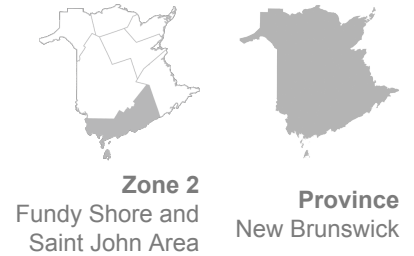


POPULATION HEALTH

Health outcomes



Quality of Life

Category	Zone 2	Province
Infant (newborn)		
Infants - low birth weight % 2021 to 2023	5.2	6.1
Infants - higher than average birth weight % 2021 to 2023	1.3	1.4
Children		
High level of mental fitness (having a positive sense of how they feel, think and act) % 2025-2026	23.0	22.4
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2024-2025	38.3	38.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2024-2025	17.1	20.2
Healthy weight % 2016-2017	55.0	57.9
Underweight % 2016-2017	7.7	7.0
Overweight or obese % 2016-2017	37.3	35.1
Youth		
Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % 2025-2026	81.5	82.7
Perceived mental health, very good or excellent % 2025-2026	39.0	42.0
Perceived health, very good or excellent % 2025-2026	48.1	51.0
Resilience, high or moderate level % 2023-2024	68.8	69.5

	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
Life satisfaction % 2025-2026	82.6	83.7
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2024-2025	87.4	89.0
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2024-2025	21.5	21.7
Symptoms of depression % 2025-2026	36.7	34.8
Symptoms of anxiety % 2025-2026	43.1	41.4
Have been injured and had to be treated by a doctor or nurse % 2022-2023	17.6	15.6
Overweight or obese % 2025-2026	26.1	26.9
👤 Adults		
Perceived mental health, very good or excellent % 2023	40.5	40.4
Perceived health, very good or excellent % 2023	38.8	42.2
Life satisfaction, very satisfied or satisfied % 2020	90.4	90.1
Lonely (based on loneliness score) % 2020	22.8	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % 2023	13.8	12.5
👥 Seniors		
Perceived mental health, very good or excellent % 2023	51.3	48.3
Perceived health, very good or excellent % 2023	28.3	27.8
Life satisfaction, very satisfied or satisfied % 2020	88.9	89.3
Lonely (based on loneliness score) % 2020	20.9	17.9
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % 2023	28.2	26.4
Have been injured and had to be treated by a doctor or nurse % 2020	14.1	13.6
👥 Prevalence of chronic health conditions of adults and seniors		
No chronic health condition % 2024	31.8	32.6

	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
3 or more chronic health conditions % 2024	25.5	24.9
 Types of chronic health conditions of adults and seniors - mental health		
Anxiety % 2024	23.5	24.5
Depression % 2024	18.2	19.5
Mood disorder (other than depression) % 2024	4.2	4.1
 Types of chronic health conditions of adults and seniors - physical health		
Hypertension % 2024	28.7	28.6
High cholesterol % 2024	21.6	22.1
Chronic pain % 2024	18.5	19.4
Arthritis % 2024	25.3	20.6
Gastric reflux % 2024	18.2	19.5
Diabetes % 2024	12.3	12.0
Asthma % 2024	13.2	13.0
Cancer % 2024	8.6	8.2
Heart disease % 2024	9.0	9.2
Emphysema/COPD % 2024	3.1	2.9
Stroke % 2024	2.1	2.2
Obesity % 2020	33.2	34.1
 Management of chronic health conditions		
Adults - strongly agree that their health largely depends on how well they take care of themselves % 2020	65.6	62.1
Adults - know how to prevent further problems with their health condition, strongly agree % 2020	41.9	38.0
Adults - very confident in managing their health condition % 2023	31.8	31.6

	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
Seniors - strongly agree that their health largely depends on how well they take care of themselves % 2020	51.6	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % 2020	32.4	30.6
Seniors - very confident in managing their health condition % 2023	43.7	37.6

Length of life

Infant death Rate per 1,000 live births 2021 to 2023	4.5	4.3
Life expectancy at birth Years 2015 to 2017	80.1	80.7
Male Years 2015 to 2017	78.0	78.6
Female Years 2015 to 2017	82.1	82.9
Median age at death Years 2019 to 2023	78	78
Male Years 2017 to 2021	75	76
Female Years 2017 to 2021	81	82

Premature deaths

Cancer, years of life lost Rate per 10,000 population 2019 to 2023	158	159
Male Rate per 10,000 population 2016 to 2020	179	172
Female Rate per 10,000 population 2016 to 2020	168	164
Injuries, years of life lost Rate per 10,000 population 2019 to 2023	63	61
Male Rate per 10,000 population 2016 to 2020	76	85
Female Rate per 10,000 population 2016 to 2020	41	35
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2019 to 2023	21	30
Male Rate per 10,000 population 2016 to 2020	41	62
Female Rate per 10,000 population 2016 to 2020	14	16
Heart and stroke, years of life lost Rate per 10,000 population 2019 to 2023	103	88

	Zone 2 Fundy Shore and Saint John Area	Province New Brunswick
Male Rate per 10,000 population 2016 to 2020	139	124
Female Rate per 10,000 population 2016 to 2020	75	63
Breathing diseases, years of life lost Rate per 10,000 population 2019 to 2023	32	29
Male Rate per 10,000 population 2016 to 2020	31	33
Female Rate per 10,000 population 2016 to 2020	30	26

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