

Q6. Causes of current stress

Q6. I experience an uncomfortable level of stress from this Some amount of stress in our day-to-day lives is normal and even good for us. But stress can also be excessive and harmful over the long-term. Which, if any of the following areas are currently causing you to experience a level of stress you are uncomfortable with?

		Region								Age						Gender		Marital Status				Canadian Health Index			
	Total	Atlantic	Quebec	Ontario	Man-Sask (NET)	Manitoba	Saskatchewan	Alberta	B.C.	18-24	25-34	35-44	45-54	55-64	65+	Men	Women	Single	Married / Partner	Divorced / Separated	Widowed	Low	Medium	High	
Base: All respondents	2400	400	400	399	400	234	166	400	400	168	329	490	566	453	394	1201	1199	508	1671	154	67	892	547	961	
Weighted	2400	179	588	917	156	90	66	245	315	265	423	417	549	388	359	1165	1235	616	1542	165*	76*	945	562	893	
Nothing is causing me excessive / uncomfortable levels of stress at this time.	542	42	135	189	36	18	18	63	78	42	94	73	104	97	133	288	255	120	384	18	20	66	108	369	
	22.6%	23.5%	22.9%	20.6%	23.4%	20.5%	27.4%	25.5%	24.7%	16.0%	22.3%	17.4%	18.9%	25.0%	36.9%	24.7%	20.6%	19.5%	24.9%	11.0%	26.4%	7.0%	19.2%	41.3%	
Personal or household finances	976	74	246	414	55	34	21	76	110	105	181	201	231	162	97	432	544	251	590	102	33	544	235	197	
	40.7%	41.5%	41.9%	45.2%	35.5%	38.1%	31.9%	31.0%	34.8%	39.8%	42.8%	48.2%	42.0%	41.8%	26.9%	37.0%	44.1%	40.8%	38.2%	61.9%	43.1%	57.6%	41.8%	22.1%	
Trying to maintain a budget	701	60	167	289	39	21	18	54	92	93	142	145	144	106	72	289	412	191	418	71	22	436	155	111	
	29.2%	33.6%	28.4%	31.5%	24.9%	23.3%	27.1%	22.0%	29.3%	35.0%	33.7%	34.8%	26.2%	27.2%	20.0%	24.8%	33.4%	30.9%	27.1%	43.2%	28.3%	46.1%	27.6%	12.4%	
Personal relationships (i.e. spouse, significant other, family)	693	49	152	283	51	28	22	58	100	118	129	116	150	104	77	288	406	225	388	72	9	372	173	148	
	28.9%	27.5%	25.9%	30.9%	32.6%	31.6%	34.0%	23.8%	31.7%	44.5%	30.5%	27.9%	27.3%	26.9%	21.4%	24.7%	32.8%	36.5%	25.1%	43.3%	11.6%	39.4%	30.8%	16.6%	
A health condition / personal health issues (i.e. physical or psychological)	665	51	161	258	40	22	18	59	94	44	117	114	162	128	100	302	363	171	393	75	25	472	107	86	
	27.7%	28.6%	27.5%	28.2%	25.5%	24.3%	27.2%	24.1%	30.0%	16.6%	27.7%	27.3%	29.6%	33.1%	27.7%	25.9%	29.4%	27.8%	25.5%	45.6%	32.5%	50.0%	18.9%	9.6%	
Unexpected expenses	622	53	150	255	33	19	14	55	75	66	145	119	132	93	67	255	367	162	376	59	25	343	161	119	
	25.9%	29.5%	25.6%	27.9%	21.3%	21.2%	21.5%	22.3%	23.9%	24.8%	34.3%	28.5%	24.0%	24.1%	18.7%	21.9%	29.7%	26.2%	24.4%	35.8%	33.0%	36.3%	28.6%	13.3%	
My work life	587	39	147	217	41	25	17	60	83	77	139	143	154	60	14	297	290	202	334	41	10	316	140	131	
	24.5%	21.7%	25.0%	23.7%	26.6%	27.5%	25.3%	24.2%	26.5%	29.2%	33.0%	34.4%	28.0%	15.5%	3.8%	25.5%	23.5%	32.9%	21.6%	25.0%	13.0%	33.4%	25.0%	14.7%	
Saving enough for my retirement	557	38	124	245	31	15	15	51	68	26	102	102	199	92	36	274	283	114	366	64	13	334	122	102	
	23.2%	21.3%	21.2%	26.7%	19.8%	17.1%	23.5%	20.6%	21.7%	10.0%	24.1%	24.4%	36.3%	23.7%	10.0%	23.5%	22.9%	18.5%	23.7%	38.8%	17.4%	35.3%	21.7%	11.4%	
Trying to maintain a healthy diet	494	52	93	201	33	19	14	37	79	62	94	84	101	87	67	209	285	150	290	39	15	286	113	96	
	20.6%	28.8%	15.8%	22.0%	21.3%	21.0%	21.7%	14.9%	25.0%	23.5%	22.2%	20.1%	18.3%	22.4%	18.6%	17.9%	23.1%	24.4%	18.8%	23.3%	19.6%	30.2%	20.1%	10.7%	
Family member health issues	470	35	86	224	23	13	9	42	60	62	87	56	123	71	72	174	295	127	309	28	6	232	113	125	
