

PHYSICAL AND MENTAL HEALTH EQUALLY IMPORTANT TO CANADIANS



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Ottawa, ON – According to a recent study conducted by Ipsos-Reid on behalf of the Canadian Mental Health Association, eight in ten Canadians (81%) strongly agree that taking steps to ensure good mental health is just as important as taking steps to be physically fit.

Nearly half of Canadians (47%) strongly agree that over the course of the next six months they plan on making specific changes to their routine in order to improve their physical health, while one-third (32%) strongly agree that they plan on making specific changes to their routine in order to improve their mental health.

Two-thirds of Canadians say they make a conscious effort to focus on their physical (66%) and mental health (59%) on a regular basis.

Two-thirds of Canadians say they are completely aware of their mental (67%) and physical health (62%).

These are the findings of an Ipsos-Reid/Canadian Mental Health Association poll conducted from April 12 to April 14, 2005. For the survey, a representative randomly selected sample of 1,000 adult Canadians were interviewed by telephone. With a sample of this size, the results are considered accurate to within ± 3.1 percentage points, 19 times out of 20, of what they would have been had the entire adult Canadian population been polled. The margin of error will be larger within regions and for other sub-groupings of the survey population. These data were weighted to ensure the sample's regional and age/sex composition reflects that of the actual Canadian population according to the 2001 Census data.



Overall, Canadians Agree Good Mental Health is Important

Nearly all Canadians (98%) either strongly (81%) or somewhat agree (17%) that taking steps to ensure good mental health is just as important as taking steps to be physically fit. Two percent disagree (1% strongly, 1% somewhat).

Efforts to Improve Mental and Physical Health

Eight in ten Canadians (79%) either strongly (47%) or somewhat agree (32%) that they plan on making specific changes to their routine in the next six months in order to improve their physical health, while two in ten (21%) disagree (7% strongly and 13% somewhat).

Two-thirds (66%) of Canadians strongly (32%) or somewhat agree (33%) that over the next six months they plan on making specific changes in order to improve their mental health. One-third (34%) of Canadians disagree (including 14% strongly and 20% somewhat).

Nearly all Canadians (95%) either strongly (66%) or somewhat agree (29%) that they make a conscious effort to practice some sort of activity to maintain their physical health on a regular basis. Five percent disagree with this statement (1% strongly, 4% somewhat). A similar number agree (91%) either strongly (59%) or somewhat (32%) that they make a conscious effort to practice an activity on a regular basis in order to maintain their mental health, while less than one in ten disagree (3% strongly and 6% somewhat).

Mental and Physical Health Awareness

A wide majority of Canadians say they are aware of their mental, and physical health. Ninety-six percent say they are either very (67%) or somewhat aware (30%) of their mental health, that is, their emotions and how they feel mentally. Four percent say they are not aware (1% not at all, 3% not very aware). The same number (96%) say they are very (62%) or somewhat aware (34%) of their physical health, that is, how good or bad their physical condition is while four percent say they are not aware (2% say not at all, 2% say not very).



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-30-

For more information on this news release, please contact:

***Mike Colledge
Senior Vice President
Ipsos-Reid
Public Affairs
(613) 241-5802***

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- 3 -

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