PRIMARY HEALTH SURVEY

Health of New Brunswickers







Province New Brunswick

Context: Social and economic factors		
Sense of community belonging, somewhat strong or very strong $\% \mid$ 2020	77.1	72
Provides long-term care for someone % 2020	8.3	g
Has internet access at home % 2020	97.6	96
Health literacy Understanding medical information		
Written information about condition/prescription is hard to understand, always or usually % 2020	14.5	1:
Medical and dental insurance		
No dental insurance % 2020	46.2	2
No insurance for eye glasses or contact lenses % 2020	40.0	20
No insurance for prescription medications % 2020	26.4	1
Social isolation and loneliness		
Lonely (based on loneliness score) % 2020	17.1	20
Lacks companionship, some of the time or often % 2020	37.9	3
Feels left out, some of the time or often % 2020	24.0	3
Feels isolated, some of the time or often % 2020	27.5	3

Contributors to feelings of stress in the last 12 months



	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Time pressures or not having enough time $\% \mid 2020$	33.2	38.6
Physical health problem or condition % 2020	22.8	27.5
Emotional or mental health problem or condition % 2020	18.4	23.2
Financial situation % 2020	28.6	32.3
Work situation % 2020	23.4	30.2
School, college or university % 2020	4.7	7.7
Employment status % 2020	11.9	12.9
Caring for their own children % 2020	14.6	20.0
Caring for others (parents, family or friends) % 2020	28.2	26.3
Other personal or family responsibilities % 2020	19.1	24.5
Personal relationships % 2020	15.2	20.4
Discrimination % 2020	5.9	4.6
Personal safety or family's safety % 2020	12.9	12.0
Health of family members % 2020	40.7	40.2
Health status		
★ Quality of life		
Life satisfaction, satisfied or very satisfied % 2020	89.7	90.8
Perceived health, very good or excellent % 2020	36.6	39.5
Perceived mental health, very good or excellent % 2020	50.9	49.8
₹ Self-reported height and weight		
Obesity % 2020	33.2	34.1



Zone 6 Bathurst and Acadian Peninsula Area

Province New Brunswick

Among list of chronic conditions: arthritis, asthma, chronic pain, emphysema mood disorder other than depression, heart disease, stroke, high blood pres		,
One or more chronic health conditions % 2020	62.6	6
Three or more chronic health conditions % 2020	20.9	2
Types of chronic health conditions (physical health)		
Arthritis % 2020	16.6	1
Asthma % 2020	10.6	1
Chronic pain % 2020	16.7	1
Emphysema/COPD % 2020	2.6	
Cancer % 2020	10.2	
Diabetes % 2020	12.8	,
Heart disease % 2020	10.3	
Stroke % 2020	2.8	
Hypertension % 2020	31.7	2
Gastric reflux % 2020	17.3	,
High cholesterol % 2020	24.0	4
Types of chronic health conditions (mental health)		
Depression % 2020	13.8	•
Anxiety % 2020	18.1	,
Mood disorder (other than depression) % 2020	2.4	
Types of chronic health conditions (memory)		
Someone in household has memory problem % 2020	7.8	
Memory problem interferes with day-to-day function % 2020	1.8	



	Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
nanagement of chronic health conditions		
Confidence in managing their health condition, very confident $\% \mid$ 2020	39.9	41.4
Knows how to try to prevent further problems with health condition, strongly agree $\% \mid 2020$	32.8	35.6
✗ Injury in the last 12 months		
Has been injured and had to be treated % 2020	14.5	16.3
& Disability		
Limited in activities because of a physical or mental condition or a health problem, sometimes or often $\%\mid 2020$	21.2	25.1
Developmental disability % 2020	5.9	4.0
Dexterity disability % 2020	27.1	24.5
Flexibility disability % 2020	57.1	54.1
Hearing disability % 2020	16.2	18.4
Learning disability % 2020	20.5	18.0
Memory disability % 2020	19.9	25.9
Mental health-related disability % 2020	23.7	30.4
Mobility disability % 2020	54.2	56.5
Pain-related disability % 2020	74.2	72.4
Seeing disability % 2020	18.7	19.3
Chronic health condition % 2020	68.8	78.5
Health promotion and prevention		
Talks to health professional about improving health and preventing illness, always or usually $\%\mid 2020$	23.2	26.3

