PRIMARY CARE SURVEY
Needs of New Brunswickers

| **Province** New Brunswick | **Zone 1** Moncton and South-East Area | **Zone 2** Fundy Shore and Saint John Area | **Zone 3** Fredericton and River Valley Area | **Zone 4** Madawaska and North-West Area | **Zone 5** Restigouche Area | **Zone 6** Bathurst and Acadian Peninsula Area | **Zone 7** Miramichi Area |
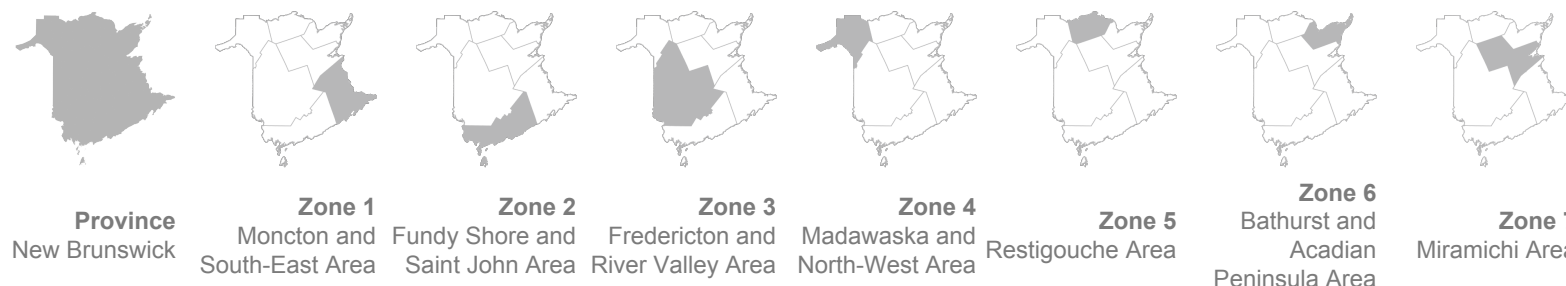
Health status

Quality of life

	Province	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7
Perceived health, very good or excellent % | 2022	34.8	37.1	38.9	32.1	31.7	27.3	32.0	30.1
Perceived mental health, very good or excellent % | 2022	40.8	38.1	43.1	36.0	49.6	43.5	47.5	42.4

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

	Province	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7
No chronic health condition % | 2022	32.4	35.5	34.2	31.8	27.3	28.1	28.4	26.7

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One or more chronic health conditions % | 2022	67.5	64.5	65.8	68.1	72.7	71.8	71.6	72.0
Three or more chronic health conditions % | 2022	24.7	22.4	23.9	26.7	25.4	25.4	24.3	31.8

Types of chronic health conditions (physical health)

Hypertension % | 2022	29.8	27.1	28.5	29.0	34.3	34.3	33.8	36.8
High cholesterol % | 2022	21.3	18.8	21.5	20.8	25.8	27.2	23.2	24.3
Chronic pain % | 2022	20.5	19.0	20.8	19.9	19.7	23.7	23.3	23.9
Arthritis % | 2022	19.8	16.3	23.1	22.5	14.5	22.7	18.0	22.8
Gastric reflux % | 2022	18.8	17.6	17.7	18.4	22.8	22.8	20.0	21.8
Diabetes % | 2022	11.9	11.6	10.1	10.4	12.9	16.2	15.7	16.3
Asthma % | 2022	11.8	11.8	11.7	13.0	11.7	8.2	10.0	13.5
Cancer % | 2022	8.6	8.3	8.7	8.1	9.7	11.9	7.7	10.2
Heart disease % | 2022	8.4	7.2	9.0	7.5	12.6	12.3	7.0	11.9
Emphysema/COPD % | 2022	3.4	2.3	3.2	4.7	4.6	3.2	3.0	3.9
Stroke % | 2022	2.2	2.1	1.7	2.0	4.0	1.6	3.5	1.9

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Types of chronic health conditions (mental health)								
Anxiety % | 2022	**25.6**	**26.2**	**24.7**	**26.8**	**23.0**	**24.4**	**25.8**	**23.0**
Depression % | 2022	**20.5**	**20.7**	**20.7**	**23.7**	**15.7**	**14.2**	**18.0**	**19.9**
Mood disorder (other than depression) % | 2022	**4.6**	**4.8**	**4.1**	**6.0**	**3.8**	**1.7**	**3.9**	**3.5**
Management of chronic health conditions								
Confidence in managing their health conditions, very confident % | 2022	**33.1**	**33.0**	**35.3**	**27.7**	**30.8**	**31.4**	**41.0**	**36.2**

Mental health and substance use services

	Province New Brunswick	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7
Need for care in the last 12 months								
Needed to talk to a health professional % | 2022	**24.3**	**26.1**	**23.0**	**28.8**	**19.7**	**17.0**	**18.9**	**20.3**
....But did not (perceived unmet need) % | 2022	**34.6**	**39.9**	**39.3**	**31.1**	**28.5**	**20.0**	**20.2**	**34.9**

Reasons for perceived unmet need

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Wait time for services was too long % | 2022	63.9	69.3	58.5	65.2	S	S	S	S
Thought the problem would go away on its own % | 2022	54.6	59.3	52.5	52.8	S	S	S	S
Did not know how or where to get help % | 2022	45.6	51.9	44.4	41.7	S	S	S	S
Services not available at a convenient time % | 2022	44.3	42.3	57.0	35.9	S	S	S	S
Was too busy % | 2022	34.1	39.2	47.4	17.3	S	S	S	S
Services not available in area % | 2022	33.5	31.6	28.6	45.8	S	S	S	S
Could not afford the cost or insurance did not cover enough % | 2022	33.2	45.3	32.2	18.1	S	S	S	S
Was concerned about what others would think % | 2022	22.4	25.5	33.8	S	S	S	S	S
Other reasons % | 2022	29.3	28.3	34.4	20.1	S	S	S	S

Experience with mental health and substance use services

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Satisfaction with services received, somewhat or very satisfied % | 2022	78.4	84.9	73.0	73.6	80.4	84.9	80.4	78.2

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.

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