

**When you need an energy boost, what do you usually prefer to do?**

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children						
	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Have a snack or meal that will help give you energy	514	158	144	108	49	52
	47%	52%	44%	50%	47%	40%
Exercise for 30 minutes to an hour or	131	36	46	30	8	11
	12%	12%	14%	14%	7%	8%
Take a nap	387	101	108	77	44	56
	36%	33%	33%	36%	43%	43%
Other	144	40	52	28	13	10
	13%	13%	16%	13%	13%	8%
None of the above	75	16	21	13	9	15
	7%	5%	6%	6%	9%	12% A

**(Exercise/Work-out) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.**

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	337 31%	92 30%	100 30%	65 30%	38 37%	42 32%
1	106 10%	40 13%	33 10%	15 7%	9 9%	9 7%
2	165 15%	47 15%	51 15%	32 15%	13 13%	20 15%
3	202 19%	62 20%	62 19%	37 17%	17 16%	22 17%
4	78 7%	21 7%	17 5%	18 8%	13 13%	9 7%
5	115 11%	30 10%	34 10%	28 13%	9 9%	14 11%
6	31 3%	4 1%	11 3%	10 5%	1 1%	6 5%
7	50 5%	7 2%	23 7%	11 5%	2 2%	7 6%
8	1 0	0 -	0 -	1 0	0 -	0 -
9	1 0	0 -	0 -	0 -	1 1%	0 -
16-20	1 0	0 -	0 -	0 -	0 -	1 1%
Summary						
Mean	2.30	2.07	2.37	2.51 A	2.02	2.50
Standard Deviation	2.14	1.88	2.18	2.20	2.00	2.60
Standard Error	0.07	0.11	0.12	0.15	0.20	0.23
Median	1.61	1.42	1.63	1.88	1.33	1.72

**(Order take-out/delivery from a restaurant) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.**

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	334 31%	76 25%	115 35%	75 35%	26 26%	42 33%
1	566 52%	169 56%	169 51%	102 47%	52 50%	71 55%
2	129 12%	43 14%	34 10%	26 12%	15 15%	11 8%
3	36 3%	8 3%	8 2%	9 4%	7 6%	4 3%
4	16 1%	7 2%	4 1%	3 1%	2 2%	1 1%
5	5 0	1 0	2 1%	2 1%	0 -	0 -
6	1 0	0 -	0 -	0 -	1 1%	0 -
Summary						
Mean	0.94	1.03 B	0.86	0.93	1.13 BE	0.84
Standard Deviation	0.89	0.88	0.85	0.94	1.05	0.76
Standard Error	0.03	0.05	0.05	0.06	0.10	0.07
Median	0.37	0.45	0.30	0.32	0.48	0.31

**Eat out at a restaurant) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.**

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted						
	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	537 49%	148 49%	168 51%	109 50%	46 45%	65 50%
1	440 40%	122 40%	141 43%	86 39%	39 38%	49 38%
2	78 7%	22 7%	16 5%	15 7%	13 13% B	11 9%
3	17 2%	8 3%	2 0	1 1%	4 4% B	3 2%
4	10 1%	3 1%	2 0	5 2%	0 -	1 1%
5	4 0	1 0	2 1%	1 0	0 -	0 -
Summary						
Mean	0.65	0.68	0.59	0.66	0.75	0.66
Standard Deviation	0.81	0.84	0.76	0.86	0.82	0.81
Standard Error	0.02	0.05	0.04	0.06	0.08	0.07
Median	0.01	0.03	0	0	0.13	0

*(Prepare a nutritious breakfast for your children) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	118 11%	35 11%	38 12%	23 11%	14 14%	8 6%
1	41 4%	8 3%	13 4%	11 5%	4 4%	5 4%
2	144 13%	41 13%	45 14%	24 11%	13 12%	20 16%
3	69 6%	19 6%	25 8%	11 5%	4 4%	9 7%
4	67 6%	25 8%	20 6%	9 4%	6 6%	8 6%
5	157 14%	45 15%	44 13%	30 14%	21 21%	16 13%
6	49 4%	12 4%	13 4%	14 6%	5 5%	4 3%
7	435 40%	117 39%	131 40%	92 42%	34 33%	58 45%
8	1 0	0 -	0 -	1 1%	0 -	0 -
10	1 0	1 0	0 -	0 -	0 -	0 -
11-15	3 0	0 -	0 -	0 -	1 1%	1 1%
More than 20	2 0	1 0	0 -	1 1%	0 -	0 -
Summary						
Mean	4.64	4.66	4.47	4.81	4.44	4.88
Standard Deviation	2.88	3.43	2.55	2.83	2.68	2.46
Standard Error	0.09	0.20	0.14	0.19	0.26	0.22
Median	4.67	4.54	4.53	4.99	4.49	4.94

