**Figure 1. Percentage of U.S. Adults Who Report Coping Responses to Pandemic Stress**

- **9.6%** No additional stress
- **16.6%** No coping response (more stress)
- **73.8%** One or more coping responses (more stress)

90.4% experiencing additional stress due to pandemic

Source: SHADAC analysis of SHADAC COVID-19 Survey, conducted as part of the AmeriSpeak omnibus survey by NORC at the University of Chicago (April 24-26).

**Figure 2. U.S. Adults' Coping Responses to Pandemic Stress**

- **Talking more with friends and family**
  - 64.2% No change
  - 35.8% Decreased social media use
  - 40.5%

- **Increased social media use**
  - 30.3%

- **Decreased social media use**
  - 5.5%

- **Eating more**
  - 61.8% No change
  - 38.2% Eating more unhealthy foods
  - 30.2%

- **Eating more unhealthy foods**
  - 27.9%

- **Exercising more**
  - 57.9% No change
  - 42.1% Exercising less
  - 19.2%

- **Exercising less**
  - 22.9%

- **Increased alcohol use**
  - 15.4%

- **Increased smoking or vaping**
  - 7.9%

Note: “Eating more” and “Eating more unhealthy foods” are not mutually exclusive, therefore these rates do not sum to the combined “change in habit” rate.

Source: SHADAC analysis of SHADAC COVID-19 Survey, conducted as part of the AmeriSpeak omnibus survey by NORC at the University of Chicago (April 24-26).

**Figure 3. U.S. Adults' Coping Responses to Pandemic Stress, by Health Status**

- **Increased smoking or vaping**
  - Excellent/good health: 5.8%
  - Poor/fair health: 16.1%*

- **Eating more**
  - Excellent/good health: 27.9%
  - Poor/fair health: 39.2%*

- **Eating more unhealthy foods**
  - Excellent/good health: 21.2%
  - Poor/fair health: 39.9%*

- **Exercising more**
  - Excellent/good health: 21.8%
  - Poor/fair health: 8.9%*

- **Exercising less**
  - Excellent/good health: 19.8%
  - Poor/fair health: 35.2%*

- **Talking more with friends and family**
  - Excellent/good health: 43.2%
  - Poor/fair health: 29.5%*

Note: * Statistically significant difference from the excellent/good rate at the 95% level.

Source: SHADAC analysis of SHADAC COVID-19 Survey, conducted as part of the AmeriSpeak omnibus survey by NORC at the University of Chicago (April 24-26).