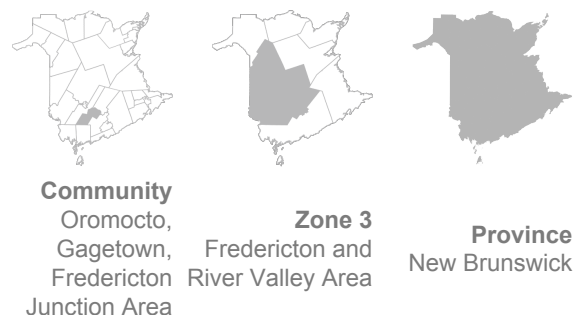


# PRIMARY HEALTH SURVEY

## Health of New Brunswickers



### Context: Social and economic factors

Sense of community belonging, somewhat strong or very strong %   2020	66.2	69.8	72.0
Provides long-term care for someone %   2020	10.2	7.9	9.1
Has internet access at home %   2020	92.5	97.4	96.9

#### Health literacy

Understanding medical information

Written information about condition/prescription is hard to understand, always or usually %   2020	14.4	11.3	12.3
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#### Medical and dental insurance

No dental insurance %   2020	18.0	23.5	29.9
No insurance for eye glasses or contact lenses %   2020	19.5	22.3	26.6
No insurance for prescription medications %   2020	10.9	12.6	15.6

#### Social isolation and loneliness

Lonely (based on loneliness score) %   2020	23.3	24.4	20.8
Lacks companionship, some of the time or often %   2020	37.3	39.5	36.6
Feels left out, some of the time or often %   2020	33.0	33.7	31.2
Feels isolated, some of the time or often %   2020	34.4	36.5	31.2

Community Oromocto, Gagetown, Fredericton Junction Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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## Contributors to feelings of stress in the last 12 months

Time pressures or not having enough time %   2020	38.1	41.5	38.6
Physical health problem or condition %   2020	33.4	27.7	27.5
Emotional or mental health problem or condition %   2020	32.5	24.9	23.2
Financial situation %   2020	32.1	32.0	32.3
Work situation %   2020	29.9	31.7	30.2
School, college or university %   2020	7.5	10.0	7.7
Employment status %   2020	15.8	13.7	12.9
Caring for their own children %   2020	22.8	21.1	20.0
Caring for others (parents, family or friends) %   2020	25.7	24.3	26.3
Other personal or family responsibilities %   2020	29.7	26.0	24.5
Personal relationships %   2020	18.7	21.2	20.4
Discrimination %   2020	5.9	4.6	4.6
Personal safety or family's safety %   2020	16.9	13.5	12.0
Health of family members %   2020	36.2	39.6	40.2

## Health status

### ★ Quality of life

Life satisfaction, satisfied or very satisfied %   2020	86.4	90.8	90.8
Perceived health, very good or excellent %   2020	40.7	42.7	39.5
Perceived mental health, very good or excellent %   2020	47.6	49.5	49.8

### Self-reported height and weight

Obesity %   2020	38.1	35.5	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	61.6	64.6	64.7
Three or more chronic health conditions %   2020	24.9	23.6	23.1

## Types of chronic health conditions (physical health)

Arthritis %   2020	20.0	19.4	19.2
Asthma %   2020	11.6	13.4	11.8
Chronic pain %   2020	26.5	18.4	17.6
Emphysema/COPD %   2020	2.5	3.5	3.5
Cancer %   2020	6.5	7.9	8.8
Diabetes %   2020	9.5	11.8	12.0
Heart disease %   2020	6.4	9.0	9.6
Stroke %   2020	1.5	2.3	2.5
Hypertension %   2020	19.7	28.9	29.8
Gastric reflux %   2020	17.1	16.2	16.6
High cholesterol %   2020	14.5	18.4	20.7

## Types of chronic health conditions (mental health)

Depression %   2020	26.1	18.5	17.3
Anxiety %   2020	22.7	18.9	19.2
Mood disorder (other than depression) %   2020	4.8	2.9	3.2

