

Access to Resources: A Comparative Analysis of Rural and Urban New Brunswick



Project Title

Access to resources: A comparative analysis of rural and urban New Brunswick

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Dr. Ted McDonald

I'm pleased to be the Principal Investigator again for what is the third year of the PopNB P2P project, this year under Lee Whelan's very capable mentorship. Paige, Hannah, Courtney, and Evan have focused the 2022 PopNB report on the theme of differences in rural and urban experiences around housing, healthcare, and immigration. In a province with a relatively high rural population compared to other provinces, rural/urban issues are always topical here in NB. However, both external factors such as the COVID-19 pandemic and policy changes including local government reform have made this year's report especially relevant to residents and policymakers alike.



Having worked as a researcher on the 2021 PopNB project, I was incredibly excited to be invited back to mentor this summer's PopNB students. Last year our focus was on the impacts of New Brunswick's aging population. This year I wanted to look at similar topics, including housing, healthcare, and immigration, but with a focus on differences between urban and rural New Brunswick. Courtney, Evan, Paige, and Hannah took this idea and made it their own. Their dedication and innovative ideas helped them exceed every expectation I had going into this year's P2P program.



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Executive Summary

Population New Brunswick (PopNB) is a research stream that investigates the population demographics and characteristics of New Brunswick, assessing the economy and well-being of its residents. The 2022 PopNB team focused on discrepancies among urban and rural regions in the province, as the population is divided almost equally among the two regions. The population divide in New Brunswick is an essential research topic to explore to assess whether residents of one region are faring better and receiving more resources than the other. The team defined urban and rural regions in New Brunswick based on Statistics Canada's definitions: urban centers are those with a population of 100 000 people or more, and rural centers are those with a population of fewer than 100 000 people (Statistics Canada [StatCan], 2021a). By these definitions, the urban areas in New Brunswick are Moncton, Saint John, and Fredericton, with all other communities considered rural. The team explored discrepancies between urban and rural regions in conjunction with seven research topics: population growth, immigration, income and poverty, employment vacancies, housing affordability, transportation, and healthcare.

Highlight of Findings

In recent years, New Brunswick has seen an increase in population growth, reaching 800 000 residents in April of 2022 (The Canadian Press, 2022). Despite the influx of people entering the province, the death rate continues to outweigh birth rates and is more prevalent in rural areas than urban (StatCan, 2022f). A crucial component of population growth is immigration, explored through interprovincial and international migration. Findings of where migrants settled and why were also assessed, showing trends that immigrants prefer urban centers with previously established support systems.

As New Brunswick grows, the province requires employment opportunities to support its residents. The percentage of job vacancies has increased provincewide since 2017, with employment opportunities primarily growing in urban areas (StatCan, 2022h). Further, hourly wages in the province have been growing, but discrepancies among urban and rural regions remain, with the Campbellton-Miramichi region seeing over a \$2/hr difference from the Moncton-Richibucto region (StatCan, 2022e). Given the lack of employment opportunities across New Brunswick, it was essential to also explore income and poverty. Income increases are apparent across the province, with urban areas leading in median income (StatCan, 2022c). Despite some growth, the median income for all residents of New Brunswick is lower than the national average (StatCan 2022c). Rural areas, despite making less, are spending more than urban parts of the province (StatCan, 2022b). Breaking down spending by category, rural residents spend more on transportation, whereas those in urban areas spend more on shelter.

Further exploration of shelter spending was conducted by researching housing affordability. The research assessed whether residents of the province live comfortably, with results indicating that housing affordability is the leading cause of core housing need and that these struggling households are primarily located in rural regions (StatCan, 2022k). Statistics on housing demographics were also assessed, with findings that individuals aged 55 and older are more likely to own a property in New Brunswick with no apparent discrepancies among male and female property owners (StatCan, 2022i). Looking at public transportation, it is evident that New Brunswick is lacking in this area, especially in rural regions. Public transportation is primarily confined to the three urban areas, with some rural areas expanding transit within their regions (StatCan, 2022g). Regardless of expansion, without adequate transportation services, rural residents are required to rely on personal transportation or friends and family to access the resources and activities necessary for daily living.

Research on access to healthcare narrowed in on chronic health conditions. New Brunswick has an aging population, and the prevalence of chronic health conditions increases with age, making this topic essential to explore. Chronic health conditions were further analyzed based on the seven provincial health zones, with findings that six out of the seven zones had rates of chronic conditions ranging from 62 to 68 percent (New Brunswick Health Council [NBHC], 2020). Despite this, the four largest healthcare centers are located in the three urban regions in the province (Horizon Health Network, 2022; Vitalité Health Network, 2022).



Key Takeaways

The research conducted by the 2022 PopNB team highlights the discrepancies between urban and rural regions in New Brunswick. Regardless of their populations being nearly equal, inconsistencies exist, with urban areas faring much better than their rural counterparts. For example, immigrants' preference for urban areas due to already established support centers leads to population growth in these areas and leaves those new residents with better wages, public transit, and access to healthcare than in rural areas. The discrepancies between the two regions could have potential impacts on residents and their well-being, such as a lower income, lack of transportation services, or an extended distance to drive to a healthcare facility.





Introduction

Population New Brunswick (PopNB) is a research stream in the Pathways to Professions research program at the New Brunswick Institute for Research, Data and Training (NB-IRDT). The PopNB research stream was created in 2020 with the purpose of describing New Brunswick's current population demographics. The stream focuses on uncovering noteworthy and compelling trends impacting New Brunswickers' economic status and quality of life.

Using open-source data, PopNB's previous research has focused on possible solutions for labour market gaps (NB-IRDT, 2020) and the implications of the aging population (NB-IRDT, 2021). This year's focus was on the geographical distribution of citizens' needs across the province, divided by central metropolitan centres and small to medium population centres. This was accomplished by looking at discrepancies among urban and rural areas in the province. The objective of this research is to report the findings to community members and stakeholders to support evidence-based policymaking in New Brunswick.

The 2022 PopNB team included one communications coordinator and three research students who studied the discrepancies between urban and rural New Brunswick. Unlike the 2021 PopNB team, which studied the aging population and its implications on the province, our team has taken this research one step further by investigating changes within the almost equally divided urban and rural populations in New Brunswick. In keeping with the person-focused approach of last year, seven topics reflecting the daily needs of New Brunswick citizens were selected for this summer's research.

First, population growth was studied, measuring the population in terms of who is already here, along with immigration, measuring individuals who entered the province. Income and poverty assessed the financial status of residents, with employment vacancies focusing on the employment sector and its lacking areas. Housing affordability encompassed homeowners and renters, focusing on the discrepancies from both a demographic and financial perspective. This was done by investigating the number of residents in core housing need per region, as well as the construction costs per type of dwelling in the province. Public transportation measures looked at publicly owned transportation assets within New Brunswick. Finally, healthcare research focused on chronic illness rates among New Brunswickers as they appeared across the urban and rural areas.