**(Prepare a nutritious breakfast for your children) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.**

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E

*(Prepare a nutritious breakfast for yourself) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	269 25%	72 24%	78 23%	49 23%	37 36% ABC	32 25%
1	117 11%	28 9%	40 12%	29 13%	12 12%	8 7%
2	150 14%	38 13%	40 12%	28 13%	14 14%	29 23% ABC
3	89 8%	31 10%	20 6%	20 9%	8 8%	8 6%
4	56 5%	19 6%	13 4%	11 5%	7 7%	6 4%
5	124 11%	40 13%	40 12%	21 10%	7 7%	15 12%
6	31 3%	7 2%	17 5%	5 2%	1 1%	1 1%
7	250 23%	68 22%	83 25%	54 25%	16 16%	28 22%
10	1 0	1 0	0 -	0 -	0 -	0 -
Summary						
Mean	3.20	3.29 D	3.37 D	3.23 D	2.42	3.08
Standard Deviation	2.69	2.66	2.75	2.70	2.55	2.63
Standard Error	0.08	0.15	0.15	0.18	0.25	0.24
Median	2.09	2.46	2.39	2.10	1.17	1.81

*(Prepare a nutritious dinner for your children) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	13 1%	6 2%	2 1%	4 2%	0 -	1 1%
1	13 1%	4 1%	5 1%	1 1%	2 2%	1 1%
2	55 5%	13 4%	13 4%	16 7%	8 8%	4 3%
3	76 7%	23 8%	23 7%	11 5%	11 11%	8 6%
4	115 11%	32 11%	38 12%	19 9%	8 8%	16 12%
5	294 27%	88 29%	96 29%	60 28%	25 25%	25 19%
6	153 14%	37 12%	55 17%	25 12%	17 16%	19 15%
7	358 33%	97 32%	98 30%	77 35%	29 28%	54 42% B
10	2 0	1 0	0 -	1 0	0 -	0 -
11-15	7 1%	1 0	1 0	2 1%	1 1%	1 1%
More than 20	2 0	1 0	0 -	1 0	0 -	0 -
Summary						
Mean	5.43	5.50	5.32	5.47	5.23	5.66
Standard Deviation	2.94	4.70	1.63	2.17	2.03	1.68
Standard Error	0.09	0.27	0.09	0.15	0.20	0.15
Median	4.92	4.83	4.88	4.96	4.84	5.53



**(Prepare a nutritious dinner for yourself) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.**

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	68 6%	22 7%	20 6%	10 5%	4 4%	11 9%
1	47 4%	19 6%	9 3%	10 5%	4 4%	5 4%
2	84 8%	16 5%	26 8%	23 10%	14 13%	4 3%
3	108 10%	35 12%	34 10%	14 7%	13 12%	11 9%
4	133 12%	41 14%	40 12%	19 9%	14 14%	17 13%
5	262 24%	74 24%	81 25%	57 26%	29 28%	20 15%
6	119 11%	28 9%	43 13%	25 11%	7 7%	15 12%
7	260 24%	63 21%	76 23%	56 26%	18 17%	46 35% ABD
8	1 0	0 -	0 -	1 1%	0 -	0 -
10	1 0	1 0	0 -	0 -	0 -	0 -
11-15	1 0	1 0	0 -	0 -	0 -	0 -
More than 20	2 0	1 0	1 0	1 0	0 -	0 -
Summary						
Mean	4.65	4.62	4.66	4.75	4.26	4.83
Standard Deviation	3.01	4.47	2.17	2.31	1.94	2.26
Standard Error	0.09	0.26	0.12	0.16	0.19	0.20
Median	4.40	4.24	4.45	4.56	4.08	4.80

. (Prepare a nutritious dinner for yourself) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E

