

PRIMARY HEALTH SURVEY

Health of New Brunswickers



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	69.8	72.0
Provides long-term care for someone % 2020	7.9	9.1
Has internet access at home % 2020	97.4	96.9

Health literacy

Understanding medical information

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

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

Social isolation and loneliness

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

Contributors to feelings of stress in the last 12 months

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

Health status

★ Quality of life

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

Self-reported height and weight

Obesity % 2020	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

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
One or more chronic health conditions % 2020	64.6	64.7
Three or more chronic health conditions % 2020	23.6	23.1
👤 Types of chronic health conditions (physical health)		
Arthritis % 2020	19.4	19.2
Asthma % 2020	13.4	11.8
Chronic pain % 2020	18.4	17.6
Emphysema/COPD % 2020	3.5	3.5
Cancer % 2020	7.9	8.8
Diabetes % 2020	11.8	12.0
Heart disease % 2020	9.0	9.6
Stroke % 2020	2.3	2.5
Hypertension % 2020	28.9	29.8
Gastric reflux % 2020	16.2	16.6
High cholesterol % 2020	18.4	20.7
☁️ Types of chronic health conditions (mental health)		
Depression % 2020	18.5	17.3
Anxiety % 2020	18.9	19.2
Mood disorder (other than depression) % 2020	2.9	3.2
🧠 Types of chronic health conditions (memory)		
Someone in household has memory problem % 2020	12.1	10.4
... Memory problem interferes with day-to-day function % 2020	4.9	4.1
👤 Management of chronic health conditions		
Confidence in managing their health condition, very confident % 2020	43.3	41.4

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

Health promotion and prevention

Talks to health professional about improving health and preventing illness, always or usually % 2020	26.6	26.3
📄 Flu shot in the last 12 months		
Adults % 2020	51.6	46.5
Seniors % 2020	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

Had measurement for blood pressure % 2020	90.0	88.3
Had test for blood sugar % 2020	66.1	69.8
Had measurement for body weight % 2020	51.1	53.4
Had test for cholesterol % 2020	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	60.9	59.1
Exercises at least 2.5 hours per week % 2020	52.5	49.9
Eats 5 or more servings of fruit or vegetables per day % 2020	43.6	41.9
Usually sleeps for 7 hours or more each night % 2020	60.2	59.1

Use of tobacco

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

Use of cannabis

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

Use of alcohol in the last 12 months

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Heavy drinking % 2020	23.9	26.9
Heavy drinking (men) % 2020	28.7	31.4
Heavy drinking (women) % 2020	19.2	20.0

Medication

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