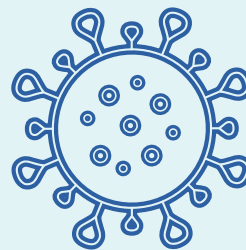
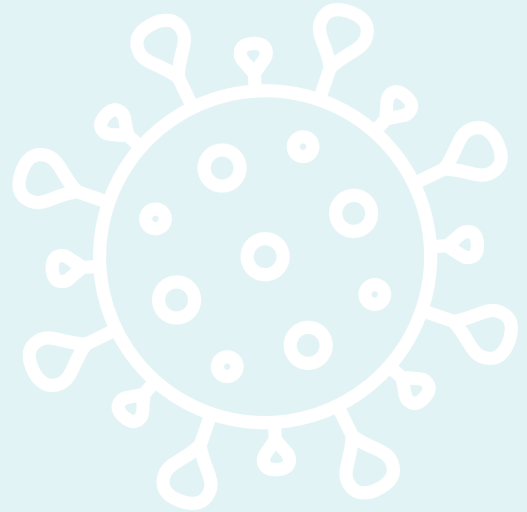




# IMPACT OF COVID-19 ON CANADIANS

JUNE 2021



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## INTRODUCTION

At the onset of the COVID-19 pandemic, Statistics Canada started conducting crowdsourcing surveys to determine how Canadians are reacting to the COVID-19 crisis and its impact on their everyday lives. Data for the first crowdsourcing survey *Impacts of COVID-19 on Canadians* was collected in April 2020. After this survey, six more crowdsourcing surveys were conducted between April and August 2020, covering different topics from mental health to parenting during COVID-19.

Since different public health measures were in place (such as stay-at-home order, social distancing, etc.), Statistics Canada opted to collect information on a voluntary basis via an online questionnaire. This means that data was collected through a non-probabilistic approach and that results should not be used to draw conclusions about the whole population of Canada. However, since these were the only available datasets that gave us a snapshot of the pandemic and covered such a broad number of topics, we used them to analyze the socio-economic impact of COVID-19 on **immigrants and non-immigrants** across Canada.

## METHODOLOGY

In this study, we tested the feasibility of building an index based on data collected through Statistics Canada's crowdsourcing surveys in order to analyze how the COVID-19 pandemic has impacted immigrants and non-immigrants. We also disaggregated the data using identity markers such as sex and visible minority status to explore further the effects of the COVID-19 pandemic on diverse groups. Finally, data from three different crowdsourcing surveys were used to evaluate the impact of the pandemic on various economic, social and health indicators (*Impacts of COVID-19 on Canadians' Mental Health*, *Impacts of COVID-19 on Canadians' Trust in Others* and *Impacts of COVID-19 on Canadians' Experiences with Discrimination*)<sup>1</sup>.

During the analyses, we attempted to match crowdsourcing data to some of the Canadian Index on Measuring Integration (CIMI) indicators and dimensions, looking at gaps between immigrants and non-immigrants. In some instances, we were able to have a one-to-one match between CIMI variables and variables available through a crowdsourcing survey. However, in several cases, this was not possible, so similar variables were used.

As shown in Table 1 below, three dimensions were used to evaluate the impact of COVID-19 on immigrants and non-immigrants in Canada: economic, social and health dimension. The results are grouped according to CIMI dimensions and indicators corresponding to

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<sup>1</sup> Public Use Microdata Files (PUMF) number 13-25-0002, 45-25-0005 and 13-25-0002.

those dimensions. Finally, the results are weighted using a standard benchmark in the datasets to compensate for the over/underrepresentation of the participants.

Table 1: Indicators by dimensions and datasets

DIMENSIONS AND INDICATORS		DATASETS
ECONOMIC DIMENSION	Main employment status before COVID-19	Canadians' Trust in Others
	Experienced job loss or reduced work hours	Canadians' Trust in Others
	Might lose a main job or main self-employment income in the next four weeks	Canadians' Mental Health
	Impact of COVID-19 on the ability to meet financial obligations	Canadians' Trust in Others
	Applied for federal income support	Canadians' Trust in Others
SOCIAL DIMENSION	Sense of belonging to local community	Canadians' Experiences with Discrimination
	Sense of belonging to province	Canadians' Experiences with Discrimination
	Sense of belonging to Canada	Canadians' Experiences with Discrimination
	Victim of discrimination in the past 2 years	Canadians' Experiences with Discrimination
	Victim of discrimination since COVID-19 pandemic	Canadians' Experiences with Discrimination
HEALTH DIMENSION	Health care services accessibility	Canadians' Experiences with Discrimination
	Perceived life stress	Canadians' Mental Health
	Perceived mental health	Canadians' Mental Health

## Limitations of datasets

In addition to the already mentioned limitations of the crowdsourcing surveys, such as the inability to draw conclusions for the whole population, there are further limitations of these datasets. For example, the lack of standard economic indicators, such as wages, labour force participation and employment, meant that we could not analyze the economic impact of COVID-19 with great certainty. Also, due to the sample size, we had to group provinces. In the case of the visible minority status variable, we had to exclude the Atlantic region due to the small sample size.

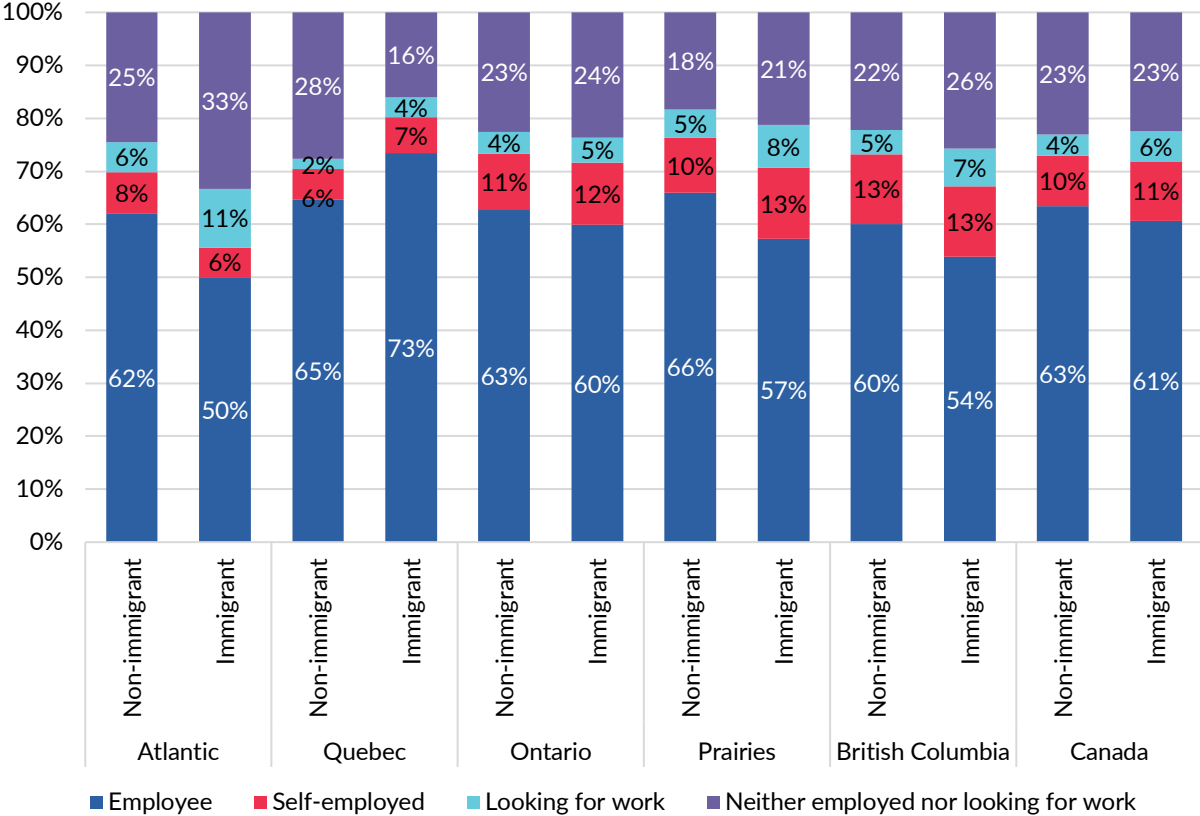
In the CIMI, we not only compare gaps between immigrants and non-immigrants but also between immigrants themselves (recent vs. established immigrants). However, since the crowdsourcing data did not include a time of arrival variable, we were not able to make this comparison.

# ECONOMIC DIMENSION

## Main employment status before COVID-19

The survey shows that before the COVID-19 pandemic, 63 percent of respondents were employed, and 10 percent self-employed, while 4 percent were looking for work. As shown in Figure 1, in Canada, there was almost no difference between immigrants and non-immigrants who are either employees or self-employed (1 percentage point). In the Atlantic region, there is a 14-percentage point employment gap between immigrants and non-immigrants. While more than two-thirds of Canadian-born (70%) were employed, only slightly more than half (56%) of immigrants were. There is a 5-percentage point difference in the unemployment rate between immigrants and Canadian-born.

**Figure 1: Main employment status before COVID-19 by province and immigrant status**

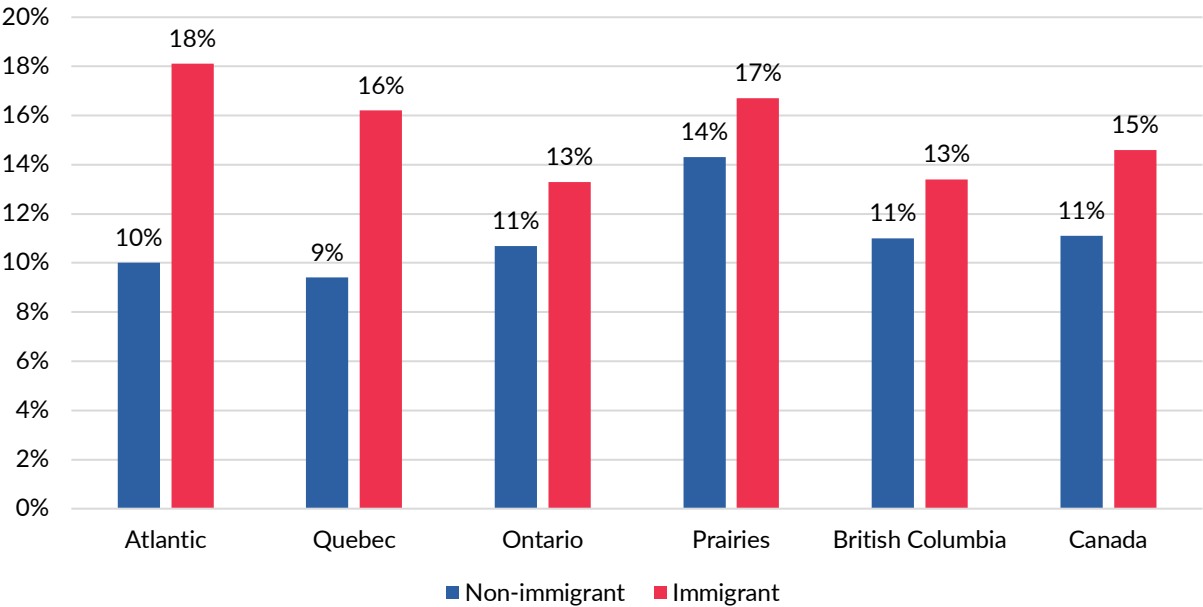


Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Trust in Others (May to June 2020)

## Might lose a main job or main self-employment income in the next four weeks

Data from the Impacts of COVID-19 on Canadians' Mental Health crowdsourcing survey conducted at the beginning of the pandemic (April to May 2020) showed that immigrants in Canada were more likely than Canadian-born to fear losing their main job or self-employment (Figure 2). While 15 percent of immigrants think that there is a chance that they will lose their main job or self-employment income in the next four weeks, only 11 percent of non-immigrants share the same opinion. Immigrants in the Atlantic region fear for their primary income the most (18%), while non-immigrants in Quebec worry the least (9%).

