



Sun Life Financial Canadian Health Index (10-040823-01)

Table of Contents

1	q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what
2	q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what
3	q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what
4	q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what
5	q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what
6	q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what
109	q2. In the past, have you managed to keep your resolutions?
110	q2. In the past, have you managed to keep your resolutions?
111	q2. In the past, have you managed to keep your resolutions?
112	q2. In the past, have you managed to keep your resolutions?
113	q2. In the past, have you managed to keep your resolutions?
114	q2. In the past, have you managed to keep your resolutions?
115	q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?
116	q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?
117	q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?
118	q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?
119	q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?
120	q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?

q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what

	Region						Province										Employment Status									
	Total	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I.	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
Base: All respondents	1586	632	163	168	468	155	168	163	155	134	156	178	181	172	101	866	663	194	9	22	42	471	58	58	69	
Weighted	1586	117	387	607	265	209	607	387	209	162	50	53	34	36	32	17*	925	709	200*	16**	22**	52**	323	79**	129**	57**
Yes (Net)	1214	89	290	483	191	161	483	290	161	116	37	38	23	28	24	14	732	555	170	6	18	38	213	60	115	39
	77%	76%	75%	80%	72%	77%	80%	75%	77%	72%	73%	71%	69%	79%	76%	82%	79%	78%	73%	39%	79%	74%	66%	76%	89%	69%
Exercise more	594	45	152	230	91	75	230	152	75	53	20	18	11	14	12	8	343	248	93	2	10	20	119	26	63	14
	37%	38%	39%	38%	34%	36%	38%	39%	36%	33%	40%	34%	33%	41%	38%	45%	37%	35%	47%	11%	43%	38%	37%	34%	49%	24%
Lose some weight	582	51	126	242	94	70	242	126	70	55	18	21	13	15	15	8	338	256	80	2	10	17	131	29	35	22
	37%	43%	33%	40%	36%	33%	40%	33%	33%	34%	37%	39%	39%	41%	46%	51%	37%	36%	40%	12%	43%	34%	41%	37%	28%	38%
Eat better / healthier	487	40	117	192	82	56	192	117	56	53	15	14	10	14	9	6	272	191	79	2	12	17	99	15	55	16
	31%	34%	30%	32%	31%	27%	32%	30%	27%	33%	30%	27%	31%	39%	29%	38%	29%	27%	39%	13%	53%	33%	31%	20%	43%	28%
Save money	483	28	130	198	56	71	198	130	71	31	14	10	9	9	6	3	302	243	54	5	8	23	43	30	57	21
	30%	23%	34%	33%	21%	34%	33%	34%	34%	19%	29%	19%	26%	27%	20%	19%	33%	34%	27%	28%	35%	44%	13%	38%	44%	37%
Pay down debt	446	34	118	153	75	66	153	118	66	48	12	14	9	10	9	6	328	262	64	1	10	13	42	15	24	14
	28%	29%	31%	25%	28%	31%	25%	31%	31%	30%	25%	26%	26%	28%	28%	37%	35%	37%	32%	4%	47%	28%	13%	19%	19%	24%
Travel to someplace special	300	16	47	135	60	41	135	47	41	39	9	13	4	5	4	2	171	127	41	4	0	5	76	4	38	5
	19%	13%	12%	22%	23%	20%	22%	12%	20%	24%	18%	24%	11%	15%	13%	14%	19%	18%	20%	24%	-	10%	24%	6%	30%	8%
Spend more time with the family / loved ones	242	21	48	96	39	38	96	48	38	25	7	7	5	8	5	3	143	119	20	4	2	5	38	26	22	7
	15%	18%	13%	16%	15%	18%	16%	13%	18%	16%	14%	12%	15%	22%	15%	20%	15%	17%	10%	24%	10%	9%	12%	33%	17%	12%
Get something I've been longing for	134	8	46	49	15	17	49	46	17	10	3	2	1	1	4	1	74	62	12	0	0	3	23	16	16	3
	8%	7%	12%	8%	6%	8%	8%	12%	8%	6%	5%	5%	4%	4%	12%	7%	8%	9%	6%	-	2%	6%	7%	20%	13%	5%
Other resolutions	117	6	43	42	12	14	42	43	14	8	2	2	2	2	2	1	70	51	19	0	0	8	10	1	24	5
	7%	5%	11%	7%	4%	7%	7%	11%	7%	5%	4%	3%	5%	6%	5%	3%	8%	7%	9%	-	1%	15%	3%	1%	19%	10%
Stop smoking (again)	109	8	19	39	23	20	39	19	20	13	3	7	4	2	2	1	66	50	16	0	0	3	24	7	3	7
	7%	7%	5%	6%	9%	10%	6%	5%	10%	8%	7%	13%	11%	5%	7%	4%	7%	7%	8%	-	-	5%	7%	9%	2%	12%
Drink less alcohol	66	4	12	36	7	7	36	12	7	3	2	2	1	1	2	0	37	30	7	0	0	0	18	6	5	0
	4%	3%	3%	6%	3%	4%	6%	3%	4%	2%	4%	3%	3%	3%	5%	1%	4%	4%	4%	-	-	-	5%	7%	4%	-
Stop smoking (first try)	20	3	5	3	8	1	3	5	1	6	2	0	1	1	1	0	12	11	1	0	0	0	1	4	0	2
	1%	3%	1%	1%	3%	1%	1%	1%	1%	3%	3%	1%	2%	2%	4%	3%	1%	2%	0	-	1%	1%	0	5%	0	3%
No, I'm not making any resolutions	372	28	97	124	74	48	124	97	48	45	13	15	10	7	7	3	193	153	30	10	5	13	110	19	14	17
	23%	24%	25%	20%	28%	23%	20%	25%	23%	28%	27%	29%	31%	21%	24%	18%	21%	22%	15%	61%	21%	26%	34%	24%	11%	31%

