

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

Unit: %

Province	Year 2023	Year 2022	Year 2020
New Brunswick	18.2	18.0	16.1
Health zones			
Zone 1 - Moncton and South-East Area	19.8	18.1	17.6
Zone 2 - Fundy Shore and Saint John Area	18.6	16.0	15.8
Zone 3 - Fredericton and River Valley Area	19.8	22.1	16.3
Zone 4 - Madawaska and North-West Area	10.5	14.7	10.1
Zone 5 - Restigouche Area	12.0	15.1	15.0
Zone 6 - Bathurst and Acadian Peninsula Area	15.6	16.4	11.5
Zone 7 - Miramichi Area	18.7	15.9	12.5
Communities			
Bathurst, Beresford, Petit-Rocher Area	n/a	n/a	14.9
Bouctouche, Richibucto, Saint-Antoine Area	n/a	n/a	14.2
Campbellton, Atholville, Tide Head Area	n/a	n/a	14.7
Caraquet, Paquetville, Bertrand Area	n/a	n/a	8.2
Dalhousie, Balmoral, Belledune Area	n/a	n/a	16.5
Dieppe and Memramcook	n/a	n/a	17.0
Douglas, Saint Marys, Doaktown Area	n/a	n/a	13.8
Edmundston, Rivière-Verte, Lac Baker Area	n/a	n/a	8.8
Florenceville-Bristol, Woodstock, Wakefield Area	n/a	n/a	13.2
Fredericton	n/a	n/a	13.6



	Year 2023	Year 2022	Year 2020
Grand Falls, Saint-Léonard, Drummond Area	n/a	n/a	13.9
Hillsborough, Riverside-Albert, Alma Area	n/a	n/a	15.9
Kedgwick, Saint-Quentin and Grimmer	n/a	n/a	5.7
Minto, Chipman, Cambridge-Narrows Area	n/a	n/a	13.1
Miramichi, Rogersville, Blackville Area	n/a	n/a	13.3
Moncton	n/a	n/a	19.7
Nackawic, McAdam, Canterbury Area	n/a	n/a	10.3
Neguac, Alnwick, Esgenoopetitj Area	n/a	n/a	8.2
New Maryland, Kingsclear, Lincoln Area	n/a	n/a	15.9
Oromocto, Gagetown, Fredericton Junction Area	n/a	n/a	25.4
Perth-Andover, Plaster Rock, Tobique Area	n/a	n/a	12.4
Quispamsis, Rothesay, Hampton Area	n/a	n/a	12.5
Riverview and Coverdale	n/a	n/a	19.9
Sackville, Dorchester, Port Elgin Area	n/a	n/a	19.3
Saint John, Simonds and Musquash	n/a	n/a	15.3
Salisbury and Petitcodiac	n/a	n/a	11.6
Shediac, Beaubassin East and Cap-Pelé	n/a	n/a	14.3
Shippagan, Lamèque, Inkerman Area	n/a	n/a	11.5
St. George, Grand Manan, Blacks Harbour Area	n/a	n/a	10.9
St. Stephen, Saint Andrews, Campobello Island Area	n/a	n/a	14.2
Sussex, Norton, Sussex Corner Area	n/a	n/a	11.6
Tracadie and Saint-Isidore	n/a	n/a	9.6
Age			
18-64	21.8	21.4	17.5



