

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

Unit : %

	Years 2023-2024	Years 2019-2020	Years 2017-2018
<b>Province</b>			
New Brunswick	23.0	18.7	18.8
<b>Health zones</b>			
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

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<b>Unit</b>	<b>Interpretation</b>	<b>NBHC code</b>
%	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