



Financial Health and Wellness Survey 2018





How would you rate your physical health?

10%



Excellent

32%



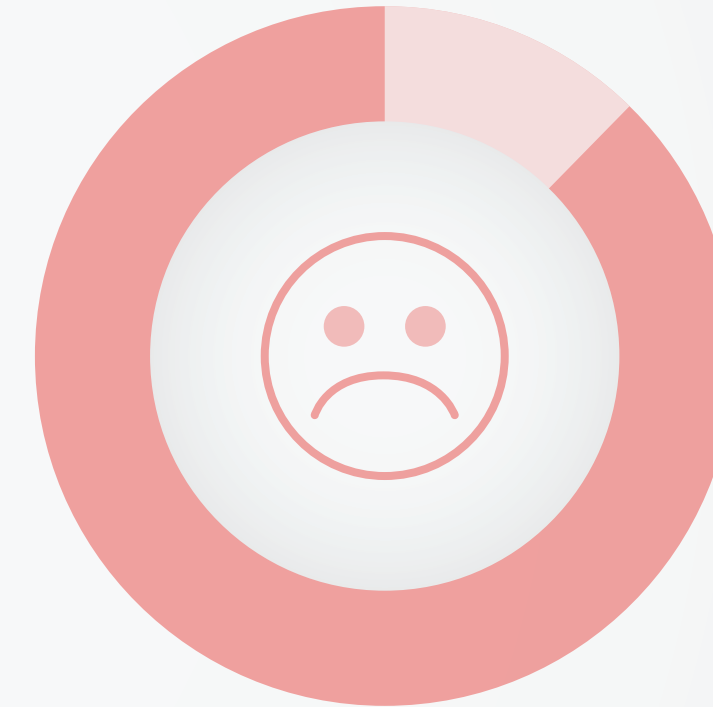
Very Good

34%



Good

18%



*Fair

6%



*Poor

*Almost one quarter of survey respondents do not think they are in good physical health.

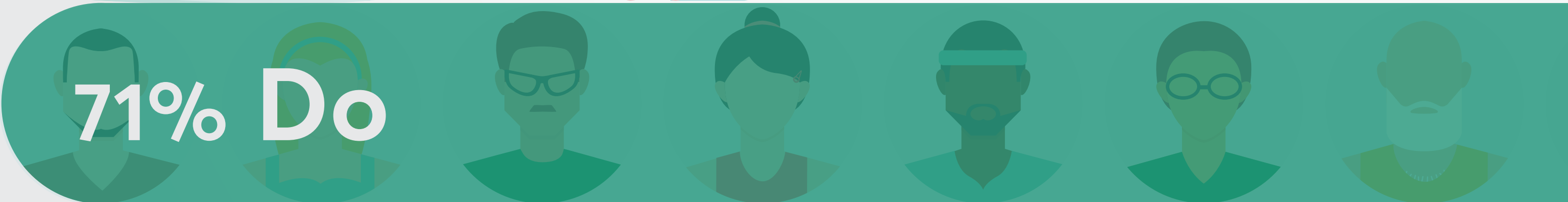
The online Desjardins Insurance Financial Health and Wellness Survey polled 2,964 Canadians between the ages of 18 and 75 in March, 2018.



Do you participate in physical activity or exercise?



71% Do



Almost
30%

indicate they do not
take part in sports or
physical activities.





How would you rate your level of physical activity, i.e. to what extent are you physically active enough to be in good health?





Which of the following statements best corresponds to your situation with regard to the cost of physical activities?



For the respondents who participate in physical activity, many (26%) say the cost of exercise can be prohibitive or requires compromise within their budget.

