POPULATION HEALTH

Health outcomes



Province
New Brunswick

Quality of Life

Infant (newborn)

Infants - low birth weight % | 2021 to 2023	**6.1**
Infants - higher than average birth weight % | 2021 to 2023	**1.4**

Children

High level of mental fitness (having a positive sense of how they feel, think and act) % | 2025-2026	**22.4**
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2024-2025	**38.4**
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2024-2025	**20.2**
Healthy weight % | 2016-2017	**57.9**
Underweight % | 2016-2017	**7.0**
Overweight or obese % | 2016-2017	**35.1**

Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % | 2025-2026	**82.7**
Perceived mental health, very good or excellent % | 2025-2026	**42.0**
Perceived health, very good or excellent % | 2025-2026	**51.0**
Resilience, high or moderate level % | 2023-2024	**69.5**
Life satisfaction % | 2025-2026	**83.7**

	Province New Brunswick
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2024-2025	**89.0**
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2024-2025	**21.7**
Symptoms of depression % | 2025-2026	**34.8**
Symptoms of anxiety % | 2025-2026	**41.4**
Have been injured and had to be treated by a doctor or nurse % | 2022-2023	**15.6**
Overweight or obese % | 2025-2026	**26.9**

Adults

Perceived mental health, very good or excellent % | 2024	**39.6**
Perceived health, very good or excellent % | 2024	**39.6**
Life satisfaction, very satisfied or satisfied % | 2020	**90.1**
Lonely (based on loneliness score) % | 2020	**21.1**
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2024	**12.5**

Seniors

Perceived mental health, very good or excellent % | 2024	**52.6**
Perceived health, very good or excellent % | 2024	**32.8**
Life satisfaction, very satisfied or satisfied % | 2020	**89.3**
Lonely (based on loneliness score) % | 2020	**17.9**
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2024	**25.6**
Have been injured and had to be treated by a doctor or nurse % | 2020	**13.6**

Prevalence of chronic health conditions of adults and seniors

No chronic health condition % | 2024	**32.6**
3 or more chronic health conditions % | 2024	**24.9**

Types of chronic health conditions of adults and seniors - mental health

	Province New Brunswick
Anxiety % | 2024	**24.5**
Depression % | 2024	**19.5**
Mood disorder (other than depression) % | 2024	**4.1**

Types of chronic health conditions of adults and seniors - physical health

Hypertension % | 2024	**28.6**
High cholesterol % | 2024	**22.1**
Chronic pain % | 2024	**19.4**
Arthritis % | 2024	**20.6**
Gastric reflux % | 2024	**19.5**
Diabetes % | 2024	**12.0**
Asthma % | 2024	**13.0**
Cancer % | 2024	**8.2**
Heart disease % | 2024	**9.2**
Emphysema/COPD % | 2024	**2.9**
Stroke % | 2024	**2.2**
Obesity % | 2020	**34.1**

Management of chronic health conditions

Adults - strongly agree that their health largely depends on how well they take care of themselves % | 2020	**62.1**
Adults - know how to prevent further problems with their health condition, strongly agree % | 2020	**38.0**
Adults - very confident in managing their health condition % | 2024	**32.4**
Seniors - strongly agree that their health largely depends on how well they take care of themselves % | 2020	**51.1**
Seniors - know how to prevent further problems with their health condition, strongly agree % | 2020	**30.6**
Seniors - very confident in managing their health condition % | 2024	**37.4**

Province
New Brunswick

Length of life

Infant death Rate per 1,000 live births | 2021 to 2023	**4.3**
Life expectancy at birth Years | 2015 to 2017	**80.7**
Male Years | 2015 to 2017	**78.6**
Female Years | 2015 to 2017	**82.9**
Median age at death Years | 2019 to 2023	**78**
Male Years | 2019 to 2023	**76**
Female Years | 2019 to 2023	**81**

Premature deaths

Cancer, years of life lost Rate per 10,000 population | 2019 to 2023	**159**
Male Rate per 10,000 population | 2019 to 2023	**115**
Female Rate per 10,000 population | 2019 to 2023	**60**
Injuries, years of life lost Rate per 10,000 population | 2019 to 2023	**61**
Male Rate per 10,000 population | 2019 to 2023	**32**
Female Rate per 10,000 population | 2019 to 2023	**27**
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2019 to 2023	**30**
Male Rate per 10,000 population | 2019 to 2023	**5**
Female Rate per 10,000 population | 2019 to 2023	**7**
Heart and stroke, years of life lost Rate per 10,000 population | 2019 to 2023	**88**
Male Rate per 10,000 population | 2019 to 2023	**2**
Female Rate per 10,000 population | 2019 to 2023	**1**
Breathing diseases, years of life lost Rate per 10,000 population | 2019 to 2023	**29**
Male Rate per 10,000 population | 2019 to 2023	**4**

	Province
	New Brunswick
Female Rate per 10,000 population | 2019 to 2023	5

About this Table

Health Outcomes are influenced by many factors that influence health, such as the quality of the medical care received to having access to affordable housing.

Content and description

Information on quality and length of life.

Quality of life, or how healthy people feel, is a blend of a person's physical, mental, emotional and social functioning. It goes beyond measuring the life expectancy and causes of death. It is available by different age groups in this data table.

Length of life is about life expectancy and median age at death. It is influenced by premature death, potentially avoidable death from preventable causes, potentially avoidable death from treatable causes.

Why is this important?

Health Outcomes indicators represent how healthy are individuals in a community. The indicators reflect the physical and mental well-being of these New Brunswickers.

Having the ability to access local population health information relating to children, youth, adults and seniors for a specific community is important to support planning and targeted strategies. Knowledge of the Physical Environment, Health Behaviours, Social and Economic Factor and Health Services can be a powerful tool in improving Health Outcomes.

Availability of the data

Indicators from a variety of sources are collected, organized, and analyzed by the NBHC. These data sources are used to represent the population health of New Brunswickers. Each have various levels of reliability and limitations as detailed in the Indicator pages. The information for this data table is available for the 33 NBHC Communities, 7 Health Zones and for New Brunswick overall.

The Population Health data table series provides comprehensive view about the people who live, learn, work, take part in activities and in community life in this area.

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