	19.6%	19.5%	14.7%	24.5%	14.5%	14.9%	14.0%	17.0%	19.0%	23.3%	20.6%	13.4%	22.3%	18.3%	20.0%	15.0%	23.9%	20.5%	20.0%	16.9%	8.4%	24.5%	20.1%	14.0%	
Not enough time in the day	449	29	107	172	28	17	11	48	66	95	103	93	95	36	26	163	286	129	278	22	20	208	137	103	
	18.7%	16.3%	18.1%	18.7%	17.8%	18.6%	16.8%	19.6%	20.9%	36.0%	24.4%	22.4%	17.3%	9.4%	7.2%	14.0%	23.2%	20.9%	18.0%	13.5%	26.2%	22.0%	24.4%	11.6%	
Government spending and cuts	365	28	95	150	19	11	8	31	42	28	75	42	99	62	59	172	193	85	228	44	7	166	113	86	
	15.2%	15.5%	16.2%	16.4%	12.0%	12.4%	11.5%	12.6%	13.4%	10.7%	17.7%	10.0%	18.0%	16.1%	16.4%	14.7%	15.6%	13.7%	14.8%	26.9%	9.8%	17.6%	20.0%	9.6%	
The state of the economy	342	27	80	148	13	10	3	27	46	26	84	43	72	71	46	183	159	89	207	36	10	182	78	81	
	14.2%	15.3%	13.6%	16.2%	8.5%	11.4%	4.5%	10.8%	14.6%	9.8%	19.8%	10.4%	13.0%	18.3%	12.9%	15.7%	12.9%	14.4%	13.4%	21.9%	12.7%	19.3%	13.9%	9.1%	
Trying to find a job	328	20	100	139	16	11	5	21	32	103	97	46	55	21	6	146	182	176	136	16	0	153	102	73	
	13.7%	11.3%	17.0%	15.2%	10.0%	12.0%	7.2%	8.7%	10.2%	38.7%	23.0%	11.1%	10.0%	5.3%	1.8%	12.5%	14.8%	28.6%	8.8%	9.9%	-	16.2%	18.1%	8.2%	
Caring for dependent children	215	14	60	71	14	7	7	25	31	20	60	69	32	19	15	66	149	43	147	21	4	120	40	56	
	9.0%	8.1%	10.2%	7.7%	9.0%	7.7%	10.8%	10.2%	9.8%	7.4%	14.2%	16.6%	5.8%	5.0%	4.3%	5.7%	12.1%	6.9%	9.5%	13.0%	5.3%	12.7%	7.1%	6.3%	
Caring for dependent adults	178	13	35	75	16	8	8	17	23	7	20	15	65	39	32	69	109	34	120	14	10	95	40	43	
	7.4%	7.5%	6.0%	8.1%	10.0%	8.9%	11.4%	6.7%	7.2%	2.7%	4.8%	3.6%	11.8%	10.0%	8.8%	6.0%	8.8%	5.5%	7.8%	8.3%	13.8%	10.1%	7.2%	4.8%	
My daily commute	136	4	44	44	9	5	4	13	23	27	40	25	36	7	1	49	87	51	77	7	1	85	21	30	
	5.7%	2.1%	7.5%	4.8%	5.5%	5.1%	6.0%	5.4%	7.2%	10.1%	9.6%	6.0%	6.6%	1.7%	0.3%	4.2%	7.0%	8.3%	5.0%	4.2%	1.5%	9.0%	3.7%	3.3%	
A potential real estate market correction which would lower my home's value	66	3	22	15	3	2	0	8	15	3	14	8	18	15	8	24	42	9	55	2	0	33	17	16	
	2.8%	1.9%	3.7%	1.7%	1.8%	2.6%	0.7%	3.2%	4.9%	1.2%	3.2%	2.0%	3.3%	3.9%	2.3%	2.1%	3.4%	1.5%	3.6%	0.9%	-	3.5%	3.0%	1.8%	
Other	146	5	50	46	7	5	2	20	18	21	38	22	40	17	8	55	90	50	89	6	1	77	34	35	
	6.1%	2.9%	8.5%	5.1%	4.5%	5.1%	3.6%	8.1%	5.6%	8.0%	8.9%	5.3%	7.3%	4.4%	2.3%	4.7%	7.3%	8.1%	5.7%	3.8%	1.2%	8.1%	6.0%	3.9%	
Summary																									
One stressor	262	22	67	89	21	11	10	24	38	29	45	42	70	36	38	150	112	66	171	16	9	86	58	118	
	10.9%	12.5%	11.4%	9.7%	13.7%	12.6%	15.2%	9.9%	11.9%	11.1%	10.7%	10.2%	12.8%	9.4%	10.5%	12.9%	9.1%	10.7%	11.1%	9.7%	11.7%	9.1%	10.3%	13.2%	
Two stressors	297	23	67	106	24	18	6	39	38	39	45	55	64	45	50	148	149	77	195	15	11	107	73	117	
	12.4%	13.0%	11.3%	11.6%	15.4%	20.3%	8.7%	15.8%	12.1%	14.7%	10.6%	13.3%	11.6%	11.5%	13.8%	12.7%	12.1%	12.4%	12.7%	8.8%	13.9%	11.3%	13.0%	13.1%	
Three stressors	324	16	81	134	18	10	8	40	36	37	40	56	82	65	45	162	162	77	211	26	10	119	90	116	
	13.5%	9.0%	13.7%	14.6%	11.5%	11.5%	11.5%	16.4%	11.4%	14.0%	9.5%	13.4%	14.9%	16.7%	12.5%	13.9%	13.2%	12.6%	13.7%	15.7%	12.9%	12.6%	15.9%	13.0%	
Four stressors	255	16	84	88	14	9	5	28	26	30	44	60	45	42	34	108	148	60	173	16	6	118	65	72	
	10.6%	8.9%	14.3%	9.6%	9.0%	10.5%	7.0%	11.3%	8.2%	11.4%	10.3%	14.5%	8.2%	10.7%	9.6%	9.2%	12.0%	9.8%	11.2%	9.8%	7.3%	12.5%	11.5%	8.1%	
Five stressors	217	15	45	102	11	5	6	16	29	26	36	41	61	32	21	116	102	74	119	14	10	129	50	39	
	9.1%	8.1%	7.6%	11.1%	7.2%</																				

