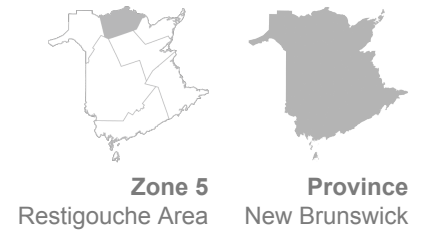


POPULATION HEALTH

Health outcomes



Quality of Life

Infant (newborn)

Infants - low birth weight % 2016 to 2018	6.6	6.2
Infants - higher than average birth weight % 2016 to 2018	1.3	1.8

Children

High level of mental fitness (having a positive sense of how they feel, think and act) % 2023-2024	18.7	19.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023	36.2	35.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023	20.8	19.0
Healthy weight % 2016-2017	54.5	57.9
Underweight % 2016-2017	5.5	7.0
Overweight or obese % 2016-2017	40.1	35.1

Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % 2022-2023	76.4	75.1
Perceived mental health, very good or excellent % 2023-2024	44.9	43.0
Perceived health, very good or excellent % 2023-2024	54.3	54.3
Resilience, high or moderate level % 2023-2024	64.1	69.5
Life satisfaction % 2023-2024	79.5	80.2

	Zone 5 Restigouche Area	Province New Brunswick
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % 2022-2023	82.7	83.1
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % 2022-2023	26.8	21.3
Symptoms of depression % 2023-2024	37.4	36.8
Symptoms of anxiety % 2023-2024	45.1	44.1
Have been injured and had to be treated by a doctor or nurse % 2022-2023	13.0	15.6
Overweight or obese % 2023-2024	27.1	26.9
👤 Adults		
Perceived mental health, very good or excellent % 2022	42.7	38.9
Perceived health, very good or excellent % 2022	29.7	37.3
Life satisfaction, very satisfied or satisfied % 2020	86.9	90.1
Lonely (based on loneliness score) % 2020	14.9	21.1
Take 6 or more different prescription medications on a regular basis % 2020	10.5	7.1
👥 Seniors		
Perceived mental health, very good or excellent % 2022	45.0	45.7
Perceived health, very good or excellent % 2022	22.8	28.1
Life satisfaction, very satisfied or satisfied % 2020	87.5	89.3
Lonely (based on loneliness score) % 2020	19.3	17.9
Take 6 or more different prescription medications on a regular basis % 2020	26.5	23.2
Have been injured and had to be treated by a doctor or nurse % 2020	19.5	13.6
👥 Prevalence of chronic health conditions of adults and seniors		
No chronic health condition % 2022	28.1	32.4
3 or more chronic health conditions % 2022	25.4	24.7
☁️ Types of chronic health conditions of adults and seniors - mental health		
Anxiety % 2022	24.4	25.6

	Zone 5 Restigouche Area	Province New Brunswick
Depression % 2022	14.2	20.5
Mood disorder (other than depression) % 2022	1.7	4.6

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

Hypertension % 2022	34.3	29.8
High cholesterol % 2022	27.2	21.3
Chronic pain % 2022	23.7	20.5
Arthritis % 2022	22.7	19.8
Gastric reflux % 2022	22.8	18.8
Diabetes % 2022	16.2	11.9
Asthma % 2022	8.2	11.8
Cancer % 2022	11.9	8.6
Heart disease % 2022	12.3	8.4
Emphysema/COPD % 2022	3.2	3.4
Stroke % 2022	1.6	2.2
Obesity % 2020	36.0	34.1

Management of chronic health conditions

Adults - strongly agree that their health largely depends on how well they take care of themselves % 2020	53.8	62.1
Adults - know how to prevent further problems with their health condition, strongly agree % 2020	35.8	38.0
Adults - very confident in managing their health condition % 2022	28.0	31.8
Seniors - strongly agree that their health largely depends on how well they take care of themselves % 2020	43.0	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree % 2020	25.5	30.6
Seniors - very confident in managing their health condition % 2022	36.1	35.6

Zone 5
Restigouche Area **Province**
New Brunswick

Length of life

Infant death Rate per 1,000 live births 2016 to 2018	0.0	3.2
Life expectancy at birth Years 2015 to 2017	79.4	80.7
Male Years 2015 to 2017	77.2	78.6
Female Years 2015 to 2017	82.0	82.9
Median age at death Years 2014 to 2018	80	79
Male Years 2014 to 2018	77	76
Female Years 2014 to 2018	83	83

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	0	41
Male Rate per 10,000 population 2014 to 2018	0	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	28	19
Male Rate per 10,000 population 2014 to 2018	55	30
Female Rate per 10,000 population 2014 to 2018	0	31

Premature death - all population

Cancer, years of life lost Rate per 10,000 population 2014 to 2018	196	172
Male Rate per 10,000 population 2014 to 2018	203	179
Female Rate per 10,000 population 2014 to 2018	189	164
Injuries, years of life lost Rate per 10,000 population 2014 to 2018	62	61

	Zone 5 Restigouche Area	Province New Brunswick
Male Rate per 10,000 population 2014 to 2018	107	85
Female Rate per 10,000 population 2014 to 2018	17	38
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population 2014 to 2018	40	44
Male Rate per 10,000 population 2014 to 2018	65	69
Female Rate per 10,000 population 2014 to 2018	14	18
Heart and stroke, years of life lost Rate per 10,000 population 2014 to 2018	160	96
Male Rate per 10,000 population 2014 to 2018	203	126
Female Rate per 10,000 population 2014 to 2018	117	66
Breathing diseases, years of life lost Rate per 10,000 population 2014 to 2018	30	30
Male Rate per 10,000 population 2014 to 2018	37	33
Female Rate per 10,000 population 2014 to 2018	23	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