Table of Contents

q21. How well do you feel that you balance your work and home life?	
q20. Have you ever received time management/productivity improvement advice from any of the following sources?	6
q11. First of all, in a typical week, how many hours do you devote to running your business?	
q12. How many days during the week do you spend any time working on your business?	9
q37. What is your gender?	Error! Bookmark not defined
q16. And which one task do you feel is most neglected, that is, if you spent an extra hour a day doing this task, it would have the greatest impact on your business?	
q15. Which ONE business-related task would you prefer to spend most of your time on?	1 [.]
q17. What would you say is the one task you do that is the biggest "time drainer", that is, a task you are required to do, but takes time away from your preferred tasks in running a business?	
q18. Which of the following, if any, do you currently do to save time or run the business as efficiently as possible?	14
q28a. If you had one 'extra' hour each day, what would you be MOST likely to do during that hour?	

RBC Royal Bank Small Business Time Management Survey (60-2568-89) How well do you feel that you balance your work and home life?

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		A	В	С	D	E
Base: All respondents	2032	398	158	363	792	321
Very well	794	139	60	141	323	131
	39%	35%	38%	39%	41%	41%
Somewhat well	906	183	73	161	346	143
	45%	46%	46%	44%	44%	45%
Not too well	276	62	20	52	103	39
	14%	16%	13%	14%	13%	12%
Not at all well	56	14	5	9	20	8
	3%	4%	3%	2%	3%	2%
Summary						
Top2Box (Very/ Somewhat well)	1700	322	133	302	669	274
	84%	81%	84%	83%	84%	85%
Low2Box (Not too well/ Not at all well)	332	76	25	61	123	47
	16%	19%	16%	17%	16%	15%

RBC Royal Bank Small Business Time Management Survey (60-2568-89) . If you had one 'extra' hour each day, what would you be MOST likely to do during that hour?

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		Α	В	С	D	E
Base: All respondents	2032	398	158	363	792	321
Personal (Net)	1366	272	102	251	539	202
, ,	67%	68%	65%	69%	68%	63%
Spend time with family/relax/get caught up on personal related matters (subnet)	1169	241	88	207	467	166
., . ,	58%	61% E	56%	57%	59% E	52%
Spend the time with spouse/family	656	146	54	110	241	105
apara and anic man operation and my	32%	37%	34%	30%	30%	33%
		D				
Relax/down time	319	61	18	55	149	36
	16%	15%	11%	15%	19% BE	11%
Get caught up on personal-related matters	194	34	16	42	77	25
	10%	9%	10%	12%	10%	8%
Get caught up on sleep	71	7	7	16	27	14
	3%	2%	4%	4%	3%	4%
				Α		Α
Use it to plan for your personal future	48	9	3	7	20	9
	2%	2%	2%	2%	3%	3%
Give back to the community	41	7	2	9	15	8
	2%	2%	1%	2%	2%	2%
Exercise/ play sports	18	1	1	4	9	3
	1%	0	1%	1%	1%	1%
Read/ write (a book)	13	1	1	7	3	1
	1%	0	1%	2% AD	0	0
Do crafts/ hobbies	13	4	1	4	3	1
	1%	1%	1%	1%	0	Ö
Go fishing	5	2	1	0	2	0
ŭ	0	1%	1%	-	0	_

RBC Royal Bank Small Business Time Management Survey (60-2568-89) If you had one 'extra' hour each day, what would you be MOST likely to do during that hour?

