

Citizens who reported that they felt that they needed to see or talk to a health professional in the last 12 months about their mental or emotional health, or their use of alcohol or drugs

Unit : %

	Year 2024	Year 2023	Year 2022	Year 2020
Province				
New Brunswick	21.6	22.3	24.3	18.2
Health zones				
Zone 1 - Moncton and South-East Area	22.7	23.8	26.1	20.2
Zone 2 - Fundy Shore and Saint John Area	20.3	21.5	23.0	17.6
Zone 3 - Fredericton and River Valley Area	24.9	26.7	28.8	17.1
Zone 4 - Madawaska and North-West Area	13.5	11.8	19.7	12.4
Zone 5 - Restigouche Area	20.0	16.9	17.0	16.5
Zone 6 - Bathurst and Acadian Peninsula Area	18.8	19.7	18.9	15.0
Zone 7 - Miramichi Area	23.0	18.6	20.3	15.6
Age				
18-64	26.7	27.1	29.8	19.6
65 and over	8.8	9.6	9.8	7.3
Gender				
Female	25.8	24.7	26.7	n/a
Male	16.5	19.4	21.8	n/a
2SLGBTQIA+ status				
2SLGBTQIA+	56.9	53.0	54.3	38.0
Language				
Most comfortable in English	22.2	23.2	n/a	n/a

	Year 2024	Year 2023	Year 2022	Year 2020
Most comfortable in French	18.9	18.6	n/a	n/a
Comfortable in both English and French	23.6	24.8	n/a	n/a
Indigenous identity				
Indigenous	28.6	24.6	35.1	22.4
Immigrant				
Immigrants	19.3	21.8	24.9	13.8
Education level				
High school or less	18.7	20.5	20.9	14.7
Postsecondary	22.8	23.1	25.7	17.3
Disability or special need				
Disability or special need	39.7	42.9	n/a	n/a
Household income				
Less than \$30,000	25.1	26.2	n/a	n/a
\$30,000 to less than \$60,000	24.6	23.1	n/a	n/a
\$60,000 or more	20.0	21.8	n/a	n/a
Racialized groups				
Racialized groups	20.8	20.7	n/a	n/a

About

This indicator is the percentage of citizens who reported that they felt that they needed to see or talk to a health professional in the last 12 months about their mental or emotional health, or their use of alcohol or drugs.

Source

Primary Health Survey and Primary Care Survey

Calculations

This indicator is calculated by dividing the number of respondents who answered "yes" by the number of respondents who answered "yes or no" to the question: In the last 12 months, was there ever a time when you felt that you needed to see or talk to a doctor, nurse, or other health professional about your mental or emotional health or your use of alcohol or drugs?

Notes

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, 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. Despite these analyses, users are advised to use the PHS 2020 data with caution, especially when creating estimates for small sub-populations or when comparing it to other PHS editions.

Unit	Interpretation	NBHC code
%	Lower is better	PH_MHI04_1

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size