

Population Health Profile 2022



Edmundston, Rivière-Verte, Lac Baker Area



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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Profil de santé de la population 2022 - Région d'Edmundston, Rivière-Verte, Lac Baker

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What is a Population Health Profile?

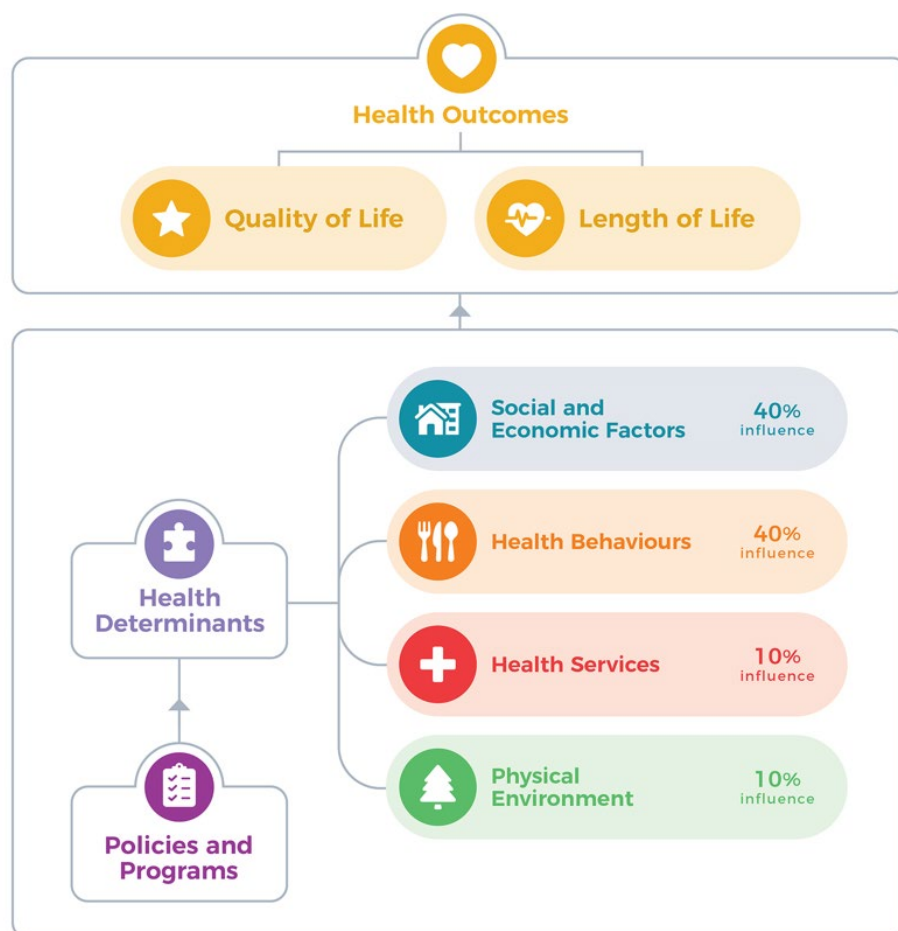
The New Brunswick Health Council's (NBHC) *Population Health Profile* provides an overview of the health and well-being of people who live, learn, work and take part in activities in each community of our province. This tool is designed to help citizens and decision-makers develop a shared understanding 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 influences 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 Edmundston, Rivière-Verte, Lac Baker Area

- The median age is older than the New Brunswick average.
- Youth have generally good eating habits and quality of life.
- Children and youth have family support and a sense of connection to their school that are among the best in the province.
- This community has one of New Brunswick's lowest levels of mental health services uptake.

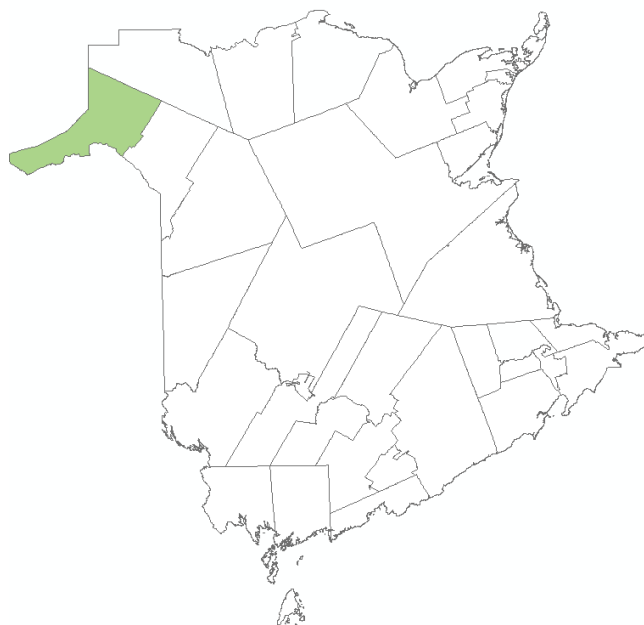


Health of the Community

Demographic Context

- Area: 2410 km²
- Population density: 11 persons per km²

The Edmundston, Rivière-Verte, Lac Baker Area population grew by 1.1% between 2016 and 2020. The birth rate (five per 1,000 population) is lower than the provincial average, while the death rate (10 per 1,000 population) is higher. The median age is 51 years, five years older than the median age in New Brunswick.



