

POPULATION HEALTH

Health outcomes



Zone 4
Madawaska and
North-West Area



Province
New Brunswick

Quality of Life

Infant (newborn)

Infants - low birth weight % 2021 to 2023	5.1	6.1
Infants - higher than average birth weight % 2021 to 2023	0.8	1.4

Children

High level of mental fitness (having a positive sense of how they feel, think and act) % 2024-2025	26.4	21.2
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2024-2025	44.6	38.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2024-2025	26.3	20.2
Healthy weight % 2016-2017	58.4	57.9
Underweight % 2016-2017	6.5	7.0
Overweight or obese % 2016-2017	35.1	35.1

Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % 2024-2025	85.2	81.2
Perceived mental health, very good or excellent % 2024-2025	45.0	38.7
Perceived health, very good or excellent % 2024-2025	55.0	46.9
Resilience, high or moderate level % 2023-2024	73.0	69.5

	Zone 4 Madawaska and North-West Area	Province New Brunswick
Life satisfaction % 2024-2025	86.2	80.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2024-2025	91.8	89.0
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2024-2025	27.8	21.7
Symptoms of depression % 2024-2025	34.3	39.4
Symptoms of anxiety % 2024-2025	41.0	45.0
Have been injured and had to be treated by a doctor or nurse % 2022-2023	14.0	15.6
Overweight or obese % 2024-2025	27.4	27.0
 Adults		
Perceived mental health, very good or excellent % 2023	52.5	40.4
Perceived health, very good or excellent % 2023	47.8	42.2
Life satisfaction, very satisfied or satisfied % 2020	89.4	90.1
Lonely (based on loneliness score) % 2020	20.0	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % 2023	15.3	12.5
 Seniors		
Perceived mental health, very good or excellent % 2023	51.5	48.3
Perceived health, very good or excellent % 2023	23.7	27.8
Life satisfaction, very satisfied or satisfied % 2020	87.0	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	28.9	26.4
Have been injured and had to be treated by a doctor or nurse % 2020	21.6	13.6
 Prevalence of chronic health conditions of adults and seniors		
No chronic health condition % 2024	33.0	32.6

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3 or more chronic health conditions % 2024	27.9	24.9
☁ Types of chronic health conditions of adults and seniors - mental health		
Anxiety % 2024	24.0	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	30.3	28.6
High cholesterol % 2024	23.8	22.1
Chronic pain % 2024	21.6	19.4
Arthritis % 2024	18.7	20.6
Gastric reflux % 2024	21.2	19.5
Diabetes % 2024	13.6	12.0
Asthma % 2024	13.2	13.0
Cancer % 2024	7.9	8.2
Heart disease % 2024	14.4	9.2
Emphysema/COPD % 2024	4.2	2.9
Stroke % 2024	2.8	2.2
Obesity % 2020	31.3	34.1
👤 Management of chronic health conditions		
Adults - strongly agree that their health largely depends on how well they take care of themselves % 2020	53.0	62.1
Adults - know how to prevent further problems with their health condition, strongly agree % 2020	28.9	38.0
Adults - very confident in managing their health condition % 2023	40.2	31.6

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Seniors - strongly agree that their health largely depends on how well they take care of themselves % 2020	36.8	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % 2020	25.3	30.6
Seniors - very confident in managing their health condition % 2023	28.3	37.6

Length of life

Infant death Rate per 1,000 live births 2021 to 2023	S	4.3
Life expectancy at birth Years 2015 to 2017	79.8	80.7
Male Years 2015 to 2017	77.8	78.6
Female Years 2015 to 2017	81.8	82.9
Median age at death Years 2019 to 2023	77	78
Male Years 2017 to 2021	75	76
Female Years 2017 to 2021	80	82

☒ Premature deaths

Cancer, years of life lost Rate per 10,000 population 2019 to 2023	232	159
Male Rate per 10,000 population 2016 to 2020	201	172
Female Rate per 10,000 population 2016 to 2020	233	164
Injuries, years of life lost Rate per 10,000 population 2019 to 2023	46	61
Male Rate per 10,000 population 2016 to 2020	94	85
Female Rate per 10,000 population 2016 to 2020	21	35
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2019 to 2023	53	30
Male Rate per 10,000 population 2016 to 2020	97	62
Female Rate per 10,000 population 2016 to 2020	30	16
Heart and stroke, years of life lost Rate per 10,000 population 2019 to 2023	96	88

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Male Rate per 10,000 population 2016 to 2020	140	124
Female Rate per 10,000 population 2016 to 2020	66	63
Breathing diseases, years of life lost Rate per 10,000 population 2019 to 2023	38	29
Male Rate per 10,000 population 2016 to 2020	42	33
Female Rate per 10,000 population 2016 to 2020	33	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