Each research topic contributed to telling the story of the urban and rural discrepancies of New Brunswick, while uncovering the people behind the data.





Changing Dynamics of Urban and Rural New Brunswick

Prior to the COVID-19 pandemic, New Brunswick saw increasing success in attracting newcomers to the province, both internationally and nationally (E. N. Davis, 2022). When the pandemic hit, migration halted around the world. Luckily, as travel restrictions began to loosen in the summer of 2021, people worldwide started to reassess their priorities, and the New Brunswick population started to increase again (Mitsui, 2021). In 2022, the province has proven that population growth refuses to slow down. The large influx of people entering New Brunswick leads to many questions: Why are people moving to the province, where are they settling, and why, and is their location serving them adequately? The answers to these questions explain the changing dynamics of urban and rural New Brunswick.

Nearly four months into 2022, New Brunswick's population had, for the first time, reached 800 000 (The Canadian Press, 2022). Having gained more than 40 000 people in the past five years, New Brunswick accredits this increase to higher international and interprovincial migration levels. The province saw a record number of immigrants enter from 2016 to 2021, and interprovincial migration peaked during the pandemic (E. N. Davis, 2022; The Canadian Press, 2022). Unsurprisingly, the large and diverse influx of people moving to the province choose to settle in different areas. It is estimated that 80 percent of international migrants coming to Atlantic Canada settle in one of the six major cities, opting for larger urban centers with established immigrant communities and support services (CBC News, 2021a; Atlantic Provinces Economic Council [APEC], 2022). In contrast, interprovincial migration trends reveal Canadians' desire to slow down (E. N. Davis, 2022). Canadians are increasingly moving from large urban areas to smaller, rural towns in provinces such as New Brunswick. Despite these patterns, migration trends for both newcomers and natives to the province could be related to housing affordability and availability in urban and rural centers.

Similar to other provinces, population increases in New Brunswick play a key role in the flourishing real estate industry (RE/MAX Canada, 2022). With a 24.5 percent increase in the average cost of a home in the province between October 2020 and October 2021, when compared to other provinces, New Brunswick houses are still described as affordable (E. N. Davis, 2021). While the national average price for a home in April 2022 was \$746 146, houses in New Brunswick cost less than half and are the cheapest in Atlantic Canada (Jones, 2022). One influence on housing market trends in the province is the influx of out-of-province buyers, some of whom, after selling their homes, can purchase in NB without needing to take out a mortgage (Cox, 2021). Migrants moving from Toronto, where the average house price is \$1 050 300, to Fredericton, where the average house price is the highest in the province at \$261 137, would likely describe the housing market in New Brunswick as affordable (Live for the Moment NB, 2021). Although housing in the province may be deemed affordable for out-of-province buyers, some New Brunswick residents are being pushed out (E. N. Davis, 2021). With the median wage in the province being \$34 340, it is no surprise that some locals cannot keep up with increasing housing prices (StatCan, 2022c). For those aged 15-29 living in some of New Brunswick's largest urban centers, affordable is an unfamiliar term (Youthful Cities, 2022). With a lack of affordable housing options in urban areas regardless of one's age, people with smaller budgets are being pushed to rural areas where housing options are slim (E. N. Davis, 2021; Lapointe, 2022).

Urban New Brunswick's lack of affordable housing pushes those looking to rent or buy into rural areas, a move that comes with many challenges. Rental markets in rural New Brunswick are "often weak or non-existent," largely due to inadequate dwellings and a lack of development (Lapointe, 2022). Partly owing to the COVID-19 pandemic and supply and demand, workers are limited (CBC News, 2022b). Thus, the simple solution of building affordable rental options in rural areas becomes increasingly complex, leaving home ownership as the only "viable" option (Lapointe, 2022). For those who can jump from renting to buying, rural New Brunswick has more affordable and larger residential properties than urban centers in the province, if residents can find them (RE/MAX Canada, 2022). However, the challenges do not stop at finding housing. Access to healthcare in rural New Brunswick has been a longstanding issue in the province, partially owing to staffing shortages (Basa & April, 2021). As a result, hospitals in rural areas are being forced to temporarily close in areas like Perth-Andover, Sainte-Anne-de-Kent, Caraquet, and others (Basa & April, 2021; G. Mercer, 2020). Whether it be accessing affordable and available housing or healthcare, living in rural New Brunswick has its obstacles.



The large influx of international and interprovincial migration to New Brunswick has impacted the province in more ways than just increasing its population. The repercussions of this migration led to a booming real estate market, the effects of which have produced significantly fewer affordable housing options, especially in urban centers, and have highlighted the need for an increase in rental options in rural areas. The increase of people entering New Brunswick influences urban and rural dynamics, creating new inequalities, and highlighting the need for additional resources, services, and development across the province.





Jurisdictional Scan: A Comparative Analysis of Atlantic Canada

For many provinces, the COVID-19 pandemic has had disastrous and ongoing repercussions. For some regions, such as Atlantic Canada, the pandemic also brought opportunities. Atlantic Canada consists of four provinces: New Brunswick, Nova Scotia, Prince Edward Island, and Newfoundland and Labrador. The provinces are well established for their beautiful scenery, friendly residents, and affordability. When borders re-opened and travel restrictions eased, each province bet on themselves, outlining the many well-established reasons to visit, or better yet, move to the province. However, when each province outlines the reasons to visit or move, the conversation fails to include the discrepancies between its urban and rural centers.

New Brunswick

Since the pandemic, New Brunswick (NB) has been pushing for individuals who work remotely to move to the province through their "Live in the Moment NB" campaign (E. N. Davis, 2021). For remote workers, the move brings with it challenges in finding affordable housing and access to the internet. Urban areas in the province currently lack affordable housing, failing to keep pace with the demands of the province. For those moving to rural areas, housing availability issues are prevalent, especially for renters. A lack of adequate dwellings and development coupled with a slim rental market in rural NB leaves one option inaccessible to many: home ownership (Lapointe, 2022). Further, moving rural means dealing with the ongoing issues with high-speed internet access. The country has a "major digital divide" when it comes to internet access in rural and urban areas, and New Brunswick is no exception (CBC News, 2021b). The median download speed for users in some urban areas is 74.2 megabits per second whereas rural customers see 13 megabits per second. Telecommunications companies typically choose to invest in high-density areas instead of low-density rural ones, providing a simple explanation for a complicated problem. Whether it be housing availability and affordability or internet access, urban and rural New Brunswick have their differences.

