

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) % 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) % 2022-2023	75.1
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
Life satisfaction % 2023-2024	80.2

	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
👤 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 % 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
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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
High cholesterol % 2022	21.3
Chronic pain % 2022	20.5
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 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	
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

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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	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.

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