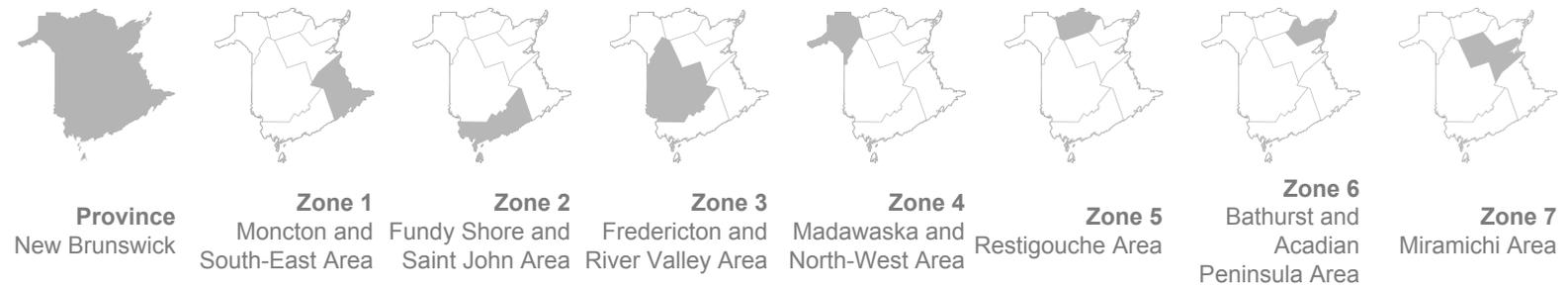


## POPULATION HEALTH Snapshot



### Health Outcomes

Perceived health, very good or excellent %   2023	38.3	40.1	36.0	38.0	40.3	36.1	40.3	33.4
Perceived mental health, very good or excellent %   2023	42.6	42.3	43.3	37.4	52.2	49.0	46.5	41.1
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   2020 to 2022	4.1	5.3	3.5	3.9	S	S	S	S
Low birth weight rate %   2020 to 2022	6.2	7.1	5.3	6.5	4.6	7.5	4.9	5.7

	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
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   2018 to 2022	30	 21	34	34	39	 48	24	37
Cancer, years of life lost Rate per 10,000 population   2018 to 2022	160	146	161	150	 236	194	161	172
Heart and stroke, years of life lost Rate per 10,000 population   2018 to 2022	91	 78	103	93	102	 111	81	91
Injuries, years of life lost Rate per 10,000 population   2018 to 2022	56	53	54	60	 46	66	57	 69
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population   2018 to 2022	31	25	 22	36	50	 59	33	40
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 100,000 population younger than age 75   2023-2024	305.0	252.0	313.0	334.0	330.0	375.0	226.0	 528.0
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 %   2023	79.3	81.1	86.4	67.8	 63.8	81.1	85.1	 94.6
Overall experience during the hospital stay, good or very good %   2023	79.9	80.4	80.2	78.0	 86.4	77.4	82.2	 74.0
Favourable rating of overall health care services received %   2023	58.0	54.8	59.7	54.3	60.7	53.8	 67.9	64.3
High Users of Inpatient Acute Care Services Rate per 100 patients   2023-2024	4.2	3.9	4.6	4.1	4.5	 5.4	 2.9	5.2

	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
Breast cancer screening %   2021 to 2023	52	61	 40	49	n/a	47	54	61

## 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

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## Social and Economic Factors

account for 40% of health determinants

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.

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### 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