

Attribute	Benchmark		CSD/DM (5915055): West Vancouver, BC		
	CSD/CY (5915051): North Vancouver, BC				
	Count: -		Count: -		
	Value	Percent	Value	Percent	Index
Population of Age 15 and Up	54,916		40,249		
Cough Drops - Used in Past 6 Months					
Cough Drops - Yes	15,597	28.40%	11,389	28.30%	100
Cough Drops - # Times Used in Past 30 Days					
Cough Drops - 1-2 Times (L)	3,580	6.52%	2,245	5.58%	86
Cough Drops - 3-5 Times (M)	2,385	4.34%	1,738	4.32%	100
Cough Drops - 6-9 Times (H)	1,124	2.05%	1,107	2.75%	134
Cough Drops - 10+ Times (H)	1,512	2.75%	682	1.70%	62
Cough Drops - Formats Used - Any					
Cough Drops Any - Regular Size Bag (15-30 Count)	8,512	15.50%	6,253	15.54%	100
Cough Drops Any - Stick (9-10 Count)	4,614	8.40%	3,039	7.55%	90
Cough Drops Any - Lozenges	9,665	17.60%	6,680	16.60%	94
Cough Drops Any - Other	1,213	2.21%	813	2.02%	91
Cough Drops - Formats Used - Most Often					
Cough Drops Most Often - Regular Size Bag (15-30 Count)	6,457	11.76%	4,510	11.21%	95
Cough Drops Most Often - Stick (9-10 Count)	2,329	4.24%	1,658	4.12%	97
Cough Drops Most Often - Lozenges	6,607	12.03%	4,441	11.03%	92
Cough Drops Most Often - Other	90	0.16%	111	0.28%	175
Cough Drops - Formats Used - Sometimes					
Cough Drops Sometimes - Regular Size Bag (15-30 Count)	2,055	3.74%	1,743	4.33%	116
Cough Drops Sometimes - Stick (9-10 Count)	2,285	4.16%	1,381	3.43%	82
Cough Drops Sometimes - Lozenges	3,058	5.57%	2,239	5.56%	100
Cough Drops Sometimes - Other	1,124	2.05%	702	1.75%	85
Cough Drops - Used For - Any					
Cough Drops Any - Allergy	1,501	2.73%	813	2.02%	74
Cough Drops Any - Cough	11,890	21.65%	8,304	20.63%	95
Cough Drops Any - Preventing A Cold	1,479	2.69%	807	2.00%	74
Cough Drops Any - Sore Throat	11,156	20.32%	8,295	20.61%	101
Cough Drops Any - Stuffy Nose	3,372	6.14%	1,891	4.70%	77
Cough Drops Any - Other	977	1.78%	674	1.67%	94
Cough Drops - Used For - Most Often					
Cough Drops Most Often - Allergy	606	1.10%	310	0.77%	70
Cough Drops Most Often - Cough	7,757	14.13%	5,842	14.52%	103
Cough Drops Most Often - Preventing A Cold	344	0.63%	190	0.47%	75
Cough Drops Most Often - Sore Throat	6,203	11.30%	4,574	11.36%	101
Cough Drops Most Often - Stuffy Nose	278	0.51%	214	0.53%	104
Cough Drops Most Often - Other	388	0.71%	257	0.64%	90
Cough Drops - Used For - Sometimes					
Cough Drops Sometimes - Allergy	895	1.63%	503	1.25%	77
Cough Drops Sometimes - Cough	4,133	7.53%	2,462	6.12%	81
Cough Drops Sometimes - Preventing A Cold	1,135	2.07%	617	1.53%	74
Cough Drops Sometimes - Sore Throat	4,953	9.02%	3,721	9.25%	103
Cough Drops Sometimes - Stuffy Nose	3,094	5.63%	1,678	4.17%	74

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Cough Drops Sometimes - Other	589	1.07%	417	1.04%	97
Cough Syrup - Used in Past 6 Months					
Cough Syrup - Yes	10,522	19.16%	7,592	18.86%	98
Cough Syrup - # Times Used in Past 30 Days					
Cough Syrup - 1-2 Times (L)	1,838	3.35%	1,248	3.10%	93
Cough Syrup - 3-5 Times (M)	899	1.64%	604	1.50%	91
Cough Syrup - 6-9 Times (H)	519	0.95%	487	1.21%	127
Cough Syrup - 10+ Times (H)	350	0.64%	151	0.38%	59
Cough Syrup Formats - Any					
Cough Syrup Any - 0-120 ml	7,840	14.28%	5,280	13.12%	92
Cough Syrup Any - 121ml or more	5,081	9.25%	3,649	9.07%	98
Cough Syrup Any - Other	1,462	2.66%	745	1.85%	70
Cough Syrup Formats - Most Often					
Cough Syrup Most Often - 0-120 ml	7,105	12.94%	4,576	11.37%	88
Cough Syrup Most Often - 121ml or more	3,653	6.65%	2,855	7.09%	107
Cough Syrup Most Often - Other	309	0.56%	120	0.30%	54
Cough Syrup Formats - Sometimes					
Cough Syrup Sometimes - 0-120 ml	735	1.34%	704	1.75%	131
Cough Syrup Sometimes - 121ml or more	1,429	2.60%	794	1.97%	76
Cough Syrup Sometimes - Other	1,154	2.10%	626	1.55%	74
Sore Throat Remedies - Used/Past 6 Months					
Sore Throat Remedies - Yes	8,019	14.60%	6,695	16.63%	114
Sore Throat Remedies - # Times Used/Past 30 Days					
Sore Throat Remedies - 1-2 Times (L)	1,754	3.19%	1,766	4.39%	138
Sore Throat Remedies - 3-5 Times (M)	897	1.63%	676	1.68%	103
Sore Throat Remedies - 6-9 Times (H)	363	0.66%	451	1.12%	170
Sore Throat Remedies - 10+ Times (H)	265	0.48%	205	0.51%	106
Sore Throat Remedies - Kind Use - Any					
Sore Throat Any - Spray	2,259	4.11%	1,508	3.75%	91
Sore Throat Any - Lozenges	7,593	13.83%	6,568	16.32%	118
Sore Throat Remedies - Kind Use - Most Often					
Sore Throat Most Often - Spray	861	1.57%	470	1.17%	75
Sore Throat Most Often - Lozenges	7,103	12.93%	6,255	15.54%	120
Sore Throat Remedies - Kind Use - Sometimes					
Sore Throat Sometimes - Spray	1,398	2.55%	1,038	2.58%	101
Sore Throat Sometimes - Lozenges	490	0.89%	314	0.78%	88
Cold Remedies - Used in Past 6 Months					
Cold Remedies - Yes	9,646	17.57%	9,940	24.70%	141
Cold Remedies - # Times Used in Past 30 Days					
Cold Remedies - 1-2 Times (L)	2,200	4.01%	2,052	5.10%	127
Cold Remedies - 3-5 Times (M)	1,384	2.52%	1,357	3.37%	134
Cold Remedies - 6-9 Times (H)	487	0.89%	370	0.92%	103
Cold Remedies - 10+ Times (H)	340	0.62%	250	0.62%	100