68%

The costs are easy to integrate into my budget

21%

The costs entail making certain financial compromises

5%

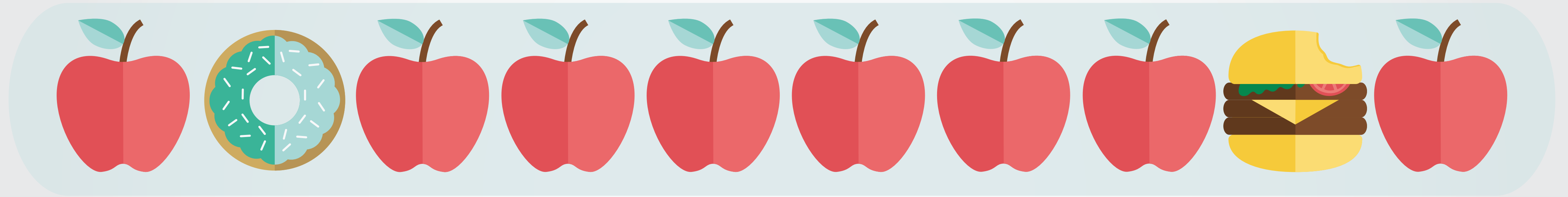
The costs represent a major challenge

6%

Don't know/Prefer not to answer



Do you regularly eat fresh food?



Almost 20%

don't eat fresh foods regularly.

The online Desjardins Insurance Financial Health and Wellness Survey polled 2,964 Canadians between the ages of 18 and 75 in March, 2018.



Which of the following statements best corresponds to your situation with regard to the cost of your eating habits?