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what

	Region													Province										Employment Status									
	Atlantic	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	SK	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other							
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y								
Base: All respondents	632	632	0	0	0	0	0	0	0	0	0	0	178	181	172	101	324	251	72	1	10	16	206	26	17	33							
Weighted	117	117	34	36	32	17*	64	50	13*	0**	2**	4**	30	6**	5**	6**							
Yes (Net)	89	89	0	0	0	0	0	0	0	0	0	0	23	28	24	14	49	39	10	0	2	3	21	5	4	5							
	76%	76%	-	-	-	-	-	-	-	-	-	-	69%	79%	76%	82%	77%	78%	76%	100%	86%	96%	68%	83%	84%	74%							
Lose some weight	51	51	0	0	0	0	0	0	0	0	0	0	13	15	15	8	25	19	6	0	1	3	14	3	2	3							
	43%	43%	-	-	-	-	-	-	-	-	-	-	39%	41%	46%	51%	39%	37%	43%	100%	41%	78%	46%	49%	47%	49%							
Exercise more	45	45	0	0	0	0	0	0	0	0	0	0	11	14	12	8	24	19	5	0	1	2	11	3	2	2							
	38%	38%	-	-	-	-	-	-	-	-	-	-	33%	41%	38%	45%	37%	38%	34%	-	43%	60%	36%	50%	34%	38%							
Eat better / healthier	40	40	0	0	0	0	0	0	0	0	0	0	10	14	9	6	18	14	4	0	1	1	11	3	2	3							
	34%	34%	-	-	-	-	-	-	-	-	-	-	31%	39%	29%	38%	29%	28%	33%	-	46%	39%	38%	48%	45%	42%							
Pay down debt	34	34	0	0	0	0	0	0	0	0	0	0	9	10	9	6	23	19	4	0	0	1	4	1	2	2							
	29%	29%	-	-	-	-	-	-	-	-	-	-	26%	28%	28%	37%	36%	38%	27%	100%	21%	24%	13%	20%	34%	36%							
Save money	28	28	0	0	0	0	0	0	0	0	0	0	9	9	6	3	17	14	2	0	1	1	5	2	1	1							
	23%	23%	-	-	-	-	-	-	-	-	-	-	26%	27%	20%	19%	27%	29%	18%	100%	43%	17%	15%	30%	23%	18%							
Spend more time with the family / loved ones	21	21	0	0	0	0	0	0	0	0	0	0	5	8	5	3	13	9	3	0	1	1	5	1	0	0							
	18%	18%	-	-	-	-	-	-	-	-	-	-	15%	22%	15%	20%	20%	19%	24%	-	27%	30%	17%	15%	8%	6%							
Travel to someplace special	16	16	0	0	0	0	0	0	0	0	0	0	4	5	4	2	9	7	2	0	0	0	5	0	1	0							
	13%	13%	-	-	-	-	-	-	-	-	-	-	11%	15%	13%	14%	13%	13%	14%	-	-	-	18%	7%	17%	8%							
Stop smoking (again)	8	8	0	0	0	0	0	0	0	0	0	0	4	2	2	1	6	5	1	0	0	1	1	0	0	0							
	7%	7%	-	-	-	-	-	-	-	-	-	-	11%	5%	7%	4%	10%	10%	8%	-	-	18%	2%	5%	4%	6%							
Get something I've been longing for	8	8	0	0	0	0	0	0	0	0	0	0	1	1	4	1	3	3	1	0	0	1	2	1	0	1							
	7%	7%	-	-	-	-	-	-	-	-	-	-	4%	4%	12%	7%	5%	6%	4%	-	17%	14%	5%	15%	4%	9%							
Other resolutions	6	6	0	0	0	0	0	0	0	0	0	0	2	2	2	1	3	3	1	0	0	0	1	0	1	0							
	5%	5%	-	-	-	-	-	-	-	-	-	-	5%	6%	5%	3%	5%	5%	4%	-	10%	-	3%	5%	20%	5%							
Drink less alcohol	4	4	0	0	0	0	0	0	0	0	0	0	1	1	2	0	2	2	0	0	0	0	1	0	0	0							
	3%	3%	-	-	-	-	-	-	-	-	-	-	3%	3%	5%	1%	3%	3%	3%	-	-	-	4%	2%	8%	-							
Stop smoking (first try)	3	3	0	0	0	0	0	0	0	0	0	0	1	1	1	0	2	1	0	0	0	0	1	0	0	0							
	3%	3%	-	-	-	-	-	-	-	-	-	-	2%	2%	4%	3%	3%	3%	3%	-	10%	12%	2%	3%	-	-							
No, I'm not making any resolutions	28	28	0	0	0	0	0	0	0	0	0	0	10	7	7	3	14	11	3	0	0	0	10	1	1	2							
	24%	24%	-	-	-	-	-	-	-	-	-	-	31%	21%	24%	18%	23%	22%	24%	-	14%	4%	32%	17%	16%	26%							

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what

	Region																Province										Employment Status									
	Quebec	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I.	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other										
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y											
Base: All respondents	163	0	163	0	0	0	163	0	0	0	0	0	0	0	0	0	84	69	13	2	0	8	45	12	6	8										
Weighted	387	**	387	**	**	**	387	**	**	**	**	**	**	**	**	**	207*	175*	27**	5**	**	25**	78*	33**	25**	19**										
Yes (Net)	290	0	290	0	0	0	290	0	0	0	0	0	0	0	0	0	163	142	18	2	0	18	60	16	20	14										
	75%	-	75%	-	-	-	75%	-	-	-	-	-	-	-	-	-	79%	81%	68%	49%	-	71%	76%	47%	80%	75%										
Exercise more	152	0	152	0	0	0	152	0	0	0	0	0	0	0	0	0	82	73	9	0	0	10	38	1	18	3										
	39%	-	39%	-	-	-	39%	-	-	-	-	-	-	-	-	-	40%	42%	31%	-	-	41%	49%	3%	71%	17%										
Save money	130	0	130	0	0	0	130	0	0	0	0	0	0	0	0	0	74	67	5	2	0	10	10	11	12	13										
	34%	-	34%	-	-	-	34%	-	-	-	-	-	-	-	-	-	36%	38%	17%	49%	-	40%	13%	33%	51%	67%										
Lose some weight	126	0	126	0	0	0	126	0	0	0	0	0	0	0	0	0	61	52	9	0	0	8	42	6	0	9										
	33%	-	33%	-	-	-	33%	-	-	-	-	-	-	-	-	-	30%	30%	34%	-	-	34%	53%	18%	-	46%										
Pay down debt	118	0	118	0	0	0	118	0	0	0	0	0	0	0	0	0	80	72	8	0	0	2	11	7	15	2										
	31%	-	31%	-	-	-	31%	-	-	-	-	-	-	-	-	-	39%	41%	31%	-	-	7%	14%	21%	62%	13%										
Eat better / healthier	117	0	117	0	0	0	117	0	0	0	0	0	0	0	0	0	67	53	14	0	0	9	27	3	7	4										
	30%	-	30%	-	-	-	30%	-	-	-	-	-	-	-	-	-	32%	30%	51%	-	-	37%	34%	8%	30%	21%										
Spend more time with the family / loved ones	48	0	48	0	0	0	48	0	0	0	0	0	0	0	0	0	27	24	0	2	0	4	6	10	2	0										
	13%	-	13%	-	-	-	13%	-	-	-	-	-	-	-	-	-	13%	14%	-	49%	-	15%	8%	29%	9%	-										
Travel to someplace special	47	0	47	0	0	0	47	0	0	0	0	0	0	0	0	0	20	18	0	2	0	2	20	0	5	0										
	12%	-	12%	-	-	-	12%	-	-	-	-	-	-	-	-	-	10%	10%	-	49%	-	9%	25%	-	18%	-										
Get something I've been longing for	46	0	46	0	0	0	46	0	0	0	0	0	0	0	0	0	30	27	3	0	0	0	11	5	0	0										
	12%	-	12%	-	-	-	12%	-	-	-	-	-	-	-	-	-	14%	15%	11%	-	-	-	14%	15%	-	-										
Other resolutions	43	0	43	0	0	0	43	0	0	0	0	0	0	0	0	0	25	22	3	0	0	8	5	0	0	5										
	11%	-	11%	-	-	-	11%	-	-	-	-	-	-	-	-	-	12%	13%	11%	-	-	30%	7%	-	-	27%										
Stop smoking (again)	19	0	19	0	0	0	19	0	0	0	0	0	0	0	0	0	9	9	0	0	0	0	4	3	0	4										
	5%	-	5%	-	-	-	5%	-	-	-	-	-	-	-	-	-	4%	5%	-	-	-	-	5%	8%	-	19%										
Drink less alcohol	12	0	12	0	0	0	12	0	0	0	0	0	0	0	0	0	8	3	5	0	0	0	1	2	0	0										
	3%	-	3%	-	-	-	3%	-	-	-	-	-	-	-	-	-	4%	2%	17%	-	-	-	2%	7%	-	-										
Stop smoking (first try)	5	0	5	0	0	0	5	0	0	0	0	0	0	0	0	0	5	5	0	0	0	0	0	0	0	0										
	1%	-	1%	-	-	-	1%	-	-	-	-	-	-	-	-	-	2%	3%	-	-	-	-	-	-	-	-										
No, I'm not making any resolutions	97	0	97	0	0	0	97	0	0	0	0	0	0	0	0	0	44	32	9	2	0	7	19	17	5	5										
	25%	-	25%	-	-	-	25%	-	-	-	-	-	-	-	-	-	21%	19%	32%	51%	-	29%	24%	53%	20%	25%										

