

PRIMARY CARE SURVEY

# Needs of New Brunswickers



## Health status

### Quality of life

Perceived health, very good or excellent %   2024	<b>32.6</b>	<b>37.7</b>
Perceived mental health, very good or excellent %   2024	<b>42.8</b>	<b>43.2</b>

### 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	<b>29.5</b>	<b>32.6</b>
One or more chronic health conditions %   2024	<b>70.5</b>	<b>67.4</b>
Three or more chronic health conditions %   2024	<b>31.3</b>	<b>24.9</b>

	<b>Zone 5</b>	<b>Province</b>
	Restigouche Area	New Brunswick

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

Hypertension %   2024	<b>31.4</b>	<b>28.6</b>
High cholesterol %   2024	<b>32.9</b>	<b>22.1</b>
Arthritis %   2024	<b>26.1</b>	<b>20.6</b>
Gastric reflux %   2024	<b>21.9</b>	<b>19.5</b>
Chronic pain %   2024	<b>23.7</b>	<b>19.4</b>
Asthma %   2024	<b>12.1</b>	<b>13.0</b>
Diabetes %   2024	<b>14.2</b>	<b>12.0</b>
Heart disease %   2024	<b>11.8</b>	<b>9.2</b>
Cancer %   2024	<b>8.6</b>	<b>8.2</b>
Emphysema/COPD %   2024	<b>4.4</b>	<b>2.9</b>
Stroke %   2024	<b>4.0</b>	<b>2.2</b>

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

Anxiety %   2024	<b>24.3</b>	<b>24.5</b>
Depression %   2024	<b>15.9</b>	<b>19.5</b>
Mood disorder (other than depression) %   2024	<b>4.0</b>	<b>4.1</b>

	Zone 5 Restigouche Area	Province New Brunswick
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## Management of chronic health conditions

Confidence in managing their health conditions, very confident %   2024	30.5	34.2
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## Medications

Has a chronic health condition and takes 6 or more different medications on regular basis %   2024	29.5	17.2
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... Knows what their prescribed medications do, strongly agree %   2024	59.3	48.2
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## Mental health and substance use services in the last 12 months

### Need for care

Felt the need to talk to a health professional %   2024	20.0	21.6
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....But did not (perceived unmet need) %   2024	6.5	8.2
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### Reasons for perceived unmet need

Wait time for services was too long %   2024	S	57.5
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Did not know how or where to get help %   2024	S	51.0
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Thought the problem would go away on its own %   2024	S	48.8
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Services not available at a convenient time %   2024	S	43.7
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Was too busy %   2024	S	41.2
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	Zone 5 Restigouche Area	Province New Brunswick
Services not available in area %   2024	S	<b>38.6</b>
Could not afford the cost or insurance did not cover enough %   2024	S	<b>37.2</b>
Was concerned about what others would think %   2024	S	<b>19.8</b>
Other reasons %   2024	S	<b>28.0</b>
<b>Experience with mental health and substance use services</b>		
Satisfaction with services received, somewhat or very satisfied %   2024	<b>85.1</b>	<b>76.8</b>

## 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