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Cold Remedies - Kind Use - Any					
Cold Remedies Kind Any - Caplets/Capsules	6,630	12.07%	5,920	14.71%	122
Cold Remedies Kind Any - Gelcaps	2,989	5.44%	3,342	8.30%	153
Cold Remedies Kind Any - Liquid	5,277	9.61%	5,326	13.23%	138
Cold Remedies Kind Any - Powders	1,880	3.42%	1,285	3.19%	93
Cold Remedies Kind Any - Tablets/Pills	6,135	11.17%	6,220	15.45%	138
Cold Remedies - Kind Use - Most Often					
Cold Remedies Kind Most Often - Caplets/Capsules	4,710	8.58%	4,630	11.51%	134
Cold Remedies Kind Most Often - Gelcaps	1,204	2.19%	1,226	3.05%	139
Cold Remedies Kind Most Often - Liquid	2,437	4.44%	3,214	7.99%	180
Cold Remedies Kind Most Often - Powders	1,265	2.30%	863	2.15%	93
Cold Remedies Kind Most Often - Tablets/Pills	2,800	5.10%	2,290	5.69%	112
Cold Remedies - Kind Use - Sometimes					
Cold Remedies Kind Sometimes - Caplets/Capsules	1,920	3.50%	1,290	3.20%	91
Cold Remedies Kind Sometimes - Gelcaps	1,785	3.25%	2,118	5.26%	162
Cold Remedies Kind Sometimes - Liquid	2,840	5.17%	2,112	5.25%	102
Cold Remedies Kind Sometimes - Powders	616	1.12%	421	1.05%	94
Cold Remedies Kind Sometimes - Tablets/Pills	3,335	6.07%	3,930	9.76%	161
Cold Remedies - Purpose of Use - Any					
Cold Remedies Purpose Any - Cold	8,285	15.09%	8,514	21.15%	140
Cold Remedies Purpose Any - Cough	5,522	10.06%	4,593	11.41%	113
Cold Remedies Purpose Any - Fever	2,751	5.01%	3,417	8.49%	169
Cold Remedies Purpose Any - Flu	4,089	7.45%	2,652	6.59%	88
Cold Remedies Purpose Any - Nasal Congestion	5,451	9.93%	4,534	11.26%	113
Cold Remedies Purpose Any - Preventing a Cold	2,000	3.64%	1,292	3.21%	88
Cold Remedies Purpose Any - Sinus	3,889	7.08%	4,162	10.34%	146
Cold Remedies Purpose Any - Sore Throat	4,941	9.00%	3,118	7.75%	86
Cold Remedies Purpose Any - Stuffy Nose	4,248	7.74%	4,210	10.46%	135
Cold Remedies - Purpose of Use - Most Often					
Cold Remedies Purpose Most Often - Cold	6,041	11.00%	6,759	16.79%	153
Cold Remedies Purpose Most Often - Cough	393	0.72%	1,107	2.75%	382
Cold Remedies Purpose Most Often - Fever	74	0.14%	192	0.48%	343
Cold Remedies Purpose Most Often - Flu	720	1.31%	362	0.90%	69
Cold Remedies Purpose Most Often - Nasal Congestion	958	1.75%	518	1.29%	74
Cold Remedies Purpose Most Often - Preventing a Cold	321	0.59%	179	0.45%	76
Cold Remedies Purpose Most Often - Sinus	936	1.71%	829	2.06%	120
Cold Remedies Purpose Most Often - Sore Throat	833	1.52%	335	0.83%	55
Cold Remedies Purpose Most Often - Stuffy Nose	276	0.50%	161	0.40%	80
Cold Remedies - Purpose of Use - Sometimes					
Cold Remedies Purpose Sometimes - Cold	2,244	4.09%	1,755	4.36%	107
Cold Remedies Purpose Sometimes - Cough	5,129	9.34%	3,496	8.69%	93
Cold Remedies Purpose Sometimes - Fever	2,677	4.88%	3,240	8.05%	165
Cold Remedies Purpose Sometimes - Flu	3,369	6.13%	2,290	5.69%	93

