



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

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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

	Total	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
	A	B	C	D	E	F	G	H	I	J	
Base: All respondents	1586	613	626	490	139	241	294	100	62	370	419
Weighted	1586	594	582	487	127*	242*	300	134*	66**	483	446
Yes (Net)	1214	594	582	487	127	242	300	134	66	483	446
	77%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Exercise more	594	594	293	261	37	65	89	46	21	154	164
	37%	100%	50%	54%	29%	27%	30%	34%	33%	32%	37%
		BCDEFGIJ	DEFIJ	DEFGIJ							
Lose some weight	582	293	582	234	55	60	70	36	39	136	180
	37%	49%	100%	48%	43%	25%	23%	27%	60%	28%	40%
		EFGI	ACDEFGIJ	EFGI	EFI						EFI
Eat better / healthier	487	261	234	487	34	53	94	26	10	135	95
	31%	44%	40%	100%	27%	22%	31%	19%	16%	28%	21%
		DEFGIJ	EIJ	ABDEFGIJ							
Save money	483	154	136	135	47	72	104	28	19	483	193
	30%	26%	23%	28%	37%	30%	35%	21%	29%	100%	43%
					B		B			ABCDEFGJ	ABCEG
Pay down debt	446	164	180	95	35	67	76	26	15	193	446
	28%	28%	31%	20%	28%	28%	25%	20%	23%	40%	100%
			C							ACFG	ABCDEFGI
Travel to someplace special	300	89	70	94	15	82	300	43	4	104	76
	19%	15%	12%	19%	12%	34%	100%	32%	6%	21%	17%
						ABCDIJ	ABCDEGIJ	ABDJ		B	
Spend more time with the family / loved ones	242	65	60	53	12	242	82	43	5	72	67
	15%	11%	10%	11%	9%	100%	27%	32%	8%	15%	15%
						ABCDFGIJ	ABCDIJ	ABCDIJ			
Get something I've been longing for	134	46	36	26	9	43	43	134	6	28	26
	8%	8%	6%	5%	7%	18%	14%	100%	10%	6%	6%
						ABCIJ	BCIJ	ABCDEFIJ			
Other resolutions	117	34	33	22	1	26	16	4	1	64	27
	7%	6%	6%	4%	1%	11%	5%	3%	1%	13%	6%
						D				ABCDFJ	
Stop smoking (again)	109	31	52	33	109	11	12	7	6	37	28
	7%	5%	9%	7%	86%	5%	4%	5%	9%	8%	6%
					ABCEFGIJ						
Drink less alcohol	66	21	39	10	9	5	4	6	66	19	15
	4%	4%	7%	2%	7%	2%	1%	5%	100%	4%	3%
			CF		CF						
	20	6	3	1	20	1	3	2	4	11	7

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

	Total	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
Stop smoking (first try)	1%	1%	1%	0	16%	0	1%	2%	6%	2%	2%
					ABCEFGIJ						
No, I'm not making any resolutions	372	0	0	0	0	0	0	0	0	0	0
	23%	-	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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

