

Compared to two years ago, would you say you are more stressed, just as stressed, or less stressed about being able to do each of the following?



	British Columbia	GENDER		AGE			REGION				ANNUAL HOUSEHOLD INCOME			ETHNICITY				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Northern BC	Southern BC	Vancouver Island	<\$50K	\$50K-100K	\$100K+	Indigenous	European	East Asian	South Asian
<i>Paying your rent/mortgage</i>																		
More stressed now	29%	24%	33%	35%	33%	20%	31%	33%	15%	28%	23%	34%	32%	21%	39%	28%	20%	36%
Just as stressed not	38%	40%	37%	34%	44%	35%	39%	37%	29%	39%	38%	34%	39%	41%	33%	36%	47%	33%
Less stressed now	29%	32%	26%	27%	19%	42%	26%	27%	51%	30%	35%	27%	27%	36%	25%	32%	29%	27%
Not sure	4%	4%	4%	4%	4%	3%	4%	3%	4%	4%	4%	6%	3%	3%	2%	3%	4%	3%
<i>Feeding yourself and your family</i>																		
More stressed now	27%	22%	32%	26%	33%	22%	26%	31%	14%	36%	24%	34%	29%	18%	33%	27%	24%	24%
Just as stressed not	39%	41%	37%	39%	44%	35%	43%	33%	38%	33%	37%	32%	42%	42%	37%	37%	42%	45%
Less stressed now	31%	34%	28%	32%	19%	42%	28%	34%	43%	30%	36%	29%	27%	38%	28%	34%	31%	30%
Not sure	3%	3%	3%	4%	5%	1%	3%	3%	5%	1%	3%	5%	2%	2%	2%	2%	2%	2%
<i>Having enough money to make it to the end of the month</i>																		
More stressed now	31%	25%	36%	31%	36%	25%	31%	36%	22%	32%	28%	40%	30%	23%	43%	31%	22%	26%
Just as stressed not	37%	37%	37%	37%	40%	34%	38%	33%	41%	40%	32%	34%	37%	40%	31%	35%	46%	36%
Less stressed now	29%	34%	24%	29%	20%	40%	28%	28%	35%	26%	35%	20%	30%	37%	21%	31%	31%	37%
Not sure	3%	3%	3%	3%	4%	2%	3%	3%	2%	2%	4%	5%	3%	1%	5%	2%	1%	2%
<i>Having enough time to take care of yourself and your family</i>																		
More stressed now	27%	23%	30%	30%	33%	17%	29%	27%	29%	25%	18%	29%	27%	24%	42%	26%	24%	24%
Just as stressed not	38%	38%	39%	37%	43%	35%	38%	36%	29%	39%	44%	33%	40%	39%	31%	37%	44%	33%
Less stressed now	31%	35%	26%	28%	20%	44%	29%	31%	40%	33%	31%	30%	29%	35%	23%	34%	30%	38%
Not sure	4%	4%	4%	6%	4%	4%	4%	5%	2%	3%	6%	8%	4%	1%	4%	4%	3%	5%

Over the past couple of months, did any of the following happen to you or someone in your household?



	British Columbia	GENDER		AGE			REGION				ANNUAL HOUSEHOLD INCOME			ETHNICITY				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Northern BC	Southern BC	Vancouver Island	<\$50K	\$50K-100K	\$100K+	Indigenous	European	East Asian	South Asian
The food that you or other household members purchased did not last, and there was no chance to purchase more	15%	10%	20%	25%	14%	7%	14%	21%	15%	7%	17%	17%	17%	12%	36%	12%	8%	16%
You or other household members could not afford to eat nutritious meals	18%	14%	21%	26%	17%	11%	17%	21%	14%	18%	17%	27%	16%	9%	33%	15%	11%	25%
You or other household members had to reduce the size of your meals because of affordability	23%	19%	27%	33%	25%	14%	23%	28%	18%	20%	23%	30%	25%	15%	36%	21%	21%	23%
You or other household members had to skip meals altogether because of affordability	15%	14%	16%	25%	14%	8%	16%	15%	10%	13%	15%	19%	16%	8%	44%	14%	8%	19%
You or other household members accessed food or meals, at no cost, from a community organization (such as a food bank)	13%	11%	15%	19%	15%	7%	12%	17%	2%	15%	17%	21%	13%	7%	29%	12%	9%	14%
None of these	56%	62%	51%	35%	52%	77%	55%	48%	69%	62%	58%	42%	56%	70%	33%	65%	60%	46%

Over the past couple of months, did any of the following happen to you personally?



