

## POPULATION HEALTH

## **Health outcomes**



# **Quality of Life**

## finfant (newborn) Infants - low birth weight % | 2019 to 2021 6.2 Infants - higher than average birth weight % | 2019 to 2021 1.4 †† Children High level of mental fitness (having a positive sense of how they feel, think and act) % | 2023-2024 19.8 Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2022-2023 35.4 Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2022-2023 19.0 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) % | 75.1 2022-2023 Perceived mental health, very good or excellent % | 2023-2024 43.0 Perceived health, very good or excellent % | 2023-2024 54.3 Resilience, high or moderate level % | 2023-2024 69.5 80.2 Life satisfaction % | 2023-2024



	Province New Brunswick
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) %   2022-2023	83.1
Oppositional behaviours (being defiant, disrespectful, rude, etc.) %   2022-2023	21.3
Symptoms of depression %   2023-2024	36.8
Symptoms of anxiety %   2023-2024	44.1
Have been injured and had to be treated by a doctor or nurse %   2022-2023	15.6
Overweight or obese %   2023-2024	26.9
Å Adults	
Perceived mental health, very good or excellent %   2022	38.9
Perceived health, very good or excellent %   2022	37.3
Life satisfaction, very satisfied or satisfied %   2020	90.1
Lonely (based on loneliness score) %   2020	21.1
Take 6 or more different prescription medications on a regular basis $\% \mid$ 2020	7.1
†‡ Seniors	
Perceived mental health, very good or excellent %   2022	45.7
Perceived health, very good or excellent %   2022	28.1
Life satisfaction, very satisfied or satisfied %   2020	89.3
Lonely (based on loneliness score) %   2020	17.9
Take 6 or more different prescription medications on a regular basis %   2020	23.2
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 %   2022	32.4
3 or more chronic health conditions %   2022	24.7
Types of chronic health conditions of adults and seniors - mental health	
Anxiety %   2022	25.6



**Province** New Brunswick Depression % | 2022 20.5 Mood disorder (other than depression) % | 2022 4.6 Types of chronic health conditions of adults and seniors - physical health Hypertension % | 2022 29.8 21.3 High cholesterol % | 2022 20.5 Chronic pain % | 2022 Arthritis % | 2022 19.8 Gastric reflux % | 2022 18.8 Diabetes % | 2022 11.9 Asthma % | 2022 11.8 Cancer % | 2022 8.6 Heart disease % | 2022 8.4 Emphysema/COPD % | 2022 3.4 Stroke % | 2022 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 % | 2022 31.8 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 % | 2022 35.6

## Length of life



	Province New Brunswick
Infant death Rate per 1,000 live births   2019 to 2021	3.5
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   2017 to 2021	78
Male Years   2017 to 2021	76
Female Years   2017 to 2021	82
<b>™</b> Premature death - 0 to 19 years old	
Cancer, years of life lost Rate per 10,000 population   2014 to 2018	11
Male Rate per 10,000 population   2014 to 2018	8
Female Rate per 10,000 population   2014 to 2018	14
Injuries, years of life lost Rate per 10,000 population   2014 to 2018	41
Male Rate per 10,000 population   2014 to 2018	51
Female Rate per 10,000 population   2014 to 2018	8
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population   2014 to 2018	19
Male Rate per 10,000 population   2014 to 2018	30
Female Rate per 10,000 population   2014 to 2018	31
■ Premature death - all population	
Cancer, years of life lost Rate per 10,000 population   2017 to 2021	164
Male Rate per 10,000 population   2017 to 2021	166
Female Rate per 10,000 population   2017 to 2021	161
Injuries, years of life lost Rate per 10,000 population   2017 to 2021	60
Male Rate per 10,000 population   2017 to 2021	84
Female Rate per 10,000 population   2017 to 2021	35



## **Province** New Brunswick

Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population   2017 to 2021	35
Male Rate per 10,000 population   2017 to 2021	56
Female Rate per 10,000 population   2017 to 2021	14
Heart and stroke, years of life lost Rate per 10,000 population   2017 to 2021	92
Male Rate per 10,000 population   2017 to 2021	123
Female Rate per 10,000 population   2017 to 2021	61
Breathing diseases, years of life lost Rate per 10,000 population   2017 to 2021	29
Male Rate per 10,000 population   2017 to 2021	32
Female Rate per 10,000 population   2017 to 2021	27



## **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.

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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

P Below-average performance