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 | 2025	**25,920**	**869,682**
18-64 % | 2025	**54.6**	**59.4**
65+ % | 2025	**31.1**	**23.3**
18+ % | 2025	**85.7**	**82.7**
0-4 Number | 2025	**856**	**34,230**
5-9 Number | 2025	**1,042**	**42,021**
10-14 Number | 2025	**1,109**	**45,927**
15-19 Number | 2025	**1,124**	**45,973**
20-24 Number | 2025	**1,206**	**49,967**
25-29 Number | 2025	**1,197**	**53,755**
30-34 Number | 2025	**1,381**	**55,094**
35-39 Number | 2025	**1,297**	**55,889**
40-44 Number | 2025	**1,350**	**56,031**
45-49 Number | 2025	**1,299**	**53,929**
50-54 Number | 2025	**1,553**	**54,049**

	Zone 5 Restigouche Area	Province New Brunswick
55-59 Number | 2025	1,895	55,145
60-64 Number | 2025	2,540	64,925
65-69 Number | 2025	2,431	61,635
70-74 Number | 2025	2,047	53,108
75-79 Number | 2025	1,640	42,021
80-84 Number | 2025	1,063	24,776
85 and over Number | 2025	890	21,207
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

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

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 % | 2025	90.0	94.9
Always received services from a primary care provider in their preferred language - English % | 2025	94.1	97.0
Always received services from a primary care provider in their preferred language - French % | 2025	87.0	88.8

Persons with a disability

Self-identifies as a person with a disability or special need % | 2025-2026	7.5	8.7

	Zone 5 Restigouche Area	Province New Brunswick
Type of disability for adults and seniors		
Seeing disability % | 2020	**20.7**	**19.3**
Hearing disability % | 2020	**18.2**	**18.4**
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+ % | 2025-2026	**9.6**	**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