

## Canadian Online Omni January 10-January 17, 2011

|                       | Living Better Banner 2  |
|-----------------------|---|
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| <u>1</u>              | 1. Please read the following sets of paired statements and choose the one statement in each pair that best represents what 'living better' means to you personally?   |
| <u>2</u>              | 1. Please read the following sets of paired statements and choose the one statement in each pair that best represents what 'living better' means to you personally?   |
| <u>3</u>              | 1. Please read the following sets of paired statements and choose the one statement in each pair that best represents what 'living better' means to you personally?   |
| <u>4</u>              | 1. Please read the following sets of paired statements and choose the one statement in each pair that best represents what 'living better' means to you personally?   |
| <u>5</u>              | 1. Please read the following sets of paired statements and choose the one statement in each pair that best represents what 'living better' means to you personally?   |
| <u>6</u>              | 2_1. (For me, living better is defined more holistically today - it's no longer just about physical or mental health) To what extent do you agree or disagree with the following statements.  |
| <u>7</u>              | 2_6. (I wish I had a plan or recipe for living better) To what extent do you agree or disagree with the following statements.   |
| 8                     | 2_7. (Living better is more difficult today than ever before) To what extent do you agree or disagree with the following statements.  |
| <u>9</u><br><u>10</u> | <ul><li>2_10. (My life is fine the way it is I don't need to live better) To what extent do you agree or disagree with the following statements.</li><li>3. Which of the following statements best reflects your personal view about living better?</li></ul> |

|                         |       |      |      | REC   | GION    |        |          | HOUSEHOLD INCOME |                |        |      | EHOLD<br>OSITION |
|-------------------------|-------|------|------|-------|---------|--------|----------|------------------|----------------|--------|------|------------------|
|                         | Total | вс   | AB   | SK/MB | Ontario | Quebec | Atlantic | <\$30K           | \$30K - <\$60K | \$60K+ | Kids | No Kids          |
|                         |       | Α    | В    | С     | D       | E      | F        | G                | Н              | I      | J    | K                |
| Base: All respondents   | 1042  | 137  | 106  | 62    | 384     | 271    | 82       | 203              | 347            | 492    | 214  | 828              |
| Weighted                | 1042  | 138  | 106* | 68*   | 399     | 254    | 77*      | 206              | 344            | 492    | 240  | 802              |
|                         | 328   | 30   | 27   | 27    | 126     | 89     | 30       | 65               | 99             | 164    | 95   | 233              |
| Having a lot of money   | 32%   | 22%  | 26%  | 39%   | 32%     | 35%    | 39%      | 31%              | 29%            | 33%    | 40%  | 29%              |
|                         |       |      |      | Α     | Α       | Α      | Α        |                  |                |        | K    |                  |
|                         | 714   | 108  | 79   | 41    | 273     | 165    | 47       | 141              | 245            | 328    | 145  | 569              |
| Having a lot of friends | 68%   | 78%  | 74%  | 61%   | 68%     | 65%    | 61%      | 69%              | 71%            | 67%    | 60%  | 71%              |
|                         |       | CDEF |      |       |         |        |          |                  |                |        |      | J                |

|   |       |     | GION | НС    | USEHOLD INCO | HOUSEHOLD<br>COMPOSITION |          |        |                |        |      |         |
|---|-------|-----|------|-------|--------------|--------------------------|----------|--------|----------------|--------|------|---------|
|   | Total | ВС  | AB   | SK/MB | Ontario      | Quebec                   | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids | No Kids |
|   |       | А   | В    | С     | D            | E                        | F        | G      | Н              | I      | J    | K       |
| Base: All respondents                                     | 1042  | 137 | 106  | 62    | 384          | 271                      | 82       | 203    | 347            | 492    | 214  | 828     |
| Weighted  | 1042  | 138 | 106* | 68*   | 399          | 254                      | 77*      | 206    | 344            | 492    | 240  | 802     |
| Using all modern science has to offer to feel healthy and | 277   | 38  | 24   | 18    | 104          | 74                       | 19       | 42     | 101            | 134    | 45   | 232     |
| well  | 27%   | 27% | 22%  | 26%   | 26%          | 29%                      | 25%      | 20%    | 29%            | 27%    | 19%  | 29%     |
|   |       |     |      |       |              |                          |          |        | G              |        |      | J       |
| Using more natural products and things found in nature    | 765   | 100 | 83   | 50    | 295          | 180                      | 58       | 164    | 243            | 358    | 195  | 570     |
| to feel healthy and well                                  | 73%   | 73% | 78%  | 74%   | 74%          | 71%                      | 75%      | 80%    | 71%            | 73%    | 81%  | 71%     |
|   |       |     |      |       |              |                          |          | Н      |                |        | K    |         |