Nova Scotia

When people think of Nova Scotia (NS), they are likely to associate the province with the ocean and its delicious seafood instead of child poverty. Nova Scotia has the highest rate of provincial child poverty in Atlantic Canada and has the third-highest rate in Canada at 24.3 percent in 2019 (Frank et al., 2021). In 1989, the province promised to eradicate child poverty by 2000 but only reduced poverty by a percentage of 0.1 by 2019. While both urban and rural areas experience high rates of child poverty, rural areas are hit the hardest. Digby, the Annapolis Valley, and Cape Breton, predominately rural areas, experience the highest child poverty rates: 34.7 percent, 33.7 percent, and 33.5 percent, respectively. Rural communities in Nova Scotia are also growing at a faster rate than rural areas across the country (Harrison, 2022). According to the 2021 Census, rural areas in Canada only grew by 0.4 percent, whereas Nova Scotia saw growth of 1.3 percent. While Nova Scotia has seen success at growing rural areas in the province, the ongoing issue of reducing child poverty, especially in rural areas, continues to plague the province.

Prince Edward Island

Prince Edward Island (PEI) has become increasingly familiar with welcoming new faces to its province, even before the pandemic. PEI has experienced a population growth of eight percent since the 2016 Census, making it the fastest growing province in Canada (Yarr, 2022). Unlike other provinces, PEI is seeing similar rates of urban and rural growth, with the split of the population being nearly equal. Although population growth in urban and rural centers is similar, there is a tendency for people to migrate toward the middle of the province. Despite the near equal urban-rural divide, healthcare services are less accessible in rural regions (CBC News, 2022a). Hospital closures, a lack of physician coverage, and staff shortages are not new problems in rural PEI. Provincewide, Health PEI is focusing on modernizing its organizations, filling job vacancies, and improving communications (T. Davis, 2021). By addressing staff shortages, hiring more individuals to support one another, and rolling out new innovations in its healthcare delivery, the province aims to improve access to healthcare in both urban and rural centers. Urban and rural PEI experience consistent and equal growth, but inadequate



access to healthcare is a discrepancy in rural regions that must be addressed.

Newfoundland and Labrador

Newfoundland and Labrador (NFLD), a province known for its colourful houses and beautiful scenery, has one ongoing issue: rural depopulation (Higgins, 2008). A longstanding problem for rural communities in the province, rural depopulation began in the second half of the 20th century (Higgins, 2008). The trend sees most migrants being young adults who move to urban centers for better work, education, and access to healthcare (Higgins, 2008; Smellie, 2017). Most commonly, young people in NFLD leaving behind rural life head to St. John's, the capital of the province. The combination of low birth rates, decreased immigration, and young people moving away leaves many rural communities in NFLD with an aging and shrinking population (Higgins, 2008). In addition to rural depopulation, NFLD was the only province in Canada to see a population decline from 2016 to 2021, down 1.8 percent, with rural populations declining 6.4 percent (J. Mercer, 2022). Despite the decline in rural areas, urban parts of the province grew by 1.6 per cent during the census, with the capital's suburbs seeing a growth rate of 6.4 percent, indicating an urban spread. While other provinces in Atlantic Canada have been thriving on population growth, Newfoundland and Labrador have been struggling to grow and keep their current residents from leaving.

Canada's Atlantic provinces each have captivating reasons for pulling individuals to visit their province or make the permanent move. Whether it be beautiful scenery, a strong sense of community, or a slower pace of life, the Atlantic provinces are truly special. That being said, there is no ignoring the discrepancies that each province has among its rural and urban regions.





Methodology

A mixed-methods exploratory descriptive research study was conducted on discrepancies between urban and rural New Brunswick. Geographic borders of New Brunswick communities were defined using the 2021 Standard Geographical Classification from Statistics Canada (StatCan, 2021). These geographical areas were then categorized into urban or rural, with urban areas defined as large population centers with a population of 100 000 or more and rural areas defined as medium and small population centers with a population of 99 999 or less. It should therefore be noted that rural is used here as a catch-all phrase, representing the spectrum from small cities (e.g., Edmundston, Miramichi, Tracadie, etc.), down to remote locations with solo dwellings. Three areas were determined to meet the criteria of urban for this analysis, which included the cities of Fredericton, Moncton, and Saint John.

Quantitative Methods

Quantitative data was investigated and collected using open-source databases for analyses. Collected datasets were derived from the websites of New Brunswick's Health Council and Statistics Canada, with analyses conducted using Microsoft Excel, version 16.44. Data was cleaned and divided by the previously mentioned geographical areas. Of note, not all datasets were designed to accurately divide the previously mentioned urban and rural geographical areas, and as such some results show regions containing a combination of urban and rural data.

Qualitative Methods

Three semi-formal interviews were conducted via online video conferencing software with political leaders representing various New Brunswick constituencies. These leaders included Adam Lordon, Mayor of Miramichi; Fredericton City Councilor Jason LeJeune; and Member of Parliament Jenica Atwin. Mayor Lordon represents the City of Miramachi, a small city consisting of just under 27 600 residents (StatCan, 2022a). As Miramichi's population is below 100 000 occupants, it was therefore considered a rural community for the purposes of this study. City Councilor Jason LeJeune serves the City of Fredericton, representing the urban experience in New Brunswick. Lastly, Member of Parliament Jenica Atwin serves the riding of Fredericton, encompassing the city and surrounding area. She therefore has the unique perspective of representing both urban and rural areas.





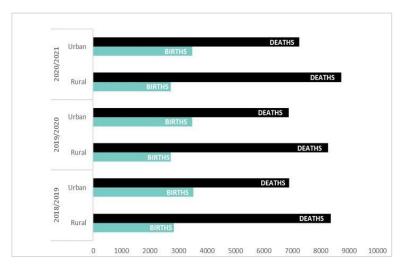
Findings

After understanding the parameters set out to describe this research, we were able to evaluate the demographics of New Brunswick. The findings section of this report explores the research results uncovered by PopNB's student researchers. This includes findings from the seven research topics, looking at discrepancies among the urban and rural regions. The topics we will be discussing include population growth, immigration and migration, employment vacancies, income and poverty, housing affordability, public transportation, and access to healthcare.

Population Growth

Before initiating the research, it was essential to first identify the population the team was assessing. This helped to gain a more thorough understanding of the individuals that make the province so unique. New Brunswick reached a milestone in April 2022 when its population hit 800 000, a record high for the province (The Canadian Press, 2022). The past five years have been monumental for population growth, with New Brunswick gaining more than 40 000 people. Although most services are centralized in urban regions,

Figure 1. Births and Deaths in New Brunswick. A comparison between rural and urban regions' birth and death rates from 2018 to 2021.



