Falling | 4% | 6% | 4% | 2% | 4% | 3% | 3% | 2% | 6% |
| Impaired driving | 2% | 5% | 2% | 0% | 3% | 1% | 0% | 1% | 4% |
| Physical violence in your home | 1% | 4% | 1% | 0% | 2% | 1% | 0% | 0% | 4% |
| Did not experience any injuries | 70% | 49% | 68% | 82% | 73% | 67% | 72% | 76% | 63% |
| Other physical injury | 1% | 1% | 1% | 1% | 1% | 1% | 1% | 1% | 1% |
| Don't know / Prefer not to say | 2% | 3% | 2% | 1% | 3% | 1% | 1% | 2% | 2% |

3.26 Violence in the Home

Of those who experienced violence in the home in the early pandemic period, half report it was the first time. One third experienced an injury as a result of the violence. One third report that alcohol was being consumed in the home before the incident, and four-in-ten indicate the person responsible had been drinking. The impact of this event on alcohol use varies – a third of those who experience violence in the home increased their alcohol use as a result, and a quarter of them decreased their alcohol use in response. The reported impact on mental health was 6.9/10.

**Due to very small sample size (n=16), interpret results with caution*

| | Total Atlantic* |
|--|-----------------|
| Was this the first time you experienced physical violence in your home? - % yes | 54% |
| Could you tell us where this violence took place? – Prefer not to say | 86% |
| Were you injured as a result of this physical violence? - % yes | 32% |
| Did you require medical attention due to this injury? - % yes | 86% |
| Did you receive medical attention for this injury? - % yes | 100% |
| Were any members of your household drinking alcohol before the violence in your home took place? - % yes | 35% |
| Was the person responsible for this physical violence drinking alcohol before the violence took place? - % yes | 44% |
| How did this violence in your home impact your alcohol use? | |
| <i>My alcohol use decreased</i> | 23% |
| <i>My alcohol use increased</i> | 36% |
| <i>My alcohol use did not change</i> | 34% |
| <i>Prefer not to say</i> | 7% |
| How did this violence in your home impact your mental health? – Mean Value (10 pt. scale) | 6.9 |

3.27 Falls

Of those who report a fall in the first few months of the pandemic, the most common locations were at home, the stairs, and outside, with half incurring an injury during their fall. About half of these injuries required medical attention, with the majority seeking that medical attention. One quarter of those who had fallen report that they were consuming alcohol prior. About a quarter of those who fell decreased their alcohol use as a result, with one-in-ten increasing their alcohol use in response. The reported impact on mental health was a moderate 5.6/10.

**Due to small sample size (n=55), interpret results with caution*

| | Total Atlantic |
|---|----------------|
| Could you tell us where this fall took place? | |
| <i>Stairs</i> | 12% |
| <i>Outside/sidewalk</i> | 11% |
| <i>On ice</i> | 6% |
| <i>At home</i> | 18% |
| <i>Other</i> | 16% |
| <i>Prefer not to say</i> | 37% |
| Were you injured as a result of this fall? - % yes | 53% |
| Did you require medical attention due to this injury? - % yes* | 52% |
| Did you receive medical attention for this injury? - % yes* | 84% |
| Did you consume alcohol before you fell? - % yes | 27% |
| How did this fall impact your alcohol use? | |
| <i>My alcohol use decreased</i> | 23% |
| <i>My alcohol use increased</i> | 11% |
| <i>My alcohol use did not change</i> | 59% |
| <i>Prefer not to say</i> | 7% |
| How did this violence in your home impact your mental health? – Mean Value (10 pt. scale) | 5.6 |

3.28 Feeling at Risk of Suicide

Of those who felt at risk of suicide in the early pandemic period, approximately half have sought medical attention. Of those, three quarters report receiving the required medical attention. While more than half of those feeling at risk did not report an impact on their alcohol use, a quarter report increasing their drinking, with just under two-in-ten decreasing their alcohol consumption.

**Due to small sample size (n=56), interpret results with caution*

| | Total Atlantic |
|---|----------------|
| Did you seek medical attention? - % yes | 48% |
| Did you receive medical attention for feeling more at risk of suicide? - % yes* | 74% |
| How did feeling at risk of suicide impact your alcohol use? | |
| <i>My alcohol use decreased</i> | 17% |
| <i>My alcohol use increased</i> | 25% |
| <i>My alcohol use did not change</i> | 55% |
| <i>Prefer not to say</i> | 3% |

3.29 Changes in Mental or Emotional Health

About one-in-three of those who experienced changes in their mental or emotional health in the first few months of the pandemic sought medical attention, and almost nine-in-ten of them received it. Alcohol use did not change in response to mental or emotional health changes for two thirds of those reported it, but some did report increased or decreased alcohol use as a result of these changes in their mental health. Impact of these changes on mental health were rated at 6.0/10.

n=313

| | Total Atlantic |
|---|----------------|
| Did you seek medical attention? - % yes | 29% |
| Did you receive medical attention for your mental or emotional health? - % yes | 87% |
| How did this change in your mental or emotional health impact your alcohol use? | |
| <i>My alcohol use decreased</i> | 14% |
| <i>My alcohol use increased</i> | 19% |
| <i>My alcohol use did not change</i> | 64% |
| <i>Prefer not to say</i> | 3% |
| How much did this change impact your mental health? – Mean Value (10 pt. scale) | 6.0 |

