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 : %

	Year 2023	Year 2022	Year 2020
Province			
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**

	Year 2023	Year 2022	Year 2020
65 and over	**8.7**	**8.9**	**7.4**
Gender			
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
$60,000 or more	**18.9**	n/a	n/a

	Year 2023	Year 2022	Year 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 sub-populations 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