

## 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 %   2024	37.7	n/a	n/a
Perceived mental health, very good or excellent %   2024	43.2	n/a	n/a
Life satisfaction, satisfied or very satisfied %   2020	90.8	72.8	96.3
Three or more chronic health conditions %   2024	24.9	n/a	n/a
Chronic pain %   2024	19.4	n/a	n/a
Hypertension %   2024	28.6	n/a	n/a
Arthritis %   2024	20.6	n/a	n/a
Depression %   2024	19.5	n/a	n/a
Anxiety %   2024	24.5	n/a	n/a
Takes 6 or more different prescription medications on a regular basis %   2020	11.4	30.5	5.0

## Health behaviours

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

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## 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 %   2024	10.5	n/a	n/a
Had to travel over 100 km/60 miles %   2024	17.0	n/a	n/a
Services not available in area %   2024	31.0	n/a	n/a
Transportation problems %   2024	5.7	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 %   2024	77.2	n/a	n/a
Can get an appointment within five days %   2024	34.5	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 %   2024	21.6	n/a	n/a

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...but did not see someone %   2023	<b>33.7</b>	n/a	n/a
<b>② Reasons for not seeing a mental health professional</b>			
Wait time for services was too long %   2024	<b>57.5</b>	n/a	n/a
Could not afford the cost or insurance did not cover enough %   2024	<b>37.2</b>	n/a	n/a
<b>👤 Access to specialized services</b>			
Has seen a specialist in the last 12 months %   2020	<b>40.6</b>	<b>60.9</b>	<b>33.6</b>
Waited less than 1 month for a first visit %   2020	<b>40.7</b>	<b>38.4</b>	<b>42.4</b>
Has required a diagnostic test %   2020	<b>21.4</b>	<b>37.9</b>	<b>16.3</b>
Waited less than 1 month for a diagnostic test %   2020	<b>52.3</b>	<b>51.0</b>	<b>52.4</b>
<b>🏠 Access to home care services</b>			
Needed home care services in the last 12 months, but did not receive any %   2020	<b>3.0</b>	<b>9.5</b>	<b>1.0</b>
<b>👤 Management of chronic health conditions</b>			
Knows what their prescribed medications do (strongly agrees) %   2024	<b>48.2</b>	n/a	n/a
Confidence in managing their health condition, very confident %   2020	<b>41.4</b>	<b>29.6</b>	<b>46.9</b>

# 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.


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## 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