

PRIMARY CARE SURVEY

Needs of New Brunswickers



Health status

Quality of life

Perceived health, very good or excellent % 2024	37.6	37.7
Perceived mental health, very good or excellent % 2024	43.1	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	31.8	32.6
One or more chronic health conditions % 2024	68.2	67.4
Three or more chronic health conditions % 2024	25.5	24.9

Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
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Types of chronic health conditions (physical health)

Hypertension % 2024	28.7	28.6
High cholesterol % 2024	21.6	22.1
Arthritis % 2024	25.3	20.6
Gastric reflux % 2024	18.2	19.5
Chronic pain % 2024	18.5	19.4
Asthma % 2024	13.2	13.0
Diabetes % 2024	12.3	12.0
Heart disease % 2024	9.0	9.2
Cancer % 2024	8.6	8.2
Emphysema/COPD % 2024	3.1	2.9
Stroke % 2024	2.1	2.2

Types of chronic health conditions (mental health)

Anxiety % 2024	23.5	24.5
Depression % 2024	18.2	19.5

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Mood disorder (other than depression) % 2024	4.2	4.1
Management of chronic health conditions		
Confidence in managing their health conditions, very confident % 2024	36.2	34.2
Medications		
Has a chronic health condition and takes 6 or more different medications on regular basis % 2024	16.7	17.2
... Knows what their prescribed medications do, strongly agree % 2024	43.3	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	20.3	21.6
...But did not (perceived unmet need) % 2024	7.0	8.2
Reasons for perceived unmet need		
Wait time for services was too long % 2024	54.5	57.5
Did not know how or where to get help % 2024	60.2	51.0
Thought the problem would go away on its own % 2024	44.2	48.8

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Services not available at a convenient time % 2024	47.6	43.7
Was too busy % 2024	43.8	41.2
Services not available in area % 2024	37.9	38.6
Could not afford the cost or insurance did not cover enough % 2024	40.2	37.2
Was concerned about what others would think % 2024	27.5	19.8
Other reasons % 2024	35.0	28.0
Experience with mental health and substance use services		
Satisfaction with services received, somewhat or very satisfied % 2024	73.5	76.8

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.

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