

POPULATION HEALTH

Health outcomes



Community Fredericton



Zone 3 Fredericton and River Valley Area



Province New Brunswick

Quality of Life

👶 Infant (newborn)

Infants - low birth weight % 2016 to 2018	S	5.4	6.2
Infants - higher than average birth weight % 2016 to 2018	S	1.7	1.8

👨👩 Children

High level of mental fitness (having a positive sense of how they feel, think and act) % 2022-2023	23.8	19.4	21.0
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023	34.9	32.9	35.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023	16.5	17.5	19.0
Healthy weight % 2016-2017	62.6	58.7	57.9
Underweight % 2016-2017	6.6	6.8	7.0
Overweight or obese % 2016-2017	30.7	34.6	35.1

👤 Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % 2022-2023	74.7	72.6	75.1
Perceived mental health, very good or excellent % 2022-2023	39.2	38.4	41.0
Perceived health, very good or excellent % 2022-2023	56.7	53.1	54.7

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Resilience, high or moderate level % 2022-2023	67.6	64.5	65.2
Life satisfaction % 2022-2023	78.0	77.0	79.1
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023	83.1	81.7	83.1
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023	18.1	19.2	21.3
Symptoms of depression % 2022-2023	46.9	48.4	44.7
Symptoms of anxiety % 2022-2023	51.5	52.6	50.1
Have been injured and had to be treated by a doctor or nurse % 2022-2023	17.8	17.1	15.6
Overweight or obese % 2022-2023	23.6	26.3	26.5
👤 Adults			
Perceived mental health, very good or excellent % 2020	54.0	50.0	50.8
Perceived health, very good or excellent % 2020	54.4	47.1	44.6
Life satisfaction, very satisfied or satisfied % 2020	93.0	90.2	90.1
Lonely (based on loneliness score) % 2020	23.2	24.5	21.1
Take 6 or more different prescription medications on a regular basis % 2020	5.5	6.7	7.1
👥 Seniors			
Perceived mental health, very good or excellent % 2020	52.8	48.3	48.8
Perceived health, very good or excellent % 2020	31.6	28.5	26.8
Life satisfaction, very satisfied or satisfied % 2020	91.3	89.2	89.3
Lonely (based on loneliness score) % 2020	16.8	20.0	17.9
Take 6 or more different prescription medications on a regular basis % 2020	18.9	22.6	23.2
Have been injured and had to be treated by a doctor or nurse % 2020	13.7	12.6	13.6

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👥 Prevalence of chronic health conditions of adults and seniors			
No chronic health condition % 2017	40.4	36.2	39.1
3 or more chronic health conditions % 2020	19.6	23.6	23.1
🧠 Types of chronic health conditions of adults and seniors - mental health			
Depression % 2020	18.4	18.5	17.3
Mood disorder (other than depression) % 2020	3.1	2.9	3.2
👤 Types of chronic health conditions of adults and seniors - physical health			
Gastric reflux % 2020	14.9	16.2	16.6
Heart disease % 2020	6.8	9.0	9.6
Stroke % 2020	2.1	2.3	2.5
Cancer (prevalence) % 2020	6.0	7.9	8.8
Diabetes % 2020	10.7	11.8	12.0
Obesity % 2020	28.5	35.5	34.1
👤 Management of chronic health conditions			
Adults - strongly agree that their health largely depends on how well they take care of themselves % 2020	61.0	62.9	62.1
Adults - know how to prevent further problems with their health condition, strongly agree % 2020	44.4	39.8	38.0
Adults - very confident in managing their health condition % 2020	44.8	42.5	40.2
Seniors - strongly agree that their health largely depends on how well they take care of themselves % 2020	52.7	54.4	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % 2020	35.9	31.7	30.6
Seniors - very confident in managing their health condition % 2020	40.5	43.6	43.9

Length of life

	Community Fredericton	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Infant death Rate per 1,000 live births 2016 to 2018	S	1.6	3.2
Life expectancy at birth Years 2015 to 2017	S	80.9	80.7
Male Years 2015 to 2017	S	78.9	78.6
Female Years 2015 to 2017	S	82.6	82.9
Median age at death Years 2014 to 2018	82	79	79
Male Years 2014 to 2018	79	76	76
Female Years 2014 to 2018	84	82	83

Premature death - 0 to 19 years old

Cancer, years of life lost Rate per 10,000 population 2014 to 2018	S	10	11
Male Rate per 10,000 population 2014 to 2018	S	6	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	42	41
Male Rate per 10,000 population 2014 to 2018	S	64	51
Female Rate per 10,000 population 2014 to 2018	S	6	8
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2014 to 2018	S	27	19
Male Rate per 10,000 population 2014 to 2018	S	47	30
Female Rate per 10,000 population 2014 to 2018	S	19	31

Premature death - all population

Cancer, years of life lost Rate per 10,000 population 2014 to 2018	S	153	172
Male Rate per 10,000 population 2014 to 2018	S	155	179
Female Rate per 10,000 population 2014 to 2018	S	151	164
Injuries, years of life lost Rate per 10,000 population 2014 to 2018	S	59	61
Male Rate per 10,000 population 2014 to 2018	S	74	85

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Female Rate per 10,000 population 2014 to 2018	S	44	38
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2014 to 2018	S	41	44
Male Rate per 10,000 population 2014 to 2018	S	65	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	100	96
Male Rate per 10,000 population 2014 to 2018	S	126	126
Female Rate per 10,000 population 2014 to 2018	S	73	66
Breathing diseases, years of life lost Rate per 10,000 population 2014 to 2018	S	32	30
Male Rate per 10,000 population 2014 to 2018	S	32	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 was suppressed due to low respondent counts