

Population Health Profile 2022



Dieppe and Memramcook



New Brunswick
Health Council | Conseil de la santé
du Nouveau-Brunswick



About the New Brunswick Health Council

The New Brunswick Health Council (NBHC) has a two-part mandate: engaging citizens in ongoing dialogue about the improvement of health service quality in the province, and measuring, monitoring and publicly reporting on health service quality and population health. Together, these two streams of activity contribute to greater accountability, improved health system performance, population health outcomes and promotion of a more citizen-centered health care system.

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What is a Population Health Profile?

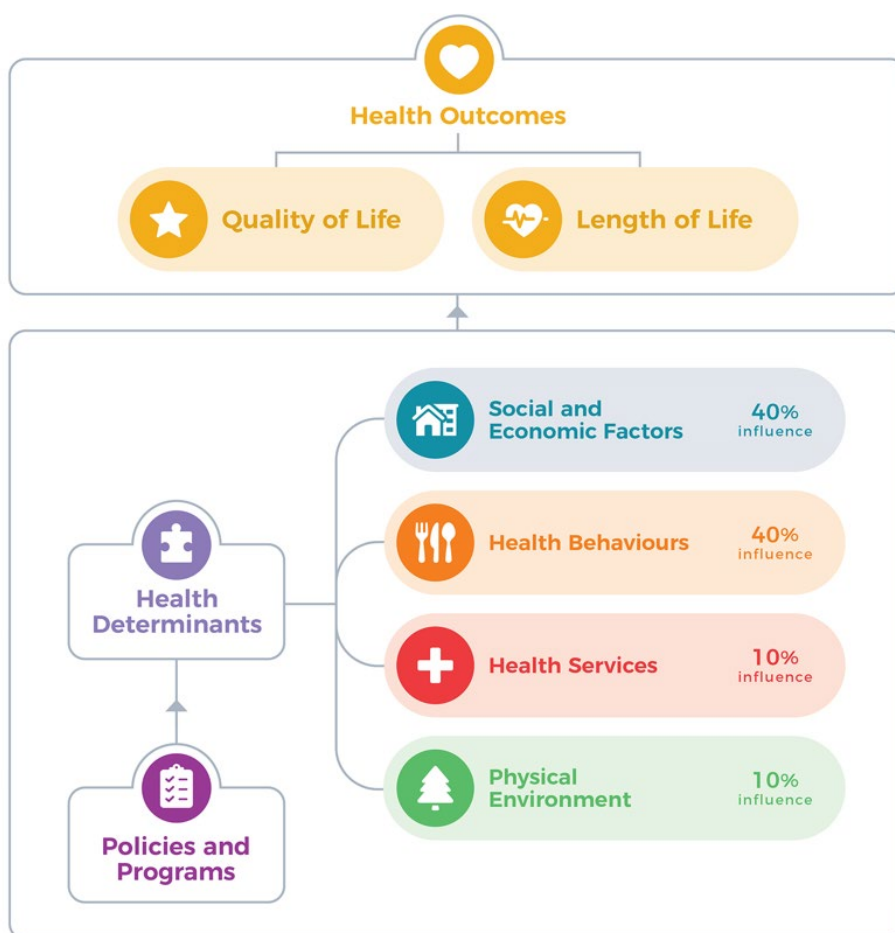
The New Brunswick Health Council's (NBHC) *Population Health Profile* provides an overview of the health and well-being of people who live, learn, work and take part in activities in each community of our province. This tool is designed to help citizens and decision-makers develop a shared understanding of the unique realities lived in each community and can be used to foster collaboration toward a common vision of informed, engaged, and healthier New Brunswickers.

Each profile was created by analyzing information from more than 400 population health indicators, available in the *Population Health Data Tables* on the [NBHC website](#). The information included helps us understand how healthy the citizens in our communities are today (health outcomes) and what factors influence their health and well-being (health determinants).