	Atlantic	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: All respondents	632	253	275	210	55	109	99	40	22	141	171
Weighted	117	45	51	40	11*	21*	16*	8*	4**	28	34
Yes (Net)	89	45	51	40	11	21	16	8	4	28	34
	76%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lose some weight	51	28	51	23	4	6	6	4	1	11	14
	43%	62%	100%	58%	37%	30%	41%	50%	30%	41%	41%
		DEFIJ	ACDEFGIJ	DEFIJ				E			
Exercise more	45	45	28	20	4	8	5	1	2	8	11
	38%	100%	55%	51%	40%	37%	32%	18%	40%	28%	34%
		BCDEFGIJ	EFGIJ	EFGIJ	G	G					
Eat better / healthier	40	20	23	40	3	7	4	1	2	7	10
	34%	45%	46%	100%	27%	33%	28%	17%	43%	25%	29%
		DFGIJ	DEFGIJ	ABDEFGIJ							
Pay down debt	34	11	14	10	3	6	4	1	1	13	34
	29%	25%	27%	25%	31%	29%	23%	18%	31%	46%	100%
										ABCEFG	ABCDEFGI
Save money	28	8	11	7	3	5	4	3	0	28	13
	23%	17%	22%	17%	24%	23%	23%	33%	10%	100%	38%
								AC		ABCDEFGJ	ABCEF
Spend more time with the family / loved ones	21	8	6	7	2	21	5	2	1	5	6
	18%	17%	13%	17%	17%	100%	33%	20%	16%	17%	18%
						ABCDFGIJ	ABCIJ				
Travel to someplace special	16	5	6	4	1	5	16	1	0	4	4
	13%	11%	13%	11%	5%	25%	100%	16%	8%	13%	11%
						ABCDIJ	ABCDEGIJ				
Stop smoking (again)	8	3	3	2	8	2	0	1	0	2	3
	7%	7%	6%	6%	75%	8%	2%	11%	5%	7%	8%
					ABCEFGIJ			F			F
Get something I've been longing for	8	1	4	1	1	2	1	8	0	3	1
	7%	3%	8%	3%	8%	7%	8%	100%	5%	9%	4%
			A					ABCDEFIJ		AC	
Other resolutions	6	2	2	1	1	1	1	0	0	2	2
	5%	3%	3%	3%	6%	4%	6%	3%	5%	7%	6%
Drink less alcohol	4	2	1	2	0	1	0	0	4	0	1
	3%	3%	2%	4%	3%	3%	2%	2%	100%	1%	4%
	3	1	1	1	3	0	0	0	0	1	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

	Atlantic	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
Stop smoking (first try)	3%	3%	3%	1%	27%	1%	2%	3%	5%	3%	2%
					ABCEFGIJ						
No, I'm not making any resolutions	28	0	0	0	0	0	0	0	0	0	0
	24%	-	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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

	Quebec	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: All respondents	163	66	55	49	11	18	25	18	7	46	43
Weighted	387	152*	126*	117*	24**	48**	47**	46**	12**	130*	118*
Yes (Net)	290	152	126	117	24	48	47	46	12	130	118
	75%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Exercise more	152	152	56	66	4	11	25	23	2	52	41
	39%	100%	44%	57%	17%	23%	54%	49%	20%	40%	35%
		BCIJ									
Save money	130	52	36	34	13	17	11	0	4	130	63
	34%	34%	29%	29%	55%	35%	23%	-	33%	100%	53%
										ABCJ	BC
Lose some weight	126	56	126	44	8	14	12	17	7	36	43
	33%	37%	100%	38%	34%	29%	25%	37%	57%	28%	36%
			ACIJ								
Pay down debt	118	41	43	33	9	13	8	10	4	63	118
	31%	27%	34%	28%	39%	27%	17%	23%	33%	48%	100%
										A	ABCI
Eat better / healthier	117	66	44	117	4	10	18	11	3	34	33
	30%	43%	35%	100%	17%	21%	38%	23%	27%	26%	28%
				ABIJ							
Spend more time with the family / loved ones	48	11	14	10	2	48	10	15	0	17	13
	13%	7%	11%	9%	6%	100%	21%	32%	-	13%	11%
Travel to someplace special	47	25	12	18	1	10	47	9	0	11	8
	12%	17%	9%	15%	5%	21%	100%	19%	-	8%	7%
Get something I've been longing for	46	23	17	11	5	15	9	46	2	0	10
	12%	15%	14%	9%	22%	30%	19%	100%	19%	-	9%
		I	I	I							
Other resolutions	43	17	12	9	0	5	0	0	0	31	12
	11%	11%	9%	8%	-	11%	-	-	-	24%	10%
Stop smoking (again)	19	1	8	4	19	2	1	5	1	8	8
	5%	1%	6%	4%	80%	3%	2%	11%	10%	6%	6%
Drink less alcohol	12	2	7	3	1	0	0	2	12	4	4
	3%	2%	5%	3%	5%	-	-	5%	100%	3%	3%
	5	3	0	0	5	0	0	0	0	5	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

	Quebec	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
Stop smoking (first try)	1%	2%	-	-	20%	-	-	-	-	4%	1%
No, I'm not making any resolutions	97	0	0	0	0	0	0	0	0	0	0
	25%	-	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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

