



2024 Blue Monday Survey **Summary of results**

A study published in the journal *Scientific Reports* in 2019 showed that spending at least two hours per week in nature is associated with good health and well-being, however an online survey of 1,000 Canadians commissioned by Ducks Unlimited Canada in January 2024 has suggested that 43% of us are getting less than one hour per week or none at all.

While it is encouraging to see that 39% of Canadians are getting more time in nature since the pandemic began, it is concerning to see that 26% report they are getting less. While time constraints were the most common barrier provided, other unprompted reasons participants cited include weather, transportation and access limitations, safety concerns, lack of interested companions and lack of interest.

This is surprising considering that 90% or more of the respondents claimed that spending time in nature improves their mood, reduces their stress, and supports physical exercise. 86% of respondents said spending time in nature provides them opportunities for recreational activities. Other respondents advised that it gives them bonding time with loved ones, educational opportunities, exposure to wildlife, a feeling of relaxation or calmness, and an opportunity for their body to heal or repair.

Survey summary

Survey conducted: January 5, 2024

Number of Canadians surveyed: 1,000 (750 English, 250 French)

Genders: All

Ages: 18-99

Margin of error:

• English: +/- 3.651%

• French: +/- 6.325%

1) How much time do you spend in nature per week on average? *(Select one answer)*

	EN	FR	Total	%
None	46	31	77	8%
One hour or less	264	92	356	36%
Up to three hours	275	75	350	35%
Up to five hours	96	35	131	13%
More than five hours	69	17	86	9%

2) How have your recreational habits changed since before the pandemic? *(Select one answer)*

	EN	FR	Total	%
I spend more time in nature than before the pandemic	298	88	386	39%
I spend less time in nature than before the pandemic	175	80	255	26%
I spend the same amount of time in nature as I did before the pandemic	256	75	331	33%
I am not sure	21	7	28	3%

3) How do you think spending time in nature impacts you? *(Rank each on a scale of 1-5)*

	Not Very Much	Somewhat	Yes	Very Much	Significantly	Total Responses
Improves my mood	2%	7%	23%	35%	34%	998
Reduces my stress	2%	7%	24%	34%	31%	996
Supports physical exercise	2%	8%	23%	35%	32%	998
Provides recreational activities	3%	11%	30%	32%	24%	997
Other	19%	12%	33%	19%	17%	385

4) Which factors impact your use of natural spaces? *(Rank each on a scale of 1-5)*

	Not Very Much	Somewhat	Yes	Very Much	Significantly	Total Responses
Lack of interest	36%	29%	20%	11%	4%	999
Lack of interested companions	29%	25%	24%	16%	6%	997
Lack of access to natural spaces	30%	24%	24%	15%	7%	996
Time constraints	17%	22%	30%	20%	11%	998
Safety concerns	37%	25%	20%	13%	6%	997
Other	38%	16%	26%	9%	10%	335