The Population Health Model

The *Population Health Profile* is based on a *Population Health Model*. This model groups the determinants of health into four categories: health behaviours, health services, social and economic factors, and the physical environment. Each category can be influenced by our individual decisions about our health and well-being, external factors that influence the health of the population, and government programs and policies.

Together, these determinants impact New Brunswickers' health outcomes: our quality and length of life.





About the Data and Geography

Indicators from a variety of sources are collected, organized, and analyzed by the NBHC. Each has various levels of reliability and limitations as detailed in the specific indicator web page on the [NBHC website](#). The complete list of indicators used in this profile can be found at the end of the document.

Population Health Profiles are available for each of the 7 Health Zones and 33 NBHC Communities. The boundaries of the seven health zones were established by provincial legislation, while the 33 communities were created by the NBHC in 2009 (by further dividing up the seven established health zones). The community boundaries were determined on the basis of the catchment areas of health care centres, community health centres and hospitals. No community has fewer than 5,000 people to ensure data availability, stability, and anonymity.

To learn more about the 33 NBHC Communities, click [here](#).



Key observations for the Dieppe and Memramcook

- This community has experienced the largest population growth in the province in recent years.
- Youth have positive connections with the people in their life, their school and their community.
- The residents are in good overall physical and mental health.
- Wait times for primary care are longer than the provincial average.



Health of the Community

Demographic Context

- Land area: 242 km²
- Population density: 139 persons per km²

This community covers a relatively small land area and so the population density is somewhat higher than that of its neighbouring communities.

Dieppe and Memramcook experienced more population growth (10.1%) than any other community in New Brunswick between 2016 and 2020.

The median age is 40 years, one of the youngest in the province. The birth

rate (10 persons per 1,000 population) is considerably higher than the death rate (six persons per 1,000 population). In addition, two thirds of households include a married or common-law couple. More specifically speaking, one in two are couples with children.

The level of bilingualism in Dieppe and Memramcook sets the community apart. In fact, the percentage of residents with knowledge of both English and French is the highest in the province in terms of both the general population (75%), and among youth specifically (83%). About two in three residents (68%) speak primarily French at home, while just over one quarter of the population (28%) speak mainly English at home.

Just over one in four youth (28%) have been diagnosed with special education needs. Most of those needs are less common than in the province as a whole. The exceptions are learning disabilities (9%) and gifted youth (4%). These two types of special needs are more prevalent in this community than in any other.





Health Outcomes

The mental fitness of youth in Dieppe and Memramcook is better than the provincial average. About nine in ten youth have good life satisfaction and moderate to high levels of mental fitness (positive attitudes toward what they feel, think and do). Four out of five youth have a high or moderate level of resilience and less than a quarter have symptoms of depression. Dieppe and Memramcook also has the highest percentage (93%) of youth with positive social behaviours (being helpful, respectful, caring, etc.). The vast majority of adults (93%) and seniors (94%) said they are satisfied or very satisfied with life. In addition, about half the residents of both age groups perceive their mental health as very good or excellent.

Three in four youth perceive their health as very good or excellent, the highest proportion in the province. Half of adults and one third of seniors reported the same. In addition, almost three in four youth (73%) are at a healthy weight. Chronic health conditions are less common in Dieppe and Memramcook. This region has the lowest percentage of adults and seniors with three or more chronic health conditions (14%). The rates of heart disease, diabetes and stroke are among the lowest in the province. And adults and seniors are more likely than average to be very confident about their ability to manage their health, to know how to prevent other health-related problems, and to strongly agree that their health depends largely on how well they take care of themselves.



Determinants of Health

Social and economic factors

Generally speaking, youth in Dieppe and Memramcook have good connections with the people in their life:

	Dieppe and Memramcook (%)	NB (%)
Eat an evening meal together with family, friends or guardians	56	46
Enjoy my cultural and family traditions	52	49
My parent or caregiver knows a lot about me	64	54
My family stands by me during difficult times	59	54
Mental fitness needs highly satisfied by family	86	79
My friends stand by me during difficult times	47	44
Mental fitness needs highly satisfied by friends	87	81
I have people I look up to	45	46

Youth also have a connection with their school that is positive overall: the majority of youth feel a sense of belonging at their school (95%), feel safe at school (87%) and said they are treated fairly by their teachers (86%). Two thirds of youth reported that their mental fitness needs are highly satisfied by the school. Half the youth in the community reported they have opportunities to develop skills that will be useful in the future, a higher percentage than the average.