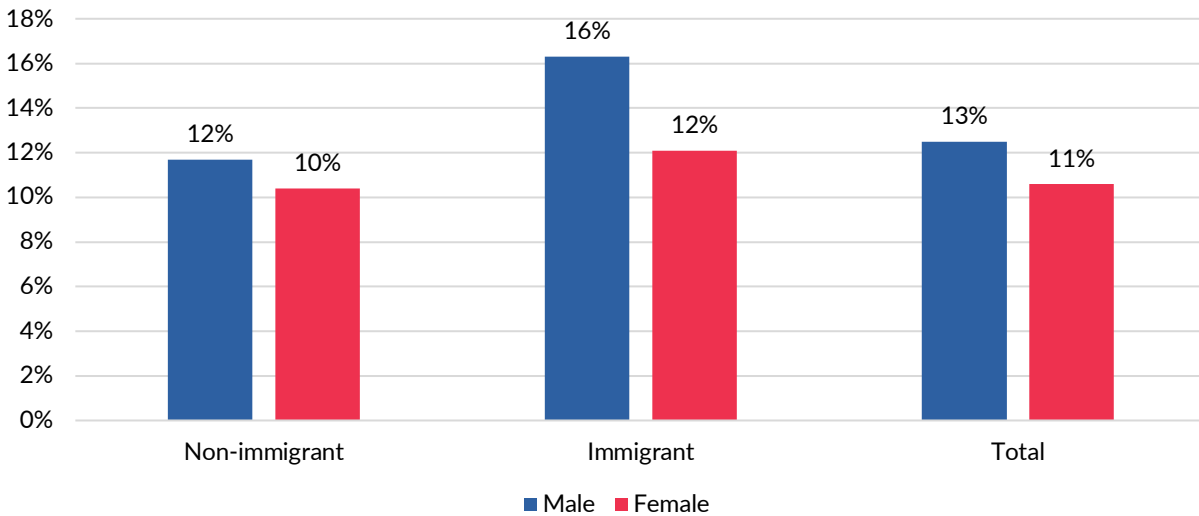
**Figure 2: Might lose a main job or self-employment income in the next four weeks by province and immigrant status (% Strongly agree or Agree)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

Figure 3 shows that male immigrants were more likely to agree that they might lose their primary source of income in the next four weeks than both male non-immigrants and female immigrants (16% compared to 12% for female immigrants and male non-immigrants).

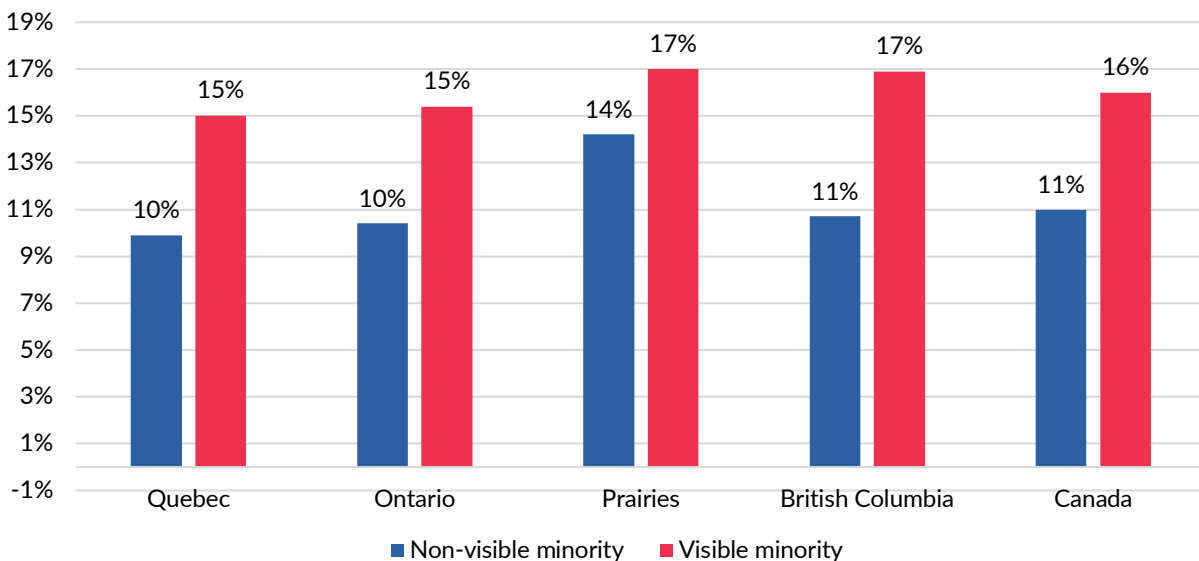
**Figure 3: Might lose main job or self-employment income in the next four weeks by sex and immigrant status (% Strongly agree or Agree)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

The expectation that they will lose their main source of income in the next four weeks was higher amongst those respondents who identified themselves as a visible minority. This pattern can be seen in all provinces. In British Columbia, there was a 6-percentage point gap between non-visible and visible minorities.

**Figure 4: Might lose a main job or self-employment income in the next four weeks, by province and Visible Minority Status (% Strongly agree or Agree)**



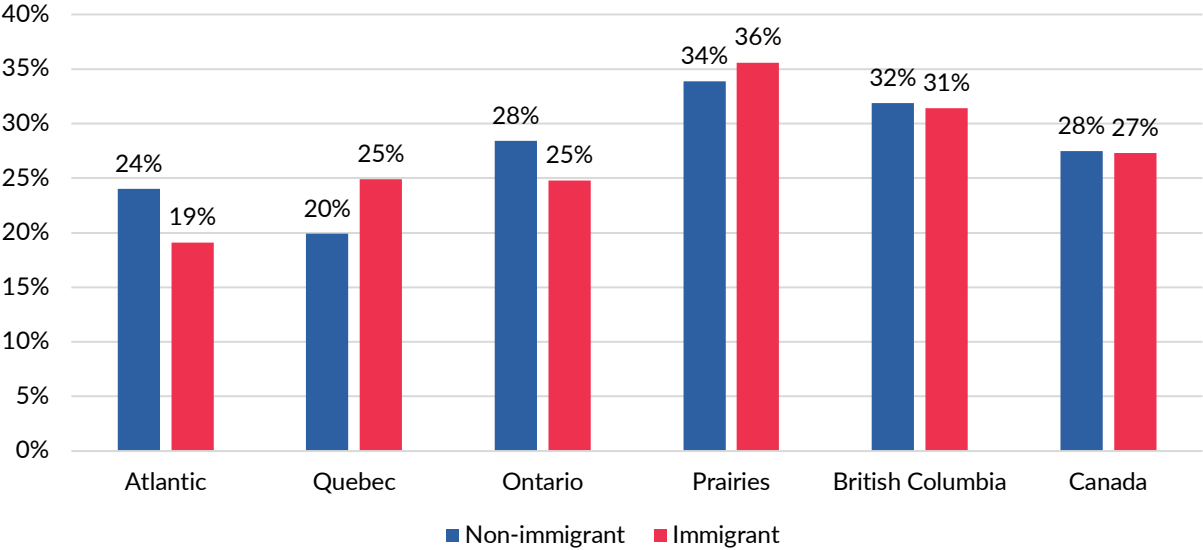
Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)



## Experienced job loss or reduced work hours

When it comes to other financial outcomes, results from the Trust in Others crowdsourcing survey were consistent with the results of the already mentioned Mental Health survey conducted one month earlier. Almost three out of ten Canadians (28%) experienced a temporary or permanent job loss or reduction of work hours due to COVID-19 (Figure 5). Immigrants in Quebec and Prairies were more likely to experience job loss or reduced work hours compared to non-immigrants (there is a 5-percentage point difference between immigrants and non-immigrants in Quebec). However, in the Atlantic region and Ontario, that trend is inverse, and the Canadian-born population is more likely to encounter job loss than immigrants. For example, almost one in four Canadian-born experienced a job loss or reduced work hours during the pandemic. The pandemic had an immense impact on both immigrants and non-immigrants in the Prairies. More than one-third of the population in this region experienced a temporary or permanent job loss or reduced work hours.

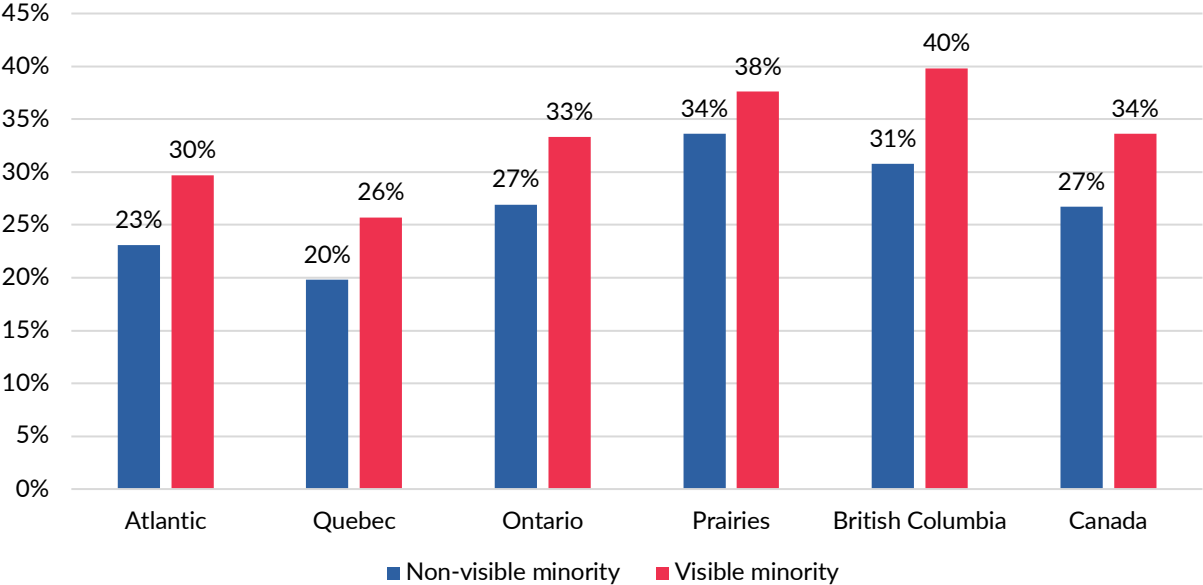
**Figure 5: Experienced temporary or permanent job loss or reduced work hours since the COVID-19 pandemic by province and immigrant status (% Yes)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Trust in Others (May to June 2020)

Compared to non-visible minorities, visible minorities very more likely to experience job loss or reduced work hours in all provinces. The widest gap between these two groups was in British Columbia (9-percentage points). Four out of ten respondents (40%) who identified themselves as a visible minority experienced financial disruption, compared to 31 percent of non-visible minorities (Figure 6).

