PRIMARY HEALTH SURVEY

Health of New Brunswickers

Community
Dalhousie, Balmoral, Belledune Area

Zone 5
Restigouche Area

Province
New Brunswick

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

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, Belledune Area	Zone 5 Restigouche Area	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**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
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	**68.8**	**67.8**	**64.7**
Three or more chronic health conditions % | 2020	**28.2**	**29.8**	**23.1**
Types of chronic health conditions (physical health)			
Arthritis % | 2020	**22.3**	**22.8**	**19.2**
Asthma % | 2020	**11.3**	**9.8**	**11.8**
Chronic pain % | 2020	**21.9**	**20.6**	**17.6**
Emphysema/COPD % | 2020	**2.8**	**3.9**	**3.5**
Cancer % | 2020	**7.3**	**6.8**	**8.8**
Diabetes % | 2020	**13.2**	**12.2**	**12.0**
Heart disease % | 2020	**9.2**	**10.5**	**9.6**
Stroke % | 2020	**3.8**	**4.0**	**2.5**
Hypertension % | 2020	**38.6**	**38.4**	**29.8**
Gastric reflux % | 2020	**19.0**	**17.4**	**16.6**
High cholesterol % | 2020	**25.1**	**25.3**	**20.7**
Types of chronic health conditions (mental health)			
Depression % | 2020	**14.5**	**14.6**	**17.3**
Anxiety % | 2020	**19.3**	**19.6**	**19.2**
Mood disorder (other than depression) % | 2020	**4.3**	**4.2**	**3.2**
Types of chronic health conditions (memory)			
Someone in household has memory problem % | 2020	**11.6**	**10.6**	**10.4**
... Memory problem interferes with day-to-day function % | 2020	**3.4**	**4.3**	**4.1**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
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**
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**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Flu shot in the last 12 months			
Adults % | 2020	**37.3**	**34.5**	**46.5**
Seniors % | 2020	**56.7**	**52.6**	**66.5**
Screening in the last 12 months For citizens with diabetes, heart disease, stroke or high blood pressure			
Had measurement for blood pressure % | 2020	**82.0**	**80.3**	**88.3**
Had test for blood sugar % | 2020	**81.9**	**75.9**	**69.8**
Had measurement for body weight % | 2020	**47.6**	**51.2**	**53.4**
Had test for cholesterol % | 2020	**75.0**	**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	**49.4**	**50.4**	**59.1**
Exercises at least 2.5 hours per week % | 2020	**46.9**	**49.3**	**49.9**
Eats 5 or more servings of fruit or vegetables per day % | 2020	**45.5**	**43.4**	**41.9**
Usually sleeps for 7 hours or more each night % | 2020	**56.0**	**55.5**	**59.1**
Use of tobacco			
Daily smoker % | 2020	**13.4**	**14.8**	**12.1**
Daily or occasional smoker % | 2020	**17.8**	**20.1**	**17.5**
Use of cannabis			
In the last 12 months % | 2020	**17.1**	**19.4**	**24.4**
...For non-medical purposes % | 2020	**46.3**	**64.4**	**49.3**
...For medical purposes % | 2020	**16.3**	**16.4**	**23.5**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
...For both medical and non-medical purposes % | 2020	**31.9**	**25.8**	**30.1**
In the last 12 months, daily % | 2020	**7.2**	**7.6**	**7.6**
Use of alcohol in the last 12 months			
Heavy drinking % | 2020	**26.8**	**27.3**	**26.9**
Heavy drinking (men) % | 2020	**27.9**	**36.0**	**31.4**
Heavy drinking (women) % | 2020	**20.9**	**21.9**	**20.0**

Medication

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

Below-average performance