Q6. Causes of current stress

Q6. I experience an uncomfortable level of stress from this Some amount of stress in our day-to-day lives is normal and even good for us. But stress can also be excessive and harmful over the long-term. Which, if any of the following areas are currently causing you to experience a level of stress you are uncomfortable with?

		Region								Age						Gender		Marital Status				Canadian Health Index		
	Total	Atlantic	Quebec	Ontario	Man-Sask (NET)	Manitoba	Saskatchewan	Alberta	B.C.	18-24	25-34	35-44	45-54	55-64	65+	Men	Women	Single	Married / Partner	Divorced / Separated	Widowed	Low	Medium	High
Std. Err.	0	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.3	0.1	0.1	0.1
Mean (Excl 0)	3.7	3.8	3.7	3.9	3.5	3.4	3.7	3.4	3.8	3.7	4	3.8	3.7	3.7	3.3	3.5	3.9	3.9	3.6	4.2	3.5	4.2	3.7	3
		G		DEG					G		N	N	N				O			R		VW	W	
Std. Dev.	1.8	1.9	1.8	1.8	1.9	1.8	1.9	1.7	1.9	1.8	1.9	1.7	1.8	1.7	1.7	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.6
Std. Err.	0	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.3	0.1	0.1	0.1

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 Overlap formulae used. * small base

Q7. Most stressful factor

Q7. And, which one is currently the most significant contributor?