	Ontario	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: All respondents	168	66	70	51	12	25	36	10	10	47	42
Weighted	607	230*	242*	192*	42**	96**	135**	49**	36**	198*	153*
Yes (Net)	483	230	242	192	42	96	135	49	36	198	153
	80%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lose some weight	242	129	242	103	23	21	26	6	24	51	67
	40%	56%	100%	54%	54%	22%	19%	11%	68%	26%	44%
		I	ACIJ	I							
Exercise more	230	230	129	102	12	27	24	15	13	55	65
	38%	100%	53%	53%	29%	28%	18%	30%	36%	28%	42%
		BCIJ	I	I							
Save money	198	55	51	56	14	28	65	19	13	198	68
	33%	24%	21%	29%	32%	30%	48%	39%	37%	100%	44%
										ABCJ	AB
Eat better / healthier	192	102	103	192	15	21	45	10	0	56	21
	32%	45%	43%	100%	36%	22%	33%	20%	-	28%	13%
		J	J	ABIJ							
Pay down debt	153	65	67	21	7	19	35	5	8	68	153
	25%	28%	28%	11%	17%	20%	26%	11%	22%	35%	100%
		C	C							C	ABCI
Travel to someplace special	135	24	26	45	6	37	135	20	2	65	35
	22%	10%	11%	23%	15%	39%	100%	40%	6%	33%	23%
										AB	
Spend more time with the family / loved ones	96	27	21	21	3	96	37	17	3	28	19
	16%	12%	9%	11%	8%	100%	27%	35%	9%	14%	12%
Get something I've been longing for	49	15	6	10	0	17	20	49	4	19	5
	8%	6%	2%	5%	-	18%	14%	100%	11%	10%	4%
Other resolutions	42	10	15	8	0	15	8	3	0	18	3
	7%	5%	6%	4%	-	15%	6%	7%	-	9%	2%
Stop smoking (again)	39	12	23	15	39	3	6	0	0	10	7
	6%	5%	9%	8%	92%	4%	5%	-	-	5%	5%
Drink less alcohol	36	13	24	0	3	3	2	4	36	13	8
	6%	6%	10%	-	8%	4%	2%	8%	100%	7%	5%
			C								
	3	0	0	0	3	0	0	0	3	3	0

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

	Ontario	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
Stop smoking (first try)	1%	-	-	-	8%	-	-	-	10%	2%	-
No, I'm not making any resolutions	124	0	0	0	0	0	0	0	0	0	0
	20%	-	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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

	Prairies	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: All respondents	468	169	172	134	48	65	103	21	17	91	119
Weighted	265	91*	94*	82*	30**	39*	60*	15**	7**	56*	75*
Yes (Net)	191	91	94	82	30	39	60	15	7	56	75
	72%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Lose some weight	94	46	94	39	13	10	17	5	4	21	28
	36%	51%	100%	48%	42%	27%	27%	35%	54%	37%	38%
		EF	ACEFIJ	EF							
Exercise more	91	91	46	35	11	10	27	3	3	15	23
	34%	100%	49%	43%	36%	25%	45%	22%	48%	27%	31%
		BCEFIJ	EIJ				E				
Eat better / healthier	82	35	39	82	7	11	20	3	2	17	25
	31%	38%	42%	100%	24%	28%	33%	18%	24%	31%	34%
				ABEFIJ							
Pay down debt	75	23	28	25	8	14	15	4	1	25	75
	28%	26%	30%	31%	27%	36%	25%	24%	10%	45%	100%
										AF	ABCEFI
Travel to someplace special	60	27	17	20	7	16	60	5	1	10	15
	23%	30%	18%	24%	23%	41%	100%	35%	19%	18%	20%
		B				BIJ	ABCEIJ				
Save money	56	15	21	17	8	8	10	2	0	56	25
	21%	17%	22%	21%	26%	20%	17%	13%	-	100%	34%
										ABCEFJ	AF
Spend more time with the family / loved ones	39	10	10	11	2	39	16	4	0	8	14
	15%	11%	11%	13%	6%	100%	26%	28%	3%	14%	19%
						ABCFIJ	AB				
Stop smoking (again)	23	9	11	7	23	2	4	1	2	7	3
	9%	10%	11%	9%	76%	4%	7%	5%	30%	12%	5%
Get something I've been longing for	15	3	5	3	3	4	5	15	0	2	4
	6%	4%	6%	3%	9%	11%	9%	100%	2%	3%	5%
Other resolutions	12	3	3	4	0	3	1	1	1	3	4
	4%	3%	3%	5%	-	7%	2%	6%	9%	6%	5%
Stop smoking (first try)	8	2	2	0	8	0	3	2	0	1	5
	3%	2%	2%	-	25%	1%	5%	13%	-	2%	6%
											C
	7	3	4	2	2	0	1	0	7	0	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

