

Atlantic Canada:

According to a recent RBC Insurance poll conducted by Ipsos Reid, less than half (43 per cent) of Atlantic Canadians say that they regularly go to the doctor for complete physicals or checkups.

Regional highlights

- Forty-three per cent of Atlantic Canadians say that they regularly go to the doctor for complete physicals or checkups, slightly less than the national average (45 per cent), and down from 47 per cent in 2007.
- Women in Atlantic Canada are more likely (45 per cent) than men (40 per cent) to go for regular physical checkups (national women: 49 per cent; national men: 41 per cent).
- In Atlantic Canada, the number of women who said they go for regular physical checkups has dropped by 16 per cent since 2007, while the number of men who said they visit a doctor regularly for a physical has increased by eight per cent since 2007.
- Forty-three per cent of men and 43 per cent of women in Atlantic Canada, say that they've been advised by their doctors to make lifestyle changes, well below the national average of 51 per cent for men, and above the national average of 41 per cent for women.
- Eight-in-ten (78 per cent) Atlantic Canadians admit to taking their physicians' advice, significantly more than the national average (67 per cent), but down from 82 per cent in 2007.