POPULATION HEALTH
Health outcomes

Zone 7
Miramichi Area

Province
New Brunswick
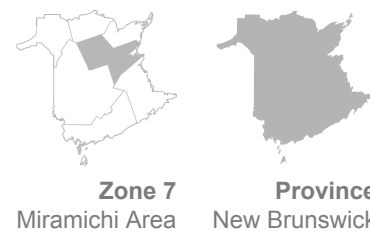
Quality of Life

👶 Infant (newborn)

Infants - low birth weight % | 2019 to 2021	6.0	6.2
Infants - higher than average birth weight % | 2019 to 2021	2.4	1.4

👫 Children

High level of mental fitness (having a positive sense of how they feel, think and act) % | 2023-2024	17.7	19.8
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2022-2023	36.1	35.4
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2022-2023	18.1	19.0
Healthy weight % | 2016-2017	51.2	57.9
Underweight % | 2016-2017	6.3	7.0
Overweight or obese % | 2016-2017	42.5	35.1

🧍 Youth

Moderate to high level of mental fitness (having a positive sense of how they feel, think and act) % | 2022-2023	75.2	75.1
Perceived mental health, very good or excellent % | 2023-2024	40.2	43.0
Perceived health, very good or excellent % | 2023-2024	51.0	54.3
Resilience, high or moderate level % | 2023-2024	68.8	69.5
Life satisfaction % | 2023-2024	78.9	80.2

	Zone 7 Miramichi Area	Province New Brunswick
Pro-social behaviours (being helpful, respectful, thoughtful, etc.) % | 2022-2023	81.8	83.1
Oppositional behaviours (being defiant, disrespectful, rude, etc.) % | 2022-2023	21.9	21.3
Symptoms of depression % | 2023-2024	38.0	36.8
Symptoms of anxiety % | 2023-2024	43.7	44.1
Have been injured and had to be treated by a doctor or nurse % | 2022-2023	14.7	15.6
Overweight or obese % | 2023-2024	32.7	26.9

🚶 Adults

Perceived mental health, very good or excellent % | 2023	36.9	40.4
Perceived health, very good or excellent % | 2023	37.2	42.2
Life satisfaction, very satisfied or satisfied % | 2020	90.5	90.1
Lonely (based on loneliness score) % | 2020	20.1	21.1
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2023	12.4	12.5

👫 Seniors

Perceived mental health, very good or excellent % | 2023	50.6	48.3
Perceived health, very good or excellent % | 2023	25.1	27.8
Life satisfaction, very satisfied or satisfied % | 2020	89.3	89.3
Lonely (based on loneliness score) % | 2020	18.2	17.9
Have a chronic health condition and takes 6 or more different prescription medications on a regular basis % | 2023	27.2	26.4
Have been injured and had to be treated by a doctor or nurse % | 2020	9.9	13.6

👥 Prevalence of chronic health conditions of adults and seniors

No chronic health condition % | 2023	25.9	32.2
3 or more chronic health conditions % | 2023	32.3	24.9

⛈ Types of chronic health conditions of adults and seniors - mental health

	Zone 7 Miramichi Area	Province New Brunswick
Anxiety %	2023	27.1	24.6
Depression %	2023	22.3	19.8
Mood disorder (other than depression) %	2023	5.9	4.2

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

Hypertension %	2023	37.8	29.0
High cholesterol %	2023	24.3	21.7
Chronic pain %	2023	22.9	20.2
Arthritis %	2023	26.6	21.2
Gastric reflux %	2023	22.6	19.6
Diabetes %	2023	15.6	12.2
Asthma %	2023	11.8	12.4
Cancer %	2023	10.4	8.8
Heart disease %	2023	11.3	9.5
Emphysema/COPD %	2023	5.0	2.8
Stroke %	2023	4.8	2.2
Obesity %	2020	38.4	34.1

Management of chronic health conditions

Adults - strongly agree that their health largely depends on how well they take care of themselves %	2020	54.8	62.1
Adults - know how to prevent further problems with their health condition, strongly agree %	2020	34.8	38.0
Adults - very confident in managing their health condition %	2023	32.6	31.6
Seniors - strongly agree that their health largely depends on how well they take care of themselves %	2020	49.6	51.1
Seniors - know how to prevent further problems with their health condition, strongly agree %	2020	31.2	30.6

	Zone 7 Miramichi Area	Province New Brunswick
Seniors - very confident in managing their health condition % | 2023	**39.5**	**37.6**

Length of life

Infant death Rate per 1,000 live births | 2016 to 2018	**3.2**	**4.0**
Life expectancy at birth Years | 2015 to 2017	**79.5**	**80.7**
Male Years | 2015 to 2017	**76.1**	**78.6**
Female Years | 2015 to 2017	**82.6**	**82.9**
Median age at death Years | 2017 to 2021	**78**	**78**
Male Years | 2017 to 2021	**75**	**76**
Female Years | 2017 to 2021	**81**	**82**

▰ Premature death - 0 to 19 years old

Cancer, years of life lost Rate per 10,000 population | 2014 to 2018	S	**11**
Male Rate per 10,000 population	n/a	n/a
Female Rate per 10,000 population	n/a	n/a
Injuries, years of life lost Rate per 10,000 population | 2014 to 2018	S	**41**
Male Rate per 10,000 population	n/a	n/a
Female Rate per 10,000 population	n/a	n/a
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2014 to 2018	S	**19**
Male Rate per 10,000 population	n/a	n/a
Female Rate per 10,000 population	n/a	n/a

▰ Premature death - all population

Cancer, years of life lost Rate per 10,000 population | 2017 to 2021	**185**	**164**
Male Rate per 10,000 population | 2017 to 2021	**176**	**166**
Female Rate per 10,000 population | 2017 to 2021	**195**	**161**

	Zone 7 Miramichi Area	Province New Brunswick
Injuries, years of life lost Rate per 10,000 population | 2017 to 2021	88	60
Male Rate per 10,000 population | 2017 to 2021	121	84
Female Rate per 10,000 population | 2017 to 2021	56	35
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2017 to 2021	45	35
Male Rate per 10,000 population | 2017 to 2021	77	56
Female Rate per 10,000 population | 2017 to 2021	13	14
Heart and stroke, years of life lost Rate per 10,000 population | 2017 to 2021	100	92
Male Rate per 10,000 population | 2017 to 2021	157	123
Female Rate per 10,000 population | 2017 to 2021	44	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	42	32
Female Rate per 10,000 population | 2017 to 2021	37	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