

PRIMARY CARE SURVEY

# Needs of New Brunswickers



## Health status

### Quality of life

Perceived health, very good or excellent %   2023	38.3	40.1
Perceived mental health, very good or excellent %   2023	42.6	42.3

### 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 %   2023	32.2	34.9
One or more chronic health conditions %   2023	67.8	65.1
Three or more chronic health conditions %   2023	24.9	22.8

<b>Province</b> New Brunswick	<b>Zone 1</b> Moncton and South-East Area
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### Types of chronic health conditions (physical health)

Hypertension %   2023	<b>29.0</b>	<b>28.1</b>
High cholesterol %   2023	<b>21.7</b>	<b>19.7</b>
Chronic pain %   2023	<b>20.2</b>	<b>18.3</b>
Arthritis %   2023	<b>21.2</b>	<b>17.7</b>
Gastric reflux %   2023	<b>19.6</b>	<b>19.7</b>
Diabetes %   2023	<b>12.2</b>	<b>11.9</b>
Asthma %   2023	<b>12.4</b>	<b>9.8</b>
Cancer %   2023	<b>8.8</b>	<b>8.2</b>
Heart disease %   2023	<b>9.5</b>	<b>8.5</b>
Emphysema/COPD %   2023	<b>2.8</b>	<b>2.1</b>
Stroke %   2023	<b>2.2</b>	<b>2.4</b>

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

Anxiety %   2023	<b>24.6</b>	<b>25.9</b>
Depression %   2023	<b>19.8</b>	<b>19.9</b>

	Province New Brunswick	Zone 1 Moncton and South-East Area
Mood disorder (other than depression) %   2023	4.2	4.2
<b>Management of chronic health conditions</b>		
Confidence in managing their health conditions, very confident %   2023	33.7	31.3
<b>Medications</b>		
Has a chronic health condition and takes 6 or more different medications on regular basis %   2023	17.4	15.3
... Knows what their prescribed medications do, strongly agree %   2023	47.8	53.1
<b>Mental health and substance use services in the last 12 months</b>		
<b>Need for care</b>		
Felt the need to talk to a health professional %   2023	22.3	23.8
...But did not (perceived unmet need) %   2023	33.7	33.3
<b>Reasons for perceived unmet need</b>		
Wait time for services was too long %   2023	55.0	60.9
Thought the problem would go away on its own %   2023	54.5	44.1
Did not know how or where to get help %   2023	52.7	47.5

	Province New Brunswick	Zone 1 Moncton and South-East Area
Was too busy %   2023	43.7	52.2
Services not available at a convenient time %   2023	43.0	41.0
Could not afford the cost or insurance did not cover enough %   2023	40.9	42.9
Services not available in area %   2023	37.0	28.4
Was concerned about what others would think %   2023	27.3	24.1
Other reasons %   2023	26.0	23.4
<b>Experience with mental health and substance use services</b>		
Satisfaction with services received, somewhat or very satisfied %   2023	77.9	80.8

## 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.


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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