3.30 Stress or Conflict in Relationships

One-in-five of those experiencing stress or conflict in their relationships in the early pandemic period report increased alcohol use as a result, and over one-in-ten report decreased alcohol use. The average impact of this conflict or stress on respondents' mental health was 7.0/10.

n=162

| | Total Atlantic |
|--|----------------|
| How did this impact your alcohol use? | |
| <i>My alcohol use decreased</i> | 14% |
| <i>My alcohol use increased</i> | 21% |
| <i>My alcohol use did not change</i> | 60% |
| <i>Prefer not to say</i> | 5% |
| How did this stress or conflict in your relationships impact your mental health? – Mean Value (10 pt. scale) | 7.0 |

3.31 Impaired Driving

Almost half of those who had an experience with impaired driving in the first few months of the pandemic were injured as a result. Six-in-ten required medical attention, but less than half of those received this attention. Impaired driving experiences were frequently reported to have an impact on alcohol use, with four-in-ten indicating their alcohol use increased, and another four-in-ten reporting their alcohol use decreased. Impaired driving experiences impact on mental health was rated 7.0/10 on average.

**Due to small sample size (n=21), interpret results with caution*

| | Total Atlantic* |
|--|-----------------|
| Were you injured as a result? - % yes | 47% |
| Did you require medical attention due to this injury? - % yes | 60% |
| Did you receive medical attention for this injury? - % yes | 42% |
| How did this experience with impaired driving impact your alcohol use? | |
| <i>My alcohol use decreased</i> | 39% |
| <i>My alcohol use increased</i> | 43% |
| <i>My alcohol use did not change</i> | 13% |
| <i>Prefer not to say</i> | 5% |
| How did this experience with impaired driving impact your mental health? – Mean Value (10 pt. scale) | 7.0 |

3.32 Other Injuries

A small subset of respondents reported another type of injury during the early pandemic period, including sprains and soreness, back issues, cuts, and broken bones. Half of these took place at home/garden, with a quarter of them at work. Of the half who required medical attention, all received it. Roughly one-in-six consumed alcohol prior to their injury, with the majority of respondents indicating their alcohol use was not impacted by the incident. Rating of mental health impact was a moderate 5.7/10.

**Due to small sample size (n=16), interpret results with caution*

| | Total Atlantic* |
|--|-----------------|
| Could you tell us where this fall took place? | |
| <i>Home/garden</i> | 50% |
| <i>At work</i> | 23% |
| <i>Other</i> | 27% |
| <i>Prefer not to say</i> | 0% |
| Did you require medical attention due to this physical injury? - % yes | 55% |
| Did you receive medical attention for this injury? - % yes | 100% |
| Did you consume alcohol before this injury took place? - % yes | 14% |
| How did this injury impact your alcohol use? | |
| <i>My alcohol use decreased</i> | 5% |
| <i>My alcohol use increased</i> | 9% |
| <i>My alcohol use did not change</i> | 79% |
| <i>Prefer not to say</i> | 7% |
| How did this injury impact your mental health? – Mean Value (10 pt. scale) | 5.7 |

4.0 Demographic Profile

These tables provide the demographic traits of participants.

| Province | |
|---------------------------|-----|
| New Brunswick | 32% |
| Newfoundland and Labrador | 23% |
| Nova Scotia | 40% |
| Prince Edward Island | 6% |
| Age Category | |
| 18-24 | 7% |
| 25-34 | 16% |
| 35-44 | 15% |
| 45-54 | 18% |
| 55-64 | 20% |
| 65 or older | 23% |
| Prefer not to say | 1% |
| Gender | |
| Male | 48% |
| Female | 51% |
| Other | 0% |
| Prefer not to say | 1% |

| Education | |
|--|-----|
| Less than high school | 3% |
| Graduated high school | 20% |
| Some college / university | 19% |
| Graduated college / university | 45% |
| Post graduate studies | 10% |
| Prefer not to say | 2% |
| Income Category | |
| Under \$30,000 | 18% |
| \$30,000 to \$49,999 | 19% |
| \$50,000 to \$79,999 | 22% |
| \$80,000 to \$99,999 | 13% |
| \$100,000 to \$149,999 | 13% |
| \$150,000 or more | 5% |
| Prefer not to say | 10% |
| Children in Household | |
| 3 years of age or younger | 5% |
| 4 to 7 years of age | 6% |
| 8 to 12 years of age | 8% |
| 13 to 18 years of age | 9% |
| No children in any of these age categories | 78% |

| Languages Spoken at Home | |
|---|-----|
| English | 92% |
| French | 12% |
| Another language | 2% |
| Prefer not to say | 1% |
| Ethnic Background | |
| White | 93% |
| Black / African Canadian | 2% |
| Latin American / Hispanic | 1% |
| Asian | 2% |
| Indian | 1% |
| Middle Eastern / Arab | 1% |
| Aboriginal / Indigenous / First Nations | 2% |
| Other | 0% |
| Prefer Not to Say | 1% |

5.0 Questionnaire

Atlantic Canada's use of Alcohol during the Pandemic: Relation to Injury

IFNS/ACIP

Methodology: Online Research Panel

Draft Date: January 28, 2021

E-mail text / Intro:

The Atlantic Collaborative on Injury Prevention and Injury Free Nova Scotia, in partnership with several other public health and injury prevention organizations, are conducting a survey on the impacts of the COVID-19 pandemic, and we are interested in your experiences during this time.