|   |            | REGION           |                |                |            |                 |           |            | USEHOLD INCO   | HOUSEHOLD<br>COMPOSITION |                 |                 |
|---|------------|------------------|----------------|----------------|------------|-----------------|-----------|------------|----------------|--------------------------|-----------------|-----------------|
|   | Total      | вс               | AB             | SK/MB          | Ontario    | Quebec          | Atlantic  | <\$30K     | \$30K - <\$60K | \$60K+                   | Kids            | No Kids         |
|   |            | А                | В              | С              | D          | E               | F         | G          | Н              | I                        | J               | K               |
| Base: All respondents   | 1042       | 137              | 106            | 62             | 384        | 271             | 82        | 203        | 347            | 492                      | 214             | 828             |
| Weighted  | 1042       | 138              | 106*           | 68*            | 399        | 254             | 77*       | 206        | 344            | 492                      | 240             | 802             |
| Focusing on your own health and well-being                      | 357<br>34% | 59<br>43%<br>BCE | 30<br>28%      | 18<br>27%      | 145<br>36% | 74<br>29%       | 31<br>40% | 76<br>37%  | 116<br>34%     | 165<br>34%               | 54<br>23%       | 302<br>38%<br>J |
| Focusing on the health and well-being of your family and others | 685<br>66% | 79<br>57%        | 76<br>72%<br>A | 50<br>73%<br>A | 254<br>64% | 180<br>71%<br>A | 46<br>60% | 131<br>63% | 228<br>66%     | 327<br>66%               | 186<br>77%<br>K | 500<br>62%      |

|   |            | REGION     |           |           |            |            |           |            | USEHOLD INCO   | HOUSEHOLD COMPOSITION |            |            |
|---|------------|------------|-----------|-----------|------------|------------|-----------|------------|----------------|-----------------------|------------|------------|
|   | Total      | ВС         | AB        | SK/MB     | Ontario    | Quebec     | Atlantic  | <\$30K     | \$30K - <\$60K | \$60K+                | Kids       | No Kids    |
|   |            | Α          | В         | С         | D          | E          | F         | G          | Н              | I                     | J          | К          |
| Base: All respondents                           | 1042       | 137        | 106       | 62        | 384        | 271        | 82        | 203        | 347            | 492                   | 214        | 828        |
| Weighted  | 1042       | 138        | 106*      | 68*       | 399        | 254        | 77*       | 206        | 344            | 492                   | 240        | 802        |
| Doing things to look your best on the outside   | 109        | 10         | 11        | 2         | 43         | 30         | 12        | 26         | 40             | 42                    | 25         | 84         |
| Bolling things to look your boot on the outside | 10%        | 7%         | 10%       | 3%        | 11%        | 12%<br>C   | 16%<br>C  | 13%        | 12%            | 9%                    | 11%        | 10%        |
| Doing things to feel your best on the inside    | 933<br>90% | 128<br>93% | 95<br>90% | 66<br>97% | 356<br>89% | 224<br>88% | 65<br>84% | 180<br>87% | 304<br>88%     | 450<br>91%            | 215<br>89% | 718<br>90% |
|   |            |            |           | EF        |            |            |           |            |                |                       |            |            |