*(Have a good night's sleep) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	163 15%	42 14%	52 16%	28 13%	16 16%	24 18%
1	71 7%	19 6%	27 8%	12 6%	4 4%	9 7%
2	140 13%	42 14%	37 11%	36 17%	10 10%	14 11%
3	135 12%	40 13%	45 14%	28 13%	12 12%	10 8%
4	155 14%	40 13%	42 13%	37 17%	14 13%	23 18%
5	210 19%	69 23%	58 17%	43 20%	22 21%	16 13%
6	71 7%	14 5%	31 9%	7 3%	7 7%	10 8%
7	141 13%	37 12%	40 12%	25 11%	16 16%	23 18%
More than 20	2 0	1 0	0 -	0 -	1 1%	0 -
Summary						
Mean	3.63	3.71	3.49	3.45	4.24	3.60
Standard Deviation	3.18	4.04	2.28	2.11	4.94	2.45
Standard Error	0.10	0.23	0.12	0.14	0.48	0.22
Median	3.22	3.22	3.11	3.10	3.64	3.36

(Take time for yourself to relax or pursue a hobby) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	234 22%	82 27% E	69 21%	43 20%	19 18%	20 15%
1	227 21%	64 21%	65 20%	47 22%	27 26%	25 19%
2	215 20%	53 18%	75 23%	46 21%	15 15%	22 17%
3	142 13%	39 13%	45 14%	32 15%	13 13%	13 10%
4	75 7%	17 6%	25 8%	10 5%	10 10%	11 9%
5	74 7%	20 7%	18 5%	15 7%	9 9%	12 9%
6	17 2%	1 0	8 2% A	4 2%	1 1%	3 3%
7	93 9%	20 7%	25 8%	18 8%	8 8%	21 17% ABC
8	2 0	0 -	0 -	0 -	1 1%	1 1%
10	8 1%	6 2% B	0 -	2 1%	0 -	0 -
11-15	1 0	1 0	0 -	0 -	0 -	0 -
Summary						
Mean	2.40	2.25	2.32	2.36	2.44	3.04 ABC
Standard Deviation	2.24	2.43	2.04	2.15	2.13	2.44
Standard Error	0.07	0.14	0.11	0.14	0.21	0.22
Median	1.38	1.12	1.42	1.39	1.38	1.88

(Read a book/magazine) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
0 times	127 12%	28 9%	37 11%	31 14%	11 11%	19 15%
1	201 18%	61 20%	66 20%	35 16%	21 21%	16 13%
2	185 17%	38 13%	55 17%	48 22% A	18 17%	26 20%
3	121 11%	40 13%	36 11%	22 10%	7 7%	16 12%
4	111 10%	42 14% C	28 9%	15 7%	12 12%	11 9%
5	112 10%	24 8%	38 12%	23 10%	9 9%	17 13%
6	13 1%	4 1%	5 1%	2 1%	2 2%	0 -
7	193 18%	59 20%	57 17%	40 18%	18 17%	19 15%
8	3 0	1 0	0 -	0 -	2 2% B	0 -
9	2 0	2 1%	0 -	0 -	0 -	0 -
10	14 1%	3 1%	5 2%	1 0	2 2%	4 3%
11-15	2 0	1 0	1 0	0 -	0 -	0 -
16-20	2 0	1 0	1 0	0 -	0 -	0 -
More than 20	2 0	1 0	1 0	0 -	0 -	1 1%

*(Read a book/magazine) Please indicate how many times a week, on average, you get the chance to take part in each of the following activities.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Summary						
Mean	3.38	3.53	3.45	3.11	3.37	3.36
Standard Deviation	2.96	2.79	3.53	2.42	2.61	2.89
Standard Error	0.09	0.16	0.19	0.16	0.25	0.26
Median	2.25	2.62	2.19	1.90	2.13	2.20

*(As a mother, I am often starved for energy) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	307 28%	89 29%	88 26%	57 26%	33 32%	38 30%
Somewhat agree	529 49%	150 49%	159 48%	107 50%	44 43%	66 51%
Somewhat disagree	217 20%	53 17%	71 21%	48 22%	22 22%	22 17%
Strongly disagree	35 3%	12 4%	13 4%	4 2%	3 3%	3 2%
Summary						
Top2box - Agree	835 77%	239 79%	247 75%	164 76%	77 75%	104 81%
Low2box - Disagree	252 23%	65 21%	84 25%	53 24%	25 25%	24 19%