The information collected in this survey is very important to help inform injury prevention initiatives. Your participation in this effort would be greatly appreciated.

This survey is being conducted by Thinkwell Research. Please note that your responses are confidential. Your individual responses will not be reported; results will only be reported at an aggregate level.

The survey should take no longer than 10 minutes to complete.

To participate in this survey, please click on the link below:

[INSERT UNIQUE URL]

SCREENING

S1. Is your job related to the manufacturing, production, marketing, or distribution of any of the following types of products? Please select all that apply.

MULTIPLE RESPONSE; RANDOMIZE

1. Alcohol (including licensed restaurants or bars)
2. Automobiles/Automobile Parts (including garages or service stations)
3. Pharmaceuticals (prescription or non-prescription)
4. Electronics (including computers, phones, and smart devices)
9. None of the above [**EXCLUSIVE, ANCHOR**]

TERMINATE IF 'ALCOHOL' CHOSEN AT S1 (S1=1)

S2. In which province do you reside?

1. New Brunswick
2. Newfoundland & Labrador
3. Nova Scotia
4. Prince Edward Island
5. Elsewhere in Canada
6. I do not reside in Canada

TERMINATE IF OUTSIDE ATLANTIC CANADA (S2=5-6)

S3a. [IF S2=3] In which of the following counties do you live?

1. Annapolis
2. Antigonish
3. Cape Breton (CBRM)
4. Colchester
5. Cumberland
6. Digby
7. Guysborough
8. Halifax (HRM)
9. Hants
10. Inverness
11. Kings

12. Lunenburg
13. Pictou
14. Queens (Region of Queens Municipality)
15. Richmond
16. Shelburne
17. Victoria
18. Yarmouth
99. Prefer not to say

S3b. [IF S2=1] In which of the following counties do you live?

1. Albert
2. Carleton
3. Charlotte
4. Gloucester
5. Kent
6. Kings
7. Madawaska
8. Northumberland
9. Queens
10. Restigouche
11. Saint John
12. Sunbury
13. Victoria
14. Westmorland
15. York
99. Prefer not to say

S3c. [IF S2=4] In which of the following counties do you live?

1. Kings

2. Queens
3. Prince
4. Prefer not to say

S3d. [IF S2=2] What are the first 3 digits of your postal code?

ENTER: ____ [PN: ENSURE 'X9X' FORMAT']

S4. In which of the following age groups do you fall?

1. Under 18
2. 18-24
3. 25-34
4. 35-44
5. 45-54
6. 55-64
7. 65 or older
9. I prefer not to say

TERMINATE IF UNDER 18 YEARS OF AGE (S4=1)

S5. How do you describe yourself?

1. Male
2. Female
3. Other _____ [OPEN END; DO NOT FORCE]
4. Prefer not to say

1. Alcohol purchases during early Pandemic (Spring 2020)

For much of this survey, we will be asking about how the COVID-19 pandemic impacted your life in spring of last year. When answering these questions, please think specifically about the period from March 1st through June 1st, 2020.

A1. Did you spend more time at home in spring 2020 compared to before the pandemic began?

1. Yes
2. No [**SKIP TO A3**]

A2. For many of the following questions, we would like you to think about those first few months of the pandemic (March 1st through June 1st, 2020). Why did you stay at home more during those first few months of the pandemic? Please select all that apply.

[RANDOMIZE, MULTIPLE RESPONSE]

1. Restaurants/bars were closed
2. Recreational activities were paused or cancelled (i.e. sports, cinemas, etc.)
3. Gyms were closed
4. Impact of social gathering limits / limited social activity
5. Closure of malls and retailers
6. Schools and/or childcare closed – spent more time home for childcare reasons
7. Stay at home orders/mandated to stay at home
8. Did not want to risk virus exposure
9. I was required to isolate for a period of time due to travel and/or potential COVID exposure
10. I contracted COVID and needed to isolate
11. Did not have to leave home for work (i.e. remote working, lost job, reduced hours, etc.)
12. Did not have to leave home for school
13. Appointments now offered virtually (i.e. visits to health care providers, etc.)
14. Financial reasons
90. Other, please specify: _____ [**OPEN END, ANCHOR**]

99. Don't know / Prefer not to say **[EXCLUSIVE, ANCHOR]**

A3. Were you employed prior to the onset of the pandemic (prior to March 1st, 2020)?

1. Yes
2. No
3. Prefer not to say

ASK IF EMPLOYED PRIOR TO PANDEMIC (A3=1), ELSE SKIP TO A5

A4. Did the pandemic impact your employment in any of the following ways? Please select all that apply.