## Types of chronic health conditions (memory)

Someone in household has memory problem %   2020	17.3	12.1	10.4
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	<b>Community Oromocto, Gagetown, Fredericton Junction Area</b>	<b>Zone 3 Fredericton and River Valley Area</b>	<b>Province New Brunswick</b>
... Memory problem interferes with day-to-day function %   2020	<b>8.8</b>	<b>4.9</b>	<b>4.1</b>
<b>🦯 Management of chronic health conditions</b>			
Confidence in managing their health condition, very confident %   2020	<b>45.0</b>	<b>43.3</b>	<b>41.4</b>
Knows how to try to prevent further problems with health condition, strongly agree %   2020	<b>41.0</b>	<b>37.5</b>	<b>35.6</b>
<b>🚑 Injury in the last 12 months</b>			
Has been injured and had to be treated %   2020	<b>19.0</b>	<b>14.9</b>	<b>16.3</b>
<b>♿ Disability</b>			
Limited in activities because of a physical or mental condition or a health problem, sometimes or often %   2020	<b>28.9</b>	<b>27.1</b>	<b>25.1</b>
Developmental disability %   2020	<b>3.6</b>	<b>4.8</b>	<b>4.0</b>
Dexterity disability %   2020	<b>26.8</b>	<b>25.2</b>	<b>24.5</b>
Flexibility disability %   2020	<b>58.4</b>	<b>57.5</b>	<b>54.1</b>
Hearing disability %   2020	<b>22.8</b>	<b>19.5</b>	<b>18.4</b>
Learning disability %   2020	<b>28.2</b>	<b>18.2</b>	<b>18.0</b>
Memory disability %   2020	<b>33.3</b>	<b>26.6</b>	<b>25.9</b>
Mental health-related disability %   2020	<b>56.2</b>	<b>29.1</b>	<b>30.4</b>
Mobility disability %   2020	<b>64.9</b>	<b>57.1</b>	<b>56.5</b>
Pain-related disability %   2020	<b>77.0</b>	<b>70.5</b>	<b>72.4</b>
Seeing disability %   2020	<b>18.2</b>	<b>19.3</b>	<b>19.3</b>
Chronic health condition %   2020	<b>80.8</b>	<b>82.6</b>	<b>78.5</b>

## Health promotion and prevention

	<b>Community Oromocto, Gagetown, Fredericton Junction Area</b>	<b>Zone 3 Fredericton and River Valley Area</b>	<b>Province New Brunswick</b>
Talks to health professional about improving health and preventing illness, always or usually %   2020	<b>26.0</b>	<b>26.6</b>	<b>26.3</b>
<b>📌 Flu shot in the last 12 months</b>			
Adults %   2020	<b>51.3</b>	<b>51.6</b>	<b>46.5</b>
Seniors %   2020	<b>73.9</b>	<b>73.8</b>	<b>66.5</b>
<b>💓 Screening in the last 12 months</b>			
For citizens with diabetes, heart disease, stroke or high blood pressure			
Had measurement for blood pressure %   2020	<b>91.9</b>	<b>90.0</b>	<b>88.3</b>
Had test for blood sugar %   2020	<b>74.8</b>	<b>66.1</b>	<b>69.8</b>
Had measurement for body weight %   2020	<b>52.5</b>	<b>51.1</b>	<b>53.4</b>
Had test for cholesterol %   2020	<b>64.4</b>	<b>66.2</b>	<b>69.5</b>

## Health behaviours

### 🧠 Habits and beliefs

Believes their health largely depends on how well they take care of themselves, strongly agrees %   2020	<b>64.8</b>	<b>60.9</b>	<b>59.1</b>
Exercises at least 2.5 hours per week %   2020	<b>50.9</b>	<b>52.5</b>	<b>49.9</b>
Eats 5 or more servings of fruit or vegetables per day %   2020	<b>50.7</b>	<b>43.6</b>	<b>41.9</b>
Usually sleeps for 7 hours or more each night %   2020	<b>50.3</b>	<b>60.2</b>	<b>59.1</b>

### 🚬 Use of tobacco

Daily smoker %   2020	<b>18.1</b>	<b>11.9</b>	<b>12.1</b>
Daily or occasional smoker %   2020	<b>24.1</b>	<b>17.8</b>	<b>17.5</b>

### 🌿 Use of cannabis

In the last 12 months %   2020	<b>31.7</b>	<b>26.8</b>	<b>24.4</b>
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	<b>Community</b> Oromocto, Gagetown, Fredericton Junction Area	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
...For non-medical purposes %   2020	<b>22.8</b>	<b>41.2</b>	<b>49.3</b>
...For medical purposes %   2020	<b>39.4</b>	<b>26.9</b>	<b>23.5</b>
...For both medical and non-medical purposes %   2020	<b>37.8</b>	<b>33.2</b>	<b>30.1</b>
In the last 12 months, daily %   2020	<b>17.7</b>	<b>9.9</b>	<b>7.6</b>

### Use of alcohol in the last 12 months

Heavy drinking %   2020	<b>25.9</b>	<b>23.9</b>	<b>26.9</b>
Heavy drinking (men) %   2020	<b>28.0</b>	<b>28.7</b>	<b>31.4</b>
Heavy drinking (women) %   2020	<b>28.3</b>	<b>19.2</b>	<b>20.0</b>

## Medication

Takes 6 or more different prescription medications on a regular basis %   2020	<b>11.1</b>	<b>10.8</b>	<b>11.4</b>
Has a chronic health condition and takes 6 or more prescription medications on a regular basis %   2020	<b>17.9</b>	<b>16.8</b>	<b>17.6</b>
.... Knows what their prescribed medications do, strongly agrees %   2020	<b>59.4</b>	<b>54.8</b>	<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.

### 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