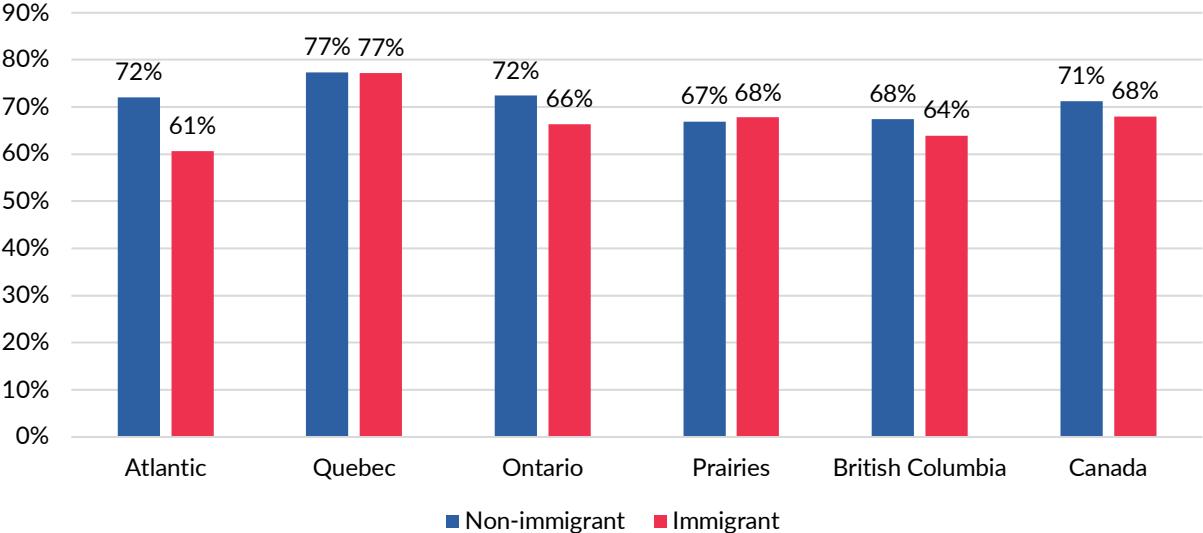
**Figure 6: Experienced temporary or permanent job loss or reduced work hours since the COVID-19 pandemic by province and visible minority status (% Yes)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Trust in Others (May to June 2020)

Even though the situation might look grim after looking at previous numbers, there are signs that this economic decline was a temporary one. The majority of those financially impacted by the pandemic anticipated that eventually, they would go back to their previous job or get their regular work hours restored (see Figure 7). Over two-thirds of both immigrants (68%) and non-immigrants (71%) impacted financially by the COVID-19 expect to go back to their previous job or regular work hours. The most significant gap between expectations of immigrants and non-immigrants was in the Atlantic region, where immigrants are less likely to think that they will go back to their previous employment (11 percentage point difference).

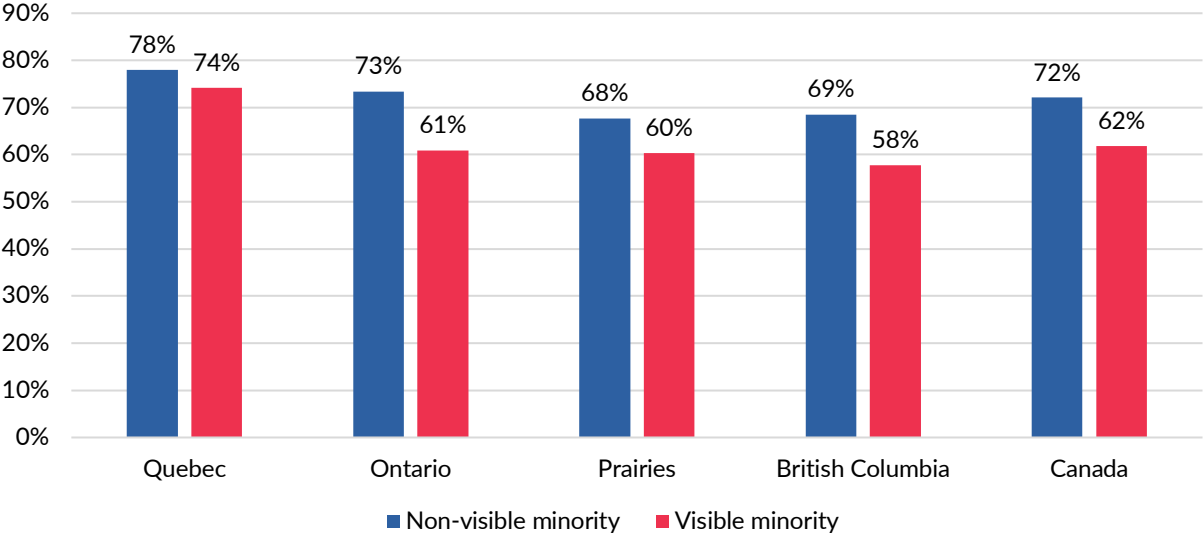
**Figure 7: Expectation to go back to the previous job, business or regular work hours by province and immigrant status (% Yes)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Trust in Others (May to June 2020)

On the other hand, it appears that the financial impact of COVID-19 will be more permanent for visible minorities, who are less likely to expect that they will go back to their previous job or get regular work hours. In Canada, there is a 10-percentage point gap. This gap is even larger in Ontario at 12 percentage points.

**Figure 8: Expectation to go back to the previous job, business or regular work hours by province and visible minority status (% Yes)**

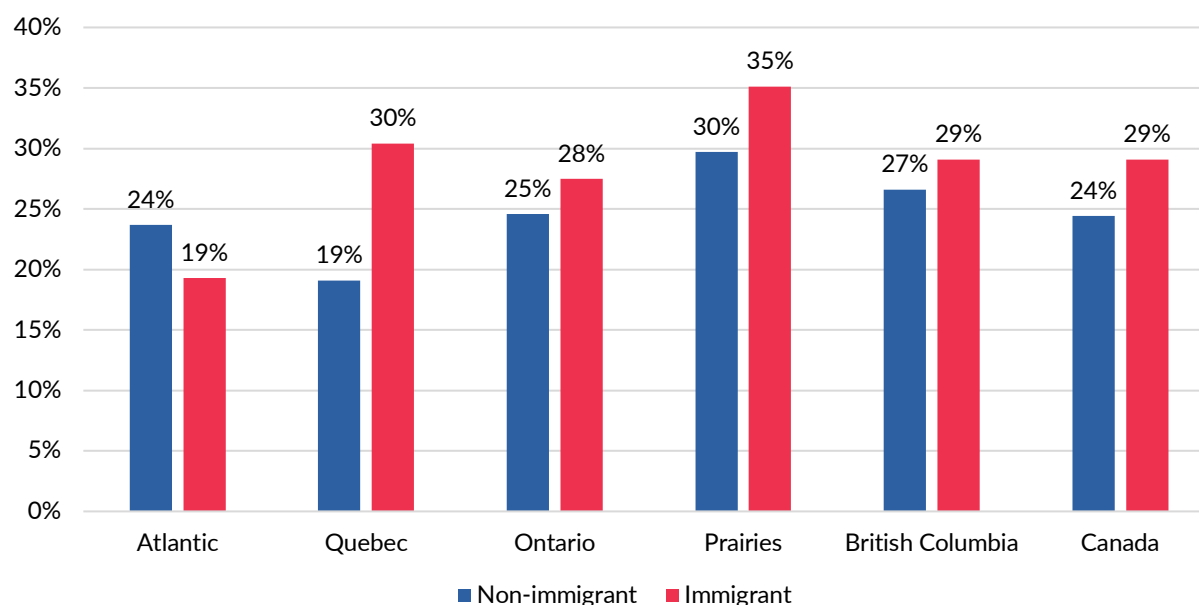


Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Trust in Others (May to June 2020)

## Impact of COVID-19 on the ability to meet financial obligations

Immigrants in the Prairies have much more difficulty meeting their financial obligations or essential needs. One-third of them (35%) have said that COVID-19 had a major or moderate impact on their ability to pay rent, mortgage, utilities, or groceries (Figure 9). When it comes to the difference in the effect of the pandemic on immigrants and non-immigrants, the biggest gap was in Quebec. While 30 percent of immigrants in Quebec said that the COVID-19 pandemic had a major or moderate impact on their financial abilities, only 19 percent of non-immigrants answered the same way.

**Figure 9: Impact of COVID-19 on the ability to meet financial obligations or essential needs, such as rent or mortgage payments, utilities and groceries by province and immigrant status (% Major or Moderate impact)**

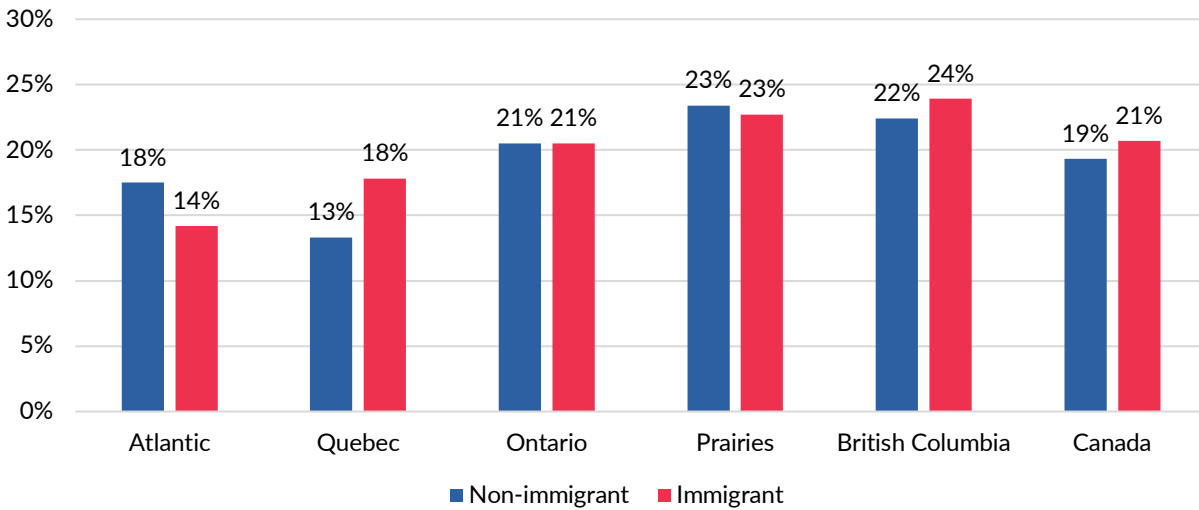


*Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Trust in Others (May to June 2020)*

## Applied for federal income support

As data presented above showed, the COVID-19 pandemic financially impacted almost one-third of Canadians. So, it should not come as a surprise that a high percentage of Canadians applied for some type of federal income support. One in five respondents have applied for some federal income support program such as the Canada Emergency Response Benefit (CERB), Employment Insurance (EI), or some other program (Figure 10). There are some gaps between immigrants and Canadian-born, but they are not very large. The biggest gaps are in Quebec and the Atlantic region (5 and 4 percentage points).

