

PRIMARY HEALTH SURVEY

Health of New Brunswickers





Zone 5 Restigouche Area

Province New Brunswick

ontext: Social and economic factors		
Sense of community belonging, somewhat strong or very strong $\% \mid$ 2020	82.5	72.
Provides long-term care for someone % 2020	12.1	9.
Has internet access at home % 2020	91.5	96.
Health literacy Understanding medical information		
Written information about condition/prescription is hard to understand, always or usually $\%$ \mid 2020	15.2	12.
Medical and dental insurance		
No dental insurance % 2020	42.3	29.
No insurance for eye glasses or contact lenses % 2020	35.4	26.
No insurance for prescription medications % 2020	22.5	15.0
Social isolation and loneliness		
Lonely (based on loneliness score) % 2020	17.4	20.
Lacks companionship, some of the time or often % 2020	33.7	36.0
Feels left out, some of the time or often % 2020	25.0	31.
Feels isolated, some of the time or often % 2020	26.5	31.
Contributors to feelings of stress in the last 12 months		
Time pressures or not having enough time % 2020	33.3	38.



	Zone 5 Restigouche Area	Province New Brunswick
Physical health problem or condition % 2020	27.7	27.5
Emotional or mental health problem or condition % 2020	20.4	23.2
Financial situation % 2020	27.2	32.3
Work situation % 2020	26.4	30.2
School, college or university % 2020	6.4	7.7
Employment status % 2020	11.4	12.9
Caring for their own children % 2020	19.6	20.0
Caring for others (parents, family or friends) % 2020	27.5	26.3
Other personal or family responsibilities % 2020	22.9	24.5
Personal relationships % 2020	17.0	20.4
Discrimination % 2020	5.8	4.6
Personal safety or family's safety % 2020	13.2	12.0
Health of family members % 2020	37.7	40.2
ealth status Quality of life		
Life satisfaction, satisfied or very satisfied % 2020	92.2	90.8
Perceived health, very good or excellent % 2020	36.3	39.5
Perceived mental health, very good or excellent % 2020	49.4	49.8
Self-reported height and weight		
Obesity % 2020	36.0	34.1
Prevalence of chronic health conditions Among list of chronic conditions: arthritis, asthma, chronic pain, emphy mood disorder other than depression, heart disease, stroke, high blood		, depression,
One or more chronic health conditions % 2020	67.8	64.7



	Zone 5 Restigouche Area	Province New Brunswick
Three or more chronic health conditions % 2020	29.8	23.1
↑ Types of chronic health conditions (physical health)		
Arthritis % 2020	22.8	19.2
Asthma % 2020	9.8	11.8
Chronic pain % 2020	20.6	17.6
Emphysema/COPD % 2020	3.9	3.5
Cancer % 2020	6.8	8.8
Diabetes % 2020	12.2	12.0
Heart disease % 2020	10.5	9.6
Stroke % 2020	4.0	2.5
Hypertension % 2020	38.4	29.8
Gastric reflux % 2020	17.4	16.6
High cholesterol % 2020	25.3	20.7
Types of chronic health conditions (mental health)		
Depression % 2020	14.6	17.3
Anxiety % 2020	19.6	19.2
Mood disorder (other than depression) % 2020	4.2	3.2
Types of chronic health conditions (memory)		
Someone in household has memory problem % 2020	10.6	10.4
Memory problem interferes with day-to-day function % 2020	4.3	4.1
Management of chronic health conditions		
Confidence in managing their health condition, very confident % 2020	40.1	41.4
Knows how to try to prevent further problems with health condition, strongly agree $\%$ 2020	32.1	35.6



20.1	16.3
	16.3
31.7	
31.7	
	25.1
S	4.0
28.3	24.5
61.2	54.1
18.2	18.4
22.7	18.0
26.1	25.9
27.2	30.4
51.8	56.5
74.3	72.4
20.7	19.3
81.1	78.5
25.3	26.3
34.5	46.5
52.6	66.5
00.2	88.3
	18.2 22.7 26.1 27.2 51.8 74.3 20.7 81.1



	Zone 5 Restigouche Area	Province New Brunswick
Had test for blood sugar % 2020	75.9	69.8
Had measurement for body weight % 2020	51.2	53.4
Had test for cholesterol % 2020	71.2	69.5
lealth behaviours		
● Habits and beliefs		
Believes their health largely depends on how well they take care of themselves, strongly agrees $\% \mid$ 2020	50.4	59.1
Exercises at least 2.5 hours per week % 2020	49.3	49.9
Eats 5 or more servings of fruit or vegetables per day % 2020	43.4	41.9
Usually sleeps for 7 hours or more each night % 2020	55.5	59.1
Use of tobacco		
Daily smoker % 2020	14.8	12.1
Daily or occasional smoker % 2020	20.1	17.5
¿ Use of cannabis		
In the last 12 months % 2020	19.4	24.4
For non-medical purposes % 2020	64.4	49.3
For medical purposes % 2020	16.4	23.5
For both medical and non-medical purposes % 2020	25.8	30.1
In the last 12 months, daily % 2020	7.6	7.6
Use of alcohol in the last 12 months		
Heavy drinking % 2020	27.3	26.9
Heavy drinking (men) % 2020	36.0	31.4
Heavy drinking (women) % 2020	21.9	20.0



Zone 5 Province
Restigouche Area New Brunswick

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