|  |       | REGION |      |       |         |        |          |        | USEHOLD INCO   | HOUSEHOLD COMPOSITION |      |         |
|--|-------|--------|------|-------|---------|--------|----------|--------|----------------|-----------------------|------|---------|
|  | Total | ВС     | AB   | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+                | Kids | No Kids |
|  |       | А      | В    | С     | D       | E      | F        | G      | Н              | I                     | J    | K       |
| Base: All respondents                                  | 1042  | 137    | 106  | 62    | 384     | 271    | 82       | 203    | 347            | 492                   | 214  | 828     |
| Weighted   | 1042  | 138    | 106* | 68*   | 399     | 254    | 77*      | 206    | 344            | 492                   | 240  | 802     |
|  | 423   | 64     | 40   | 31    | 161     | 97     | 29       | 84     | 133            | 206                   | 76   | 347     |
| Making your life better today                          | 41%   | 47%    | 38%  | 46%   | 40%     | 38%    | 37%      | 41%    | 39%            | 42%                   | 32%  | 43%     |
|  |       |        |      |       |         |        |          |        |                |                       |      | J       |
|  | 619   | 73     | 66   | 36    | 238     | 157    | 48       | 122    | 211            | 286                   | 164  | 455     |
| Making the world a better place for future generations | 59%   | 53%    | 62%  | 54%   | 60%     | 62%    | 63%      | 59%    | 61%            | 58%                   | 68%  | 57%     |
|  |       |        |      |       |         |        |          |        |                |                       | K    |         |

2\_1. (For me, living better is defined more holistically today - it's no longer just about physical or mental health) To what extent do you agree or disagree with the following statements.

|                       |       |     |      | REG   | SION    |        |          | Н      | DUSEHOLD INCO  | OME    | HOUSEHOLD<br>COMPOSITION |         |
|-----------------------|-------|-----|------|-------|---------|--------|----------|--------|----------------|--------|--------------------------|---------|
|                       | Total | ВС  | AB   | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids                     | No Kids |
|                       |       | Α   | В    | С     | D       | Е      | F        | G      | Н              | 1      | J                        | K       |
| Base: All respondents | 1042  | 137 | 106  | 62    | 384     | 271    | 82       | 203    | 347            | 492    | 214                      | 828     |
| Weighted              | 1042  | 138 | 106* | 68*   | 399     | 254    | 77*      | 206    | 344            | 492    | 240                      | 802     |
|                       | 167   | 15  | 13   | 9     | 67      | 51     | 13       | 42     | 51             | 73     | 46                       | 120     |
| Strongly agree        | 16%   | 11% | 13%  | 13%   | 17%     | 20%    | 16%      | 20%    | 15%            | 15%    | 19%                      | 15%     |
|                       |       |     |      |       |         | Α      |          |        |                |        |                          |         |
|                       | 525   | 74  | 56   | 34    | 175     | 146    | 41       | 98     | 177            | 250    | 119                      | 406     |
| Somewhat agree        | 50%   | 53% | 53%  | 50%   | 44%     | 57%    | 53%      | 47%    | 52%            | 51%    | 50%                      | 51%     |
|                       |       |     |      |       |         | D      |          |        |                |        |                          |         |
|                       | 271   | 34  | 31   | 20    | 118     | 51     | 17       | 49     | 88             | 134    | 62                       | 209     |
| Somewhat disagree     | 26%   | 25% | 29%  | 29%   | 30%     | 20%    | 22%      | 24%    | 26%            | 27%    | 26%                      | 26%     |
|                       |       |     |      |       | Е       |        |          |        |                |        |                          |         |
|                       | 79    | 15  | 6    | 6     | 40      | 7      | 6        | 17     | 27             | 35     | 13                       | 66      |
| Strongly disagree     | 8%    | 11% | 5%   | 8%    | 10%     | 3%     | 8%       | 8%     | 8%             | 7%     | 5%                       | 8%      |
|                       |       | Е   |      | Е     | E       |        | E        |        |                |        |                          |         |
| Summary               |       |     |      |       |         |        |          |        |                |        |                          |         |
|                       | 692   | 88  | 70   | 43    | 241     | 197    | 54       | 140    | 229            | 323    | 165                      | 527     |
| Top2Box (Agree)       | 66%   | 64% | 66%  | 63%   | 60%     | 77%    | 69%      | 68%    | 67%            | 66%    | 69%                      | 66%     |
|                       |       |     |      |       |         | ABCD   |          |        |                |        |                          |         |
|                       | 350   | 49  | 36   | 25    | 158     | 57     | 24       | 66     | 115            | 169    | 75                       | 275     |
| Low2Box (Disagree)    | 34%   | 36% | 34%  | 37%   | 40%     | 23%    | 31%      | 32%    | 33%            | 34%    | 31%                      | 34%     |
|                       |       | Е   | E    | Е     | E       |        |          |        |                |        |                          |         |

