

## **Quebec:**

Less than half (45 per cent) of Quebecers say that they regularly go to the doctor for complete physicals or checkups, according to a recent RBC Insurance poll conducted by Ipsos Reid.

### **Highlights:**

- Forty-five per cent of Quebecers say that they regularly go to the doctor for complete physicals or checkups, in line with the national average (45 per cent) and holding steady since 2007 (45 per cent).
- Women in Quebec are more likely (49 per cent) than men (40 per cent) to go for regular physical checkups (national women: 49 per cent; national men: 41 per cent).
- In Quebec, the percentage of men going for regular physical checkups has increased by four points since 2007, while the percentage of women visiting the doctor regularly has dropped by five percentage points during the same period.
- In Quebec both men (57 per cent) and women (43 per cent) say that they've been advised by their doctors to make lifestyle changes, above the national averages (national men: 51 per cent; national women: 41 per cent).
- The majority (64 per cent) of Quebecers say that they take their physicians' advice, less than the national average (67 per cent) and down from 78 per cent in 2007.
- Nine-in-ten (87 per cent) women in Quebec didn't take their doctor's advice because they lacked the will power to make changes to their lifestyle, well above the national average (75 per cent).
- Less than half (49 per cent) of men in Quebec didn't take their doctor's advice to make changes to their lifestyle because they didn't have the willpower to do so, slightly lower than the national average (50 per cent).