

### PRIMARY HEALTH SURVEY

# **Health of New Brunswickers**



Community Hillsborough, Riverside-Albert, Alma Area



Zone 1 Moncton and South-East Area



**Province** New Brunswick

Context: Social and economic factors			
Sense of community belonging, somewhat strong or very strong %   2020	69.3	65.7	72.0
Provides long-term care for someone %   2020	10.8	7.7	9.1
Has internet access at home %   2020	81.7	95.5	96.9
Health literacy Understanding medical information			
Written information about condition/prescription is hard to understand, always or usually $\% \mid$ 2020	10.4	13.0	12.3
Medical and dental insurance			
No dental insurance %   2020	29.0	25.2	29.9
No insurance for eye glasses or contact lenses %   2020	32.9	23.0	26.6
No insurance for prescription medications %   2020	19.9	12.0	15.6
Social isolation and loneliness			
Lonely (based on loneliness score) %   2020	14.9	19.8	20.8
Lacks companionship, some of the time or often %   2020	26.3	34.6	36.6
Feels left out, some of the time or often %   2020	18.6	30.3	31.2
Feels isolated, some of the time or often %   2020	19.5	28.0	31.2



**Province** 

Zone 1

Community

Hillsborough,

Moncton and Riverside-Albert, New Brunswick South-East Area Alma Area Contributors to feelings of stress in the last 12 months Time pressures or not having enough time % | 2020 30.7 41.5 38.6 Physical health problem or condition % | 2020 30.2 28.4 27.5 Emotional or mental health problem or condition % | 2020 22.9 26.6 23.2 Financial situation % | 2020 24.9 35.3 32.3 Work situation % | 2020 35.5 34.6 30.2 7.1 School, college or university % | 2020 7.7 7.7 13.4 13.3 12.9 Employment status % | 2020 Caring for their own children % | 2020 15.7 21.9 20.0 Caring for others (parents, family or friends) % | 2020 17.7 28.4 26.3 Other personal or family responsibilities % | 2020 22.7 26.6 24.5 Personal relationships % | 2020 18.2 23.5 20.4 Discrimination % | 2020 S 5.3 4.6 Personal safety or family's safety % | 2020 8.3 10.6 12.0 Health of family members % | 2020 38.8 41.8 40.2 **Health status** ★ Quality of life Life satisfaction, satisfied or very satisfied % | 2020 85.3 89.7 90.8 Perceived health, very good or excellent % | 2020 40.0 40.3 39.5 Perceived mental health, very good or excellent % | 2020 45.6 48.8 49.8 Self-reported height and weight 33.1 33.7 34.1 Obesity % | 2020



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渔	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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One or more chronic health conditions %   2020	64.0	62.5	64.7
Three or more chronic health conditions %   2020	20.4	21.0	23.1
Types of chronic health conditions (physical health)			
Arthritis %   2020	24.1	16.2	19.2
Asthma %   2020	10.9	10.9	11.8
Chronic pain %   2020	14.7	16.9	17.6
Emphysema/COPD %   2020	4.6	3.0	3.5
Cancer %   2020	8.0	9.0	8.8
Diabetes %   2020	14.6	10.8	12.0
Heart disease %   2020	12.5	8.3	9.6
Stroke %   2020	2.1	1.4	2.5
Hypertension %   2020	31.6	26.0	29.8
Gastric reflux %   2020	14.1	17.1	16.6
High cholesterol %   2020	23.9	18.3	20.7
Types of chronic health conditions (mental health)			
Depression %   2020	13.2	19.1	17.3
Anxiety %   2020	21.3	20.3	19.2
Mood disorder (other than depression) %   2020	S	3.4	3.2
Types of chronic health conditions (memory)			
Someone in household has memory problem %   2020	7.3	11.0	10.4
Memory problem interferes with day-to-day function $\% \mid$ 2020	3.2	4.4	4.1



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Management of chronic health conditions			
Confidence in managing their health condition, very confident $\%\mid$ 2020	39.3	40.0	41.4
Knows how to try to prevent further problems with health condition, strongly agree %   2020	26.6	35.0	35.6
Injury in the last 12 months			
Has been injured and had to be treated %   2020	16.6	17.1	16.3
<b>ይ</b> Disability			
Limited in activities because of a physical or mental condition or a health problem, sometimes or often $\%\mid$ 2020	25.4	23.7	25.1
Developmental disability %   2020	S	3.7	4.0
Dexterity disability %   2020	21.1	19.3	24.5
Flexibility disability %   2020	55.8	44.8	54.1
Hearing disability %   2020	34.4	19.7	18.4
Learning disability %   2020	24.3	18.6	18.0
Memory disability %   2020	35.1	26.7	25.9
Mental health-related disability %   2020	23.9	36.4	30.4
Mobility disability %   2020	54.4	51.2	56.5
Pain-related disability %   2020	68.1	67.2	72.4
Seeing disability %   2020	22.1	17.7	19.3
Chronic health condition %   2020	74.1	77.1	78.5
Health promotion and prevention			
Talks to health professional about improving health and preventing illness, always or usually $\% \mid$ 2020	29.9	26.0	26.3

# Flu shot in the last 12 months



	Community Hillsborough, Riverside-Albert, Alma Area	Zone 1 Moncton and South-East Area	<b>Province</b> New Brunswick
Adults %   2020	38.9	43.0	46.5
Seniors %   2020	58.1	65.7	66.5
Screening in the last 12 months For citizens with diabetes, heart disease, stroke or high blood pres	sure		
Had measurement for blood pressure %   2020	88.6	89.8	88.3
Had test for blood sugar %   2020	81.5	71.2	69.8
Had measurement for body weight %   2020	66.3	52.3	53.4
Had test for cholesterol %   2020	80.2	69.6	69.5
<b>I</b>	65.5 55.4	61.9 49.0	59.1 49.9
Eats 5 or more servings of fruit or vegetables per day %   2020	35.7	41.3	41.9
Usually sleeps for 7 hours or more each night %   2020	60.2	57.7	59.1
<b>.</b> ■ Use of tobacco			
Daily smoker %   2020	15.6	10.4	12.1
Daily or occasional smoker %   2020	20.9	15.0	17.5
<b>业</b> Use of cannabis			
In the last 12 months %   2020	29.4	26.9	24.4
For non-medical purposes %   2020	34.6	49.9	49.3
For medical purposes %   2020	36.7	21.2	23.5
For both medical and non-medical purposes %   2020	28.8	28.8	30.1



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In the last 12 months, daily %   2020	11.3	7.3	7.6
Use of alcohol in the last 12 months			
Heavy drinking %   2020	24.0	26.7	26.9
Heavy drinking (men) %   2020	23.2	32.3	31.4
Heavy drinking (women) %   2020	24.8	21.4	20.0
Medication			
Takes 6 or more different prescription medications on a regular basis $\%$ $\mid$ $2020$	12.5	9.5	11.4
Has a chronic health condition and takes 6 or more prescription medications on a regular basis $\%\mid$ 2020	18.9	14.8	17.6
$\dots$ Knows what their prescribed medications do, strongly agrees $\%$ 2020	46.3	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



P Below-average performance