

## HOME CARE SURVEY

# Profile of citizens receiving services from the Extra-Mural Program



**Community**  
Fredericton



**Zone 3**  
Fredericton and  
River Valley Area



**Province**  
New Brunswick

## Health status

### ★ Quality of life

Perceived health, very good or excellent %   2024	8.8	9.0	8.3
Perceived mental health, very good or excellent %   2024	27.0	24.0	25.5

### Prevalence of chronic health conditions

Among list of chronic conditions: arthritis, asthma, chronic pain, emphysema or COPD, cancer, diabetes, depression, mood disorder other than depression, heart disease, stroke, high blood pressure, gastric reflux, alzheimer's disease or another form of dementia, anxiety, or high cholesterol

Five or more chronic health conditions %   2024	91.3	96.0	93.1
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### 🧑 Types of chronic condition (physical health)

Hypertension %   2024	49.9	53.3	53.0
Arthritis %   2024	40.0	45.0	41.5
Diabetes %   2024	33.5	31.8	32.0
Heart disease %   2024	30.6	30.2	31.1
High cholesterol %   2024	24.3	27.1	28.8
Chronic pain %   2024	27.8	26.6	27.1
Cancer %   2024	31.0	29.7	26.8
Gastric reflux %   2024	24.0	23.2	22.7

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Emphysema/COPD %   2024	18.2	22.6	20.1
Asthma %   2024	16.3	19.1	17.6
Stroke %   2024	13.3	12.9	11.3

#### Types of chronic health conditions (mental health)

Anxiety %   2024	18.3	19.5	21.0
Depression %   2024	18.4	19.3	19.3
Mood disorder (other than depression) %   2024	2.7	2.7	2.9

#### Types of chronic health conditions (memory)

Alzheimer's disease %   2024	8.1	8.2	6.9
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#### Management of health chronic conditions

Confidence in managing their health condition, very confident %   2024	15.7	13.3	15.5
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### Care received from an informal caregiver

Lives alone %   2024	36.1	30.3	31.3
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#### In the last 2 months

Received help from an informal caregiver %   2024	72.4	69.2	68.8
Received help at least once a week %   2024	80.8	86.3	86.0

# About this Table

**Content and description**

Data about self-reported health, chronic health conditions, and whether citizens received care from informal caregivers.

**Why is it important?**

By better understanding the characteristics of citizens receiving home care services in New Brunswick, we can better understand their needs, thus provide more citizen-centered care.

**Availability of the data**

The information for this data table is available at different geographical levels as well as by demographic groups. More information is available on [our Home Care Survey page](#).

**Note about demographic groups**

In 2023, the NBHC undertook a review of the demographic questions in its surveys to more accurately report on the experience of citizens who identify with particular groups. As such, starting in 2024, all demographic groups (characteristics) have been adjusted to reflect this change. Data tables and indicator pages were adjusted to allow for trending where applicable.

**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