

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

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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	

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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

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

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Female Rate per 10,000 population | 2019 to 2023

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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.

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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