

POPULATION HEALTH

Health outcomes



Province
New Brunswick

Quality of Life

Infant (newborn)

Infants - low birth weight % 2016 to 2018	6.2
Infants - higher than average birth weight % 2016 to 2018	1.8

Children

High level of mental fitness (having a positive sense of how they feel, think and act) % 2019-2020	n/a
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2019-2020	n/a
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2019-2020	n/a
Healthy weight % 2019-2020	n/a
Underweight % 2019-2020	n/a
Overweight or obese % 2019-2020	n/a

Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % 2021-2022	77.8
See their health as being very good or excellent % 2021-2022	54.5
Resilience, high or moderate level % 2021-2022	68.8
Life satisfaction % 2021-2022	76.5
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2018-2019	85.0

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Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2018-2019	15.2
Symptoms of depression % 2021-2022	41.7
Symptoms of anxiety % 2021-2022	47.8
Have been injured and had to be treated by a doctor or nurse % 2018-2019	30.1
Overweight or obese % 2021-2022	28.3
👤 Adults	
Perceived mental health, very good or excellent % 2020	50.8
Perceived health, very good or excellent % 2020	44.6
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 % 2020	7.1
👥 Seniors	
Perceived mental health, very good or excellent % 2020	48.8
Perceived health, very good or excellent % 2020	26.8
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 % 2017	39.1
3 or more chronic health conditions % 2020	23.1
☁️ Types of chronic health conditions of adults and seniors - mental health	
Depression % 2020	17.3
Mood disorder (other than depression) % 2020	3.2

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

Gastric reflux % 2020	16.6
Heart disease % 2020	9.6
Stroke % 2020	2.5
Cancer (prevalence) % 2020	8.8
Diabetes % 2020	12.0
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 % 2020	40.2
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 % 2020	43.9

Length of life

Infant death Rate per 1,000 live births 2016 to 2018	3.2
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 2014 to 2018	79
Male Years 2014 to 2018	76
Female Years 2014 to 2018	83

Premature death - 0 to 19 years old

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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 2014 to 2018	172
Male Rate per 10,000 population 2014 to 2018	179
Female Rate per 10,000 population 2014 to 2018	164
Injuries, years of life lost Rate per 10,000 population 2014 to 2018	61
Male Rate per 10,000 population 2014 to 2018	85
Female Rate per 10,000 population 2014 to 2018	38
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2014 to 2018	44
Male Rate per 10,000 population 2014 to 2018	69
Female Rate per 10,000 population 2014 to 2018	18
Heart and stroke, years of life lost Rate per 10,000 population 2014 to 2018	96
Male Rate per 10,000 population 2014 to 2018	126
Female Rate per 10,000 population 2014 to 2018	66
Breathing diseases, years of life lost Rate per 10,000 population 2014 to 2018	30
Male Rate per 10,000 population 2014 to 2018	33

Female Rate per 10,000 population | 2014 to 2018

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 was suppressed due to low respondent counts