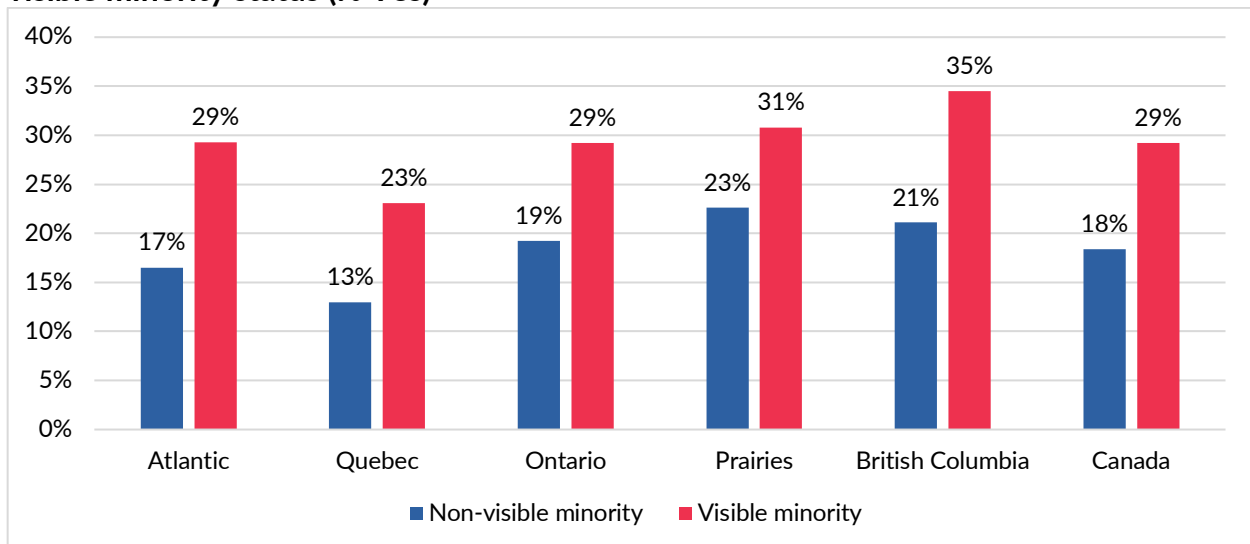
**Figure 10: Applied for any federal income support such as the Canada Emergency Response Benefit (CERB), Employment Insurance (EI), or other programs by province and immigrant status (% Yes)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Trust in Others (May to June 2020)

The financial impact of the pandemic on visible minorities can be seen in Figure 11. Three out of ten visible minorities (29%) in Canada applied for some type of federal income support. British Columbia had the widest gap between visible and non-visible minorities (14 percentage points).

**Figure 11: Applied for any federal income support such as the Canada Emergency Response Benefit (CERB), Employment Insurance (EI), or other programs by province and visible minority status (% Yes)**



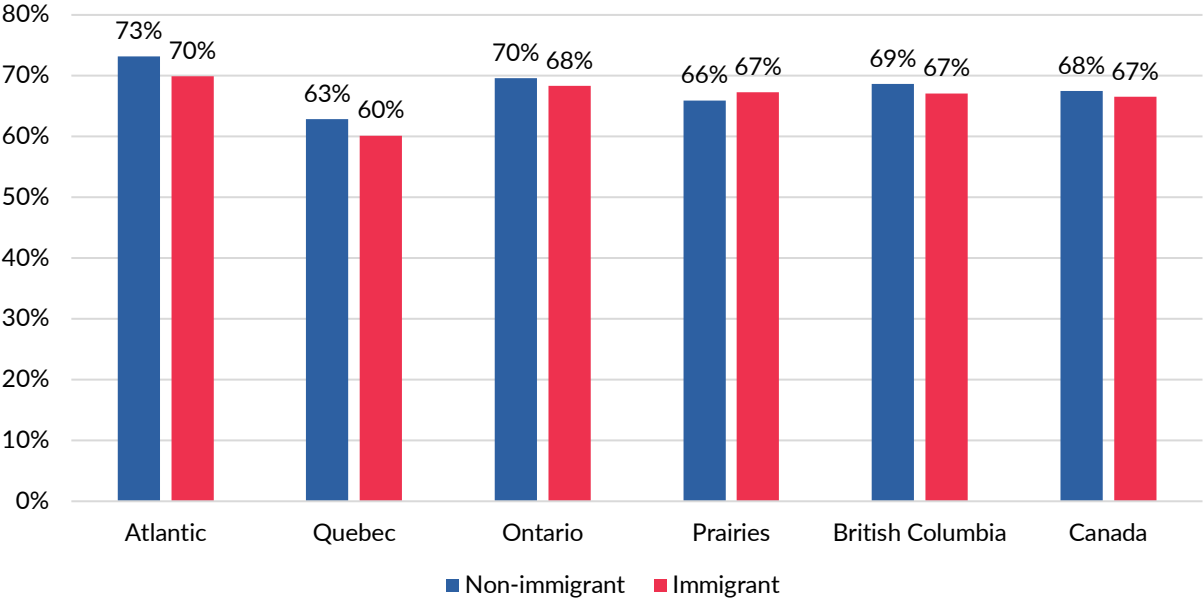
Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Trust in Others (May to June 2020)

# SOCIAL DIMENSION

## Sense of belonging to local community

The majority of Canadians report a strong sense of belonging to their local community (66% of immigrants and 68% of non-immigrants). There are no significant gaps between immigrants and Canadian-born in provinces. However, respondents from Quebec have a bit lower sense of belonging to their local community compared to respondents from other regions (Figure 12).

**Figure 12: Sense of belonging to local community by province and immigrant status (% Very or Somewhat strong)**

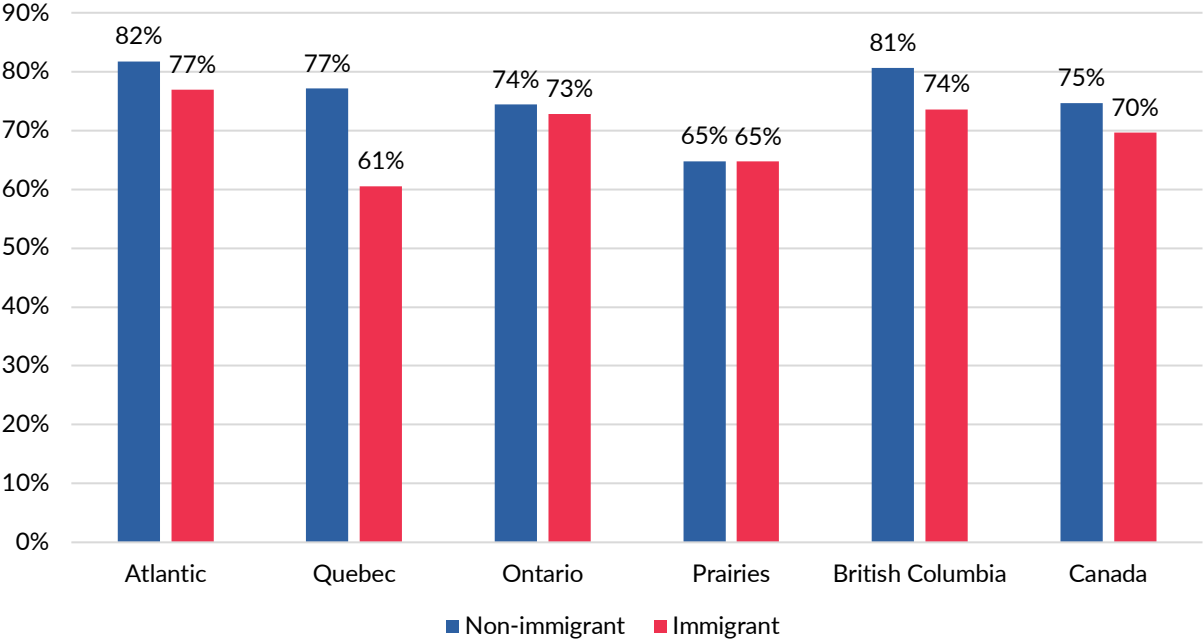


Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

## Sense of belonging to province

Seven in 10 immigrants (70%) state that they feel a strong sense of belonging to their province, while the percentage for non-immigrants is even higher (75%). Quebec has the largest gap between immigrants and Canadian-born. Figure 13 shows that 77 percent of non-immigrants in Quebec report a high sense of belonging to their province. Only 61 percent of immigrants report the same thing (16 percentage points difference). Respondents from Quebec have the lowest sense of belonging to their province.

**Figure 13: Sense of belonging to province by province and immigrant status (% Very or Somewhat strong)**

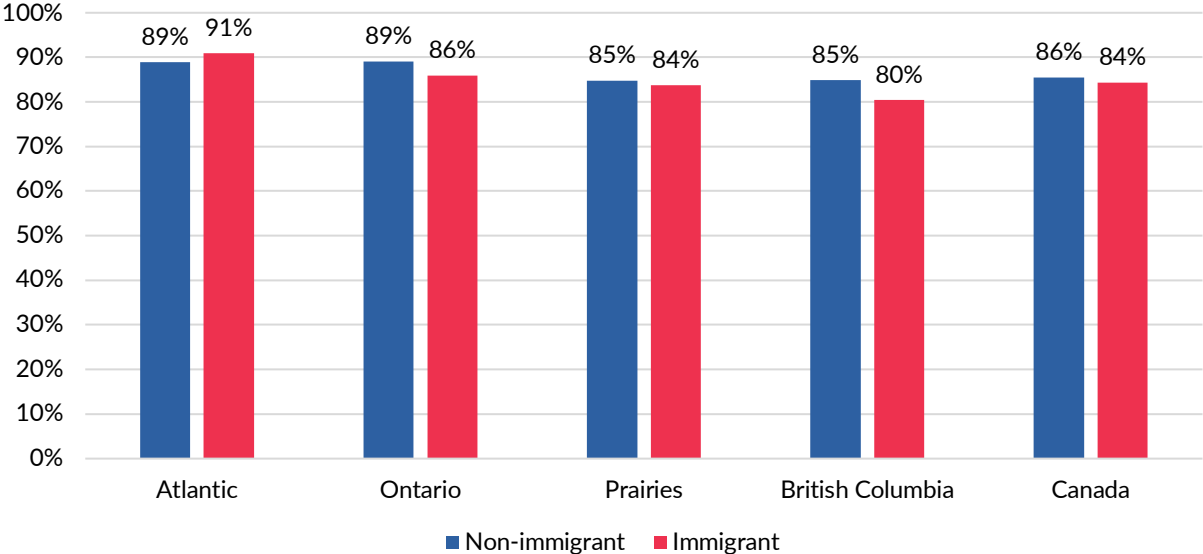


Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

### Sense of belonging to Canada

Data presented in Figure 14 shows that almost nine in ten Canadians report a strong sense of belonging to Canada (86% of Canadian-born and 84% of immigrants). Gaps between immigrants and non-immigrants through different provinces are not very large. For example, there is a 5-percentage point difference in British Columbia and a 3-percentage point difference in Ontario and the Atlantic region. In the CIMI, the province of Quebec is excluded from this indicator because of its uniqueness within the Canadian context.