[MULTIPLE RESPONSE; RANDOMIZE]

1. I began working remotely / from home
2. I lost my job
3. My work hours were reduced
4. The pandemic impacted my job in another way - please specify: _____ **[OPEN END, ANCHOR]**
5. The pandemic did not impact my job / employment **[EXCLUSIVE, ANCHOR]**
6. Temporary lay-off
7. More work / busier
8. Business closed due to COVID

A5. We would like you to think about those first few months of the pandemic (March 1st through June 1st, 2020), and compare them to a typical three-month timeframe prior to the pandemic (before March 1st, 2020).

In general, thinking about those first few months of the pandemic, do you think people were drinking more alcohol, less alcohol, or about the same as they did prior to the pandemic?

1. People were drinking more than before
2. People were drinking less than before

3. People were drinking about the same as before
9. Don't know

A6. Again, thinking about the early months of the pandemic, would you say you drank more alcohol, less alcohol, or about the same as you did prior to the pandemic?

1. More
2. Less
3. About the same
9. Don't know

A8. Please think about your alcohol purchases during the first few months of the pandemic, compared to a typical three-month period prior to the onset of COVID-19. How often did you purchase alcohol.....?

[PN: GRID FORMAT]

COLUMN OPTIONS:

- a. A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. Once a week or more
2. Two to three times a month
3. Once a month
4. Less than once a month
5. Did not purchase alcohol during this time period
9. Prefer not to say

IF DID NOT PURCHASE ALCOHOL/PREFER NOT TO SAY BEFORE AND AFTER PANDEMIC ((A8a=5 OR 9) AND (A8b=5 OR 9)), SKIP TO A21

A9. What type(s) of alcohol did you purchase during the time period below? Please select all that apply.

[PN: GRID FORMAT]**COLUMN OPTIONS:**

- a. **[HIDE IF A8a=5 OR 9]** A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. **[HIDE IF A8b=5 OR 9]** During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:**[MULTIPLE RESPONSE; RANDOMIZE]**

1. Beer
2. Coolers, Cider, or pre-mixed drinks
3. Wine or Champagne
4. Spirits or Liquor
5. Liqueur
6. Other, please specify: _____ **[OPEN END; ANCHOR]**

PIPE-IN 1:

IF ONCE A WEEK AT A8b (A8b=1), PIPE-IN 1 = "per week"

IF TWO TO THREE TIMES A MONTH OR ONCE A MONTH AT A8b (A8b=2-3), PIPE-IN 1 = "per month"

IF LESS THAN ONCE A MONTH AT A8b (A8b=4), LEAVE PIPE-IN 1 BLANK

SKIP IF BEER NOT MENTIONED AT A9 (NOT A9a=1 AND NOT A9b=1)

A10. How many bottles or cans of beer did you purchase {PIPE-IN 1}? If you aren't sure, please provide your best estimate.

[NUMERIC OPEN END; RANGE FROM 1-600; INCLUDE CHECKBOXES FOR 'PREFER NOT TO SAY', WITH VALUE OF 999]

- a. **[HIDE IF A9a<>1]** A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. **[HIDE IF A9b<>1]** During the first few months of the pandemic (March 1st through June 1st, 2020)

SKIP IF COOLERS OR CIDER NOT MENTIONED AT A9 (NOT A9a=2 AND NOT A9b=2)

A11. How many bottles or cans of coolers, cider, or pre-mixed drinks, did you purchase {PIPE-IN 1}? If you aren't sure, please provide your best estimate. **[NUMERIC OPEN END; RANGE FROM 1-600; INCLUDE CHECKBOX FOR 'PREFER NOT TO SAY', WITH VALUE OF 999]**

- a. [HIDE IF A9a<>2] A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. [HIDE IF A9b<>2] During the first few months of the pandemic (March 1st through June 1st, 2020)

SKIP IF WINE OR CHAMPAGNE NOT MENTIONED AT A9 (NOT A9a=3 AND NOT A9b=3)

A12. How many bottles of wine or champagne did you purchase {PIPE-IN 1}? If you aren't sure, please provide your best estimate.
[NUMERIC OPEN END FOR EACH ROW; RANGE FROM 1-150; INCLUDE CHECKBOX FOR 'PREFER NOT TO SAY', WITH VALUE OF 999]

COLUMN OPTIONS:

- a. [HIDE IF A9a<>3] A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. [HIDE IF A9b<>3] During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. Individual serving size bottles of wine/champagne: _____
2. Regular sized bottles of wine/champagne (shareable, one litre or less): _____
3. Large sized bottles of wine/champagne (larger than one litre): _____
4. Boxes of wine/champagne (typically 3+ litres): _____
5. Another size bottle/box/container of wine (please specify): _____ **[PN: TEXT OPEN END FOR BOTTLE SIZE]**

SKIP IF SPIRITS OR LIQUOR NOT MENTIONED AT A9 (NOT A9a=4 AND NOT A9b=4)

A13. How many bottles of spirits or liquor did you purchase {PIPE-IN 1}? If you aren't sure, please provide your best estimate.
[NUMERIC OPEN END FOR EACH ROW; RANGE FROM 1-100; INCLUDE CHECKBOX FOR 'PREFER NOT TO SAY', WITH VALUE OF 999]

COLUMN OPTIONS:

