

PRIMARY CARE SURVEY

Needs of New Brunswickers



Health status

Quality of life

Perceived health, very good or excellent % 2024	37.4	37.7
Perceived mental health, very good or excellent % 2024	47.0	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	29.5	32.6
One or more chronic health conditions % 2024	70.5	67.4
Three or more chronic health conditions % 2024	24.7	24.9

Zone 6
 Bathurst and
 Acadian
 Peninsula Area

Province
 New Brunswick

Types of chronic health conditions (physical health)

Hypertension % 2024	31.9	28.6
High cholesterol % 2024	26.1	22.1
Arthritis % 2024	17.2	20.6
Gastric reflux % 2024	25.2	19.5
Chronic pain % 2024	24.6	19.4
Asthma % 2024	15.8	13.0
Diabetes % 2024	13.3	12.0
Heart disease % 2024	9.3	9.2
Cancer % 2024	8.1	8.2
Emphysema/COPD % 2024	3.3	2.9
Stroke % 2024	2.3	2.2

Types of chronic health conditions (mental health)

Anxiety % 2024	22.0	24.5
Depression % 2024	17.1	19.5

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Mood disorder (other than depression) % 2024	1.8	4.1
Management of chronic health conditions		
Confidence in managing their health conditions, very confident % 2024	37.7	34.2
Medications		
Has a chronic health condition and takes 6 or more different medications on regular basis % 2024	17.7	17.2
... Knows what their prescribed medications do, strongly agree % 2024	56.4	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	18.8	21.6
....But did not (perceived unmet need) % 2024	6.8	8.2
Reasons for perceived unmet need		
Wait time for services was too long % 2020	9.0	23.8
Did not know how or where to get help % 2024	S	51.0
Thought the problem would go away on its own % 2024	S	48.8

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Services not available at a convenient time % 2020	18.1	16.3
Was too busy % 2020	37.6	25.4
Services not available in area % 2020	13.2	13.7
Could not afford the cost or insurance did not cover enough % 2020	15.4	17.7
Was concerned about what others would think % 2020	15.8	15.3
Other reasons % 2024	S	28.0
Experience with mental health and substance use services		
Satisfaction with services received, somewhat or very satisfied % 2024	82.7	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