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		Α	В	С	D	E
Work on/ around the house	4	1	0	1	0	2
	0	0	-	0	-	1% D
Business (Net)	634	116	54	103	242	119
,	31%	29%	34%	28%	31%	37% ACD
Spend the time finding/prospecting new business customers	225	38	17	30	88	52
	11%	10%	11%	8%	11%	16% ACD
Get caught up on business-related matters	111	26	8	25	41	11
matoro	5%	7%	5%	7% E	5%	3%
Develop your business skills (take a course / read)	94	18	11	14	39	12
	5%	5%	7%	4%	5%	4%
Spend the time with existing business customers	63	10	5	12	27	9
	3%	3%	3%	3%	3%	3%
Use it to plan for your business future	53	9	7	13	12	12
	3%	2%	4%	4%	2%	4%
Develop a business Network for (education/training/personal development)	40	6	<u>D</u> 1	<u>D</u> 3	17	<u>D</u> 13
	2%	2%	1%	1%	2%	4% ABC
Research market trends and the competition	37	6	2	6	14	9
·	2%	2%	1%	2%	2%	3%
Develop new products	4	0	3	0	1	0
	0	-	2% ACDE	-	0	-
Develop business/ products	4	2	0	0	2	0
	0	1%	-	-	0	-
Work more	3	1	1	0	0	1
	0	0	1% D	-	-	0
Research	1	0	0	0	1	0
	0	-	-	-	0	-
ther	13	4	0	1	7	1
	1%	1%	-	0	1%	0
one/none of these/not applicable	27	6	3	7	7	4
	1%	2%	2%	2%	1%	1%

RBC Royal Bank Small Business Time Management Survey (60-2568-89) If you had one 'extra' hour each day, what would you be MOST likely to do during that hour?

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

Region/Province British Columbia Total Prairies Sub-Total Atlantic Sub-Total Ontario Quebec В D Е Α (Dk/Ns) 2 1% 2 4 0 0 0 0

RBC Royal Bank Small Business Time Management Survey (60-2568-89) Which, if any, of these have you ever used in running your current business?

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		А	В	С	D	E
Base: All respondents	2032	398	158	363	792	321
Ability to download account information and ransactions into leading financial software applications	421	72	37	72	192	48
Approations	21%	18%	23% E	20%	24% AE	15%
Small Business specialists that can give me advice on balancing personal and business inances	196	31	15	30	72	48
mances	10%	8%	9%	8%	9%	15% ACD
E-mail money transfers to make immediate payments to suppliers for faster delivery	412	67	38	72	171	64
say,a.ta dappinara iai ractar danvary	20%	17%	24%	20%	22%	20%
Pay employees and reimburse expenses electronically using online banking	128	27	13	14	48	26
	6%	7%	8% C	4%	6%	8% C
On-line bill payment to pre-determined creditors	980	180	84	184	400	132
	48%	45%	53% E	51% E	51% E	41%
On-line tax filing services	753 37%	144 36% E	59 37% E	162 45% ADE	302 38% E	86 27%
/iew and transact on business and personal accounts through single sign on on-line banking	797	148	55	141	336	117
January	39%	37%	35%	39%	42%	36%
Outsourced payroll service	72 4%	12 3%	6 4%	11 3%	24 3%	19 6% D
None of these	547 27%	129 32% CD	41 26%	86 24%	194 24%	97 30%

RBC Royal Bank Small Business Time Management Survey (60-2568-89) What advice would you give to another business person about balancing their work and home life? Please be as specific as possible.

	Region/Province							
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec		
		Α	В	С	D	E		
Base: All respondents	2032	398	158	363	792	321		
Family/ home life comes first	308	64	21	61	120	42		
a drilly/ Home life domes hist	15%	16%	13%	17%	15%	13%		
Take time for yourself/ family	628	128	50	119	232	99		
	31%	32%	32%	33%	29%	31%		
Set clear boundaries between work and nome	609	124	47	113	218	107		
	30%	31%	30%	31%	28%	33%		
Set realistic business goals/ benchmarks	256	52	21	47	102	34		
	13%	13%	13%	13%	13%	11%		
Efficiently manage your time (at work)	244	49	16	40	100	39		
	12%	12%	10%	11%	13%	12%		
Be organized	55	13	6	6	24	6		
	3%	3%	4%	2%	3%	2%		
Remain disciplined/ dedicated	173	31	8	22	79	33		
	9%	8%	5%	6%	10% C	10% C		
Be flexible/ adaptable	72	6	7	20	30	9		
	4%	2%	4% A	6% A	4% A	3%		
Work from home	29	9	4	1	9	6		
	1%	2%	3%	0	1%	2%		
Communication/ co-operation with family/	80	C 20	<u>C</u> 7	12	29	C 12		
spouse	4%	5%	4%	3%	4%	4%		
Delegate/ outsource responsibilities	51	7	8	11	16	9		
	3%	2%	5% AD	3%	2%	3%		
Choose work that you love/ makes you nappy	84	16	9	15	30	14		
	4%	4%	6%	4%	4%	4%		
Don't become self-employed	14	5	2	2	5	0		
	1%	1% E	1% E	1%	1%	-		
Identify your priorities	103	17	6	16	43	21		
2.2 · · · · · · · ·	5%	4%	4%	4%	5%	7%		