2\_6. (I wish I had a plan or recipe for living better) To what extent do you agree or disagree with the following statements.

|                       |       |     |      | REG   | GION    |        |          | н      | DUSEHOLD INCO  | OME    | HOUSEHOLD<br>COMPOSITION |         |
|-----------------------|-------|-----|------|-------|---------|--------|----------|--------|----------------|--------|--------------------------|---------|
|                       | Total | ВС  | АВ   | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids                     | No Kids |
|                       |       | А   | В    | С     | D       | Е      | F        | G      | Н              | 1      | J                        | K       |
| Base: All respondents | 1042  | 137 | 106  | 62    | 384     | 271    | 82       | 203    | 347            | 492    | 214                      | 828     |
| Weighted              | 1042  | 138 | 106* | 68*   | 399     | 254    | 77*      | 206    | 344            | 492    | 240                      | 802     |
|                       | 160   | 18  | 17   | 11    | 62      | 41     | 11       | 42     | 53             | 65     | 38                       | 122     |
| Strongly agree        | 15%   | 13% | 16%  | 16%   | 16%     | 16%    | 14%      | 20%    | 15%            | 13%    | 16%                      | 15%     |
|                       |       |     |      |       |         |        |          | I      |                |        |                          |         |
|                       | 533   | 69  | 49   | 32    | 211     | 126    | 46       | 111    | 179            | 243    | 127                      | 406     |
| Somewhat agree        | 51%   | 50% | 46%  | 47%   | 53%     | 50%    | 60%      | 54%    | 52%            | 49%    | 53%                      | 51%     |
|                       |       |     |      |       |         |        |          |        |                |        |                          |         |
|                       | 257   | 33  | 28   | 19    | 94      | 67     | 15       | 40     | 82             | 135    | 57                       | 200     |
| Somewhat disagree     | 25%   | 24% | 27%  | 28%   | 24%     | 26%    | 20%      | 19%    | 24%            | 27%    | 24%                      | 25%     |
|                       |       |     |      |       |         |        |          |        |                | G      |                          |         |
|                       | 92    | 18  | 12   | 6     | 31      | 20     | 4        | 13     | 30             | 49     | 18                       | 75      |
| Strongly disagree     | 9%    | 13% | 11%  | 10%   | 8%      | 8%     | 6%       | 6%     | 9%             | 10%    | 7%                       | 9%      |
|                       |       |     |      |       |         |        |          |        |                |        |                          |         |
| Summary               |       |     |      |       |         |        |          |        |                |        |                          |         |
|                       | 693   | 87  | 66   | 42    | 274     | 167    | 57       | 153    | 232            | 308    | 165                      | 528     |
| Top2Box (Agree)       | 67%   | 63% | 62%  | 63%   | 69%     | 66%    | 74%      | 74%    | 68%            | 63%    | 69%                      | 66%     |
|                       |       |     |      |       |         |        |          | l l    |                |        |                          |         |
|                       | 349   | 51  | 40   | 25    | 126     | 87     | 20       | 53     | 112            | 184    | 75                       | 274     |
| Low2Box (Disagree)    | 33%   | 37% | 38%  | 37%   | 31%     | 34%    | 26%      | 26%    | 32%            | 37%    | 31%                      | 34%     |
|                       |       |     |      |       |         |        |          |        |                | G      |                          |         |

## 2\_7. (Living better is more difficult today than ever before) To what extent do you agree or disagree with the following statements.