- a. [HIDE IF A9a<>4] A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. [HIDE IF A9b<>4] During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. 375ml bottles of liquor (12.7 oz, or 'pint' sized): _____
2. 750ml bottles of liquor (26oz, or a 'quart'): _____
3. 1.14L bottles of liquor (40 oz, or a 'forty'): _____
4. 1.75L bottles of liquor (60 oz, or a 'handle'): _____

5. Another sized bottle of liquor (please specify): _____ **[PN: TEXT OPEN END FOR BOTTLE SIZE]**

SKIP IF LIQUEUR NOT MENTIONED AT A9 (NOT A9a=5 AND NOT A9b=5)

A14. How many bottles of liqueur did you purchase **{PIPE-IN 1}**? If you aren't sure, please provide your best estimate. **[NUMERIC OPEN END FOR EACH ROW; RANGE FROM 1-100; INCLUDE CHECKBOX FOR 'PREFER NOT TO SAY', WITH VALUE OF 999]**

COLUMN OPTIONS:

- a. **[HIDE IF A9a<>5]** A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. **[HIDE IF A9b<>5]** During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

6. 375ml bottles of liqueur (12.7 oz, or 'pint' sized): _____
7. 750ml bottles of liqueur (26oz, or a 'quart'): _____
8. 1.14L bottles of liqueur (40 oz, or a 'forty'): _____
9. 1.75L bottles of liqueur (60 oz, or a 'handle'): _____
10. Another sized bottle of liqueur (please specify): _____ **[PN: TEXT OPEN END FOR BOTTLE SIZE]**

A15. Where did you purchase alcohol during the time period(s) below? Please select all that apply.

COLUMN OPTIONS:

- a. **[HIDE IF A8a=5 OR 9]** A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. **[HIDE IF A8b=5 OR 9]** During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

[MULTIPLE RESPONSE; RANDOMIZE, KEEPING PAIRS 1-2, 3-4, AND 5-6 TOGETHER]

1. Takeout/pickup from a restaurant or bar
2. Delivery from a restaurant or bar
3. Takeout/pickup from a craft producer
4. Delivery from a craft producer
5. Purchased in-person at a liquor store, beer store, or wine store
6. Delivery from a liquor store, beer store, or wine store

7. A convenience store
8. A grocery store
9. Used an online delivery service or app
10. Elsewhere -- please specify: _____ **[OPEN END, ANCHOR]**
11. Don't remember/Prefer not to say **[EXCLUSIVE, ANCHOR]**

A16. During the time period(s) below, did you most often buy alcohol in bulk, or as it was wanted?

COLUMN OPTIONS:

- a. **[HIDE IF A8a=5 OR 9]** A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. **[HIDE IF A8b=5 OR 9]** During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

[RANDOMIZE]

1. In bulk
2. As wanted
9. Prefer not to say **[ANCHOR]**

ASK IF A16a=1 OR A16b=1:

A17. Why did you purchase alcohol in bulk during the time period(s) below? Please select all that apply.

COLUMN OPTIONS:

- a. **[HIDE IF A16a<>1]** A typical 3-month period prior to the pandemic (before March 1st, 2020)
- b. **[HIDE IF A16b<>1]** During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

[MULTIPLE RESPONSE; RANDOMIZE]

1. Attractive sales or promotions
2. Cost savings for buying in bulk
3. Convenience
4. Wanted to minimize number of shopping occasions

5. Concerns about future availability
6. Was buying more to consume more
7. Other, please specify: _____ [OPEN END, ANCHOR]
8. Prefer not to say [EXCLUSIVE, ANCHOR]

ASK IF A8b=1-4:

A18. How easy would you say it was to shop for and purchase alcohol during the first few months of the pandemic (March 1st through June 1st, 2020)?

1. Very easy
2. Somewhat easy
3. Neither easy nor difficult
4. Somewhat difficult
5. Very difficult
9. Don't know / Prefer not to say

ASK IF A8b=1-4 AND A8a=1-4:

A19. How did the pandemic impact how you shopped for and purchased alcohol?

1. It became easier to shop for and purchase alcohol after the pandemic began
2. It became more difficult to shop for and purchase alcohol after the pandemic began
3. The pandemic did not impact how easy it was to shop for and purchase alcohol
9. Don't know / Prefer not to say

ASK IF A19=1:

A20. Why do you think the pandemic made it easier to shop for and purchase alcohol? [OPEN END; PROVIDE CHECKBOX FOR 'DON'T KNOW' OPTION]

A21. Did you make your own alcohol at home during the time period(s) below?

COLUMN OPTIONS:

- a. Prior to the pandemic (before March 1st, 2020)
- b. During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. Yes
2. No
9. Prefer not to say

2. Alcohol consumption behavior

Next, we have some questions about your alcohol consumption before and after the pandemic restrictions began.

B1. First of all, how often did you drink alcoholic beverages before and after the onset of the pandemic? Please choose the option that most closely fits your typical behaviour during that time.

COLUMN OPTIONS:

- a. During a typical three-month period prior to the pandemic (before March 1st, 2020)
- b. During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. Did not drink alcoholic beverages at all
2. Less than once a month
3. Once a month
4. 2 to 3 times a month
5. Once a week
6. Twice a week
7. 3 to 4 times a week
8. 5 to 6 times a week
9. Every day
99. Prefer not to say

SKIP TO C1 IF B1a=1 AND B1b=1

B2. Now, thinking about when you drink alcohol, what is a typical drink for you, or the drink that you choose most often?