RBC Royal Bank Small Business Time Management Survey (60-2568-89) What advice would you give to another business person about balancing their work and home life? Please be as specific as possible.

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		A	В	С	D	E
Other	89	17	7	13	30	22
	4%	4%	4%	4%	4%	7%
						D
None	134	20	8	25	65	16
	7%	5%	5%	7%	8%	5%
					Α	
(Dk/Ns)	91	18	15	9	38	11
	4%	5%	9%	2%	5%	3%
			ACDE			

RBC Royal Bank Small Business Time Management Survey (60-2568-89) First of all, in a typical week, how many hours do you devote to running your business?

·	Region/Province							
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec		
		A	В	С	D	E		
Base: All respondents	2032	398	158	363	792	321		
ess than twenty hours a week	677	136	44	130	266	101		
	33%	34%	28%	36%	34%	31%		
wenty to twenty-nine hours	368	71	28	75	146	48		
	18%	18%	18%	21%	18%	15%		
hirty to thirty-nine hours	294	39	25	43	127	60		
	14%	10%	16%	12%	16% A	19% AC		
orty to forty-nine hours	269	53	A 28	47	100	41		
orly to lorly time floare	13%	13%	18%	13%	13%	13%		
ifty to fifty-nine hours	206	48	12	30	75	41		
	10%	12%	8%	8%	9%	13%		
sixty to sixty-nine hours	97	26	8	18	37	8		
	5%	7% E	5%	5%	5%	2%		
seventy to seventy-nine hours	47	11	5	8	14	9		
	2%	3%	3%	2%	2%	3%		
ighty hours or more a week	42	8	6	5	16	7		
	2%	2%	4%	1%	2%	2%		
varies (unspecified)	16	4	1	4	4	3		
	1%	1%	1%	1%	1%	1%		
Seasonal	9	2	1	1	4	1		
	0	1%	1%	0	1%	0		
Other	5	0	0	2	2	1		
	0	-	-	1%	0	0		
Ok/Ns)	2	0	0	0	1	1		
	0	-	-	-	0	0		
lean ean	32	32	34	30	31	32		
ICall	32	32	34 C	30	31	32		

RBC Royal Bank Small Business Time Management Survey (60-2568-89) How many days during the week do you spend any time working on your business?

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		A	В	С	D	E
Base: All respondents	2032	398	158	363	792	321
One to two days a week	397	78	30	78	153	58
	20%	20%	19%	21%	19%	18%
Three to four days	448	83	20	86	176	83
	22%	21%	13%	24%	22%	26%
		В		В	В	В
Five days	465	84	33	69	188	91
	23%	21%	21%	19%	24%	28%
						AC
Six days	345	88	33	54	122	48
,	17%	22%	21%	15%	15%	15%
		CDE				
Seven days a week	377	65	42	76	153	41
•	19%	16%	27%	21%	19%	13%
			ADE	E	E	

RBC Royal Bank Small Business Time Management Survey (60-2568-89) And which one task do you feel is most neglected, that is, if you spent an extra hour a day doing this task, it would have the greatest impact on your business?