54%

The costs are easy to integrate into my budget

37%

The costs entail making certain financial compromises

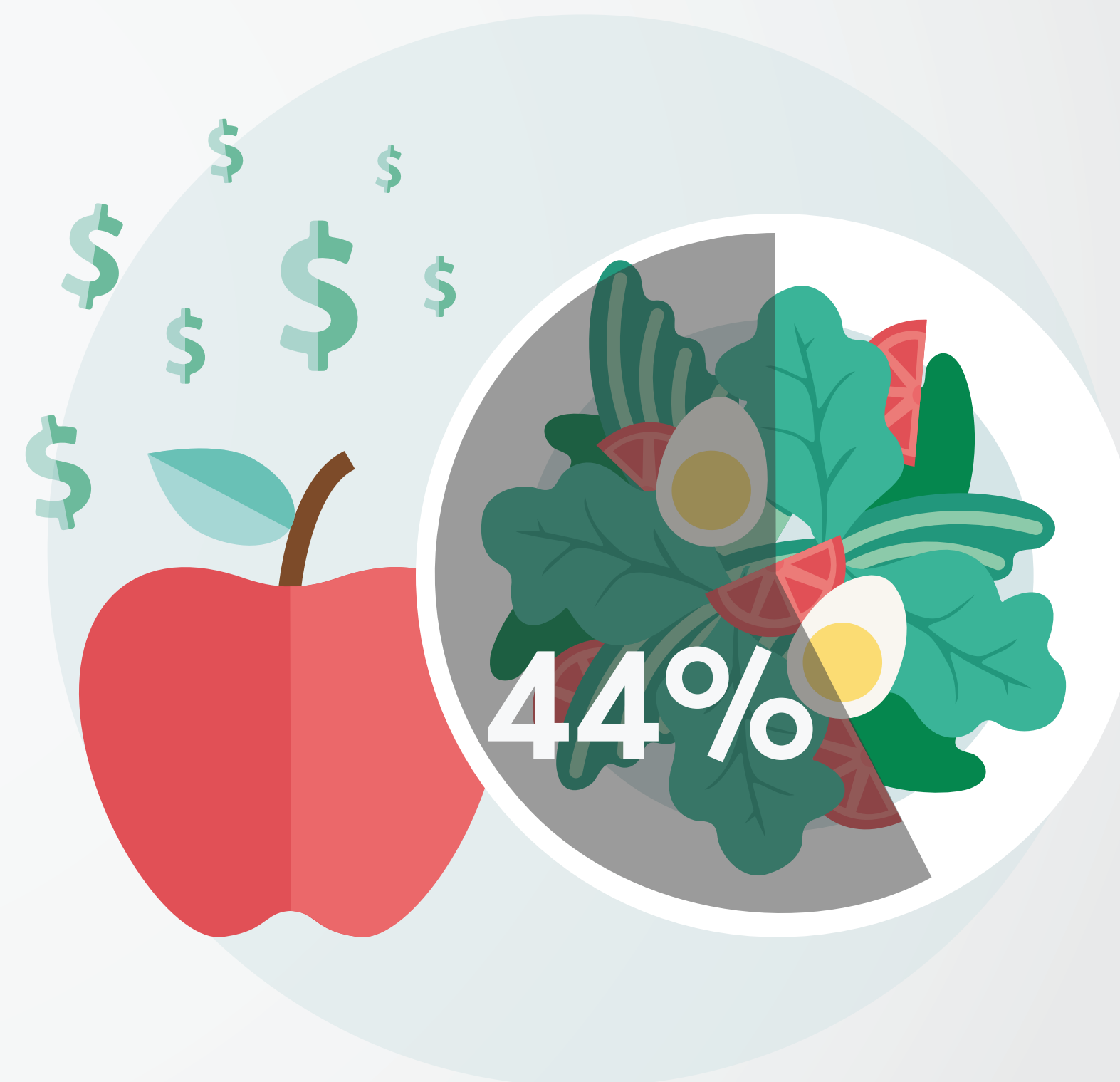
7%


The costs represent a major challenge

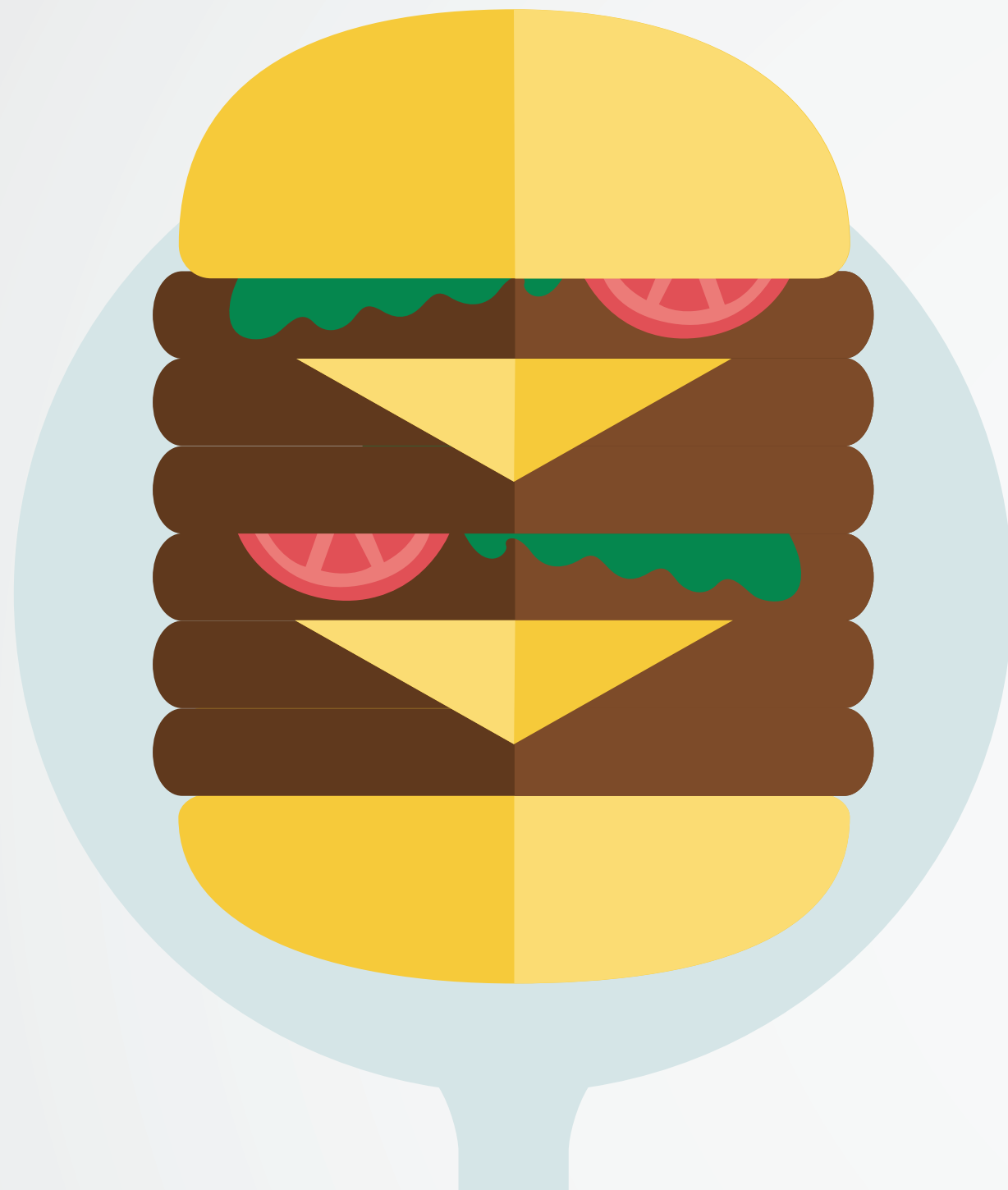
2%

Don't know/Prefer not to answer

44% indicate they make financial compromises or it's a major challenge to integrate