POPULATION HEALTH

Snapshot

Province
New Brunswick

Zone 1
Moncton and South-East Area

Zone 2
Fundy Shore and Saint John Area

Zone 3
Fredericton and River Valley Area

Zone 4
Madawaska and North-West Area

Zone 5
Restigouche Area

Zone 6
Bathurst and Acadian Peninsula Area

Zone 7
Miramichi Area

Health Outcomes

	Province	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7
Perceived health, very good or excellent % | 2022	**34.8**	**37.1**	**38.9**	**32.1**	**31.7**	**27.3**	**32.0**	**30.1**
Perceived mental health, very good or excellent % | 2022	**40.8**	**38.1**	**43.1**	**36.0**	**49.6**	**43.5**	**47.5**	**42.4**
Life satisfaction, very satisfied or satisfied % | 2020	**90.8**	**89.7**	**90.1**	**90.8**	**88.7**	**92.2**	**89.7**	**89.3**
Infant death Rate per 1,000 live births | 2019 to 2021	**3.5**	**4.9**	**3.4**	**3.1**	S	S	S	S
Low birth weight rate % | 2019 to 2021	**6.2**	**7.1**	**5.3**	**6.4**	**5.0**	**5.2**	**5.4**	**6.0**

Data downloaded from the NBHC website on May 19, 2024
More information available at: https://nbhc.ca/table/snapshot?cuts=NB%2CNBZ1%2CNBZ2%2CNBZ3%2CNBZ4%2CNBZ5%2CNBZ6%2CNBZ7

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Life expectancy Years | 2015 to 2017	**80.7**	**81.7**	**80.1**	**80.9**	**79.8**	**79.4**	**81.4**	**79.5**
Breathing diseases, years of life lost Rate per 10,000 population | 2017 to 2021	**29**	**22**	**31**	**32**	**39**	**48**	**23**	**39**
Cancer, years of life lost Rate per 10,000 population | 2017 to 2021	**164**	**154**	**168**	**144**	**227**	**198**	**168**	**185**
Heart and stroke, years of life lost Rate per 10,000 population | 2017 to 2021	**92**	**78**	**105**	**92**	**99**	**122**	**88**	**100**
Injuries, years of life lost Rate per 10,000 population | 2017 to 2021	**60**	**56**	**58**	**62**	**44**	**62**	**61**	**88**
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2017 to 2021	**35**	**33**	**24**	**41**	**51**	**55**	**32**	**45**
Potentially avoidable mortality Rate per 100,000 population | 2019 to 2021	**202.5**	**184.1**	**212.4**	**211.0**	**228.4**	**272.5**	**175.8**	**211.2**
Mortality from preventable causes Rate per 100,000 population | 2019 to 2021	**135.2**	**121.4**	**142.9**	**141.5**	**151.0**	**192.0**	**118.3**	**138.0**

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Mortality from treatable causes Rate per 100,000 population | 2019 to 2021	67.3	62.8	69.5	69.5	77.5	80.5	57.5	73.2

Health Services

account for 10% of health determinants

Ambulatory care sensitive conditions Rate per 10,000 population aged 75 and under | 2021-2022	292	254	342	266	299	341	226	470
Seniors that recieved a flu shot in the last 12 months % | 2020	66.5	65.7	70.4	73.8	52.9	52.6	60.1	67.0
Have a family doctor or nurse practitioner % | 2022	85.4	90.0	86.7	79.9	74.6	83.5	86.2	89.9
Favourable rating of hospital services received % | 2019	78.5	77.6	79.7	75.8	85.3	63.0	82.6	81.5
Favourable rating of overall health care services received % | 2020	66.2	65.4	65.3	61.0	70.1	66.2	73.0	71.8
High Users of Inpatient Acute Care Services % | 2021–2022	4.3	4.0	4.9	3.4	4.5	5.0	3.8	5.4
Breast cancer screening % | 2021 to 2023	52	61	40	49	n/a	47	54	61

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Health Behaviours								
account for 40% of health determinants								
Daily or occasional smoker % | 2020	17.5	15.0	19.5	17.8	17.1	20.1	17.3	21.2
Citizens who eat 5 or more servings of fruits or vegetables per day % | 2020	41.9	41.3	40.3	43.6	45.2	43.4	39.7	38.1
Heavy drinking % | 2020	26.9	26.7	27.4	23.9	27.5	27.3	23.5	23.5
Moderate or vigorous physical activity % | 2020	49.9	49.0	51.5	52.5	43.7	49.3	46.0	48.6
Perceived life stress, most days quite a bit or extremely stressful % | 2019-2020	18.7	18.6	21.2	18.0	24.1	19.4	S	S
Sexually transmitted infections - chlamydia Rate per 10,000 population | 2019	29	39	22	36	17	15	17	21
Teens who gave birth Rate per 1,000 females | 2022	7	5	7	8	10	15	5	9
Social and Economic Factors								
account for 40% of health determinants								

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Sense of community belonging, somewhat strong or very strong % | 2020	72.0	65.7	71.0	69.8	72.2	82.5	77.1	78.4
Low income households % | 2021	14	13	14	13	16	19	17	16
No high school diploma (25-64 years) % | 2021	11	10	8	8	16	16	21	15
Single parent family % | 2021	16	15	17	15	15	19	19	19
Employment rate % | 2021	54	57	54	57	52	44	46	46

Physical Environment

account for 10% of health determinants

Household with high radon concentration % | 2009-2011	25	20	11	17	29	24	40	29
Occupied dwellings requiring major repairs % | 2021	7.8	6.6	8.2	8.3	7.0	8.6	8.3	9.2

About this Table

The Population Health Snapshot is a representation of the health of the population based on the Population Health Model that aims to inform individuals, communities, and organizations about the health status of the population with respect to the region they live in or provide services to.
It consists of 35 indicators for New Brunswick and each of the 7 health zones, that compare where each zone stands in comparison to the others.

What do we measure?

The indicators in our Snapshot fall within one of two categories:

- Health Outcomes; or
- Determinants of health (grouped into: Health Services, Health Behaviours, Social and Economic Factors, and Physical Environment).

The indicators are updated with the most recent information available to us.

How can the snapshots be used?

The population health snapshots help answer "how do we compare to others?"
To facilitate the identification of areas of strengths and areas of improvement, this year, the Snapshots include green and red flags that highlight the indicators where the zone performs better or worse than other zones, based on a Z-score analysis.

What is a Z-Score?

A Z-score is a numerical measurement that describes a value's relationship to the mean of a group of values (normal distribution of values). A Z-score is measured in terms of standard deviations from the mean. If a Z-score is 0, it indicates that the data point's score is identical to the mean score. A Z-score of 1.0 (or -1.0) would indicate a value that is one standard deviation from the mean. For the Population Health Snapshot, a Z-score of 1.282 is the cut point used to display flags that inform on health zone values that are far enough from the mean to be deemed better or worse than the average.

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