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Cold Remedies Purpose Sometimes - Nasal Congestion	4,493	8.18%	4,016	9.98%	122
Cold Remedies Purpose Sometimes - Preventing a Cold	1,679	3.06%	1,113	2.77%	91
Cold Remedies Purpose Sometimes - Sinus	2,953	5.38%	3,332	8.28%	154
Cold Remedies Purpose Sometimes - Sore Throat	4,107	7.48%	2,782	6.91%	92
Cold Remedies Purpose Sometimes - Stuffy Nose	3,972	7.23%	4,049	10.06%	139
Nasal Spray - Used in Past 6 Months					
Nasal Spray - Yes	3,560	6.48%	3,364	8.36%	129
Nasal Spray - # Times Personally Used in Past 30 Days					
Nasal Spray - 1-2 Times (L)	325	0.59%	240	0.60%	102
Nasal Spray - 3-5 Times (M)	668	1.22%	678	1.69%	139
Nasal Spray - 6-9 Times (H)	503	0.92%	592	1.47%	160
Nasal Spray - 10+ Times (H)	242	0.44%	194	0.48%	109
Saline Nasal Spray - Used in Past 6 Months					
Saline Nasal Spray - Yes	3,074	5.60%	2,678	6.65%	119
Natural Based Cough and Cold Remedies - Used in Past 6 Months					
Natural Based Cough and Cold Remedies - Yes	4,322	7.87%	4,319	10.73%	136
Natural Based Cough and Cold Remedies - # Times Used in Past 30 Days					
Natural Based Cough and Cold Remedies # Times - 1-2 (L)	963	1.75%	724	1.80%	103
Natural Based Cough and Cold Remedies # Times - 3-5 (M)	456	0.83%	870	2.16%	260
Natural Based Cough and Cold Remedies # Times - 10+ (H)	92	0.17%	82	0.20%	118
Natural Based Cough and Cold Remedies - Format - Any					
Natural Based Cough and Cold Remedies Format Any - Natural based cold remedies	3,292	6.00%	2,816	7.00%	117
Natural Based Cough and Cold Remedies Format Any - Natural based cough remedies	2,603	4.74%	2,590	6.44%	136
Natural Based Cough and Cold Remedies Format Any - Other	1,594	2.90%	1,036	2.58%	89
Natural Based Cough and Cold Remedies - Format - Most Often					
Natural Based Cough and Cold Remedies Format Most Often - Natural based cold remedies	1,829	3.33%	1,413	3.51%	105
Natural Based Cough and Cold Remedies Format Most Often - Natural based cough remedies	1,217	2.22%	1,328	3.30%	149
Natural Based Cough and Cold Remedies Format Most Often - Other	1,109	2.02%	804	2.00%	99
Natural Based Cough and Cold Remedies - Format Sometimes					
Natural Based Cough and Cold Remedies Format Sometimes - Natural based cold remedies	1,463	2.66%	1,402	3.48%	131
Natural Based Cough and Cold Remedies Format Sometimes - Natural based cough remedies	1,386	2.52%	1,263	3.14%	125
Natural Based Cough and Cold Remedies Format Sometimes - Other	485	0.88%	233	0.58%	66
Natural Based Cough and Cold Remedies - Purpose - Any					
Natural Based Cough and Cold Remedies Purpose Any - Cold	2,202	4.01%	2,002	4.98%	124
Natural Based Cough and Cold Remedies Purpose Any - Cough	2,413	4.39%	1,690	4.20%	96

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Natural Based Cough and Cold Remedies Purpose Any - Fever	367	0.67%	151	0.38%	57
Natural Based Cough and Cold Remedies Purpose Any - Flu	475	0.87%	426	1.06%	122
Natural Based Cough and Cold Remedies Purpose Any - Preventing a Cold	2,131	3.88%	1,696	4.21%	109
Natural Based Cough and Cold Remedies Purpose Any - Sinus	614	1.12%	589	1.46%	130
Natural Based Cough and Cold Remedies Purpose Any - Sore Throat	1,868	3.40%	1,653	4.11%	121
Natural Based Cough and Cold Remedies Purpose Any - Stuffy Nose	683	1.24%	768	1.91%	154
Natural Based Cough and Cold Remedies-Purpose - Most Often					
Natural Based Cough and Cold Remedies Purpose Most often - Cold	1,530	2.79%	1,443	3.58%	128
Natural Based Cough and Cold Remedies Purpose Most often - Cough	1,323	2.41%	894	2.22%	92
Natural Based Cough and Cold Remedies Purpose Most often - Preventing a Cold	850	1.55%	550	1.37%	88
Natural Based Cough and Cold Remedies Purpose Most often - Sore Throat	379	0.69%	326	0.81%	117
Natural Based Cough and Cold Remedies - Purpose - Sometimes					
Natural Based Cough and Cold Remedies Purpose Sometimes - Cold	672	1.22%	560	1.39%	114
Natural Based Cough and Cold Remedies Purpose Sometimes - Cough	1,090	1.98%	795	1.98%	100
Natural Based Cough and Cold Remedies Purpose Sometimes - Fever	367	0.67%	151	0.38%	57
Natural Based Cough and Cold Remedies Purpose Sometimes - Flu	475	0.87%	426	1.06%	122
Natural Based Cough and Cold Remedies Purpose Sometimes - Preventing a Cold	1,281	2.33%	1,145	2.85%	122
Natural Based Cough and Cold Remedies Purpose Sometimes - Sinus	510	0.93%	430	1.07%	115
Natural Based Cough and Cold Remedies Purpose Sometimes - Sore Throat	1,488	2.71%	1,327	3.30%	122
Natural Based Cough and Cold Remedies Purpose Sometimes - Stuffy Nose	683	1.24%	768	1.91%	154
Children's Cough & Cold Remedies - Used in the past 6 months					
Children's Cough - Yes	1,193	2.17%	1,022	2.54%	117
Eye Drops - Used in Past 6 Months					
Eye Drops - Yes	12,788	23.29%	10,429	25.91%	111
Eye Drops - # Times Used in Past 30 Days					
Eye Drops - 1-2 Times (L)	2,899	5.28%	2,221	5.52%	105
Eye Drops - 3-5 Times (M)	2,346	4.27%	2,654	6.60%	155
Eye Drops - 6-9 Times (H)	2,116	3.85%	1,370	3.40%	88