Note. Data collected from the Statistics Canada open-source database. From Statistics Canada Table: 17-10-0136-01 Components of population change by census metropolitan area and census agglomeration, 2016 boundaries. https://doi.org/10.25318/1710013601-eng

51.17 percent of the population lives in urban regions, with 48.82 percent living in rural regions (StatCan, 2022I). When looking at birth and death rates, however, discrepancies began to show. As seen in Figure 1, research confirmed discrepancies between birth and death rates in the province, indicating that deaths significantly outweigh births (StatCan, 2022f). Additionally, more deaths occur in rural areas, whereas more births occur in urban areas. Since 2018, there has been a stable annual decrease in births in all regions indicating a discrepancy of 155 births. However, this decrease is more apparent in rural areas with a discrepancy of 111 individuals. There have been fluctuations in death rates among urban and rural areas, yet there have been 732 more deaths in rural areas since the beginning of the pandemic.

"Every opportunity you can possibly imagine is here" – Adam Lordon, Mayor of Miramichi





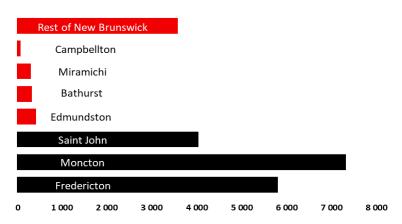
Immigration and Migration

The flow of migration to urban rather than rural centers is especially apparent for international migrants. Statistics show that 80 percent of international migrants who move to Atlantic Canada settle in a major city (APEC, 2022; CBC News, 2021a). International migrants prefer to settle in major cities or urban centers due to the already established immigrant communities and support services that these areas offer. Contrasting these trends to those of interprovincial migration, Canadians are opting to move from large urban centers to smaller, rural ones, which is evident in New Brunswick (E. N. Davis, 2022).

Although the population of New Brunswick is divided almost equally between rural and urban regions, when it comes to international migration, urban centers in New Brunswick take in more than 50 percent of immigrants, as seen in Figure 2 (StatCan, 2022f). Over the past five years, New Brunswick has seen an influx of immigrants enter the province. While the province is seeing high rates of net international migration (that is, there have been more individuals entering the province than leaving), the flow of migration skews heavily to urban centers compared to rural locations. From 2016 to 2021, net international migration to Saint John alone outpaced all rural centers in New Brunswick, where 3 465 people were shown to come in. Nevertheless, Saint John shows migration rates much lower than the other two urban centers, with Moncton's net international migration sitting at 6 660 people and Fredericton showing 5 033 people.

During our interview with Adam Lordon, Mayor of Miramichi, he expanded on the importance of population growth for a flourishing community. Lordon explains that communities need new people and not just for economic purposes. Especially relevant to New Brunswick and its aging population, those individuals who are important to the community are in the process of aging out. As they age, there is a need for others to assume community leadership roles. Whether immigrants choose to settle in urban or rural New Brunswick, their contributions to our communities will invariably make positive impacts to the lives of New Brunswickers.

Figure 2. New Brunswick Net International Migration from 2016 to 2021. A comparison between parts of New Brunswick regarding net international migration between 2016 and 2021.



Note. Data collected from the Statistics Canada open-source database. From Statistics Canada's Table: 17-10-0136-01 Components of population change by census metropolitan area and census agglomeration, 2016 boundaries. https://doi.org/10.25318/1710013601-eng

"One of the luckiest people to be born here and raised in New Brunswick."

Jenica Atwin grew up rural, which made her who she is. She is struck by the beauty and people of the province - reasons why she is so proud to be from New Brunswick. She says the near equal population split reinforces what the province has to offer. Ms. Atwin says New Brunswick has so many things to celebrate, like covered bridges!



Employment Vacancies

As the population of New Brunswick grows, more employment opportunities are needed to support newcomers. Unfortunately, the number of jobs in New Brunswick, both vacant and filled, has only increased slightly from 2017 to 2021, showing a change of 0.34 percent (StatCan, 2022h). Statistics Canada divides job availability data into five provincial regions, including three with urban centers and two without. The five regions Statistics Canada uses are as follows: Edmundston-Woodstock; Saint John-St. Stephen; Moncton-Richibucto; Campbellton-Miramichi; and Fredericton-Oromocto. Regions without an urban center have seen employment decrease significantly, with the Edmundston-Woodstock region losing 6.10 percent of jobs, and Campbellton-Miramichi declining by 4.67 percent. Only one of the three regions containing an urban center within their boundaries, the Saint John-St. Stephen region, shows job opportunities decreasing by 5.49 percent. Conversely, the Fredericton-Oromocto and Moncton-Richibucto regions display increases in jobs during the previous five years, by 6.79 percent and 5.50 percent respectively. Nevertheless, the percentage of job

vacancies has shown increases in all regions of the province from 2017 to 2021. This was particularly the case in the Campbellton-Miramichi region, where although it saw a reduction in jobs of 4.67 percent, it has the highest change in job vacancies, increasing 3.80 percent.

Figure 3. 2021 Average Hourly Wage Offers for New Brunswick. A representation of average hourly wages offered to employees at the end of the 2021 year, with black indicating regions containing urban areas, red indicating regions only containing rural areas, and blue representing the provincial average.

Similar to research on employment opportunities, wages were explored. The average hourly wage when entering a new position in New Brunswick increased at a steady rate across the province between 2017 and 2021 (StatCan, 2022e). As seen in Figure 3, the average hourly wage in the province has increased by \$1.90. When looking at wages offered by region, however, a large difference was noted between areas containing urban centers and rural New Brunswick. The Campbellton-Miramichi areas remain the lowest, a difference of over \$2/hour from that of the Moncton-Richibucto area. Although \$2/hour may seem small, if we apply that \$2 difference to a full-time position, working 35 hours per week, that amounts to over \$3 600 for the year or a ten percent difference in annual salary.



Note. Data collected from the Statistics Canada open-source database. From Statistics Canada Table: 14-10-0325-01 Job vacancies, payroll employees, job vacancy rate, and average offered hourly wage by provinces and territories, quarterly, unadjusted for seasonality. https://doi.org/10.25318/1410032501-eng

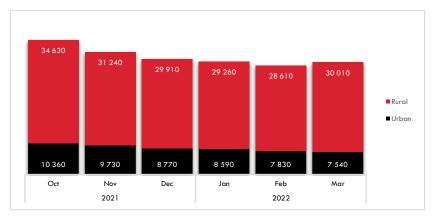
"New Brunswick is the microcosm of Canada.

We have so much to offer here."

– Jenica Atwin, MP, Fredericton



Figure 4. Urban and Rural Employment Insurance Beneficiaries in New Brunswick. A comparison of employment insurance beneficiaries in New Brunswick over a six-month period (October 2021 to March 2022), separated by urban and rural regions.