	Prairies	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
Drink less alcohol	3%	4%	4%	2%	7%	1%	2%	1%	100%	-	1%
No, I'm not making any resolutions	74	0	0	0	0	0	0	0	0	0	0
	28%	-	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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

	BC	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: All respondents	155	59	54	46	13	24	31	11	6	45	44
Weighted	209	75*	70*	56*	20**	38**	41**	17**	7**	71*	66*
Yes (Net)	161	75	70	56	20	38	41	17	7	71	66
	77%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Exercise more	75	75	35	38	5	9	8	4	1	24	22
	36%	100%	50%	67%	25%	24%	18%	25%	18%	34%	34%
		BCIJ		IJ							
Save money	71	24	17	21	10	14	14	4	2	71	24
	34%	32%	24%	37%	48%	36%	33%	26%	23%	100%	37%
										ABCJ	
Lose some weight	70	35	70	24	7	9	10	5	3	17	27
	33%	46%	100%	43%	36%	24%	24%	29%	46%	23%	42%
		I	ACIJ								
Pay down debt	66	22	27	7	7	15	15	6	1	24	66
	31%	30%	39%	13%	36%	40%	35%	34%	19%	34%	100%
			C							C	ABCI
Eat better / healthier	56	38	24	56	4	4	7	1	4	21	7
	27%	50%	35%	100%	21%	11%	16%	8%	51%	29%	11%
		J	J	ABIJ							
Travel to someplace special	41	8	10	7	0	14	41	8	0	14	15
	20%	10%	14%	12%	-	36%	100%	49%	-	19%	22%
Spend more time with the family / loved ones	38	9	9	4	3	38	14	5	1	14	15
	18%	12%	13%	8%	15%	100%	34%	29%	12%	20%	23%
Stop smoking (again)	20	5	7	4	20	3	0	0	2	10	7
	10%	7%	10%	8%	100%	8%	-	-	31%	14%	11%
Get something I've been longing for	17	4	5	1	0	5	8	17	0	4	6
	8%	6%	7%	2%	-	13%	20%	100%	-	6%	9%
Other resolutions	14	3	1	0	0	2	6	0	0	10	5
	7%	5%	2%	-	-	6%	14%	-	-	14%	7%
										C	
Drink less alcohol	7	1	3	4	2	1	0	0	7	2	1
	4%	2%	5%	7%	12%	2%	-	-	100%	2%	2%
	1	0	0	0	1	0	0	0	0	1	0

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

	BC	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
Stop smoking (first try)	1%	-	-	-	6%	-	-	-	-	2%	-
No, I'm not making any resolutions	48	0	0	0	0	0	0	0	0	0	0
	23%	-	-	-	-	-	-	-	-	-	-

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * small base; ** very small base (under 30) ineligible for sig testing

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

	Total	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Made at least 1 resolution	1171	613	626	490	139	241	294	100	62	370	419
Weighted	1214	594	582	487	127*	242*	300	134*	66**	483	446
Yes	269	113	114	109	12	62	93	30	4	124	85
	22%	19%	20%	22%	10%	25%	31%	22%	6%	26%	19%
				D		D	ABDJ			D	
No	239	102	154	82	57	33	49	21	23	92	87
	20%	17%	26%	17%	45%	14%	16%	16%	35%	19%	19%
			ACEF		ABCEFGIJ						
Depends on what it is!	706	379	315	296	58	148	158	83	39	267	275
	58%	64%	54%	61%	46%	61%	53%	62%	59%	55%	62%
			BD		D						D

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * small base; ** very small base (under 30) ineligible for sig testing

