

**Health is Cool 2009  
 Survey Summary**

**Mental Health**

1. Would you say that your level of stress is currently lower, the same or higher compared to one year ago?

Region	Higher (%)
<b>Total (n:1062)</b>	
<b>Canada</b>	<b>36.3</b>
Atlantic Provinces	33.2
Quebec	27.7
Ontario	40.1
Prairies	34.7
British Columbia	38.0

2. Name the three aspects of your life that are the most stressful for you or worry you the most.

Region	Money (%)	Work/ Workload/ Working conditions (%)	Family (%)	Health (%)	Job Security (%)
<b>Total (n:1062)</b>					
<b>Canada</b>	<b>29.2</b>	<b>24.8</b>	<b>10.2</b>	<b>7.9</b>	<b>4.9</b>
Atlantic Provinces	38.4	26.5	9.7	4.5	3.4
Quebec	15.0	30.2	10.7	15.1	3.0
Ontario	34.1	24.9	10.1	6.0	4.9
Prairies	31.5	21.5	10.8	7.1	6.8
British Columbia	35.3	18.2	9.0	3.3	6.7

3. Since the start of this recession, have you experienced one or more of the following health issues as a consequence of your current work environment? (This question was asked of the respondents who indicated their work environment was not totally positive since the start of the recession.)

Region	Stress (%)	Anxiety (%)	Lack or loss of sleep (%)	Headaches, muscle aches, tension (%)
<b>Total (n:976)</b>				
<b>Canada</b>	<b>46.9</b>	<b>29.2</b>	<b>33.5</b>	<b>32.7</b>
Atlantic Provinces	41.4	25.9	32.9	34.4
Quebec	36.0	24.7	23.0	27.4
Ontario	55.4	32.6	40.4	32.3
Prairies	41.3	26.4	32.0	37.0
British Columbia	51.6	32.2	33.8	36.2

### Money

4. Since the start of the current recession, you are paying more attention to your personal finances and your spending habits.

Region	Agree (%)
<b>Total (n: 1060)</b>	
<b>Canada</b>	<b>83.1</b>
Atlantic Provinces	81.6
Quebec	75.7
Ontario	85.3
Prairies	85.1
British Columbia	88.2

5. Do you have ...?

Region	A steady source of income (%)	Personal savings put away (%)	Money saved up for the future or retirement (%)	A written financial plan (%)	Life, disability, or salary insurance (%)	A lifestyle that allows you to remain healthy (%)	An RRSP (%)
<b>Total (n: 1062)</b>							
<b>Canada</b>	<b>90.2</b>	<b>42.7</b>	<b>49.5</b>	<b>12.2</b>	<b>63.5</b>	<b>45.3</b>	<b>66.7</b>
Atlantic Provinces	96.6	33.0	42.6	6.1	72.2	41.2	66.5
Quebec	86.4	53.1	60.9	17.9	80.4	51.0	72.6
Ontario	88.4	36.7	43.0	9.2	52.3	42.2	63.0
Prairies	92.6	52.6	58.1	13.6	69.7	47.9	72.8
British Columbia	95.4	33.4	39.7	11.8	51.3	42.7	59.0

6. As a consequence of the current recession, your employment income has decreased.

Region	Agree (%)
<b>Total (n: 1058)</b>	
<b>Canada</b>	<b>28.7</b>
Atlantic Provinces	24.2
Quebec	22.3
Ontario	34.9
Prairies	27.7
British Columbia	26.9

**Work**

7. Since the start of the current recession, you worry about losing your job.

Region	Agree (%)
<b>Total (n: 1033)</b>	
<b>Canada</b>	<b>42.7</b>
Atlantic Provinces	34.1
Quebec	32.4
Ontario	54.9
Prairies	31.5
British Columbia	46.8

8. Since the start of this recession, you have experienced one or more of the following situations as a consequence of your current work environment. (This question was asked of the respondents who indicated their work environment was not totally positive since the start of the recession.)

Region	Reduced work productivity (%)	More time off from work (%)
<b>Total (n: 976)</b>		
<b>Canada</b>	<b>29.4</b>	<b>20.1</b>
Atlantic Provinces	23.0	14.5
Quebec	25.8	15.7
Ontario	31.1	22.7
Prairies	29.0	23.0
British Columbia	34.4	19.5

9. Since the start of this recession, you are less engaged in your work due to your current work environment. (This question was asked of the respondents who indicated their work environment was not totally positive since the start of the recession.)

Region	Agree (%)
<b>Total (n: 972)</b>	
<b>Canada</b>	<b>25.6</b>
Atlantic Provinces	17.8
Quebec	18.9
Ontario	26.6
Prairies	28.5
British Columbia	34.4

10. In your opinion, the current recession has no impact on your work-life balance.

Region	Disagree (%)
<b>Total (n: 1048)</b>	
<b>Canada</b>	<b>53.9</b>
Atlantic Provinces	45.0
Quebec	42.2
Ontario	63.3
Prairies	48.7
British Columbia	60.4

## **General**

11. How long will the current recession in Canada last?

<b>Region</b>	<b>Less than one year (%)</b>	<b>One year or more (%)</b>	<b>Don't Know (%)</b>
<b>Total (n: 1062)</b>			
<b>Canada</b>	<b>34.3</b>	<b>47.2</b>	<b>18.4</b>
Atlantic Provinces	26.8	51.0	22.1
Quebec	33.8	51.7	14.5
Ontario	37.1	45.3	17.7
Prairies	36.8	47.0	16.3
British Columbia	29.0	42.8	28.2

### **About the Survey**

SOM Surveys, Opinion Polls and Marketing conducted this web survey on behalf of Desjardins Financial Security between March 30 and April 15, 2009. In total, 1,062 interviews were conducted with a sample of Canadian workers who work for a company or organization with at least 10 employees. The data was weighted to reflect the distribution of the Canadian population in terms of the country's main regions (Atlantic Provinces, Quebec, Ontario, the Prairies, British-Columbia), and by the joint age-gender population distribution in Quebec, Ontario and elsewhere in Canada. The data were also weighted to reflect the population distribution in terms of mother tongue and the proportion of adults who live alone in each of these same three regions.

### **About Desjardins Financial Security**

Desjardins Financial Security, a subsidiary of Desjardins Group, the largest integrated cooperative financial group in Canada, specializes in providing life insurance, health insurance and retirement savings products to individuals and groups. Every day, over five million Canadians rely on Desjardins Financial Security to ensure their financial security. Desjardins Financial Security employs 3,800 people and administers \$19.7 billion in assets from offices in several cities across the country, including Vancouver, Calgary, Winnipeg, Toronto, Ottawa, Montréal, Québec, Lévis, Halifax and St. John's. For more information please visit <http://www.dfs.ca>.

### **About the Canadian Mental Health Association**

The Canadian Mental Health Association National Office is a leading national voluntary organization within the mental health sector. For more than 90 years, it has existed to promote the mental health of all people in Canada and to serve mental health consumers, their families and friends through education, public awareness, research, advocacy and direct services. In addition to its National office, the CMHA has 11 provincial and territorial Divisions and some 135 Branches and Regions in communities across Canada.