Note. Data collected from the Statistics Canada open-source database. From Statistics Canada *Table: 14-10-0322-01 Employment insurance beneficiaries (regular benefits) by census metropolitan category, monthly, seasonally adjusted.*https://doi.org/10.25318/1410032501-eng

Further, while receiving an offer of employment may be a positive experience, it may not be an experience common among all, as we still see high rates of unemployment in New Brunswick. Our research focused on the number of individuals who received employment insurance (EI) over the six-month period of October 2021 to March 2022 (StatCan, 2022d). The beneficiaries population of ΕI emerges disproportionately in the rural areas, showing beneficiaries to be three times as high outside of those urban centres, as depicted in Figure 4. This may be due to skills shortages and discrepancies between urban and rural populations.

"Super friendly, super welcoming."

Adam Lordon took his reasons for being a proud New Brunswicker one step further, expressing he is "proud to be a Maritimer." After being raised in New Brunswick, attending university in Halifax, and ultimately leaving to pursue a career as a film maker, he eventually found his way back to his home province. Of the many reasons there are to be a proud New Brunswicker, Adam Lordon expressed his love for the outdoor lifestyle, elaborating on how he is right on the beach of a beautiful national park, and how he takes advantage of the hiking trails.



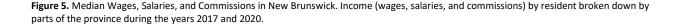


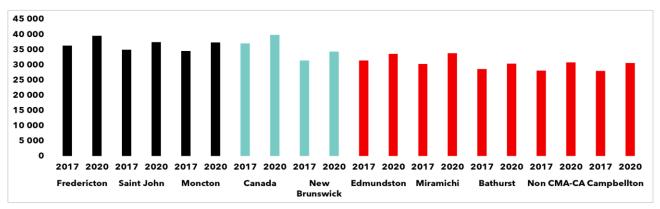
Income and Poverty

The discrepancies between urban and rural New Brunswick become apparent when analyzing incomes across the province. When looking at income, we found that both urban and rural regions experienced a period of growth from 2017 to 2020, as seen in Figure 5 (StatCan, 2022c). However, looking at rural regions from 2017 to 2020, those who live in Bathurst only saw a rise in income of \$1 800 annually, whereas residents of Miramchi

"You should judge a society by how it cares for its most vulnerable" – Jason LeJeune, Councillor for Ward 11, Fredericton

experienced higher growth, gaining \$3 480 per year. For urban New Brunswick, Fredericton experienced the most growth with an increase of \$3 230, with Moncton showing an increase of \$2 820, and Saint John lagging behind with an annual income increase of \$2 420 over the four years. Although there was an increase in incomes across the province, urban centers continue to have higher median incomes compared to rural regions, with all rural regions falling below the provincial median income of \$34 340 in 2020. Unfortunately, when compared to the rest of Canada, New Brunswick's combined median income fell below that of the national median, sitting at \$39 880 in 2020.





Note. Data collected from the Statistics Canada open-source database. From Statistics Canada's Table: 11-10-0072-01 Wages, salaries and commissions of tax filers aged 15 years and over by sex and age group data table. https://doi.org/10.25318/1110007201-eng

Viewing New Brunswick's income through a different lens by taking a step away from the urban and rural discrepancies provides a more positive story. New Brunswick's lowest 25 percent of income earners outpaced the national median from 2017 to 2020 (StatCan, 2022c). The lowest 25 percent of income earners in New Brunswick increased their income s periodlowest 25 percent of income earners nationally now earn \$290 less in 2020 than in 2017.

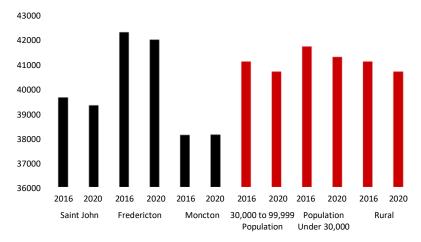
New Brunswick's median income earners also show growth at a faster pace than the national median (StatCan 2022c). From 2017 to 2020, the provincial median income grew by 8.47 percent, while the national median increased 7.27 percent. New Brunswick is only slightly behind national income growth when looking at the top 25 percent median income. The top 25 percent in the province only grew by 7.00 percent, while the national top 25 percent grew by 7.35 percent. This information is essential to understanding how the



wage gap is manifesting within our province. By looking at income through different levels of income earners, we can see New Brunswick is doing a better job at achieving a smaller wage gap compared to Canada altogether.

Although income plays a key role in understanding New Brunswick's urban and rural discrepancies, spending by families is equally important. One would expect that the more a person or family makes, the more they would spend. However, as seen in Figure 6, two of the three metropolitan areas in the province have the lowest spending of all provincial regions (StatCan, 2022b). These areas include Moncton and Saint John, which have the second and third highest median incomes in New Brunswick. Rural regions are only surpassed in family spending by Fredericton's metropolitan area. As Fredericton shows the highest median income within the province, it may be justified that it shows the highest spending rates per family as well. However, as rural areas show higher spending than Moncton and Saint John, this shows us rural areas are not just making less than most of their urban counterparts; they are also spending more.

Figure 6. Total Money Spent per Family. Amount of money spent by the median family per year. The graph compares the years 2016 and 2020.



Note. Data collected from the Statistics Canada open-source database. From Statistics Canada Table: 11-10-0066-01 Market Basket Measure (MBM) thresholds for the reference family by Market Basket Measure region, component and base year. https://doi.org/10.25318/1110006601-eng

Discrepancies in spending per family between urban and rural New Brunswick can be further broken down by spending category. One category that has a large discrepancy is transportation, with rural parts of the province spending over \$2 000 per family more than urban centers annually (StatCan, 2022b). Residents of rural communities could be spending more on transportation to access services in urban communities, or potentially because their community lacks public transit.

Another discrepancy pertains to spending on shelter, with those living in urban areas spending over \$1 500 more per year on shelter than those in rural areas, a topic which will be discussed later. Spending per year is similar, however, among urban and rural regions when it pertains to food. Urban and rural regions are spending \$13 000 to \$14 000 on food per year, respectively. The only part of the province spending less than this is Moncton's metropolitan region, where families spend just over \$12 000 on food.

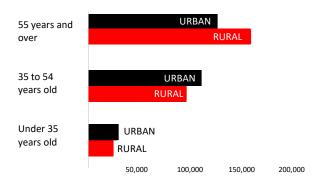
In addition to spending, we also looked at poverty rates. In particular, New Brunswick has high rates of child poverty, with the province sitting at 21.7 percent in 2019, which is higher than the national average that year of 17.7 percent (Jackson, 2021; Steele, 2021). The three areas that experience the highest rates of child poverty in New Brunswick include Bathurst, Campbellton, and Saint John, with each area experiencing rates over 30 percent (Steele, 2021). Of note, Saint John is present in these statistics with high rates of child poverty, sitting at 32.4% (Human Development Council, 2021) This is surprising, given Saint John is an urban region whereas Bathurst and Campbellton are rural.