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		A	В	С	D	E
Base: All respondents	2032	398	158	363	792	321
Attracting new clients	722	131	44	129	299	119
S	36%	33%	28%	36%	38% B	37% B
Developing business network	188	34	11	31	59	53
. 5	9%	9%	7%	9%	7%	17% ABCD
Planning for the future of the business (innovation/growth)	179	39	17	32	72	19
,	9%	10%	11%	9%	9%	6%
Accounting/bookkeeping/administrative tasks	162	40	20	26	62	14
	8%	10% E	13% CDE	7%	8% E	4%
Developing your business skills (education/training/personal development)	156	24	14	26	59	33
(Caasaaca a aaning personal acrosspinion)	8%	6%	9%	7%	7%	10% A
Building products/Delivering Services (your core business operations)	98	22	13	19	32	12
,	5%	6%	8% DE	5%	4%	4%
Customer service/dealing with customers/clients	94	23	7	19	37	8
	5%	6% E	4%	5%	5%	2%
Researching market trends and the competition	92	23	3	16	33	17
	5%	6%	2%	4%	4%	5%
Computer/Information technology tasks	73 4%	13 3%	4 3%	12 3%	32 4%	12 4%
	470	070	3 70	070	470	470
Community involvement	63 3%	11 3%	6 4%	9 2%	32 4%	5 2%
Manager 1	58	8		7	<u>Е</u> 31	7
Managing cash flow	3%	2%	5 3%	2%	4%	2%
Managing/Training employees	34 2%	8	4	11	8	3 1%
	∠70	2%	3%	3% D	1%	1 70
Dealing with suppliers (i.e. sourcing and purchasing inventory/supplies)	23	5	4	2	7	5
paramanna mitoritor grouppiloo j	1%	1%	3%	1%	1%	2%
Conducting banking	11	1 0	1 1%	4 1%	3	2 1%

RBC Royal Bank Small Business Time Management Survey (60-2568-89) And which one task do you feel is most neglected, that is, if you spent an extra hour a day doing this task, it would have the greatest impact on your business?

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		A	В	С	D	E
Marketing/ promotion	4	2	0	2	0	0
	0	1% D	-	1% D	-	-
Research and development	3	0	1	1	1	0
	0	-	1%	0	0	-
injoying life/ recreation (time not spent at work)	3	0	1	0	2	0
,	0	-	1%	-	0	-
nswering phones/ making calls (telephone /ork)	1	0	0	0	1	0
,	0	-	-	-	0	-
raveling/ commuting (driving)	1	0	0	0	0	1
	0	-	-	-	-	0
Other	10	4	0	1	2	3
	0	1%	-	0	0	1%
lothing	50	10	1	15	19	5
	2%	3%	1%	4% BE	2%	2%
Dk/Ns)	7	0	2	1	1	3
	0	-	1%	0	0	1%
			AD			D

RBC Royal Bank Small Business Time Management Survey (60-2568-89) What would you say is the one task you do that is the biggest "time drainer", that is, a task you are required to do, but takes time away from your preferred tasks in running a business?

				Region/Province		
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		Α	В	С	D	Е
Base: All respondents	2032	398	158	363	792	321
Accounting/bookkeeping/administrative tasks	505	100	36	83	200	86
tions .	25%	25%	23%	23%	25%	27%
Computer/Information technology tasks	145	21	11	34	60	19
	7%	5%	7%	9% A	8%	6%
Customer service/dealing with customers/clients	140	23	8	33	59	17
	7%	6%	5%	9%	7%	5%
Traveling/ commuting (driving)	96	17	7	13	50	9
	5%	4%	4%	4%	6% E	3%
Dealing with suppliers (i.e. sourcing and purchasing inventory/supplies)	72	20	7	9	30	6
	4%	5% E	4%	2%	4%	2%
Government requirements/ paperwork (bureaucracy, taxes)	72	17	9	15	20	11
(3.3.3.3.3.5)	4%	4%	6% D	4%	3%	3%
Building products/delivering Services (your core business operations)	68	11	4	14	31	8
core suchioco operatione)	3%	3%	3%	4%	4%	2%
Maintenance/ repair (cleaning/ restocking)	66	11	6	13	23	13
3,	3%	3%	4%	4%	3%	4%
Attracting new clients	55	11	6	7	19	12
	3%	3%	4%	2%	2%	4%
Answering phones/ making calls (telephone work)	44	12	5	7	15	5
	2%	3%	3%	2%	2%	2%
Research and development	43	7	2	9	22	3
	2%	2%	1%	2%	3%	1%
Conducting banking	34 2%	5 1%	2 1%	7 2%	12 2%	8 2%
	∠%	1%	1 70	∠70	∠7⁄0	∠%
Housework/ chores/ meal planning/ childcare	33	14	4	8	4	3
	2%	4% DE	3% D	2% D	1%	1%
Managing cash flow	27	4	0	5	11	7
3 3	1%	1%	-	1%	1%	2%