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what

	Region						Province										Employment Status									
	Ontario	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
Base: All respondents	168	0	0	168	0	0	168	0	0	0	0	0	0	0	0	0	94	69	24	1	5	2	46	7	11	3
Weighted	607	**	**	607	**	**	607	**	**	**	**	**	**	**	**	**	361*	259*	94**	8**	15**	9**	122*	28**	61**	11**
Yes (Net)	483	0	0	483	0	0	483	0	0	0	0	0	0	0	0	0	297	203	94	0	12	6	76	28	58	7
	80%	-	-	80%	-	-	80%	-	-	-	-	-	-	-	-	-	82%	78%	100%	-	76%	62%	63%	100%	94%	64%
Lose some weight	242	0	0	242	0	0	242	0	0	0	0	0	0	0	0	0	148	101	47	0	7	0	47	17	20	3
	40%	-	-	40%	-	-	40%	-	-	-	-	-	-	-	-	-	41%	39%	50%	-	43%	-	38%	61%	33%	31%
Exercise more	230	0	0	230	0	0	230	0	0	0	0	0	0	0	0	0	134	84	51	0	8	6	35	17	27	3
	38%	-	-	38%	-	-	38%	-	-	-	-	-	-	-	-	-	37%	32%	54%	-	54%	62%	28%	62%	44%	31%
Save money	198	0	0	198	0	0	198	0	0	0	0	0	0	0	0	0	132	104	28	0	3	6	20	9	27	0
	33%	-	-	33%	-	-	33%	-	-	-	-	-	-	-	-	-	37%	40%	30%	-	22%	62%	17%	34%	44%	-
Eat better / healthier	192	0	0	192	0	0	192	0	0	0	0	0	0	0	0	0	104	67	37	0	7	0	33	7	34	7
	32%	-	-	32%	-	-	32%	-	-	-	-	-	-	-	-	-	29%	26%	40%	-	43%	-	27%	25%	56%	64%
Pay down debt	153	0	0	153	0	0	153	0	0	0	0	0	0	0	0	0	114	81	33	0	8	6	17	4	4	0
	25%	-	-	25%	-	-	25%	-	-	-	-	-	-	-	-	-	32%	31%	36%	-	54%	62%	14%	14%	7%	-
Travel to someplace special	135	0	0	135	0	0	135	0	0	0	0	0	0	0	0	0	79	51	28	0	0	0	34	0	19	4
	22%	-	-	22%	-	-	22%	-	-	-	-	-	-	-	-	-	22%	20%	30%	-	-	-	28%	-	31%	34%
Spend more time with the family / loved ones	96	0	0	96	0	0	96	0	0	0	0	0	0	0	0	0	58	46	12	0	2	0	10	11	11	4
	16%	-	-	16%	-	-	16%	-	-	-	-	-	-	-	-	-	16%	18%	12%	-	11%	-	8%	39%	18%	34%
Get something I've been longing for	49	0	0	49	0	0	49	0	0	0	0	0	0	0	0	0	29	21	8	0	0	0	6	7	7	0
	8%	-	-	8%	-	-	8%	-	-	-	-	-	-	-	-	-	8%	8%	8%	-	-	-	5%	26%	12%	-
Other resolutions	42	0	0	42	0	0	42	0	0	0	0	0	0	0	0	0	23	14	9	0	0	0	0	0	19	0
	7%	-	-	7%	-	-	7%	-	-	-	-	-	-	-	-	-	6%	5%	10%	-	-	-	-	-	31%	-
Stop smoking (again)	39	0	0	39	0	0	39	0	0	0	0	0	0	0	0	0	24	15	9	0	0	0	11	4	0	0
	6%	-	-	6%	-	-	6%	-	-	-	-	-	-	-	-	-	7%	6%	10%	-	-	-	9%	13%	-	-
Drink less alcohol	36	0	0	36	0	0	36	0	0	0	0	0	0	0	0	0	20	18	2	0	0	0	8	3	4	0
	6%	-	-	6%	-	-	6%	-	-	-	-	-	-	-	-	-	6%	7%	2%	-	-	-	6%	13%	7%	-
Stop smoking (first try)	3	0	0	3	0	0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	3	0	0
	1%	-	-	1%	-	-	1%	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	13%	-	-
No, I'm not making any resolutions	124	0	0	124	0	0	124	0	0	0	0	0	0	0	0	0	64	56	0	8	4	4	46	0	3	4
	20%	-	-	20%	-	-	20%	-	-	-	-	-	-	-	-	-	18%	22%	-	100%	24%	38%	37%	-	6%	36%

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what

	Region													Province							Employment Status									
	Prairies	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I.	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other				
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y					
Base: All respondents	468	0	0	0	468	0	0	0	0	134	156	178	0	0	0	0	270	134	156	62	5	6	12	134	10	17	19			
Weighted	265	**	**	**	265	**	**	**	**	162	50	53	**	**	**	**	162	125	34*	4**	3**	7**	53*	6**	22**	12**				
Yes (Net)	191	0	0	0	191	0	0	0	0	116	37	38	0	0	0	0	122	95	23	4	3	5	31	6	18	6				
	72%	-	-	-	72%	-	-	-	-	72%	73%	71%	-	-	-	-	75%	76%	70%	100%	84%	66%	58%	100%	85%	51%				
Lose some weight	94	0	0	0	94	0	0	0	0	55	18	21	0	0	0	0	60	47	11	2	2	2	15	3	8	4				
	36%	-	-	-	36%	-	-	-	-	34%	37%	39%	-	-	-	-	37%	38%	32%	46%	59%	26%	29%	60%	38%	32%				
Exercise more	91	0	0	0	91	0	0	0	0	53	20	18	0	0	0	0	54	38	15	2	0	2	20	2	9	3				
	34%	-	-	-	34%	-	-	-	-	33%	40%	34%	-	-	-	-	34%	30%	45%	46%	10%	23%	37%	33%	44%	28%				
Eat better / healthier	82	0	0	0	82	0	0	0	0	53	15	14	0	0	0	0	52	39	12	2	3	3	13	2	9	0				
	31%	-	-	-	31%	-	-	-	-	33%	30%	27%	-	-	-	-	32%	31%	34%	57%	84%	41%	25%	35%	40%	-				
Pay down debt	75	0	0	0	75	0	0	0	0	48	12	14	0	0	0	0	55	47	8	0	0	2	7	3	2	5				
	28%	-	-	-	28%	-	-	-	-	30%	25%	26%	-	-	-	-	34%	38%	23%	11%	9%	27%	14%	51%	11%	41%				
Travel to someplace special	60	0	0	0	60	0	0	0	0	39	9	13	0	0	0	0	38	30	6	2	0	0	12	1	10	0				
	23%	-	-	-	23%	-	-	-	-	24%	18%	24%	-	-	-	-	23%	24%	18%	43%	-	-	22%	21%	45%	3%				
Save money	56	0	0	0	56	0	0	0	0	31	14	10	0	0	0	0	37	27	8	2	2	3	5	2	6	0				
	21%	-	-	-	21%	-	-	-	-	19%	29%	19%	-	-	-	-	23%	22%	24%	54%	65%	37%	10%	36%	29%	4%				
Spend more time with the family / loved ones	39	0	0	0	39	0	0	0	0	25	7	7	0	0	0	0	26	21	3	2	0	0	7	2	4	1				
	15%	-	-	-	15%	-	-	-	-	16%	14%	12%	-	-	-	-	16%	17%	8%	43%	-	-	13%	31%	19%	6%				
Stop smoking (again)	23	0	0	0	23	0	0	0	0	13	3	7	0	0	0	0	15	11	5	0	0	2	4	0	0	1				
	9%	-	-	-	9%	-	-	-	-	8%	7%	13%	-	-	-	-	10%	9%	14%	-	-	27%	8%	9%	-	6%				
Get something I've been longing for	15	0	0	0	15	0	0	0	0	10	3	2	0	0	0	0	5	4	1	0	0	0	1	1	6	2				
	6%	-	-	-	6%	-	-	-	-	6%	5%	5%	-	-	-	-	3%	3%	2%	-	-	6%	3%	11%	27%	17%				
Other resolutions	12	0	0	0	12	0	0	0	0	8	2	2	0	0	0	0	9	8	1	0	0	0	2	0	0	0				
	4%	-	-	-	4%	-	-	-	-	5%	4%	3%	-	-	-	-	6%	7%	2%	-	-	-	4%	4%	-	-				
Stop smoking (first try)	8	0	0	0	8	0	0	0	0	6	2	0	0	0	0	0	4	4	0	0	0	0	0	1	0	2				
	3%	-	-	-	3%	-	-	-	-	3%	3%	1%	-	-	-	-	3%	3%	1%	-	-	-	1%	9%	1%	17%				
Drink less alcohol	7	0	0	0	7	0	0	0	0	3	2	2	0	0	0	0	4	4	0	0	0	0	3	0	0	0				
	3%	-	-	-	3%	-	-	-	-	2%	4%	3%	-	-	-	-	3%	3%	-	-	-	-	5%	-	-	-				
No, I'm not making any resolutions	74	0	0	0	74	0	0	0	0	45	13	15	0	0	0	0	40	30	10	0	1	3	22	0	3	6				
	28%	-	-	-	28%	-	-	-	-	28%	27%	29%	-	-	-	-	25%	24%	30%	-	16%	34%	42%	-	15%	49%				

