

## SPECIAL INTEREST

# Persons with a disability : A population health profile



**Province**  
New Brunswick

Persons with a  
disability

Persons without  
disability

## Health outcomes

Perceived health, very good or excellent %   2023	<b>38.3</b>	n/a	n/a
Perceived mental health, very good or excellent %   2023	<b>42.6</b>	n/a	n/a
Life satisfaction, satisfied or very satisfied %   2020	<b>90.8</b>	<b>72.8</b>	<b>96.3</b>
Three or more chronic health conditions %   2023	<b>24.9</b>	n/a	n/a
Chronic pain %   2023	<b>20.2</b>	n/a	n/a
Hypertension %   2023	<b>29.0</b>	n/a	n/a
Arthritis %   2023	<b>21.2</b>	n/a	n/a
Depression %   2023	<b>19.8</b>	n/a	n/a
Anxiety %   2023	<b>24.6</b>	n/a	n/a
Takes 6 or more different prescription medications on a regular basis %   2020	<b>11.4</b>	<b>30.5</b>	<b>5.0</b>

## Health behaviours

Exercises at least 2.5 hours per week %   2020	<b>49.9</b>	<b>35.8</b>	<b>54.5</b>
Eats 5 or more servings of fruit or vegetables per day %   2020	<b>41.9</b>	<b>35.9</b>	<b>43.9</b>
Daily or occasional smoker %   2020	<b>17.5</b>	<b>23.2</b>	<b>15.5</b>
Use of cannabis daily %   2020	<b>7.6</b>	<b>12.7</b>	<b>5.8</b>
Heavy drinking %   2020	<b>26.9</b>	<b>18.8</b>	<b>28.9</b>

Province New Brunswick	Persons with a disability	Persons without disability
---------------------------	------------------------------	-------------------------------

## Social and economic factors

### Health literacy

Written information about condition/prescription is hard to understand, always or usually %   2020	12.3	15.0	11.3
Verbal information about condition/prescription is easy to understand, always or usually %   2020	91.7	88.4	92.9

### Social isolation and loneliness

Sense of belonging to local community, somewhat strong or very strong %   2020	72.0	59.3	75.0
Lonely (based on loneliness score) %   2020	20.8	35.7	16.1

### Contributors to feelings of stress

Own physical health problem or condition %   2020	27.5	57.4	17.1
Health of family members %   2020	40.2	48.9	36.8
Financial situation %   2020	32.3	40.2	28.1
Provides long-term care for someone %   2020	9.1	11.3	7.8

## Health services

### Types of difficulties experienced in getting the health care needed

General financial barriers %   2020	26.5	39.4	22.4
Unable to leave house %   2023	12.4	n/a	n/a
Had to travel over 100 km/60 miles %   2023	16.5	n/a	n/a
Services not available in area %   2023	30.1	n/a	n/a
Transportation problems %   2023	7.0	n/a	n/a
Trouble getting medical or rehabilitation equipment or supplies %   2020	4.2	9.0	2.4
Trouble physically accessing a health care setting %   2020	6.5	10.9	5.0

	Province New Brunswick	Persons with a disability	Persons without disability
<b>♥ Regular place of care</b>			
Family doctor %   2020	57.0	64.9	55.3
After-hours or walk-in clinic %   2020	20.5	12.5	23.1
Hospital emergency department %   2020	10.4	10.6	9.9
<b>📄 Average number of visits per type of provider in the last 12 months</b>			
Family doctor Number   2020	3.1	4.6	2.5
Nurse practitioner Number   2020	3.4	4.2	3.0
After-hours clinic or a walk-in clinic Number   2020	0.8	0.9	0.8
Hospital emergency department Number   2020	0.8	1.3	0.6
<b>👤 Access to family doctors</b>			
Has a primary care provider %   2023	79.3	n/a	n/a
Can get an appointment within five days %   2023	31.5	n/a	n/a
Hospital emergency department: Waited less than 4 hours %   2020	65.5	65.8	66.4
<b>👤 Experience of care with family doctor</b>			
...Gives them enough time to discuss, always %   2020	66.9	61.7	68.9
...Limits the number of problems that can be discussed in a visit %   2020	24.2	27.5	22.6
...Explains things in a way that they can understand, always %   2020	75.7	70.3	77.8
...Involves them in decisions about their health care, always %   2020	71.8	65.2	73.8
.... Helps them coordinate the care from other providers, always %   2020	68.7	65.6	70.1
Favourable rating of services received (8, 9 or 10 out of 10) %   2020	81.5	76.9	83.4
<b>👤 Need for mental health care</b>			
Needed to talk to a health professional about their mental health %   2023	22.3	n/a	n/a

	Province New Brunswick	Persons with a disability	Persons without disability
...but did not see someone %   2023	33.7	n/a	n/a
<b>🔍 Reasons for not seeing a mental health professional</b>			
Wait time for services was too long %   2023	55.0	n/a	n/a
Could not afford the cost or insurance did not cover enough %   2023	40.9	n/a	n/a
<b>👤 Access to specialized services</b>			
Has seen a specialist in the last 12 months %   2020	40.6	60.9	33.6
Waited less than 1 month for a first visit %   2020	40.7	38.4	42.4
Has required a diagnostic test %   2020	21.4	37.9	16.3
Waited less than 1 month for a diagnostic test %   2020	52.3	51.0	52.4
<b>🏠 Access to home care services</b>			
Needed home care services in the last 12 months, but did not receive any %   2020	3.0	9.5	1.0
<b>👤 Management of chronic health conditions</b>			
Knows what their prescribed medications do (strongly agrees) %   2023	47.8	n/a	n/a
Confidence in managing their health condition, very confident %   2020	41.4	29.6	46.9

## About this Table

### Content and description

Data about the experience persons with a disability reported throughout their journey while interacting with the New Brunswick health system.

The indicators are organized based on the [population health model](#) and capture the experience that persons with a disability had with health services regarding availability, visits, wait times, communication and overall care.

### Why it is important

By better understanding the needs and experiences of persons with a disability while accessing required health services, we can better assess the quality of programs and services.

---

### Caption

n/a = Not applicable / not available

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

 Above-average performance

 Below-average performance