POPULATION HEALTH
Demographic context

Zone 5
Restigouche Area

Province
New Brunswick
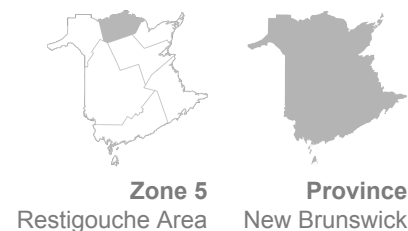
Population Demographics

	Zone 5	Province
Land area km² | 2016	5,439	71,389
Population density Persons per km² | 2016	5	11
Population Number | 2024	25,785	854,355
0-4 Number | 2024	854	34,064
5-9 Number | 2024	1,057	42,043
10-14 Number | 2024	1,063	44,963
15-19 Number | 2024	1,136	44,875
20-24 Number | 2024	1,178	48,864
25-29 Number | 2024	1,138	51,393
30-34 Number | 2024	1,334	53,649
35-39 Number | 2024	1,269	54,379
40-44 Number | 2024	1,328	54,860
45-49 Number | 2024	1,283	52,988
50-54 Number | 2024	1,640	54,022
55-59 Number | 2024	2,037	57,293
60-64 Number | 2024	2,581	64,781
65-69 Number | 2024	2,435	61,251

	Zone 5 Restigouche Area	Province New Brunswick
70-74 Number | 2024	2,009	51,597
75-79 Number | 2024	1,586	39,856
80-84 Number | 2024	993	23,447
85 and over Number | 2024	864	20,030
Population change from 2016 to 2020 % | 2016 to 2020	-1	4
Indigenous % | 2021	10.2	4.4
Immigrant % | 2021	2.0	5.8
Recent immigrant in the last 5 years % | 2016 to 2021	0.4	2.1
Visible minority % | 2021	1.7	5.8
Median age of population Years | 2021	54	46
Birth rate Rate per 1,000 population | 2019 to 2023	6	8
Death rate Rate per 1,000 population | 2019 to 2023	14	10

Household

	Zone 5 Restigouche Area	Province New Brunswick
Married or living common-law % | 2021	56	59
Couples with children % | 2021	34	42
Single parent families % | 2021	19	16
Average household size Number | 2021	2.1	2.3
Person living alone % | 2021	35	30
Private household with 5 or more people % | 2021	4	6

Dependents

	Zone 5 Restigouche Area	Province New Brunswick
Dependency ratio Rate per 100 people in the working age population | 2019	76	70
Dependent under 20 years % | 2019	16	20
Dependent 65 years and over % | 2019	27	21

	Zone 5 Restigouche Area	Province New Brunswick
Language		
Language most spoken at home - English % | 2021	**46.2**	**69.1**
Language most spoken at home - French % | 2021	**50.1**	**26.3**
Language most spoken at home - English and French % | 2021	**3.1**	**1.3**
Language most spoken at home - indigenous languages % | 2021	**0.1**	**0.2**
Language most spoken at home - other languages % | 2021	**0.4**	**1.1**
Language most spoken at work - English % | 2021	**44.1**	**75.0**
Language most spoken at work - French % | 2021	**40.5**	**21.0**
Language most spoken at work - English and French % | 2021	**15.4**	**3.7**
Knowledge of official language - English only % | 2021	**30**	**58**
Knowledge of official language - French only % | 2021	**14**	**8**
Knowledge of official language - French and English % | 2021	**56**	**34**
Youth bilingualism - English and French % | 2016	**64**	**48**
Always received services from a primary care provider in their preferred language - French or English % | 2024	**88.3**	**96.6**
Always received services from a primary care provider in their preferred language - English % | 2024	**93.6**	**97.7**
Always received services from a primary care provider in their preferred language - French % | 2024	**84.2**	**93.4**
Persons with a disability		
Self-identifies as a person with a disability or special need % | 2024-2025	**8.2**	**8.4**
♿ Type of disability for adults and seniors		
Seeing disability % | 2020	**20.7**	**19.3**
Hearing disability % | 2020	**18.2**	**18.4**

	Zone 5 Restigouche Area	Province New Brunswick
Mobility disability % | 2020	51.8	56.5
Flexibility disability % | 2020	61.2	54.1
Dexterity disability % | 2020	28.3	24.5
Pain-related disability % | 2020	74.3	72.4
Learning disability % | 2020	22.7	18.0
Mental health-related disability % | 2020	27.2	30.4
Memory disability % | 2020	26.1	25.9

Sexual Identity

Self-identifies as 2SLGBTQIA+ % | 2024-2025	12.1	11.9

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.

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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