In the Edmundston area, the immigrant population (4.3%) is slightly larger than the population that identifies as Indigenous (3.6%). The visible minority population is small (1.8%). About one in ten youth (11.5%) identify as being a member of a sexual minority group. Of the youth diagnosed with special education needs, the Edmundston area has the smallest percentage who are blind or visually impaired, living with a mental illness (depression, anxiety or bipolar disorder) or living with a behavioural disorder.

Health Outcomes

Of the communities for which this data is available, the Edmundston area has the highest percentage of children with moderate to high levels of mental fitness (32%) and positive social behaviours (42%).

In the Edmundston area, three-quarters of youth perceive their health as very good or excellent. A slightly higher percentage of them (79%) have a moderate or high level of resilience, both figures are higher than the provincial average. Nine in ten youth reported they are satisfied with life. About the same percentage (87%) have moderate or



high levels of mental fitness, both of which are above the provincial average for this age group. Symptoms of depression affect about one quarter of youth, a proportion that is below the provincial average.

The percentage of adults and seniors who perceive their health as very good or excellent (37% and 22% respectively) is lower than the provincial average for both groups. In terms of managing chronic health conditions, adults and seniors scored below the provincial averages (see Table 1).

Table 1. Perception of Seniors and Adult in the Edmundston, Rivière-Verte, Lac Baker Area Regarding Their Management of Chronic Health Conditions

	Edmundston (%)		NB (%)	
	Adults	Seniors	Adults	Seniors
Very confident in managing their health condition	29	35	40	44
Strongly agree that they know how to prevent further problems with their health condition	29	28	38	31
Strongly agree that their health largely depends on how well they take care of themselves	55	38	62	51



Determinants of Health

Social and economic factors

The levels of family and social support for children and youth in the Edmundston area are among the most favourable in many respects. In fact, 88% of children feel that their mental health needs are highly satisfied by their friends. In addition, 84% of children feel that their mental fitness needs are highly satisfied by their family and 77% feel those same needs are highly satisfied by their school, the highest percentages of all the communities for which this data is available. And a relatively high percentage of children feel that they are treated fairly by teachers (66%), feel safe at school (68%), and have a sense of belonging at their school (59%).

The sense of connection youth have to their school is one of the most favourable in the province (see Table 2).

Table 2. Edmundston, Rivière-Verte, Lac Baker Area Youth Perception of Social Support at School or Work

	Edmundston (%)	NB (%)
Participate in activities or groups organized by school	58	54
Feel teachers treat me fairly	89	83
Feel safe at school	91	84
Feel connected to my school	96	92
Mental fitness needs highly satisfied by school	70	57
Have opportunities to develop skills that will be useful later in life (like job skills and skills to care for others)	46	41

The vast majority of youth in grades 6 to 12 also feel that their mental fitness needs are highly satisfied by their family (87%) and friends (85%). Youth in the Edmundston area are the most likely to have a part-time job outside of school hours (54%). This community also has the highest rate of approved child-care spaces for infants in daycares (33 per 100 population aged 1 and under).



Physical environment

Children in the Edmundston area are more likely to use active ways of getting to school than the majority of children surveyed. In fact, about one child in ten walks, bikes or skateboards to school. However, only one in twenty youth travel to school using those ways of getting around, while 15% use the above-mentioned modes of transportation in combination with inactive ones.

The Edmundston area had the highest number of extreme cold days (12) during the period under consideration. However, there were no extreme heat episodes, or any boil water orders during that same period. It is also the community with the highest concentration of fine particulate matter (PM2.5), at 7.8 parts per billion.

Health Behaviours

Generally speaking, Edmundston, Rivière-Verte residents have good eating habits. In fact, children in this community are the most likely to report eating breakfast every day (73%) and having at least five servings of fruits or vegetables every day (64%). In addition, less than half of children (45%) reported drinking non-nutritious sugary drinks, the lowest proportion in the province. For youth in grades 6 to 12, just over half eat breakfast every day (52%) and the same proportion eat at least five servings of fruits or vegetables every day. However, youth in this community are the most likely to report eating at a fastfood restaurant at least three times in the past seven days (19%).



