POPULATION HEALTH
Health outcomes

Community
St. George, Grand Manan, Blacks Harbour Area

Zone 2
Fundy Shore and Saint John Area

Province
New Brunswick

Quality of Life

👶 Infant (newborn)

	Community	Zone 2	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 2	Province
High level of mental fitness (having a positive sense of how they feel, think and act) %	2023-2024	15.1	18.7	19.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) %	2022-2023	34.7	34.6	35.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) %	2022-2023	16.0	14.4	19.0
Healthy weight %	2016-2017	47.5	55.0	57.9
Underweight %	2016-2017	8.2	7.7	7.0
Overweight or obese %	2016-2017	44.2	37.3	35.1

🧍 Youth

	Community	Zone 2	Province
Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) %	2022-2023	70.6	72.3	75.1
Perceived mental health, very good or excellent %	2023-2024	37.6	38.4	43.0

| | Community
St. George, Grand Manan, Blacks Harbour Area | Zone 2
Fundy Shore and Saint John Area | Province
New Brunswick |
|---|---|---|---|
| Perceived health, very good or excellent % \| 2023-2024 | 47.7 | 49.7 | 54.3 |
| Resilience, high or moderate level % \| 2023-2024 | 68.0 | 68.8 | 69.5 |
| Life satisfaction % \| 2023-2024 | 77.1 | 77.8 | 80.2 |
| Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % \| 2022-2023 | 79.9 | 81.2 | 83.1 |
| Oppositional behaviours (being defiant, disrespectful, rude, etc.) % \| 2022-2023 | 22.6 | 20.5 | 21.3 |
| Symptoms of depression % \| 2023-2024 | 42.7 | 40.0 | 36.8 |
| Symptoms of anxiety % \| 2023-2024 | 46.3 | 46.1 | 44.1 |
| Have been injured and had to be treated by a doctor or nurse % \| 2022-2023 | 16.4 | 17.6 | 15.6 |
| Overweight or obese % \| 2023-2024 | 29.7 | 26.1 | 26.9 |

👤 Adults

Perceived mental health, very good or excellent % | 2020	45.2	51.7	50.8
Perceived health, very good or excellent % | 2020	40.0	46.8	44.6
Life satisfaction, very satisfied or satisfied % | 2020	89.0	90.4	90.1
Lonely (based on loneliness score) % | 2020	14.4	22.8	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2020	14.0	12.0	12.4

👫 Seniors

Perceived mental health, very good or excellent % | 2020	50.0	49.6	48.8
Perceived health, very good or excellent % | 2020	35.8	27.2	26.8
Life satisfaction, very satisfied or satisfied % | 2020	89.2	88.9	89.3
Lonely (based on loneliness score) % | 2020	23.1	20.9	17.9

	Community St. George, Grand Manan, Blacks Harbour Area	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2020	21.1	27.0	26.6
Have been injured and had to be treated by a doctor or nurse % | 2020	10.7	14.1	13.6

Prevalence of chronic health conditions of adults and seniors

No chronic health condition % | 2017	38.6	38.9	39.1
3 or more chronic health conditions % | 2020	27.1	24.5	23.1

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

Anxiety % | 2020	19.7	19.8	19.2
Depression % | 2020	23.8	17.4	17.3
Mood disorder (other than depression) % | 2020	1.2	3.4	3.2

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

Hypertension % | 2020	30.0	30.1	29.8
High cholesterol % | 2020	27.3	20.9	20.7
Chronic pain % | 2020	20.8	17.3	17.6
Arthritis % | 2020	23.5	23.2	19.2
Gastric reflux % | 2020	15.8	16.8	16.6
Diabetes % | 2020	14.6	12.2	12.0
Asthma % | 2020	11.3	11.9	11.8
Cancer % | 2020	8.3	9.2	8.8
Heart disease % | 2020	9.5	9.9	9.6
Emphysema/COPD % | 2020	3.8	4.5	3.5
Stroke % | 2020	3.8	3.2	2.5
Obesity % | 2020	35.1	33.2	34.1

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	Community St. George, Grand Manan, Blacks Harbour Area	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
👶 Management of chronic health conditions			
Adults - strongly agree that their health largely depends on how well they take care of themselves % | 2020	**64.9**	**65.6**	**62.1**
Adults - know how to prevent further problems with their health condition, strongly agree % | 2020	**48.8**	**41.9**	**38.0**
Adults - very confident in managing their health condition % | 2020	**46.9**	**43.0**	**39.3**
Seniors - strongly agree that their health largely depends on how well they take care of themselves % | 2020	**42.3**	**51.6**	**51.1**
Seniors - know how to prevent further problems with their health condition, strongly agree % | 2020	**25.0**	**32.4**	**30.6**
Seniors - very confident in managing their health condition % | 2020	**45.1**	**47.2**	**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	**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	**78**	**78**	**78**
Male Years | 2014 to 2018	**75**	**76**	**76**
Female Years | 2014 to 2018	**83**	**82**	**83**
💓 Premature death - 0 to 19 years old			
Cancer, years of life lost Rate per 10,000 population	n/a	n/a	n/a
Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	n/a	n/a	n/a
Injuries, years of life lost Rate per 10,000 population	n/a	n/a	n/a

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Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	n/a	n/a	n/a
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population	n/a	n/a	n/a
Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	n/a	n/a	n/a

⌁ Premature death - all population

Cancer, years of life lost Rate per 10,000 population	n/a	n/a	n/a
Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	n/a	n/a	n/a
Injuries, years of life lost Rate per 10,000 population	n/a	n/a	n/a
Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	n/a	n/a	n/a
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population	n/a	n/a	n/a
Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	n/a	n/a	n/a
Heart and stroke, years of life lost Rate per 10,000 population	n/a	n/a	n/a
Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	n/a	n/a	n/a
Breathing diseases, years of life lost Rate per 10,000 population	n/a	n/a	n/a
Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	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.

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