In addition, the percentage of youth in Dieppe and Memramcook who volunteer outside their school is one of the highest in the province (84%). About two in three youth participate in activities or groups not organized by the school. However, fewer than one in three youth (31%) said they know where to go in their community to get help.



Dieppe and Memramcook is one of the New Brunswick communities with the highest percentage of residents who have a post-secondary certificate, diploma or degree (71%). It also has the highest labour force participation rate (70%) and employment rate (65%). Just 6% of households have an annual income of less than \$25,000, while almost two thirds (62%) have an annual income of \$60,000 or more. However, it is also one of the communities with the highest median housing costs, at \$858 per month for renters and \$1099 per month for homeowners. Dieppe and Memramcook is also home to the highest percentage of adults (99%) and seniors (93%) who have internet access at home.

Physical environment

This community has the smallest percentage of occupied dwellings in need of major repairs (4%). In addition, just over one in ten dwellings (12%) were built before 1960.

With respect to smoking, youth in this community reported the lowest level of contact with environmental tobacco smoke. Only 4% of youth reported that at least one person had smoked in their home every day or almost every day, and 8% reported riding in a car with someone who was smoking cigarettes in the past seven days. The number of smokers in Dieppe and Memramcook is one of the lowest in the province.

Health Behaviours

Dieppe and Memramcook youth have the best eating habits in the province. In fact, 58% of youth in the community eat breakfast every day and eat at least five servings of fruits or vegetables daily. In addition, only four in ten youth drink non-nutritious sweetened beverages and just under three in ten had eaten meals while watching television at least three times in the previous seven days. Adult eating behaviours are also better than average with about half of adults eating at least five servings of fruits and vegetables each day.

Sleep patterns in this community are relatively good. One in two youth usually sleep at least eight hours each night, while nearly two in three adults and seniors usually sleep



seven hours or more per night. In terms of physical activity, half of adults and seniors reported they get enough moderate or vigorous activity; for youth the figure is 22%. On the other hand, about one in five seniors in Dieppe and Memramcook drink heavily, the highest proportion in the province.