Adults in the Edmundston area have worse-than-average physical activity habits. In fact, only two out of five adults engage in moderate or vigorous physical activity at the recommended level.

Less than one in four youth (23%) are at risk of becoming a future smoker, one of the lowest proportions in the province. In addition, only one in eight youth (12%) use



cannabis. For adults and seniors, the proportion is only 2.5%, the lowest percentage in the province.

Health Services

The Edmundston area is one of the communities where access to family physicians is the most difficult. Only 83% of residents reported they have a family doctor, one of the lowest percentages in the province. In addition, just over two in five adults and seniors (44%) reported being able to get an appointment with their family doctor within

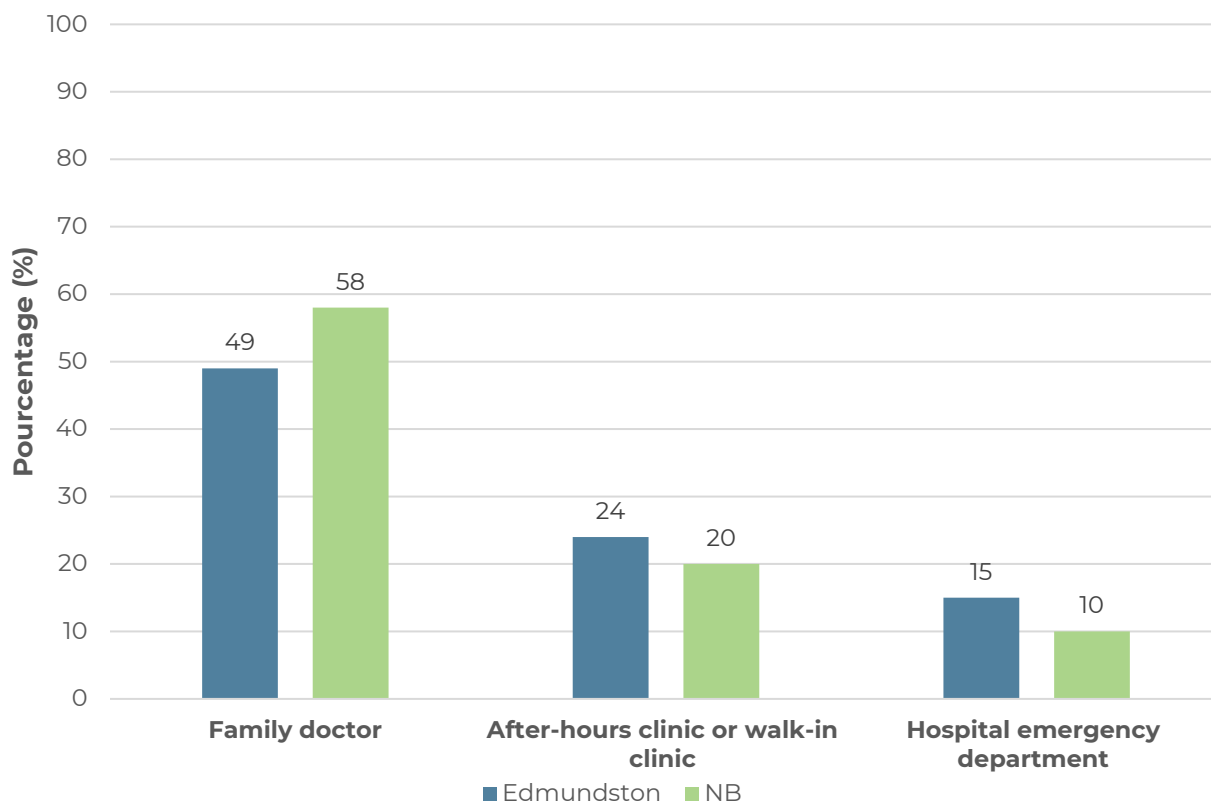


five days. In terms of communities with the smallest number of people able to get an appointment with their family doctor within a reasonable time, Edmundston ranks fifth. However, this community is slightly above the provincial average in terms of wait times to access emergency services. Seven out of ten residents waited less than four hours to access them.

When they are sick or need care services, Edmundston, Rivière-Verte residents turn to their family doctor less often than the people in most New Brunswick communities (see Figure 2).



Figure 1. Types of Services Most Often Used When Care Services are Needed in Edmundston, Rivière-Verte, Lac Baker Area



Hospitalization rates for injuries and mental health disorders are well above the provincial averages across all age groups (see Table 3). The preventable hospitalization rate in the Edmundston area is the third highest in the province, just behind the communities of St. Stephen and Miramichi.

