POPULATION HEALTH

Social and economic factors

Zone 3
Fredericton and River Valley Area

Province
New Brunswick

Family and Social Support

Family and friends

Parents - report eating dinner (evening meal) with their children % | 2016-2017	**57.3**	**55.7**
Children - with mental fitness needs highly satisfied by family % | 2025-2026	**79.6**	**79.3**
Children - with mental fitness needs highly satisfied by friends % | 2025-2026	**87.3**	**87.1**
Youth - eat an evening meal together with family, friends or guardians % | 2025-2026	**46.6**	**49.3**
Youth - enjoy my cultural and family traditions % | 2023-2024	**53.7**	**53.3**
Youth - my parent or caregiver knows a lot about me % | 2023-2024	**49.3**	**51.0**
Youth - my family stands by me during difficult times % | 2023-2024	**51.7**	**51.0**
Youth - with mental fitness needs highly satisfied by family % | 2025-2026	**81.8**	**83.3**
Youth - my friends stand by me during difficult times % | 2023-2024	**39.3**	**39.6**
Youth - with mental fitness needs highly satisfied by friends % | 2025-2026	**83.4**	**84.4**
Youth - have people I look up to % | 2023-2024	**45.1**	**46.0**
Adults and seniors - lack companionship some of the time or often % | 2020	**39.5**	**36.6**
Adults and seniors - feel left out some of the time or often % | 2020	**33.7**	**31.2**
Adults and seniors - feel isolated some of the time or often % | 2020	**36.5**	**31.2**
Adults and seniors - provide long-term care to someone % | 2020	**7.9**	**9.1**

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
School and/or work		
Children - feel teachers treat me fairly % | 2025-2026	**62.1**	**63.0**
Children - feel safe at school % | 2025-2026	**65.8**	**68.3**
Children - feel connected to my school % | 2025-2026	**55.9**	**57.8**
Children - with mental fitness needs highly satisfied by school % | 2025-2026	**60.6**	**65.4**
Youth - participate in activities or groups organized by school % | 2024-2025	**63.0**	**61.1**
Youth - feel teachers treat me fairly % | 2025-2026	**83.2**	**84.3**
Youth - feel safe at school % | 2025-2026	**76.6**	**80.8**
Youth - feel connected to my school % | 2025-2026	**88.6**	**89.8**
Youth - with mental fitness needs highly satisfied by school % | 2025-2026	**57.7**	**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	**40.7**	**40.6**
Community		
Youth - volunteer outside school without being paid % | 2024-2025	**61.9**	**59.1**
Youth - treated fairly in my community % | 2023-2024	**35.2**	**34.9**
Youth - participate in activities or groups not organized by school % | 2024-2025	**64.9**	**64.6**
Youth - know where to go in my community to get help % | 2023-2024	**27.1**	**27.1**
Youth - sense of community belonging, somewhat strong or very strong Number | 2025-2026	**18.0**	**18.1**
Have internet access at home % | 2020	**97.4**	**96.9**
Adults % | 2020	**95.9**	**95.7**
Seniors % | 2020	**86.0**	**85.7**
Difficulties accessing a computer, tablet, or smartphone (when getting virtual care) % | 2024	**7.5**	**7.4**
Adults % | 2023	**3.9**	**5.0**

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Seniors % | 2023	9.8	15.8

Community Safety

Children

Victim of bullying % | 2025-2026	36.8	34.9

Youth

It is safe for younger children to play outside during the day % | 2025-2026	70.0	70.2
Victim of bullying % | 2025-2026	48.9	47.3
Victim of dating violence % | 2025-2026	13.2	12.3
Sexually violated % | 2025-2026	11.3	11.6

Adults and seniors

Crimes against persons Rate per 1,000 population | 2019	14	16
Crimes against property Rate per 1,000 population | 2019	28	33

Stress

Reasons for stress in adults

Time pressures or not having enough time % | 2020	47.5	45.6
Physical health problem or condition % | 2020	27.9	27.6
Emotional or mental health problem or condition % | 2020	28.2	27.1
Financial situation % | 2020	35.3	36.7
Work situation % | 2020	39.5	38.9
Caring for others - parents, family or friends % | 2020	25.6	27.9
Other personal or family responsibilities % | 2020	27.9	27.0
Health of family members % | 2020	41.7	41.8

