

Ontario:

According to a recent RBC Insurance poll conducted by Ipsos Reid, less than half (46 per cent) of Ontarians say that they regularly go to the doctor for complete physicals or checkups, a slightly higher number than the national average (45 per cent).

Regional highlights:

- Forty-six per cent of Ontarians say that they regularly go to the doctor for complete physicals or checkups, a slightly higher amount than the national average (45 per cent) and down from 50 per cent in 2007.
- Fifty-five per cent of women in Ontario say that they go to their doctor for regular physical checkups, compared to the national average of 49 per cent, an 11 per cent drop from 2007.
- Thirty-nine per cent of men in Ontario say that they go to their doctor for regular physical checkups, down from 42 per cent in 2007, and slightly lower than the national average of 41 per cent.
- Both men (50 per cent) and women (40 per cent) in Ontario, say that they've been advised by their doctors to make lifestyle changes, such as eating better, exercising more and reducing or quitting smoking. This is almost on par with the national averages for men at 51 per cent and women at 41 per cent.
- Sixty-five per cent of Ontarians say that they take their physicians' advice, marginally below the national average (67 per cent) and down from 77 per cent in 2007.