

British Columbia:

A new RBC Insurance poll conducted by Ipsos Reid finds that British Columbians are least likely to visit the doctor on a regular basis compared to other regions in Canada. Only 37 per cent of B.C. residents say that they regularly go to the doctor for a complete physical or check up, compared to the national average of 45 per cent.

Regional highlights:

- Thirty-seven per cent of British Columbians say that they go regularly to the doctor for complete physicals or checkups, higher than the national average of 45 per cent and down 14 per cent from 2007.
- Forty-one per cent of men in B.C say they regularly go to the doctor for a physical, down four per cent from 2007, but on par with the national average of 41 per cent.
- The percentage of women in B.C. who regularly go to the doctor for a physical has fallen 21 per cent from 2007 to 35 per cent, which is well below the national average of 49 per cent.
- Forty-five per cent of British Columbians 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 13 per cent since 2007, and in line with the national average.
- Fifty-four per cent of B.C. men were advised to make lifestyle changes, compared to the national average of 51 per cent (an increase of 16 per cent from 2007).
- Thirty-seven per cent of B.C. women were advised to make lifestyle changes, compared to the national average of 41 per cent (an increase of 11 per cent from 2007).