**Figure 14: Sense of belonging to Canada (% Very or Somewhat strong) by province and immigrant status**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

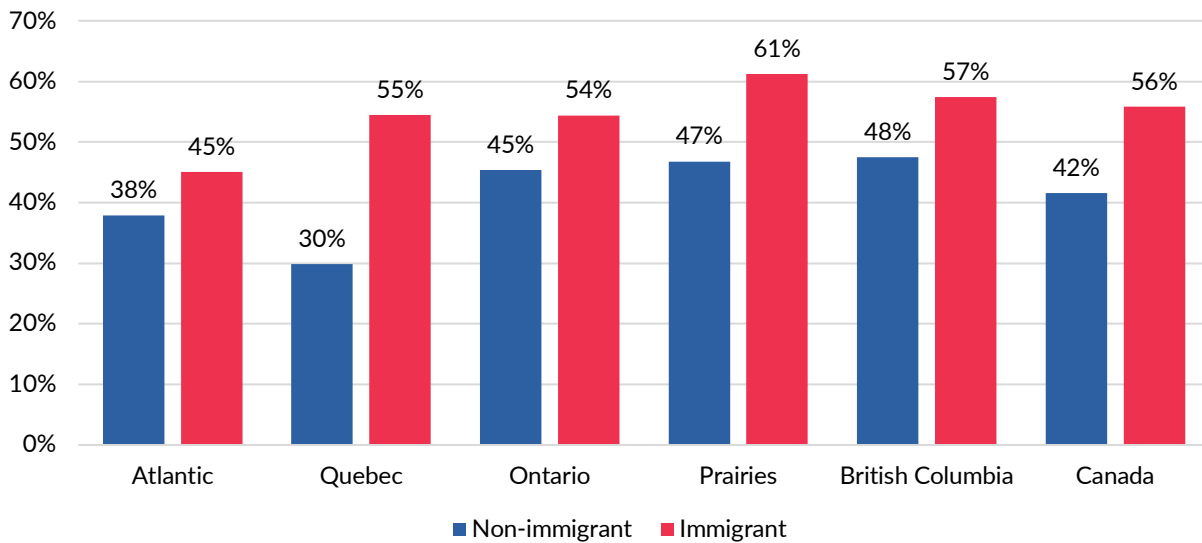
### Victim of discrimination in the past 2 years

According to the Statistics Canada 2014 General Social Survey (GSS), immigrants are more likely to experience some form of discrimination than Canadian-born (17% compared to 12%)<sup>2</sup>. A similar pattern can be found in the crowdsourcing survey. More than half of immigrants in Canada (56%) experienced discrimination or have been treated unfairly by others in the past two years (Figure 15). The percentage of non-immigrants who were victims of discrimination in the same time period is much lower (42%). Immigrants living in Prairies were more likely to be victims of discrimination than immigrants in other provinces (61%). In contrast, those living in the Atlantic region were less likely to experience discrimination in the past two years. The biggest gap between immigrants and Canadian-born was in Quebec, where immigrants were almost two times more likely to be victims of discrimination (55% compared to 30%).

<sup>2</sup> Dyna Ibrahim, Canadian Centre for Justice Statistics. April 12, 2018. [Violent victimization, discrimination and perceptions of safety: An immigrant perspective, Canada, 2014](#). Statistics Canada.



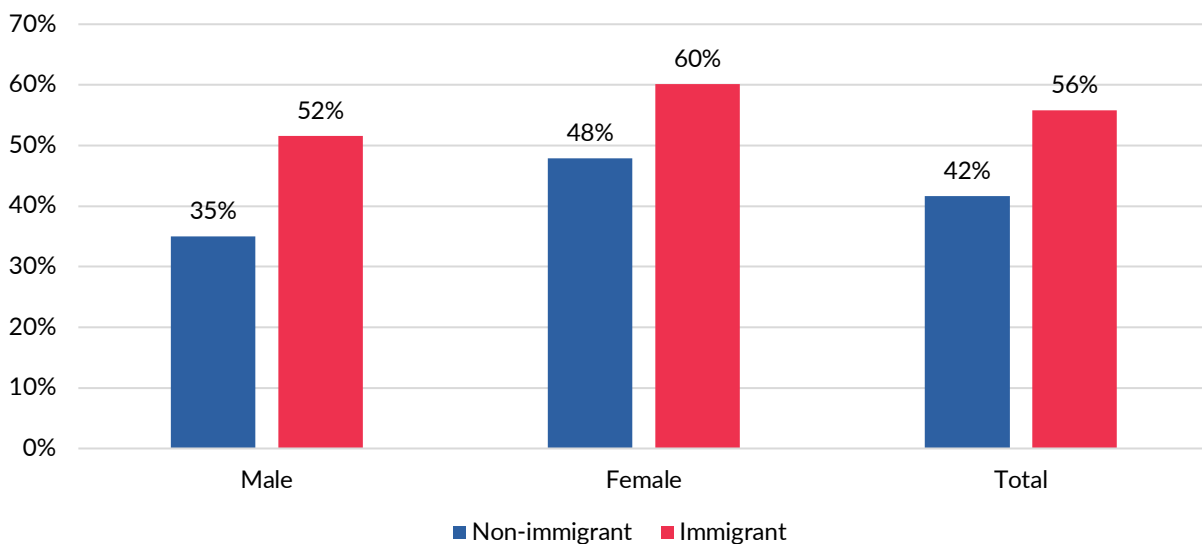
**Figure 15: Victim of discrimination in the past two years before the COVID-19 pandemic by province and immigrant status (% Yes)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

Female immigrants were almost twice as likely to experience discrimination in the past two years than male non-immigrants. Six in ten female immigrants were victims of discrimination, while one-third of male non-immigrants had a similar experience (Figure 16).

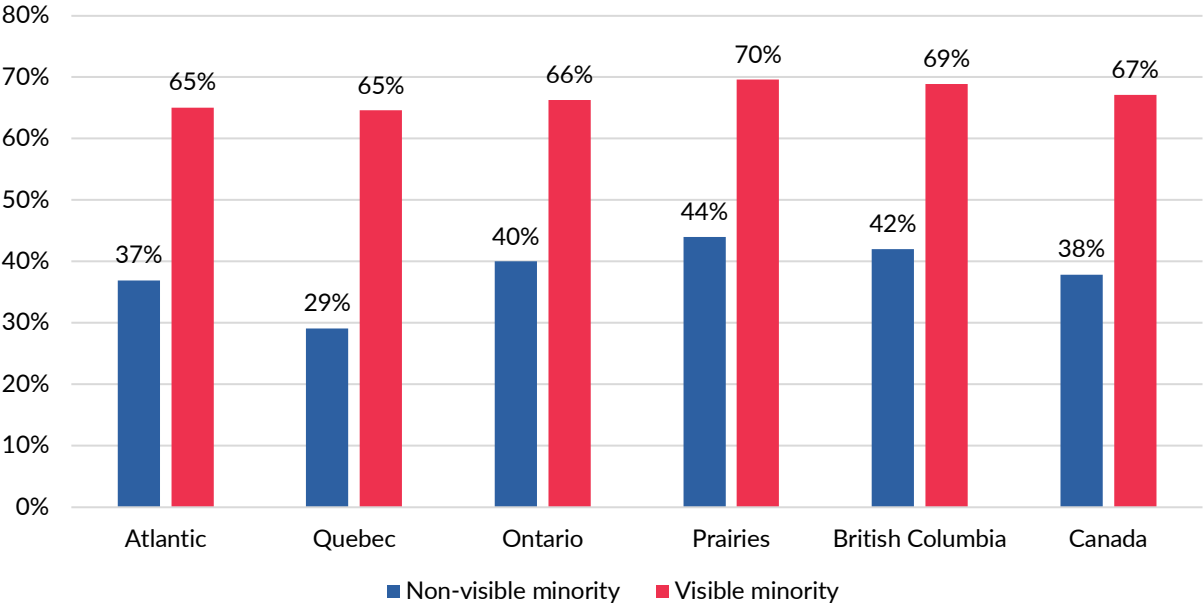
**Figure 16: Victim of discrimination in the past two years before the COVID-19 pandemic by sex and immigrant status (% Yes)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

Respondents who identified themselves as a visible minority experienced discrimination to a greater extent than the non-visible minorities. Two-thirds of them (67%) have experienced discrimination in the past two years, compared to 38 percent of non-visible minorities. In Quebec, visible minorities were two times more likely to be victims of discrimination (Figure 17).

**Figure 17: Victim of discrimination in the past two years before the COVID-19 pandemic by province and visible minority status (% Yes)**

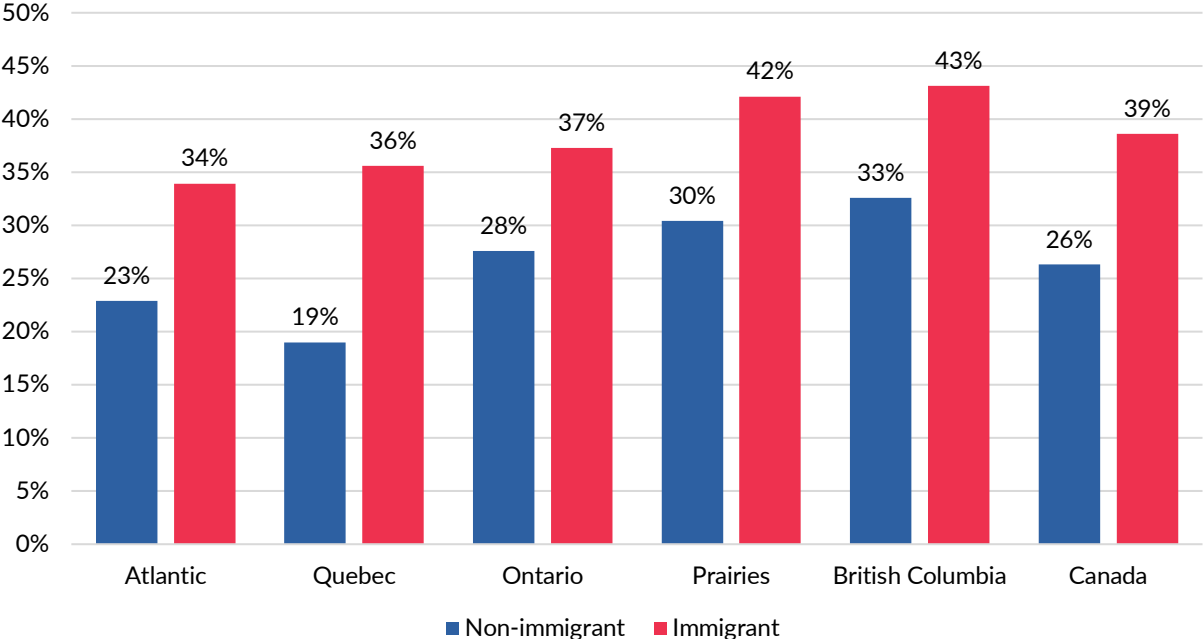


Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

**Victim of discrimination since COVID-19 pandemic**

During the first couple of months of the COVID-19 pandemic, some Canadians continued to experience discrimination. Data collected at the end of August 2020 shows that in the first six months of the pandemic, four in ten immigrants (39%) and one-quarter of non-immigrant (26%) experienced some kind of discrimination (Figure 18). Immigrants from British Columbia and Prairies were more likely to be treated unfairly by others compared to immigrants in the rest of Canada. The most significant gap between immigrants and Canadian-born was in Quebec (17 percentage points).

