

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 2023	Year 2022	Year 2020
Province			
New Brunswick	22.3	24.3	18.2
Health zones			
Zone 1 - Moncton and South-East Area	23.8	26.1	20.2
Zone 2 - Fundy Shore and Saint John Area	21.5	23.0	17.6
Zone 3 - Fredericton and River Valley Area	26.7	28.8	17.1
Zone 4 - Madawaska and North-West Area	11.8	19.7	12.4
Zone 5 - Restigouche Area	16.9	17.0	16.5
Zone 6 - Bathurst and Acadian Peninsula Area	19.7	18.9	15.0
Zone 7 - Miramichi Area	18.6	20.3	15.6
Communities			
Bathurst, Beresford, Petit-Rocher Area	n/a	n/a	15.9
Bouctouche, Richibucto, Saint-Antoine Area	n/a	n/a	14.1
Campbellton, Atholville, Tide Head Area	n/a	n/a	17.0
Caraquet, Paquetville, Bertrand Area	n/a	n/a	10.2
Dalhousie, Balmoral, Belledune Area	n/a	n/a	16.0
Dieppe and Memramcook	n/a	n/a	20.0
Douglas, Saint Marys, Doaktown Area	n/a	n/a	19.3
Edmundston, Rivière-Verte, Lac Baker Area	n/a	n/a	11.1
Florenceville-Bristol, Woodstock, Wakefield Area	n/a	n/a	15.3
Fredericton	n/a	n/a	16.3

	Year 2023	Year 2022	Year 2020
Grand Falls, Saint-Léonard, Drummond Area	n/a	n/a	15.8
Hillsborough, Riverside-Albert, Alma Area	n/a	n/a	15.6
Kedgwick, Saint-Quentin and Grimmer	n/a	n/a	9.8
Minto, Chipman, Cambridge-Narrows Area	n/a	n/a	13.9
Miramichi, Rogersville, Blackville Area	n/a	n/a	13.4
Moncton	n/a	n/a	22.3
Nackawic, McAdam, Canterbury Area	n/a	n/a	13.1
Neguac, Alnwick, Esgenoopetitj Area	n/a	n/a	14.1
New Maryland, Kingsclear, Lincoln Area	n/a	n/a	17.5
Oromocto, Gagetown, Fredericton Junction Area	n/a	n/a	23.0
Perth-Andover, Plaster Rock, Tobique Area	n/a	n/a	13.7
Quispamsis, Rothesay, Hampton Area	n/a	n/a	11.0
Riverview and Coverdale	n/a	n/a	18.3
Sackville, Dorchester, Port Elgin Area	n/a	n/a	21.8
Saint John, Simonds and Musquash	n/a	n/a	18.5
Salisbury and Petitcodiac	n/a	n/a	13.5
Shediac, Beaubassin East and Cap-Pelé	n/a	n/a	21.8
Shippagan, Lamèque, Inkerman Area	n/a	n/a	12.4
St. George, Grand Manan, Blacks Harbour Area	n/a	n/a	15.2
St. Stephen, Saint Andrews, Campobello Island Area	n/a	n/a	14.7
Sussex, Norton, Sussex Corner Area	n/a	n/a	12.9
Tracadie and Saint-Isidore	n/a	n/a	12.2
Age			
18-64	27.1	29.8	19.6

	Year 2023	Year 2022	Year 2020
65 and over	9.6	9.8	7.3
Gender			
Female	24.7	26.7	n/a
Male	19.4	21.8	n/a
2SLGBTQIA+ status			
2SLGBTQIA+	53.0	54.3	38.0
Language			
Most comfortable in English	23.2	n/a	n/a
Most comfortable in French	18.6	n/a	n/a
Comfortable in both English and French	24.8	n/a	n/a
Indigenous identity			
Indigenous	24.6	35.1	22.4
Immigrant			
Immigrants	21.8	24.9	13.8
Education level			
High school or less	20.5	20.9	14.7
Postsecondary	23.1	25.7	17.3
Disability or special need			
Disability or special need	42.9	n/a	n/a
Household income			
Less than \$30,000	26.2	n/a	n/a
\$30,000 to less than \$60,000	23.1	n/a	n/a
\$60,000 or more	21.8	n/a	n/a

	Year 2023	Year 2022	Year 2020
Racialized groups			
Racialized groups	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