

POPULATION HEALTH

Health outcomes





Zone 1 Moncton and South-East Area

Province New Brunswick

Quality of Life		
nfant (newborn)		
Infants - low birth weight % 2016 to 2018	6.6	6.2
Infants - higher than average birth weight % 2016 to 2018	1.9	1.8
∱∳ Children		
High level of mental fitness (having a positive sense of how they feel, think and act) $\% \mid$ 2023-2024	20.2	19.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023	34.0	35.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023	20.7	19.0
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) $\% \mid 2022\text{-}2023$	76.9	75.1
Perceived mental health, very good or excellent % 2023-2024	44.8	43.0
Perceived health, very good or excellent % 2023-2024	55.7	54.3
Resilience, high or moderate level % 2023-2024	70.7	69.5



Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023 Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023 Symptoms of depression % 2023-2024 Symptoms of anxiety % 2023-2024 Have been injured and had to be treated by a doctor or nurse % 2022-2023 Overweight or obese % 2023-2024	82.1 83.9 21.4 34.6 42.4 14.3 26.1	80.2 83.1 21.3 36.8 44.1 15.6 26.9
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023 Symptoms of depression % 2023-2024 Symptoms of anxiety % 2023-2024 Have been injured and had to be treated by a doctor or nurse % 2022-2023 Overweight or obese % 2023-2024	21.4 34.6 42.4 14.3 26.1	21.3 36.8 44.1 15.6
Symptoms of depression % 2023-2024 Symptoms of anxiety % 2023-2024 Have been injured and had to be treated by a doctor or nurse % 2022-2023 Overweight or obese % 2023-2024	34.6 42.4 14.3 26.1	36.8 44.1 15.6
Symptoms of anxiety % 2023-2024 Have been injured and had to be treated by a doctor or nurse % 2022-2023 Overweight or obese % 2023-2024 Adults	42.4 14.3 26.1	44.1 15.6
Have been injured and had to be treated by a doctor or nurse % 2022-2023 Overweight or obese % 2023-2024	14.3 26.1	15.6
Overweight or obese % 2023-2024	26.1	
n Adults		26.9
•	36.3	
Perceived mental health, very good or excellent % 2022	36.3	
	-	38.9
Perceived health, very good or excellent % 2022	40.7	37.3
Life satisfaction, very satisfied or satisfied % 2020	89.7	90.1
Lonely (based on loneliness score) % 2020	21.4	21.1
Take 6 or more different prescription medications on a regular basis % 2020	5.7	7.1
†∳ Seniors		
Perceived mental health, very good or excellent % 2022	43.3	45.7
Perceived health, very good or excellent % 2022	26.8	28.1
Life satisfaction, very satisfied or satisfied % 2020	89.8	89.3
Lonely (based on loneliness score) % 2020	15.1	17.9
Take 6 or more different prescription medications on a regular basis % 2020	20.8	23.2
Have been injured and had to be treated by a doctor or nurse % 2020	13.7	13.6
*** Prevalence of chronic health conditions of adults and seniors		
No chronic health condition % 2022	35.5	32.4
3 or more chronic health conditions % 2022	22.4	24.7



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Anxiety % 2022	26.2	25.0
Depression % 2022	20.7	20.
Mood disorder (other than depression) % 2022	4.8	4.0
Types of chronic health conditions of adults and seniors - physical heal	lth	
Hypertension % 2022	27.1	29.8
High cholesterol % 2022	18.8	21.3
Chronic pain % 2022	19.0	20.5
Arthritis % 2022	16.3	19.8
Gastric reflux % 2022	17.6	18.8
Diabetes % 2022	11.6	11.9
Asthma % 2022	11.8	11.8
Cancer % 2022	8.3	8.6
Heart disease % 2022	7.2	8.4
Emphysema/COPD % 2022	2.3	3.4
Stroke % 2022	2.1	2.2
Obesity % 2020	33.7	34.1
Management of chronic health conditions		
Adults - strongly agree that their health largely depends on how well they take care of themselves $\% \mid$ 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 % 2022	32.6	31.8
Seniors - strongly agree that their health largely depends on how well they take care of themselves % 2020	54.6	51. ⁻



	Zone 1 Moncton and South-East Area	Province New Brunswick
Seniors - know how to prevent further problems with their health condition, strongly agree $\% \mid$ 2020	31.5	30.0
Seniors - very confident in managing their health condition % 2022	33.7	35.
ength of life		
Infant death Rate per 1,000 live births 2016 to 2018	4.0	3.
Life expectancy at birth Years 2015 to 2017	81.7	80.
Male Years 2015 to 2017	79.4	78.
Female Years 2015 to 2017	84.0	82.
Median age at death Years 2014 to 2018	80	7
Male Years 2014 to 2018	77	7
Female Years 2014 to 2018	84	8
Premature death - 0 to 19 years old		
Cancer, years of life lost Rate per 10,000 population 2014 to 2018	9	1
Male Rate per 10,000 population 2014 to 2018	6	(
Female Rate per 10,000 population 2014 to 2018	12	14
injuries, years of life lost Rate per 10,000 population 2014 to 2018	39	4
Male Rate per 10,000 population 2014 to 2018	44	5
Female Rate per 10,000 population 2014 to 2018	11	
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2014 to 2018	22	1:
Male Rate per 10,000 population 2014 to 2018	31	30
Female Rate per 10,000 population 2014 to 2018	33	3
Premature death - all population		
Cancer, years of life lost Rate per 10,000 population 2014 to 2018	162	



Province New Brunswick	Zone 1 Moncton and South-East Area	
179	169	Male Rate per 10,000 population 2014 to 2018
164	155	Female Rate per 10,000 population 2014 to 2018
61	63	Injuries, years of life lost Rate per 10,000 population 2014 to 2018
85	90	Male Rate per 10,000 population 2014 to 2018
38	35	Female Rate per 10,000 population 2014 to 2018
44	43	Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2014 to 2018
69	69	Male Rate per 10,000 population 2014 to 2018
18	17	Female Rate per 10,000 population 2014 to 2018
96	73	Heart and stroke, years of life lost Rate per 10,000 population 2014 to 2018
126	93	Male Rate per 10,000 population 2014 to 2018
66	54	Female Rate per 10,000 population 2014 to 2018
30	23	Breathing diseases, years of life lost Rate per 10,000 population 2014 to 2018
33	30	Male Rate per 10,000 population 2014 to 2018
27	15	Female Rate per 10,000 population 2014 to 2018



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