**Figure 18: Victim of discrimination since COVID-19 pandemic by province and immigrant status (% Yes)**

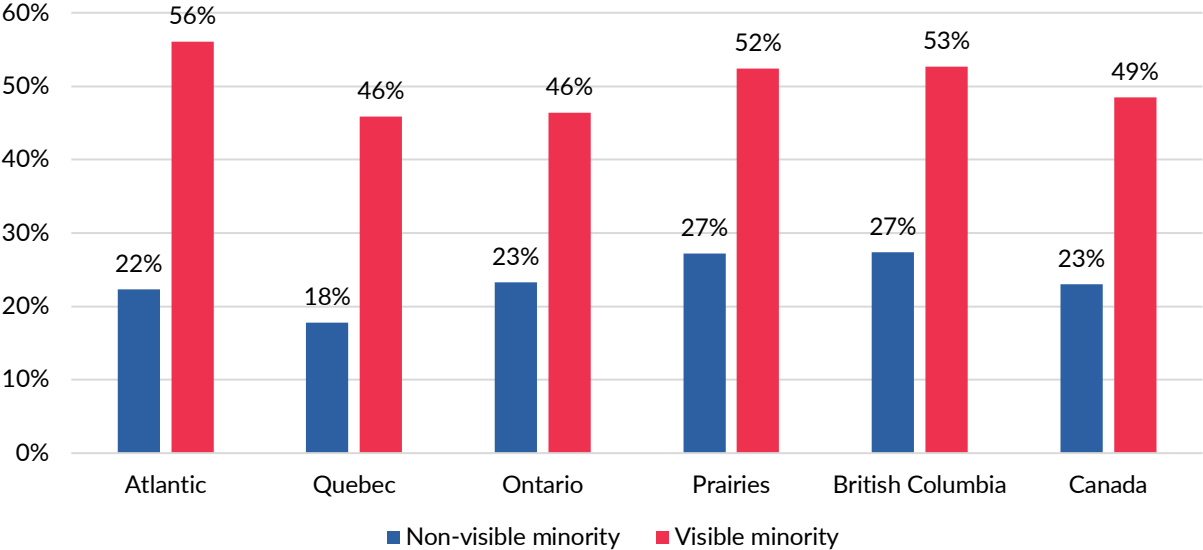


Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

The results from another Statistics Canada Crowdsourcing Survey: *Perceptions of Safety* from May 2020 found that Chinese, Korean and Southeast Asian participants saw an increase in the number of race/ethnicity/skin colour harassment or attacks since the beginning of the COVID-19 pandemic<sup>3</sup>. Results from the Experience of Discrimination survey support those findings. Chinese, Korean, Southeast Asian and Black participants are two times more likely to experience discrimination and be treated unfairly. In Atlantic regions, Prairies and British Columbia, more than half of visible minorities were victims of discrimination during the first couple of months of the pandemic (Figure 19).

<sup>3</sup> Loanna Heidinger and Adam Cotter. July 8, 2020. [Perceptions of personal safety among population groups designated as visible minorities in Canada during the COVID-19 pandemic](#). Statistics Canada.

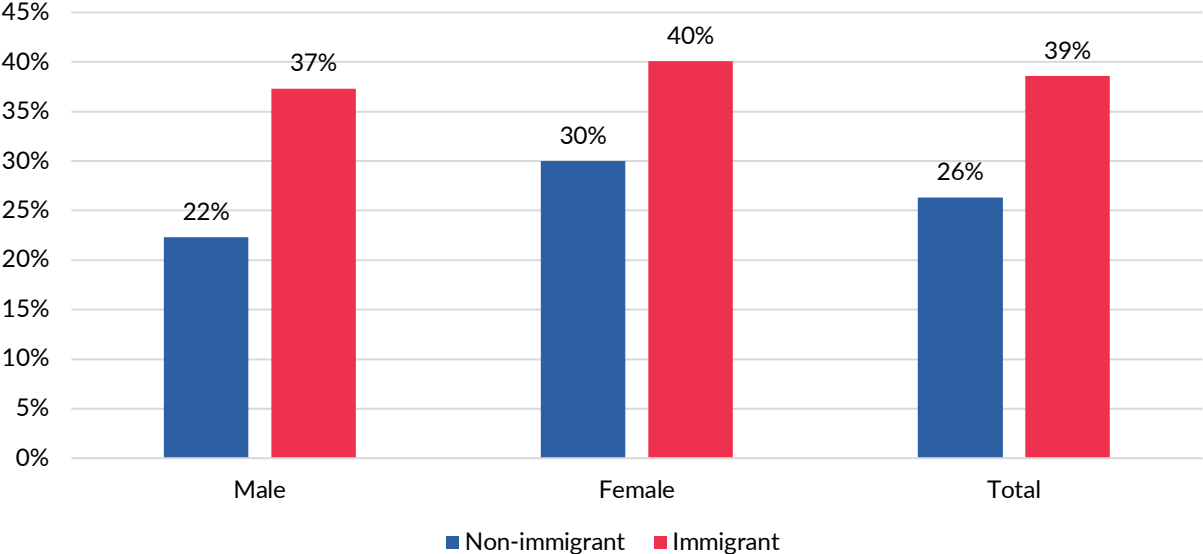
**Figure 19: Victim of discrimination since COVID-19 pandemic by province and visible minority status (% Yes)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

There is a 10-percentage point gap between female immigrants and female non-immigrants. Canadian-born females were less likely to be victims of discrimination compared to female immigrants (Figure 20). Male non-immigrants were a group that was least likely to be treated unfairly by others.

**Figure 20: Victim of discrimination since COVID-19 pandemic by sex and immigrant status (% Yes)**



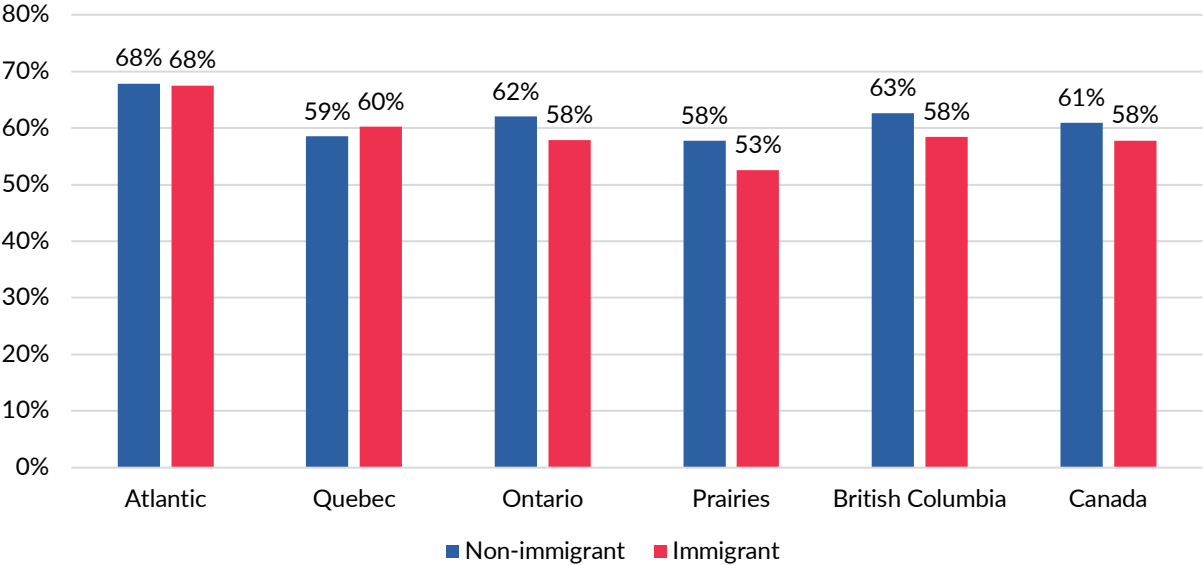
Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

# HEALTH DIMENSION

## Health care services accessibility

When it comes to unmet healthcare needs, the gap between immigrants and non-immigrants in Canada was not very large. However, immigrants in Ontario, Prairies and British Columbia reported fewer barriers in accessing health care during the pandemic than Canadian-born. For example, in the Prairies, there is a 5-percentage point gap between immigrants and non-immigrants. Atlantic region residents had the highest barrier in accessing health care services. While 61 percent of non-immigrants and 58 percent of immigrants in Canada had difficulties accessing one or more health care services, 68 percent of immigrants and non-immigrants in the Atlantic region had that issue.

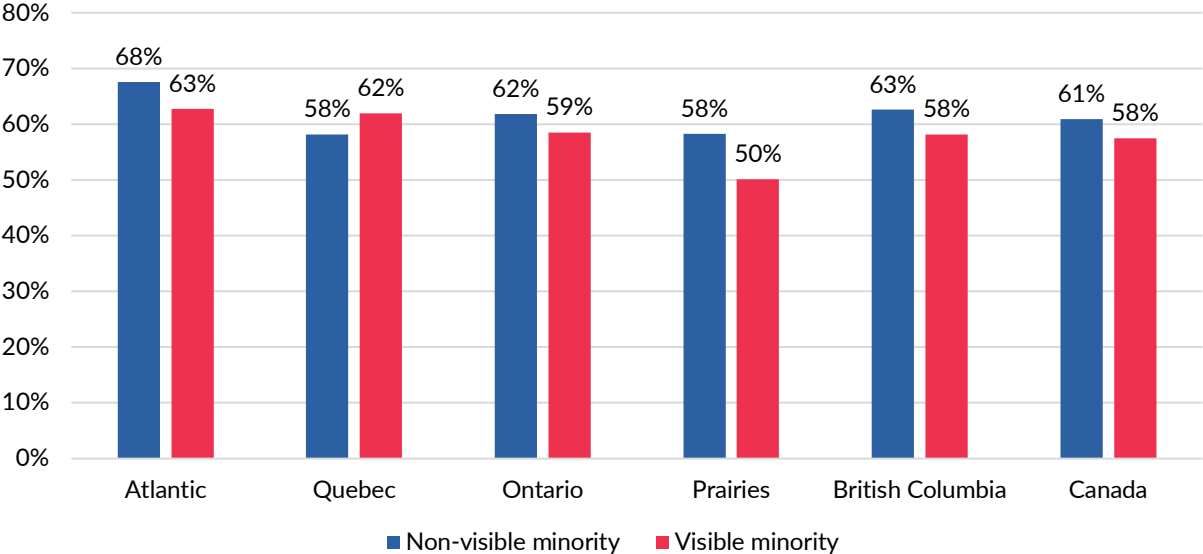
**Figure 21: Issues with access to health care services during COVID-19 by province and immigrant status (% Yes)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

In almost all of the provinces, with the exception of Quebec, visible minorities report that they have more barriers in accessing health care services. The largest gap between visible and non-visible minorities was in Prairies (8 percentage points).

