

Activities and concerns of Canadian youth during the COVID-19 pandemic

Between March 29 and April 3, Statistics Canada collected information via a new web panel survey in the Canadian Perspectives Survey Series. More than 4,600 people in the 10 provinces responded to this survey.

About **22%** of respondents were youth aged 15 to 30 years.



40% of youth reported excellent or very good mental health.



Activities engaged in by youth aged 15 to 30 for their mental or physical health

Communication with friends and family



93.6%

Exercise indoors



66.8%

Exercise outdoors



62.3%

Changing food choices



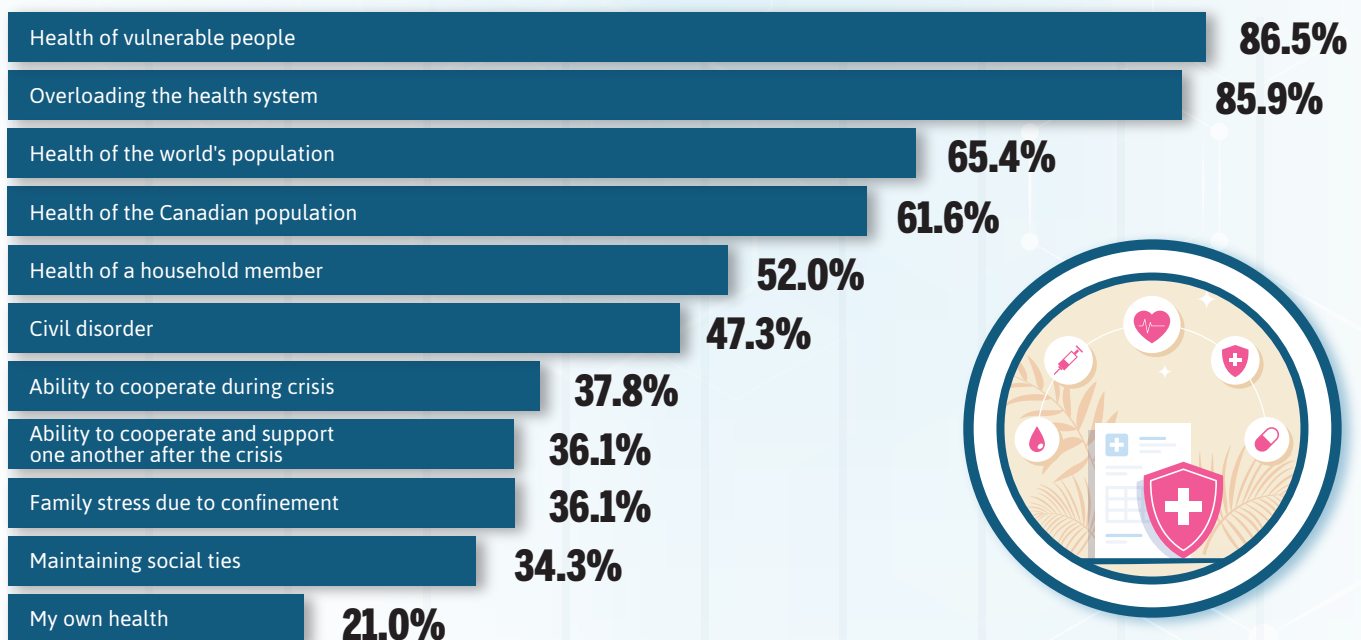
39.7%

Meditation



22.7%

Concerns of youth aged 15 to 30 about the impact of COVID-19



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