

Detailed tables

aa6. Do you think you have a healthy lifestyle?

Proportions/Mean: Columns Tested (5% risk level) - a/b - c/d/e/f/g/h

	Total	Gender (A3)		British Columbia	Alberta	Sask/Man	Region		
		Male	Female				Ontario	Quebec	Atlantic
		a	b	c	d	e	f	g	h
Base: All respondents Weighted	2251	974	1277	521	191	187	742	480	130
	2251	962	1289	313	216	151	867	533	171
Yes	1921	806	1116	267	189	126	728	480	132
	85%	84%	87%	85%	87%	83%	84%	90%	77%
No	326	154	172	44	27	25	137	53	39
	15%	16%	13%	14%	13%	17%	16%	10%	23%
Don't know	4	3	1	1	0	0	2	0	0
	0%	0	0	0	-	-	0	-	-

Detailed tables

aa7. Which of the following things do you do on a regular basis?

Proportions/Mean: Columns Tested (5% risk level) - a/b - c/d/e/f/g/h

	Total	Gender (A3)			Region				
		Male	Female	British Columbia	Alberta	Sask/Man	Ontario	Quebec	Atlantic
		a	b	c	d	e	f	g	h
Base: All respondents	2251	974	1277	521	191	187	742	480	130
Weighted	2251	962	1289	313	216	151	867	533	171
Exercise at least twice a week	1644	689	955	247	158	115	606	399	118
	73%	72%	74%	79%	73%	76%	70%	75%	69%
				fh					
Drink alcohol	707	388	319	104	59	49	295	156	43
	31%	40%	25%	33%	27%	33%	34%	29%	25%
		b							
Eat unhealthy foods such as fast food or snack foods	673	324	349	89	71	56	267	132	58
	30%	34%	27%	28%	33%	37%	31%	25%	34%
		b			g	cg	g		g
Smoke	455	196	259	50	35	27	187	120	36
	20%	20%	20%	16%	16%	18%	22%	22%	21%
							c	c	
(DO NOT READ) None	191	77	114	24	16	9	79	52	11
	9%	8%	9%	8%	7%	6%	9%	10%	6%
No answer	20	9	11	1	2	2	12	0	3
	1%	1%	1%	0	1%	2%	1%	-	2%
					g	g	g		g

aa8. And which of the following changes to your habits or lifestyle are you actively looking to make in the next few months?

Proportions/Mean: Columns Tested (5% risk level) - a/b - c/d/e/f/g/h

	Gender (A3)			Region					
	Total	Male	Female	British Columbia	Alberta	Sask/Man	Ontario	Quebec	Atlantic
		a	b	c	d	e	f	g	h
Base: All respondents	2251	974	1277	521	191	187	742	480	130
Weighted	2251	962	1289	313	216	151	867	533	171
Exercise more regularly	1376	554	822	187	118	97	544	325	105
	61%	58%	64%	60%	54%	64%	63%	61%	62%
		a					d		
Eat more nutritious food	1198	506	692	155	107	90	466	287	93
	53%	53%	54%	50%	50%	59%	54%	54%	55%
						c			
Go on a diet or lose weight	775	289	486	104	68	60	306	168	70
	34%	30%	38%	33%	31%	40%	35%	31%	41%
			a			g			g
Stop or reduce smoking	326	138	188	41	20	19	128	87	30
	15%	14%	15%	13%	9%	12%	15%	16%	18%
								d	d
Reduce or stop drinking alcohol	118	75	42	13	9	5	49	32	9
	5%	8%	3%	4%	4%	3%	6%	6%	5%
		b							
(DO NOT READ) None	319	151	168	53	44	18	109	73	22
	14%	16%	13%	17%	20%	12%	13%	14%	13%
				f	efg				
No answer	13	3	10	1	0	1	8	0	3
	1%	0	1%	0	-	1%	1%	-	2%
							g		g

