

Prairies:

A new RBC Insurance poll conducted by Ipsos Reid shows that people in the Prairies are consistent with the rest of the country when it comes to getting regular physicals or checkups, as 44 per cent say they regularly do so, compared to the national average of 45 per cent.

Regional highlights:

- Forty-four per cent of those surveyed in the Prairies say that they regularly go to the doctor for complete physicals or checkups, slightly below with the national average (45 per cent), and down 11 per cent from 2007.
- Thirty-eight per cent of men in the Prairies say that they regularly go to the doctor for complete physicals, down five per cent from 2007, and lower than the national average of 41 per cent.
- Forty-eight per cent of women in the Prairies say that they regularly go to the doctor for complete physicals, down 17 per cent from 2007, and nearly in line with the national average of 49 per cent.
- Forty-two per cent of respondents in the Prairies 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 four per cent from 2007.
- Forty-four per cent of men in the Prairies say that they were advised to make lifestyle changes; up six per cent from 2007, and lower than the national average for men at 51 per cent.
- Forty per cent of women in the Prairies say that they were advised to make lifestyle changes; up two per cent from 2007, but slightly below the national average of 41 per cent.
- Sixty-nine per cent of Prairies respondents said that they took their physician's advice, down three per cent from 2007.