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Reasons for stress in seniors		
Time pressures or not having enough time % | 2020	12.1	14.1
Physical health problem or condition % | 2020	25.7	24.9
Emotional or mental health problem or condition % | 2020	12.8	12.1
Financial situation % | 2020	13.4	14.9
Work situation % | 2020	5.6	5.1
Caring for others - parents, family or friends % | 2020	19.0	19.4
Other personal or family responsibilities % | 2020	16.2	16.1
Health of family members % | 2020	32.7	33.8

Education

Children and youth		
Approved child care spaces - infants (1 and under) Rate per 100 population aged 1 and under | 2019	16	18
Approved child care spaces - preschool (2-4 years) Rate per 100 population aged 2 to 4 | 2019	58	60
Approved child care spaces - school-age (5-12 years) Rate per 100 population aged 5 to 12 | 2019	27	29
Kindergarten school readiness % | 2018-2019	92	85
Youth - school marks above average or excellent (80% or more) % | 2018-2019	67.1	62.7
School dropout rate % | 2018-2019	1.4	1.0
Adults and seniors		
Difficulty understanding written information about a medical condition or prescription, always or usually % | 2020	11.3	12.3
Highest level completed of education - less than high school % | 2021	8	11
Highest level completed of education - high school or equivalent % | 2021	30	29

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Highest level completed of education - postsecondary certificate, diploma or degree % | 2021	62	60

Employment

Labour force

Participation rate % | 2021	62	60
Employment rate % | 2021	57	54

Employment status

Employee % | 2021	88	88
Self-employed % | 2021	10	10
Work a full year, full time % | 2021	57	53
Work part of the year and/or part time % | 2021	43	47
Students with part-time jobs outside of school % | 2018-2019	29.5	33.7
Absence days of full-time employees in a year due to illness and disability Days | 2020	n/a	10
Absence days of full-time employees in a year due to personal or family responsibilities Days | 2020	n/a	1.6

Income

$ Household income

Household income - less than $25,000 % | 2021	9	11
Household income - $25,000 to $59,999 % | 2021	29	31
Household income - $60,000 and more % | 2021	61	58
Median household income $ | 2021	74,500	70,000
Median household income per household habitant $ per person | 2021	32,391	30,435
Median lone-parent family income $ | 2021	38,400	35,600

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Live in low-income household % | 2021	13	14
Youth - live in low-income household (0-17 years) % | 2021	15	16
...Children - live in low-income household (0-5 years) % | 2021	16	18
Adults - live in low-income household % | 2021	11	11
Seniors - live in low-income household % | 2021	19	22
Family resilience to financial shock - debt to asset ratio % | 2019	14	15
$ Composition of total income		
Families with children receiving social assistance or welfare benefits % | 2020	4	5
Population receiving Employment Insurance % | 2020	4	6
Composition of total income of the population in private households -market income (employment, investments, retirement, etc.) % | 2021	81	78
Composition of total income of the population in private households - government transfer payments (pension, old age security, employment insurance, child benefits, etc.) % | 2021	19	22
Food security		
Children - eat at a breakfast or snack program at school % | 2025-2026	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	4.5	5.2
Food insecurity - moderate to severe % | 2015 to 2019	10	n/a
Seniors - food insecurity - moderate to severe % | 2015 to 2019	4	n/a
Housing security		
Median monthly shelter costs - rented residence $ | 2021	960	870
Median monthly shelter costs - owned residence $ | 2021	949	935
Tenants in subsidized housing % | 2021	11	13
Spending 30% or more of household total income on shelter costs % | 2021	12	13

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
$ Cost associated with health needs		
No insurance for prescription medications % | 2020	**12.6**	**15.6**
Did not fill a prescription for medicine, or skipped doses because of the cost % | 2024	**10.4**	**9.2**
Other purchasing practices		
Purchasing practices - alcohol sales $ per person aged 19 and over | 2019-2020	**434**	**480**
Purchasing practices - lottery sales $ per person aged 19 and over | 2019-2020	n/a	**526**
Purchasing practices - cannabis sales $ per person aged 19 and over | 2019-2020	**60**	**70**
Average debt owed at graduation - college graduate $ | 2015	n/a	**15,100**
Average debt owed at graduation - university degree graduate $ | 2015	n/a	**40,000**
College graduates with large debt at graduation of $25,000 and over % | 2015	n/a	**17**
University degree graduates with large debt at graduation of $25,000 and over % | 2015	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