

POPULATION HEALTH

Demographic context



Zone 3
Fredericton and
River Valley Area



Province
New Brunswick

Population Demographics

Land area km ² 2016	23,211	71,389
Population density Persons per km ² 2016	8	11
Population Number 2024	198,682	854,355
0-4 Number 2024	8,675	34,064
5-9 Number 2024	10,510	42,043
10-14 Number 2024	11,246	44,963
15-19 Number 2024	11,443	44,875
20-24 Number 2024	12,451	48,864
25-29 Number 2024	13,394	51,393
30-34 Number 2024	13,088	53,649
35-39 Number 2024	12,979	54,379
40-44 Number 2024	12,847	54,860
45-49 Number 2024	12,018	52,988
50-54 Number 2024	12,261	54,022
55-59 Number 2024	12,709	57,293
60-64 Number 2024	14,036	64,781
65-69 Number 2024	12,951	61,251

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70-74 Number 2024	10,776	51,597
75-79 Number 2024	8,317	39,856
80-84 Number 2024	4,924	23,447
85 and over Number 2024	4,057	20,030
Population change from 2016 to 2020 % 2016 to 2020	5	4
Indigenous % 2021	5.1	4.4
Immigrant % 2021	7.1	5.8
Recent immigrant in the last 5 years % 2016 to 2021	2.4	2.1
Visible minority % 2021	6.4	5.8
Median age of population Years 2021	43	46
Birth rate Rate per 1,000 population 2019 to 2023	9	8
Death rate Rate per 1,000 population 2019 to 2023	10	10

Household

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

Dependents

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

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Dependent 65 years and over % | 2019

19**21**

Language

Language most spoken at home - English % 2021	92.6	69.1
Language most spoken at home - French % 2021	3.0	26.3
Language most spoken at home - English and French % 2021	0.6	1.3
Language most spoken at home - indigenous languages % 2021	0.2	0.2
Language most spoken at home - other languages % 2021	1.3	1.1
Language most spoken at work - English % 2021	97.1	75.0
Language most spoken at work - French % 2021	1.6	21.0
Language most spoken at work - English and French % 2021	1.1	3.7
Knowledge of official language - English only % 2021	81	58
Knowledge of official language - French only % 2021	0	8
Knowledge of official language - French and English % 2021	19	34
Youth bilingualism - English and French % 2016	36	48
Always received services from a primary care provider in their preferred language - French or English % 2024	97.7	96.6
Always received services from a primary care provider in their preferred language - English % 2024	98.8	97.7
Always received services from a primary care provider in their preferred language - French % 2024	S	93.4

Persons with a disability

Self-identifies as a person with a disability or special need % 2024-2025	9.6	8.4
& Type of disability for adults and seniors		
Seeing disability % 2020	19.3	19.3

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Hearing disability % 2020	19.5	18.4
Mobility disability % 2020	57.1	56.5
Flexibility disability % 2020	57.5	54.1
Dexterity disability % 2020	25.2	24.5
Pain-related disability % 2020	70.5	72.4
Learning disability % 2020	18.2	18.0
Mental health-related disability % 2020	29.1	30.4
Memory disability % 2020	26.6	25.9

Sexual Identity

Self-identifies as 2SLGBTQIA+ % 2024-2025	13.4	11.9
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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