PRIMARY CARE SURVEY
Needs of New Brunswickers

Province
New Brunswick

Zone 1
Moncton and South-East Area

Health status

Quality of life

Perceived health, very good or excellent % | 2024	**37.7**	**40.7**
Perceived mental health, very good or excellent % | 2024	**43.2**	**44.3**

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**	**34.1**
One or more chronic health conditions % | 2024	**67.4**	**65.9**
Three or more chronic health conditions % | 2024	**24.9**	**22.7**

New Brunswick Health Council | Conseil de la santé du Nouveau-Brunswick

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Types of chronic health conditions (physical health)		
Hypertension % | 2024	**28.6**	**25.7**
High cholesterol % | 2024	**22.1**	**20.9**
Arthritis % | 2024	**20.6**	**18.7**
Gastric reflux % | 2024	**19.5**	**19.8**
Chronic pain % | 2024	**19.4**	**17.4**
Asthma % | 2024	**13.0**	**12.6**
Diabetes % | 2024	**12.0**	**11.0**
Heart disease % | 2024	**9.2**	**7.5**
Cancer % | 2024	**8.2**	**8.5**
Emphysema/COPD % | 2024	**2.9**	**2.0**
Stroke % | 2024	**2.2**	**2.1**
Types of chronic health conditions (mental health)		
Anxiety % | 2024	**24.5**	**24.8**
Depression % | 2024	**19.5**	**20.5**

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Mood disorder (other than depression) %	2024	4.1	3.6
Management of chronic health conditions		
Confidence in managing their health conditions, very confident %	2024	34.2	35.1
Medications		
Has a chronic health condition and takes 6 or more different medications on regular basis %	2024	17.2	13.2
… Knows what their prescribed medications do, strongly agree %	2024	48.2	49.3

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	22.7
….But did not (perceived unmet need) %	2024	8.2	9.2
Reasons for perceived unmet need		
Wait time for services was too long %	2024	57.5	49.1
Did not know how or where to get help %	2024	51.0	44.8
Thought the problem would go away on its own %	2024	48.8	52.3

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Services not available at a convenient time % | 2024	43.7	47.4
Was too busy % | 2024	41.2	46.2
Services not available in area % | 2024	38.6	25.1
Could not afford the cost or insurance did not cover enough % | 2024	37.2	28.1
Was concerned about what others would think % | 2024	19.8	19.9
Other reasons % | 2024	28.0	23.2

Experience with mental health and substance use services

Satisfaction with services received, somewhat or very satisfied % | 2024	76.8	77.5

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