Housing Affordability

In recent years, the real estate market in New Brunswick, as well as across the country, has seen major changes. Between October of 2020 and October 2021, New Brunswick experienced an increase of 24.5 percent in the average cost of a home (E. N. Davis, 2021). The boom in the real estate market led to research on housing affordability and availability, assessing whether residents of New Brunswick are living comfortably. To determine whether a New Brunswicker is living comfortably, we used the same definition as the Canadian Mortgage and Housing Corporation (CMHC) for core housing need (CMHC, 2019). Core housing need describes the characteristics that make a home suitable and adequate for a resident to live in. Calculating core housing need involves

Figure 8. Home Ownership in New Brunswick. Number of New Brunswick homeowners, by age and location in 2021.



Note. Data collected from the Statistics Canada open-source database. From Statistics Canada Table: 46-10-0051-01 Total family income and characteristics of residential property owners by family type. https://doi.org/10.25318/4610005101-eng

two steps: first, determining if the household lives in acceptable housing; and second, determining if the household's before-tax income is sufficient to access acceptable housing in the community. According to the 2019-2022 New Brunswick Action Plan, there are 1 200 low-income households in need of major repairs (Government of New Brunswick, 2017). The size of New Brunswick's low-income population as well as the proportion of privately owned dwellings in need of major repair are both significantly above the national average. Additionally, there are 27 715 households in core housing need, which represents nine percent of New Brunswick's population. These findings are alarming for New Brunswick residents, as some households and families are not supported by a home that meets the proper needs for shelter.

A household is said to be in core housing need if it fails to meet one or more of the three housing standards: adequate housing, suitable housing, and affordable housing (CMHC, 2019). To meet the adequate housing standard, a household must not need major repairs, including electrical, plumbing, or structural repairs. To meet the suitable housing standard, a household

must have enough bedrooms to accommodate the number of persons living there. Lastly, to meet the affordable housing standard, a house must cost less than 30 percent of before-tax household income. With these definitions, core housing needs and their distribution across New Brunswick can be assessed. The distribution of core housing need among urban and rural regions is depicted in Figure 7, where there is a clear discrepancy in which rural homeowners are more likely to be in core housing need than their urban counterparts.

When looking at New Brunswick residents, 78 percent of urban owners and renters and nearly 75 percent of rural owners and renters

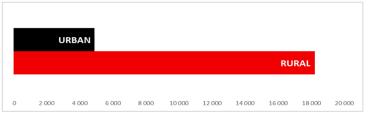
fail to meet the adequate standard for affordable housing, therefore placing them in core housing need (StatCan, 2022k). These statistics indicate that affordable housing is by far the leading cause of core housing need in the province. Also worth mentioning is that these statistics are on affordable housing only and not combined with any other housing standard. Moreover, core housing need was significantly higher in rural areas than in urban areas within the province in 2018.

When interviewing representatives of New Brunswick, each stated that the main concern for their constituents is housing affordability and availability. Adam Lordon, Mayor of Miramichi, a small city considered rural by our research definition, says that housing availability and affordability are his and his constituents' number one concern. Research findings indicate that rural areas do have more affordable housing options than

urban

but

Figure 7. New Brunswick Homeowners in Core Housing Need. The number of homeowners in urban and rural New Brunswick determined to be in core housing need as of 2018.



Note. Data collected from the Statistics Canada open-source database. From Statistics Canada Table: 46-10-0065-01 Core housing need, by tenure including first-time homebuyer and social and affordable housing status. https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=4610006501





areas, rental markets are "weak or non-existent" (Lapointe, 2022). Jason LeJeune, Councillor for Ward 11, Fredericton, an urban region in the province, also notes that housing affordability is the biggest challenge and concern coming from his constituents. LeJeune states that Fredericton is seeing housing affordability challenges creeping into middle-income brackets rapidly, with young people viewing home ownership as a dream rather than a viable option. Despite findings that housing is a concern for people across the province, housing costs in New Brunswick are relatively low when compared to the rest of Canada.

In April 2022, the national average price for a home was \$746 146, whereas houses in New Brunswick cost less than half of that, being the cheapest in Atlantic Canada (Jones, 2022).

To provide insight into the demographics of rural and urban homeowners within the province, Figure 8 displays the distribution of property owners by age group (StatCan, 2022j). In this graph, the number of property owners rises significantly per age group in both rural and urban areas, signifying that as one ages, the more likely they are to own a property. Therefore, individuals aged 35 years old and under are the least likely to own a property, with those aged 35 to 54 being the second highest, and individuals above 55 years being the most likely to own property in New Brunswick. While these numbers may seem typical, what is surprising is the lack of young homeowners, which is comparatively lower than in previous years. Overall, young people are less likely to own a property in New Brunswick.

Demographics on property ownership in New Brunswick can also be broken down by gender. When assessing urban and rural discrepancies, the male to female ratio of property owners appears to have no significant differences (StatCan, 2022i). At first glance, this would indicate no gender bias. However, it is important to note that these findings have not been updated. Statistics Canada is working to roll out 'sex at birth' and 'gender' terms but have yet to do so for demographic statistics. This means that key discrepancies could be missing from the data.

An important note about home ownership relates to homelessness. Jason LeJeune, Councillor for Ward 11, Fredericton, provided insights into these costs while being interviewed. LeJeune explained that it is significantly cheaper to house homeless populations than to maintain them in a state of housing insecurity. LeJeune argues that the solution to the problem is not complicated: the solution to homelessness is a home.





Public Transportation

Transportation in New Brunswick was assessed in comparison to the other Atlantic provinces, as seen in Figure 9. Starting with Nova Scotia, the province stands out in terms of public transportation assets. The province is exploring alternative options for transportation needs, particularly concerning accessible transportation for persons with varying physical and cognitive abilities (Nova Scotia Department of Public Works, 2022; StatCan, 2022g). Nova Scotia also has more transportation options in urban areas, such as rights-of-ways and drop-off facilities (StatCan, 2022g). In contrast, public transportation in Prince Edward Island Newfoundland and Labrador are limited to buses and transit shelters within their urban areas, with no other public transportation options offered.