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Eye Drops - 10-14 Times (H)	1,416	2.58%	863	2.15%	83
Eye Drops - 15+ Times (H)	2,942	5.36%	2,355	5.85%	109
Eyewear - Wear					
Eyewear - Yes	36,671	66.78%	27,516	68.37%	102
Eyewear - Type Bought Past 12 Months					
Eyewear - Prescription Eyeglasses	24,285	44.22%	17,764	44.14%	100
Eyewear - Reading Eyeglasses	3,722	6.78%	3,086	7.67%	113
Eyewear - Bi-Focals	1,812	3.30%	1,332	3.31%	100
Eyewear - Contact Lenses	2,754	5.02%	1,629	4.05%	81
Eyewear - Disposable Contact Lenses	3,105	5.65%	2,262	5.62%	99
Eyewear - Prescription Sunglasses	4,721	8.60%	2,777	6.90%	80
Eyewear - Non-Prescription Sunglasses	3,294	6.00%	2,430	6.04%	101
Eyewear - \$ Spent On Last Pair in Past 12 Months					
Eyewear - Under \$50	10,764	19.60%	7,290	18.11%	92
Eyewear - \$51-99	2,154	3.92%	1,387	3.45%	88
Eyewear - \$100-199	5,038	9.17%	3,205	7.96%	87
Eyewear - \$200-399	6,720	12.24%	5,438	13.51%	110
Eyewear - \$400+	6,515	11.86%	5,763	14.32%	121
Pain Relievers - Systematic/Oral (e.g. Pain Relief Tablets) Used Past 6 Months					
Pain Relievers - Yes	24,807	45.17%	19,063	47.36%	105
Topical Pain Relievers - Used/Past 6 Months					
Topical Pain Relievers - Yes	11,232	20.45%	7,970	19.80%	97
Topical Pain Relievers - # Times Used/Past 30 Days					
Topical Pain Relievers - 1-2 Times (L)	3,754	6.84%	1,954	4.86%	71
Topical Pain Relievers - 3-5 Times (M)	2,141	3.90%	1,182	2.94%	75
Topical Pain Relievers - 6-9 Times (H)	974	1.77%	749	1.86%	105
Topical Pain Relievers - 10-14 Times (H)	682	1.24%	605	1.50%	121
Topical Pain Relievers - 15+ Times (H)	1,196	2.18%	867	2.15%	99
Topical Pain Relievers - Form Use - Any					
Topical Pain Relievers Any - Cream	10,239	18.65%	7,188	17.86%	96
Topical Pain Relievers Any - Patch	1,620	2.95%	800	1.99%	67
Topical Pain Relievers Any - Rubs	4,079	7.43%	2,641	6.56%	88
Topical Pain Relievers Any - Wraps	433	0.79%	228	0.57%	72
Topical Pain Relievers - Form Use - Most Often					
Topical Pain Relievers Most Often - Cream	8,697	15.84%	6,288	15.62%	99
Topical Pain Relievers Most Often - Patch	471	0.86%	359	0.89%	103
Topical Pain Relievers Most Often - Rubs	2,064	3.76%	1,323	3.29%	88
Topical Pain Relievers - Form Use - Sometimes					
Topical Pain Relievers Sometimes - Cream	1,542	2.81%	900	2.24%	80
Topical Pain Relievers Sometimes - Patch	1,149	2.09%	441	1.10%	53
Topical Pain Relievers Sometimes - Rubs	2,015	3.67%	1,318	3.28%	89
Topical Pain Relievers Sometimes - Wraps	433	0.79%	228	0.57%	72
Pain Relievers for Arthritis/Rheumatism - Used/Past 6 Months					
Pain Relievers for Arthritis/Rheumatism - Yes	5,715	10.41%	4,360	10.83%	104

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Pain Relievers for Arthritis/Rheumatism - # Times Used/Past 30 Days					
Arthritis Pain Relievers - 1-2 Times (L)	1,131	2.06%	618	1.54%	75
Arthritis Pain Relievers - 3-5 Times (M)	1,058	1.93%	743	1.85%	96
Arthritis Pain Relievers - 6-9 Times (H)	862	1.57%	997	2.48%	158
Arthritis Pain Relievers - 10-14 Times (H)	604	1.10%	579	1.44%	131
Arthritis Pain Relievers - 15+ Times (H)	1,514	2.76%	1,073	2.67%	97
Pain Relievers for Back Pain - Used/Past 6 Months					
Pain Relievers for Back Pain - Yes	8,237	15.00%	5,539	13.76%	92
Pain Relievers for Back Pain - # Times Used/Past 30 Days					
Back Pain Relievers - 1-2 Times (L)	2,799	5.10%	1,670	4.15%	81
Back Pain Relievers - 3-5 Times (M)	1,819	3.31%	1,322	3.29%	99
Back Pain Relievers - 6 + Times (H)	1,921	3.50%	1,398	3.47%	99
Pain Relievers for Headaches - Used/Past 6 Months					
Pain Relievers for Headaches - Yes	17,036	31.02%	12,112	30.09%	97
Pain Relievers for Headaches - # Times Used/Past 30 Days					
Headaches Relievers - 1-2 Times (L)	7,160	13.04%	4,479	11.13%	85
Headaches Relievers - 3-5 Times (M)	4,850	8.83%	3,510	8.72%	99
Headaches Relievers - 6-9 Times (H)	1,548	2.82%	896	2.23%	79
Headaches Relievers - 10-14 Times (H)	480	0.87%	314	0.78%	90
Headaches Relievers - 15+ Times (H)	662	1.21%	280	0.69%	57
Pain Relievers for Headaches - Type Use - Any					
Headaches Relievers Any - Caplets	7,297	13.29%	5,856	14.55%	109
Headaches Relievers Any - Capsules	4,768	8.68%	2,965	7.37%	85
Headaches Relievers Any - Gelcaps	5,426	9.88%	3,228	8.02%	81
Headaches Relievers Any - Liquigels	5,521	10.05%	3,377	8.39%	83
Headaches Relievers Any - Tablets	10,353	18.85%	7,330	18.21%	97
Pain Relievers for Headaches - Type Use - Most Often					
Headaches Relievers Most Often - Caplets	4,646	8.46%	4,040	10.04%	119
Headaches Relievers Most Often - Capsules	1,177	2.14%	677	1.68%	79
Headaches Relievers Most Often - Gelcaps	1,852	3.37%	1,255	3.12%	93
Headaches Relievers Most Often - Liquigels	2,797	5.09%	1,591	3.95%	78
Headaches Relievers Most Often - Tablets	6,565	11.95%	4,548	11.30%	95
Pain Relievers for Headaches - Type Use - Sometimes					
Headaches Relievers Sometimes - Caplets	2,651	4.83%	1,816	4.51%	93
Headaches Relievers Sometimes - Capsules	3,591	6.54%	2,288	5.68%	87
Headaches Relievers Sometimes - Gelcaps	3,574	6.51%	1,973	4.90%	75
Headaches Relievers Sometimes - Liquigels	2,724	4.96%	1,786	4.44%	90
Headaches Relievers Sometimes - Tablets	3,789	6.90%	2,782	6.91%	100
Pain Relievers for Headaches - Kind Use - Any					
Headaches Relievers Any - With Codeine	6,724	12.24%	4,058	10.08%	82
Headaches Relievers Any - Without Codeine	16,076	29.27%	11,867	29.48%	101
Pain Relievers for Headaches - Kind Use - Most Often					
Headaches Relievers Most Often - With Codeine	2,943	5.36%	1,639	4.07%	76

