

Alberta:

A new RBC Insurance poll conducted by Ipsos Reid shows that compared to the rest of the country, Albertans ranked the highest when it comes to making their health a priority, as a majority (52 per cent) say that they regularly go to the doctor for complete physicals or checkups, compared to the national average of 45 per cent.

Regional highlights:

- More than half of Albertans (52 per cent) say that they regularly go to the doctor for complete physicals or checkups, higher than the national average of 45 per cent and consistent with 2007 at 52 per cent.
- Men in Alberta are more committed to regularly going to the doctor (53 per cent, an increase of eight per cent from 2007, and well above the national average of 41 per cent).
- The percentage of women in Alberta who regularly go to the doctor for a physical has fallen nine per cent from 2007 to 51 per cent. This is still above the national average of 49 per cent.
- Forty-four per cent of Albertans say that they've been advised by their doctors to make lifestyle changes, such as eating better, exercising more and reducing or quitting smoking, an increase of eight per cent since 2007.
- Forty-three per cent of men were advised to make lifestyle changes, compared to the national average of 51 per cent, an increase of 11 per cent from 2007.
- Forty-five per cent of women were advised to make lifestyle changes, compared to the national average of 41 per cent, an increase of five per cent from 2007.
- Seventy-one per cent of the Albertans said they took their doctor's advice, well above the national average of 67 per cent, and almost on par with the statistics from 2007 at 70 per cent.