POPULATION HEALTH
Demographic context

Community
Nackawic,
McAdam,
Canterbury Area

Zone 3
Fredericton and
River Valley Area

Province
New Brunswick
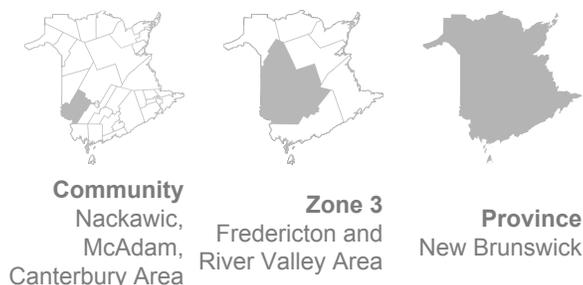
Population Demographics

	Community	Zone 3	Province
Land area km² | 2016	3,325	23,211	71,389
Population density Persons per km² | 2016	4	8	11
Population Number | 2025	11,260	199,904	869,682
0-4 Number | 2025	412	8,584	34,230
5-9 Number | 2025	490	10,254	42,021
10-14 Number | 2025	631	11,243	45,927
15-19 Number | 2025	630	11,593	45,973
20-24 Number | 2025	471	12,313	49,967
25-29 Number | 2025	532	13,748	53,755
30-34 Number | 2025	541	13,378	55,094
35-39 Number | 2025	656	13,140	55,889
40-44 Number | 2025	647	13,060	56,031
45-49 Number | 2025	751	12,183	53,929
50-54 Number | 2025	687	12,044	54,049
55-59 Number | 2025	898	12,251	55,145
60-64 Number | 2025	1,022	13,970	64,925

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
65-69 Number | 2025	**966**	**12,950**	**61,635**
70-74 Number | 2025	**842**	**11,131**	**53,108**
75-79 Number | 2025	**580**	**8,666**	**42,021**
80-84 Number | 2025	**298**	**5,134**	**24,776**
85 and over Number | 2025	**206**	**4,262**	**21,207**
Population change from 2016 to 2020 % | 2016 to 2020	**7**	**5**	**4**
Indigenous % | 2021	**2.7**	**5.1**	**4.4**
Immigrant % | 2021	**3.5**	**7.1**	**5.8**
Recent immigrant in the last 5 years % | 2016 to 2021	**0.6**	**2.4**	**2.1**
Visible minority % | 2021	**1.1**	**6.4**	**5.8**
Median age of population Years | 2021	**50**	**43**	**46**
Birth rate Rate per 1,000 population | 2019 to 2023	**7**	**9**	**8**
Death rate Rate per 1,000 population | 2019 to 2023	**9**	**10**	**10**

Household

Married or living common-law % | 2021	**65**	**60**	**59**
Couples with children % | 2021	**38**	**44**	**42**
Single parent families % | 2021	**14**	**15**	**16**
Average household size Number | 2021	**2.3**	**2.3**	**2.3**
Person living alone % | 2021	**27**	**28**	**30**
Private household with 5 or more people % | 2021	**6**	**7**	**6**

Dependents

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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
Dependent 65 years and over % | 2019	n/a	19	21

Language

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Language most spoken at home - English % | 2021	98.2	92.6	69.1
Language most spoken at home - French % | 2021	1.4	3.0	26.3
Language most spoken at home - English and French % | 2021	0.1	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	0.4	1.3	1.1
Language most spoken at work - English % | 2021	98.6	97.1	75.0
Language most spoken at work - French % | 2021	0.9	1.6	21.0
Language most spoken at work - English and French % | 2021	0.4	1.1	3.7
Knowledge of official language - English only % | 2021	88	81	58
Knowledge of official language - French only % | 2021	0	0	8
Knowledge of official language - French and English % | 2021	12	19	34
Youth bilingualism - English and French % | 2016	25	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

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Self-identifies as a person with a disability or special need % | 2025-2026	11.1	9.6	8.7

♿ Type of disability for adults and seniors

	Community	Zone 3	Province
Seeing disability % | 2020	16.7	19.3	19.3
Hearing disability % | 2020	19.2	19.5	18.4
Mobility disability % | 2020	56.2	57.1	56.5
Flexibility disability % | 2020	50.0	57.5	54.1
Dexterity disability % | 2020	15.2	25.2	24.5
Pain-related disability % | 2020	77.8	70.5	72.4
Learning disability % | 2020	17.2	18.2	18.0
Mental health-related disability % | 2020	10.7	29.1	30.4
Memory disability % | 2020	26.6	26.6	25.9

Sexual Identity

	Community	Zone 3	Province
Self-identifies as 2SLGBTQIA+ % | 2025-2026	10.8	12.9	11.6

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