[RANDOMIZE]

1. Beer
2. Coolers, Cider, or pre-mixed drinks
3. Wine or Champagne
4. Spirits or Liquor (straight, or in a cocktail/mixed drink)
5. Liqueur (straight, or in a cocktail/mixed drink)
6. Other, please specify: _____ **[OPEN END; ANCHOR]**
7. I do not drink alcohol **[ANCHOR]**
8. Prefer not to say **[ANCHOR]**

SKIP TO C1 IF B2=7 OR 8

ASK IF B2=1 OR 2:

B3. Which size beer, cooler, cider or pre-mixed drink do you typically drink?

1. A 12 oz bottle or can
2. A 16 oz 'tall boy' can
3. A different sized can – please indicate size in ounces: _____ **[NUMERIC OPEN END; OPEN END]**
4. A different sized bottle – please indicate size in ounces: _____ **[NUMERIC OPEN END; OPEN END]**
5. A glass or draft – please indicate size in ounces: _____ **[NUMERIC OPEN END; OPEN END]**
9. Don't know / Prefer not to say

ASK IF B2=1 OR 2:

B4. And what is the percent alcohol by volume (% ABV) of the beer, cooler, cider or pre-mixed drink you usually drink? **[NUMERIC OPEN END; PROVIDE CHECKBOX FOR 'DON'T KNOW/PREFER NOT TO SAY' OPTION]**

ASK IF B2=3:

B5. A 'standard' glass of wine or champagne is approximately 5 ounces. Roughly how many ounces of wine or champagne would be in your typical glass? **[NUMERIC OPEN END; PROVIDE CHECKBOX FOR 'DON'T KNOW/PREFER NOT TO SAY' OPTION]**

ASK IF B2=4 OR 5:

B6. How many ounces of liquor, spirits or liqueur are in each of your typical drinks or cocktails? **[NUMERIC OPEN END; PROVIDE CHECKBOX FOR 'DON'T KNOW/PREFER NOT TO SAY' OPTION]**

B7. During each of these time periods, how many alcoholic drinks did you have in a typical week when you drank alcohol?

COLUMN OPTIONS:

- a. During a typical three-month period prior to the pandemic (before March 1st, 2020)
- b. During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. 36 drinks or more
2. 24 to 35 drinks
3. 18 to 23 drinks
4. 12 to 17 drinks
5. 8 to 11 drinks
6. 5 to 7 drinks
7. 4 drinks
8. 3 drinks
9. 2 drinks
10. 1 drink
11. 0 drinks
99. Prefer not to say

B8. And during each time period, how many alcoholic drinks did you have on a typical day when you drank alcohol?

COLUMN OPTIONS:

- a. During a typical three-month period prior to the pandemic (before March 1st, 2020)

- b. During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. 25 or more drinks
2. 19 to 24 drinks
3. 16 to 18 drinks
4. 12 to 15 drinks
5. 9 to 11 drinks
6. 7 to 8 drinks
7. 5 to 6 drinks
8. 3 to 4 drinks
9. 2 drinks
10. 1 drink
11. 0 drinks
99. Prefer not to say

PIPE-IN 1:

IF S5=1, PIPE-IN 1 = '5 or more'

IF S5=2, PIPE-IN 1 = '4 or more'

SKIP IF S5<>1 OR 2:

B9. During each of the below time periods, how often did you have {PIPE-IN 1} drinks containing any kind of alcohol in within a two-hour period? Choose only one.

Note: For this question, please consider one drink to be the equivalent of one 12-ounce can or bottle of beer, one 5-ounce glass of wine, or one drink each containing one shot of liquor or spirits.

COLUMN OPTIONS:

- a. During a typical three-month period prior to the pandemic (before March 1st, 2020)
- b. During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. Every day
2. 5 to 6 days a week
3. 3 to 4 days a week
4. two days a week
5. one day a week
6. 2 to 3 days a month
7. one day a month
8. 3 to 11 days in the past year
9. 1 or 2 days in the past year
10. Never
99. Prefer not to say

B10. Again, thinking about the months prior to the pandemic and the months after the pandemic began, did you drink more on weekends or your days off work, compared to weekdays or days that you did have to work?

COLUMN OPTIONS:

- a. During a typical three-month period prior to the pandemic (before March 1st, 2020)
- b. During the first few months of the pandemic (March 1st through June 1st, 2020)

ROW OPTIONS:

1. Yes, I drank more on weekends/non-work days
2. No, I drank about the same on weekends/non-work days as workdays
8. Not applicable / was not working
9. Prefer not to say

B11. [HIDE IF B1B=1] Thinking only about those first few months of the pandemic (March 1st thru June 1st, 2020), where did you consume alcohol? Please select all that apply.

[MULTIPLE RESPONSE; RANDOMIZE]

1. At my home
2. At someone else's home

3. At a restaurant or bar
4. At an event (e.g. wedding, festival, etc.)
5. Outside (e.g. at a park, beach, etc.)
6. While travelling (e.g. a plane, train, etc.)
7. Other, please specify: _____ **[OPEN END, ANCHOR]**
9. Prefer not to say **[EXCLUSIVE, ANCHOR]**

B12. [HIDE IF B1B=1] Again thinking about the first few months of the pandemic, who did you drink with? Please select all that apply.

