

POPULATION HEALTH

Health outcomes



Community
Perth-Andover,
Plaster Rock,
Tobique Area



Zone 3
Fredericton and
River Valley Area



Province
New Brunswick

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) % 2024-2025	14.8	20.5	21.2
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2024-2025	28.7	34.6	38.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2024-2025	25.7	19.8	20.2
Healthy weight % 2016-2017	45.7	58.7	57.9
Underweight % 2016-2017	8.5	6.8	7.0
Overweight or obese % 2016-2017	45.8	34.6	35.1

👤 Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % 2024-2025	69.7	79.5	81.2
Perceived mental health, very good or excellent % 2024-2025	29.7	35.7	38.7
Perceived health, very good or excellent % 2024-2025	28.4	44.3	46.9

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Resilience, high or moderate level % 2023-2024	52.9	68.7	69.5
Life satisfaction % 2024-2025	71.4	78.5	80.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2024-2025	80.2	87.5	89.0
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2024-2025	32.7	21.3	21.7
Symptoms of depression % 2024-2025	53.2	43.1	39.4
Symptoms of anxiety % 2024-2025	54.2	48.3	45.0
Have been injured and had to be treated by a doctor or nurse % 2022-2023	18.3	17.1	15.6
Overweight or obese % 2024-2025	33.2	26.9	27.0
👤 Adults			
Perceived mental health, very good or excellent % 2020	52.6	50.0	50.8
Perceived health, very good or excellent % 2020	37.0	47.1	44.6
Life satisfaction, very satisfied or satisfied % 2020	84.9	90.2	90.1
Lonely (based on loneliness score) % 2020	22.4	24.5	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % 2020	21.1	11.6	12.4
👥 Seniors			
Perceived mental health, very good or excellent % 2020	39.1	48.3	48.8
Perceived health, very good or excellent % 2020	33.5	28.5	26.8
Life satisfaction, very satisfied or satisfied % 2020	85.5	89.2	89.3
Lonely (based on loneliness score) % 2020	20.5	20.0	17.9
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % 2020	31.2	26.5	26.6
Have been injured and had to be treated by a doctor or nurse % 2020	15.5	12.6	13.6

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Prevalence of chronic health conditions of adults and seniors

No chronic health condition % 2017	32.4	36.2	39.1
3 or more chronic health conditions % 2020	28.6	23.6	23.1

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

Anxiety % 2020	18.4	18.9	19.2
Depression % 2020	14.6	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

Hypertension % 2020	38.6	28.9	29.8
High cholesterol % 2020	24.7	18.4	20.7
Chronic pain % 2020	25.6	18.4	17.6
Arthritis % 2020	27.7	19.4	19.2
Gastric reflux % 2020	14.9	16.2	16.6
Diabetes % 2020	15.5	11.8	12.0
Asthma % 2020	8.3	13.4	11.8
Cancer % 2020	8.1	7.9	8.8
Heart disease % 2020	15.2	9.0	9.6
Emphysema/COPD % 2020	6.2	3.5	3.5
Stroke % 2020	3.7	2.3	2.5
Obesity % 2020	37.8	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	58.0	62.9	62.1
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Adults - know how to prevent further problems with their health condition, strongly agree % 2020	40.5	39.8	38.0
Adults - very confident in managing their health condition % 2020	34.3	41.5	39.3
Seniors - strongly agree that their health largely depends on how well they take care of themselves % 2020	59.6	54.4	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % 2020	25.9	31.7	30.6
Seniors - very confident in managing their health condition % 2020	41.9	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 2018 to 2022	78	78	78
Male Years 2014 to 2018	74	76	76
Female Years 2014 to 2018	82	82	83

Premature deaths

Cancer, years of life lost Rate per 10,000 population 2017 to 2021	n/a	144	164
Male Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Injuries, years of life lost Rate per 10,000 population 2017 to 2021	n/a	62	60
Male Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2017 to 2021	n/a	41	35

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Male Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Heart and stroke, years of life lost Rate per 10,000 population 2017 to 2021	n/a	92	92
Male Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Breathing diseases, years of life lost Rate per 10,000 population 2017 to 2021	n/a	32	29
Male Rate per 10,000 population 2017 to 2021	n/a	n/a	n/a
Female Rate per 10,000 population 2017 to 2021	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