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

	Atlantic	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Made at least 1 resolution	479	253	275	210	55	109	99	40	22	141	171
Weighted	89	45	51	40	11*	21*	16*	8*	4**	28	34
Yes	22	9	12	8	1	6	5	3	1	7	9
	24%	20%	23%	21%	11%	30%	30%	37%	27%	27%	26%
No						AD	D	ACD		D	D
	21	12	13	9	5	3	2	2	1	6	8
	24%	26%	25%	24%	47%	15%	15%	22%	27%	23%	22%
Depends on what it is!		EF			ABCEFGIJ						
	47	24	26	22	5	11	9	3	2	14	18
	52%	54%	51%	56%	42%	54%	55%	41%	46%	50%	52%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * small base; ** very small base (under 30) ineligible for sig testing

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

	Quebec	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Made at least 1 resolution	119	66	55	49	11	18	25	18	7	46	43
Weighted	290*	152*	126*	117*	24**	48**	47**	46**	12**	130*	118*
Yes	60	30	21	38	2	8	16	8	0	30	16
	21%	20%	17%	33%	7%	16%	35%	17%	-	23%	13%
				J							
No	64	21	39	27	15	15	7	9	5	26	24
	22%	14%	31%	23%	62%	32%	15%	20%	41%	20%	20%
			A								
Depends on what it is!	165	101	66	51	7	25	23	29	7	75	79
	57%	66%	52%	44%	31%	52%	50%	62%	59%	57%	67%
		C									C

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * small base; ** very small base (under 30) ineligible for sig testing

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

	Ontario	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Made at least 1 resolution	129	66	70	51	12	25	36	10	10	47	42
Weighted	483	230*	242*	192*	42**	96**	135**	49**	36**	198*	153*
Yes	105	44	46	35	4	22	44	6	0	52	30
	22%	19%	19%	18%	9%	23%	32%	12%	-	26%	19%
No	90	36	67	26	20	7	21	4	16	37	32
	19%	16%	28%	14%	47%	7%	15%	8%	44%	19%	21%
Depends on what it is!	288	149	128	131	18	66	71	39	20	108	92
	60%	65%	53%	68%	44%	69%	53%	80%	56%	55%	60%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * small base; ** very small base (under 30) ineligible for sig testing

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

	Prairies	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Made at least 1 resolution	328	169	172	134	48	65	103	21	17	91	119
Weighted	191	91*	94*	82*	30**	39*	60*	15**	7**	56*	75*
Yes	38	17	16	15	4	12	13	7	2	11	13
	20%	19%	17%	18%	12%	32%	22%	47%	22%	20%	17%
No	39	19	21	12	11	2	15	2	1	12	16
	20%	21%	23%	14%	36%	4%	25%	15%	20%	22%	22%
Depends on what it is!	E	E	E	E	E	E	E	E	E	E	E
	114	55	56	56	16	25	32	6	4	33	45
	60%	61%	60%	68%	52%	64%	53%	38%	58%	58%	61%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * small base; ** very small base (under 30) ineligible for sig testing

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

	BC	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
	A	B	C	D	E	F	G	H	I	J	
Base: Made at least 1 resolution	116	59	54	46	13	24	31	11	6	45	44
Weighted	161*	75*	70*	56*	20**	38**	41**	17**	7**	71*	66*
Yes	44	13	18	13	2	13	14	7	1	24	18
	27%	17%	26%	22%	10%	33%	35%	40%	19%	33%	27%
No	25	14	13	8	6	6	4	4	0	10	8
	15%	18%	18%	14%	30%	15%	9%	22%	-	15%	12%
Depends on what it is!	93	49	39	36	12	20	23	6	6	37	40
	58%	65%	56%	64%	59%	51%	56%	38%	81%	52%	61%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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?