*(If I had more energy, I would exercise more often) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	362 33%	98 32%	106 32%	74 34%	35 34%	47 37%
Somewhat agree	472 43%	125 41%	147 44%	103 48%	39 38%	56 44%
Somewhat disagree	196 18%	62 20%	64 19%	34 16%	14 14%	21 16%
Strongly disagree	57 5%	20 6%	13 4%	5 2%	14 14% ABCE	4 3%
Summary						
Top2box - Agree	834 77%	223 73%	253 77%	177 82% A	74 72%	104 80%
Low2box - Disagree	253 23%	81 27% C	78 23%	39 18%	29 28%	25 20%



*(If I had more energy, I would do something for myself like go back to school or pursue a hobby) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E  
 \* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	245 23%	76 25%	76 23%	39 18%	29 28% C	25 19%
Somewhat agree	504 46%	155 51% D	145 44%	100 46%	38 37%	65 50%
Somewhat disagree	259 24%	52 17%	90 27% A	56 26% A	30 29% A	28 21%
Strongly disagree	79 7%	21 7%	19 6%	22 10%	5 5%	12 9%
Summary						
Top2box - Agree	749 69%	230 76% BC	221 67%	139 64%	67 66%	90 70%
Low2box - Disagree	338 31%	73 24%	109 33% A	78 36% A	35 34%	39 30%

*(If I had more energy, I would plan more nutritious meals for my family) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	210 19%	58 19%	70 21%	31 14%	23 22%	28 22%
Somewhat agree	440 41%	121 40%	127 38%	94 44%	41 40%	54 42%
Somewhat disagree	326 30%	87 29%	102 31%	73 34%	28 27%	36 28%
Strongly disagree	111 10%	37 12%	32 10%	19 9%	11 11%	11 8%
Summary						
Top2box - Agree	651 60%	179 59%	197 59%	125 58%	64 62%	82 64%
Low2box - Disagree	436 40%	124 41%	134 41%	92 42%	39 38%	47 36%

*(If I had more energy, I would do more things for my family) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	397 36%	122 40%	116 35%	71 33%	36 35%	49 38%
Somewhat agree	495 46%	124 41%	151 46%	106 49%	47 46%	65 50%
Somewhat disagree	155 14%	43 14%	52 16%	30 14%	16 15%	14 11%
Strongly disagree	41 4%	14 5%	12 4%	10 5%	4 4%	1 1%
Summary						
Top2box - Agree	892 82%	246 81%	267 81%	177 82%	83 81%	114 88%
Low2box - Disagree	195 18%	57 19%	63 19%	40 18%	20 19%	15 12%

*(If I had more energy, I would be likely to do more things for my family than to take time for myself) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E  
 \* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	329 30%	91 30%	92 28%	62 28%	34 33%	48 37%
Somewhat agree	476 44%	127 42%	155 47%	98 45%	38 37%	56 43%
Somewhat disagree	231 21%	66 22%	72 22%	46 21%	26 25%	22 17%
Strongly disagree	51 5%	19 6%	12 4%	11 5%	5 5%	3 2%
Summary						
Top2box - Agree	805 74%	218 72%	247 75%	160 74%	72 70%	104 80%
Low2box - Disagree	282 26%	85 28%	84 25%	57 26%	31 30%	25 20%

*(Mothers today have more demands on their time and energy than they have in the past) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	581 53%	184 61% B	165 50%	112 52%	53 52%	66 51%
Somewhat agree	357 33%	86 28%	116 35%	67 31%	37 36%	49 38%
Somewhat disagree	119 11%	29 9%	39 12%	31 14%	7 7%	12 9%
Strongly disagree	30 3%	5 2%	11 3%	7 3%	5 5%	2 2%
Summary						
Top2box - Agree	938 86%	270 89%	281 85%	179 83%	90 88%	115 89%
Low2box - Disagree	149 14%	34 11%	50 15%	38 17%	12 12%	14 11%

*(Most nights I get an adequate amount of sleep) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	150 14%	42 14%	41 12%	29 14%	18 17%	20 15%
Somewhat agree	405 37%	113 37%	128 39%	82 38%	35 34%	46 36%
Somewhat disagree	318 29%	98 32%	88 27%	68 31%	26 25%	37 29%
Strongly disagree	213 20%	51 17%	73 22%	38 17%	24 24%	26 20%
Summary						
Top2box - Agree	556 51%	155 51%	169 51%	111 51%	52 51%	66 51%
Low2box - Disagree	531 49%	149 49%	162 49%	105 49%	50 49%	63 49%

