PRIMARY HEALTH SURVEY

Health of New Brunswickers

	Community Riverview and Coverdale	**Zone 1** Moncton and South-East Area	**Province** New Brunswick

Context: Social and economic factors

	Community	Zone 1	Province
Sense of community belonging, somewhat strong or very strong % | 2020	**66.4**	**65.7**	**72.0**
Provides long-term care for someone % | 2020	**5.1**	**7.7**	**9.1**
Has internet access at home % | 2020	**97.1**	**95.5**	**96.9**

Health literacy
Understanding medical information

Written information about condition/prescription is hard to understand, always or usually % | 2020	**8.7**	**13.0**	**12.3**

Medical and dental insurance

No dental insurance % | 2020	**20.8**	**25.2**	**29.9**
No insurance for eye glasses or contact lenses % | 2020	**21.1**	**23.0**	**26.6**
No insurance for prescription medications % | 2020	**7.8**	**12.0**	**15.6**

Social isolation and loneliness

Lonely (based on loneliness score) % | 2020	**17.3**	**19.8**	**20.8**
Lacks companionship, some of the time or often % | 2020	**30.5**	**34.6**	**36.6**
Feels left out, some of the time or often % | 2020	**28.4**	**30.3**	**31.2**
Feels isolated, some of the time or often % | 2020	**24.7**	**28.0**	**31.2**

Contributors to feelings of stress in the last 12 months

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
Time pressures or not having enough time % | 2020	41.5	41.5	38.6
Physical health problem or condition % | 2020	30.3	28.4	27.5
Emotional or mental health problem or condition % | 2020	26.6	26.6	23.2
Financial situation % | 2020	35.1	35.3	32.3
Work situation % | 2020	37.9	34.6	30.2
School, college or university % | 2020	8.9	7.7	7.7
Employment status % | 2020	14.2	13.3	12.9
Caring for their own children % | 2020	21.8	21.9	20.0
Caring for others (parents, family or friends) % | 2020	29.5	28.4	26.3
Other personal or family responsibilities % | 2020	28.1	26.6	24.5
Personal relationships % | 2020	21.8	23.5	20.4
Discrimination % | 2020	4.4	5.3	4.6
Personal safety or family's safety % | 2020	7.8	10.6	12.0
Health of family members % | 2020	41.9	41.8	40.2

Health status

★ Quality of life

Life satisfaction, satisfied or very satisfied % | 2020	89.1	89.7	90.8
Perceived health, very good or excellent % | 2020	38.5	40.3	39.5
Perceived mental health, very good or excellent % | 2020	48.9	48.8	49.8

⋔ Self-reported height and weight

Obesity % | 2020	34.6	33.7	34.1

📋 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

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	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
One or more chronic health conditions % | 2020	64.4	62.5	64.7
Three or more chronic health conditions % | 2020	23.4	21.0	23.1

🧍 Types of chronic health conditions (physical health)

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
Arthritis % | 2020	18.4	16.2	19.2
Asthma % | 2020	12.3	10.9	11.8
Chronic pain % | 2020	18.7	16.9	17.6
Emphysema/COPD % | 2020	4.1	3.0	3.5
Cancer % | 2020	9.4	9.0	8.8
Diabetes % | 2020	11.9	10.8	12.0
Heart disease % | 2020	8.4	8.3	9.6
Stroke % | 2020	2.1	1.4	2.5
Hypertension % | 2020	27.3	26.0	29.8
Gastric reflux % | 2020	17.4	17.1	16.6
High cholesterol % | 2020	22.7	18.3	20.7

⛈ Types of chronic health conditions (mental health)

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
Depression % | 2020	18.7	19.1	17.3
Anxiety % | 2020	22.2	20.3	19.2
Mood disorder (other than depression) % | 2020	2.6	3.4	3.2

🧠 Types of chronic health conditions (memory)

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
Someone in household has memory problem % | 2020	10.0	11.0	10.4
... Memory problem interferes with day-to-day function % | 2020	4.5	4.4	4.1

👤 Management of chronic health conditions

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
Confidence in managing their health condition, very confident % | 2020	42.9	40.0	41.4

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
Knows how to try to prevent further problems with health condition, strongly agree %	2020	38.4	35.0	35.6

✖ Injury in the last 12 months

Has been injured and had to be treated %	2020	17.2	17.1	16.3

♿ Disability

Limited in activities because of a physical or mental condition or a health problem, sometimes or often %	2020	23.8	23.7	25.1
Developmental disability %	2020	S	3.7	4.0
Dexterity disability %	2020	28.2	19.3	24.5
Flexibility disability %	2020	61.0	44.8	54.1
Hearing disability %	2020	18.5	19.7	18.4
Learning disability %	2020	19.5	18.6	18.0
Memory disability %	2020	29.4	26.7	25.9
Mental health-related disability %	2020	36.5	36.4	30.4
Mobility disability %	2020	51.2	51.2	56.5
Pain-related disability %	2020	65.7	67.2	72.4
Seeing disability %	2020	17.7	17.7	19.3
Chronic health condition %	2020	80.4	77.1	78.5

Health promotion and prevention

Talks to health professional about improving health and preventing illness, always or usually %	2020	24.4	26.0	26.3

💉 Flu shot in the last 12 months

Adults %	2020	49.3	43.0	46.5
Seniors %	2020	72.6	65.7	66.5

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
💙 **Screening in the last 12 months**			
For citizens with diabetes, heart disease, stroke or high blood pressure			
Had measurement for blood pressure %	2020	**90.1**	**89.8**	**88.3**
Had test for blood sugar %	2020	**70.2**	**71.2**	**69.8**
Had measurement for body weight %	2020	**47.7**	**52.3**	**53.4**
Had test for cholesterol %	2020	**70.8**	**69.6**	**69.5**

Health behaviours

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
🏋️ **Habits and beliefs**			
Believes their health largely depends on how well they take care of themselves, strongly agrees %	2020	**64.2**	**61.9**	**59.1**
Exercises at least 2.5 hours per week %	2020	**47.7**	**49.0**	**49.9**
Eats 5 or more servings of fruit or vegetables per day %	2020	**40.5**	**41.3**	**41.9**
Usually sleeps for 7 hours or more each night %	2020	**56.0**	**57.7**	**59.1**
🚬 **Use of tobacco**			
Daily smoker %	2020	**9.5**	**10.4**	**12.1**
Daily or occasional smoker %	2020	**13.4**	**15.0**	**17.5**
🌿 **Use of cannabis**			
In the last 12 months %	2020	**29.7**	**26.9**	**24.4**
...For non-medical purposes %	2020	**53.4**	**49.9**	**49.3**
...For medical purposes %	2020	**31.1**	**21.2**	**23.5**
...For both medical and non-medical purposes %	2020	**15.5**	**28.8**	**30.1**
In the last 12 months, daily %	2020	**8.6**	**7.3**	**7.6**
🍾 **Use of alcohol in the last 12 months**			

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
Heavy drinking % | 2020	30.9	26.7	26.9
Heavy drinking (men) % | 2020	40.7	32.3	31.4
Heavy drinking (women) % | 2020	22.2	21.4	20.0

Medication

	Community Riverview and Coverdale	Zone 1 Moncton and South-East Area	Province New Brunswick
Takes 6 or more different prescription medications on a regular basis % | 2020	10.8	9.5	11.4
Has a chronic health condition and takes 6 or more prescription medications on a regular basis % | 2020	16.3	14.8	17.6
…. Knows what their prescribed medications do, strongly agrees % | 2020	57.4	50.2	49.6

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.

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