	Total	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Haven't managed to keep all resolutions	894	484	492	383	121	170	206	69	51	273	324
Weighted	945	480	469	378	115*	181*	207*	104**	62**	359	361
Lack of willpower / motivation / drive	721	391	389	307	91	136	135	63	54	247	252
	76%	81%	83%	81%	79%	75%	65%	61%	88%	69%	70%
Lack of money	361	167	137	113	30	82	84	58	9	174	191
	38%	35%	29%	30%	26%	45%	41%	56%	14%	49%	53%
Lack of time	331	187	150	135	23	69	75	46	13	137	112
	35%	39%	32%	36%	20%	38%	36%	45%	22%	38%	31%
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	92	106	85	21	39	46	13	8	31	46
	18%	19%	23%	22%	18%	22%	22%	13%	13%	9%	13%
Lack of comfort - I'm self-conscious or concerned about trying something new	119	58	48	41	5	42	20	25	3	39	45
	13%	12%	10%	11%	4%	23%	10%	24%	5%	11%	13%
Lack of access to exercise equipment / facilities	102	63	51	49	13	25	24	25	1	20	24
	11%	13%	11%	13%	11%	14%	12%	24%	1%	6%	7%
Lack of support from family / friends	90	50	49	50	7	17	14	17	3	19	31
	10%	10%	10%	13%	6%	9%	7%	16%	6%	5%	9%
Lack of knowledge (e.g. you're not sure what you should be doing)	64	34	23	17	1	29	25	15	0	26	20
	7%	7%	5%	5%	0	16%	12%	14%	-	7%	6%
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	54	25	24	40	6	5	17	9	1	23	12
	6%	5%	5%	11%	5%	3%	8%	9%	1%	6%	3%
Lack of support from my employer	17	5	8	1	3	5	6	0	0	9	11
	2%	1%	2%	0	3%	3%	3%	0	-	3%	3%

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

	Total	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
None of these affect me	35	15	14	13	3	3	13	3	0	21	17
	4%	3%	3%	3%	2%	2%	6%	3%	-	6%	5%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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?

	Atlantic	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Haven't managed to keep all resolutions	361	201	210	166	48	74	70	26	17	102	127
Weighted	68	36	39	32	10*	15*	11*	5**	3**	20*	25
Lack of willpower / motivation / drive	52	29	30	25	8	11	8	3	3	14	19
	77%	81%	78%	81%	81%	78%	70%	60%	100%	71%	76%
Lack of money	27	11	14	11	4	6	5	3	0	10	12
	40%	31%	36%	35%	43%	42%	47%	60%	17%	48%	49%
Lack of time	19	11	12	9	2	5	4	1	0	6	7
	28%	29%	30%	29%	23%	32%	33%	23%	13%	28%	27%
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	6	8	6	2	3	3	1	0	4	6
	21%	17%	20%	19%	18%	23%	25%	29%	10%	20%	22%
Lack of access to exercise equipment / facilities	9	5	5	4	1	2	1	1	0	1	4
	13%	15%	13%	14%	9%	17%	12%	13%	-	7%	16%
Lack of support from family / friends	7	4	5	3	1	1	1	1	0	1	2
	11%	11%	14%	9%	13%	9%	12%	30%	13%	7%	8%
Lack of comfort - I'm self-conscious or concerned about trying something new	7	4	5	3	1	1	1	0	0	2	3
	10%	10%	12%	8%	13%	8%	8%	9%	7%	10%	11%
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	4	2	3	3	1	1	1	1	0	0	1
	7%	6%	7%	10%	7%	9%	9%	11%	5%	2%	3%
Lack of knowledge (e.g. you're not sure what you should be doing)	4	2	2	2	1	1	1	1	0	1	2
	6%	5%	5%	6%	5%	5%	7%	13%	-	7%	9%
Lack of support from my employer	1	0	0	0	0	0	0	0	0	0	1
	2%	1%	1%	1%	2%	1%	2%	5%	-	2%	2%

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

	Atlantic	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
None of these affect me	2	1	1	1	1	1	0	0	0	0	1
	4%	3%	3%	4%	5%	4%	4%	7%	-	2%	4%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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?