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Headaches Relievers Most Often - Without Codeine	14,519	26.44%	10,607	26.35%	100
Pain Relievers for Headaches - Kind Use - Sometimes					
Headaches Relievers Sometimes - With Codeine	3,781	6.89%	2,419	6.01%	87
Headaches Relievers Sometimes - Without Codeine	1,557	2.84%	1,260	3.13%	110
Pain Relievers for Muscle/Body Pain - Used/Past 6 Months					
Muscle/Body Pain Relievers - Yes	14,264	25.98%	8,823	21.92%	84
Pain Relievers for Muscle/Body Pain - Times Used/Past 30 Days					
Muscle/Body Pain Relievers - 1-2 Times (L)	6,116	11.14%	4,033	10.02%	90
Muscle/Body Pain Relievers - 3-5 Times (M)	2,545	4.63%	1,435	3.57%	77
Muscle/Body Pain Relievers - 6-9 Times (H)	787	1.43%	492	1.22%	85
Muscle/Body Pain Relievers - 10-14 Times (H)	1,102	2.01%	869	2.16%	107
Muscle/Body Pain Relievers - 15+ Times (H)	1,139	2.07%	572	1.42%	69
Non-Prescription Products for Preventing Heart Attack/Stroke - Use					
Non-Prescription for Preventing Heart Attack/Stroke - Yes	3,686	6.71%	2,387	5.93%	88
Smoked in Last 6 Months					
Smoked - Yes	6,037	10.99%	3,523	8.75%	80
How Often Smoke					
How Often Smoke - Daily	4,518	8.23%	2,649	6.58%	80
How Often Smoke - Weekly	670	1.22%	410	1.02%	84
How Often Smoke - Less often	850	1.55%	465	1.15%	74
Smoking Type Used - Any					
Smoking Type Any - Cigarettes	5,238	9.54%	3,131	7.78%	82
Smoking Type Any - Cigars	1,341	2.44%	861	2.14%	88
Smoking Type Any - Electronic/ E-Cigarettes	1,489	2.71%	893	2.22%	82
Smoking Type Any - Vaporizers	1,125	2.05%	854	2.12%	103
Smoking Type Used - Most Often					
Smoking Type Most Often - Cigarettes	4,715	8.59%	2,642	6.56%	76
Smoking Type Most Often - Cigars	406	0.74%	183	0.46%	62
Smoking Type Most Often - Electronic/ E-Cigarettes	502	0.91%	408	1.01%	111
Smoking Type Most Often - Vaporizers	415	0.76%	290	0.72%	95
Smoking Type Used - Sometimes					
Smoking Type Sometimes - Cigarettes	523	0.95%	489	1.22%	128
Smoking Type Sometimes - Cigars	935	1.70%	677	1.68%	99
Smoking Type Sometimes - Electronic/ E-Cigarettes	987	1.80%	485	1.20%	67
Smoking Type Sometimes - Vaporizers	711	1.29%	564	1.40%	109
Smoking Product Used to Quit					
Smoking Product Used to Quit - Cold Turkey	4,856	8.84%	3,305	8.21%	93
Smoking Product Used to Quit - E-Cigarettes	2,178	3.97%	1,757	4.37%	110
Smoking Product Used to Quit - Gum	1,751	3.19%	873	2.17%	68
Smoking Product Used to Quit - Patch	2,480	4.52%	1,027	2.55%	56
Smoking Product Used to Quit - Pill	1,179	2.15%	882	2.19%	102
Smoking Product Used to Quit - Other	671	1.22%	436	1.08%	89
Allergy & Sinus Remedies - Used/Past 6 Months					
Allergy & Sinus - Yes	12,891	23.47%	10,185	25.31%	108

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Allergy & Sinus Remedies - # Times Used/Past 30 Days					
Allergy & Sinus - 1-2 Times (L)	2,891	5.26%	2,689	6.68%	127
Allergy & Sinus - 3-5 Times (M)	3,109	5.66%	2,467	6.13%	108
Allergy & Sinus - 6-9 Times (H)	1,051	1.92%	680	1.69%	88
Allergy & Sinus - 10-14 Times (H)	859	1.56%	897	2.23%	143
Allergy & Sinus - 15+ Times (H)	2,340	4.26%	1,400	3.48%	82
Allergy & Sinus Remedies - Kind Use - Any					
Allergy & Sinus Any - Caplets	3,928	7.15%	2,966	7.37%	103
Allergy & Sinus Any - Capsules	2,785	5.07%	2,033	5.05%	100
Allergy & Sinus Any - Gelcaps	2,248	4.09%	2,004	4.98%	122
Allergy & Sinus Any - Liquid	780	1.42%	691	1.72%	121
Allergy & Sinus Any - Medicated Nasal Sprays	2,214	4.03%	1,644	4.09%	101
Allergy & Sinus Any - Nasal Saline Sprays	2,861	5.21%	2,010	4.99%	96
Allergy & Sinus Any - Nasal Strip	370	0.67%	199	0.49%	73
Allergy & Sinus Any - Tablets	6,161	11.22%	5,436	13.51%	120
Allergy & Sinus Remedies - Kind Use - Most Often					
Allergy & Sinus Most Often - Caplets	3,016	5.49%	2,275	5.65%	103
Allergy & Sinus Most Often - Capsules	1,386	2.52%	836	2.08%	83
Allergy & Sinus Most Often - Gelcaps	827	1.51%	763	1.90%	126
Allergy & Sinus Most Often - Liquid	211	0.38%	219	0.54%	142
Allergy & Sinus Most Often - Medicated Nasal Sprays	1,017	1.85%	620	1.54%	83
Allergy & Sinus Most Often - Nasal Saline Sprays	1,284	2.34%	778	1.93%	82
Allergy & Sinus Most Often - Tablets	5,150	9.38%	4,694	11.66%	124
Allergy & Sinus Remedies - Kind Use - Sometimes					
Allergy & Sinus Sometimes - Caplets	913	1.66%	691	1.72%	104
Allergy & Sinus Sometimes - Capsules	1,398	2.55%	1,197	2.97%	116
Allergy & Sinus Sometimes - Gelcaps	1,421	2.59%	1,241	3.08%	119
Allergy & Sinus Sometimes - Liquid	569	1.04%	472	1.17%	113
Allergy & Sinus Sometimes - Medicated Nasal Sprays	1,198	2.18%	1,024	2.54%	117
Allergy & Sinus Sometimes - Nasal Saline Sprays	1,577	2.87%	1,232	3.06%	107
Allergy & Sinus Sometimes - Nasal Strip	370	0.67%	199	0.49%	73
Allergy & Sinus Sometimes - Tablets	1,011	1.84%	742	1.84%	100
Upset Stomach Remedies - Used/Past 6 Months					
Upset Stomach Remedies - Yes	11,983	21.82%	8,320	20.67%	95
Upset Stomach Remedies - # Times Used/Past 30 Days					
Upset Stomach - 1-3 Times (L)	5,693	10.37%	4,025	10.00%	96
Upset Stomach - 4-6 Times (M)	2,111	3.84%	1,188	2.95%	77
Upset Stomach - 7+ Times (H)	1,960	3.57%	1,522	3.78%	106
Upset Stomach Remedies - Type Use - Any					
Upset Stomach Any - Chewable Tablet	7,199	13.11%	5,256	13.06%	100
Upset Stomach Any - Effervescent	782	1.42%	475	1.18%	83
Upset Stomach Any - Liquid	3,388	6.17%	1,974	4.90%	79
Upset Stomach Any - Pill/Caplet	4,238	7.72%	2,816	7.00%	91

