

PRIMARY HEALTH SURVEY

# Health of New Brunswickers



**Community**  
Fredericton



**Zone 3**  
Fredericton and River Valley Area



**Province**  
New Brunswick

## Context: Social and economic factors

Sense of community belonging, somewhat strong or very strong %   2020	<b>70.5</b>	<b>69.8</b>	<b>72.0</b>
Provides long-term care for someone %   2020	<b>7.6</b>	<b>7.9</b>	<b>9.1</b>
Has internet access at home %   2020	<b>95.9</b>	<b>97.4</b>	<b>96.9</b>
<b>📖 Health literacy</b> Understanding medical information			
Written information about condition/prescription is hard to understand, always or usually %   2020	<b>10.3</b>	<b>11.3</b>	<b>12.3</b>
<b>☂ Medical and dental insurance</b>			
No dental insurance %   2020	<b>19.2</b>	<b>23.5</b>	<b>29.9</b>
No insurance for eye glasses or contact lenses %   2020	<b>18.7</b>	<b>22.3</b>	<b>26.6</b>
No insurance for prescription medications %   2020	<b>11.4</b>	<b>12.6</b>	<b>15.6</b>
<b>🧑🏻 Social isolation and loneliness</b>			
Lonely (based on loneliness score) %   2020	<b>21.0</b>	<b>24.4</b>	<b>20.8</b>
Lacks companionship, some of the time or often %   2020	<b>34.7</b>	<b>39.5</b>	<b>36.6</b>
Feels left out, some of the time or often %   2020	<b>33.2</b>	<b>33.7</b>	<b>31.2</b>
Feels isolated, some of the time or often %   2020	<b>36.4</b>	<b>36.5</b>	<b>31.2</b>

## 🧠 Contributors to feelings of stress in the last 12 months

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Time pressures or not having enough time %   2020	48.7	41.5	38.6
Physical health problem or condition %   2020	22.8	27.7	27.5
Emotional or mental health problem or condition %   2020	22.0	24.9	23.2
Financial situation %   2020	35.9	32.0	32.3
Work situation %   2020	34.2	31.7	30.2
School, college or university %   2020	12.1	10.0	7.7
Employment status %   2020	14.1	13.7	12.9
Caring for their own children %   2020	18.3	21.1	20.0
Caring for others (parents, family or friends) %   2020	24.1	24.3	26.3
Other personal or family responsibilities %   2020	30.3	26.0	24.5
Personal relationships %   2020	22.2	21.2	20.4
Discrimination %   2020	5.1	4.6	4.6
Personal safety or family's safety %   2020	12.3	13.5	12.0
Health of family members %   2020	40.2	39.6	40.2

## Health status

### ★ Quality of life

Life satisfaction, satisfied or very satisfied %   2020	92.6	90.8	90.8
Perceived health, very good or excellent %   2020	49.3	42.7	39.5
Perceived mental health, very good or excellent %   2020	53.7	49.5	49.8

### Self-reported height and weight

Obesity %   2020	28.5	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

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One or more chronic health conditions %   2020	58.7	64.6	64.7
Three or more chronic health conditions %   2020	19.6	23.6	23.1
<b>🧑 Types of chronic health conditions (physical health)</b>			
Arthritis %   2020	16.5	19.4	19.2
Asthma %   2020	12.9	13.4	11.8
Chronic pain %   2020	13.5	18.4	17.6
Emphysema/COPD %   2020	1.9	3.5	3.5
Cancer %   2020	6.0	7.9	8.8
Diabetes %   2020	10.7	11.8	12.0
Heart disease %   2020	6.8	9.0	9.6
Stroke %   2020	2.1	2.3	2.5
Hypertension %   2020	24.5	28.9	29.8
Gastric reflux %   2020	14.9	16.2	16.6
High cholesterol %   2020	17.0	18.4	20.7
<b>☁ Types of chronic health conditions (mental health)</b>			
Depression %   2020	18.4	18.5	17.3
Anxiety %   2020	18.5	18.9	19.2
Mood disorder (other than depression) %   2020	3.1	2.9	3.2
<b>🧠 Types of chronic health conditions (memory)</b>			
Someone in household has memory problem %   2020	10.0	12.1	10.4
... Memory problem interferes with day-to-day function %   2020	4.3	4.9	4.1
<b>🧑 Management of chronic health conditions</b>			
Confidence in managing their health condition, very confident %   2020	43.6	43.3	41.4

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Knows how to try to prevent further problems with health condition, strongly agree %   2020	41.9	37.5	35.6
<b>✂ Injury in the last 12 months</b>			
Has been injured and had to be treated %   2020	11.9	14.9	16.3
<b>♿ Disability</b>			
Limited in activities because of a physical or mental condition or a health problem, sometimes or often %   2020	22.7	27.1	25.1
Developmental disability %   2020	6.5	4.8	4.0
Dexterity disability %   2020	27.0	25.2	24.5
Flexibility disability %   2020	48.3	57.5	54.1
Hearing disability %   2020	13.2	19.5	18.4
Learning disability %   2020	18.0	18.2	18.0
Memory disability %   2020	22.7	26.6	25.9
Mental health-related disability %   2020	28.3	29.1	30.4
Mobility disability %   2020	40.4	57.1	56.5
Pain-related disability %   2020	59.5	70.5	72.4
Seeing disability %   2020	17.4	19.3	19.3
Chronic health condition %   2020	70.5	82.6	78.5

## Health promotion and prevention

Talks to health professional about improving health and preventing illness, always or usually %   2020	25.8	26.6	26.3
<b>📄 Flu shot in the last 12 months</b>			
Adults %   2020	55.3	51.6	46.5
Seniors %   2020	82.0	73.8	66.5

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### Screening in the last 12 months

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

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Had measurement for blood pressure %   2020	88.0	90.0	88.3
Had test for blood sugar %   2020	63.1	66.1	69.8
Had measurement for body weight %   2020	54.2	51.1	53.4
Had test for cholesterol %   2020	64.1	66.2	69.5

## Health behaviours

### Habits and beliefs

Believes their health largely depends on how well they take care of themselves, strongly agrees %   2020	59.2	60.9	59.1
Exercises at least 2.5 hours per week %   2020	53.6	52.5	49.9
Eats 5 or more servings of fruit or vegetables per day %   2020	43.0	43.6	41.9
Usually sleeps for 7 hours or more each night %   2020	63.8	60.2	59.1

### Use of tobacco

Daily smoker %   2020	8.0	11.9	12.1
Daily or occasional smoker %   2020	14.0	17.8	17.5

### Use of cannabis

In the last 12 months %   2020	26.9	26.8	24.4
...For non-medical purposes %   2020	43.5	41.2	49.3
...For medical purposes %   2020	21.6	26.9	23.5
...For both medical and non-medical purposes %   2020	33.6	33.2	30.1
In the last 12 months, daily %   2020	7.8	9.9	7.6

### Use of alcohol in the last 12 months

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Heavy drinking %   2020	<b>21.6</b>	<b>23.9</b>	<b>26.9</b>
Heavy drinking (men) %   2020	<b>25.6</b>	<b>28.7</b>	<b>31.4</b>
Heavy drinking (women) %   2020	<b>18.0</b>	<b>19.2</b>	<b>20.0</b>

## Medication

Takes 6 or more different prescription medications on a regular basis %   2020	<b>8.5</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>14.5</b>	<b>16.8</b>	<b>17.6</b>
.... Knows what their prescribed medications do, strongly agrees %   2020	<b>57.3</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.

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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