POPULATION HEALTH
Health outcomes

Community
Bouctouche, Richibucto, Saint-Antoine Area

Zone 1
Moncton and South-East Area

Province
New Brunswick
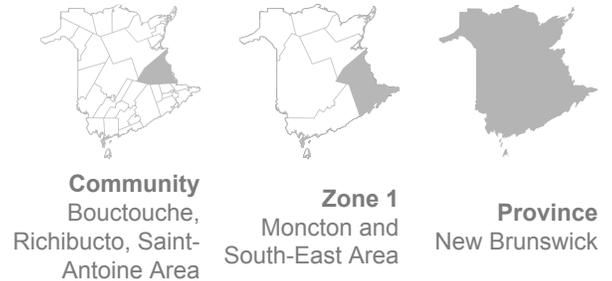
Quality of Life

🍼 Infant (newborn)

	Community	Zone 1	Province
Infants - low birth weight %	n/a	n/a	n/a
Infants - higher than average birth weight %	n/a	n/a	n/a

👫 Children

	Community	Zone 1	Province
High level of mental fitness (having a positive sense of how they feel, think and act) %	2025-2026	22.4	22.4	22.4
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) %	2024-2025	39.7	38.0	38.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) %	2024-2025	31.8	21.0	20.2
Healthy weight %	2019-2020	52.3	n/a	n/a
Underweight %	2019-2020	7.5	n/a	n/a
Overweight or obese %	2019-2020	40.3	n/a	n/a

🧍 Youth

	Community	Zone 1	Province
Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) %	2025-2026	82.8	84.4	82.7
Perceived mental health, very good or excellent %	2025-2026	42.2	44.5	42.0
Perceived health, very good or excellent %	2025-2026	48.1	52.9	51.0

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Resilience, high or moderate level % | 2023-2024	64.6	70.7	69.5
Life satisfaction % | 2025-2026	84.0	84.3	83.7
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2024-2025	88.5	89.9	89.0
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2024-2025	28.0	20.6	21.7
Symptoms of depression % | 2025-2026	33.9	32.4	34.8
Symptoms of anxiety % | 2025-2026	41.0	39.3	41.4
Have been injured and had to be treated by a doctor or nurse % | 2022-2023	13.1	14.3	15.6
Overweight or obese % | 2025-2026	33.7	26.2	26.9

Adults

	Community	Zone 1	Province
Perceived mental health, very good or excellent % | 2020	47.9	49.5	50.8
Perceived health, very good or excellent % | 2020	39.9	44.7	44.6
Life satisfaction, very satisfied or satisfied % | 2020	87.0	89.7	90.1
Lonely (based on loneliness score) % | 2020	18.5	21.4	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2020	12.6	10.2	12.4

Seniors

	Community	Zone 1	Province
Perceived mental health, very good or excellent % | 2020	42.8	46.7	48.8
Perceived health, very good or excellent % | 2020	22.1	27.2	26.8
Life satisfaction, very satisfied or satisfied % | 2020	89.7	89.8	89.3
Lonely (based on loneliness score) % | 2020	16.1	15.1	17.9
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2020	19.3	23.8	26.6
Have been injured and had to be treated by a doctor or nurse % | 2020	14.1	13.7	13.6

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Prevalence of chronic health conditions of adults and seniors			
No chronic health condition % | 2017	**37.0**	**41.2**	**39.1**
3 or more chronic health conditions % | 2020	**23.4**	**21.0**	**23.1**
Types of chronic health conditions of adults and seniors - mental health			
Anxiety % | 2020	**17.0**	**20.3**	**19.2**
Depression % | 2020	**16.6**	**19.1**	**17.3**
Mood disorder (other than depression) % | 2020	**2.9**	**3.4**	**3.2**
Types of chronic health conditions of adults and seniors - physical health			
Hypertension % | 2020	**25.9**	**26.0**	**29.8**
High cholesterol % | 2020	**20.4**	**18.3**	**20.7**
Chronic pain % | 2020	**16.3**	**16.9**	**17.6**
Arthritis % | 2020	**18.2**	**16.2**	**19.2**
Gastric reflux % | 2020	**22.3**	**17.1**	**16.6**
Diabetes % | 2020	**13.6**	**10.8**	**12.0**
Asthma % | 2020	**11.2**	**10.9**	**11.8**
Cancer % | 2020	**10.3**	**9.0**	**8.8**
Heart disease % | 2020	**9.8**	**8.3**	**9.6**
Emphysema/COPD % | 2020	**3.3**	**3.0**	**3.5**
Stroke % | 2020	**2.9**	**1.4**	**2.5**
Obesity % | 2020	**39.3**	**33.7**	**34.1**
Management of chronic health conditions			
Adults - strongly agree that their health largely depends on how well they take care of themselves % | 2020	**52.5**	**64.3**	**62.1**

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Adults - know how to prevent further problems with their health condition, strongly agree % | 2020	32.6	36.6	38.0
Adults - very confident in managing their health condition % | 2020	35.3	36.7	39.3
Seniors - strongly agree that their health largely depends on how well they take care of themselves % | 2020	51.3	54.6	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % | 2020	26.6	31.5	30.6
Seniors - very confident in managing their health condition % | 2020	38.3	43.5	43.4

Length of life

Infant death Rate per 1,000 live births	n/a	n/a	n/a
Life expectancy at birth Years | 2015 to 2017	S	81.7	80.7
Male Years | 2015 to 2017	S	79.4	78.6
Female Years | 2015 to 2017	S	84.0	82.9
Median age at death Years | 2019 to 2023	78	79	78
Male Years | 2014 to 2018	76	77	76
Female Years | 2014 to 2018	83	84	83

Premature deaths

Cancer, years of life lost Rate per 10,000 population | 2017 to 2021	n/a	154	164
Male Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Injuries, years of life lost Rate per 10,000 population | 2017 to 2021	n/a	56	60
Male Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2017 to 2021	n/a	33	35

	Community Bouctouche, Richibucto, Saint-Antoine Area	Zone 1 Moncton and South-East Area	Province New Brunswick
Male Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Heart and stroke, years of life lost Rate per 10,000 population | 2017 to 2021	n/a	**78**	**92**
Male Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Breathing diseases, years of life lost Rate per 10,000 population | 2017 to 2021	n/a	**22**	**29**
Male Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population | 2017 to 2021	n/a	n/a	n/a

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