**Figure 22: Issues with access to health care services during COVID-19 by province and visible minority status (% Yes)**

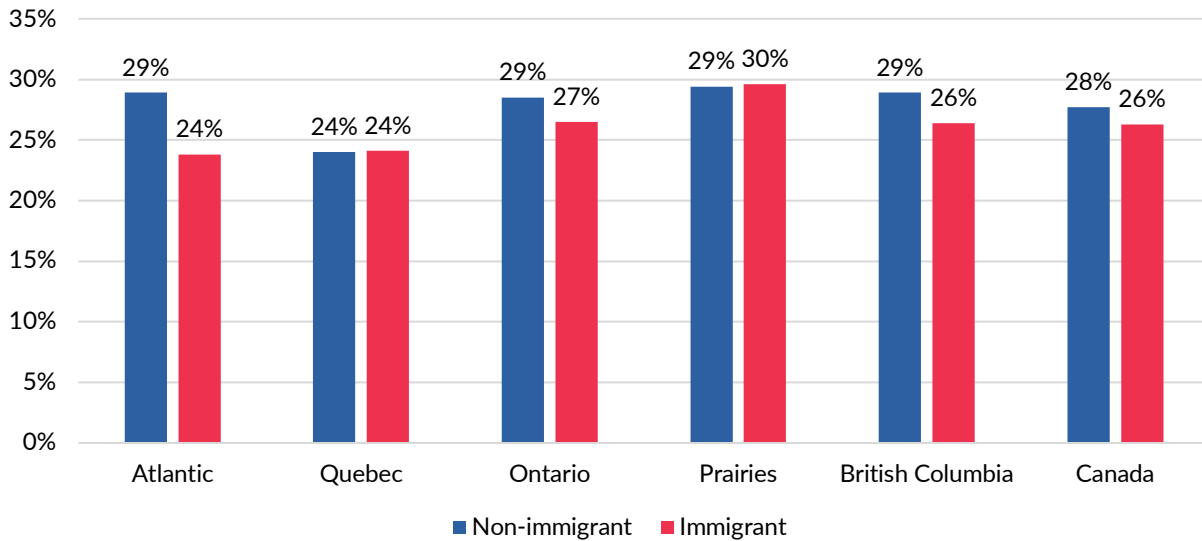


Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Experiences of Discrimination (August 2020)

**Perceived life stress**

Stress levels were similar between immigrants and non-immigrants across Canada (Figure 23). However, the Canadian-born population in the Atlantic region reported higher stress levels (Extremely and Quite a bit stressful) compared to immigrants (5 percentage points). On the other hand, almost 4 out of 10 residents of Quebec (38%), regardless of whether they are immigrants or non-immigrants, are reporting lower levels of stress (either not at all stressful or not very stressful).

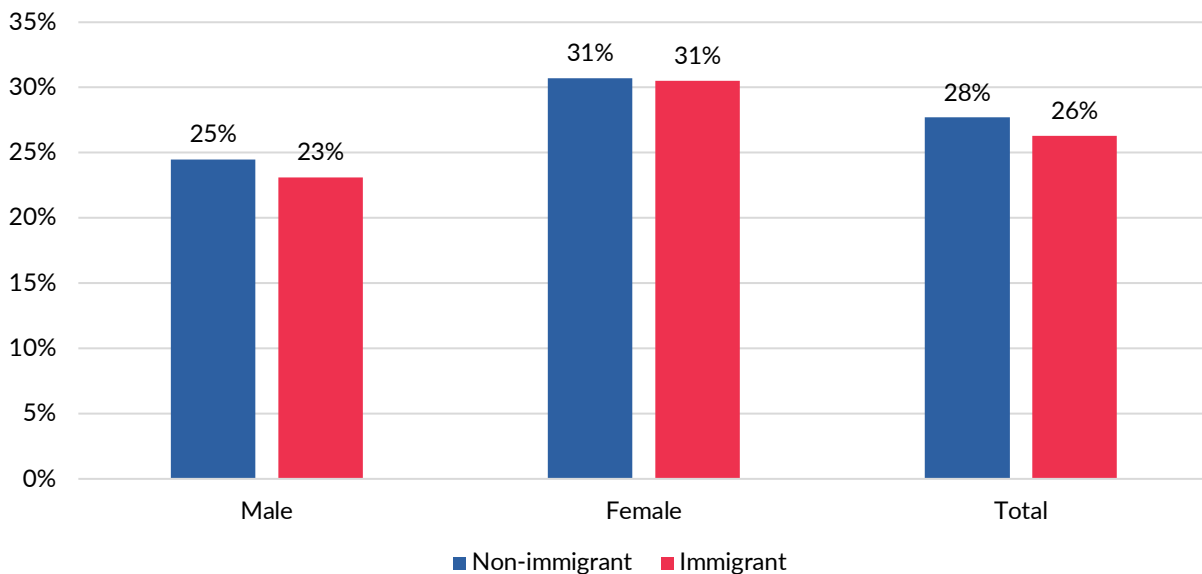
**Figure 23: Perceived life stress by province and immigrant status (% Extremely or Quite a bit stressful)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

Female immigrants and non-immigrants report higher stress levels than their male counterparts. Almost one-third of female immigrants (31%) stated that they feel extremely or quite a bit stressed during most days, while only 23 male immigrants stated the same thing (Figure 24).

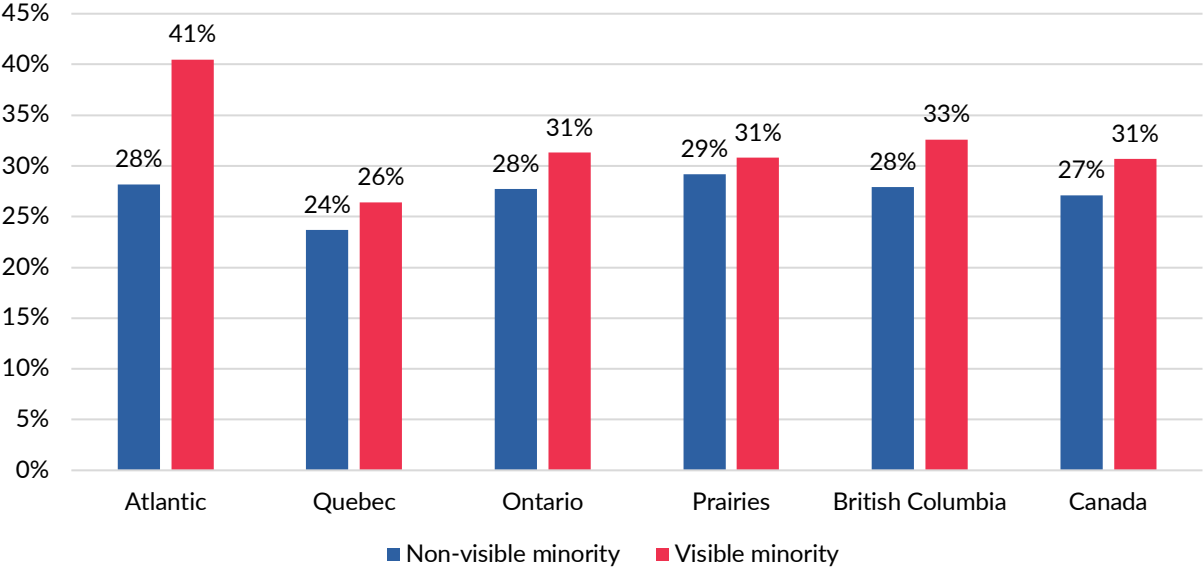
**Figure 24: Perceived life stress by sex and immigrant status (% Extremely or Quite a bit stressful)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

Visible minorities had higher stress levels than non-visible minorities across all provinces. For example, in the Atlantic region, four out of ten respondents (41%) who identified themselves as a visible minority had a high level of stress, compared to 28 percent for non-visible minorities.

**Figure 25: Perceived life stress by province and visible minority status (% Extremely or Quite a bit stressful)**



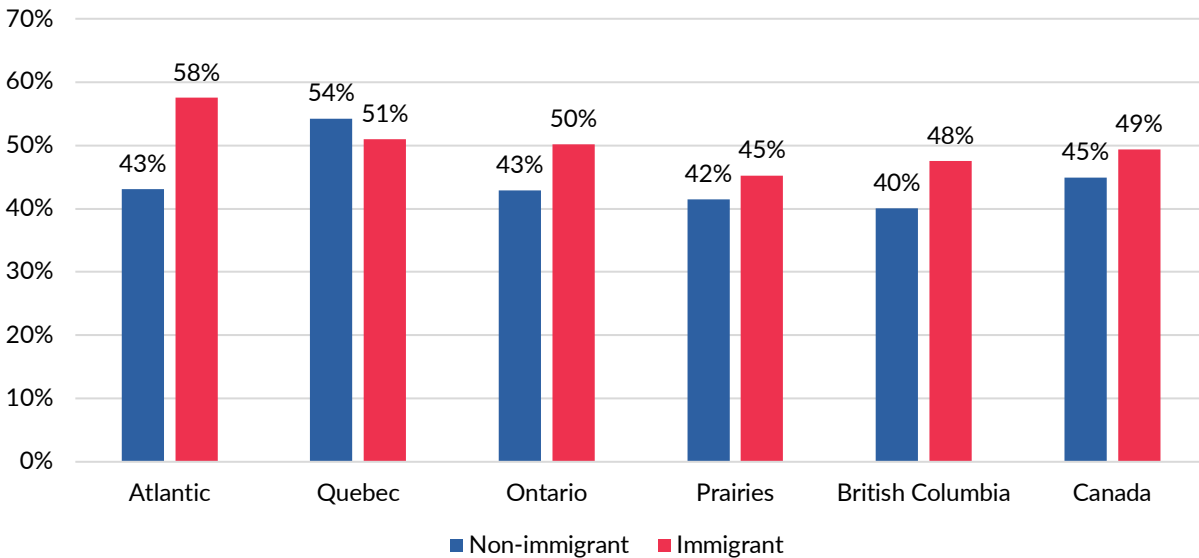
Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

### Perceived mental health

In the CIMI, perceived mental health is one of the control variables. However, in this case, mental health is analyzed as an outcome variable. There are gaps between immigrants and non-immigrants depending on where you live in the country. Overall, in Canada, there is a 4-percentage point gap between immigrants and non-immigrants who said that their mental health is either excellent or very good (Figure 26). Immigrants have better self-reported mental health than non-immigrants across all of the provinces and regions except Quebec. The biggest gap was in the Atlantic region, where 58 percent of immigrants perceive their mental health as positive during the pandemic, and only 43 percent of Canadian-born perceive it positively.



