

## PRIMARY CARE SURVEY

# Needs of New Brunswickers



Province  
New Brunswick

## Health status

### Quality of life

Perceived health, very good or excellent %   2024	37.7
Perceived mental health, very good or excellent %   2024	43.2

### Prevalence of chronic health conditions

Based on this list of chronic health conditions: arthritis, asthma, chronic pain, emphysema or COPD, cancer, diabetes, depression, mood disorder other than depression, heart disease, stroke, high blood pressure, gastric reflux

No chronic health condition %   2024	32.6
One or more chronic health conditions %   2024	67.4
Three or more chronic health conditions %   2024	24.9

**Province**  
New Brunswick

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

Hypertension %   2024	28.6
High cholesterol %   2024	22.1
Arthritis %   2024	20.6
Gastric reflux %   2024	19.5
Chronic pain %   2024	19.4
Asthma %   2024	13.0
Diabetes %   2024	12.0
Heart disease %   2024	9.2
Cancer %   2024	8.2
Emphysema/COPD %   2024	2.9
Stroke %   2024	2.2

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

Anxiety %   2024	24.5
Depression %   2024	19.5
Mood disorder (other than depression) %   2024	4.1

**Province**  
New Brunswick

## Management of chronic health conditions

Confidence in managing their health conditions, very confident % | 2024 **34.2**

## Medications

Has a chronic health condition and takes 6 or more different medications on regular basis % | 2024 **17.2**

... Knows what their prescribed medications do, strongly agree % | 2024 **48.2**

## Mental health and substance use services in the last 12 months

### Need for care

Felt the need to talk to a health professional % | 2024 **21.6**

....But did not (perceived unmet need) % | 2024 **8.2**

### Reasons for perceived unmet need

Wait time for services was too long % | 2024 **57.5**

Did not know how or where to get help % | 2024 **51.0**

Thought the problem would go away on its own % | 2024 **48.8**

Services not available at a convenient time % | 2024 **43.7**

Was too busy % | 2024 **41.2**

	Province New Brunswick
Services not available in area %   2024	38.6
Could not afford the cost or insurance did not cover enough %   2024	37.2
Was concerned about what others would think %   2024	19.8
Other reasons %   2024	28.0

**Experience with mental health and substance use services**

Satisfaction with services received, somewhat or very satisfied %   2024	76.8
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## About this Table

**Content and description**

Data on self-reported information regarding the needs of New Brunswickers. Topics include self-reported health status as well as the needs and perceived unmet needs for mental health and substance use services.

**Why it is important**

The results from the Primary Care Survey allows the NBHC to inform citizens and health system stakeholders about the quality of primary health care services from citizens' perspectives. This information can be used to make future improvements to primary health care in the province.

**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 [Primary 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