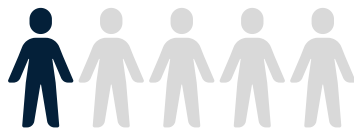


Atlantic Canada's use of Alcohol during the Pandemic: Relation to Injury

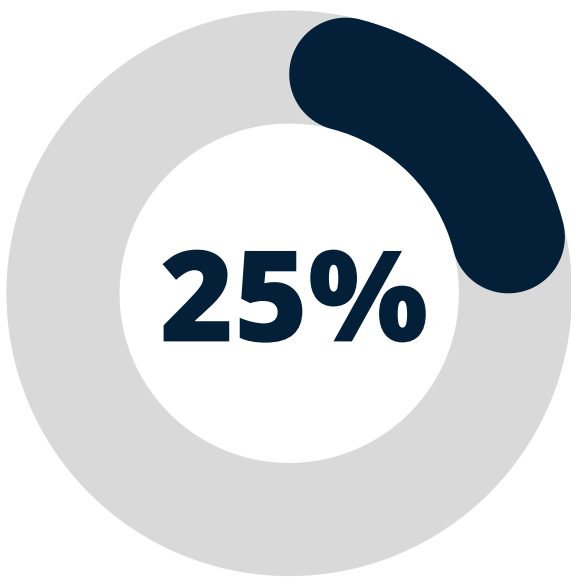
Survey Results from 1,536 Atlantic Canadians (March-June 2020)



Two thirds of Atlantic Canadians reported an impact on their employment.

One-in-five Atlantic Canadians reported reduced work hours.

Over a quarter of Atlantic Canadians began working remotely.



Approximately one quarter of Atlantic Canadians have exceeded the low-risk drinking guidelines (linked [here](#)) within the months leading into the pandemic and shortly afterwards.

Most Atlantic Canadians do not report experiencing any injuries during the first few months of the pandemic.



Those who have exceeded the low-risk drinking guidelines were more likely to be injured (falling, impaired driving, physical violence in the home) than those who stayed within the limits.



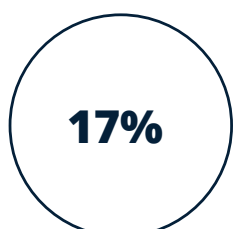
In general, females and those in younger age groups are more vulnerable to injury than males or those who are older.



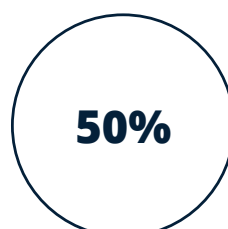
One-in-five Atlantic Canadians report experiencing a change in their mental or emotional health.



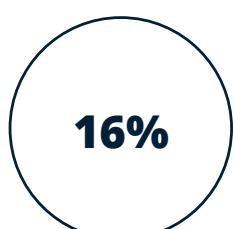
One-in-ten Atlantic Canadians report increased stress or conflict in their relationships.



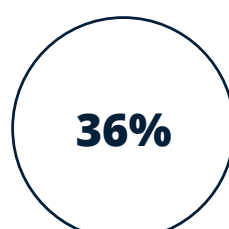
Purchased alcohol once a week or more post-pandemic.



50% of respondents felt that others were drinking more since the pandemic began.



Reported having 18 or more alcoholic drinks in a typical week post-pandemic.



Aged 18-34 exceeded the low-risk drinking guidelines for either daily or weekly consumption post-pandemic.
