

POPULATION HEALTH

# Health outcomes



**Zone 1**  
Moncton and South-East Area



**Province**  
New Brunswick

## Quality of Life

### Infant (newborn)

Infants - low birth weight %   2021 to 2023	6.6	6.1
Infants - higher than average birth weight %   2021 to 2023	1.1	1.4

### Children

High level of mental fitness (having a positive sense of how they feel, think and act) %   2025-2026	22.4	22.4
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) %   2024-2025	38.0	38.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) %   2024-2025	21.0	20.2
Healthy weight %   2016-2017	60.8	57.9
Underweight %   2016-2017	6.7	7.0
Overweight or obese %   2016-2017	32.5	35.1

### Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) %   2025-2026	84.4	82.7
Perceived mental health, very good or excellent %   2025-2026	44.5	42.0
Perceived health, very good or excellent %   2025-2026	52.9	51.0
Resilience, high or moderate level %   2023-2024	70.7	69.5

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Life satisfaction %   2025-2026	84.3	83.7
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) %   2024-2025	89.9	89.0
Oppositional behaviours (being defiant, disrespectful, rude, etc.) %   2024-2025	20.6	21.7
Symptoms of depression %   2025-2026	32.4	34.8
Symptoms of anxiety %   2025-2026	39.3	41.4
Have been injured and had to be treated by a doctor or nurse %   2022-2023	14.3	15.6
Overweight or obese %   2025-2026	26.2	26.9
<b>👤 Adults</b>		
Perceived mental health, very good or excellent %   2023	42.1	40.4
Perceived health, very good or excellent %   2023	43.8	42.2
Life satisfaction, very satisfied or satisfied %   2020	89.7	90.1
Lonely (based on loneliness score) %   2020	21.4	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis %   2023	10.2	12.5
<b>👥 Seniors</b>		
Perceived mental health, very good or excellent %   2023	42.9	48.3
Perceived health, very good or excellent %   2023	29.3	27.8
Life satisfaction, very satisfied or satisfied %   2020	89.8	89.3
Lonely (based on loneliness score) %   2020	15.1	17.9
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis %   2023	25.0	26.4
Have been injured and had to be treated by a doctor or nurse %   2020	13.7	13.6
<b>👥 Prevalence of chronic health conditions of adults and seniors</b>		
No chronic health condition %   2024	34.1	32.6

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3 or more chronic health conditions %   2024	22.7	24.9
<b> Types of chronic health conditions of adults and seniors - mental health</b>		
Anxiety %   2024	24.8	24.5
Depression %   2024	20.5	19.5
Mood disorder (other than depression) %   2024	3.6	4.1
<b> Types of chronic health conditions of adults and seniors - physical health</b>		
Hypertension %   2024	25.7	28.6
High cholesterol %   2024	20.9	22.1
Chronic pain %   2024	17.4	19.4
Arthritis %   2024	18.7	20.6
Gastric reflux %   2024	19.8	19.5
Diabetes %   2024	11.0	12.0
Asthma %   2024	12.6	13.0
Cancer %   2024	8.5	8.2
Heart disease %   2024	7.5	9.2
Emphysema/COPD %   2024	2.0	2.9
Stroke %   2024	2.1	2.2
Obesity %   2020	33.7	34.1
<b> Management of chronic health conditions</b>		
Adults - strongly agree that their health largely depends on how well they take care of themselves %   2020	64.3	62.1
Adults - know how to prevent further problems with their health condition, strongly agree %   2020	36.6	38.0
Adults - very confident in managing their health condition %   2023	31.0	31.6

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Seniors - strongly agree that their health largely depends on how well they take care of themselves %   2020	54.6	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree %   2020	31.5	30.6
Seniors - very confident in managing their health condition %   2023	31.7	37.6

## Length of life

Infant death Rate per 1,000 live births   2021 to 2023	5.1	4.3
Life expectancy at birth Years   2015 to 2017	81.7	80.7
Male Years   2015 to 2017	79.4	78.6
Female Years   2015 to 2017	84.0	82.9
Median age at death Years   2019 to 2023	79	78
Male Years   2017 to 2021	76	76
Female Years   2017 to 2021	83	82

## Premature deaths

Cancer, years of life lost Rate per 10,000 population   2019 to 2023	143	159
Male Rate per 10,000 population   2016 to 2020	160	172
Female Rate per 10,000 population   2016 to 2020	148	164
Injuries, years of life lost Rate per 10,000 population   2019 to 2023	60	61
Male Rate per 10,000 population   2016 to 2020	82	85
Female Rate per 10,000 population   2016 to 2020	35	35
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population   2019 to 2023	22	30
Male Rate per 10,000 population   2016 to 2020	63	62
Female Rate per 10,000 population   2016 to 2020	18	16
Heart and stroke, years of life lost Rate per 10,000 population   2019 to 2023	78	88

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Male Rate per 10,000 population   2016 to 2020	<b>99</b>	<b>124</b>
Female Rate per 10,000 population   2016 to 2020	<b>55</b>	<b>63</b>
Breathing diseases, years of life lost Rate per 10,000 population   2019 to 2023	<b>21</b>	<b>29</b>
Male Rate per 10,000 population   2016 to 2020	<b>28</b>	<b>33</b>
Female Rate per 10,000 population   2016 to 2020	<b>15</b>	<b>26</b>

## 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