	British Columbia	GENDER		AGE			REGION				ANNUAL HOUSEHOLD INCOME			ETHNICITY				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Northern BC	Southern BC	Vancouver Island	<\$50K	\$50K-100K	\$100K+	Indigenous	European	East Asian	South Asian
You personally ate less than you felt you should because there wasn't enough money to buy food	30%	24%	36%	41%	35%	15%	31%	33%	24%	31%	21%	41%	31%	19%	48%	23%	25%	44%
You personally were hungry but didn't eat because you couldn't afford enough food	18%	19%	17%	36%	16%	7%	18%	19%	23%	12%	21%	20%	18%	15%	49%	13%	20%	16%
Neither of these	60%	64%	56%	37%	56%	82%	58%	57%	61%	64%	67%	49%	60%	71%	29%	71%	60%	45%

Over the past couple of months, have you or someone in your household done any of the following?



	British Columbia	GENDER		AGE			REGION				ANNUAL HOUSEHOLD INCOME			ETHNICITY				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Northern BC	Southern BC	Vancouver Island	<\$50K	\$50K-100K	\$100K+	Indigenous	European	East Asian	South Asian
Switched packaged food brands to lower priced (generic) alternatives	37%	28%	46%	40%	37%	36%	34%	50%	37%	42%	34%	47%	37%	26%	47%	41%	26%	30%
Changed your diet to avoid products that have become more expensive	35%	30%	40%	41%	36%	28%	33%	39%	27%	40%	36%	43%	32%	30%	40%	36%	26%	43%
Cut back on lunches for yourself	22%	20%	23%	30%	24%	13%	23%	19%	15%	25%	20%	24%	26%	15%	37%	19%	18%	19%
Cut back on medications	12%	9%	15%	20%	11%	7%	12%	19%	9%	11%	10%	16%	11%	10%	31%	10%	11%	11%
Cut back on lunches for children	4%	4%	4%	7%	6%	1%	4%	6%	4%	1%	4%	4%	5%	4%	12%	1%	4%	14%
None of these	40%	47%	33%	24%	37%	55%	41%	32%	40%	43%	43%	28%	41%	50%	20%	44%	49%	27%

Poll conducted by Research Co. and United Way BC on Food Security in British Columbia - May 21, 2026

To British Columbians who have a senior (i.e., age 65 or older) family member (e.g., a parent, grandparent, aunt or uncle), coworker, or friend, who also lives in British Columbia - Over the past couple of months, did any of the following happen to that senior?



	British Columbia	GENDER		AGE			REGION				ANNUAL HOUSEHOLD INCOME			ETHNICITY				
		Male	Female	18-34	35-54	55+	Metro Vancouver	Fraser Valley	Northern BC	Southern BC	Vancouver Island	<\$50K	\$50K-100K	\$100K+	Indigenous	European	East Asian	South Asian
The senior could not afford to eat nutritious meals.	12%	9%	14%	17%	11%	9%	10%	15%	11%	11%	14%	17%	11%	6%	24%	9%	8%	30%
The senior had to reduce the size of their meals, or skip meals, because of affordability.	15%	12%	17%	24%	15%	9%	16%	20%	11%	11%	10%	17%	16%	12%	34%	13%	8%	24%
The senior expressed concern about paying for everyday living expenses like rent/mortgage, gas for their car, or utilities.	26%	20%	32%	36%	27%	20%	24%	32%	26%	34%	22%	35%	27%	17%	50%	22%	20%	17%
The senior expressed concern about paying for non-essential but important expenses like holiday gifts for others, coffee, or social activities.	26%	21%	31%	30%	26%	23%	24%	29%	23%	34%	26%	35%	23%	19%	40%	23%	22%	15%
The senior communicated that they were feeling lonely or isolated.	24%	18%	29%	30%	27%	18%	22%	35%	20%	31%	18%	28%	21%	22%	32%	25%	19%	15%
None of these	50%	56%	44%	30%	47%	63%	50%	41%	45%	51%	58%	42%	51%	56%	27%	56%	55%	41%