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Upset Stomach Any - Softgel Capsules	987	1.80%	578	1.44%	80
Upset Stomach Any - Soft Chews	913	1.66%	934	2.32%	140
Upset Stomach Remedies - Type Use - Most Often					
Upset Stomach Most Often - Chewable Tablet	6,089	11.09%	4,548	11.30%	102
Upset Stomach Most Often - Effervescent	287	0.52%	171	0.43%	83
Upset Stomach Most Often - Liquid	2,073	3.78%	1,173	2.91%	77
Upset Stomach Most Often - Pill/Caplet	2,837	5.17%	1,894	4.71%	91
Upset Stomach Most Often - Softgel Capsules	196	0.36%	221	0.55%	153
Upset Stomach Most Often - Soft Chews	393	0.72%	331	0.82%	114
Upset Stomach Remedies - Type Use - Sometimes					
Upset Stomach Sometimes - Chewable Tablet	1,110	2.02%	709	1.76%	87
Upset Stomach Sometimes - Effervescent	494	0.90%	304	0.75%	83
Upset Stomach Sometimes - Liquid	1,315	2.39%	801	1.99%	83
Upset Stomach Sometimes - Pill/Caplet	1,401	2.55%	922	2.29%	90
Upset Stomach Sometimes - Softgel Capsules	791	1.44%	357	0.89%	62
Upset Stomach Sometimes - Soft Chews	520	0.95%	602	1.50%	158
Laxatives - Used Past 6 Months					
Laxatives - Yes	3,774	6.87%	1,901	4.72%	69
Laxatives - How Often Taken Past 6 Months					
Laxatives - Once a week	774	1.41%	299	0.74%	52
Laxatives - 2-3 times a week	1,105	2.01%	374	0.93%	46
Laxatives - Once a month	237	0.43%	115	0.29%	67
Laxatives - 2-3 times a month	524	0.96%	487	1.21%	126
Laxatives - Every 2-3 months	555	1.01%	357	0.89%	88
Laxatives - Every 6 months	169	0.31%	58	0.15%	48
Laxatives - Less often	410	0.75%	210	0.52%	69
Foot Grooming - Bought Past 6 Months					
Foot Grooming - Yes	5,042	9.18%	3,941	9.79%	107
Foot Odour/Wetness - Used Past 6 Months					
Foot Odour/Wetness - Yes	1,567	2.85%	1,013	2.52%	88
Antifungal Products - Used for Athletes Foot, Jock Itch, Nail Fungus etc. Past 6 Months					
Antifungal Products - Yes	3,140	5.72%	2,473	6.15%	108
Wart Treatments - Used in Household in Past 6 Months					
Wart Treatments - Yes	2,182	3.97%	1,466	3.64%	92
Laser Eye Surgery - Had Done in Past 2 Years					
Laser Eye Surgery - Yes	1,585	2.89%	1,480	3.68%	127
Diet Control/Weight Management - Control Diet					
Diet Control/Weight Management - Yes	10,564	19.24%	8,918	22.16%	115
Diet Control/Weight Management - Reasons for Controlling Diet					
Diet Control - Blood Sugar Level	2,527	4.60%	2,415	6.00%	130
Diet Control - Cholesterol Level	3,138	5.71%	3,561	8.85%	155
Diet Control - Weight Management	7,733	14.08%	6,565	16.31%	116
Diet Control - Physical Fitness	4,706	8.57%	3,999	9.94%	116