65 and over 8.7 8.9 7.4 Cender Female 21.0 21.8 n/a Male 15.0 14.1 n/a SLGBTQIA+ status 2SLGBTQIA+ 40.6 42.4 33.9 Language Most comfortable in English 18.9 n/a n/a Most comfortable in French 16.0 n/a n/a Comfortable in both English and French 18.7 n/a n/a Indigenous identity 19.2 27.9 18.4 Immigrant 19.2 27.9 18.4 Education level 19.1 14.9 13.1 Education level 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need 35.9 n/a n/a Household income 20.4 n/a n/a Ess than \$30,000 20.4 n/a n/a Solution in color 18.9 n/a n/a Body of the color		Year 2023	Year 2022	Year 2020
Female 21.0 21.8 n/a Male 15.0 14.1 n/a 2SLGBTQIA+ status 2SLGBTQIA+ 40.6 42.4 33.9 Language Most comfortable in English 18.9 n/a n/a Most comfortable in French 16.0 n/a n/a Comfortable in both English and French 18.7 n/a n/a Indigenous identity Indigenous 19.2 27.9 18.4 Immigrant Immigrants 10.8 14.2 11.1 Education level High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a 30,000 to less than \$60,000 17.3 n/a n/a	65 and over	8.7	8.9	7.4
Male 15.0 14.1 n/a 2SLGBTQIA+ status 2 33.9 Language 40.6 42.4 33.9 Most comfortable in English 18.9 n/a n/a Most comfortable in French 16.0 n/a n/a Comfortable in both English and French 18.7 n/a n/a Indigenous identity 19.2 27.9 18.4 Immigrant 10.8 14.2 11.1 Education level 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need 35.9 n/a n/a Household income 20.4 n/a n/a Ees than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Gender			
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Example and Most comfortable in English 18.9 n/a n/a Most comfortable in English 18.9 n/a n/a Most comfortable in French 16.0 n/a n/a Comfortable in both English and French 18.7 n/a n/a Indigenous identity Indigenous 19.2 27.9 18.4 Immigrant Education level High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Male	15.0	14.1	n/a
Language Most comfortable in English 18.9 n/a n/a Most comfortable in French 16.0 n/a n/a Comfortable in both English and French 18.7 n/a n/a Indigenous identity Indigenous 19.2 27.9 18.4 Immigrant Education level High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	2SLGBTQIA+ status			
Most comfortable in English 18.9 n/a n/a Most comfortable in French 16.0 n/a n/a Comfortable in both English and French 18.7 n/a n/a Indigenous identity Indigenous identity Inmigrant Immigrant Immigrants 10.8 14.2 11.1 Education level High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	2SLGBTQIA+	40.6	42.4	33.9
Most comfortable in French 16.0 n/a n/a Comfortable in both English and French 18.7 n/a n/a Indigenous identity Immigrant Immigrant Immigrants 10.8 14.2 11.1 Education level High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Language			
Most comfortable in French 16.0 n/a n/a Comfortable in both English and French 18.7 n/a n/a Indigenous identity Indigenous 19.2 27.9 18.4 Immigrant Education level High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a		18.9	n/a	n/a
Comfortable in both English and French 18.7 n/a n/a Indigenous identity Indigenous 19.2 27.9 18.4 Immigrant Use of the color of	Most comfortable in French		n/a	n/a
Indigenous 19.2 27.9 18.4 Immigrant Immigrants 10.8 14.2 11.1 Education level High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a			n/a	n/a
Immigrant Immigrants 10.8 14.2 11.1 Education level High school or less High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Indigenous identity			
Immigrants 10.8 14.2 11.1 Education level February High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Indigenous	19.2	27.9	18.4
Education level High school or less 16.1 14.9 13.1 Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Immigrant			
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Postsecondary 19.1 19.2 15.9 Disability or special need Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Education level			
Disability or special need Disability or special need 35.9 n/a n/a Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	High school or less	16.1	14.9	13.1
Disability or special need 35.9 n/a n/a Household income 20.4 n/a n/a Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Postsecondary	19.1	19.2	15.9
Household income Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Disability or special need			
Less than \$30,000 20.4 n/a n/a \$30,000 to less than \$60,000 17.3 n/a n/a	Disability or special need	35.9	n/a	n/a
\$30,000 to less than \$60,000 17.3 n/a n/a	Household income			
	Less than \$30,000	20.4	n/a	n/a
\$60,000 or more 18.9 n/a n/a	\$30,000 to less than \$60,000	17.3	n/a	n/a
	\$60,000 or more	18.9	n/a	n/a



Year Year Year 2023 2022 2020

Racialized groups

Racialized groups 11.0 n/a n/a



About

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

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, did you 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 subpopulations or when comparing it to other PHS editions.

Unit	Interpretation	NBHC code
%	Higher is better	PH_MHI05_1

Caption

n/a = Not applicable / not available

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