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q1x. We are coming into the New Year and many Canadians make resolutions for the coming year. Will you be making any resolutions this New Year and if yes, what

	Region					Province										Employment Status										
	BC	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
Base: All respondents	155	0	0	0	0	155	0	0	155	0	0	0	0	0	0	0	94	71	23	0	1	4	40	3	7	6
Weighted	209	**	**	**	**	209	**	**	209	**	**	**	**	**	**	**	132*	100*	32**	**	1**	6**	39*	6**	16**	8**
Yes (Net)	161	0	0	0	0	161	0	0	161	0	0	0	0	0	0	100	76	24	0	1	6	25	6	15	7	
	77%	-	-	-	-	77%	-	-	77%	-	-	-	-	-	-	76%	76%	76%	-	100%	100%	65%	100%	89%	82%	
Exercise more	75	0	0	0	0	75	0	0	75	0	0	0	0	0	0	49	34	14	0	0	0	15	3	7	1	
	36%	-	-	-	-	36%	-	-	36%	-	-	-	-	-	-	37%	34%	45%	-	0	0	39%	52%	45%	16%	
Save money	71	0	0	0	0	71	0	0	71	0	0	0	0	0	0	42	30	11	0	1	4	2	6	10	6	
	34%	-	-	-	-	34%	-	-	34%	-	-	-	-	-	-	32%	30%	36%	-	100%	55%	5%	100%	63%	74%	
Lose some weight	70	0	0	0	0	70	0	0	70	0	0	0	0	0	0	44	37	7	0	0	4	14	0	5	3	
	33%	-	-	-	-	33%	-	-	33%	-	-	-	-	-	-	34%	37%	22%	-	0	66%	35%	-	29%	32%	
Pay down debt	66	0	0	0	0	66	0	0	66	0	0	0	0	0	0	55	44	11	0	1	3	2	0	0	4	
	31%	-	-	-	-	31%	-	-	31%	-	-	-	-	-	-	42%	44%	35%	-	100%	45%	6%	-	-	50%	
Eat better / healthier	56	0	0	0	0	56	0	0	56	0	0	0	0	0	0	31	19	12	0	1	4	15	1	3	2	
	27%	-	-	-	-	27%	-	-	27%	-	-	-	-	-	-	23%	19%	37%	-	100%	55%	38%	15%	17%	24%	
Travel to someplace special	41	0	0	0	0	41	0	0	41	0	0	0	0	0	0	26	21	5	0	0	3	5	3	4	0	
	20%	-	-	-	-	20%	-	-	20%	-	-	-	-	-	-	20%	21%	15%	-	0	45%	13%	48%	26%	-	
Spend more time with the family / loved ones	38	0	0	0	0	38	0	0	38	0	0	0	0	0	0	20	18	2	0	0	0	9	3	4	2	
	18%	-	-	-	-	18%	-	-	18%	-	-	-	-	-	-	15%	18%	7%	-	-	-	23%	48%	26%	26%	
Stop smoking (again)	20	0	0	0	0	20	0	0	20	0	0	0	0	0	0	12	10	1	0	0	0	3	0	3	2	
	10%	-	-	-	-	10%	-	-	10%	-	-	-	-	-	-	9%	10%	4%	-	-	-	8%	-	18%	24%	
Get something I've been longing for	17	0	0	0	0	17	0	0	17	0	0	0	0	0	0	7	7	0	0	0	2	3	2	3	0	
	8%	-	-	-	-	8%	-	-	8%	-	-	-	-	-	-	5%	7%	-	-	0	34%	7%	37%	18%	-	
Other resolutions	14	0	0	0	0	14	0	0	14	0	0	0	0	0	0	9	4	5	0	0	0	1	0	4	0	
	7%	-	-	-	-	7%	-	-	7%	-	-	-	-	-	-	7%	4%	17%	-	-	-	4%	-	25%	-	
Drink less alcohol	7	0	0	0	0	7	0	0	7	0	0	0	0	0	0	3	3	0	0	0	0	4	0	0	0	
	4%	-	-	-	-	4%	-	-	4%	-	-	-	-	-	-	2%	3%	-	-	-	-	11%	-	-	-	
Stop smoking (first try)	1	0	0	0	0	1	0	0	1	0	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0	
	1%	-	-	-	-	1%	-	-	1%	-	-	-	-	-	-	1%	1%	-	-	-	-	-	-	-	-	
No, I'm not making any resolutions	48	0	0	0	0	48	0	0	48	0	0	0	0	0	0	31	24	8	0	0	0	14	0	2	1	
	23%	-	-	-	-	23%	-	-	23%	-	-	-	-	-	-	24%	24%	24%	-	-	-	35%	-	11%	18%	

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q2. In the past, have you managed to keep your resolutions?

	Region						Province										Employment Status									
	Total	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
Base: Made at least 1 resolution	1171	479	119	129	328	116	129	119	116	95	111	122	130	139	129	81	665	510	148	7	18	34	312	46	48	48
Weighted	1214	89	290*	483	191	161*	483	290*	161*	116*	37*	38	23	28	24	14*	732	565	170*	6**	18**	38**	213	60**	115**	39**
Yes	269	22	60	105	38	44	105	60	44	22	9	8	6	7	6	3	176	141	32	2	2	10	46	13	13	10
	22%	24%	21%	22%	20%	27%	22%	21%	27%	19%	23%	20%	25%	26%	23%	21%	24%	25%	19%	40%	11%	27%	21%	22%	11%	25%
No	239	21	64	90	39	25	90	64	25	21	10	8	6	7	5	3	131	94	37	0	2	4	56	18	19	9
	20%	24%	22%	19%	20%	15%	19%	22%	15%	18%	27%	21%	24%	25%	22%	18%	17%	22%	-	9%	10%	26%	31%	16%	24%	
Depends on what it is!	706	47	165	288	114	93	288	165	93	74	18	22	12	14	13	8	426	321	101	4	14	24	111	28	83	20
	58%	52%	57%	60%	60%	58%	60%	57%	58%	63%	49%	58%	51%	49%	55%	55%	58%	58%	59%	60%	80%	63%	52%	47%	73%	52%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q2. In the past, have you managed to keep your resolutions?

