Perceived life stress, most days quite a bit or extremely stressful

Unit : %

	Years 2023-2024	Years 2019-2020	Years 2017-2018
Province			
New Brunswick	**23.0**	**18.7**	**18.8**
Health zones			
Zone 1 - Moncton and South-East Area	**24.7**	**18.6**	**19.8**
Zone 2 - Fundy Shore and Saint John Area	**22.4**	**21.2**	**13.8**
Zone 3 - Fredericton and River Valley Area	**26.2**	**18.0**	**22.4**
Zone 4 - Madawaska and North-West Area	**22.0**	**24.1**	**24.3**
Zone 5 - Restigouche Area	**17.0**	**19.4**	S
Zone 6 - Bathurst and Acadian Peninsula Area	**18.0**	S	**14.6**
Zone 7 - Miramichi Area	**16.6**	S	S

About

"Perceived life stress, most days quite a bit or extremely stressful" refers to individuals who report experiencing a high level of stress in their daily lives, with most days being marked by a significant amount of stress or extreme stress.

Source

Health characteristics, two-year period estimates

Calculations

Not available

Unit	Interpretation	NBHC code
%	Lower is better	STATC-CHCTY-001

Caption
n/a = Not applicable / not available
S = Data suppressed due to confidentiality requirements and/or small sample size