

PRIMARY HEALTH SURVEY

# Health of New Brunswickers



Province  
New Brunswick

## Context: Social and economic factors

Sense of community belonging, somewhat strong or very strong %   2020	72.0
Provides long-term care for someone %   2020	9.1
Has internet access at home %   2020	96.9
<b>Health literacy</b>	
Understanding medical information	
Written information about condition/prescription is hard to understand, always or usually %   2020	12.3
<b>Medical and dental insurance</b>	
No dental insurance %   2020	29.9
No insurance for eye glasses or contact lenses %   2020	26.6
No insurance for prescription medications %   2020	15.6
<b>Social isolation and loneliness</b>	
Lonely (based on loneliness score) %   2020	20.8
Lacks companionship, some of the time or often %   2020	36.6
Feels left out, some of the time or often %   2020	31.2
Feels isolated, some of the time or often %   2020	31.2
<b>Contributors to feelings of stress in the last 12 months</b>	
Time pressures or not having enough time %   2020	38.6

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Physical health problem or condition %   2020	27.5
Emotional or mental health problem or condition %   2020	23.2
Financial situation %   2020	32.3
Work situation %   2020	30.2
School, college or university %   2020	7.7
Employment status %   2020	12.9
Caring for their own children %   2020	20.0
Caring for others (parents, family or friends) %   2020	26.3
Other personal or family responsibilities %   2020	24.5
Personal relationships %   2020	20.4
Discrimination %   2020	4.6
Personal safety or family's safety %   2020	12.0
Health of family members %   2020	40.2

## Health status

### ★ Quality of life

Life satisfaction, satisfied or very satisfied %   2020	90.8
Perceived health, very good or excellent %   2020	39.5
Perceived mental health, very good or excellent %   2020	49.8

### Self-reported height and weight

Obesity %   2020	34.1
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### Prevalence of chronic health conditions

Among list of chronic conditions: arthritis, asthma, chronic pain, emphysema or COPD, cancer, diabetes, depression, mood disorder other than depression, heart disease, stroke, high blood pressure, gastric reflux

One or more chronic health conditions %   2020	64.7
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 Three or more chronic health conditions % | 2020 **23.1**

### Types of chronic health conditions (physical health)

 Arthritis % | 2020 **19.2**

 Asthma % | 2020 **11.8**

 Chronic pain % | 2020 **17.6**

 Emphysema/COPD % | 2020 **3.5**

 Cancer % | 2020 **8.8**

 Diabetes % | 2020 **12.0**

 Heart disease % | 2020 **9.6**

 Stroke % | 2020 **2.5**

 Hypertension % | 2020 **29.8**

 Gastric reflux % | 2020 **16.6**

 High cholesterol % | 2020 **20.7**

### Types of chronic health conditions (mental health)

 Depression % | 2020 **17.3**

 Anxiety % | 2020 **19.2**

 Mood disorder (other than depression) % | 2020 **3.2**

### Types of chronic health conditions (memory)

 Someone in household has memory problem % | 2020 **10.4**

 ... Memory problem interferes with day-to-day function % | 2020 **4.1**

### Management of chronic health conditions

 Confidence in managing their health condition, very confident % | 2020 **41.4**

 Knows how to try to prevent further problems with health condition, strongly agree % | 2020 **35.6**

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## Injury in the last 12 months

 Has been injured and had to be treated % | 2020 16.3

## Disability

 Limited in activities because of a physical or mental condition or a health problem, sometimes or often % | 2020 25.1

 Developmental disability % | 2020 4.0

 Dexterity disability % | 2020 24.5

 Flexibility disability % | 2020 54.1

 Hearing disability % | 2020 18.4

 Learning disability % | 2020 18.0

 Memory disability % | 2020 25.9

 Mental health-related disability % | 2020 30.4

 Mobility disability % | 2020 56.5

 Pain-related disability % | 2020 72.4

 Seeing disability % | 2020 19.3

 Chronic health condition % | 2020 78.5

## Health promotion and prevention

 Talks to health professional about improving health and preventing illness, always or usually % | 2020 26.3

## Flu shot in the last 12 months

 Adults % | 2020 46.5

 Seniors % | 2020 66.5

## Screening in the last 12 months

For citizens with diabetes, heart disease, stroke or high blood pressure

 Had measurement for blood pressure % | 2020 88.3

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Had test for blood sugar %   2020	69.8
Had measurement for body weight %   2020	53.4
Had test for cholesterol %   2020	69.5

## Health behaviours

### Habits and beliefs

Believes their health largely depends on how well they take care of themselves, strongly agrees %   2020	59.1
Exercises at least 2.5 hours per week %   2020	49.9
Eats 5 or more servings of fruit or vegetables per day %   2020	41.9
Usually sleeps for 7 hours or more each night %   2020	59.1

### Use of tobacco

Daily smoker %   2020	12.1
Daily or occasional smoker %   2020	17.5

### Use of cannabis

In the last 12 months %   2020	24.4
...For non-medical purposes %   2020	49.3
...For medical purposes %   2020	23.5
...For both medical and non-medical purposes %   2020	30.1
In the last 12 months, daily %   2020	7.6

### Use of alcohol in the last 12 months

Heavy drinking %   2020	26.9
Heavy drinking (men) %   2020	31.4
Heavy drinking (women) %   2020	20.0

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## Medication

Takes 6 or more different prescription medications on a regular basis %   2020	<b>11.4</b>
Has a chronic health condition and takes 6 or more prescription medications on a regular basis %   2020	<b>17.6</b>
.... Knows what their prescribed medications do, strongly agrees %   2020	<b>49.6</b>

## About this Table

### Content and description

Data on self-reported information regarding New Brunswickers' demographic context, determinants of health and health status. Topics include: age, sex, gender, immigration status, education and health literacy, economic and social factors, as well as self-reported health status, prevention efforts, health behaviours and use of medication.

### Why it is important

By better understanding the determinants of health and the health of New Brunswickers, we can better assess the needs of the population, better plan for health services and allocate resources accordingly.

### Availability of the data

The information for this data table is available at different geographical levels as well as by demographic groups. More information is available on our [Primary Health Survey](#) page.

### Note about 2020 data

The 2020 edition of the Primary Health Survey (PHS) was conducted during the COVID-19 pandemic. While the pandemic did not influence the survey's response rate, the NBHC had to assess the impact of surveying during the pandemic. Accordingly, advanced statistical analyses were performed to allow for comparison between the results obtained in 2020 and those obtained in previous PHS cycles. Some indicators had to be suppressed in the 2020 edition as part of this process. Despite these analyses, users are advised to use the 2020 data with caution, especially when creating estimates for small sub-populations or when comparing it to other PHS editions.


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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