	Region												Province							Employment Status									
	Atlantic	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other			
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y				
Base: Made at least 1 resolution	479	479	0	0	0	0	0	0	0	0	0	130	139	129	81	252	197	54	1	9	15	142	21	14	26				
Weighted	89	89	-.**	-.**	-.**	..**	..**	..**	..**	..**	..**	23	28	24	14*	49	39	10*	0**	2**	3**	21	5**	4**	5**				
Yes	22	22	0	0	0	0	0	0	0	0	0	6	7	6	3	12	9	2	0	1	0	6	1	1	2				
	24%	24%	-	-	-	-	-	-	-	-	-	25%	26%	23%	21%	24%	24%	21%	100%	38%	10%	27%	19%	16%	34%				
No	21	21	0	0	0	0	0	0	0	0	0	6	7	5	3	11	8	3	0	0	1	5	2	1	1				
	24%	24%	-	-	-	-	-	-	-	-	-	24%	25%	22%	24%	22%	22%	26%	-	24%	31%	23%	32%	27%	21%				
Depends on what it is!	47	47	0	0	0	0	0	0	0	0	0	12	14	13	8	26	21	5	0	1	2	10	3	3	2				
	52%	52%	-	-	-	-	-	-	-	-	-	51%	49%	55%	55%	54%	54%	53%	-	38%	58%	50%	49%	57%	45%				

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q2. In the past, have you managed to keep your resolutions?

	Region							Province									Employment Status								
	Quebec	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y
Base: Made at least 1 resolution	119	0	119	0	0	0	119	0	0	0	0	0	0	0	0	64	54	9	1	0	6	34	5	5	5
Weighted	290*	**	290*	**	**	**	290*	**	**	**	**	**	**	**	**	163*	142*	18**	2**	**	18**	60**	16**	20**	14**
Yes	60	0	60	0	0	0	60	0	0	0	0	0	0	0	0	33	28	2	2	0	8	16	0	0	4
	21%	-	21%	-	-	-	21%	-	-	-	-	-	-	-	-	20%	20%	12%	100%	-	43%	27%	-	-	28%
No	64	0	64	0	0	0	64	0	0	0	0	0	0	0	0	37	30	7	0	0	2	13	9	0	4
	22%	-	22%	-	-	-	22%	-	-	-	-	-	-	-	-	23%	21%	40%	-	-	13%	21%	55%	-	25%
Depends on what it is!	165	0	165	0	0	0	165	0	0	0	0	0	0	0	0	93	84	9	0	0	8	31	7	20	7
	57%	-	57%	-	-	-	57%	-	-	-	-	-	-	-	-	57%	59%	48%	-	-	44%	52%	45%	100%	46%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q2. In the past, have you managed to keep your resolutions?

	Region						Province										Employment Status									
	Ontario	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y
Base: Made at least 1 resolution	129	0	0	129	0	0	129	0	0	0	0	0	0	0	0	0	77	53	24	0	4	1	28	7	10	2
Weighted	483	..**	..**	483	..**	..**	483	..**	..**	..**	..**	..**	..**	..**	..**	..**	297*	203*	94**	..**	12**	6**	76**	28**	58**	7**
Yes	105	0	0	105	0	0	105	0	0	0	0	0	0	0	0	0	79	65	14	0	0	0	11	7	8	0
	22%	-	-	22%	-	-	22%	-	-	-	-	-	-	-	-	-	26%	32%	15%	-	-	-	15%	27%	13%	-
No	90	0	0	90	0	0	90	0	0	0	0	0	0	0	0	0	46	24	22	0	0	0	29	6	9	0
	19%	-	-	19%	-	-	19%	-	-	-	-	-	-	-	-	-	15%	12%	24%	-	-	-	38%	22%	16%	-
Depends on what it is!	288	0	0	288	0	0	288	0	0	0	0	0	0	0	0	0	172	114	58	0	12	6	36	14	41	7
	60%	-	-	60%	-	-	60%	-	-	-	-	-	-	-	-	-	58%	56%	62%	-	100%	100%	47%	52%	71%	100%

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q2. In the past, have you managed to keep your resolutions?

	Region														Province					Employment Status									
	Prairies	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other			
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y				
Base: Made at least 1 resolution	328	0	0	0	328	0	0	0	0	95	111	122	0	0	0	0	201	152	44	5	4	8	82	10	13	10			
Weighted	191	**	**	**	191	**	**	**	**	116*	37*	38	**	**	**	**	122	95*	23**	4**	3**	5**	31*	6**	18**	6**			
Yes	38	0	0	0	38	0	0	0	0	22	9	8	0	0	0	0	24	18	6	0	0	0	7	0	4	2			
	20%	-	-	-	20%	-	-	-	-	19%	23%	20%	-	-	-	-	20%	19%	25%	-	-	8%	24%	-	23%	32%			
No	39	0	0	0	39	0	0	0	0	21	10	8	0	0	0	0	22	19	3	0	1	0	6	2	3	3			
	20%	-	-	-	20%	-	-	-	-	18%	27%	21%	-	-	-	-	18%	20%	14%	-	42%	6%	21%	39%	19%	55%			
Depends on what it is!	114	0	0	0	114	0	0	0	0	74	18	22	0	0	0	0	76	58	14	4	2	4	17	3	11	1			
	60%	-	-	-	60%	-	-	-	-	63%	49%	58%	-	-	-	-	62%	61%	61%	100%	58%	85%	55%	61%	58%	13%			

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q2. In the past, have you managed to keep your resolutions?

	Region					Province										Employment Status										
	BC	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
Base: Made at least 1 resolution	116	0	0	0	0	116	0	0	116	0	0	0	0	0	0	0	71	54	17	0	1	4	26	3	6	5
Weighted	161*	-.**	-.**	-.**	-.**	161*	-.**	-.**	161*	-.**	-.**	-.**	-.**	-.**	-.**	-.**	100*	76*	24**	-.**	1**	6**	25**	6**	15**	7**
Yes	44	0	0	0	0	44	0	0	44	0	0	0	0	0	0	28	20	8	0	1	2	5	5	0	2	
	27%	-	-	-	-	27%	-	-	27%	-	-	-	-	-	-	28%	26%	35%	-	100%	32%	20%	85%	-	30%	
No	25	0	0	0	0	25	0	0	25	0	0	0	0	0	0	15	13	2	0	0	0	4	0	5	1	
	15%	-	-	-	-	15%	-	-	15%	-	-	-	-	-	-	15%	17%	7%	-	-	-	15%	-	32%	20%	
Depends on what it is!	93	0	0	0	0	93	0	0	93	0	0	0	0	0	0	58	43	14	0	0	4	16	1	10	4	
	58%	-	-	-	-	58%	-	-	58%	-	-	-	-	-	-	57%	57%	59%	-	-	68%	65%	15%	68%	50%	

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?