		Region									Age						Gender		Marital Status				Canadian Health Index		
	Total	Atlantic	Quebec	Ontario	Man-Sask (NET)	Manitoba	Saskatchewan	Alberta	B.C.	18-24	25-34	35-44	45-54	55-64	65+	Men	Women	Single	Married / Partner	Divorced / Separated	Widowed	Low	Medium	High	
	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W		
Base: Has at least one source of stress at Q6 Weighted	1807	296	303	314	298	179	119	302	293	141	257	401	442	323	243	868	939	412	1216	131	48	811	429	567	
	1858	137	453	728	119	72	48*	183	237	222*	328	344	445	291	227	878	980	496	1158	147*	56**	879	454	524	
Financial (Net)	647	55	166	251	38	24	13	62	75	53	111	130	173	104	76	318	329	136	410	76	25	302	169	177	
	34.8%	40.5% DFH	36.6%	34.5%	31.4%	33.9%	27.8%	33.8%	31.7%	23.9%	33.8%	37.9%	38.8%	35.9%	33.4%	36.3%	33.6%	27.5%	35.4% Q	51.8% QR	44.5%	34.3%	37.2%	33.7%	
Personal or household finances	394	36	102	153	26	17	9	28	51	35	70	94	102	58	36	176	218	88	243	52	12	213	98	83	
	21.2%	26.0% G	22.5% G	21.0%	21.4%	23.3% G	18.6%	15.2%	21.3%	15.8%	21.3%	27.4% IN	22.8%	19.8%	15.7%	20.1%	22.3%	17.7%	21.0% QR	35.0% W	21.2%	24.3%	21.6%	15.8%	
Unexpected expenses	72	5	19	29	3	2	1	14	3	5	13	12	15	12	17	38	34	16	44	7	6	21	23	28	
	3.9%	3.3%	4.1%	4.0%	2.4%	2.5%	2.1%	7.9% ACDEH	1.2%	2.1%	3.8%	3.4%	3.3%	4.1%	7.5%	4.3%	3.5%	3.2%	3.8%	4.8%	10.0%	2.4%	5.0%	5.4%	
Saving enough for my retirement	66	3	22	26	2	1	2	5	8	2	8	11	32	12	1	39	28	6	52	8	1	30	16	21	
	3.6%	2.2%	4.8%	3.6%	2.0%	1.1%	3.5%	2.5%	3.4%	0.9%	2.4%	3.3%	7.3% LN	4.2% N	0.4%	4.4%	2.8%	1.1%	4.5% Q	5.4% Q	1.0%	3.4%	3.4%	4.0%	
Trying to maintain a budget	63	8	11	25	4	3	1	8	7	12	12	10	6	15	8	36	27	20	31	8	3	34	15	15	
	3.4%	5.7%	2.5%	3.4%	3.2%	4.3%	1.6%	4.6%	2.9%	5.2%	3.7%	2.9%	1.4%	5.1% L	3.5%	4.1%	2.7%	4.1%	2.7%	5.2%	6.1%	3.8%	3.3%	2.8%	
Government spending and cuts	25	3	7	7	1	1	0	4	3	0	6	2	6	6	7	15	11	2	23	0	0	3	12	10	
	1.4%	2.1%	1.6%	1.0%	0.7%	0.8%	0.7%	2.0%	1.3%	-	1.7%	0.4%	1.4%	2.0%	2.9%	1.7%	1.1%	0.4%	2.0%	0.3%	-	0.4%	2.7%	1.9% U	
The state of the economy	22	2	3	11	1	1	1	3	2	0	3	1	10	1	7	13	9	4	13	1	3	0	5	17	
	1.2%	1.2%	0.8%	1.5%	1.2%	1.2%	1.2%	1.4%	0.8%	-	0.8%	0.3%	2.3%	0.3%	2.9% K	1.5%	0.9%	0.8%	1.1%	0.7%	6.2%	-	1.2% U	3.2% U	
A potential real estate market correction which would lower my home's value	4	0	1	0	1	1	0	0	2	0	0	0	1	1	1	2	2	0	3	1	0	0	0	4	
	0.2%	-	0.3%	-	0.5% C	0.8% C	-	0.2%	0.8% C	-	-	0.1%	0.3%	0.4%	0.5%	0.2%	0.2%	0.1%	0.3%	0.4%	-	0	-	0.7%	
Family (Net)	411	29	84	170	28	16	12	41	59	50	88	57	78	70	69	166	245	100	280	20	11	175	98	139	
	22.1%	21.5%	18.5%	23.3%	23.6%	21.8%	26.1%	22.4%	25.0%	22.4%	26.8% KL	16.7%	17.4%	23.9%	30.5% KL	19.0%	25.0% O	20.1%	24.1% S	13.9%	20.4%	19.9%	21.5%	26.4% U	
Personal relationships (i.e. spouse, significant other, family)	200	14	41	72	17	8	9	25	31	35	53	29	32	23	28	90	109	65	118	13	4	86	58	55	
