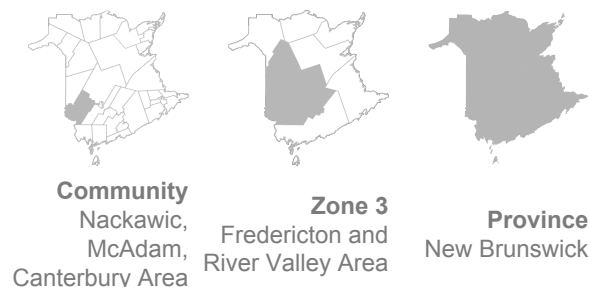


# PRIMARY HEALTH SURVEY

## Health of New Brunswickers



### Context: Social and economic factors

Sense of community belonging, somewhat strong or very strong %   2020	65.4	69.8	72.0
Provides long-term care for someone %   2020	7.5	7.9	9.1
Has internet access at home %   2020	84.2	97.4	96.9

#### Health literacy

Understanding medical information

Written information about condition/prescription is hard to understand, always or usually %   2020	13.6	11.3	12.3
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#### Medical and dental insurance

No dental insurance %   2020	30.4	23.5	29.9
No insurance for eye glasses or contact lenses %   2020	28.6	22.3	26.6
No insurance for prescription medications %   2020	16.2	12.6	15.6

#### Social isolation and loneliness

Lonely (based on loneliness score) %   2020	24.0	24.4	20.8
Lacks companionship, some of the time or often %   2020	40.8	39.5	36.6
Feels left out, some of the time or often %   2020	35.2	33.7	31.2
Feels isolated, some of the time or often %   2020	29.5	36.5	31.2

<b>Community</b> Nackawic, McAdam, Canterbury Area	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
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### Contributors to feelings of stress in the last 12 months

Time pressures or not having enough time %   2020	34.6	41.5	38.6
Physical health problem or condition %   2020	32.9	27.7	27.5
Emotional or mental health problem or condition %   2020	26.8	24.9	23.2
Financial situation %   2020	37.9	32.0	32.3
Work situation %   2020	30.8	31.7	30.2
School, college or university %   2020	10.3	10.0	7.7
Employment status %   2020	17.4	13.7	12.9
Caring for their own children %   2020	20.5	21.1	20.0
Caring for others (parents, family or friends) %   2020	28.1	24.3	26.3
Other personal or family responsibilities %   2020	22.4	26.0	24.5
Personal relationships %   2020	15.1	21.2	20.4
Discrimination %   2020	4.3	4.6	4.6
Personal safety or family's safety %   2020	9.3	13.5	12.0
Health of family members %   2020	39.1	39.6	40.2

## Health status

### ★ Quality of life

Life satisfaction, satisfied or very satisfied %   2020	91.3	90.8	90.8
Perceived health, very good or excellent %   2020	35.9	42.7	39.5
Perceived mental health, very good or excellent %   2020	46.1	49.5	49.8

### Self-reported height and weight

Obesity %   2020	47.5	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

One or more chronic health conditions %   2020	74.4	64.6	64.7
Three or more chronic health conditions %   2020	32.6	23.6	23.1

### Types of chronic health conditions (physical health)

Arthritis %   2020	23.5	19.4	19.2
Asthma %   2020	15.2	13.4	11.8
Chronic pain %   2020	18.0	18.4	17.6
Emphysema/COPD %   2020	5.2	3.5	3.5
Cancer %   2020	16.1	7.9	8.8
Diabetes %   2020	12.4	11.8	12.0
Heart disease %   2020	12.2	9.0	9.6
Stroke %   2020	3.2	2.3	2.5
Hypertension %   2020	40.8	28.9	29.8
Gastric reflux %   2020	19.3	16.2	16.6
High cholesterol %   2020	23.4	18.4	20.7

### Types of chronic health conditions (mental health)

Depression %   2020	19.0	18.5	17.3
Anxiety %   2020	17.9	18.9	19.2
Mood disorder (other than depression) %   2020	3.5	2.9	3.2

