

POPULATION HEALTH

Health outcomes







Zone 3Fredericton and
River Valley Area



Province New Brunswick

uality 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) $\% \mid$ 2023-2024	18.7	17.1	19.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023	29.4	32.9	35.
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023	20.5	17.5	19.
Healthy weight % 2019-2020	49.3	n/a	n/
Underweight % 2019-2020	8.9	n/a	n/
Overweight or obese % 2019-2020	41.8	n/a	n/
Youth			
Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) $\%\mid$ 2022-2023	70.1	72.6	75.
Perceived mental health, very good or excellent % 2023-2024	37.2	40.2	43.
Perceived health, very good or excellent % 2023-2024	43.2	52.6	54.



	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.) $\% \mid$ 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
n Adults			
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
Take 6 or more different prescription medications on a regular basis $\% \mid$ 2020	5.0	6.7	7.1
†† Seniors			
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
Take 6 or more different prescription medications on a regular basis % 2020	27.8	22.6	23.2
Have been injured and had to be treated by a doctor or nurse $\%$ 2020	13.2	12.6	13.6



Community Zone 3 **Province** Douglas, Saint Fredericton and Marys, Doaktown New Brunswick River Valley Area Area ## 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 22.6 18.9 19.2 Anxiety % | 2020 20.6 18.5 17.3 Depression % | 2020 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 28.9 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 67.4 62.9 62.1 they take care of themselves % | 2020



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Adults - know how to prevent further problems with their health condition, strongly agree $\% \mid 2020$	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 $\% \mid 2020$	26.9	31.7	30.6
Seniors - very confident in managing their health condition % 2020	39.5	43.4	43.4
ength 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	80.9	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 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



	Community Douglas, Saint Marys, Doaktown Area	Zone 3 Fredericton and River Valley Area	Province New Brunswick
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
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 suppressed due to confidentiality requirements and/or small sample size

Above-average performance

P Below-average performance