

# PRIMARY HEALTH SURVEY

## Health of New Brunswickers



### Context: Social and economic factors

Sense of community belonging, somewhat strong or very strong %   2020	68.4	82.5	72.0
Provides long-term care for someone %   2020	9.8	12.1	9.1
Has internet access at home %   2020	89.7	91.5	96.9

#### Health literacy

Understanding medical information

Written information about condition/prescription is hard to understand, always or usually %   2020	13.2	15.2	12.3
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#### Medical and dental insurance

No dental insurance %   2020	44.5	42.3	29.9
No insurance for eye glasses or contact lenses %   2020	35.3	35.4	26.6
No insurance for prescription medications %   2020	22.2	22.5	15.6

#### Social isolation and loneliness

Lonely (based on loneliness score) %   2020	13.5	17.4	20.8
Lacks companionship, some of the time or often %   2020	32.5	33.7	36.6
Feels left out, some of the time or often %   2020	21.2	25.0	31.2
Feels isolated, some of the time or often %   2020	24.6	26.5	31.2

**Community**  
Dalhousie,  
Balmoral, Restigouche Area  
Belledune Area

**Zone 5**

**Province**  
New Brunswick

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

Time pressures or not having enough time %   2020	29.7	33.3	38.6
Physical health problem or condition %   2020	23.9	27.7	27.5
Emotional or mental health problem or condition %   2020	18.6	20.4	23.2
Financial situation %   2020	25.5	27.2	32.3
Work situation %   2020	28.5	26.4	30.2
School, college or university %   2020	4.8	6.4	7.7
Employment status %   2020	11.9	11.4	12.9
Caring for their own children %   2020	18.6	19.6	20.0
Caring for others (parents, family or friends) %   2020	27.9	27.5	26.3
Other personal or family responsibilities %   2020	24.3	22.9	24.5
Personal relationships %   2020	18.1	17.0	20.4
Discrimination %   2020	5.0	5.8	4.6
Personal safety or family's safety %   2020	9.6	13.2	12.0
Health of family members %   2020	36.6	37.7	40.2

## Health status

### ★ Quality of life

Life satisfaction, satisfied or very satisfied %   2020	79.8	92.2	90.8
Perceived health, very good or excellent %   2020	33.6	36.3	39.5
Perceived mental health, very good or excellent %   2020	50.3	49.4	49.8

### Self-reported height and weight

Obesity %   2020	38.0	36.0	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	<b>68.8</b>	<b>67.8</b>	<b>64.7</b>
Three or more chronic health conditions %   2020	<b>28.2</b>	<b>29.8</b>	<b>23.1</b>

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

Arthritis %   2020	<b>22.3</b>	<b>22.8</b>	<b>19.2</b>
Asthma %   2020	<b>11.3</b>	<b>9.8</b>	<b>11.8</b>
Chronic pain %   2020	<b>21.9</b>	<b>20.6</b>	<b>17.6</b>
Emphysema/COPD %   2020	<b>2.8</b>	<b>3.9</b>	<b>3.5</b>
Cancer %   2020	<b>7.3</b>	<b>6.8</b>	<b>8.8</b>
Diabetes %   2020	<b>13.2</b>	<b>12.2</b>	<b>12.0</b>
Heart disease %   2020	<b>9.2</b>	<b>10.5</b>	<b>9.6</b>
Stroke %   2020	<b>3.8</b>	<b>4.0</b>	<b>2.5</b>
Hypertension %   2020	<b>38.6</b>	<b>38.4</b>	<b>29.8</b>
Gastric reflux %   2020	<b>19.0</b>	<b>17.4</b>	<b>16.6</b>
High cholesterol %   2020	<b>25.1</b>	<b>25.3</b>	<b>20.7</b>

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

Depression %   2020	<b>14.5</b>	<b>14.6</b>	<b>17.3</b>
Anxiety %   2020	<b>19.3</b>	<b>19.6</b>	<b>19.2</b>
Mood disorder (other than depression) %   2020	<b>4.3</b>	<b>4.2</b>	<b>3.2</b>

