POPULATION HEALTH
Health outcomes

Zone 3
Fredericton and
River Valley Area

Province
New Brunswick

Quality of Life

👶 Infant (newborn)

Infants - low birth weight % | 2020 to 2022	**6.5**	**6.2**
Infants - higher than average birth weight % | 2020 to 2022	**1.8**	**1.4**

👫 Children

High level of mental fitness (having a positive sense of how they feel, think and act) % | 2024-2025	**20.5**	**21.2**
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2024-2025	**34.6**	**38.4**
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2024-2025	**19.8**	**20.2**
Healthy weight % | 2016-2017	**58.7**	**57.9**
Underweight % | 2016-2017	**6.8**	**7.0**
Overweight or obese % | 2016-2017	**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	**79.5**	**81.2**
Perceived mental health, very good or excellent % | 2024-2025	**35.7**	**38.7**
Perceived health, very good or excellent % | 2024-2025	**44.3**	**46.9**
Resilience, high or moderate level % | 2023-2024	**68.7**	**69.5**

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Life satisfaction % | 2024-2025	78.5	80.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2024-2025	87.5	89.0
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2024-2025	21.3	21.7
Symptoms of depression % | 2024-2025	43.1	39.4
Symptoms of anxiety % | 2024-2025	48.3	45.0
Have been injured and had to be treated by a doctor or nurse % | 2022-2023	17.1	15.6
Overweight or obese % | 2024-2025	26.9	27.0

Adults

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Perceived mental health, very good or excellent % | 2023	33.8	40.4
Perceived health, very good or excellent % | 2023	41.6	42.2
Life satisfaction, very satisfied or satisfied % | 2020	90.2	90.1
Lonely (based on loneliness score) % | 2020	24.5	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2023	10.3	12.5

Seniors

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Perceived mental health, very good or excellent % | 2023	48.4	48.3
Perceived health, very good or excellent % | 2023	26.9	27.8
Life satisfaction, very satisfied or satisfied % | 2020	89.2	89.3
Lonely (based on loneliness score) % | 2020	20.0	17.9
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2023	24.5	26.4
Have been injured and had to be treated by a doctor or nurse % | 2020	12.6	13.6

Prevalence of chronic health conditions of adults and seniors

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
No chronic health condition % | 2023	31.0	32.2

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
3 or more chronic health conditions % | 2023	24.4	24.9

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

Anxiety % | 2023	25.7	24.6
Depression % | 2023	22.9	19.8
Mood disorder (other than depression) % | 2023	5.7	4.2

🧍 **Types of chronic health conditions of adults and seniors - physical health**

Hypertension % | 2023	25.9	29.0
High cholesterol % | 2023	18.5	21.7
Chronic pain % | 2023	19.1	20.2
Arthritis % | 2023	20.4	21.2
Gastric reflux % | 2023	18.0	19.6
Diabetes % | 2023	11.2	12.2
Asthma % | 2023	15.4	12.4
Cancer % | 2023	8.5	8.8
Heart disease % | 2023	8.8	9.5
Emphysema/COPD % | 2023	2.7	2.8
Stroke % | 2023	1.7	2.2
Obesity % | 2020	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	62.9	62.1
Adults - know how to prevent further problems with their health condition, strongly agree % | 2020	39.8	38.0
Adults - very confident in managing their health condition % | 2023	26.9	31.6

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Seniors - strongly agree that their health largely depends on how well they take care of themselves % | 2020	54.4	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % | 2020	31.7	30.6
Seniors - very confident in managing their health condition % | 2023	37.0	37.6

Length of life

	Zone 3	Province
Infant death Rate per 1,000 live births | 2020 to 2022	3.9	4.1
Life expectancy at birth Years | 2015 to 2017	80.9	80.7
Male Years | 2015 to 2017	78.9	78.6
Female Years | 2015 to 2017	82.6	82.9
Median age at death Years | 2018 to 2022	78	78
Male Years | 2017 to 2021	75	76
Female Years | 2017 to 2021	81	82

Premature deaths

	Zone 3	Province
Cancer, years of life lost Rate per 10,000 population | 2018 to 2022	150	160
Male Rate per 10,000 population | 2016 to 2020	142	172
Female Rate per 10,000 population | 2016 to 2020	150	164
Injuries, years of life lost Rate per 10,000 population | 2018 to 2022	60	56
Male Rate per 10,000 population | 2016 to 2020	81	85
Female Rate per 10,000 population | 2016 to 2020	37	35
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2018 to 2022	36	31
Male Rate per 10,000 population | 2016 to 2020	63	62
Female Rate per 10,000 population | 2016 to 2020	13	16
Heart and stroke, years of life lost Rate per 10,000 population | 2018 to 2022	93	91

	Zone 3 Fredericton and River Valley Area	Province New Brunswick
Male Rate per 10,000 population | 2016 to 2020	121	124
Female Rate per 10,000 population | 2016 to 2020	66	63
Breathing diseases, years of life lost Rate per 10,000 population | 2018 to 2022	34	30
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