

POPULATION HEALTH

Health outcomes



Community
Saint John,
Simonds and
Musquash



Zone 2
Fundy Shore and
Saint John Area



Province
New Brunswick

Quality of Life

Infant (newborn)

Infants - low birth weight % 2016 to 2018	S	5.9	6.2
Infants - higher than average birth weight % 2016 to 2018	S	2.3	1.8

Children

High level of mental fitness (having a positive sense of how they feel, think and act) % 2023-2024	18.8	18.7	19.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023	35.9	34.6	35.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023	13.8	14.4	19.0
Healthy weight % 2016-2017	52.4	55.0	57.9
Underweight % 2016-2017	8.5	7.7	7.0
Overweight or obese % 2016-2017	39.1	37.3	35.1

Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % 2022-2023	72.0	72.3	75.1
Perceived mental health, very good or excellent % 2023-2024	37.4	38.4	43.0
Perceived health, very good or excellent % 2023-2024	49.0	49.7	54.3

	Community Saint John, Simonds and Musquash	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
Resilience, high or moderate level % 2023-2024	67.3	68.8	69.5
Life satisfaction % 2023-2024	77.2	77.8	80.2
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023	80.2	81.2	83.1
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023	22.4	20.5	21.3
Symptoms of depression % 2023-2024	41.7	40.0	36.8
Symptoms of anxiety % 2023-2024	46.5	46.1	44.1
Have been injured and had to be treated by a doctor or nurse % 2022-2023	16.9	17.6	15.6
Overweight or obese % 2023-2024	27.8	26.1	26.9

Adults

Perceived mental health, very good or excellent % 2020	49.8	51.7	50.8
Perceived health, very good or excellent % 2020	45.7	46.8	44.6
Life satisfaction, very satisfied or satisfied % 2020	88.2	90.4	90.1
Lonely (based on loneliness score) % 2020	24.8	22.8	21.1
Take 6 or more different prescription medications on a regular basis % 2020	7.9	6.8	7.1

Seniors

Perceived mental health, very good or excellent % 2020	43.2	49.6	48.8
Perceived health, very good or excellent % 2020	21.0	27.2	26.8
Life satisfaction, very satisfied or satisfied % 2020	84.6	88.9	89.3
Lonely (based on loneliness score) % 2020	24.4	20.9	17.9
Take 6 or more different prescription medications on a regular basis % 2020	25.7	23.5	23.2
Have been injured and had to be treated by a doctor or nurse % 2020	15.5	14.1	13.6

Community Saint John, Simonds and Musquash	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
--	---	----------------------------------

Prevalence of chronic health conditions of adults and seniors

No chronic health condition % 2017	37.4	38.9	39.1
3 or more chronic health conditions % 2020	27.0	24.5	23.1

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

Anxiety % 2020	24.2	19.8	19.2
Depression % 2020	21.3	17.4	17.3
Mood disorder (other than depression) % 2020	5.6	3.4	3.2

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

Hypertension % 2020	31.5	30.1	29.8
High cholesterol % 2020	20.5	20.9	20.7
Chronic pain % 2020	18.9	17.3	17.6
Arthritis % 2020	28.6	23.2	19.2
Gastric reflux % 2020	16.9	16.8	16.6
Diabetes % 2020	13.7	12.2	12.0
Asthma % 2020	12.0	11.9	11.8
Cancer % 2020	8.4	9.2	8.8
Heart disease % 2020	8.7	9.9	9.6
Emphysema/COPD % 2020	5.0	4.5	3.5
Stroke % 2020	3.7	3.2	2.5
Obesity % 2020	35.1	33.2	34.1

Management of chronic health conditions

Adults - strongly agree that their health largely depends on how well they take care of themselves % 2020	66.4	65.6	62.1
---	------	------	------

	Community Saint John, Simonds and Musquash	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
Adults - know how to prevent further problems with their health condition, strongly agree % 2020	42.4	41.9	38.0
Adults - very confident in managing their health condition % 2020	41.8	43.0	39.3
Seniors - strongly agree that their health largely depends on how well they take care of themselves % 2020	51.6	51.6	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % 2020	31.3	32.4	30.6
Seniors - very confident in managing their health condition % 2020	45.8	47.2	43.4

Length of life

Infant death Rate per 1,000 live births 2016 to 2018	S	1.6	4.0
Life expectancy at birth Years 2015 to 2017	S	80.1	80.7
Male Years 2015 to 2017	S	78.0	78.6
Female Years 2015 to 2017	S	82.1	82.9
Median age at death Years 2017 to 2021	79	78	78
Male Years 2014 to 2018	76	76	76
Female Years 2014 to 2018	82	82	83

Premature death - 0 to 19 years old

Cancer, years of life lost Rate per 10,000 population 2014 to 2018	S	11	11
Male Rate per 10,000 population 2014 to 2018	S	7	8
Female Rate per 10,000 population 2014 to 2018	S	14	14
Injuries, years of life lost Rate per 10,000 population 2014 to 2018	S	32	41
Male Rate per 10,000 population 2014 to 2018	S	18	51
Female Rate per 10,000 population 2014 to 2018	S	7	8
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2014 to 2018	S	13	19

	Community Saint John, Simonds and Musquash	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
Male Rate per 10,000 population 2014 to 2018	S	18	30
Female Rate per 10,000 population 2014 to 2018	S	47	31
🏠 Premature death - all population			
Cancer, years of life lost Rate per 10,000 population 2014 to 2018	S	176	172
Male Rate per 10,000 population 2014 to 2018	S	185	179
Female Rate per 10,000 population 2014 to 2018	S	167	164
Injuries, years of life lost Rate per 10,000 population 2014 to 2018	S	56	61
Male Rate per 10,000 population 2014 to 2018	S	68	85
Female Rate per 10,000 population 2014 to 2018	S	43	38
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2014 to 2018	S	32	44
Male Rate per 10,000 population 2014 to 2018	S	48	69
Female Rate per 10,000 population 2014 to 2018	S	16	18
Heart and stroke, years of life lost Rate per 10,000 population 2014 to 2018	S	106	96
Male Rate per 10,000 population 2014 to 2018	S	138	126
Female Rate per 10,000 population 2014 to 2018	S	75	66
Breathing diseases, years of life lost Rate per 10,000 population 2014 to 2018	S	33	30
Male Rate per 10,000 population 2014 to 2018	S	33	33
Female Rate per 10,000 population 2014 to 2018	S	32	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

 Above-average performance

 Below-average performance