**(Top2box Summary) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?**

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
As a mother, I am often starved for energy	835	239	247	164	77	104
	77%	79%	75%	76%	75%	81%
If I had more energy, I would exercise more often	834	223	253	177	74	104
	77%	73%	77%	82% A	72%	80%
If I had more energy, I would do something for myself like go back to school or pursue a hobby	749	230	221	139	67	90
	69%	76% BC	67%	64%	66%	70%
If I had more energy, I would plan more nutritious meals for my family	651	179	197	125	64	82
	60%	59%	59%	58%	62%	64%
If I had more energy, I would do more things for my family	892	246	267	177	83	114
	82%	81%	81%	82%	81%	88%
If I had more energy, I would be likely to do more things for my family than to take time for myself	805	218	247	160	72	104
	74%	72%	75%	74%	70%	80%
Mothers today have more demands on their time and energy than they have in the past	938	270	281	179	90	115
	86%	89%	85%	83%	88%	89%
Most nights I get an adequate amount of sleep	556	155	169	111	52	66
	51%	51%	51%	51%	51%	51%

**Low2box Summary) For each of the following statements, please tell me if you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements?**

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
As a mother, I am often starved for energy	252	65	84	53	25	24
	23%	21%	25%	24%	25%	19%
If I had more energy, I would exercise more often	253	81	78	39	29	25
	23%	27% C	23%	18%	28%	20%
If I had more energy, I would do something for myself like go back to school or pursue a hobby	338	73	109	78	35	39
	31%	24%	33% A	36% A	34%	30%
If I had more energy, I would plan more nutritious meals for my family	436	124	134	92	39	47
	40%	41%	41%	42%	38%	36%
If I had more energy, I would do more things for my family	195	57	63	40	20	15
	18%	19%	19%	18%	19%	12%
If I had more energy, I would be likely to do more things for my family than to take time for myself	282	85	84	57	31	25
	26%	28%	25%	26%	30%	20%
Mothers today have more demands on their time and energy than they have in the past	149	34	50	38	12	14
	14%	11%	15%	17%	12%	11%
Most nights I get an adequate amount of sleep	531	149	162	105	50	63
	49%	49%	49%	49%	49%	49%



**When you need a boost of energy, what food do you choose to eat?**

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children Weighted	1087	296	339	220	105	123
	1087	304	331	217	103*	129*
Fruits	360 33%	95 31%	122 37%	69 32%	28 27%	46 35%
Chocolate/Sweets	210 19%	60 20%	54 16%	46 21%	19 18%	29 23%
Dairy	76 7%	25 8%	25 7%	15 7%	3 3%	8 7%
Coffee	68 6%	21 7%	22 7%	10 4%	5 5%	10 8%
Vegetables	39 4%	15 5%	8 3%	11 5%	2 2%	3 2%
Energy bar/ protein bar	36 3%	8 3%	15 5%	10 5%	2 2%	2 1%
Granola bar	34 3%	5 2%	10 3%	7 3%	7 7% A	4 3%
Bread	30 3%	8 3%	8 3%	5 2%	7 6%	2 1%
Sandwich	27 3%	8 3%	8 2%	7 3%	1 1%	4 3%
Protein (unspecified)	26 2%	14 5% B	2 1%	6 3%	2 2%	2 1%
Nuts (almond/ cashews)	26 2%	8 3%	8 2%	8 4%	0 -	1 1%
Peanut butter	21 2%	2 1%	8 2%	6 3%	4 4% A	1 1%
Juice	21 2%	8 3%	8 2%	2 1%	1 1%	2 2%
Soft drinks	20 2%	7 2%	4 1%	2 1%	3 2%	4 3%

*(Eggs are an excellent source of protein) Now, thinking about eggs and the role they play in your and your family's diet, please indicate whether you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	763 70%	224 74%	223 67%	160 74%	72 70%	81 63%
Somewhat agree	309 28%	77 25%	100 30%	55 25%	31 30%	46 36%
Somewhat disagree	11 1%	3 1%	5 2%	2 1%	0 -	1 1%
Strongly disagree	4 0	0 -	3 1%	0 -	0 -	1 1%
Summary						
Top2box - Agree	1072 99%	300 99%	323 98%	215 99%	103 100%	127 98%
Low2box - Disagree	15 1%	3 1%	8 2%	2 1%	0 -	2 2%