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Diet Control - Personal Health	6,843	12.46%	6,167	15.32%	123
Diet Control - Other	388	0.71%	209	0.52%	73
Medical Conditions/Prescription Remedies - Used in Household Past 6 Months					
Medical Conditions - Yes - Myself	30,222	55.03%	22,754	56.53%	103
Medical Conditions - Yes - Other Household Member	17,114	31.17%	15,646	38.87%	125
Medical Conditions/Prescription Remedies - Condition Have					
Medical Conditions - Arthritis	10,758	19.59%	8,392	20.85%	106
Medical Conditions - Asthma	4,750	8.65%	3,547	8.81%	102
Medical Conditions - Bacterial Vaginosis	132	0.24%	99	0.25%	104
Medical Conditions - Bleeding Gums	696	1.27%	431	1.07%	84
Medical Conditions - Cold Sores/Fever Blisters	1,280	2.33%	1,022	2.54%	109
Medical Conditions - Depression	7,592	13.83%	3,806	9.46%	68
Medical Conditions - Diabetes	3,244	5.91%	2,149	5.34%	90
Medical Conditions - Dry Mouth	1,780	3.24%	1,225	3.04%	94
Medical Conditions - Erectile Difficulties	1,437	2.62%	1,554	3.86%	147
Medical Conditions - Fibromyalgia	2,401	4.37%	1,495	3.72%	85
Medical Conditions - Food Allergies	2,592	4.72%	1,819	4.52%	96
Medical Conditions - Gum Disease/Gingivitis	1,367	2.49%	2,188	5.44%	218
Medical Conditions - Hair Loss	2,490	4.54%	1,624	4.03%	89
Medical Conditions - High Blood Pressure	8,529	15.53%	7,461	18.54%	119
Medical Conditions - High Cholesterol	6,421	11.69%	5,309	13.19%	113
Medical Conditions - Incontinence	1,105	2.01%	733	1.82%	91
Medical Conditions - Insomnia	3,659	6.66%	2,047	5.09%	76
Medical Conditions - Irritable Bowel Syndrome	3,004	5.47%	1,518	3.77%	69
Medical Conditions - Migraine	2,784	5.07%	1,634	4.06%	80
Medical Conditions - Nighttime Nasal Congestion	985	1.79%	735	1.83%	102
Medical Conditions - Osteoporosis	1,592	2.90%	1,921	4.77%	164
Medical Conditions - Overactive Bladder	1,198	2.18%	791	1.96%	90
Medical Conditions - Psoriasis	1,196	2.18%	812	2.02%	93
Medical Conditions - Ulcer	248	0.45%	237	0.59%	131
Medical Conditions - Ulcerative Colitis	245	0.45%	125	0.31%	69
Medical Conditions - Other	8,365	15.23%	5,434	13.50%	89
Hair Growth Products - Used Past 6 Months					
Hair Growth Products - Yes	2,908	5.30%	1,866	4.64%	88
Hair Growth Products - Forms of Treatment Used					
Hair Growth Products - Topical Solution	1,534	2.79%	1,024	2.55%	91
Hair Growth Products - Nutritional Supplement	1,716	3.13%	1,049	2.61%	83
Hair Growth Products - Thickening Shampoo/Conditioner	359	0.65%	224	0.56%	86
Cosmetic Treatments - Had Done/Past 12 Months					
Cosmetic Treatments - Yes	1,428	2.60%	1,079	2.68%	103
Cosmetic Treatments - Done by Physician/Specialist in Past 12 Months					
Done - Cosmetic Surgery	147	0.27%	123	0.31%	115
Done - Facial Injectables(eg Botox, Collagen, Juvederm, etc)	566	1.03%	498	1.24%	120

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Cosmetic Treatments - Intend to in Next 12 Months					
Intend to - Cosmetic Surgery	536	0.98%	556	1.38%	141
Intend to - Facial Injectables(eg Botox, Collagen, Juvederm, etc)	186	0.34%	153	0.38%	112
Multivitamins - Used in Past 30 Days					
Multivitamins - Yes	19,417	35.36%	14,712	36.55%	103
Multivitamins - How Often Used					
Multivitamins - Daily	14,122	25.72%	10,123	25.15%	98
Multivitamins - Every Other Day	2,714	4.94%	2,736	6.80%	138
Multivitamins - Once A Week	1,326	2.41%	1,082	2.69%	112
Multivitamins - Less Often	1,255	2.29%	771	1.92%	84
Multivitamins - Type Used					
Multivitamins - Adults	5,168	9.41%	3,220	8.00%	85
Multivitamins - Adults 50+	1,937	3.53%	1,571	3.90%	110
Multivitamins - Women's	2,509	4.57%	2,147	5.33%	117
Multivitamins - Women's 50+	3,257	5.93%	2,405	5.97%	101
Multivitamins - Men's	2,085	3.80%	1,478	3.67%	97
Multivitamins - Men's 50+	1,747	3.18%	1,754	4.36%	137
Multivitamins - Prenatal	827	1.51%	479	1.19%	79
Multivitamins - Prenatal with DHA	280	0.51%	122	0.30%	59
Multivitamins - Immunity	657	1.20%	244	0.61%	51
Multivitamins - Max Strength	163	0.30%	127	0.32%	107
Multivitamins - Other	2,285	4.16%	2,137	5.31%	128
Multivitamins - Forms Used					
Multivitamins - Tablets	14,809	26.97%	12,071	29.99%	111
Multivitamins - Gummies	4,402	8.02%	3,016	7.49%	93
Multivitamins - Liquid	187	0.34%	80	0.20%	59
Multivitamins - Chewable	953	1.74%	729	1.81%	104
Multivitamins - Other	829	1.51%	729	1.81%	120
Vitamins, Minerals, Herbal & Nutritional Supplements - Used/Past 6 Months					
Vitamins and Supplements - Yes	26,725	48.67%	19,645	48.81%	100
Vitamins, Minerals, Herbal & Nutritional Supplements - How Often Used					
Vitamins and Supplements - Daily	22,174	40.38%	16,024	39.81%	99
Vitamins and Supplements - Weekly	2,840	5.17%	2,203	5.47%	106
Vitamins and Supplements - Monthly	874	1.59%	692	1.72%	108
Vitamins and Supplements - Less Often	837	1.52%	726	1.80%	118
Vitamins & Minerals Use					
Vitamins & Minerals - Vitamin A	1,603	2.92%	1,019	2.53%	87
Vitamins & Minerals - Vitamin D	14,974	27.27%	11,566	28.74%	105
Vitamins & Minerals - B Vitamins	7,133	12.99%	4,899	12.17%	94
Vitamins & Minerals - Vitamin C	10,331	18.81%	8,548	21.24%	113
Vitamins & Minerals - Vitamin E	1,558	2.84%	1,295	3.22%	113
Vitamins & Minerals - Folic Acid	1,538	2.80%	988	2.46%	88
Vitamins & Minerals - Calcium	5,797	10.56%	4,931	12.25%	116

