

POPULATION HEALTH

# Health outcomes



Province  
New Brunswick

## Quality of Life

### Infant (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) %   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

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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
<b>👤 Adults</b>	
Perceived mental health, very good or excellent %   2023	40.4
Perceived health, very good or excellent %   2023	42.2
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 %   2023	12.5
<b>👥 Seniors</b>	
Perceived mental health, very good or excellent %   2023	48.3
Perceived health, very good or excellent %   2023	27.8
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 %   2023	26.4
Have been injured and had to be treated by a doctor or nurse %   2020	13.6
<b>👤👥 Prevalence of chronic health conditions of adults and seniors</b>	
No chronic health condition %   2023	32.2
3 or more chronic health conditions %   2023	24.9

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

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Anxiety %   2023	24.6
Depression %   2023	19.8
Mood disorder (other than depression) %   2023	4.2

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

Hypertension %   2023	29.0
High cholesterol %   2023	21.7
Chronic pain %   2023	20.2
Arthritis %   2023	21.2
Gastric reflux %   2023	19.6
Diabetes %   2023	12.2
Asthma %   2023	12.4
Cancer %   2023	8.8
Heart disease %   2023	9.5
Emphysema/COPD %   2023	2.8
Stroke %   2023	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 %   2023	31.6
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 %   2023	37.6

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## Length of life

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

### 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	S
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	31
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	S

### 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

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Male Rate per 10,000 population   2017 to 2021	<b>84</b>
Female Rate per 10,000 population   2017 to 2021	<b>35</b>
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population   2017 to 2021	<b>35</b>
Male Rate per 10,000 population   2017 to 2021	<b>56</b>
Female Rate per 10,000 population   2017 to 2021	<b>14</b>
Heart and stroke, years of life lost Rate per 10,000 population   2017 to 2021	<b>92</b>
Male Rate per 10,000 population   2017 to 2021	<b>123</b>
Female Rate per 10,000 population   2017 to 2021	<b>61</b>
Breathing diseases, years of life lost Rate per 10,000 population   2017 to 2021	<b>29</b>
Male Rate per 10,000 population   2017 to 2021	<b>32</b>
Female Rate per 10,000 population   2017 to 2021	<b>27</b>

## 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

 Below-average performance