	Quebec	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Haven't managed to keep all resolutions	92	52	45	33	10	14	16	14	7	35	36
Weighted	230*	122*	105*	79**	22**	41**	31**	38**	12**	100*	103*
Lack of willpower / motivation / drive	161	87	76	68	15	29	18	19	8	67	64
	70%	71%	73%	87%	69%	72%	59%	50%	67%	67%	62%
Lack of money	87	44	23	20	7	15	5	16	2	48	64
	38%	36%	22%	25%	30%	37%	16%	41%	19%	48%	62%
Lack of time	73	45	29	24	4	14	7	16	3	28	38
	32%	37%	27%	30%	16%	35%	23%	43%	24%	28%	37%
Lack of comfort - I'm self-conscious or concerned about trying something new	42	19	17	14	2	12	3	11	2	15	21
	18%	15%	16%	18%	8%	30%	10%	29%	19%	15%	20%
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	20	20	10	3	4	6	4	6	4	4
	12%	16%	19%	13%	12%	10%	19%	10%	53%	4%	4%
Lack of access to exercise equipment / facilities	16	16	9	5	3	0	0	1	0	8	7
	7%	13%	8%	6%	14%	-	-	3%	-	8%	7%
Lack of support from family / friends	16	12	2	14	0	2	3	5	0	1	5
	7%	10%	2%	18%	-	5%	11%	13%	-	1%	5%
Lack of knowledge (e.g. you're not sure what you should be doing)	9	6	3	5	0	0	0	3	0	4	2
	4%	5%	3%	6%	-	-	-	8%	-	4%	2%
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	7	5	5	0	0	0	0	0	0	7	5
	3%	4%	4%	-	-	-	-	-	-	7%	5%
Lack of support from my employer	3	0	0	0	0	0	0	0	0	3	3
	1%	-	-	-	-	-	-	-	-	3%	3%

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

	Quebec	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
None of these affect me	16	5	9	2	2	0	5	3	0	11	11
	7%	4%	8%	3%	10%	-	16%	7%	-	11%	11%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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?

	Ontario	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Haven't managed to keep all resolutions	101	53	56	41	11	20	25	9	10	35	34
Weighted	378*	186*	195*	157*	38**	73**	92**	43**	36**	146*	124**
Lack of willpower / motivation / drive	298	157	169	124	29	62	61	26	32	101	89
	79%	84%	86%	79%	75%	84%	66%	60%	90%	69%	72%
Lack of money	144	62	60	49	6	40	42	30	6	68	62
	38%	33%	31%	31%	16%	55%	45%	69%	16%	47%	50%
Lack of time	139	73	64	63	7	28	37	21	9	63	35
	37%	39%	33%	40%	18%	38%	40%	47%	25%	43%	28%
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	39	44	48	9	20	24	3	0	15	17
	21%	21%	22%	31%	24%	28%	26%	8%	-	11%	14%
Lack of access to exercise equipment / facilities	37	18	15	18	0	18	8	22	0	0	4
	10%	10%	7%	12%	-	25%	8%	51%	-	-	3%
Lack of comfort - I'm self-conscious or concerned about trying something new	35	15	10	12	0	17	2	10	0	11	12
	9%	8%	5%	8%	-	23%	3%	22%	-	8%	10%
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	29	11	10	29	4	4	11	7	0	11	0
	8%	6%	5%	18%	9%	5%	12%	17%	-	8%	-
Lack of support from family / friends	27	16	16	24	0	4	4	7	0	0	4
	7%	9%	8%	15%	-	5%	4%	17%	-	-	3%
Lack of knowledge (e.g. you're not sure what you should be doing)	24	13	4	2	0	19	13	7	0	11	3
	6%	7%	2%	1%	-	25%	14%	17%	-	8%	3%
Lack of support from my employer	4	2	0	0	2	2	2	0	0	2	2
	1%	1%	-	-	6%	2%	3%	-	-	2%	1%

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

	Ontario	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
None of these affect me	8	6	2	4	0	0	5	0	0	6	2
	2%	3%	1%	2%	-	-	5%	-	-	4%	2%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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?