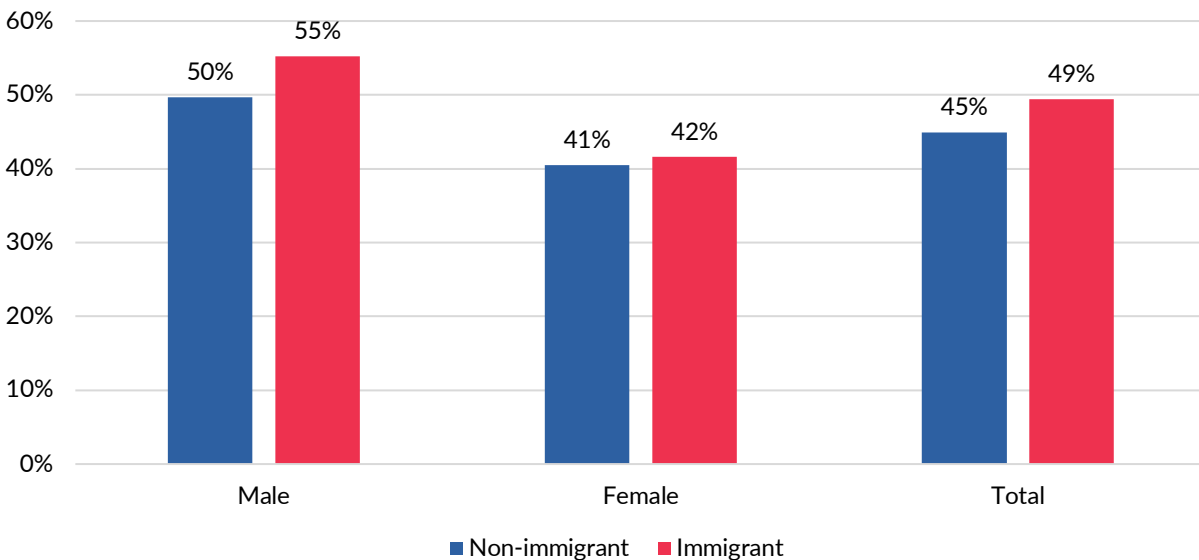
**Figure 26: Perceived mental health by province and immigrant status (% Excellent or Very good)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

According to data from Figure 27, males in Canada are more likely to report excellent or very good mental health than females. While more than half of male immigrants (55%) report positive mental health, only 42 percent of female immigrants perceive their mental health as excellent or very good.

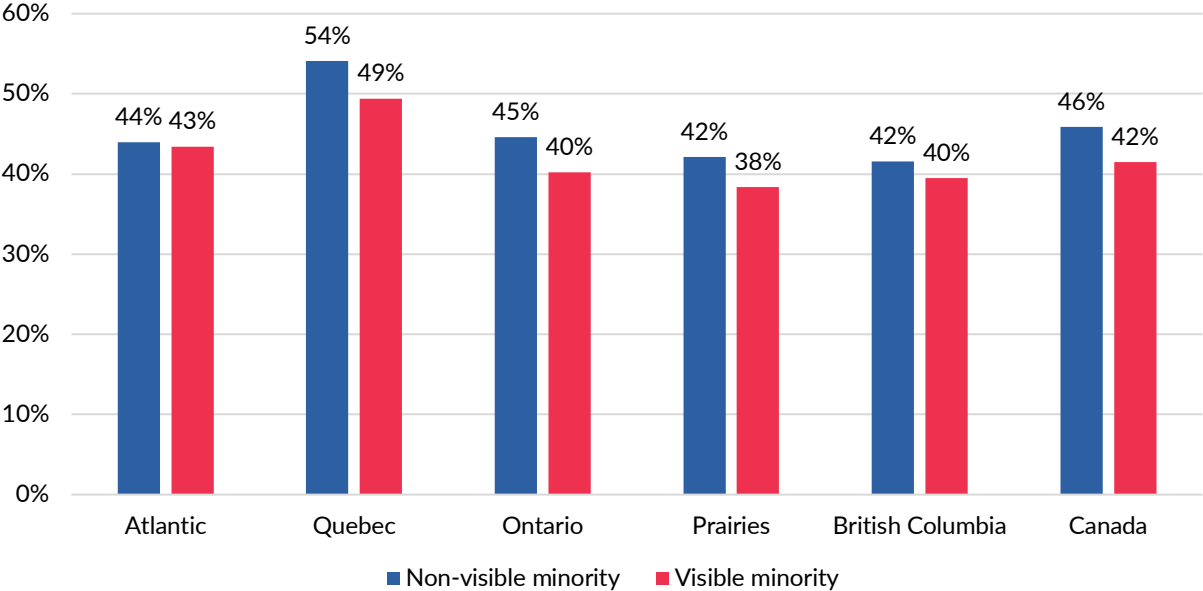
**Figure 27: Perceived mental health by sex and immigrant status (% Excellent or Very good)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

Non-visible minorities have better self-reported mental health than visible minorities across all of the provinces and regions. For example, in Quebec, more than half (54%) of non-visible minorities assessed their mental health as either excellent or very good, while 49 percent of visible minorities reported positive mental health.

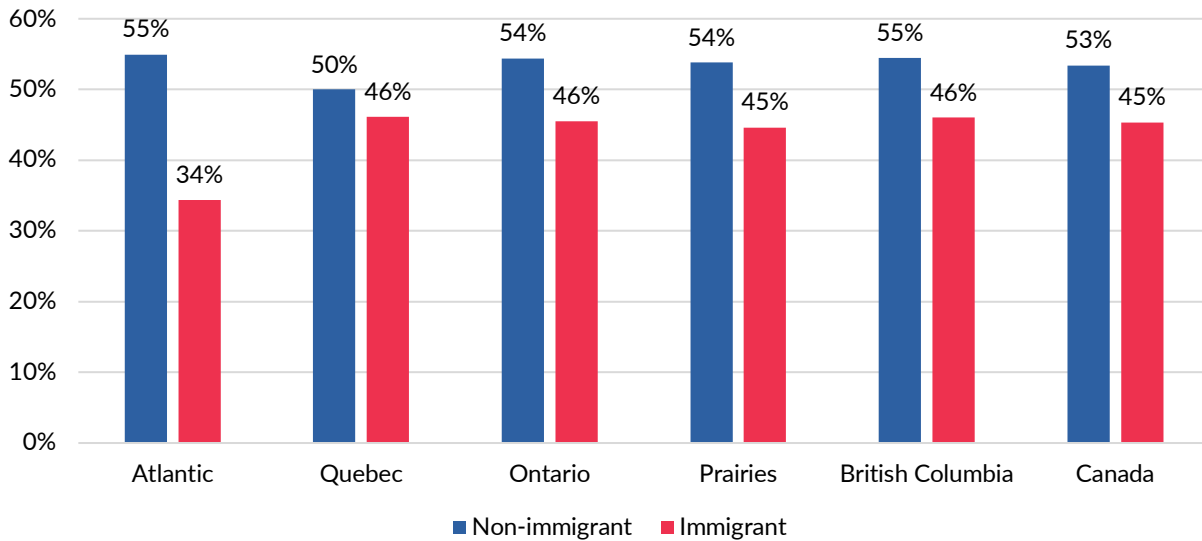
**Figure 28: Perceived mental health by province and visible minority status (% Excellent or Very good)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

Without the baseline, it would be challenging to understand the impact of the COVID-19 pandemic on Canadians' mental health. In order to analyze changes in mental health, an additional question was introduced. Non-immigrants in Canada are again the ones who are more likely to say that compared to the time before social distancing began, their current mental health is somewhat or much worse (53% compared to 45% of immigrants). The most significant gap was again in the Atlantic region, where only one in three immigrants (34%) have had declining mental health during the pandemic compared to the majority of Canadian-born (55%).

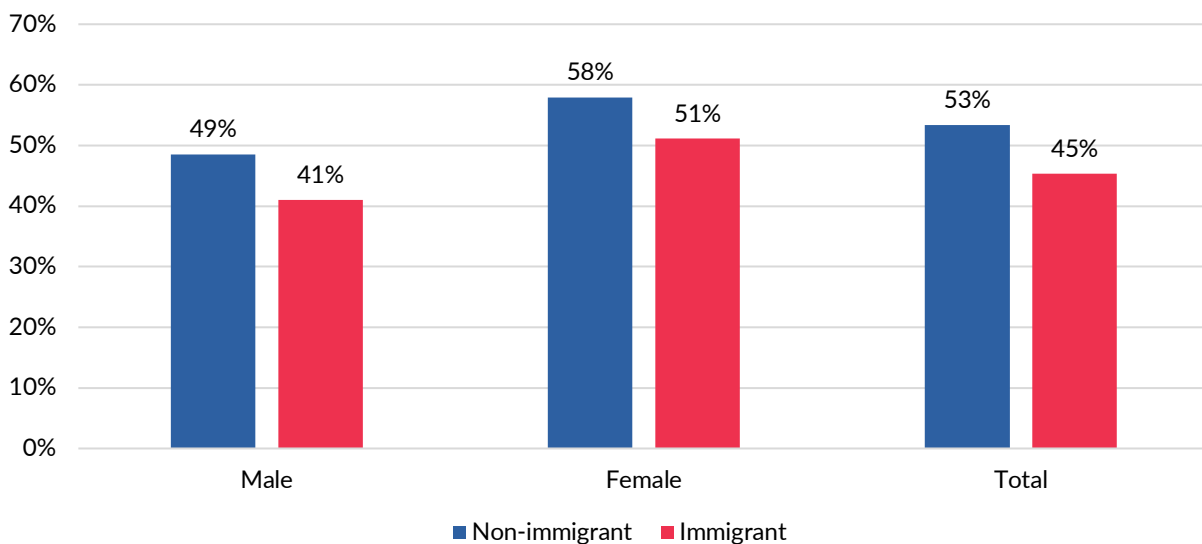
**Figure 29: Mental health now compared to before physical distancing began by province and immigrant status (% Somewhat or Much worse now)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

Both female immigrants and non-immigrants are more likely than their male counterparts to report that mental health is somewhat or much worse now than before physical distancing (Figure 30). The most significant gap was between female and male immigrants (10 percentage points).

**Figure 30: Mental health now compared to before physical distancing began by sex and immigrant status (% Somewhat or Much worse now)**



Data Source: Statistics Canada Crowdsourcing Survey: Impacts of COVID-19 on Canadians' Mental Health (April to May 2020)

## SUMMARY OF KEY FINDINGS

Analyzed data from three crowdsourcing surveys indicate that there are, in fact, differences in the way the pandemic affected different groups. The COVID-19 crisis has had a significant negative impact on visible minority. They were more likely to lose their job, experience discrimination, and have higher stress levels than other groups.



### Economic dimension

- Immigrants and visible minorities in Canada were more likely to fear losing their main job or primary self-employment income in the next four weeks.
- Almost a third of Canadians (28%) experienced a temporary or permanent job loss or reduced work hours due to COVID-19. While there was almost no difference between immigrants and non-immigrants, the percentage of those who lost a job or got a reduction of work hours was higher amongst those respondents who identified themselves as a visible minority.
- Although most of those financially impacted by the pandemic expected to go back to their previous job or get their regular work hours restored, visible minorities had much lower expectations than non-visible minorities.
- Visible minorities were more likely to apply for some type of federal income support than non-visible minorities (29% compared to 18%).



### Social dimension

- There was almost no difference in the sense of belonging to Canada and the Local community between immigrants and Canadian-born.
- During the past two years, more than half of immigrants in Canada (56%) and 42 percent of non-immigrants were victims of discrimination.
- Visible minorities were almost twice as likely to experience discrimination in the past two years than non-visible minorities (67% compared to 38%).
- In the first six months of the pandemic, almost half of the respondents who identified themselves as a visible minority (49%) experienced discrimination or have been treated unfairly by others, compared to 23 percent of non-visible minorities.
- Four in ten immigrants (39%) and one-quarter of non-immigrant (26%) experienced some kind of discrimination in the same time period.



### Health dimension

- There were no significant gaps in unmet healthcare needs between different groups during the COVID-19 (less than 3-percentage points).
- Immigrants show more positive mental health outcomes despite a higher rate of fear and more financial hardships during the pandemic than Canadian-born.
- Regardless of their immigrant status, females are more likely than males to experience worsening of their mental health during the pandemic and are less likely to report excellent mental health.

- Visible minorities had higher stress levels and were less likely to report excellent or very good mental health than non-visible minorities across all provinces and region

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