	10.8%	10.1%	9.0%	9.9%	14.1%	11.2%	18.4% ABC	13.6%	13.0%	15.6%	16.3% L	8.4% KLM	7.1%	7.9%	12.3%	10.3%	11.2%	13.1%	10.1%	9.1%	6.5%	9.8%	12.8%	10.6%	
Family member health issues	127	8	25	62	5	4	1	9	17	7	24	8	29	25	35	48	79	25	98	1	2	49	18	60	
	6.8%	6.1%	5.6%	8.6%	4.0%	5.2%	2.2%	4.8%	7.3%	3.0%	7.5% K	2.2%	6.5% K	8.4% K	15.3% IJLK	5.4%	8.1%	5.1%	8.4% S	1.0%	4.5%	5.6%	4.0%	11.4% UV	
Caring for dependent children	50	5	17	16	3	2	2	2	7	8	10	20	4	7	1	15	35	5	40	5	1	27	11	12	
	2.7%	3.7%	3.7%	2.1%	2.9%	2.8%	3.2%	1.3%	2.8%	3.8%	3.1%	5.7% LN	0.8%	2.6%	0.2%	1.7%	3.6%	0.9%	3.4% Q	3.3%	1.2%	3.0%	2.5%	2.2%	
Caring for dependent adults	35	2	1	20	3	2	1	5	4	0	0	1	13	15	6	14	21	5	25	1	5	14	10	12	
	1.9%	1.7%	0.2%	2.7%	2.5%	2.6%	2.4%	2.7%	1.8%	-	-	0.4%	3.0%	5.0%	2.6%	1.6%	2.2%	1.0%	2.1%	0.5%	8.2%	1.6%	2.1%	2.2%	
Personal Health (Net)	405	26	98	157	26	14	12	39	58	33	47	69	106	82	68	189	216	94	259	35	17	242	61	102	
	21.8%	19.0%	21.6%	21.6%	21.8%	20.2%	24.1%	21.6%	24.6%	14.6%	14.4%	20.0%	23.7% J	28.3% U	30.2% LJK	21.6%	22.0%	19.0%	22.3%	23.9%	29.8%	27.5% VW	13.5%	19.4%	
A health condition / personal health issues (i.e. physical or psychological)	265	17	65	102	15	9	6	27	39	15	29	42	75	61	44	124	141	62	169	30	4	209	28	29	
	14.3%	12.1%	14.4%	14.1%	12.6%	12.0%	13.4%	15.0%	16.4%	6.8%	8.8%	12.3%	16.8%	20.9% IJ	19.3% IJK	14.1%	14.4%	12.4%	14.6%	20.6%	7.2%	23.7% VW	6.1%	5.5%	
Not enough time in the day	84	4	20	31	7	3	4	9	12	14	12	18	25	5	9	34	50	16	55	3	8	15	27	42	
	4.5%	3.2%	4.4%	4.3%	5.8%	4.4%	7.8%	4.7%	5.1%	6.4%	3.6%	5.3%	5.6% M	1.7%	4.1%	3.9%	5.1%	3.3%	4.8%	2.3%	15.0%	1.7%	5.9%	8.0% U	
Trying to maintain a healthy diet	56	5	13	23	4	3	1	3	7	3	7	8	6	17	15	32	25	16	34	2	4	18	7	31	
	3.0%	3.7%	2.8%	3.2%	3.5%	3.8%	3.0%	1.9%	3.1%	1.3%	2.0%	2.4%	1.3%	5.8% L	6.8% JKL	3.6%	2.5%	3.3%	2.9%	1.0%	7.5%	2.1%	1.5%	6.0% UV	
Employment (Net)	355	24	90	141	25	15	10	34	41	79	73	81	82	30	10	188	167	152	186	15	3	150	114	91	
	19.1%	17.2%	19.8%	19.4%	21.2%	21.0%	21.6%	18.6%	17.2%	35.3% JKLMN	22.2% MN	23.6% MN	18.5% MN	10.4%	4.3%	21.4%	17.1%	30.6% RS	16.0%	10.0%	4.7%	17.0%	25.2% UW	17.4%	
My work life	229	15	56	86	22	13	8	25	25	32	49	58	61	21	8	135	94	73	144	9	3	105	62	62	
	12.3%	10.8%	12.3%	11.9%	18.1% ACH	18.7% ACH	17.2%	13.9%	10.6%	14.3% N	14.9% MN	17.0% MN	13.6% MN	7.4%	3.5%	15.4%	9.6%	14.7%	12.5%	6.4%	4.7%	11.9%	13.7%	11.8%	
Trying to find a job	112	9	30	50	4	2	2	8	13	43	21	20	18	9	2	44	68	72	35	5	0	39	50	24	
	6.1%	6.2%	6.6%	6.8%	3.0%	2.3%	4.0%	4.1%	5.5%	19.4% JKLMN	6.5% N	5.7% N	4.0%	3.0%	0.8%	5.1%	6.9%	14.5% RS	3.0%	3.6%	-	4.4%	11.1% UW	4.5%	
My daily commute	13	0	4	5	0	0	0	1	2	3	3	3	4	0	0	8	5	7	6	0	0	6	2	5	
	0.7%	0.3%	0.9%	0.7%	0.2%	-	0.4%	0.5%	1.1%	1.6%	0.8%	0.9%	0.9%	-	-	0.9%	0.5%	1.4%	0.5%	-	-	0.7%	0.4%	1.0%	
Other	39	2	16	9	2	2	0	6	3	8	10	7	7	4	4	16	23	14	24	1	0	11	12	16	
	2.1%	1.7%	3.4%	1.2%	2.0%	3.1%	0.4%	3.6% C	1.5%	3.7%	2.9%	1.9%	1.5%	1.5%	1.6%	1.8%	2.4%	2.8%	2.1%	0.4%	0.7%	1.3%	2.7%	3.1%	

