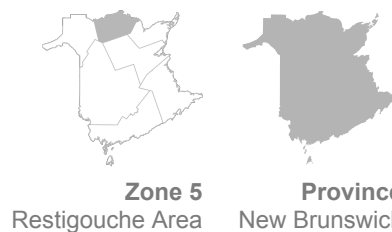


## PRIMARY CARE SURVEY

# Needs of New Brunswickers



## Health status

### Quality of life

Perceived health, very good or excellent %   2022	27.3	34.8
Perceived mental health, very good or excellent %   2022	43.5	40.8

### 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 %   2022	28.1	32.4
One or more chronic health conditions %   2022	71.8	67.5
Three or more chronic health conditions %   2022	25.4	24.7

**Zone 5**  
Restigouche Area

**Province**  
New Brunswick

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

Hypertension %   2022	<b>34.3</b>	<b>29.8</b>
High cholesterol %   2022	<b>27.2</b>	<b>21.3</b>
Chronic pain %   2022	<b>23.7</b>	<b>20.5</b>
Arthritis %   2022	<b>22.7</b>	<b>19.8</b>
Gastric reflux %   2022	<b>22.8</b>	<b>18.8</b>
Diabetes %   2022	<b>16.2</b>	<b>11.9</b>
Asthma %   2022	<b>8.2</b>	<b>11.8</b>
Cancer %   2022	<b>11.9</b>	<b>8.6</b>
Heart disease %   2022	<b>12.3</b>	<b>8.4</b>
Emphysema/COPD %   2022	<b>3.2</b>	<b>3.4</b>
Stroke %   2022	<b>1.6</b>	<b>2.2</b>

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

Anxiety %   2022	<b>24.4</b>	<b>25.6</b>
Depression %   2022	<b>14.2</b>	<b>20.5</b>
Mood disorder (other than depression) %   2022	<b>1.7</b>	<b>4.6</b>

**Zone 5**      **Province**  
Restigouche Area      New Brunswick

## Management of chronic health conditions

Confidence in managing their health conditions, very confident %   2022	<b>31.4</b>	<b>33.1</b>
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## Mental health and substance use services

### Need for care in the last 12 months

Needed to talk to a health professional %   2022	<b>17.0</b>	<b>24.3</b>
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....But did not (perceived unmet need) %   2022	<b>20.0</b>	<b>34.6</b>
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### Reasons for perceived unmet need

Wait time for services was too long %   2022	S	<b>63.9</b>
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Thought the problem would go away on its own %   2022	S	<b>54.6</b>
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Did not know how or where to get help %   2022	S	<b>45.6</b>
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Services not available at a convenient time %   2022	S	<b>44.3</b>
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Was too busy %   2022	S	<b>34.1</b>
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Services not available in area %   2022	S	<b>33.5</b>
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Could not afford the cost or insurance did not cover enough %   2022	S	<b>33.2</b>
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Was concerned about what others would think %   2022	S	<b>22.4</b>
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	Zone 5 Restigouche Area	Province New Brunswick
Other reasons %   2022	S	29.3
Experience with mental health and substance use services		
Satisfaction with services received, somewhat or very satisfied %   2022	84.9	78.4

## 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