

## Topline Tables

### CANADIAN MENTAL HEALTH ASSOCIATION

**1. Would you say you are completely aware, somewhat aware, not very aware, not at all aware of: 1) Your physical health that is how good or bad your physical condition is ?**

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
Completely aware	62%
Somewhat aware	34%
Not very aware	2%
Not at all aware	2%
TOPBOX & LOWBOX SUMMARY	
Aware (Top2Box)	96%
Not aware (Low2Box)	4%

### CANADIAN MENTAL HEALTH ASSOCIATION

**1. Would you say you are completely aware, somewhat aware, not very aware, not at all aware of: 2) Your mental health that is your emotions and how you feel mentally ?**

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
Completely aware	67%
Somewhat aware	30%
Not very aware	3%
Not at all aware	1%
Don't know/Refused	0
TOPBOX & LOWBOX SUMMARY	
Aware (Top2Box)	96%
Not aware (Low2Box)	4%

### CANADIAN MENTAL HEALTH ASSOCIATION

**2. AGREE SUMMARY TABLE (Strongly / Somewhat agree)**

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
1) I make a conscious effort to practice some sort of activity to maintain my physical health on a regular basis	95%
2) I make a conscious effort to practice some sort of activity to maintain my mental health on a regular basis	91%
3) In my opinion, taking steps to ensure good mental health is just as important as taking steps to be physically fit	98%
4) Over the course of the next six months I plan on making specific changes to my routine in order to improve my physical health	79%
5) Over the course of the next six months I plan on making specific changes to my routine in order to improve my mental health	66%

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### CANADIAN MENTAL HEALTH ASSOCIATION

#### 2. DISAGREE SUMMARY TABLE (Somewhat / Strongly disagree)

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
1) I make a conscious effort to practice some sort of activity to maintain my physical health on a regular basis	5%
2) I make a conscious effort to practice some sort of activity to maintain my mental health on a regular basis	8%
3) In my opinion, taking steps to ensure good mental health is just as important as taking steps to be physically fit	2%
4) Over the course of the next six months I plan on making specific changes to my routine in order to improve my physical health	21%
5) Over the course of the next six months I plan on making specific changes to my routine in order to improve my mental health	34%

### CANADIAN MENTAL HEALTH ASSOCIATION

#### 2. Please tell me whether you agree or disagree with each of the following statements: 1) I make a conscious effort to practice some sort of activity to maintain my physical health on a regular basis ?

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
Strongly agree	66%
Somewhat agree	29%
Somewhat disagree	4%
Strongly disagree	1%
Don't know/Refused	0
TOPBOX & LOWBOX SUMMARY	
Agree (Top2Box)	95%
Disagree (Low2Box)	5%

### CANADIAN MENTAL HEALTH ASSOCIATION

#### 2. Please tell me whether you agree or disagree with each of the following statements: 2) I make a conscious effort to practice some sort of activity to maintain my mental health on a regular basis ?

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
Strongly agree	59%
Somewhat agree	32%
Somewhat disagree	6%
Strongly disagree	3%
Don't know/Refused	0
TOPBOX & LOWBOX SUMMARY	
Agree (Top2Box)	91%
Disagree (Low2Box)	8%

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### CANADIAN MENTAL HEALTH ASSOCIATION

**2. Please tell me whether you agree or disagree with each of the following statements: 3) In my opinion, taking steps to ensure good mental health is just as important as taking steps to be physically fit ?**

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
Strongly agree	81%
Somewhat agree	17%
Somewhat disagree	1%
Strongly disagree	1%
Don't know/Refused	0
TOPBOX & LOWBOX SUMMARY	
Agree (Top2Box)	98%
Disagree (Low2Box)	2%

### CANADIAN MENTAL HEALTH ASSOCIATION

**2. Please tell me whether you agree or disagree with each of the following statements: 4) Over the course of the next six months I plan on making specific changes to my routine in order to improve my physical health ?**

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
Strongly agree	47%
Somewhat agree	32%
Somewhat disagree	13%
Strongly disagree	7%
Don't know/Refused	0
TOPBOX & LOWBOX SUMMARY	
Agree (Top2Box)	79%
Disagree (Low2Box)	21%

### CANADIAN MENTAL HEALTH ASSOCIATION

**2. Please tell me whether you agree or disagree with each of the following statements: 5) Over the course of the next six months I plan on making specific changes to my routine in order to improve my mental health ?**

	TOTAL
Base: Not currently employed in the mental health sector	
Unweighted Base	962
Weighted Base	963
Strongly agree	32%
Somewhat agree	33%
Somewhat disagree	20%
Strongly disagree	14%
Don't know/Refused	1%
TOPBOX & LOWBOX SUMMARY	
Agree (Top2Box)	66%
Disagree (Low2Box)	34%