Similarly, most public transportation in New Brunswick is confined to the three urban areas (StatCan, 2022g). While a couple of the larger rural communities are expanding to include forms of public transit within

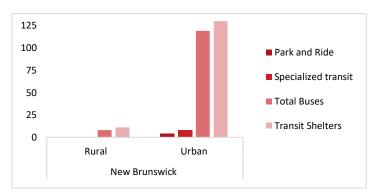
Figure 9. Atlantic Municipality-Owned Public Transportation Assets. The number of public transportation assets owned by municipalities in the four Atlantic Canadian provinces in 2020, separated by type of asset.



Note. Infrastructure Canada data collected for the Statistics Canada open-source database. From Statistics Canada Table 34-10-0249-01 Inventory of municipally owned public transit assets, by urban and rural, and population size, Infrastructure Canada. https://doi.org/10.25318/3410024901-eng

their area, namely Miramichi Transit and the Acadian Peninsula pilot bussing project set to begin this year (Cox, 2022; Miramichi Transit, 2022), individuals in rural areas are dependent on personal modes of transportation, as depicted in Figure 10. Some rural communities are beginning to see volunteer ride services popping up around the province (Koch, 2022). However, without these services, individuals outside of urban centers require their own vehicle or transportation from friends and family. Transportation in and out of those rural areas is important for people to access various resources and activities needed for daily living, such as food,

Figure 10. New Brunswick Municipality-Owned Public Transportation Assets. The number of public transportation assets owned by municipalities within New Brunswick in 2020, separated by urban and rural regions.



Note. Infrastructure Canada data collected for the Statistics Canada opensource database. From Statistics Canada Table 34-10-0249-01 Inventory of municipally owned public transit assets, by urban and rural, and population size, Infrastructure Canada. https://doi.org/10.25318/3410024901-eng clothing, public services, recreational activities, and healthcare. This point will be discussed further in the policy implications section of our report.



Access to Healthcare

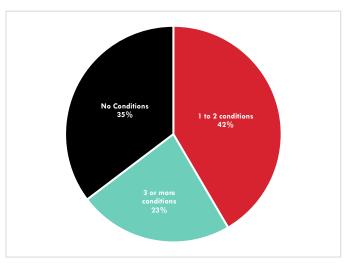
Much of our healthcare system currently works to help individuals with chronic conditions. Chronic health conditions are progressive in nature – creating an increase in healthcare needs over time (Public Health Agency of Canada [PHAC], 2013). Furthermore, the

prevalence of most chronic conditions increases with age. As individuals age, they tend to accumulate more diagnoses, leading to an increased risk of compounding or comorbid health problems. Rates of chronic illnesses are increasing across Canada and driven by population aging — a problem well known to New Brunswick (New Brunswick Health Council [NBHC], 2016a). Individuals living with chronic health conditions take up significantly more of provincial healthcare budgets, where individuals with three or more conditions absorb four times the cost of healthcare resources compared to individuals living without an official diagnosis of a condition (NBHC, 2016b).

To evaluate access to healthcare, our team chose to investigate results from the Primary Health Survey conducted by the New Brunswick Health Council (NBHC, 2020). For the survey, New Brunswickers were asked to self-identify if they lived with one or more of the top 12 chronic conditions prevalent in Canada. A chronic condition can be defined as a prolonged medical condition or diagnosis lasting for at least one year, likely requiring continuous treatments, and severe enough to impact activities daily living, creating limitations for the individual. According to the NBHC Primary Health Survey, the top six chronic health conditions include arthritis, hypertension, mood disorders, diabetes mellitus, asthma, and chronic obstructive pulmonary disorder.

How do New Brunswick's urban and rural demographics fit into the analysis of chronic health conditions? Through analysis of the Primary Health Survey (NBHC, 2020), we found that 64.7 percent of people in

Figure 11. Percentage of Individuals with Chronic Conditions in New Brunswick. Percentage of individuals living with chronic condition in 2020, in the province of New Brunswick.



Note. The percentage of individuals with chronic conditions was collected by the New Brunswick Health Council for their 2020 Primary Health Survey. From New Brunswick Health Council's Primary Health Survey: Health of New Brunswickers data table.

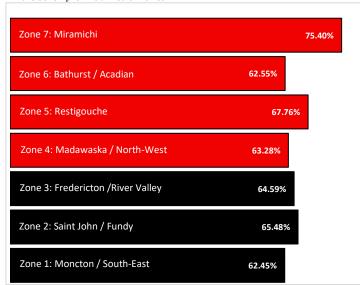
https://nbhc.ca/table/health-new-brunswickers?cuts=NB&trends=1

New Brunswick live with at least one chronic health condition, with a third of those individuals living with three or more, as seen in Figure 11. This is much higher than the national average, sitting at around 44 percent (PHAC, 2019). These statistics have increased since the previous reporting from 2014, where 61.6 percent of New Brunswickers lived with at least one chronic health condition (NBHC, 2014).

"We should have those same rights no matter where people are in the province." – Jenica Atwin, MP, Fredericton, on Access to Healthcare



Figure 12. Chronic Conditions by New Brunswick Health Zone. Percentage of individuals living with one or more chronic condition in 2020, separated by the seven provincial health zones.



Note. The percentage of individuals with chronic conditions was collected by the New Brunswick Health Council for their 2020 Primary Health Survey. From New Brunswick Health Council's Primary Health Survey: Health of New Brunswickers data table. https://nbhc.ca/table/health-new-brunswickers?cuts=NB&trends=1

in New Brunswick, Jenica Atwin, Member of Parliament and representative for the riding of Fredericton, stated that healthcare is one of the main concerns consistently popping up from her constituents. Atwin explained that healthcare and equitable access to healthcare resources must be consistent across her riding and the province, especially pertaining to equitable access to abortion services and reproductive care.

Next, persons with chronic health conditions by health zone were studied. Not including Miramichi, which showed a chronic illness rate of 75.4 percent, we found all health zones ranged between 62 percent and 68 percent, consistent with the provincial average of 65 percent, as seen in Figure 12 (NBHC, 2020). From this perspective, there were no noted differences between the health zones containing those urban areas of Moncton, Fredericton, and Saint John. Of note, however, these urban zones do contain the four largest hospitals in the province, (those being the Doctor Everett Chambers Hospital in Fredericton; the Moncton City Hospital and George Dumont in Moncton; and finally, the Saint John Regional Hospital in Saint John) (Horizon Health Network, 2022; Vitalité Health Network, 2022).

Despite Fredericton being home to one of the largest hospitals

"The culture of New Brunswick is what makes me stay."

Jason LeJeune says that living in New Brunswick is a unique cultural experience. "There are so many rural experiences that are ingrained in the population. The rural experience is not felt by a lot of Canadians." New Brunswick has a "we're all in it together attitude, for better or for worse."

Additionally, Atwin addressed mental health services, stating that there must be resources and action dedicated to these services.