*(Eggs are a healthy way to start the day) Now, thinking about eggs and the role they play in your and your family's diet, please indicate whether you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	578 53%	167 55%	154 46%	132 61%	57 56%	66 51%
Somewhat agree	478 44%	130 43%	165 50%	81 37%	46 44%	55 42%
Somewhat disagree	28 3%	7 2%	11 3%	4 2%	0 -	7 6%
Strongly disagree	3 0	0 -	2 0	0 -	0 -	1 1%
Summary						
Top2box - Agree	1056 97%	297 98%	319 96%	213 98%	103 100%	120 93%
Low2box - Disagree	31 3%	7 2%	12 4%	4 2%	0 -	8 7%
						CD

*(The protein in eggs provides energy.) Now, thinking about eggs and the role they play in your and your family's diet, please indicate whether you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	538 50%	158 52%	147 44%	118 54% B	53 52%	61 48%
Somewhat agree	497 46%	132 44%	164 49%	91 42%	45 44%	65 50%
Somewhat disagree	47 4%	13 4%	18 5%	8 4%	4 4%	3 2%
Strongly disagree	4 0	1 0	3 1%	0 -	0 -	0 -
Summary						
Top2box - Agree	1036 95%	290 96%	310 94%	209 96%	98 96%	126 98%
Low2box - Disagree	51 5%	13 4%	20 6%	8 4%	4 4%	3 2%

*(Eggs are a source of long-lasting energy.) Now, thinking about eggs and the role they play in your and your family's diet, please indicate whether you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	370 34%	107 35%	96 29%	85 39% B	37 36%	44 34%
Somewhat agree	575 53%	157 52%	192 58% C	105 49%	55 54%	63 49%
Somewhat disagree	136 12%	38 13%	40 12%	27 12%	9 9%	20 16%
Strongly disagree	7 1%	2 1%	3 1%	0 -	1 1%	1 1%
Summary						
Top2box - Agree	945 87%	264 87%	288 87%	190 88%	93 90%	107 83%
Low2box - Disagree	142 13%	40 13%	42 13%	27 12%	10 10%	21 17%

*(Eggs can be eaten at any meal) Now, thinking about eggs and the role they play in your and your family's diet, please indicate whether you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Strongly agree	800 74%	219 72%	252 76%	159 73%	75 73%	93 72%
Somewhat agree	238 22%	70 23%	64 19%	51 23%	23 22%	30 23%
Somewhat disagree	41 4%	13 4%	12 4%	6 3%	5 5%	4 3%
Strongly disagree	8 1%	2 1%	3 1%	1 1%	0 -	2 2%
Summary						
Top2box - Agree	1038 95%	289 95%	316 96%	209 97%	97 95%	123 96%
Low2box - Disagree	49 5%	15 5%	14 4%	7 3%	5 5%	6 4%

*(Top2box Summary) Now, thinking about eggs and the role they play in your and your family's diet, please indicate whether you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Eggs are an excellent source of protein	1072 99%	300 99%	323 98%	215 99%	103 100%	127 98%
Eggs are a healthy way to start the day	1056 97%	297 98%	319 96%	213 98% E	103 100% E	120 93%
The protein in eggs provides energy.	1036 95%	290 96%	310 94%	209 96%	98 96%	126 98%
Eggs are a source of long-lasting energy.	945 87%	264 87%	288 87%	190 88%	93 90%	107 83%
Eggs can be eaten at any meal	1038 95%	289 95%	316 96%	209 97%	97 95%	123 96%

*(Low2box Summary) Now, thinking about eggs and the role they play in your and your family's diet, please indicate whether you strongly agree, somewhat agree, somewhat disagree, or strongly disagree with each of the following statements.*

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E

\* small base

		ONTARIO				
	Total	GTA	Central	Eastern	Southwest	Northern
		A	B	C	D	E
Base: Respondents having children	1087	296	339	220	105	123
Weighted	1087	304	331	217	103*	129*
Eggs are an excellent source of protein	15 1%	3 1%	8 2%	2 1%	0 -	2 2%
Eggs are a healthy way to start the day	31 3%	7 2%	12 4%	4 2%	0 -	8 7% CD
The protein in eggs provides energy.	51 5%	13 4%	20 6%	8 4%	4 4%	3 2%
Eggs are a source of long-lasting energy.	142 13%	40 13%	42 13%	27 12%	10 10%	21 17%
Eggs can be eaten at any meal	49 5%	15 5%	14 4%	7 3%	5 5%	6 4%