

POPULATION HEALTH

Demographic context



Community
Fredericton



Zone 3
Fredericton and
River Valley Area



Province
New Brunswick

Population Demographics

Land area km ² 2016	133	23,211	71,389
Population density Persons per km ² 2016	484	8	11
Population Number 2025	75,760	199,904	869,682
0-4 Number 2025	3,020	8,584	34,230
5-9 Number 2025	3,639	10,254	42,021
10-14 Number 2025	3,878	11,243	45,927
15-19 Number 2025	4,341	11,593	45,973
20-24 Number 2025	6,450	12,313	49,967
25-29 Number 2025	7,201	13,748	53,755
30-34 Number 2025	5,904	13,378	55,094
35-39 Number 2025	5,337	13,140	55,889
40-44 Number 2025	5,167	13,060	56,031
45-49 Number 2025	4,371	12,183	53,929
50-54 Number 2025	4,040	12,044	54,049
55-59 Number 2025	3,590	12,251	55,145
60-64 Number 2025	4,169	13,970	64,925
65-69 Number 2025	3,856	12,950	61,635

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
70-74 Number 2025	3,710	11,131	53,108
75-79 Number 2025	3,058	8,666	42,021
80-84 Number 2025	2,154	5,134	24,776
85 and over Number 2025	1,875	4,262	21,207
Population change from 2016 to 2020 % 2016 to 2020	9	5	4
Indigenous % 2021	3.5	5.1	4.4
Immigrant % 2021	12.6	7.1	5.8
Recent immigrant in the last 5 years % 2016 to 2021	5.6	2.4	2.1
Visible minority % 2021	14.0	6.4	5.8
Median age of population Years 2021	39	43	46
Birth rate Rate per 1,000 population 2019 to 2023	9	9	8
Death rate Rate per 1,000 population 2019 to 2023	10	10	10

Household

Married or living common-law % 2021	55	60	59
Couples with children % 2021	43	44	42
Single parent families % 2021	16	15	16
Average household size Number 2021	2.2	2.3	2.3
Person living alone % 2021	34	28	30
Private household with 5 or more people % 2021	6	7	6

Dependents

Dependency ratio Rate per 100 people in the working age population 2019	n/a	67	70
Dependent under 20 years % 2019	n/a	21	20

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Dependent 65 years and over % 2019	n/a	19	21

Language

Language most spoken at home - English % 2021	87.8	92.6	69.1
Language most spoken at home - French % 2021	3.0	3.0	26.3
Language most spoken at home - English and French % 2021	0.8	0.6	1.3
Language most spoken at home - indigenous languages % 2021	0.0	0.2	0.2
Language most spoken at home - other languages % 2021	2.7	1.3	1.1
Language most spoken at work - English % 2021	96.5	97.1	75.0
Language most spoken at work - French % 2021	1.7	1.6	21.0
Language most spoken at work - English and French % 2021	1.3	1.1	3.7
Knowledge of official language - English only % 2021	75	81	58
Knowledge of official language - French only % 2021	0	0	8
Knowledge of official language - French and English % 2021	24	19	34
Youth bilingualism - English and French % 2016	47	36	48
Always received services from a primary care provider in their preferred language - French or English %	n/a	n/a	n/a
Always received services from a primary care provider in their preferred language - English %	n/a	n/a	n/a
Always received services from a primary care provider in their preferred language - French %	n/a	n/a	n/a

Persons with a disability

Self-identifies as a person with a disability or special need % 2025-2026	9.1	9.6	8.7
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🦿 Type of disability for adults and seniors

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Seeing disability % 2020	17.4	19.3	19.3
Hearing disability % 2020	13.2	19.5	18.4
Mobility disability % 2020	40.4	57.1	56.5
Flexibility disability % 2020	48.3	57.5	54.1
Dexterity disability % 2020	27.0	25.2	24.5
Pain-related disability % 2020	59.5	70.5	72.4
Learning disability % 2020	18.0	18.2	18.0
Mental health-related disability % 2020	28.3	29.1	30.4
Memory disability % 2020	22.7	26.6	25.9

Sexual Identity

Self-identifies as 2SLGBTQIA+ % 2025-2026	12.7	12.9	11.6
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About this Table

Demographic Context describe the people living in a community.

Content and description

Demographic information, such as population count, household structures, language preferences, as well as disability information and sexual minority details.

Why is this important?

Knowing who is part of the community is the first part to understanding the community dynamics.

Availability of the data

Indicators from a variety of sources are collected, organized, and analyzed by the NBHC. These various data sources are used to represent the population health of New Brunswickers. Each have various levels of reliability and limitations as detailed in the Indicator pages.

This information is available for the 33 NBHC Communities, 7 Health Zones and for New Brunswick overall.

The Population Health data tables provide a comprehensive view of the people who live, learn, work and take part in activities and in community life in this area.

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size

 Above-average performance

 Below-average performance