|  |       |     |      | RE    | GION    |        |          | но     | USEHOLD INCO   | ME     | HOUSEHOLD COMPOSITION |         |
|--|-------|-----|------|-------|---------|--------|----------|--------|----------------|--------|-----------------------|---------|
|  | Total | ВС  | AB   | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids                  | No Kids |
|  |       | Α   | В    | С     | D       | Е      | F        | G      | Н              | I      | J                     | K       |
| Base: All respondents  | 1042  | 137 | 106  | 62    | 384     | 271    | 82       | 203    | 347            | 492    | 214                   | 828     |
| Weighted   | 1042  | 138 | 106* | 68*   | 399     | 254    | 77*      | 206    | 344            | 492    | 240                   | 802     |
|  | 236   | 20  | 18   | 12    | 113     | 57     | 17       | 65     | 77             | 93     | 56                    | 180     |
| Strongly agree   | 23%   | 14% | 17%  | 17%   | 28%     | 22%    | 22%      | 32%    | 22%            | 19%    | 23%                   | 22%     |
|  |       |     |      |       | AB      |        |          | HI     |                |        |                       |         |
|  | 480   | 57  | 52   | 35    | 187     | 110    | 39       | 88     | 154            | 237    | 121                   | 359     |
| Somewhat agree   | 46%   | 41% | 49%  | 52%   | 47%     | 43%    | 51%      | 43%    | 45%            | 48%    | 50%                   | 45%     |
|  | 256   | 44  | 29   | 15    | 81      | 69     | 19       | 45     | 80             | 131    | 52                    | 204     |
| Somewhat disagree  | 25%   | 32% | 27%  | 22%   | 20%     | 27%    | 25%      | 22%    | 23%            | 27%    | 22%                   | 25%     |
| , and the second |       | D   |      |       |         |        |          |        |                |        |                       |         |
|  | 70    | 18  | 8    | 7     | 18      | 19     | 2        | 8      | 32             | 30     | 11                    | 59      |
| Strongly disagree  | 7%    | 13% | 7%   | 10%   | 5%      | 7%     | 2%       | 4%     | 9%             | 6%     | 5%                    | 7%      |
|  |       | DF  |      |       |         |        |          |        | G              |        |                       |         |
| Summary  |       |     |      |       |         |        |          |        |                |        |                       |         |
|  | 716   | 76  | 70   | 46    | 300     | 167    | 56       | 153    | 231            | 331    | 176                   | 539     |
| Top2Box (Agree)  | 69%   | 56% | 66%  | 69%   | 75%     | 66%    | 73%      | 74%    | 67%            | 67%    | 74%                   | 67%     |
|  |       |     |      |       | AE      |        | Α        |        |                |        |                       |         |
|  | 326   | 61  | 36   | 21    | 99      | 88     | 21       | 53     | 113            | 161    | 64                    | 263     |
| Low2Box (Disagree)   | 31%   | 44% | 34%  | 31%   | 25%     | 34%    | 27%      | 26%    | 33%            | 33%    | 26%                   | 33%     |
|  |       | DF  |      |       |         | D      |          |        |                |        |                       |         |

2\_10. (My life is fine the way it is I don't need to live better) To what extent do you agree or disagree with the following statements.