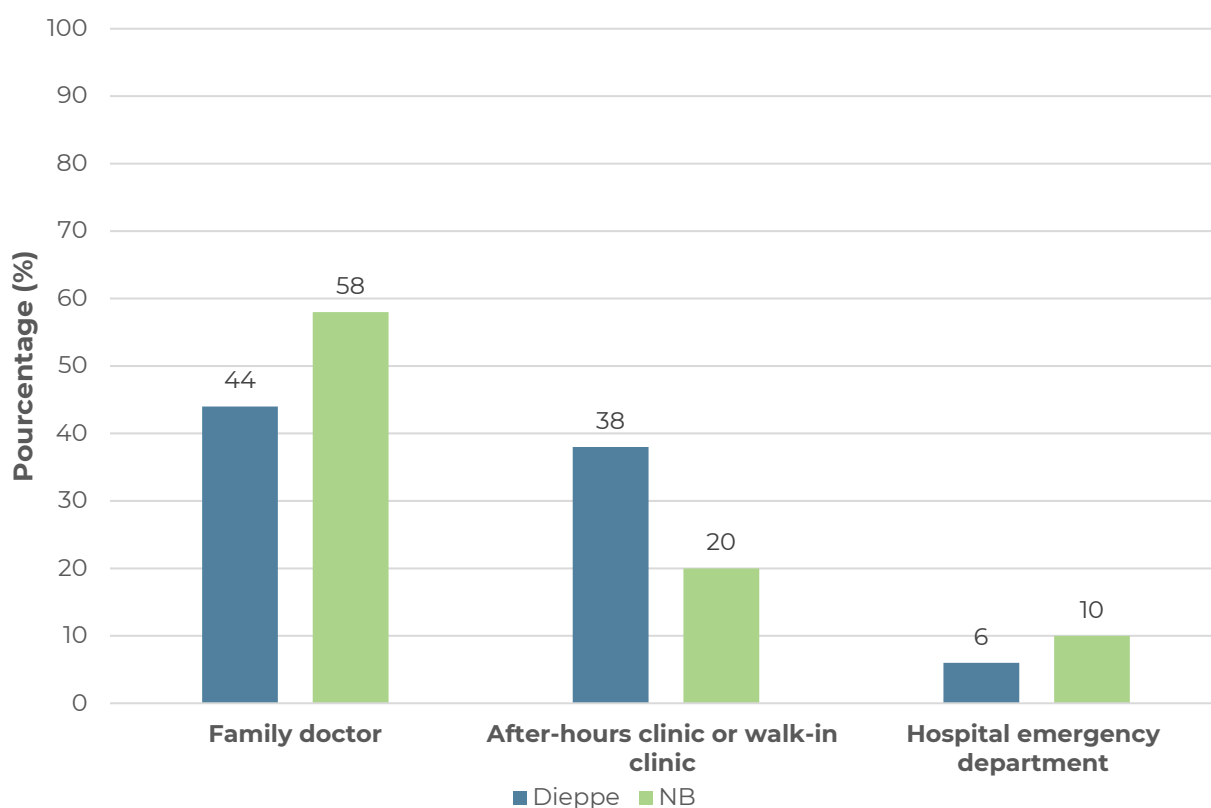


Health Services

Dieppe and Memramcook is below the provincial average in terms of access to primary health care services. About half of adults and seniors reported being able to get an appointment with their family doctor within five days. Less than two thirds of people reported waiting less than four hours to access emergency services.

Like the neighbouring communities of Moncton and Riverview, the residents of Dieppe and Memramcook turn mainly to after-hours or walk-in clinics when they are ill or in need of health care services (see Figure 1).

Figure 1. Types of Services Most Often Used When Care Services are Needed in Dieppe and Memramcook



The rate of preventable hospitalization in Dieppe and Memramcook is one of the best in the province. Avoidable hospitalization for an ambulatory-care-sensitive condition is considered a measure of access to appropriate primary health care. While not all



admissions for these conditions are preventable, it is assumed that appropriate ambulatory care could prevent the onset of this type of illness or condition, help control an episodic acute care illness or condition, or help manage a chronic condition or disease. Rates of hospitalization due to injury are well below average across all age groups, while rates of hospitalization for mental health disorders are closer to the provincial average.

The uptake of mental health services among adults and seniors is slightly higher than the provincial average. Among youth, less than one third (28%) reported having felt the need to seek help for an emotional or mental health problem.

Four in five residents, the highest proportion in the province, reported that their family physician provides explanations in a way that can be understood. Similarly, three in four reported they receive help from their family doctor in coordinating care services that require other health professionals. And when asked to rate the health care services, they received, a large number of seniors rated them favourably (86%).



Conclusion

Dieppe and Memramcook has experienced the greatest population growth in New Brunswick in recent years. It is one of the youngest communities in the province, with a large proportion of its households consisting of families with children. In addition, the vast majority of residents are bilingual.

This community also stands out in terms of the positive aspects of its residents' mental health, especially among youth. In addition, youth in Dieppe and Memramcook reported having positive connections with the people in their life, their school and their community.

Adults and seniors are less likely than average to have a large number of chronic conditions, and generally reported good life satisfaction. Household incomes are relatively high, and most residents have a post-secondary education.

While overall eating, sleeping and physical activity habits are among the best in the province, a relatively high proportion of seniors in this community drink heavily.

Access to primary health care in Dieppe and Memramcook is somewhat more difficult than in most communities in the province, and wait times are relatively long. However, seniors in this community reported a high level of satisfaction with care services.