	Region										Province										Employment Status									
	Total	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other				
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y					
Base: Haven't managed to keep all resolutions	894	361	92	101	256	84	101	92	84	76	85	95	97	101	99	64	508	391	112	5	14	27	231	38	41	35				
Weighted	945	68	230	378	152	117	378	230	117	94	28	30	17	21	19	11	556	415	138	4	16	28	167	47	102	29				
Lack of willpower / motivation / drive	721	52	161	298	121	89	298	161	89	78	25	18	12	18	13	9	402	301	99	2	14	22	146	32	82	22				
	76%	77%	70%	79%	79%	76%	79%	70%	76%	82%	88%	61%	70%	85%	69%	85%	72%	73%	72%	57%	86%	79%	88%	68%	81%	76%				
Lack of money	361	27	87	144	56	47	144	87	47	35	9	13	8	7	9	4	223	172	50	0	6	5	39	22	52	15				
	38%	40%	38%	38%	37%	40%	38%	38%	40%	37%	31%	42%	44%	32%	47%	34%	40%	42%	36%	11%	38%	16%	23%	47%	51%	50%				
Lack of time	331	19	73	139	52	47	139	73	47	36	7	9	4	6	6	3	219	170	48	2	2	6	23	6	65	10				
	35%	28%	32%	37%	34%	40%	37%	32%	40%	38%	25%	32%	25%	29%	34%	24%	39%	41%	35%	43%	14%	21%	14%	14%	64%	32%				
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to do)	169	14	27	78	29	21	78	27	21	14	5	10	4	4	4	2	65	45	20	0	3	13	47	9	18	13				
	18%	21%	12%	21%	19%	18%	21%	12%	18%	15%	18%	32%	24%	19%	20%	19%	12%	11%	14%	-	21%	47%	28%	20%	18%	45%				
Lack of comfort - I'm self-conscious or concerned about trying something new	119	7	42	35	16	19	35	42	19	9	4	3	1	3	2	1	63	41	19	3	0	4	10	15	21	6				
	13%	10%	18%	9%	10%	17%	9%	18%	17%	10%	14%	8%	7%	12%	10%	12%	11%	10%	14%	75%	2%	16%	6%	33%	21%	19%				
Lack of access to exercise equipment / facilities	102	9	16	37	23	17	37	16	17	16	2	5	2	3	3	2	49	34	15	0	0	7	8	8	25	4				
	11%	13%	7%	10%	15%	15%	10%	7%	15%	17%	7%	17%	9%	15%	14%	15%	9%	8%	11%	8%	2%	24%	5%	17%	25%	14%				
Lack of support from family / friends	90	7	16	27	20	20	27	16	20	12	4	4	2	2	2	1	42	34	8	0	4	3	9	4	26	2				
	10%	11%	7%	7%	13%	17%	7%	7%	17%	13%	13%	13%	12%	7%	13%	9%	8%	8%	6%	-	23%	12%	5%	9%	26%	7%				
Lack of knowledge (e.g. you're not sure what you should be doing)	64	4	9	24	15	12	24	9	12	12	2	1	1	1	2	0	31	22	9	0	0	1	7	8	16	1				
	7%	6%	4%	6%	10%	11%	6%	4%	11%	12%	8%	3%	4%	7%	9%	4%	6%	5%	7%	-	-	2%	4%	18%	15%	5%				
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	54	4	7	29	6	8	29	7	8	3	1	2	2	2	0	1	26	24	2	0	4	2	3	7	11	0				
	6%	7%	3%	8%	4%	7%	8%	3%	7%	3%	5%	6%	10%	8%	3%	5%	5%	6%	2%	11%	23%	8%	2%	16%	11%	1%				
Lack of support from my employer	17	1	3	4	5	4	4	3	4	3	0	1	0	0	1	0	11	8	3	0	2	0	0	1	3	1				
	2%	2%	1%	1%	3%	3%	1%	3%	3%	4%	2%	4%	3%	-	3%	-	2%	2%	2%	-	11%	-	-	1%	2%	5%				
None of these affect me	35	2	16	8	5	4	8	16	4	4	0	1	1	1	1	1	24	20	4	0	0	2	6	0	3	0				
	4%	4%	7%	2%	3%	3%	2%	7%	3%	4%	-	3%	3%	4%	4%	5%	4%	5%	3%	-	1%	9%	3%	-	3%	-				

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) Ineligible for sig testing

q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?

	Region													Province										Employment Status									
	Atlantic	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other							
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y								
Base: Haven't managed to keep all resolutions	361	361	0	0	0	0	0	0	0	0	0	0	97	101	99	64	193	152	41	0	6	13	103	17	12	17							
Weighted	68	68	-**	-**	-**	-**	-**	-**	-**	-**	-**	-**	17*	21*	19*	11*	37	29	8*	-**	1**	3**	15*	4**	4**	3**							
Lack of willpower / motivation / drive	52	52	0	0	0	0	0	0	0	0	0	0	12	18	13	9	28	21	6	0	1	3	13	3	2	2							
	77%	77%	-	-	-	-	-	-	-	-	-	-	70%	85%	69%	85%	74%	73%	79%	-	62%	83%	87%	83%	65%	66%							
Lack of money	27	27	0	0	0	0	0	0	0	0	0	0	8	7	9	4	16	13	3	0	1	1	4	1	2	2							
	40%	40%	-	-	-	-	-	-	-	-	-	-	44%	32%	47%	34%	42%	44%	35%	-	58%	37%	25%	33%	66%	55%							
Lack of time	19	19	0	0	0	0	0	0	0	0	0	0	4	6	6	3	11	10	2	0	0	1	2	1	2	1							
	28%	28%	-	-	-	-	-	-	-	-	-	-	25%	29%	34%	24%	31%	33%	22%	-	38%	20%	16%	28%	56%	30%							
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to do)	14	14	0	0	0	0	0	0	0	0	0	0	4	4	4	2	7	6	1	0	0	0	3	1	0	2							
	21%	21%	-	-	-	-	-	-	-	-	-	-	24%	19%	20%	19%	19%	19%	18%	-	-	5%	22%	24%	11%	65%							
Lack of access to exercise equipment / facilities	9	9	0	0	0	0	0	0	0	0	0	0	2	3	3	2	5	4	1	0	0	0	2	1	1	1							
	13%	13%	-	-	-	-	-	-	-	-	-	-	9%	15%	14%	15%	12%	12%	12%	-	26%	5%	11%	14%	28%	20%							
Lack of support from family / friends	7	7	0	0	0	0	0	0	0	0	0	0	2	2	2	1	3	3	1	0	0	1	1	0	1	0							
	11%	11%	-	-	-	-	-	-	-	-	-	-	12%	7%	13%	9%	8%	9%	7%	-	26%	24%	10%	7%	21%	13%							
Lack of comfort - I'm self-conscious or concerned about trying something new	7	7	0	0	0	0	0	0	0	0	0	0	1	3	2	1	4	3	1	0	0	1	1	0	1	1							
	10%	10%	-	-	-	-	-	-	-	-	-	-	7%	12%	10%	12%	11%	11%	9%	-	-	20%	4%	10%	17%	20%							
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	4	4	0	0	0	0	0	0	0	0	0	0	2	2	0	1	2	2	0	0	0	0	1	0	0	0							
	7%	7%	-	-	-	-	-	-	-	-	-	-	10%	8%	3%	5%	6%	6%	6%	-	26%	-	10%	-	-	14%							
Lack of knowledge (e.g. you're not sure what you should be doing)	4	4	0	0	0	0	0	0	0	0	0	0	1	1	2	0	3	3	0	0	0	0	0	0	0	0							
	6%	6%	-	-	-	-	-	-	-	-	-	-	4%	7%	9%	4%	9%	10%	2%	-	-	6%	2%	10%	-	-							
Lack of support from my employer	1	1	0	0	0	0	0	0	0	0	0	0	0	0	1	0	1	1	0	0	0	0	0	0	0	0							
	2%	2%	-	-	-	-	-	-	-	-	-	-	3%	-	3%	-	2%	2%	2%	-	-	-	-	4%	-	-							
None of these affect me	2	2	0	0	0	0	0	0	0	0	0	0	1	1	1	1	1	1	0	0	0	0	0	0	0	0							
	4%	4%	-	-	-	-	-	-	-	-	-	-	3%	4%	4%	5%	4%	3%	5%	-	12%	10%	2%	-	7%	-							

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?