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 Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Q8. Personal health related events

Q8. Which of the following have you personally experienced?

		Region								Age						Gender		Marital Status				Canadian Health Index		
	Total	Atlantic	Quebec	Ontario	Man-Sask (NET)	Manitoba	Saskatchewan	Alberta	B.C.	18-24	25-34	35-44	45-54	55-64	65+	Men	Women	Single	Married / Partner	Divorced / Separated	Widowed	Low	Medium	High
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
Base: All respondents	2400	400	400	399	400	234	166	400	400	168	329	490	566	453	394	1201	1199	508	1671	154	67	892	547	961
Weighted	2400	179	588	917	156	90	66	245	315	265	423	417	549	388	359	1165	1235	616	1542	165*	76*	945	562	893
	661	54	136	259	43	23	20	77	91	25	87	110	157	142	141	366	295	122	441	67	31	371	111	180
Yes (Net)	27.6%	30.3% B	23.2%	28.3%	27.8%	25.5%	31.0%	31.4% B	29.0%	9.5%	20.6% I	26.4% I	28.6% IJ	36.5% IJKL	39.2% IJKL	31.4% P	23.9%	19.8%	28.6% Q	40.6% QR	41.3% Q	39.2% VW	19.7%	20.1%
A chronic or degenerative condition such as diabetes, Multiple Sclerosis or Alzheimer's	314	32	56	127	22	10	12	40	35	7	33	51	68	77	77	163	151	54	218	32	9	194	53	67
	13.1%	17.9% BH	9.6%	13.8%	14.4% B	11.6%	18.2% BH	16.5% B	11.3%	2.7%	7.8%	12.3% I	12.4% I	19.9% IJKL	21.5% IJKL	14.0% P	12.2%	8.7%	14.2% Q	19.5% Q	12.4% QR	20.5% VW	9.4%	7.5%
A serious accident	239	18	47	91	16	10	6	27	40	16	43	45	66	36	32	134	105	63	141	25	9	133	37	68
	9.9%	9.8%	7.9%	9.9%	10.1%	10.8%	9.2%	11.1% B	12.8%	6.0%	10.2%	10.9%	12.1%	9.3%	8.9%	11.5%	8.5%	10.3%	9.2%	15.1%	12.0%	14.1% VW	6.6%	7.6%
A serious health event such as a stroke, heart attack, or cancer	204	17	41	83	11	5	6	18	34	2	21	20	45	58	59	121	82	26	138	24	15	106	32	65
	8.5%	9.4%	7.0%	9.0%	7.3%	6.0%	9.1%	7.2%	10.7%	0.6%	4.9%	4.7% I	8.2% I	15.0% IJKL	16.3% IJKL	10.4% P	6.6%	4.2%	9.0% Q	14.7% Q	19.4% QR	11.2% VW	5.7%	7.3%
A terminal illness	43	1	11	19	2	1	0	4	6	4	16	9	4	5	5	28	15	11	27	5	0	28	5	10
	1.8%	0.5%	1.9%	2.1%	1.2%	1.6%	0.7%	1.6%	1.9%	1.6%	3.9% L	2.1%	0.7% I	1.3% IJKL	1.4% IJKL	2.4% P	1.2%	1.7%	1.7%	3.1%	0.5%	2.9% W	0.9%	1.1%
None of the above	1739	125	452	658	112	67	45	168	223	240	336	307	392	246	218	799	939	494	1102	98	45	574	451	713
	72.4%	69.7% AG	76.8%	71.7%	72.2%	74.5%	69.0%	68.6%	71.0%	90.5% JKLMN	79.4% LMN	73.6% MN	71.4% MN	63.5% MN	60.8%	68.6% O	76.1% O	80.2% RST	71.4% S	59.4%	58.7%	60.8% U	80.3% U	79.9% U

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 Overlap formulae used. * small base

Q9. Impact of personal health events on finances

Q9. How has your personal experience with ... impacted your personal finances, if at all?

