POPULATION HEALTH
Health outcomes

Zone 4
Madawaska and
North-West Area

Province
New Brunswick

Quality of Life

🍼 Infant (newborn)

	Zone 4	Province
Infants - low birth weight %	2019 to 2021	5.0	6.2
Infants - higher than average birth weight %	2019 to 2021	1.4	1.4

👫 Children

	Zone 4	Province
High level of mental fitness (having a positive sense of how they feel, think and act) %	2023-2024	26.4	19.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) %	2022-2023	43.1	35.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) %	2022-2023	28.2	19.0
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

	Zone 4	Province
Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) %	2022-2023	82.0	75.1
Perceived mental health, very good or excellent %	2023-2024	53.9	43.0
Perceived health, very good or excellent %	2023-2024	65.0	54.3
Resilience, high or moderate level %	2023-2024	73.0	69.5

	Zone 4 Madawaska and North-West Area	Province New Brunswick
Life satisfaction % | 2023-2024	85.5	80.2
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2022-2023	88.1	83.1
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2022-2023	25.2	21.3
Symptoms of depression % | 2023-2024	31.8	36.8
Symptoms of anxiety % | 2023-2024	41.3	44.1
Have been injured and had to be treated by a doctor or nurse % | 2022-2023	14.0	15.6
Overweight or obese % | 2023-2024	27.2	26.9

🚶 Adults

Perceived mental health, very good or excellent % | 2022	50.7	38.9
Perceived health, very good or excellent % | 2022	36.7	37.3
Life satisfaction, very satisfied or satisfied % | 2020	89.4	90.1
Lonely (based on loneliness score) % | 2020	20.0	21.1
Take 6 or more different prescription medications on a regular basis % | 2020	10.3	7.1

🚶🚶 Seniors

Perceived mental health, very good or excellent % | 2022	47.0	45.7
Perceived health, very good or excellent % | 2022	20.7	28.1
Life satisfaction, very satisfied or satisfied % | 2020	87.0	89.3
Lonely (based on loneliness score) % | 2020	20.0	17.9
Take 6 or more different prescription medications on a regular basis % | 2020	24.8	23.2
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 % | 2022	27.3	32.4
3 or more chronic health conditions % | 2022	25.4	24.7

	Zone 4 Madawaska and North-West Area	Province New Brunswick
☁ Types of chronic health conditions of adults and seniors - mental health		
Anxiety % | 2022	**23.0**	**25.6**
Depression % | 2022	**15.7**	**20.5**
Mood disorder (other than depression) % | 2022	**3.8**	**4.6**
🧍 Types of chronic health conditions of adults and seniors - physical health		
Hypertension % | 2022	**34.3**	**29.8**
High cholesterol % | 2022	**25.8**	**21.3**
Chronic pain % | 2022	**19.7**	**20.5**
Arthritis % | 2022	**14.5**	**19.8**
Gastric reflux % | 2022	**22.8**	**18.8**
Diabetes % | 2022	**12.9**	**11.9**
Asthma % | 2022	**11.7**	**11.8**
Cancer % | 2022	**9.7**	**8.6**
Heart disease % | 2022	**12.6**	**8.4**
Emphysema/COPD % | 2022	**4.6**	**3.4**
Stroke % | 2022	**4.0**	**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 % | 2022	**30.8**	**31.8**
Seniors - strongly agree that their health largely depends on how well they take care of themselves % | 2020	**36.8**	**51.1**

	Zone 4 Madawaska and North-West Area	Province New Brunswick
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 % | 2022	30.8	35.6

Length of life

Infant death Rate per 1,000 live births | 2019 to 2021	S	3.5
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 | 2017 to 2021	77	78
Male Years | 2017 to 2021	75	76
Female Years | 2017 to 2021	80	82

Premature death - 0 to 19 years old

Cancer, years of life lost Rate per 10,000 population | 2014 to 2018	0	11
Male Rate per 10,000 population | 2014 to 2018	0	8
Female Rate per 10,000 population | 2014 to 2018	0	14
Injuries, years of life lost Rate per 10,000 population | 2014 to 2018	105	41
Male Rate per 10,000 population | 2014 to 2018	157	51
Female Rate per 10,000 population | 2014 to 2018	0	8
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2014 to 2018	0	19
Male Rate per 10,000 population | 2014 to 2018	0	30
Female Rate per 10,000 population | 2014 to 2018	52	31

Premature death - all population

Cancer, years of life lost Rate per 10,000 population | 2017 to 2021	227	164

	Zone 4 Madawaska and North-West Area	Province New Brunswick
Male Rate per 10,000 population | 2017 to 2021	214	166
Female Rate per 10,000 population | 2017 to 2021	241	161
Injuries, years of life lost Rate per 10,000 population | 2017 to 2021	44	60
Male Rate per 10,000 population | 2017 to 2021	72	84
Female Rate per 10,000 population | 2017 to 2021	15	35
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2017 to 2021	51	35
Male Rate per 10,000 population | 2017 to 2021	79	56
Female Rate per 10,000 population | 2017 to 2021	22	14
Heart and stroke, years of life lost Rate per 10,000 population | 2017 to 2021	99	92
Male Rate per 10,000 population | 2017 to 2021	134	123
Female Rate per 10,000 population | 2017 to 2021	63	61
Breathing diseases, years of life lost Rate per 10,000 population | 2017 to 2021	39	29
Male Rate per 10,000 population | 2017 to 2021	40	32
Female Rate per 10,000 population | 2017 to 2021	38	27

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