

Canadians' well-being in year one of the pandemic

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The COVID-19 pandemic has had profound economic and social impacts on Canada. Much attention has been placed on the immediate health effects of the pandemic and the state of the labour market. However, many other aspects of the quality of life, or well-being, of Canadians have also received significant attention. This study brings together diverse findings from Statistics Canada and other sources to illuminate changes in quality of life since the start of the COVID-19 pandemic.

Topics discussed include financial well-being, technology and schooling, child care and family bonds, mental health, and connecting with nature.

Canadians have, in general, reported a significant decrease in overall life satisfaction during the pandemic. They have also expressed challenges with accessing education, childcare and maintaining a work-life balance during lockdowns.

On a more positive side, despite massive employment losses, pandemic benefits appear to have offset a potential surge in low income. Evidence from early in the pandemic has also shown that child–parent bonds in some families have strengthened and that Canadians are benefitting from connections to nature closer to home. These highlights reflect the complexity of well-being outcomes during the pandemic period.

This study was conducted through a partnership between Statistics Canada and the Vanier Institute of the Family.

Definitions, data sources and methods: survey number [3701](#).

The study "[Canadians' Well-being in Year One of the COVID-19 Pandemic](#)," which is part of the *Income Research Paper Series* ([75F0002M](#)), is now available.

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