POPULATION HEALTH

Social and economic factors

Community
Dalhousie, Balmoral, Belledune Area

Zone 5
Restigouche Area

Province
New Brunswick

Family and Social Support

Family and friends

Parents - report eating dinner (evening meal) with their children % | 2016-2017	**56.7**	**52.9**	**55.7**
Children - with mental fitness needs highly satisfied by family % | 2025-2026	**76.6**	**75.4**	**79.3**
Children - with mental fitness needs highly satisfied by friends % | 2025-2026	**90.2**	**89.1**	**87.1**
Youth - eat an evening meal together with family, friends or guardians % | 2025-2026	**52.7**	**52.4**	**49.3**
Youth - enjoy my cultural and family traditions % | 2023-2024	**43.0**	**48.6**	**53.3**
Youth - my parent or caregiver knows a lot about me % | 2023-2024	**44.3**	**48.5**	**51.0**
Youth - my family stands by me during difficult times % | 2023-2024	**41.6**	**46.8**	**51.0**
Youth - with mental fitness needs highly satisfied by family % | 2025-2026	**83.0**	**82.7**	**83.3**
Youth - my friends stand by me during difficult times % | 2023-2024	**35.6**	**39.8**	**39.6**
Youth - with mental fitness needs highly satisfied by friends % | 2025-2026	**79.8**	**81.2**	**84.4**
Youth - have people I look up to % | 2023-2024	**37.9**	**44.2**	**46.0**
Adults and seniors - lack companionship some of the time or often % | 2020	**32.5**	**33.7**	**36.6**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Adults and seniors - feel left out some of the time or often % | 2020	21.2	25.0	31.2
Adults and seniors - feel isolated some of the time or often % | 2020	24.6	26.5	31.2
Adults and seniors - provide long-term care to someone % | 2020	9.8	12.1	9.1
School and/or work			
Children - feel teachers treat me fairly % | 2025-2026	58.4	60.9	63.0
Children - feel safe at school % | 2025-2026	64.5	66.4	68.3
Children - feel connected to my school % | 2025-2026	50.9	52.3	57.8
Children - with mental fitness needs highly satisfied by school % | 2025-2026	64.3	66.7	65.4
Youth - participate in activities or groups organized by school % | 2024-2025	64.1	61.3	61.1
Youth - feel teachers treat me fairly % | 2025-2026	83.1	81.6	84.3
Youth - feel safe at school % | 2025-2026	78.3	79.6	80.8
Youth - feel connected to my school % | 2025-2026	87.9	88.2	89.8
Youth - with mental fitness needs highly satisfied by school % | 2025-2026	63.9	62.1	62.2
Youth - have opportunities to develop skills that will be useful later in life (like job skills and skills to care for others) % | 2023-2024	33.0	37.1	40.6
Community			
Youth - volunteer outside school without being paid % | 2024-2025	57.5	51.8	59.1
Youth - treated fairly in my community % | 2023-2024	27.8	33.1	34.9
Youth - participate in activities or groups not organized by school % | 2024-2025	63.6	62.8	64.6
Youth - know where to go in my community to get help % | 2023-2024	21.9	26.1	27.1
Youth - sense of community belonging, somewhat strong or very strong Number | 2025-2026	17.8	17.4	18.1

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Have internet access at home % | 2020	**89.7**	**91.5**	**96.9**
Adults % | 2020	**94.3**	**94.8**	**95.7**
Seniors % | 2020	**84.0**	**82.1**	**85.7**
Difficulties accessing a computer, tablet, or smartphone (when getting virtual care) %	n/a	n/a	n/a
Adults %	n/a	n/a	n/a
Seniors %	n/a	n/a	n/a

Community Safety

Children

Victim of bullying % | 2025-2026	**40.8**	**35.3**	**34.9**

Youth

It is safe for younger children to play outside during the day % | 2025-2026	**67.3**	**62.1**	**70.2**
Victim of bullying % | 2025-2026	**50.6**	**50.9**	**47.3**
Victim of dating violence % | 2025-2026	**11.1**	**12.6**	**12.3**
Sexually violated % | 2025-2026	**15.4**	**14.5**	**11.6**

Adults and seniors

Crimes against persons Rate per 1,000 population | 2019	**16**	**27**	**16**
Crimes against property Rate per 1,000 population | 2019	**24**	**47**	**33**

Stress

Reasons for stress in adults

Time pressures or not having enough time % | 2020	**36.9**	**40.2**	**45.6**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Physical health problem or condition % | 2020	**24.1**	**25.8**	**27.6**
Emotional or mental health problem or condition % | 2020	**22.3**	**23.5**	**27.1**
Financial situation % | 2020	**27.8**	**31.0**	**36.7**
Work situation % | 2020	**38.9**	**35.6**	**38.9**
Caring for others - parents, family or friends % | 2020	**30.8**	**30.4**	**27.9**
Other personal or family responsibilities % | 2020	**25.7**	**26.5**	**27.0**
Health of family members % | 2020	**40.3**	**41.8**	**41.8**

Reasons for stress in seniors

Time pressures or not having enough time % | 2020	**15.2**	**18.5**	**14.1**
Physical health problem or condition % | 2020	**22.8**	**25.9**	**24.9**
Emotional or mental health problem or condition % | 2020	**11.3**	**14.2**	**12.1**
Financial situation % | 2020	**20.9**	**19.0**	**14.9**
Work situation % | 2020	**7.8**	**6.6**	**5.1**
Caring for others - parents, family or friends % | 2020	**22.5**	**21.5**	**19.4**
Other personal or family responsibilities % | 2020	**21.6**	**15.1**	**16.1**
Health of family members % | 2020	**29.3**	**28.6**	**33.8**