Flu shot in the last 12 months



For citizens with diabetes, heart disease, stroke or high blood pressure Had measurement for blood pressure % 2020 83.6 88.3 Had test for blood sugar % 2020 68.5 69.8 Had measurement for body weight % 2020 53.3 53.4 Had test for cholesterol % 2020 72.7 69.5 Comparison of the measurement for body weight % 2020 72.7 69.5 Comparison of the measurement for body weight % 2020 72.7 69.5 Comparison of the measurement for body weight % 2020 C		Zone 6 Bathurst and Acadian Peninsula Area	Province New Brunswick
Screening in the last 12 months For citizens with diabetes, heart disease, stroke or high blood pressure Had measurement for blood pressure % 2020	Adults % 2020	37.6	46.5
For citizens with diabetes, heart disease, stroke or high blood pressure Had measurement for blood pressure % 2020	Seniors % 2020	60.1	66.5
Had test for blood sugar % 2020 68.5 69.8 Had measurement for body weight % 2020 53.3 53.4 Had test for cholesterol % 2020 72.7 69.5 Habits and beliefs	Screening in the last 12 months For citizens with diabetes, heart disease, stroke or high blood pressure		
Had measurement for body weight % 2020 53.3 53.4 Had test for cholesterol % 2020 72.7 69.5 Habits and beliefs	Had measurement for blood pressure % 2020	83.6	88.3
Had test for cholesterol % 2020 72.7 69.5 Comparison of Cannabis 19.20	Had test for blood sugar % 2020	68.5	69.8
Habits and beliefs Believes their health largely depends on how well they take care of themselves, strongly agrees % 2020 Exercises at least 2.5 hours per week % 2020 Eats 5 or more servings of fruit or vegetables per day % 2020 39.7 41.9 Usually sleeps for 7 hours or more each night % 2020 69.1 59.1 Use of tobacco Daily smoker % 2020 13.2 12.1 Daily or occasional smoker % 2020 17.3 17.5 Use of cannabis In the last 12 months % 2020 13.3 24.4 For non-medical purposes % 2020 19.7 23.5	Had measurement for body weight % 2020	53.3	53.4
	Had test for cholesterol % 2020	72.7	69.5
Use of tobacco Daily smoker % 2020 13.2 12.1 Daily or occasional smoker % 2020 17.3 17.5 Use of cannabis In the last 12 months % 2020 13.3 24.4 For non-medical purposes % 2020 60.9 49.3 For medical purposes % 2020 19.7 23.5	agrees % 2020 Exercises at least 2.5 hours per week % 2020	46.0	49.9
Daily smoker % 2020 13.2 12.1 Daily or occasional smoker % 2020 17.3 17.5 ✓ Use of cannabis In the last 12 months % 2020 13.3 24.4 For non-medical purposes % 2020 60.9 49.3 For medical purposes % 2020 19.7 23.5	Usually sleeps for 7 hours or more each night % 2020	69.1	59.1
Daily or occasional smoker % 2020 17.3 17.5 ✓ Use of cannabis In the last 12 months % 2020 13.3 24.4 For non-medical purposes % 2020 60.9 49.3 For medical purposes % 2020 19.7 23.5	Suse of tobacco		
	Daily smoker % 2020	13.2	12.1
In the last 12 months % 2020 13.3 24.4For non-medical purposes % 2020 60.9 49.3For medical purposes % 2020 19.7 23.5	Daily or occasional smoker % 2020	17.3	17.5
For non-medical purposes % 2020 60.9 49.3For medical purposes % 2020 19.7 23.5	↓ Use of cannabis		
For medical purposes % 2020 19.7 23.5	In the last 12 months % 2020	13.3	24.4
	For non-medical purposes % 2020	60.9	49.3
For both medical and non-medical purposes % 2020 21.5 30.1	For medical purposes % 2020	19.7	23.5
	For both medical and non-medical purposes % 2020	21.5	30.1



Peninsula Area	New Brunswick
3.9	7.6
23.5	26.9
30.2	31.4
19.4	20.0
13.6	11.4
21.4	17.6
38.2	49.6
	3.9 23.5 30.2 19.4



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



P Below-average performance