Policy Implications

Through our research on public transportation, we have found a need for better transportation in rural areas. There is a large discrepancy between transportation services in urban and rural areas, and this has effects on several parts of the economy. Those who live in rural areas spend over \$2 000 more per year on transportation than in urban areas (StatCan, 2022b). Public transportation affects access to healthcare because even though individuals living with chronic conditions are peppered evenly throughout New Brunswick, healthcare resources are not evenly spread across the province. Large facilities are concentrated along the southern portion of the province within the three urban centers of Moncton, Fredericton, and Saint John. Thus, those who live outside urban areas must have a vehicle or call an ambulance to get to healthcare centers. By implementing better public transportation, emergency workers can focus on getting the most critical patients the care they require. Furthermore, housing affordability can also be impacted by public transportation. Currently, New Brunswickers outside of urban centers must live within walking distance of their work or own a vehicle to get to work, grocery stores, and other important services. Having better public transportation in rural areas that allows residents to travel into urban centers could alleviate the demand for housing in urban centers, thereby potentially lowering prices while increasing availability. By offering public transportation in the metropolitan areas, people will no longer have to work as close to their jobs, which can allow people to have access to more housing options. Further research needs to be conducted to assess what impact rural public transit would have on urban housing demand, as that is not something we discovered in our research. Additionally, implementing buses, carpooling, and/or rideshare services in rural areas could lower the cost of transportation for rural regions.

With the cost of housing across New Brunswick increasing, it is becoming harder than ever to buy real estate. With increased material prices, the cost of building dwellings has put upward pressure on housing costs. A lack of new affordable housing could have led to increased housing costs. In our research, we spoke with Jason LeJeune, counselor for Ward 11, Fredericton, who said, "Freddy [Fredericton] struggles with the large public sector and non-profit housing sectors. Only 8% are non-profit or public sector." This could be an issue in Fredericton as it could price out the low income earners if there is not an adequate supply. Increasing government programs for housing could be another option in areas like Fredericton, which have a low number of large public sector and non-profit homes. As well, incentivizing home builders to build affordable housing could increase the supply to meet demand. Furthermore, although immigration is important for filling job vacancies and population growth, it can increase the demand for housing. Immigrants disproportionately move to the three urban centers over rural communities, making it even harder to keep supply and demand balanced. A more balanced distribution of immigrants throughout the province could help ease the pressure in urban areas. One option could be to implement immigration services in these rural areas that would attract and help newcomers settle where immigrants are less likely to live, while also working to retain them.

One of the largest discrepancies between rural and urban New Brunswick is income. A person living in a rural region can expect to make less than the provincial median of \$34 340 (StatCan, 2022c). In contrast, the median incomes in the three urban centers are \$37 360 in Moncton, \$37 410 in Saint John, and \$39 540 in Fredericton.





There is also a \$2/hour gap in wage offers between parts of the province, with Campbellton-Miramichi at the bottom and Moncton-Richibucto at the top (StatCan, 2022e). This \$2 gap would amount to over \$3 600 a year. With a wide income gap between rural and urban New Brunswick, people growing up in or moving to the province could become more likely to live in urban areas because of this difference. This could create further discrepancies between urban and rural New Brunswick, including the immigration bias to urban areas and a decrease in the rural population. The provincial government could incentivize companies to start, move to, or hire in rural areas to close this wage gap. Another option is to hire remote staff who can virtually work in rural areas if the job allows for it. Additionally, as previously discussed, public transportation from rural communities into urban centers could make it easier for those in rural New Brunswick to gain access to more job opportunities.





Conclusion

New Brunswick is a unique province for many reasons, with one being its population breakdown. As nearly half of the population lives urban and half rural, the 2022 PopNB team was able to assess whether discrepancies exist between the two.

The population of New Brunswick has been growing, especially over the last five years. Even with the surge in growth, birth and death rates in the province are still disproportionate, and with deaths outweighing the births, population growth in some areas proves to be a challenge. Despite the disproportionate number of births and deaths, interprovincial and international migration has worked to aid population growth in the province. This led to clear trends in where migrants wanted to settle and why, with a preference for urban centers for a variety of reasons.

As an influx of people enter New Brunswick, employment opportunities are essential. However, regions without an urban center are seeing a decrease in jobs. Those regions with an urban center are faring better, with Fredericton-Oromocto, Moncton-Richibucto, and Saint John-St. Stephen seeing a slight decrease. Additionally, the average hourly wage when starting a new position has been increasing steadily across the province. In line with wages, income and poverty in New Brunswick were assessed, with stark differences among the urban and rural regions. From 2017 to 2020, urban regions saw a higher increase in income than rural ones, with all regions in the province sitting under the provincial median income in 2020.

Spending by family, broken down by category, provided insights into where urban and rural residents allocate their earnings. Findings on spending were tied into the real estate market, where the average cost of a home has skyrocketed in New Brunswick. While housing costs in the province are still deemed affordable, the percentage of owners in Core Housing Need in both urban and rural areas remains high. Moreover, due to discrepancies in resources, rural citizens spend substantially more of their before-tax household income on owning property than urban citizens do.

Further, transportation was also assessed, with findings that public transit is mostly confined to the three urban centers. Aside from Miramichi and Bathurst, those in rural regions depend on personal modes of transportation, family, or friends. The final topic explored was healthcare, assessed in terms of the prevalence of chronic health conditions. The findings were surprising, indicating that urban and rural regions are nearly consistent with the provincial average, except for Miramichi. Despite these statistics, the four largest hospitals in the province are in the three urban centers.

"Life brought me home, but I chose to stay." Adam Lordon, Mayor of Miramichi





Future Research

The PopNB team was able to uncover significant findings pertaining to urban and rural New Brunswick and these seven research topics that impact the lives of New Brunswick residents. Despite our findings, we uncovered gaps in our research, which could lead to potential research in the future. When assessing housing affordability and availability, we found that there were no significant discrepancies among property owners in urban and rural regions pertaining to gender. However, Statistics Canada is expanding its terms to include 'sex at birth' and 'gender' in relation to demographics on property owners. These yet-to-be-released statistics could paint a different picture pertaining to property owner demographics.

Further, during the healthcare analysis, we found that chronic health conditions increased from 2014, according to the previous report from the New Brunswick Health Council's Primary Health Survey (NBHC, 2020). The 2014 survey found that 61.6 percent of New Brunswick residents lived with at least one chronic health condition, rising to 64.7 in the 2020 Health Survey. A look into the increase of chronic health conditions in New Brunswick between 2014 and 2020 and why this is occurring could be a topic of future research, leading to new findings. The 2023 PopNB research team could expand on the 2022 findings, addressing those gaps in our research and analyzing them during their research term.





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