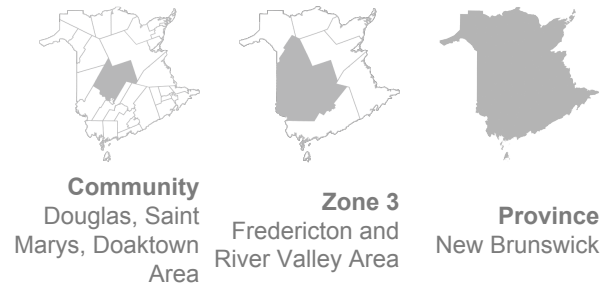


POPULATION HEALTH

# Health outcomes



## Quality of Life

### 👶 Infant (newborn)

Infants - low birth weight %	n/a	n/a	n/a
Infants - higher than average birth weight %	n/a	n/a	n/a

### 👨👩 Children

High level of mental fitness (having a positive sense of how they feel, think and act) %   2023-2024	18.7	17.1	19.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) %   2022-2023	29.4	32.9	35.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) %   2022-2023	20.5	17.5	19.0
Healthy weight %   2019-2020	49.3	n/a	n/a
Underweight %   2019-2020	8.9	n/a	n/a
Overweight or obese %   2019-2020	41.8	n/a	n/a

### 🧑 Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) %   2022-2023	70.1	72.6	75.1
Perceived mental health, very good or excellent %   2023-2024	37.2	40.2	43.0
Perceived health, very good or excellent %   2023-2024	43.2	52.6	54.3

	Community Douglas, Saint Marys, Doaktown Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Resilience, high or moderate level %   2023-2024	62.5	68.7	69.5
Life satisfaction %   2023-2024	77.0	78.0	80.2
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) %   2022-2023	79.7	81.7	83.1
Oppositional behaviours (being defiant, disrespectful, rude, etc.) %   2022-2023	24.8	19.2	21.3
Symptoms of depression %   2023-2024	43.3	39.1	36.8
Symptoms of anxiety %   2023-2024	49.4	45.8	44.1
Have been injured and had to be treated by a doctor or nurse %   2022-2023	16.7	17.1	15.6
Overweight or obese %   2023-2024	38.6	27.2	26.9
<b>👤 Adults</b>			
Perceived mental health, very good or excellent %   2020	49.9	50.0	50.8
Perceived health, very good or excellent %   2020	47.5	47.1	44.6
Life satisfaction, very satisfied or satisfied %   2020	84.6	90.2	90.1
Lonely (based on loneliness score) %   2020	21.9	24.5	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis %   2020	8.8	11.6	12.4
<b>👥 Seniors</b>			
Perceived mental health, very good or excellent %   2020	41.3	48.3	48.8
Perceived health, very good or excellent %   2020	25.2	28.5	26.8
Life satisfaction, very satisfied or satisfied %   2020	83.7	89.2	89.3
Lonely (based on loneliness score) %   2020	20.9	20.0	17.9
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis %   2020	32.2	26.5	26.6
Have been injured and had to be treated by a doctor or nurse %   2020	13.2	12.6	13.6

<b>Community</b> Douglas, Saint Marys, Doaktown Area	<b>Zone 3</b> Fredericton and River Valley Area	<b>Province</b> New Brunswick
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### Prevalence of chronic health conditions of adults and seniors

No chronic health condition %   2017	33.4	36.2	39.1
3 or more chronic health conditions %   2020	27.2	23.6	23.1

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

Anxiety %   2020	22.6	18.9	19.2
Depression %   2020	20.6	18.5	17.3
Mood disorder (other than depression) %   2020	2.5	2.9	3.2

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

Hypertension %   2020	28.3	28.9	29.8
High cholesterol %   2020	17.7	18.4	20.7
Chronic pain %   2020	20.3	18.4	17.6
Arthritis %   2020	16.9	19.4	19.2
Gastric reflux %   2020	21.2	16.2	16.6
Diabetes %   2020	10.6	11.8	12.0
Asthma %   2020	13.1	13.4	11.8
Cancer %   2020	8.0	7.9	8.8
Heart disease %   2020	12.3	9.0	9.6
Emphysema/COPD %   2020	4.2	3.5	3.5
Stroke %   2020	1.4	2.3	2.5
Obesity %   2020	38.2	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	67.4	62.9	62.1
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	Community Douglas, Saint Marys, Doaktown Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Adults - know how to prevent further problems with their health condition, strongly agree %   2020	31.9	39.8	38.0
Adults - very confident in managing their health condition %   2020	36.6	41.5	39.3
Seniors - strongly agree that their health largely depends on how well they take care of themselves %   2020	47.0	54.4	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree %   2020	26.9	31.7	30.6
Seniors - very confident in managing their health condition %   2020	39.5	43.4	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	80.9	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   2017 to 2021	76	78	78
Male Years   2014 to 2018	74	76	76
Female Years   2014 to 2018	78	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
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

	Community Douglas, Saint Marys, Doaktown Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Male Rate per 10,000 population	n/a	n/a	n/a
Female Rate per 10,000 population	n/a	n/a	n/a
<b>🏠 Premature death - all population</b>			
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.

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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