		Region								Age						Gender		Marital Status				Canadian Health Index		
	Total	Atlantic A	Quebec B	Ontario C	Man-Sask (NET) D	Manitoba E	Saskatchewan an F	Alberta G	B.C. H	18-24 I	25-34 J	35-44 K	45-54 L	55-64 M	65+ N	Men O	Women P	Single Q	Married / Partner R	Divorced / Separated S	Widowed T	Low U	Medium V	High W
Base: Has experienced at least one health event at Q8	690	120	95	108	113	60	53	129	125	22	67	123	161	160	157	371	319	120	480	59	31	363	126	201
Weighted	661	54*	136*	259*	43*	23*	20*	77	91	25**	87**	110*	157*	142*	141*	366	295	122*	441	67*	31**	371	111*	180
Reduced / depleted my savings	147	13	19	75	7	5	2	13	21	2	22	25	47	31	21	91	56	28	92	18	10	114	19	15
	22.3%	23.5%	13.9%	29.1% BDF	15.4%	19.9%	10.3%	16.8%	22.8%	6.5%	25.4%	22.9%	29.9% N	21.9%	14.6%	25.0%	19.0%	22.8%	20.9%	26.8%	30.2%	30.8%	16.9%	8.1%
Caused me some financial hardship	147	12	32	64	8	5	3	15	15	4	16	21	38	29	40	83	64	23	100	21	4	106	18	23
	22.2%	22.0%	23.7%	24.9%	18.7%	23.6%	13.2%	19.6%	16.7%	14.1%	18.5%	19.1%	24.4%	20.2%	28.2%	22.7%	21.7%	18.4%	22.7%	31.0%	12.3%	28.6% W	16.4%	12.8%
Caused me significant financial hardship	119	8	26	61	4	2	3	7	12	6	18	24	45	21	4	63	56	32	66	17	4	105	8	6
	18.0%	14.3%	19.4%	23.4% DEG	10.0%	7.8%	12.5%	9.7%	13.3%	25.8%	20.5%	22.1%	28.8% N	14.6%	3.1%	17.2%	18.9%	26.3%	14.9%	24.9%	13.8%	28.2%	7.5%	3.3%
Increased Credit Debt (Net)	142	10	27	73	5	5	0	13	14	8	17	26	40	27	23	73	70	27	96	16	4	102	15	25
	21.5%	18.9%	20.2%	28.2% F	11.6%	19.8%	2.4%	16.2% DFH	15.2%	32.6%	19.9%	23.4%	25.8% F	19.2%	16.6%	19.9%	23.5%	21.7%	21.7%	24.0%	12.5%	27.6% VW	13.4%	13.9%
Increased my credit card debt	103	8	18	52	3	3	0	11	10	5	16	18	28	23	13	46	57	22	67	12	2	74	9	19
	15.5%	13.9%	13.4%	20.2% DF	7.9%	12.7%	2.4%	14.0% F	11.3%	21.3%	18.2%	16.7%	17.7%	16.0%	8.9%	12.4%	19.4%	17.8%	15.1%	17.8%	7.7%	20.0% VW	8.2%	10.8%
Caused me to use a personal line of credit	83	6	16	41	3	3	0	8	8	3	11	13	28	14	15	45	38	8	64	9	2	55	7	21
	12.5%	11.0%	11.8%	16.0% F	7.9% F	13.5% F	1.5%	10.9%	8.5%	11.2%	12.5%	11.4%	17.9%	10.0%	10.3%	12.2%	13.0%	6.8%	14.5%	13.8%	4.8%	14.9%	5.9%	11.8%
Caused me to borrow money from friends / family	77	4	13	40	3	2	2	6	11	1	13	17	32	11	4	46	31	19	50	6	3	74	3	1
	11.7%	8.1%	9.7%	15.5%	7.4%	7.3%	7.5%	7.5%	11.7%	4.8%	14.4% N	15.9% N	20.3% MN	7.6%	2.6%	12.6%	10.6%	15.5%	11.4%	8.5%	8.2%	19.8% VW	2.4%	0.7%
Affected Home (Net)	32	2	8	16	1	0	1	1	4	0	7	4	13	2	7	18	14	2	25	1	3	20	7	5
	4.8%	3.2%	6.0%	6.2%	3.1%	1.3%	5.1%	1.1%	4.0%	-	7.4%	3.2%	8.2% M	1.5%	4.9%	4.9%	4.7%	1.8%	5.8%	1.0%	11.0%	5.4%	6.4%	2.6%
Caused me to remortgage my home	21	2	6	9	0	0	0	1	4	0	3	3	8	0	7	12	8	0	17	1	3	16	3	1
	3.1%	3.2%	4.1%	3.4%	0.7%	1.3%	-	0.7%	4.0%	-	2.9%	2.9%	5.2% M	0.2%	4.7%	3.4%	2.8%	-	3.8%	1.0%	11.0%	4.4%	3.1%	0.4%
Caused me to sell my home and downsize	12	1	2	7	1	0	1	0	0	0	4	0	5	2	0	6	6	2	10	0	0	4	4	4
	1.8%	1.3%	1.8%	2.8%	2.4%	-	5.1% GH	0.4%	-	-	4.5%	0.3%	3.4%	1.3%	0.2%	1.7%	1.9%	1.8%	2.2%	-	-	1.1%	3.3%	2.1%
Caused me to use some / all of my RRSPs	62	2	12	35	0	0	0	7	6	0	2	13	18	20	9	37	25	3	46	13	1	45	10	7
	9.4%	4.2%	9.1% D	13.5% DF	1.1%	2.1%	-	8.5% D	6.2%	-	1.9%	12.2%	11.4%	14.3% J	6.5%	10.2%	8.5%	2.2%	10.4% Q	19.1% Q	3.5%	12.2% W	9.1%	3.9%
Other	48	3	15	13	4	1	3	7	6	1	8	8	17	13	1	25	23	15	29	3	1	39	2	7
	7.3%	5.2%	10.8%	5.1%	9.7% E	3.8%	16.3% ACE	8.6%	7.1%	3.4%	9.2% N	7.7% N	10.7% N	9.0% N	0.8%	6.9%	7.7%	12.3%	6.6%	4.6%	3.0%	10.6% VW	1.7%	3.8%
No impact	289	27	64	93	22	11	11	38	47	9	34	48	56	58	84	165	124	53	199	19	18	102	63	123
	43.7%	49.2%	46.7%	35.8%	50.0%	46.8%	53.6%	48.7%	51.0% C	36.0%	38.4%	43.5%	35.5%	41.3%	60.1% JKLM	45.1%	41.9%	43.3%	45.2%	28.2%	56.7%	27.6% U	57.0% U	68.6%

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 Overlap formulae used. * small base; ** very small base (under 30) ineligible for sig testing

Q11. How would a major health event impact financially?

Q11. If you have or were to experience a major health event (e.g. stroke, heart attack or cancer) would you expect that to impact your personal finances?