	Region							Province									Employment Status									
	Quebec	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	O	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
Base: Haven't managed to keep all resolutions	92	0	92	0	0	0	92	0	0	0	0	0	0	0	0	0	50	42	8	0	0	4	25	5	5	3
Weighted	230*	**	230*	**	**	**	230*	**	**	**	**	**	**	**	**	**	130*	114*	16**	**	**	10**	43**	16**	20**	10**
Lack of willpower / motivation / drive	161	0	161	0	0	0	161	0	0	0	0	0	0	0	0	0	79	70	8	0	0	8	36	11	17	10
	70%	-	70%	-	-	-	70%	-	-	-	-	-	-	-	-	-	60%	61%	52%	-	-	77%	83%	69%	88%	100%
Lack of money	87	0	87	0	0	0	87	0	0	0	0	0	0	0	0	0	54	48	6	0	0	2	8	7	10	5
	38%	-	38%	-	-	-	38%	-	-	-	-	-	-	-	-	-	42%	42%	38%	-	-	17%	19%	45%	51%	49%
Lack of time	73	0	73	0	0	0	73	0	0	0	0	0	0	0	0	0	59	56	3	0	0	2	7	0	0	5
	32%	-	32%	-	-	-	32%	-	-	-	-	-	-	-	-	-	45%	49%	17%	-	-	23%	17%	-	-	49%
Lack of comfort - I'm self-conscious or concerned about trying something new	42	0	42	0	0	0	42	0	0	0	0	0	0	0	0	0	20	16	3	0	0	4	2	7	5	5
	18%	-	18%	-	-	-	18%	-	-	-	-	-	-	-	-	-	15%	14%	19%	-	-	37%	4%	45%	26%	49%
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to do)	27	0	27	0	0	0	27	0	0	0	0	0	0	0	0	0	10	8	2	0	0	4	14	0	0	0
	12%	-	12%	-	-	-	12%	-	-	-	-	-	-	-	-	-	7%	7%	10%	-	-	40%	32%	-	-	-
Lack of access to exercise equipment / facilities	16	0	16	0	0	0	16	0	0	0	0	0	0	0	0	0	11	11	0	0	0	4	1	0	0	0
	7%	-	7%	-	-	-	7%	-	-	-	-	-	-	-	-	-	8%	10%	-	-	-	40%	3%	-	-	-
Lack of support from family / friends	16	0	16	0	0	0	16	0	0	0	0	0	0	0	0	0	12	12	0	0	0	0	1	0	2	0
	7%	-	7%	-	-	-	7%	-	-	-	-	-	-	-	-	-	9%	11%	-	-	-	-	3%	-	11%	-
Lack of knowledge (e.g. you're not sure what you should be doing)	9	0	9	0	0	0	9	0	0	0	0	0	0	0	0	0	5	2	3	0	0	0	3	0	0	0
	4%	-	4%	-	-	-	4%	-	-	-	-	-	-	-	-	-	4%	2%	19%	-	-	-	7%	-	-	-
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	7	0	7	0	0	0	7	0	0	0	0	0	0	0	0	0	5	5	0	0	0	2	0	0	0	0
	3%	-	3%	-	-	-	3%	-	-	-	-	-	-	-	-	-	4%	4%	-	-	-	23%	-	-	-	-
Lack of support from my employer	3	0	3	0	0	0	3	0	0	0	0	0	0	0	0	0	3	0	3	0	0	0	0	0	0	0
	1%	-	1%	-	-	-	1%	-	-	-	-	-	-	-	-	-	2%	-	18%	-	-	-	-	-	-	-
None of these affect me	16	0	16	0	0	0	16	0	0	0	0	0	0	0	0	0	11	11	0	0	0	0	2	0	2	0
	7%	-	7%	-	-	-	7%	-	-	-	-	-	-	-	-	-	8%	10%	-	-	-	-	6%	-	12%	-

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) Ineligible for sig testing

q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?

	Region						Province										Employment Status									
	Ontario	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
Base: Haven't managed to keep all resolutions	101	0	0	101	0	0	101	0	0	0	0	0	0	0	0	0	57	37	20	0	4	1	23	5	9	2
Weighted	378*	**	**	378*	**	**	378*	**	**	**	**	**	**	**	**	**	218*	138*	80**	**	12**	6**	65**	20**	50**	7**
Lack of willpower / motivation / drive	298	0	0	298	0	0	298	0	0	0	0	0	0	0	0	0	167	105	62	0	10	6	61	13	38	3
	79%	-	-	79%	-	-	79%	-	-	-	-	-	-	-	-	-	76%	76%	77%	-	85%	100%	94%	65%	76%	47%
Lack of money	144	0	0	144	0	0	144	0	0	0	0	0	0	0	0	0	86	62	24	0	5	0	16	11	23	3
	38%	-	-	38%	-	-	38%	-	-	-	-	-	-	-	-	-	39%	45%	30%	-	43%	-	24%	53%	46%	47%
Lack of time	139	0	0	139	0	0	139	0	0	0	0	0	0	0	0	0	88	60	28	0	2	0	5	3	38	3
	37%	-	-	37%	-	-	37%	-	-	-	-	-	-	-	-	-	40%	44%	34%	-	15%	-	7%	17%	76%	47%
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to do)	78	0	0	78	0	0	78	0	0	0	0	0	0	0	0	0	24	16	7	0	3	6	16	7	15	7
	21%	-	-	21%	-	-	21%	-	-	-	-	-	-	-	-	-	11%	12%	9%	-	29%	100%	24%	35%	31%	100%
Lack of access to exercise equipment / facilities	37	0	0	37	0	0	37	0	0	0	0	0	0	0	0	0	11	4	8	0	0	0	0	7	15	3
	10%	-	-	10%	-	-	10%	-	-	-	-	-	-	-	-	-	5%	3%	9%	-	-	-	-	36%	30%	47%
Lack of comfort - I'm self-conscious or concerned about trying something new	35	0	0	35	0	0	35	0	0	0	0	0	0	0	0	0	16	6	10	0	0	0	4	7	8	0
	9%	-	-	9%	-	-	9%	-	-	-	-	-	-	-	-	-	7%	4%	12%	-	-	-	6%	36%	15%	-
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	29	0	0	29	0	0	29	0	0	0	0	0	0	0	0	0	8	8	0	0	3	0	0	7	11	0
	8%	-	-	8%	-	-	8%	-	-	-	-	-	-	-	-	-	3%	6%	-	-	29%	-	-	35%	22%	-
Lack of support from family / friends	27	0	0	27	0	0	27	0	0	0	0	0	0	0	0	0	4	0	4	0	3	0	2	4	15	0
	7%	-	-	7%	-	-	7%	-	-	-	-	-	-	-	-	-	2%	-	5%	-	29%	-	3%	17%	30%	-
Lack of knowledge (e.g. you're not sure what you should be doing)	24	0	0	24	0	0	24	0	0	0	0	0	0	0	0	0	9	4	5	0	0	0	0	7	8	0
	6%	-	-	6%	-	-	6%	-	-	-	-	-	-	-	-	-	4%	3%	7%	-	-	-	-	36%	15%	-
Lack of support from my employer	4	0	0	4	0	0	4	0	0	0	0	0	0	0	0	0	2	2	0	0	2	0	0	0	0	0
	1%	-	-	1%	-	-	1%	-	-	-	-	-	-	-	-	-	1%	2%	-	-	15%	-	-	-	-	-
None of these affect me	8	0	0	8	0	0	8	0	0	0	0	0	0	0	0	0	6	2	4	0	0	0	2	0	0	0
	2%	-	-	2%	-	-	2%	-	-	-	-	-	-	-	-	-	3%	2%	4%	-	-	-	4%	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) Ineligible for sig testing

q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?