### Types of chronic health conditions (memory)

Someone in household has memory problem %   2020	16.0	12.1	10.4
... Memory problem interferes with day-to-day function %   2020	3.8	4.9	4.1

Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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## Management of chronic health conditions

Confidence in managing their health condition, very confident %   2020	44.5	43.3	41.4
Knows how to try to prevent further problems with health condition, strongly agree %   2020	36.9	37.5	35.6

## Injury in the last 12 months

Has been injured and had to be treated %   2020	13.7	14.9	16.3
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## Disability

Limited in activities because of a physical or mental condition or a health problem, sometimes or often %   2020	37.1	27.1	25.1
Developmental disability %   2020	S	4.8	4.0
Dexterity disability %   2020	15.2	25.2	24.5
Flexibility disability %   2020	50.0	57.5	54.1
Hearing disability %   2020	19.2	19.5	18.4
Learning disability %   2020	17.2	18.2	18.0
Memory disability %   2020	26.6	26.6	25.9
Mental health-related disability %   2020	10.7	29.1	30.4
Mobility disability %   2020	56.2	57.1	56.5
Pain-related disability %   2020	77.8	70.5	72.4
Seeing disability %   2020	16.7	19.3	19.3
Chronic health condition %   2020	72.2	82.6	78.5

## Health promotion and prevention

Talks to health professional about improving health and preventing illness, always or usually %   2020	19.1	26.6	26.3
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## Flu shot in the last 12 months

	<b>Community</b> Nackawic, McAdam, Canterbury Area	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
Adults %   2020	<b>54.9</b>	<b>51.6</b>	<b>46.5</b>
Seniors %   2020	<b>68.9</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>96.0</b>	<b>90.0</b>	<b>88.3</b>
Had test for blood sugar %   2020	<b>65.4</b>	<b>66.1</b>	<b>69.8</b>
Had measurement for body weight %   2020	<b>45.9</b>	<b>51.1</b>	<b>53.4</b>
Had test for cholesterol %   2020	<b>76.2</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>62.4</b>	<b>60.9</b>	<b>59.1</b>
Exercises at least 2.5 hours per week %   2020	<b>49.8</b>	<b>52.5</b>	<b>49.9</b>
Eats 5 or more servings of fruit or vegetables per day %   2020	<b>37.3</b>	<b>43.6</b>	<b>41.9</b>
Usually sleeps for 7 hours or more each night %   2020	<b>50.9</b>	<b>60.2</b>	<b>59.1</b>

### 🚬 Use of tobacco

Daily smoker %   2020	<b>10.2</b>	<b>11.9</b>	<b>12.1</b>
Daily or occasional smoker %   2020	<b>16.2</b>	<b>17.8</b>	<b>17.5</b>

### 🌿 Use of cannabis

In the last 12 months %   2020	<b>23.1</b>	<b>26.8</b>	<b>24.4</b>
...For non-medical purposes %   2020	<b>40.5</b>	<b>41.2</b>	<b>49.3</b>
...For medical purposes %   2020	<b>28.5</b>	<b>26.9</b>	<b>23.5</b>
...For both medical and non-medical purposes %   2020	<b>26.5</b>	<b>33.2</b>	<b>30.1</b>

	<b>Community</b> Nackawic, McAdam, Canterbury Area	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
In the last 12 months, daily %   2020	<b>8.9</b>	<b>9.9</b>	<b>7.6</b>

### **Use of alcohol in the last 12 months**

Heavy drinking %   2020	<b>24.0</b>	<b>23.9</b>	<b>26.9</b>
Heavy drinking (men) %   2020	<b>25.7</b>	<b>28.7</b>	<b>31.4</b>
Heavy drinking (women) %   2020	<b>20.3</b>	<b>19.2</b>	<b>20.0</b>

## Medication

Takes 6 or more different prescription medications on a regular basis %   2020	<b>12.1</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>15.4</b>	<b>16.8</b>	<b>17.6</b>
.... Knows what their prescribed medications do, strongly agrees %   2020	<b>55.7</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