POPULATION HEALTH

Social and economic factors

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	**52.9**	**55.7**
Children - with mental fitness needs highly satisfied by family % | 2025-2026	**75.4**	**79.3**
Children - with mental fitness needs highly satisfied by friends % | 2025-2026	**89.1**	**87.1**
Youth - eat an evening meal together with family, friends or guardians % | 2025-2026	**52.4**	**49.3**
Youth - enjoy my cultural and family traditions % | 2023-2024	**48.6**	**53.3**
Youth - my parent or caregiver knows a lot about me % | 2023-2024	**48.5**	**51.0**
Youth - my family stands by me during difficult times % | 2023-2024	**46.8**	**51.0**
Youth - with mental fitness needs highly satisfied by family % | 2025-2026	**82.7**	**83.3**
Youth - my friends stand by me during difficult times % | 2023-2024	**39.8**	**39.6**
Youth - with mental fitness needs highly satisfied by friends % | 2025-2026	**81.2**	**84.4**
Youth - have people I look up to % | 2023-2024	**44.2**	**46.0**
Adults and seniors - lack companionship some of the time or often % | 2020	**33.7**	**36.6**
Adults and seniors - feel left out some of the time or often % | 2020	**25.0**	**31.2**
Adults and seniors - feel isolated some of the time or often % | 2020	**26.5**	**31.2**
Adults and seniors - provide long-term care to someone % | 2020	**12.1**	**9.1**

School and/or work

	Zone 5 Restigouche Area	Province New Brunswick
Children - feel teachers treat me fairly % | 2025-2026	60.9	63.0
Children - feel safe at school % | 2025-2026	66.4	68.3
Children - feel connected to my school % | 2025-2026	52.3	57.8
Children - with mental fitness needs highly satisfied by school % | 2025-2026	66.7	65.4
Youth - participate in activities or groups organized by school % | 2024-2025	61.3	61.1
Youth - feel teachers treat me fairly % | 2025-2026	81.6	84.3
Youth - feel safe at school % | 2025-2026	79.6	80.8
Youth - feel connected to my school % | 2025-2026	88.2	89.8
Youth - with mental fitness needs highly satisfied by school % | 2025-2026	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	37.1	40.6
Community		
Youth - volunteer outside school without being paid % | 2024-2025	51.8	59.1
Youth - treated fairly in my community % | 2023-2024	33.1	34.9
Youth - participate in activities or groups not organized by school % | 2024-2025	62.8	64.6
Youth - know where to go in my community to get help % | 2023-2024	26.1	27.1
Youth - sense of community belonging, somewhat strong or very strong Number | 2025-2026	17.4	18.1
Have internet access at home % | 2020	91.5	96.9
Adults % | 2020	94.8	95.7
Seniors % | 2020	82.1	85.7
Difficulties accessing a computer, tablet, or smartphone (when getting virtual care) % | 2024	11.6	7.4
Adults % | 2023	5.3	5.0
Seniors % | 2023	16.2	15.8

	Zone 5 Restigouche Area	Province New Brunswick

Community Safety

Children

Victim of bullying % | 2025-2026	35.3	34.9

Youth

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

Adults and seniors

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

Stress

Reasons for stress in adults

Time pressures or not having enough time % | 2020	40.2	45.6
Physical health problem or condition % | 2020	25.8	27.6
Emotional or mental health problem or condition % | 2020	23.5	27.1
Financial situation % | 2020	31.0	36.7
Work situation % | 2020	35.6	38.9
Caring for others - parents, family or friends % | 2020	30.4	27.9
Other personal or family responsibilities % | 2020	26.5	27.0
Health of family members % | 2020	41.8	41.8

Reasons for stress in seniors

	Zone 5 Restigouche Area	Province New Brunswick
Time pressures or not having enough time % | 2020	18.5	14.1
Physical health problem or condition % | 2020	25.9	24.9
Emotional or mental health problem or condition % | 2020	14.2	12.1
Financial situation % | 2020	19.0	14.9
Work situation % | 2020	6.6	5.1
Caring for others - parents, family or friends % | 2020	21.5	19.4
Other personal or family responsibilities % | 2020	15.1	16.1
Health of family members % | 2020	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	12	18
Approved child care spaces - preschool (2-4 years) Rate per 100 population aged 2 to 4 | 2019	48	60
Approved child care spaces - school-age (5-12 years) Rate per 100 population aged 5 to 12 | 2019	30	29
Kindergarten school readiness % | 2018-2019	78	85
Youth - school marks above average or excellent (80% or more) % | 2018-2019	53.4	62.7
School dropout rate % | 2018-2019	1.6	1.0

Adults and seniors

Difficulty understanding written information about a medical condition or prescription, always or usually % | 2020	15.2	12.3
Highest level completed of education - less than high school % | 2021	16	11
Highest level completed of education - high school or equivalent % | 2021	26	29
Highest level completed of education - postsecondary certificate, diploma or degree % | 2021	58	60

	Zone 5 Restigouche Area	Province New Brunswick

Employment

Labour force

Participation rate % | 2021	51	60
Employment rate % | 2021	44	54

Employment status

Employee % | 2021	89	88
Self-employed % | 2021	8	10
Work a full year, full time % | 2021	48	53
Work part of the year and/or part time % | 2021	52	47
Students with part-time jobs outside of school % | 2018-2019	38.5	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	15	11
Household income - $25,000 to $59,999 % | 2021	39	31
Household income - $60,000 and more % | 2021	46	58
Median household income $ | 2021	55,600	70,000
Median household income per household habitant $ per person | 2021	26,476	30,435
Median lone-parent family income $ | 2021	30,600	35,600
Live in low-income household % | 2021	19	14
Youth - live in low-income household (0-17 years) % | 2021	22	16

	Zone 5 Restigouche Area	Province New Brunswick
...Children - live in low-income household (0-5 years) % | 2021	29	18
Adults - live in low-income household % | 2021	15	11
Seniors - live in low-income household % | 2021	25	22
Family resilience to financial shock - debt to asset ratio % | 2019	S	15
$ Composition of total income		
Families with children receiving social assistance or welfare benefits % | 2020	6	5
Population receiving Employment Insurance % | 2020	8	6
Composition of total income of the population in private households -market income (employment, investments, retirement, etc.) % | 2021	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	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	5.9	5.2
Food insecurity - moderate to severe % | 2015 to 2019	10	n/a
Seniors - food insecurity - moderate to severe % | 2015 to 2019	n/a	n/a
Housing security		
Median monthly shelter costs - rented residence $ | 2021	624	870
Median monthly shelter costs - owned residence $ | 2021	708	935
Tenants in subsidized housing % | 2021	22	13
Spending 30% or more of household total income on shelter costs % | 2021	11	13
$ Cost associated with health needs		
No insurance for prescription medications % | 2020	22.5	15.6
Did not fill a prescription for medicine, or skipped doses because of the cost % | 2024	9.0	9.2

	Zone 5 Restigouche Area	Province New Brunswick
Other purchasing practices		
Purchasing practices - alcohol sales $ per person aged 19 and over | 2019-2020	**191**	**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	**86**	**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