Source

Detailed information for each indicator used for these observations is available on the New Brunswick Health Council website. The list of indicators, their unique code and the year of dissemination are available (Table 2) to facilitate this research.

It is important to note that the indicators are continuously updated on the NBHC website.

[Dieppe and Memramcook | New Brunswick Health Council \(nbhc.ca\)](https://www.nbhc.ca)

Table 2. Indicator, unique code and year of dissemination		
Indicateur	Code unique	Année
Demographic Context		
Land area	STATC-CENCU-001	2016
Population density	STATC-CENCU-002	2016
Median age of population	STATC-SCCEN-002	2016
Birth rate	SNB-VITST-002	2014 to 2018
Married or living common-law	STATC-SCCEN-003	2016
Couples with children	STATC-SCCEN-005	2016
Language most spoken at home - English	STATC-SCCEN-011	2016
Knowledge of official language - French and English	STATC-SCCEN-018	2016
Youth bilingualism - English and French	STATC-SCCEN-001	2016
Youth diagnosed with special education needs	SH_SENAL_1	2018-2019
Youth diagnosed with special education needs - Gifted	SH_SENGI_1	2018-2019
Health Outcomes		
Youth - Moderate to high level of mental fitness (having a positive sense of how they feel, think and act)	SH_MEFHM_1	2018-2019
Youth - See their health as being very good or excellent	SH_HEP01_1	2018-2019
Youth - Resilience, high or moderate level	SH_RESTS_1	2018-2019
Youth - Life satisfaction	SH_LIF01_7	2018-2019
Youth - Pro-social behaviours (being helpful, respectful, thoughtful, etc.)	SH_PROTS_1	2018-2019
Youth - Symptoms of depression	SH_DEP01_1	2018-2019
Youth - Healthy weight	SH_BMI02_1	2018-2019
Adults - Perceived mental health, very good or excellent	PH_HEP02_1	2020
Adults - Perceived health, very good or excellent	PH_HEP01_1	2020
Adults - Life satisfaction, very satisfied or satisfied	PH_LIF01_1	2020
Seniors - Perceived mental health, very good or excellent	PH_HEP02_1	2020



Seniors - Perceived health, very good or excellent	PH_HEP01_1	2020
Seniors - Life satisfaction, very satisfied or satisfied	PH_LIF01_1	2020
3 or more chronic health conditions	PH_CHC12_2	2020
Heart disease	PH_CHCHD_1	2020
Stroke	PH_CHCST_1	2020
Diabetes	PH_CHCDL_1	2020
Adults - strongly agree that their health largely depends on how well they take care of themselves	PH_BELDM_1	2020
Adults - know how to prevent further problems with their health condition, strongly agree	PH_MGT02_1	2020
Adults - very confident in managing their health condition	PH_MGT01_1	2020
Seniors - strongly agree that their health largely depends on how well they take care of themselves	PH_BELDM_1	2020
Seniors - know how to prevent further problems with their health condition, strongly agree	PH_MGT02_1	2020
Seniors - very confident in managing their health condition	PH_MGT01_1	2020
Social and Economic Factors		
Youth - eat an evening meal together with family, friends or guardians	SH_EATI1_1	2018-2019
Youth - enjoy my cultural and family traditions	SH_RES12_1	2018-2019
Youth - my parent or caregiver knows a lot about me	SH_RES06_1	2018-2019
Youth - my family stands by me during difficult times	SH_RES07_1	2018-2019
Youth - with mental fitness needs highly satisfied by family	SH_MEFFA_1	2018-2019
Youth - my friends stand by me during difficult times	SH_RES08_1	2018-2019
Youth - with mental fitness needs highly satisfied by friends	SH_MEFFR_1	2018-2019
Youth - have people I look up to	SH_RES05_1	2018-2019
Youth - feel safe at school	SH_SCC05_1	2018-2019
Youth - feel connected to my school	SH_SCCTS_1	2018-2019
Youth - with mental fitness needs highly satisfied by school	SH_MEFSC_1	2018-2019
Youth - have opportunities to develop skills that will be useful later in life (like job skills and skills to care for others)	SH_RES09_1	2018-2019
Youth - volunteer outside school without being paid	SH_VOLAT_1	2018-2019
Youth - participate in activities or groups not organized by school	SH_OUSAL_1	2018-2019
Youth - know where to go in my community to get help	SH_RES02_1	2018-2019
Adults - Have internet access at home	PH_INT02_1	2020
Seniors - Have internet access at home	PH_INT02_1	2020
Highest level completed of education - postsecondary certificate, diploma or degree	STATC-SCCEN-039	2016
Participation rate	STATC-SCCEN-040	2016
Employment rate	STATC-SCCEN-041	2016
Household income - less than \$25,000	STATC-SCCEN-056	2016
Household income - \$60,000 and more	STATC-SCCEN-058	2016
Median monthly shelter costs - rented residence	STATC-SCCEN-061	2016
Median monthly shelter costs - owned residence	STATC-SCCEN-060	2016



