POPULATION HEALTH

Snapshot



Zone 5
Restigouche Area



Province
New Brunswick

Health Outcomes

Perceived health, very good or excellent % | 2024	⚐ 32.6	37.7
Perceived mental health, very good or excellent % | 2024	42.8	43.2
Life satisfaction, very satisfied or satisfied % | 2020	⚑ 92.2	90.8
Infant death Rate per 1,000 live births | 2021 to 2023	S	4.3
Life expectancy Years | 2015 to 2017	79.4	80.7
Breathing diseases, years of life lost Rate per 10,000 population | 2019 to 2023	⚐ 41	29
Cancer, years of life lost Rate per 10,000 population | 2019 to 2023	203	159
Heart and stroke, years of life lost Rate per 10,000 population | 2019 to 2023	⚐ 116	88
Injuries, years of life lost Rate per 10,000 population | 2019 to 2023	⚐ 74	61

	Zone 5 Restigouche Area	Province New Brunswick
Suicides and self-inflicted injuries, years of life lost Rate per 10,000 population | 2019 to 2023	60	30
Potentially avoidable mortality Rate per 100,000 population | 2021 to 2023	290.7	235.6
Mortality from preventable causes Rate per 100,000 population | 2021 to 2023	207.2	158.1
Mortality from treatable causes Rate per 100,000 population | 2021 to 2023	83.5	77.5

Health Services

account for 10% of health determinants

Ambulatory care sensitive conditions Rate per 100,000 population younger than age 75 | 2024-2025	438	367
Seniors that recieved a flu shot in the last 12 months % | 2020	52.6	66.5
Have a family doctor or nurse practitioner % | 2025	73.9	72.6
Overall experience during the hospital stay, good or very good % | 2023	77.4	79.9
Favourable rating of overall health care services received % | 2025	61.6	58.2
High Users of Inpatient Acute Care Services Rate per 100 patients | 2024-2025	5.4	4.4
Breast cancer screening % | 2023-2025	52.1	54.5

Health Behaviours

account for 40% of health determinants

Daily or occasional smoker % | 2020	20.1	17.5

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Citizens who eat 5 or more servings of fruits or vegetables per day % | 2020	43.4	41.9
Heavy drinking % | 2020	27.3	26.9
Moderate or vigorous physical activity % | 2020	49.3	49.9
Perceived life stress, most days quite a bit or extremely stressful % | 2023-2024	17.0	23.0
Sexually transmitted infections - chlamydia Rate per 10,000 population | 2019	15	29
Teens who gave birth Rate per 1,000 females | 2022	15	7

Social and Economic Factors

account for 40% of health determinants

Sense of community belonging, somewhat strong or very strong % | 2020	82.5	72.0
Low income households % | 2021	19	14
No high school diploma (25-64 years) % | 2021	16	11
Single parent family % | 2021	19	16
Employment rate % | 2021	44	54

Physical Environment

account for 10% of health determinants

Household with high radon concentration % | 2009-2011	24	25

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Occupied dwellings requiring major repairs % | 2021	**8.6**	**7.8**

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