

## Citizens who reported that their own emotional or mental health problem or condition contributes a lot to feelings of stress in the last 12 months

Unit : %

	Year 2020	Year 2017	Year 2014
<b>Province</b>			
New Brunswick	23.2	20.5	17.9
<b>Health zones</b>			
Zone 1 - Moncton and South-East Area	26.6	21.6	19.0
Zone 2 - Fundy Shore and Saint John Area	21.3	20.6	17.3
Zone 3 - Fredericton and River Valley Area	24.9	22.2	17.5
Zone 4 - Madawaska and North-West Area	19.0	15.6	16.7
Zone 5 - Restigouche Area	20.4	17.4	18.7
Zone 6 - Bathurst and Acadian Peninsula Area	18.4	17.3	16.5
Zone 7 - Miramichi Area	20.6	21.8	20.4
<b>Communities</b>			
Bathurst, Beresford, Petit-Rocher Area	21.3	16.8	15.1
Bouctouche, Richibucto, Saint-Antoine Area	20.9	19.9	21.6
Campbellton, Atholville, Tide Head Area	22.2	18.4	18.2
Caraquet, Paquetville, Bertrand Area	15.0	13.9	13.7
Dalhousie, Balmoral, Belledune Area	18.6	16.5	19.0
Dieppe and Memramcook	23.0	18.1	15.0
Douglas, Saint Marys, Doaktown Area	28.3	26.0	12.3
Edmundston, Rivière-Verte, Lac Baker Area	18.6	15.8	15.1
Florenceville-Bristol, Woodstock, Wakefield Area	22.7	18.4	15.3
Fredericton	22.0	23.1	17.5
Grand Bay-Westfield, Westfield, Greenwich Area	20.6	18.3	16.1

	Year 2020	Year 2017	Year 2014
Grand Falls, Saint-Léonard, Drummond Area	23.3	15.0	15.5
Hillsborough, Riverside-Albert, Alma Area	22.9	17.8	15.6
Kedgwick, Saint-Quentin and Grimmer	9.5	16.0	28.0
Minto, Chipman, Cambridge-Narrows Area	31.7	20.0	19.9
Miramichi, Rogersville, Blackville Area	20.2	20.2	21.1
Moncton	29.6	23.6	20.7
Nackawic, McAdam, Canterbury Area	26.8	23.2	16.4
Neguac, Alnwick, Esgenoopetitj Area	22.9	30.2	17.7
New Maryland, Kingsclear, Lincoln Area	24.7	19.5	18.1
Oromocto, Gagetown, Fredericton Junction Area	32.5	25.6	23.0
Perth-Andover, Plaster Rock, Tobique Area	19.1	23.9	18.7
Quispamsis, Rothesay, Hampton Area	17.3	19.4	14.7
Riverview and Coverdale	26.6	21.4	16.9
Sackville, Dorchester, Port Elgin Area	22.4	27.1	20.9
Saint John, Simonds and Musquash	24.4	22.8	19.4
Salisbury and Petitcodiac	20.5	18.9	21.5
Shediac, Beaubassin East and Cap-Pelé	28.3	20.1	17.6
Shippagan, Lamèque, Inkerman Area	14.0	19.2	21.3
St. George, Grand Manan, Blacks Harbour Area	20.2	19.7	21.0
St. Stephen, Saint Andrews, Campobello Island Area	20.8	19.4	16.6
Sussex, Norton, Sussex Corner Area	19.1	17.9	13.9
Tracadie and Saint-Isidore	19.1	19.7	17.4
<b>Age</b>			
18-64	27.1	23.1	19.4

	Year 2020	Year 2017	Year 2014
65 and over	12.1	12.5	12.0
<b>Sex at birth</b>			
Female	27.1	24.3	21.0
Male	19.0	16.5	14.7
<b>Sexual identity</b>			
Minority sexual identity	46.6	n/a	n/a
Heterosexual	22.2	n/a	n/a
<b>Language</b>			
Preferred language of service: English	24.5	22.1	18.4
Preferred language of service: French	19.5	16.6	16.7
<b>Indigenous identity</b>			
Indigenous	30.7	27.8	22.4
Non-Indigenous	22.9	20.2	17.7
<b>Immigrant</b>			
Immigrants	24.3	19.3	n/a
Non-immigrants	22.9	20.6	n/a
<b>Education level</b>			
High school or less	24.0	22.4	20.3
Postsecondary	22.7	19.3	16.4
<b>Household income</b>			
Less than \$25,000	30.0	29.4	27.0
\$25,000 to less than \$60,000	24.3	20.3	17.0
\$60,000 or more	19.5	17.1	14.6

	Year 2020	Year 2017	Year 2014
<b>Persons with a disability</b>			
Without disability	<b>18.8</b>	<b>16.3</b>	<b>13.3</b>
With disability	<b>36.9</b>	<b>34.9</b>	<b>34.1</b>

## About

This indicator is the percentage of citizens who reported that their own emotional or mental health problem or condition contributes a lot to feelings of stress 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: Thinking about stress in your day-to-day life within the last 12 months, please tell me if the following things have contributed a lot to feelings of stress you may have: c) Your own emotional or mental health problem or condition

## 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_STREH_1

## Caption

n/a = Not applicable / not available

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