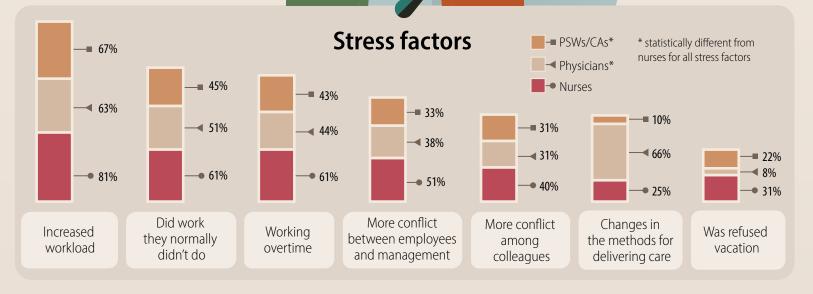
Health care workers' stress, alcohol consumption and positive health behaviours during the COVID-19 pandemic

In 2021, during the COVID-19 pandemic, most health care workers in Canada (**95%**) reported experiencing **at least one stress factor** in the workplace.

For almost every stress factor below, a higher percentage of nurses than physicians or personal support workers (PSWs) and care aides (CAs) said they experienced it.



The higher the number of workplace stressors experienced, the more likely alcohol consumption

increased among health care workers.

1 in 4 health care workers reported drinking more than before the COVID-19 pandemic.

Percentage who reported Percentage who reported drinking more drinking more 28% Nurses 38% 25% 29% Physicians 24% 18% PSWs/CAs 0 or 1 2 or 3 4 or 5 6 or 7 Health care workers Number of stress factors]] Most health care workers reported doing activities such as communicating with others and exercising to improve or maintain their health during the pandemic.

Communicating Getting enough with friends, family sleep or peers Communicating Participating in Meditating or with health care 62% 91% hobbies seeking spiritual Exercising professionals guidance 26% 62% 28% 70%

Source: Statistics Canada, "Experiences of health care workers during the COVID-19 pandemic, September to November 2021," *The Daily*, June 2022, and Survey on Health Care Workers' Experiences During the Pandemic, 2021.

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