Education

Children and youth

Approved child care spaces - infants (1 and under) Rate per 100 population aged 1 and under | 2019	**8**	**12**	**18**
Approved child care spaces - preschool (2-4 years) Rate per 100 population aged 2 to 4 | 2019	**26**	**48**	**60**
Approved child care spaces - school-age (5-12 years) Rate per 100 population aged 5 to 12 | 2019	**19**	**30**	**29**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Kindergarten school readiness % | 2018-2019	80	78	85
Youth - school marks above average or excellent (80% or more) % | 2018-2019	54.5	53.4	62.7
School dropout rate % | 2018-2019	0.8	1.6	1.0
Adults and seniors			
Difficulty understanding written information about a medical condition or prescription, always or usually % | 2020	13.2	15.2	12.3
Highest level completed of education - less than high school % | 2021	14	16	11
Highest level completed of education - high school or equivalent % | 2021	27	26	29
Highest level completed of education - postsecondary certificate, diploma or degree % | 2021	59	58	60

Employment

Labour force			
Participation rate % | 2021	49	51	60
Employment rate % | 2021	42	44	54
Employment status			
Employee % | 2021	88	89	88
Self-employed % | 2021	9	8	10
Work a full year, full time % | 2021	48	48	53
Work part of the year and/or part time % | 2021	51	52	47
Students with part-time jobs outside of school % | 2018-2019	40.3	38.5	33.7
Absence days of full-time employees in a year due to illness and disability Days | 2020	n/a	n/a	10

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Absence days of full-time employees in a year due to personal or family responsibilities Days | 2020	n/a	n/a	**1.6**

Income

$ Household income

Household income - less than $25,000 % | 2021	**14**	**15**	**11**
Household income - $25,000 to $59,999 % | 2021	**39**	**39**	**31**
Household income - $60,000 and more % | 2021	**47**	**46**	**58**
Median household income $ | 2021	**57,600**	**55,600**	**70,000**
Median household income per household habitant $ per person | 2021	**27,429**	**26,476**	**30,435**
Median lone-parent family income $ | 2021	**31,600**	**30,600**	**35,600**
Live in low-income household % | 2021	**18**	**19**	**14**
Youth - live in low-income household (0-17 years) % | 2021	**23**	**22**	**16**
...Children - live in low-income household (0-5 years) % | 2021	**31**	**29**	**18**
Adults - live in low-income household % | 2021	**15**	**15**	**11**
Seniors - live in low-income household % | 2021	**22**	**25**	**22**
Family resilience to financial shock - debt to asset ratio % | 2019	S	S	**15**

$ Composition of total income

Families with children receiving social assistance or welfare benefits % | 2020	**6**	**6**	**5**
Population receiving Employment Insurance % | 2020	**7**	**8**	**6**
Composition of total income of the population in private households - market income (employment, investments, retirement, etc.) % | 2021	**70**	**70**	**78**
Composition of total income of the population in private households - government transfer payments (pension, old age security, employment insurance, child benefits, etc.) % | 2021	**30**	**30**	**22**

	Community Dalhousie, Balmoral, Belledune Area	Zone 5 Restigouche Area	Province New Brunswick
Food security			
Children - eat at a breakfast or snack program at school % | 2025-2026	**68.0**	**66.8**	**61.8**
Youth - report going to school or to bed hungry because there is not enough food at home, often or always % | 2025-2026	**5.6**	**5.9**	**5.2**
Food insecurity - moderate to severe % | 2015 to 2019	n/a	**10**	n/a
Seniors - food insecurity - moderate to severe % | 2015 to 2019	n/a	n/a	n/a
Housing security			
Median monthly shelter costs - rented residence $ | 2021	**564**	**624**	**870**
Median monthly shelter costs - owned residence $ | 2021	**674**	**708**	**935**
Tenants in subsidized housing % | 2021	**21**	**22**	**13**
Spending 30% or more of household total income on shelter costs % | 2021	**8**	**11**	**13**
Cost associated with health needs			
No insurance for prescription medications % | 2020	**22.2**	**22.5**	**15.6**
Did not fill a prescription for medicine, or skipped doses because of the cost % | 2020	**5.8**	**6.0**	**5.8**
Other purchasing practices			
Purchasing practices - alcohol sales $ per person aged 19 and over | 2019-2020	**237**	**191**	**480**
Purchasing practices - lottery sales $ per person aged 19 and over | 2019-2020	n/a	n/a	**526**
Purchasing practices - cannabis sales $ per person aged 19 and over | 2019-2020	n/a	**86**	**70**
Average debt owed at graduation - college graduate $ | 2015	n/a	n/a	**15,100**
Average debt owed at graduation - university degree graduate $ | 2015	n/a	n/a	**40,000**

	Community Dalhousie, Balmoral, Belledune Area	**Zone 5** Restigouche Area	**Province** New Brunswick
College graduates with large debt at graduation of $25,000 and over % | 2015	n/a	n/a	**17**
University degree graduates with large debt at graduation of $25,000 and over % | 2015	n/a	n/a	**72**

About this Table

Social and economic factors, such as education, stable jobs, and strong social networks are fundamental to achieving long and healthy lives.

Content and description

Information on family and social support, community safety and stress, by age group. Information regarding education, employment, and income is also available here.

Why is this important?

Social and economic factors can significantly affect how well and how long we live. They can affect our ability to make healthy choices, afford housing, manage stress, and more.

Availability of the data

Indicators from a variety of sources are collected, organized, and analyzed by the NBHC. These data sources are used to represent the population health of New Brunswickers. Each have various levels of reliability and limitations as detailed in the Indicator pages. The information for this data table is available for the 33 NBHC Communities, 7 Health Zones and for New Brunswick overall.

The Population Health data table series provides comprehensive view about the people who live, learn, work, take part in activities and in community life in this area.

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