RBC Royal Bank Small Business Time Management Survey (60-2568-89)

	26	6	1	2	11	6
	1%	2%	1%	1%	1%	2%
Marketing/ promotion	25	3	2	5	12	3
	1%	1%	1%	1%	2%	1%
Developing your business skills (education/training/personal development)	18	6	2	2	6	2
3	1%	2%	1%	1%	1%	1%
Researching market trends and the competition	11	3	0	3	4	1
·	1%	1%	-	1%	1%	0
Developing business network	8	3	0	2	3	0
	0	1%	-	1%	0	-
Community involvement	6	1	2	1	2	0
	0	0	1% E	0	0	-
Planning for the future of the business (innovation/growth)	4	1	1	1	1	0
	0	0	1%	0	0	-
Enjoying life/ recreation (time not spent at work)	3	0	0	0	3	0
,	0	-	-	-	0	-
Other	271 13%	57 14%	20 13%	51 14%	96 12%	47 15%
Nothing	165	29	7	27	61	41
	8%	7%	4%	7%	8%	13% ABCD
Dk/Ns)	95 5%	16 4%	16 10%	12 3%	37 5%	14 4%
	3 / 0	770	ACDE	070	3 /0	7.0

RBC Royal Bank Small Business Time Management Survey (60-2568-89) Which of the following, if any, do you currently do to save time or run the business as efficiently as possible?

	Region/Province						
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec	
		A	В	С	D	E	
Base: All respondents	2032	398	158	363	792	321	
Use online banking capabilities (pay bills, transfer money, etc)	1221	220	101	229	514	157	
,	60%	55%	64% E	63% AE	65% AE	49%	
Write TO-DO lists	1179	229	102	234	461	153	
	58%	58%	65%	64%	58%	48%	
		E	E	DE	E		
Use accounting software	768	153	59	140	312	104	
	38%	38%	37%	39%	39%	32%	
Use communication technology	717	124	54	142	E 277	120	
ose communication technology	35%	31%	34%	39%	35%	37%	
	33 /6	3176	J 4 /0	A	33 /6	37 76	
Ensure you have banking facilities (credit) to anticipate your needs	635	117	49	126	263	80	
	31%	29%	31%	35% E	33% E	25%	
Work only with suppliers who respect my time	390	77	31	68	151	63	
	19%	19%	20%	19%	19%	20%	
Set and review your business objectives/goals on a regular basis	355	67	37	55	133	63	
objectives/godio on a regular basis	17%	17%	23% CD	15%	17%	20%	
Delegate responsibilities	333	67	37	57	119	53	
3	16%	17%	23%	16%	15%	17%	
Defined disease, times	0.47	44	CD	4.4	0.5	F.4	
Defined client routines	247	44	20	44	85	54	
	12%	11%	13%	12%	11%	17% AD	
Download banking information to accounting software	244	47	18	43	103	33	
Solving. C	12%	12%	11%	12%	13%	10%	
Outsource bookkeeping, payroll, recruitment, etc.	243	44	11	40	96	52	
	12%	11%	7%	11%	12%	16% ABC	
Use time management software to manage/schedule tasks	190	37	10	41	72	30	
manage/scriedule tasks	9%	9%	6%	11%	9%	9%	
Outsource technology support	180	34	9	37	79	21	
	9%	9%	6%	10%	10%	7%	
Hire employees with the best skill sets and train them well	157	32	15	31	55	24	
dan dan wai	8%	8%	9%	9%	7%	7%	
Use Blackberry or similar wireless support	135	28	8	21	56	22	
tool							

RBC Royal Bank Small Business Time Management Survey (60-2568-89) Which of the following, if any, do you currently do to save time or run the business as efficiently as possible?