[MULTIPLE RESPONSE]

1. Friends
2. Spouse or partner
3. Other family members
4. Co-workers
5. Others – please specify: _____ **[OPEN END]**
6. I drank alone
9. Prefer not to say **[EXCLUSIVE]**

B13. [HIDE IF B1B=1] Now, thinking back to occasions when you drank alcohol in spring of last year (March 1st through June 1st, 2020), why did you drink? Please select all that apply.

[MULTIPLE RESPONSE; RANDOMIZE]

1. Enjoyment
2. Social reasons
3. Relaxation
4. Stress relief
5. To ease anxiety
6. Boredom
7. Celebrating an event or occasion
8. Out of habit

9. Lack of regular schedule
10. Loneliness / isolation
11. Financial worries
12. To support local business
13. Advertisements reminded me of the option or interest to drink
14. Because I felt that it offered health benefits
15. Other, please specify: _____ **[OPEN END; ANCHOR]**
16. Don't know / Prefer not to say **[EXCLUSIVE; ANCHOR]**

B14. [HIDE IF B1B=1] Did anyone complain or express concern about your use of alcohol during the first few months of the pandemic (between March 1st and June 1st, 2020)?

1. Yes
2. No
9. Prefer not to say

3. Impact of Pandemic on Injuries

C1. We now have some questions about injuries during those first few months of the pandemic, from March 1st through June 1st, 2020.

During this time, did you experience any of the following? Please select all that apply.

[MULTIPLE RESPONSE; RANDOMIZE]

1. Feeling more at risk of suicide
2. A change in your mental or emotional health
3. Increased stress or conflict in your relationships with others
4. Physical violence in your home
5. Falling
6. Impaired driving
7. Other physical injury – please specify: _____ **[OPEN END; ANCHOR]**
8. Did not experience any injuries **[EXCLUSIVE; ANCHOR]**

9. Don't know / Prefer not to say **[EXCLUSIVE; ANCHOR]**

SKIP TO D1 IF C1=8

SKIP TO C11 IF C1<>4

C2. You mentioned experiencing physical violence in your home in the first few months of the pandemic. Was this the first time you experienced physical violence in your home?

1. Yes
2. No
9. Prefer not to say

C3. Could you tell us where this violence took place? **[OPEN END, PROVIDE CHECKBOX FOR 'PREFER NOT TO SAY' OPTION]**

C4. Were you injured as a result of this physical violence?

1. Yes
2. No
9. Prefer not to say

ASK IF C4=1:

C5. Did you require medical attention due to this injury?

1. Yes
2. No
9. Prefer not to say

ASK IF C5=1:

C6. Did you receive medical attention for this injury?

3. Yes
4. No

10. Prefer not to say

C7. Were any members of your household drinking alcohol before the violence in your home took place?

1. Yes
2. No
9. Prefer not to say

C8. Was the person responsible for this physical violence drinking alcohol before the violence took place?

1. Yes
2. No
9. Prefer not to say

C9. How did this violence in your home impact your alcohol use?

1. My alcohol use decreased
2. My alcohol use increased
3. My alcohol use did not change
9. Prefer not to say

C10. How did this violence in your home impact your mental health? Please use a scale from 1 to 10, where 1 means not much impact at all and 10 means an extreme impact.

1. 1 – Not much impact at all
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7

- 8. 8
- 9. 9
- 10. 10 – An extreme impact
- 99. Prefer not to say

SKIP TO C18 IF C1<>5

C11. You mentioned falling during the first few months of the pandemic. Could you tell us where this fall took place? **[OPEN END, PROVIDE CHECKBOX FOR 'PREFER NOT TO SAY' OPTION]**

C12. Were you injured as a result of this fall?

- 1. Yes
- 2. No
- 9. Prefer not to say

ASK IF C12=1:

C13. Did you require medical attention due to this injury?

- 1. Yes
- 2. No
- 9. Prefer not to say

ASK IF C13=1:

C14. Did you receive medical attention for this injury?

- 1. Yes
- 2. No
- 9. Prefer not to say

C15. Did you consume alcohol before you fell?

1. Yes
2. No
9. Prefer not to say

C16. How did this fall impact your alcohol use?

1. My alcohol use decreased
2. My alcohol use increased
3. My alcohol use did not change
9. Prefer not to say

C17. How did this fall impact your mental health? Please use a scale from 1 to 10, where 1 means not much impact at all and 10 means an extreme impact.

1. 1 – Not much impact at all
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7
8. 8
9. 9
10. 10 – An extreme impact
99. Prefer not to say

SKIP TO C24 IF C1<>7

C18. You mentioned another type of physical injury – *{RECALL C1.7 OE RESPONSE}*. Could you tell us where this took place? **[OPEN END, PROVIDE CHECKBOX FOR 'PREFER NOT TO SAY' OPTION]**

C19. Did you require medical attention due to this physical injury -- *{RECALL C1.7 OE RESPONSE}*?

1. Yes
2. No
9. Prefer not to say

ASK IF C19=1:

C20. Did you receive medical attention for this injury?

