



## ➡ An upcoming data collection in 2021...

A new online questionnaire will be available in February 2021. The financial compensation will be the highest to date: \$110! In addition, 10 prizes valued at \$250 each will be drawn among all the respondents at the end of the data collection!

### A word from the Coordinator

When planning a large project like the longitudinal study you have been involved in for 23 years, you try to anticipate the impossible so that everything goes well. From the beginning of the project in 1998, we thought we had considered everything, but an unprecedented ice storm disrupted our plans.

And now, in 2020: weeks of lockdown, interruptions in studies and work, major changes in our travel, leisure and lifestyle habits. This COVID-19 pandemic is marking history, but we are aware that it is also having an impact on your daily activities and on your life. Nevertheless, we know that this pandemic will one day be behind us all.

The entire team joins me in wishing you a great winter.

*Nancy*  
Coordinator of the *I am, I'll be* study

## ➡ ...and a final data collection planned for 2023!

At this time, we expect the last data collection to take place in 2 years. This will be the 19th time you are invited to take part in a data collection! Nearly 25 years have gone by since we first met you when you were only 5 months old. At the time, we asked questions such as what objects you used to help you fall asleep, how you reacted to new people or new places, and how old you were when you started eating fruits, vegetables and meat. How times have changed!!

## ➡ Special data collection on COVID-19: a great success!

Although it took place during the summer and in the context of a pandemic, many of you—nearly 1,400—took part in this special round. Thank you so much!

## ➡ Illustrated results

This special data collection provided several very interesting results on how the pandemic has affected your lives. [Two infographics](#) were produced to illustrate some of these results, including those on your behaviours, your level of worry and optimism and your consumption habits.





### Moving soon?

If so, let us know by filling out the online [form](#) on the homepage of the study website.



### You now have an e-mail address, or your e-mail address has changed?

You can send us your new information by e-mail at [iam\\_illbe@stat.gouv.qc.ca](mailto:iam_illbe@stat.gouv.qc.ca).



If you feel the need, have a look at the Québec government's webpage [Protecting your well-being in the COVID-19 pandemic](#).