|                       |       |     |      | REG   | GION    |        |          | НС     | DUSEHOLD INCO  | )ME    | HOUSEHOLD<br>COMPOSITION |         |
|-----------------------|-------|-----|------|-------|---------|--------|----------|--------|----------------|--------|--------------------------|---------|
|                       | Total | ВС  | AB   | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+ | Kids                     | No Kids |
|                       |       | Α   | В    | С     | D       | Е      | F        | G      | Н              | 1      | J                        | K       |
| Base: All respondents | 1042  | 137 | 106  | 62    | 384     | 271    | 82       | 203    | 347            | 492    | 214                      | 828     |
| Weighted              | 1042  | 138 | 106* | 68*   | 399     | 254    | 77*      | 206    | 344            | 492    | 240                      | 802     |
|                       | 55    | 6   | 2    | 3     | 24      | 13     | 7        | 16     | 18             | 21     | 10                       | 44      |
| Strongly agree        | 5%    | 4%  | 2%   | 5%    | 6%      | 5%     | 9%       | 8%     | 5%             | 4%     | 4%                       | 6%      |
|                       |       |     |      |       |         |        | В        |        |                |        |                          |         |
|                       | 356   | 42  | 35   | 22    | 130     | 106    | 20       | 62     | 119            | 175    | 74                       | 282     |
| Somewhat agree        | 34%   | 30% | 33%  | 33%   | 33%     | 42%    | 27%      | 30%    | 34%            | 36%    | 31%                      | 35%     |
|                       |       |     |      |       |         | ADF    |          |        |                |        |                          |         |
|                       | 484   | 66  | 52   | 34    | 179     | 113    | 40       | 96     | 148            | 239    | 116                      | 368     |
| Somewhat disagree     | 46%   | 48% | 49%  | 50%   | 45%     | 45%    | 51%      | 47%    | 43%            | 49%    | 48%                      | 46%     |
|                       |       |     |      |       |         |        |          |        |                |        |                          |         |
|                       | 147   | 23  | 18   | 9     | 65      | 23     | 10       | 31     | 59             | 57     | 40                       | 108     |
| Strongly disagree     | 14%   | 17% | 17%  | 13%   | 16%     | 9%     | 13%      | 15%    | 17%            | 11%    | 17%                      | 13%     |
|                       |       | Е   | Е    |       | Е       |        |          |        | I              |        |                          |         |
| Summary               |       |     |      |       |         |        |          |        |                |        |                          |         |
|                       | 411   | 48  | 37   | 26    | 154     | 118    | 28       | 78     | 136            | 196    | 84                       | 326     |
| Top2Box (Agree)       | 39%   | 35% | 35%  | 38%   | 39%     | 47%    | 36%      | 38%    | 40%            | 40%    | 35%                      | 41%     |
|                       |       |     |      |       |         | AB     |          |        |                |        |                          |         |
|                       | 631   | 90  | 69   | 42    | 245     | 136    | 50       | 128    | 208            | 296    | 156                      | 476     |
| Low2Box (Disagree)    | 61%   | 65% | 65%  | 62%   | 61%     | 53%    | 64%      | 62%    | 60%            | 60%    | 65%                      | 59%     |
|                       |       | Е   | Е    |       |         |        |          |        |                |        |                          |         |

## 3. Which of the following statements best reflects your personal view about living better?

|   |       | REGION |      |       |         |        |          |        | USEHOLD INCO   | HOUSEHOLD COMPOSITION |      |         |
|---|-------|--------|------|-------|---------|--------|----------|--------|----------------|-----------------------|------|---------|
|   | Total | вс     | AB   | SK/MB | Ontario | Quebec | Atlantic | <\$30K | \$30K - <\$60K | \$60K+                | Kids | No Kids |
|   |       | Α      | В    | С     | D       | E      | F        | G      | Н              | 1                     | J    | K       |
| Base: All respondents                                 | 1042  | 137    | 106  | 62    | 384     | 271    | 82       | 203    | 347            | 492                   | 214  | 828     |
| Weighted  | 1042  | 138    | 106* | 68*   | 399     | 254    | 77*      | 206    | 344            | 492                   | 240  | 802     |
|   | 861   | 122    | 93   | 60    | 347     | 175    | 64       | 161    | 278            | 422                   | 206  | 654     |
| Living better requires a plan                         | 83%   | 89%    | 87%  | 88%   | 87%     | 69%    | 83%      | 78%    | 81%            | 86%                   | 86%  | 82%     |
|   |       | Е      | E    | E     | E       |        | Е        |        |                | G                     |      |         |
| Living better just happens it's not something you can | 181   | 15     | 14   | 8     | 52      | 79     | 13       | 45     | 66             | 70                    | 34   | 148     |
| plan  | 17%   | 11%    | 13%  | 12%   | 13%     | 31%    | 17%      | 22%    | 19%            | 14%                   | 14%  | 18%     |
|   |       |        |      |       |         | ABCDF  |          | I      |                |                       |      |         |