### **Types of chronic health conditions (memory)**

Someone in household has memory problem %   2020	<b>11.6</b>	<b>10.6</b>	<b>10.4</b>
... Memory problem interferes with day-to-day function %   2020	<b>3.4</b>	<b>4.3</b>	<b>4.1</b>

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## Management of chronic health conditions

Confidence in managing their health condition, very confident %   2020	42.4	40.1	41.4
Knows how to try to prevent further problems with health condition, strongly agree %   2020	29.2	32.1	35.6

## Injury in the last 12 months

Has been injured and had to be treated %   2020	21.3	20.1	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	28.0	31.7	25.1
Developmental disability %   2020	S	S	4.0
Dexterity disability %   2020	30.3	28.3	24.5
Flexibility disability %   2020	60.5	61.2	54.1
Hearing disability %   2020	13.9	18.2	18.4
Learning disability %   2020	18.5	22.7	18.0
Memory disability %   2020	20.9	26.1	25.9
Mental health-related disability %   2020	25.3	27.2	30.4
Mobility disability %   2020	52.5	51.8	56.5
Pain-related disability %   2020	66.6	74.3	72.4
Seeing disability %   2020	21.8	20.7	19.3
Chronic health condition %   2020	83.8	81.1	78.5

## Health promotion and prevention

Talks to health professional about improving health and preventing illness, always or usually %   2020	25.6	25.3	26.3
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## Flu shot in the last 12 months

	<b>Community</b> Dalhousie, Balmoral, Restigouche Area Belledune Area	<b>Zone 5</b>	<b>Province</b> New Brunswick
Adults %   2020	<b>37.3</b>	<b>34.5</b>	<b>46.5</b>
Seniors %   2020	<b>56.7</b>	<b>52.6</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>82.0</b>	<b>80.3</b>	<b>88.3</b>
Had test for blood sugar %   2020	<b>81.9</b>	<b>75.9</b>	<b>69.8</b>
Had measurement for body weight %   2020	<b>47.6</b>	<b>51.2</b>	<b>53.4</b>
Had test for cholesterol %   2020	<b>75.0</b>	<b>71.2</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>49.4</b>	<b>50.4</b>	<b>59.1</b>
Exercises at least 2.5 hours per week %   2020	<b>46.9</b>	<b>49.3</b>	<b>49.9</b>
Eats 5 or more servings of fruit or vegetables per day %   2020	<b>45.5</b>	<b>43.4</b>	<b>41.9</b>
Usually sleeps for 7 hours or more each night %   2020	<b>56.0</b>	<b>55.5</b>	<b>59.1</b>

### 🚬 Use of tobacco

Daily smoker %   2020	<b>13.4</b>	<b>14.8</b>	<b>12.1</b>
Daily or occasional smoker %   2020	<b>17.8</b>	<b>20.1</b>	<b>17.5</b>

### 🌿 Use of cannabis

In the last 12 months %   2020	<b>17.1</b>	<b>19.4</b>	<b>24.4</b>
...For non-medical purposes %   2020	<b>46.3</b>	<b>64.4</b>	<b>49.3</b>
...For medical purposes %   2020	<b>16.3</b>	<b>16.4</b>	<b>23.5</b>
...For both medical and non-medical purposes %   2020	<b>31.9</b>	<b>25.8</b>	<b>30.1</b>

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In the last 12 months, daily %   2020	<b>7.2</b>	<b>7.6</b>	<b>7.6</b>

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

Heavy drinking %   2020	<b>26.8</b>	<b>27.3</b>	<b>26.9</b>
Heavy drinking (men) %   2020	<b>27.9</b>	<b>36.0</b>	<b>31.4</b>
Heavy drinking (women) %   2020	<b>20.9</b>	<b>21.9</b>	<b>20.0</b>

## Medication

Takes 6 or more different prescription medications on a regular basis %   2020	<b>15.0</b>	<b>17.3</b>	<b>11.4</b>
Has a chronic health condition and takes 6 or more prescription medications on a regular basis %   2020	<b>21.8</b>	<b>24.6</b>	<b>17.6</b>
.... Knows what their prescribed medications do, strongly agrees %   2020	<b>41.1</b>	<b>39.4</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