Overlap formulae useu.	Region/Province					
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec
		Α	В	С	D	E
Established Business Management processes and controls	129	28	10	20	49	22
	6%	7%	6%	6%	6%	7%
Keep books accurate/ core business software up to date	4	1	0	1	2	0
·	0	0	-	0	0	-
Home based business more effective	2	0	0	0	2	0
	0	-	-	-	0	-
Eliminate clutter/ keep all tools in one place	2	0	0	0	2	0
	0	-	-	-	U	-
Read technical journals/ listen to prerecorded product training instead of live participation	2	1	0	0	1	0
participation	0	0	-	-	0	-
Maintain high level of customer satisfaction	2	0	0	0	1	1
	0	-	-	-	0	0
Other	7 0	0	0	2 1%	4 1%	1 0
	0	_			1 70	0
Nothing	1 0	0 -	0 -	0 -	1 0	0 -
None of the above/nothing specific	169	33	9	30	57	40
	8%	8%	6%	8%	7%	12% BD

RBC Royal Bank Small Business Time Management Survey (60-2568-89) Have you ever received time management/productivity improvement advice from any of the following sources?

	Region/Province						
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec	
		Α	В	С	D	E	
Base: All respondents	2032	398	158	363	792	321	
Friend/family member	607	114	50	126	217	100	
	30%	29%	32%	35% D	27%	31%	
Other business owners/networking contacts	572	120	49	93	221	89	
	28%	30%	31%	26%	28%	28%	
Websites/online	467	85	39	98	190	55	
	23%	21%	25%	27% E	24% E	17%	
Accountant/bookkeeper	466	77	38	86	173	92	
	23%	19%	24%	24%	22%	29% AD	
Industry/trade associations	365	85	24	71	155	30	
	18%	21%	15%	20%	20%	9%	
Consultant	252	E 38	18	<u>E</u> 55	<u>E</u> 94	47	
Consultant	12%	10%	11%	15%	12%	47 15%	
	1270	1070	1170	A	1270	A	
Financial institution/bank	243	38	27	33	102	43	
	12%	10%	17% AC	9%	13%	13%	
Government agency	224	47	19	35	89	34	
	11%	12%	12%	10%	11%	11%	
Books and magazines	13	2	1	3	6	1	
	1%	1%	1%	1%	1%	0	
Colege course/ education	11	1	0	2	5	3	
_	1%	0	-	1%	1%	1%	
(Business) coach/ mentor	10	2	0	3	3	2	
	0	1%	-	1%	0	1%	
Current/ past industry experience	4	0	0	1	3	0	
	0	-	-	0	0	-	
Lawyer/ legal advise	3	1	1	0	1	0	
	0	0	1%	-	0	-	
Seminars	3	0	0	1	2	0	
	0	-	-	0	0	-	
Priority manager/ management	2	0	0	1	1	0	
	0	-	=	0	0	-	

RBC Royal Bank Small Business Time Management Survey (60-2568-89) Have you ever received time management/productivity improvement advice from any of the following sources?

		Region/Province					
	Total	Prairies Sub-Total	Atlantic Sub-Total	British Columbia	Ontario	Quebec	
		Α	В	С	D	E	
CDs	2	0	1	0	1	0	
	0	-	1%	-	0	-	
Formation	2	0	0	0	0	2	
	0	-	-	-	-	1% D	
Professional organization's support	2	0	0	2	0	0	
	0	-	-	1% D	-	-	
Other	9	1	0	1	6	1	
	0	0	-	0	1%	0	
Nothing	1	0	0	0	1	0	
	0	-	-	-	0	-	
None of these/have not received this type of advice	716	154	58	120	280	104	
	35%	39%	37%	33%	35%	32%	
(Dk/Ns)	1	0	0	0	1	0	
	0	-	-	-	0	-	