1. Yes
2. No
9. Prefer not to say

C21. Did you consume alcohol before this injury took place?

1. Yes
2. No
9. Prefer not to say

C22. How did this injury impact your alcohol use?

1. My alcohol use decreased
2. My alcohol use increased
3. My alcohol use did not change
9. Prefer not to say

C23. How did this injury impact your mental health? Please use a scale from 1 to 10, where 1 means not much impact at all and 10 means an extreme impact.

1. 1 – Not much impact at all
2. 2
3. 3

4. 4
5. 5
6. 6
7. 7
8. 8
9. 9
10. 10 – An extreme impact
99. Prefer not to say

SKIP TO C27 IF C1<>1

C24. You mentioned feeling more at risk of suicide during the first few months of the pandemic. Did you seek medical attention?

1. Yes
2. No
9. Prefer not to say

ASK IF C24=1:

C25. Did you receive medical attention for feeling more at risk of suicide?

1. Yes
2. No
9. Prefer not to say

C26. How did this impact your alcohol use?

1. My alcohol use decreased
2. My alcohol use increased
3. My alcohol use did not change
9. Prefer not to say

SKIP TO C31 IF C1<>2

C27. You mentioned a change in your mental or emotional health during the first few months of the pandemic. Did you seek medical attention?

1. Yes
2. No
9. Prefer not to say

ASK IF C27=1:

C28. Did you receive medical attention for your mental or emotional health?

1. Yes
2. No
9. Prefer not to say

C29. How did this change in your mental or emotional health impact your alcohol use?

1. My alcohol use decreased
2. My alcohol use increased
3. My alcohol use did not change
9. Prefer not to say

C30. How much did this change impact your mental health? Please use a scale from 1 to 10, where 1 means not much impact at all and 10 means an extreme impact.

1. 1 – Not much impact at all
2. 2
3. 3
4. 4
5. 5
6. 6
7. 7

- 8. 8
- 9. 9
- 10. 10 – An extreme impact
- 99. Prefer not to say

SKIP TO C33 IF C1<>3

C31. You mentioned increased stress or conflict in your relationships with others during the first few months of the pandemic. How did this impact your alcohol use?

- 1. My alcohol use decreased
- 2. My alcohol use increased
- 3. My alcohol use did not change
- 9. Prefer not to say

C32. How did this stress or conflict in your relationships impact your mental health? Please use a scale from 1 to 10, where 1 means not much impact at all and 10 means an extreme impact.

- 1. 1 – Not much impact at all
- 2. 2
- 3. 3
- 4. 4
- 5. 5
- 6. 6
- 7. 7
- 8. 8
- 9. 9
- 10. 10 – An extreme impact
- 99. Prefer not to say

SKIP TO D1 IF C1<>6

C33. You mentioned an experience with impaired driving during the first few months of the pandemic. Were you injured as a result?

1. Yes
2. No
9. Prefer not to say

ASK IF C33=1:

C34. Did you require medical attention due to this injury?

1. Yes
2. No
9. Prefer not to say

ASK IF C34=1:

C35. Did you receive medical attention for this injury?

1. Yes
2. No
9. Prefer not to say

C36. How did this experience with impaired driving impact your alcohol use?

1. My alcohol use decreased
2. My alcohol use increased
3. My alcohol use did not change
9. Prefer not to say

C37. How did this experience with impaired driving impact your mental health? Please use a scale from 1 to 10, where 1 means not much impact at all and 10 means an extreme impact.

1. 1 – Not much impact at all
2. 2

3. 3
4. 4
5. 5
6. 6
7. 7
8. 8
9. 9
10. 10 – An extreme impact
99. Prefer not to say

4. Demographics

D1. What is the highest level of education that you have completed?

1. Less than high school
2. Graduated high school
3. Some college / university
4. Graduated college / university
5. Post graduate studies
9. Prefer not to say

D2. Which of the following income categories describes your total household income before taxes last year...

1. Under \$30,000
2. \$30,000 to \$49,999
3. \$50,000 to \$79,999
4. \$80,000 to \$99,999
5. \$100,000 to \$149,999
6. \$150,000 or more
9. Prefer not to say

D3. Do you have children living in your household in any of the below age categories? Please select all that apply.

[MULTIPLE RESPONSE]

1. 3 years of age or younger
2. 4 to 7 years of age
3. 8 to 12 years of age
4. 13 to 18 years of age
5. No children in any of these age categories **[EXCLUSIVE]**

D4. Which language(s) do you speak on a regular basis at home? Please select all that apply.

[MULTIPLE RESPONSE]

1. English
2. French
3. Another language – please specify: _____ **[OPEN END]**
9. Prefer not to say **[EXCLUSIVE]**

D5. Which of the below ethnic backgrounds do you most closely identify with? Please select all that apply.

[MULTIPLE RESPONSE]

1. White
2. Black / African Canadian
3. Latin American / Hispanic
4. Asian
5. Indian
6. Middle Eastern / Arab
7. Aboriginal / Indigenous / First Nations
8. Other, Please Specify: _____ **[OPEN END]**
99. Prefer Not to Say **[EXCLUSIVE]**

Thank you for participating in this study. Your opinions and thoughts are important to us and we appreciate your input.