costs related to their eating habits into their budget.



 Do you pay attention to the portions you eat during each meal in order to have a balanced diet?



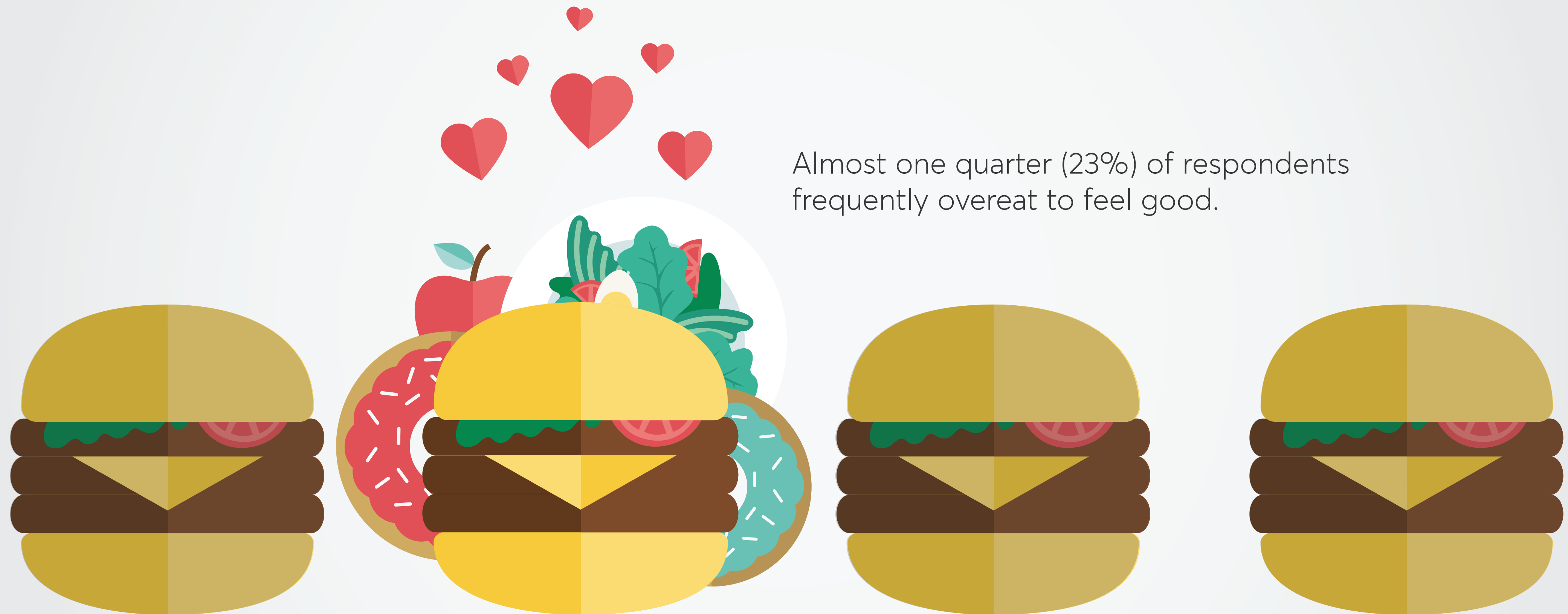
Almost
30%

don't pay attention to portion sizes.





Do you engage in overeating in order to feel good?



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