

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

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### School and/or work

Children - feel teachers treat me fairly %   2025-2026	<b>62.1</b>	<b>63.0</b>
Children - feel safe at school %   2025-2026	<b>65.8</b>	<b>68.3</b>
Children - feel connected to my school %   2025-2026	<b>55.9</b>	<b>57.8</b>
Children - with mental fitness needs highly satisfied by school %   2025-2026	<b>60.6</b>	<b>65.4</b>
Youth - participate in activities or groups organized by school %   2024-2025	<b>63.0</b>	<b>61.1</b>
Youth - feel teachers treat me fairly %   2025-2026	<b>83.2</b>	<b>84.3</b>
Youth - feel safe at school %   2025-2026	<b>76.6</b>	<b>80.8</b>
Youth - feel connected to my school %   2025-2026	<b>88.6</b>	<b>89.8</b>
Youth - with mental fitness needs highly satisfied by school %   2025-2026	<b>57.7</b>	<b>62.2</b>
Youth - have opportunities to develop skills that will be useful later in life (like job skills and skills to care for others) %   2023-2024	<b>40.7</b>	<b>40.6</b>

### Community

Youth - volunteer outside school without being paid %   2024-2025	<b>61.9</b>	<b>59.1</b>
Youth - treated fairly in my community %   2023-2024	<b>35.2</b>	<b>34.9</b>
Youth - participate in activities or groups not organized by school %   2024-2025	<b>64.9</b>	<b>64.6</b>
Youth - know where to go in my community to get help %   2023-2024	<b>27.1</b>	<b>27.1</b>
Youth - sense of community belonging, somewhat strong or very strong Number   2025-2026	<b>18.0</b>	<b>18.1</b>
Have internet access at home %   2020	<b>97.4</b>	<b>96.9</b>
Adults %   2020	<b>95.9</b>	<b>95.7</b>
Seniors %   2020	<b>86.0</b>	<b>85.7</b>
Difficulties accessing a computer, tablet, or smartphone (when getting virtual care) %   2024	<b>7.5</b>	<b>7.4</b>
Adults %   2023	<b>3.9</b>	<b>5.0</b>

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Seniors %   2023	<b>9.8</b>	<b>15.8</b>

## Community Safety

### **Children**

Victim of bullying %   2025-2026	<b>36.8</b>	<b>34.9</b>
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### **Youth**

It is safe for younger children to play outside during the day %   2025-2026	<b>70.0</b>	<b>70.2</b>
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Victim of bullying %   2025-2026	<b>48.9</b>	<b>47.3</b>
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Victim of dating violence %   2025-2026	<b>13.2</b>	<b>12.3</b>
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Sexually violated %   2025-2026	<b>11.3</b>	<b>11.6</b>
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### **Adults and seniors**

Crimes against persons Rate per 1,000 population   2019	<b>14</b>	<b>16</b>
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Crimes against property Rate per 1,000 population   2019	<b>28</b>	<b>33</b>
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## Stress

### **Reasons for stress in adults**

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

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Highest level completed of education - postsecondary certificate, diploma or degree %   2021	<b>62</b>	<b>60</b>
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## Employment

### Labour force

Participation rate %   2021	<b>62</b>	<b>60</b>
Employment rate %   2021	<b>57</b>	<b>54</b>

### Employment status

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

## Income

### Household income

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

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Live in low-income household %   2021	<b>13</b>	<b>14</b>
Youth - live in low-income household (0-17 years) %   2021	<b>15</b>	<b>16</b>
...Children - live in low-income household (0-5 years) %   2021	<b>16</b>	<b>18</b>
Adults - live in low-income household %   2021	<b>11</b>	<b>11</b>
Seniors - live in low-income household %   2021	<b>19</b>	<b>22</b>
Family resilience to financial shock - debt to asset ratio %   2019	<b>14</b>	<b>15</b>
<b>§ Composition of total income</b>		
Families with children receiving social assistance or welfare benefits %   2020	<b>4</b>	<b>5</b>
Population receiving Employment Insurance %   2020	<b>4</b>	<b>6</b>
Composition of total income of the population in private households -market income (employment, investments, retirement, etc.) %   2021	<b>81</b>	<b>78</b>
Composition of total income of the population in private households - government transfer payments (pension, old age security, employment insurance, child benefits, etc.) %   2021	<b>19</b>	<b>22</b>
<b>🍴 Food security</b>		
Children - eat at a breakfast or snack program at school %   2025-2026	<b>66.8</b>	<b>61.8</b>
Youth - report going to school or to bed hungry because there is not enough food at home, often or always %   2025-2026	<b>4.5</b>	<b>5.2</b>
Food insecurity - moderate to severe %   2015 to 2019	<b>10</b>	n/a
Seniors - food insecurity - moderate to severe %   2015 to 2019	<b>4</b>	n/a
<b>🏠 Housing security</b>		
Median monthly shelter costs - rented residence \$   2021	<b>960</b>	<b>870</b>
Median monthly shelter costs - owned residence \$   2021	<b>949</b>	<b>935</b>
Tenants in subsidized housing %   2021	<b>11</b>	<b>13</b>
Spending 30% or more of household total income on shelter costs %   2021	<b>12</b>	<b>13</b>
<b>§ Cost associated with health needs</b>		

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No insurance for prescription medications %   2020	<b>12.6</b>	<b>15.6</b>
Did not fill a prescription for medicine, or skipped doses because of the cost %   2024	<b>10.4</b>	<b>9.2</b>
<b>🛒 Other purchasing practices</b>		
Purchasing practices - alcohol sales \$ per person aged 19 and over   2019-2020	<b>434</b>	<b>480</b>
Purchasing practices - lottery sales \$ per person aged 19 and over   2019-2020	n/a	<b>526</b>
Purchasing practices - cannabis sales \$ per person aged 19 and over   2019-2020	<b>60</b>	<b>70</b>
Average debt owed at graduation - college graduate \$   2015	n/a	<b>15,100</b>
Average debt owed at graduation - university degree graduate \$   2015	n/a	<b>40,000</b>
College graduates with large debt at graduation of \$25,000 and over %   2015	n/a	<b>17</b>
University degree graduates with large debt at graduation of \$25,000 and over %   2015	n/a	<b>72</b>

## 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.

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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