POPULATION HEALTH

Health outcomes

	Community Nackawic, McAdam, Canterbury Area	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) % | 2019-2020	n/a	n/a	n/a
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2019-2020	n/a	n/a	n/a
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2019-2020	n/a	n/a	n/a
Healthy weight % | 2019-2020	n/a	n/a	n/a
Underweight % | 2019-2020	n/a	n/a	n/a
Overweight or obese % | 2019-2020	n/a	n/a	n/a

Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % | 2021-2022	**72.8**	**76.4**	**77.8**
See their health as being very good or excellent % | 2021-2022	**45.7**	**53.2**	**54.5**
Resilience, high or moderate level % | 2021-2022	**64.4**	**68.7**	**68.8**

New Brunswick Health Council | Conseil de la santé du Nouveau-Brunswick

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Life satisfaction % | 2021-2022	75.0	75.1	76.5
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2018-2019	83.3	83.7	85.0
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2018-2019	19.0	14.9	15.2
Symptoms of depression % | 2021-2022	50.7	44.0	41.7
Symptoms of anxiety % | 2021-2022	56.1	48.9	47.8
Have been injured and had to be treated by a doctor or nurse % | 2018-2019	28.5	31.5	30.1
Overweight or obese % | 2021-2022	28.9	27.4	28.3

🧍 Adults

Perceived mental health, very good or excellent % | 2020	45.7	50.0	50.8
Perceived health, very good or excellent % | 2020	36.7	47.1	44.6
Life satisfaction, very satisfied or satisfied % | 2020	91.4	90.2	90.1
Lonely (based on loneliness score) % | 2020	26.0	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	47.3	48.3	48.8
Perceived health, very good or excellent % | 2020	33.6	28.5	26.8
Life satisfaction, very satisfied or satisfied % | 2020	91.3	89.2	89.3
Lonely (based on loneliness score) % | 2020	18.7	20.0	17.9
Take 6 or more different prescription medications on a regular basis % | 2020	22.3	22.6	23.2
Have been injured and had to be treated by a doctor or nurse % | 2020	8.2	12.6	13.6

👥 Prevalence of chronic health conditions of adults and seniors

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
No chronic health condition % | 2017	30.2	36.2	39.1
3 or more chronic health conditions % | 2020	32.6	23.6	23.1

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

Depression % | 2020	19.0	18.5	17.3
Mood disorder (other than depression) % | 2020	3.5	2.9	3.2

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

Gastric reflux % | 2020	19.3	16.2	16.6
Heart disease % | 2020	12.2	9.0	9.6
Stroke % | 2020	3.2	2.3	2.5
Cancer (prevalence) % | 2020	16.1	7.9	8.8
Diabetes % | 2020	12.4	11.8	12.0
Obesity % | 2020	47.5	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	64.4	62.9	62.1
Adults - know how to prevent further problems with their health condition, strongly agree % | 2020	39.9	39.8	38.0
Adults - very confident in managing their health condition % | 2020	36.5	42.5	40.2
Seniors - strongly agree that their health largely depends on how well they take care of themselves % | 2020	57.1	54.4	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % | 2020	30.1	31.7	30.6
Seniors - very confident in managing their health condition % | 2020	51.2	43.6	43.9

Length of life

	Community Nackawic, McAdam, Canterbury Area	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	78	79	79
Male Years | 2014 to 2018	76	76	76
Female Years | 2014 to 2018	80	82	83

▦ Premature death - 0 to 19 years old

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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

	Community Nackawic, McAdam, Canterbury Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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