

PRIMARY HEALTH SURVEY

Health of New Brunswickers







Community Campbellton, Head Area

Zone 5 Atholville, Tide Restigouche Area

Province New Brunswick

Context: Social and economic factors			
Sense of community belonging, somewhat strong or very strong $\% \mid$ 2020	68.6	82.5	72.0
Provides long-term care for someone % 2020	11.7	12.1	9.1
Has internet access at home % 2020	88.8	91.5	96.9
Health literacy Understanding medical information			
Written information about condition/prescription is hard to understand, always or usually $\% \mid$ 2020	17.2	15.2	12.3
► Medical and dental insurance			
No dental insurance % 2020	40.1	42.3	29.9
No insurance for eye glasses or contact lenses % 2020	35.4	35.4	26.6
No insurance for prescription medications % 2020	22.7	22.5	15.6
Social isolation and loneliness			
Lonely (based on loneliness score) $\% \mid$ 2020	18.3	17.4	20.8
Lacks companionship, some of the time or often % 2020	34.9	33.7	36.6
Feels left out, some of the time or often % 2020	23.9	25.0	31.2
Feels isolated, some of the time or often % 2020	28.4	26.5	31.2



Province

Zone 5

Community

Campbellton,

Atholville, Tide Restigouche Area New Brunswick Head Area Contributors to feelings of stress in the last 12 months Time pressures or not having enough time % | 2020 36.9 33.3 38.6 Physical health problem or condition % | 2020 31.9 27.7 27.5 Emotional or mental health problem or condition % | 2020 22.2 20.4 23.2 Financial situation % | 2020 28.9 27.2 32.3 Work situation % | 2020 24.3 26.4 30.2 8.0 School, college or university % | 2020 6.4 7.7 10.8 11.4 12.9 Employment status % | 2020 Caring for their own children % | 2020 20.6 19.6 20.0 Caring for others (parents, family or friends) % | 2020 27.0 27.5 26.3 Other personal or family responsibilities % | 2020 21.5 22.9 24.5 Personal relationships % | 2020 16.0 17.0 20.4 Discrimination % | 2020 6.6 5.8 4.6 Personal safety or family's safety % | 2020 16.7 13.2 12.0 Health of family members % | 2020 38.8 37.7 40.2 **Health status** ★ Quality of life Life satisfaction, satisfied or very satisfied % | 2020 85.4 92.2 90.8 Perceived health, very good or excellent % | 2020 39.0 36.3 39.5 Perceived mental health, very good or excellent % | 2020 47.8 49.4 49.8 Self-reported height and weight 33.9 36.0 34.1 Obesity % | 2020

Prevalence of chronic health conditions

Mood disorder (other than depression) % | 2020

* Types of chronic health conditions (memory)

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

Someone in household has memory problem % | 2020



Community
Campbellton, Zone 5
Atholville, Tide Restigouche Area
Head Area

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10.6

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Province New Brunswick

	66.7	67.8	64.
Three or more chronic health conditions % 2020	31.3	29.8	23.
Types of chronic health conditions (physical health)			
Arthritis % 2020	23.4	22.8	19.
Asthma % 2020	8.4	9.8	11.
Chronic pain % 2020	19.3	20.6	17.
Emphysema/COPD % 2020	5.0	3.9	3.
Cancer % 2020	6.4	6.8	8
Diabetes % 2020	11.3	12.2	12
Heart disease % 2020	11.8	10.5	9
Stroke % 2020	4.2	4.0	2
Hypertension % 2020	38.1	38.4	29
Gastric reflux % 2020	15.8	17.4	16
High cholesterol % 2020	25.5	25.3	20
Types of chronic health conditions (mental health)			
Depression % 2020	14.6	14.6	17
Anxiety % 2020	19.9	19.6	19.

Data downloaded from the NBHC website on November 7, 2025
More information available at: https://nbhc.ca/table/health-new-brunswickers?cuts=NBC2%2CNBZ5%2CNB

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	Community Campbellton, Atholville, Tide Head Area	Zone 5 Restigouche Area	Province New Brunswick
Management of chronic health conditions			
Confidence in managing their health condition, very confident $\%\mid$ 2020	37.9	40.1	41.4
Knows how to try to prevent further problems with health condition, strongly agree $\%\mid 2020$	34.8	32.1	35.6
Injury in the last 12 months			
Has been injured and had to be treated % 2020	19.0	20.1	16.3
Է Disability			
Limited in activities because of a physical or mental condition or a health problem, sometimes or often % 2020	36.1	31.7	25.1
Developmental disability % 2020	S	S	4.0
Dexterity disability % 2020	26.1	28.3	24.5
Flexibility disability % 2020	54.6	61.2	54.1
Hearing disability % 2020	23.1	18.2	18.4
Learning disability % 2020	25.2	22.7	18.0
Memory disability % 2020	32.2	26.1	25.9
Mental health-related disability % 2020	29.3	27.2	30.4
Mobility disability % 2020	50.9	51.8	56.5
Pain-related disability % 2020	72.0	74.3	72.4
Seeing disability % 2020	19.5	20.7	19.3
Chronic health condition % 2020	64.3	81.1	78.5
Health promotion and prevention			
Talks to health professional about improving health and preventing illness, always or usually $\%\mid$ 2020	25.0	25.3	26.3

Flu shot in the last 12 months



	Community Campbellton, Atholville, Tide Head Area	Zone 5 Restigouche Area	Province New Brunswick
Adults % 2020	31.6	34.5	46.5
Seniors % 2020	48.1	52.6	66.5
Screening in the last 12 months For citizens with diabetes, heart disease, stroke or high blood press	sure		
Had measurement for blood pressure % 2020	80.1	80.3	88.3
Had test for blood sugar % 2020	70.3	75.9	69.8
Had measurement for body weight % 2020	56.0	51.2	53.4
Had test for cholesterol % 2020	67.0	71.2	69.5
Health behaviours ☐ Habits and beliefs Believes their health largely depends on how well they take care of themselves, strongly agrees % 2020	51.4	50.4	59.1
Exercises at least 2.5 hours per week % 2020	51.7	49.3	49.9
Eats 5 or more servings of fruit or vegetables per day % 2020	41.0	43.4	41.9
Usually sleeps for 7 hours or more each night % 2020	50.7	55.5	59.1
 Use of tobacco			
Daily smoker % 2020	16.2	14.8	12.1
Daily or occasional smoker % 2020	22.4	20.1	17.5
★ Use of cannabis			
In the last 12 months % 2020	16.8	19.4	24.4
For non-medical purposes % 2020	60.7	64.4	49.3
For medical purposes % 2020	16.5	16.4	23.5
For both medical and non-medical purposes % 2020	15.8	25.8	30.1



	Community Campbellton, Atholville, Tide Re Head Area	Zone 5 stigouche Area	Province New Brunswick
In the last 12 months, daily % 2020	6.7	7.6	7.6
Luse of alcohol in the last 12 months			
Heavy drinking % 2020	27.7	27.3	26.9
Heavy drinking (men) % 2020	35.9	36.0	31.4
Heavy drinking (women) % 2020	16.9	21.9	20.0
Medication			
Takes 6 or more different prescription medications on a regular basis $\%$ \mid 2020	19.5	17.3	11.4
Has a chronic health condition and takes 6 or more prescription medications on a regular basis $\%\mid 2020$	27.4	24.6	17.6
\dots Knows what their prescribed medications do, strongly agrees $\% \mid 2020$	37.3	39.4	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