	Region																Province										Employment Status									
	Prairies	Atlantic			Quebec			Ontario			Prairies			BC	Ontario	Quebec	B.C.	Alberta	Manitoba	SK	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other		
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y											
Base: Haven't managed to keep all resolutions	256	0	0	0	256	0	0	0	0	76	85	95	0	0	0	0	158	120	33	5	4	7	59	10	9	9										
Weighted	152	**	**	**	152	**	**	**	**	94	28	30	**	**	**	**	98	77	18	4	3	4	23	6	14	4										
Lack of willpower / motivation / drive	121	0	0	0	121	0	0	0	0	78	25	18	0	0	0	0	73	78	14	2	3	4	19	3	14	4										
	79%	-	-	-	79%	-	-	-	-	82%	88%	61%	-	-	-	-	75%	74%	80%	57%	100%	83%	83%	61%	100%	96%										
Lack of money	56	0	0	0	56	0	0	0	0	35	9	13	0	0	0	0	36	29	6	0	0	2	5	3	8	3										
	37%	-	-	-	37%	-	-	-	-	37%	31%	42%	-	-	-	-	36%	38%	36%	11%	11%	38%	21%	45%	57%	81%										
Lack of time	52	0	0	0	52	0	0	0	0	36	7	9	0	0	0	0	33	26	5	2	0	3	3	2	11	0										
	34%	-	-	-	34%	-	-	-	-	38%	25%	32%	-	-	-	-	34%	34%	30%	43%	-	66%	14%	31%	76%	4%										
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to do)	29	0	0	0	29	0	0	0	0	14	5	10	0	0	0	0	14	8	6	0	0	1	8	1	3	1										
	19%	-	-	-	19%	-	-	-	-	15%	18%	32%	-	-	-	-	15%	11%	35%	-	-	22%	35%	22%	18%	29%										
Lack of access to exercise equipment / facilities	23	0	0	0	23	0	0	0	0	16	2	5	0	0	0	0	10	8	2	0	0	2	3	0	7	0										
	15%	-	-	-	15%	-	-	-	-	17%	7%	17%	-	-	-	-	10%	11%	9%	8%	-	55%	13%	4%	48%	4%										
Lack of support from family / friends	20	0	0	0	20	0	0	0	0	12	4	4	0	0	0	0	10	8	2	0	0	0	3	1	6	0										
	13%	-	-	-	13%	-	-	-	-	13%	13%	13%	-	-	-	-	11%	11%	12%	-	-	11%	11%	9%	39%	9%										
Lack of comfort - I'm self-conscious or concerned about trying something new	16	0	0	0	16	0	0	0	0	9	4	3	0	0	0	0	10	6	1	3	0	0	2	1	3	0										
	10%	-	-	-	10%	-	-	-	-	10%	14%	8%	-	-	-	-	10%	8%	7%	75%	11%	-	8%	11%	23%	-										
Lack of knowledge (e.g. you're not sure what you should be doing)	15	0	0	0	15	0	0	0	0	12	2	1	0	0	0	0	7	7	0	0	0	0	2	1	5	0										
	10%	-	-	-	10%	-	-	-	-	12%	8%	3%	-	-	-	-	7%	9%	2%	-	-	11%	7%	11%	36%	-										
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	6	0	0	0	6	0	0	0	0	3	1	2	0	0	0	0	4	3	1	0	0	0	2	0	0	0										
	4%	-	-	-	4%	-	-	-	-	3%	5%	6%	-	-	-	-	4%	4%	4%	11%	-	-	7%	4%	-	-										
Lack of support from my employer	5	0	0	0	5	0	0	0	0	3	0	1	0	0	0	0	2	2	0	0	0	0	0	0	3	0										
	3%	-	-	-	3%	-	-	-	-	4%	2%	4%	-	-	-	-	2%	3%	-	-	-	-	-	9%	18%	-										
None of these affect me	5	0	0	0	5	0	0	0	0	4	0	1	0	0	0	0	5	4	1	0	0	0	0	0	0	0										
	3%	-	-	-	3%	-	-	-	-	4%	-	3%	-	-	-	-	5%	6%	3%	-	-	-	-	-	-	-										

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) ineligible for sig testing

q3. Which, if any, of the following have been obstacles in the past to your ability to keep your resolutions?

	Region					Province										Employment Status										
	BC	Atlantic	Quebec	Ontario	Prairies	BC	Ontario	Quebec	B.C.	Alberta	Manitoba	Sk	Nfld	NB	Nova Scotia	P.E.I	Employed (net)	Full-time	Part-time	Parental Leave	Between Jobs	Full-time stay at home parent	Fully Retired	Unemployed	Student	Other
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	
Base: Haven't managed to keep all resolutions	84	0	0	0	0	84	0	0	84	0	0	0	0	0	0	0	50	40	10	0	0	2	21	1	6	4
Weighted	117**	**	**	**	**	117**	**	**	117**	**	**	**	**	**	**	**	72*	56*	16**	**	**	4**	20**	1**	15**	5**
Lack of willpower / motivation / drive	89	0	0	0	0	89	0	0	89	0	0	0	0	0	0	0	56	48	8	0	0	2	17	1	10	3
	76%	-	-	-	-	76%	-	-	76%	-	-	-	-	-	-	-	78%	85%	50%	-	-	50%	83%	100%	71%	56%
Lack of money	47	0	0	0	0	47	0	0	47	0	0	0	0	0	0	0	31	21	10	0	0	0	6	0	9	1
	40%	-	-	-	-	40%	-	-	40%	-	-	-	-	-	-	-	43%	37%	65%	-	-	-	30%	-	59%	29%
Lack of time	47	0	0	0	0	47	0	0	47	0	0	0	0	0	0	0	27	17	10	0	0	0	5	0	15	0
	40%	-	-	-	-	40%	-	-	40%	-	-	-	-	-	-	-	38%	31%	64%	-	-	-	26%	-	100%	-
Your current physical condition or health (e.g. an injury, chronic pain or something else that actually prevents you from doing or accomplishing the things you'd like to do)	21	0	0	0	0	21	0	0	21	0	0	0	0	0	0	0	10	7	3	0	0	2	6	0	0	3
	18%	-	-	-	-	18%	-	-	18%	-	-	-	-	-	-	-	14%	13%	20%	-	-	50%	28%	-	-	58%
Lack of support from family / friends	20	0	0	0	0	20	0	0	20	0	0	0	0	0	0	0	12	11	1	0	0	2	2	0	3	1
	17%	-	-	-	-	17%	-	-	17%	-	-	-	-	-	-	-	17%	19%	8%	-	-	50%	9%	-	19%	29%
Lack of comfort - I'm self-conscious or concerned about trying something new	19	0	0	0	0	19	0	0	19	0	0	0	0	0	0	0	13	10	4	0	0	0	1	0	5	0
	17%	-	-	-	-	17%	-	-	17%	-	-	-	-	-	-	-	19%	18%	22%	-	-	-	6%	-	32%	-
Lack of access to exercise equipment / facilities	17	0	0	0	0	17	0	0	17	0	0	0	0	0	0	0	12	7	5	0	0	0	2	0	3	0
	15%	-	-	-	-	15%	-	-	15%	-	-	-	-	-	-	-	17%	13%	30%	-	-	-	11%	-	19%	-
Lack of knowledge (e.g. you're not sure what you should be doing)	12	0	0	0	0	12	0	0	12	0	0	0	0	0	0	0	6	6	0	0	0	0	2	0	3	1
	11%	-	-	-	-	11%	-	-	11%	-	-	-	-	-	-	-	8%	11%	-	-	-	-	11%	-	20%	29%
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	8	0	0	0	0	8	0	0	8	0	0	0	0	0	0	0	8	7	1	0	0	0	0	0	0	0
	7%	-	-	-	-	7%	-	-	7%	-	-	-	-	-	-	-	11%	12%	8%	-	-	-	-	-	-	-
Lack of support from my employer	4	0	0	0	0	4	0	0	4	0	0	0	0	0	0	0	3	3	0	0	0	0	0	0	0	1
	3%	-	-	-	-	3%	-	-	3%	-	-	-	-	-	-	-	4%	5%	-	-	-	-	-	-	4%	29%
None of these affect me	4	0	0	0	0	4	0	0	4	0	0	0	0	0	0	0	1	1	0	0	0	2	1	0	0	0
	3%	-	-	-	-	3%	-	-	3%	-	-	-	-	-	-	-	1%	1%	-	-	-	50%	3%	-	-	-

Proportions/Means: Columns Tested (5% risk level) - A/B/C/D/E - F/G/H/I/J/K/L/M/N/O - P/Q/R/S/T/U/V/W/X/Y * small base; ** very small base (under 30) Ineligible for sig testing