		Region								Age						Gender		Marital Status				Canadian Health Index		
	Total	Atlantic	Quebec	Ontario	Man-Sask (NET)	Manitoba	Saskatchewan	Alberta	B.C.	18-24	25-34	35-44	45-54	55-64	65+	Men	Women	Single	Married / Partner	Divorced / Separated	Widowed	Low	Medium	High
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
Base: All respondents	2400	400	400	399	400	234	166	400	400	168	329	490	566	453	394	1201	1199	508	1671	154	67	892	547	961
Weighted	2400	179	588	917	156	90	66	245	315	265	423	417	549	388	359	1165	1235	616	1542	165*	76*	945	562	893
Yes, a big perhaps permanent, impact	1109	84	227	471	75	45	30	101	151	112	225	220	284	157	111	531	578	293	670	102	44	694	297	118
	46.2%	47.1%	38.6%	51.4%	48.0%	49.5%	45.8%	41.1%	48.0%	42.3%	53.2%	52.9%	51.7%	40.5%	30.9%	45.5%	46.8%	47.6%	43.4%	61.9%	57.1%	73.4%	52.9%	13.2%
A manageable, temporary, impact	852	70	208	316	55	30	25	98	104	106	127	134	182	160	143	382	469	191	598	49	14	209	215	428
	35.5%	39.2%	35.4%	34.5%	35.6%	33.7%	38.0%	40.0%	32.9%	40.0%	30.1%	32.2%	33.1%	41.2%	39.7%	32.8%	38.0%	31.0%	38.8%	29.4%	18.6%	22.1%	38.2%	48.0%
No impact	439	25	152	130	26	15	11	46	60	47	71	62	83	71	106	252	187	132	275	14	18	43	50	346
	18.3%	13.8%	25.9%	14.2%	16.5%	16.7%	16.2%	18.9%	19.1%	17.8%	16.7%	14.9%	15.1%	18.3%	29.4%	21.6%	15.2%	21.4%	17.8%	8.7%	24.3%	4.5%	8.9%	38.8%
		ACDEFGH												UKLM		P		S	S		S		U	UV

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 Overlap formulae used. * small base

Q16. Has money specifically saved for health expenses

Q16. Do you agree or disagree with the following statement: 'I have money specifically saved for health expenses'

		Region								Age						Gender		Marital Status				Canadian Health Index		
	Total	Atlantic	Quebec	Ontario	Man-Sask (NET)	Manitoba	Saskatchewan	Alberta	B.C.	18-24	25-34	35-44	45-54	55-64	65+	Men	Women	Single	Married / Partner	Divorced / Separated	Widowed	Low	Medium	High
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
Base: All respondents	2400	400	400	399	400	234	166	400	400	168	329	490	566	453	394	1201	1199	508	1671	154	67	892	547	961
Weighted	2400	179	588	917	156	90	66	245	315	265	423	417	549	388	359	1165	1235	616	1542	165*	76*	945	562	893
I agree	305	25	80	121	16	9	7	31	31	39	71	50	60	33	53	173	132	105	172	16	12	85	68	153
	12.7%	14.1%	13.7%	13.2%	10.4%	9.7%	11.3%	12.8%	9.9%	14.7%	16.8%	12.0%	10.9%	8.6%	14.7%	14.9%	10.7%	17.0%	11.2%	9.9%	16.0%	9.0%	12.0%	17.1%
I disagree	1931	145	446	755	131	76	56	191	264	201	324	336	461	333	276	917	1014	462	1270	145	54	827	460	644
	80.5%	80.9%	75.9%	82.3%	84.3%	84.0%	84.9%	77.6%	83.7%	76.0%	76.6%	80.8%	83.9%	85.9%	77.0%	78.7%	82.1%	75.0%	82.3%	87.6%	71.0%	87.5%	81.9%	72.2%
Don't know	163	9	62	41	8	6	3	23	20	25	28	30	29	22	30	75	88	49	100	4	10	33	34	95
	6.8%	5.0%	10.5%	4.4%	5.3%	6.4%	3.9%	9.6%	6.4%	9.4%	6.6%	7.3%	5.2%	5.6%	8.3%	6.4%	7.2%	8.0%	6.5%	2.6%	13.1%	3.5%	6.1%	10.7%
			ACDF					ACDF												S				UV

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 Overlap formulae used. * small base

No Safety (NET)

		Region								Age						Gender		Marital Status				Canadian Health Index		
	Total	Atlantic	Quebec	Ontario	Man-Sask (NET)	Manitoba	Saskatchewan	Alberta	B.C.	18-24	25-34	35-44	45-54	55-64	65+	Men	Women	Single	Married / Partner	Divorced / Separated	Widowed	Low	Medium	High
		A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W
Base: All respondents	2400	400	400	399	400	234	166	400	400	168	329	490	566	453	394	1201	1199	508	1671	154	67	892	547	961
Weighted	2400	179	588	917	156	90	66	245	315	265	423	417	549	388	359	1165	1235	616	1542	165*	76*	945	562	893
No Safety (NET)	470	66	80	106	85	43	42	63	70	41	60	72	103	88	106	226	244	133	275	41	21	233	83	154
	19.6%	16.5%	20.0%	26.6%	21.3%	18.4%	25.3%	15.8%	17.5%	24.4%	18.2%	14.7%	18.2%	19.4%	26.9%	18.8%	20.4%	26.2%	16.5%	26.6%	31.3%	26.1%	15.2%	16.0%
				ABEGH	G		AGH			K					JKLM			R		R	R	VW		

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 Overlap formulae used. * small base