Physical Environment

Occupied dwellings requiring major repairs	STATC-SCCEN-029	2016
Occupied dwellings built before 1960	STATC-SCCEN-030	2016
Youth - have at least one person who smokes inside their home	SH_SMO13_1	2018-2019
Youth - report riding in a car with someone who was smoking cigarettes	SH_SMO14_1	2018-2019

Health Behaviours

Youth - Eat breakfast daily	SH_EAT12_1	2018-2019
Youth - Eat 5 or more servings of vegetables or fruit daily	SH_EATFV_1	2018-2019
Youth - Ate meals while watching television 3 times or more in the last 7 days	SH_EAT14_2	2018-2019
Youth - Drink non-nutritious sugary beverages	SH_DRINN_1	2018-2019
Adults - Eat 5 or more servings of vegetables or fruit daily	PH_EAT03_1	2020
Youth - Moderate or vigorous physical activity	SH_PHY01_1	2018-2019
Youth - Sleep 8 hours or more every night	SH_SLE01_1	2018-2019
Adults and seniors - Moderate or vigorous physical activity	PH_PHY01_1	2020
Adults and seniors - Daily or occasional smoker	PH_SMO01_1	2020
Seniors - Heavy drinking	PH_ALC01_3	2020

Health Services

Family doctor	PH_USEPB_1	2020
After-hours clinic or walk-in clinic	PH_USEPB_3	2020
Hospital emergency department	PH_USEPB_5	2020
Hospitalization following an injury	CIHI-DAD-014	2017-2018 to 2019-2020
Youth - hospitalization following an injury	CIHI-DAD-015	2017-2018 to 2019-2020
Adults - hospitalization following an injury	CIHI-DAD-016	2017-2018 to 2019-2020
Seniors - hospitalization following an injury	CIHI-DAD-017	2017-2018 to 2019-2020
Hospitalization for mental health disorder	CIHI-DAD-018	2017-2018 to 2019-2020
Youth - hospitalization for mental health disorder	CIHI-DAD-019	2017-2018 to 2019-2020
Adults - hospitalization for mental health disorder	CIHI-DAD-020	2017-2018 to 2019-2020
Seniors - hospitalization for mental health disorder	CIHI-DAD-021	2017-2018 to 2019-2020
Avoidable hospitalization	CIHI-DAD-003	2016-2017 to 2019-2020
Youth - needed to see or talk to someone for a mental or emotional problem	SH_MHI01_1	2018-2019
Family doctor - waited 5 days or less to have an appointment	PH_ACCFD_2	2020
Hospital emergency department - waited less than 4 hours	PH_ACCEA_1	2020
Family doctor - always explains things in a way that they can understand	PH_COMFA_1	2020
Seniors - Citizens - provide a favourable rating for overall health care services received	PH_SATOA_1	2020



Family doctor - always helps them coordinate the care from other providers

PH_CRDFB_1

2020