	Prairies	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
	A	B	C	D	E	F	G	H	I	J	
Base: Haven't managed to keep all resolutions	256	130	143	108	40	45	75	13	12	71	95
Weighted	152	74*	78*	67*	27**	27**	47*	8**	5**	45*	62*
Lack of willpower / motivation / drive	121	63	68	53	24	17	34	6	5	34	46
	79%	85%	87%	79%	89%	65%	71%	82%	97%	75%	75%
Lack of money	56	27	23	19	7	11	18	4	0	21	33
	37%	37%	30%	28%	28%	41%	38%	50%	6%	47%	53%
Lack of time	52	29	27	21	5	11	18	4	1	17	20
	34%	40%	35%	32%	19%	40%	39%	56%	19%	39%	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)	29	16	22	11	5	6	9	1	1	5	8
	19%	21%	28%	17%	20%	22%	20%	13%	18%	12%	13%
Lack of access to exercise equipment / facilities	23	10	14	11	6	3	11	1	1	7	4
	15%	13%	17%	17%	24%	11%	24%	9%	15%	16%	7%
Lack of support from family / friends	20	9	12	4	3	6	6	1	0	9	9
	13%	12%	15%	6%	10%	23%	12%	11%	9%	20%	14%
Lack of comfort - I'm self-conscious or concerned about trying something new	16	10	8	5	0	3	6	1	0	7	5
	10%	14%	10%	7%	-	11%	13%	17%	9%	16%	8%
Lack of knowledge (e.g. you're not sure what you should be doing)	15	7	10	7	0	3	4	1	0	8	5
	10%	10%	13%	10%	-	12%	9%	8%	-	17%	8%
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	6	3	3	4	0	0	2	0	1	3	1
	4%	3%	4%	6%	-	2%	4%	-	12%	7%	1%
Lack of support from my employer	5	1	4	1	0	3	3	0	0	1	2
	3%	1%	5%	1%	1%	10%	5%	3%	-	2%	3%

\$tab

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

	Prairies	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
None of these affect me	5	1	2	4	0	2	0	0	0	1	2
	3%	2%	2%	5%	-	7%	1%	-	-	2%	4%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * 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?

	BC	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
		A	B	C	D	E	F	G	H	I	J
Base: Haven't managed to keep all resolutions	84	48	38	35	12	17	20	7	5	30	32
Weighted	117*	63*	52*	44**	18**	26**	27**	10**	6**	48**	48**
Lack of willpower / motivation / drive	89	55	46	36	15	16	15	9	6	30	34
	76%	87%	89%	83%	84%	62%	55%	87%	100%	63%	72%
Lack of money	47	22	16	15	6	9	15	6	0	27	21
	40%	35%	32%	33%	32%	37%	55%	56%	-	57%	44%
Lack of time	47	29	19	19	5	12	9	4	0	23	13
	40%	46%	36%	43%	28%	45%	35%	38%	-	48%	27%
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	11	13	9	1	6	5	4	1	3	11
	18%	18%	26%	21%	7%	22%	17%	35%	11%	6%	22%
Lack of support from family / friends	20	9	14	5	3	4	0	2	3	7	11
	17%	15%	26%	12%	15%	14%	-	22%	44%	15%	24%
Lack of comfort - I'm self-conscious or concerned about trying something new	19	11	8	7	2	8	8	3	0	4	5
	17%	18%	16%	17%	12%	33%	28%	29%	-	8%	11%
Lack of access to exercise equipment / facilities	17	13	9	10	3	1	4	0	0	3	5
	15%	21%	18%	24%	15%	5%	15%	-	-	6%	11%
Lack of knowledge (e.g. you're not sure what you should be doing)	12	6	4	2	0	6	7	3	0	1	7
	11%	10%	8%	5%	-	24%	26%	29%	-	3%	15%
Lack of access to healthy food (e.g. local grocery store(s) don't include healthier options)	8	4	3	4	1	0	3	1	0	1	5
	7%	7%	6%	9%	7%	-	13%	13%	-	2%	11%
Lack of support from my employer	4	2	3	0	0	0	1	0	0	2	4
	3%	3%	6%	-	-	-	3%	-	-	5%	9%

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

	BC	Exercise more	Lose some weight	Eat better / healthier	Quitting Smoking (Net)	Spend more time with the family / loved ones	Travel to someplace special	Get something I've been longing for	Drink less alcohol	Save money	Pay down debt
None of these affect me	4	1	0	2	0	1	3	0	0	3	1
	3%	2%	-	5%	-	3%	11%	-	-	6%	1%

Proportions/Mean: Columns Tested (5% risk level) - A/B/C/D/E/F/G/H/I/J * small base; ** very small base (under 30) ineligible for sig testing