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Vitamins & Minerals - Iron + Other Minerals (Excluding Calcium)	3,812	6.94%	2,581	6.41%	92
Vitamins & Minerals - Other	4,132	7.53%	2,760	6.86%	91
Herbal Supplements Use					
Herbal Supplements - Apple Cider Vinegar	2,180	3.97%	2,234	5.55%	140
Herbal Supplements - Circumin/Turmeric	3,253	5.92%	2,402	5.97%	101
Herbal Supplements - Collagen	2,500	4.55%	1,163	2.89%	64
Herbal Supplements - Coenzyme Q10 (CoQ10)	1,628	2.97%	1,231	3.06%	103
Herbal Supplements - Cranberry	1,271	2.31%	994	2.47%	107
Herbal Supplements - Echinacea	1,853	3.37%	2,116	5.26%	156
Herbal Supplements - Evening Primrose Oil	281	0.51%	289	0.72%	141
Herbal Supplements - Fibre	1,655	3.01%	1,614	4.01%	133
Herbal Supplements - Flax Seed Oil	640	1.17%	354	0.88%	75
Herbal Supplements - Garlic	1,471	2.68%	955	2.37%	88
Herbal Supplements - Glucosamine/Chondroitin Sulfate	1,649	3.00%	935	2.32%	77
Herbal Supplements - Joint Health	1,812	3.30%	1,457	3.62%	110
Herbal Supplements - Krill Oil	431	0.78%	377	0.94%	121
Herbal Supplements - Lutein	549	1.00%	521	1.29%	129
Herbal Supplements - Melatonin	2,909	5.30%	1,987	4.94%	93
Herbal Supplements - Milk Thistle	1,391	2.53%	594	1.48%	58
Herbal Supplements - Omega 3/Fish Oil	7,758	14.13%	5,323	13.23%	94
Herbal Supplements - Oregano	1,492	2.72%	1,823	4.53%	167
Herbal Supplements - Probiotics	5,242	9.55%	3,724	9.25%	97
Herbal Supplements - Other	3,624	6.60%	3,933	9.77%	148
Practitioners Visited in Past 6 Months					
Visited - Acupuncturist	2,738	4.99%	3,035	7.54%	151
Visited - Aromatherapist	747	1.36%	465	1.16%	85
Visited - Chiropractor	10,651	19.40%	8,755	21.75%	112
Visited - Cosmetic Surgeon	1,177	2.14%	867	2.16%	101
Visited - Dentist	36,261	66.03%	27,567	68.49%	104
Visited - Dietician/Nutritionist	1,925	3.51%	1,636	4.07%	116
Visited - GP/Family Physician	30,346	55.26%	23,141	57.49%	104
Visited - Homeopath	584	1.06%	531	1.32%	125
Visited - Massage Therapist	13,439	24.47%	8,075	20.06%	82
Visited - Naturopath	1,920	3.50%	1,489	3.70%	106
Visited - Optometrist	17,955	32.70%	13,124	32.61%	100
Visited - Osteopath	1,110	2.02%	663	1.65%	82
Visited - Physiotherapist	8,417	15.33%	6,025	14.97%	98
Visited - Other Practitioners	6,167	11.23%	5,029	12.50%	111
Practitioners Intend to Visit Next 12 Months					
Intend to Visit - Acupuncturist	2,287	4.16%	1,818	4.52%	109
Intend to Visit - Aromatherapist	144	0.26%	101	0.25%	96
Intend to Visit - Chiropractor	7,762	14.13%	6,249	15.53%	110
Intend to Visit - Cosmetic Surgeon	736	1.34%	486	1.21%	90

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Intend to Visit - Dentist	29,388	53.52%	23,005	57.16%	107
Intend to Visit - Dietician/Nutritionist	1,678	3.06%	1,911	4.75%	155
Intend to Visit - GP/Family Physician	22,205	40.43%	17,297	42.98%	106
Intend to Visit - Homeopath	474	0.86%	1,143	2.84%	330
Intend to Visit - Massage Therapist	10,883	19.82%	6,368	15.82%	80
Intend to Visit - Naturopath	1,497	2.73%	1,003	2.49%	91
Intend to Visit - Optometrist	13,575	24.72%	10,417	25.88%	105
Intend to Visit - Osteopath	643	1.17%	294	0.73%	62
Intend to Visit - Physiotherapist	4,749	8.65%	3,004	7.46%	86
Intend to Visit - Other Practitioners	4,303	7.84%	3,713	9.22%	118
Health Care - Equipment Have					
Have - Hearing Aids	2,752	5.01%	2,814	6.99%	140
Have - Mobility Aids (wheelchair, walker, braces)	2,976	5.42%	1,712	4.25%	78
Have - Therapeutic Mattress	1,216	2.21%	1,883	4.68%	212
Have - Other	1,772	3.23%	1,204	2.99%	93
Suntan & Sunscreen Products - Bought/Past 12 Months					
Suntan & Sunscreen Products - Yes	20,194	36.77%	14,667	36.44%	99
Suntan & Sunscreen Products - # Containers Bought/Past 12 Months					
# Suntan & Sunscreen - 1-2 (L)	15,959	29.06%	10,759	26.73%	92
# Suntan & Sunscreen - 3-5 (M)	3,282	5.98%	2,842	7.06%	118
# Suntan & Sunscreen - 6+ (H)	954	1.74%	1,067	2.65%	152
Suntan & Sunscreen Products - Type Bought - Any					
Suntan & Sunscreen Any - SPF 1-14	1,339	2.44%	879	2.18%	89
Suntan & Sunscreen Any - SPF 15	5,796	10.56%	3,893	9.67%	92
Suntan & Sunscreen Any - SPF 16-35	12,642	23.02%	9,377	23.30%	101
Suntan & Sunscreen Any - SPF 36+	14,785	26.92%	10,963	27.24%	101
Suntan & Sunscreen Products - Type Bought - Most Often					
Suntan & Sunscreen Most Often - SPF 1-14	358	0.65%	190	0.47%	72
Suntan & Sunscreen Most Often - SPF 15	2,880	5.24%	1,867	4.64%	89
Suntan & Sunscreen Most Often - SPF 16-35	6,184	11.26%	4,939	12.27%	109
Suntan & Sunscreen Most Often - SPF 36+	10,399	18.94%	7,614	18.92%	100
Suntan & Sunscreen Products - Type Bought - Sometimes					
Suntan & Sunscreen Sometimes - SPF 1-14	981	1.79%	689	1.71%	96
Suntan & Sunscreen Sometimes - SPF 15	2,917	5.31%	2,025	5.03%	95
Suntan & Sunscreen Sometimes - SPF 16-35	6,458	11.76%	4,438	11.03%	94
Suntan & Sunscreen Sometimes - SPF 36+	4,386	7.99%	3,348	8.32%	104

Index	Description
≥ 180	Extremely High
≥ 110 and < 180	High
≥ 90 and < 110	Similar
≥ 50 and < 90	Low
< 50	Extremely Low

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Data Source: Manifold Data Mining Inc.

This report is based on consumer demographic and behaviour data products at the 6-digit postal code level. No confidential information about an individual, household, organization or business has been obtained from Statistics Canada or Numeris.

Data Vintage: Data Vintage: 2022/2023