Preventable hospitalizations are considered a measure of access to appropriate primary health care. And 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. A disproportionately high rate is thought to indicate that access to appropriate primary care is difficult.



Table 3. Hospitalization by Edmundston, Rivière-Verte, Lac Baker Area Residents

	Edmundston (rate)*	NB (rate)*
Hospitalization following an injury	129	74
Youth	63	29
Adults	72	42
Seniors	309	208
Hospitalization for mental health disorder	137	51
Youth	80	33
Adults	178	64
Seniors	72	28
Avoidable hospitalization	78	52

** Rate per 10,000 population*

This community has one of New Brunswick's lowest levels of mental health services uptake. One in ten adults reported having felt the need to talk to a health professional about their mental health, emotional health or substance use. Only 9% of adults said they consulted a health care professional for those reasons. Only one in five youth reported having felt the need to see someone for an emotional or mental health problem. And of the residents who sought professional help for those reasons, 4% of youth and 48% of adults did not see or talk to a health professional, despite having felt the need to do so. The latter figure puts the community in top place for this indicator, which it shares with the Shediac area.

Fewer than six in ten adults (59%) reported they feel they are consulted about decisions related to their health, the lowest proportion of all the communities in New Brunswick. Only 38% of adults reported being very knowledgeable about the effects of each of their medications, and 29% reported being very confident about their ability to manage their health. Sixty-three percent reported they always get help from their family doctor in



coordinating the care that involves other health care professionals, a percentage that is lower than the figure for the province as a whole.

When it comes to rating the health services they have received, the level of satisfaction reported by Edmundston area residents was one of the highest. In fact, roughly three-quarters of adults and seniors gave the health services they received a positive rating.



Conclusion

Briefly put, the Edmundston area has experienced somewhat modest recent demographic growth. The median age of the population is older than the provincial median. And the Indigenous and immigrant populations account for a proportion of residents similar to that of the province as a whole.

The quality of life of youth in this community is generally good, including life satisfaction, mental fitness and resilience. Adults and seniors, on the other hand, have a lower-than-average perception of their health and reported having a relatively low level of confidence in their ability to manage it.

Family support for children and youth in the Edmundston area is among the most favourable, as is the sense of connection those two age groups have to their school. Their eating habits are also generally good and substance use among youth is below average.

The Edmundston area is one of the communities where access to a family doctor is the most difficult but wait times for emergency services are better. Rates of preventable hospitalization and hospitalization for injuries or mental health disorders are higher than most New Brunswick communities. The rating the residents of this community gave for the health services they received is the highest in the province.



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 4) to facilitate this research.

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

[Edmundston, Rivière-Verte, Lac Baker Area | New Brunswick Health Council \(nbhc.ca\)](https://nbhc.ca)

Table 4. Indicator, unique code and year of dissemination		
Indicator	Unique Code	Year
Demographic Context		
Land area	STATC-CENCU-001	2016
Population density	STATC-CENCU-002	2016
Population change from 2016 to 2020	STATC-SCCEN-024	2016 to 2020
Indigenous	STATC-SCCEN-023	2016
Immigrant	STATC-SCCEN-009	2016
Median age of population	STATC-SCCEN-002	2016
Birth rate	SNB-VITST-002	2014 to 2018
Death rate	SNB-VITST-001	2014 to 2018
Youth diagnosed with special education needs - Behavioural disorder	SH_SENBE_1	2018-2019
Youth diagnosed with special education needs - Blind or low vision	SH_SENBL_1	2018-2019
Youth diagnosed with special education needs - Mental illness (depression, anxiety, bipolar disorder)	SH_SENME_1	2018-2019
Youth - sexual minority	SH_SEO02_7	2018-2019
Health Outcomes		
High level of mental fitness (having a positive sense of how they feel, think and act)	SE_MEFHI_1	2019-2020
Pro-social behaviours (being helpful, respectful, thoughtful, etc.)	SE_PROHI_1	2019-2020
See their health as being very good or excellent	SH_HEP01_1	2018-2019
Resilience, high or moderate level	SH_RESTS_1	2018-2019
Life satisfaction	SH_LIF01_7	2018-2019
Symptoms of depression	SH_DEP01_1	2018-2019
Perceived health, very good or excellent	PH_HEP01_1	2020
Perceived health, very good or excellent	PH_HEP01_1	2020
Adults - strongly agree that their health largely depends on how well they take care of themselves	PH_BELODM_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_BEELDM_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		
Children - with mental fitness needs highly satisfied by family	SE_MEFFA_1	2019-2020
Children - with mental fitness needs highly satisfied by friends	SE_MEFFR_1	2019-2020
Youth - with mental fitness needs highly satisfied by family	SH_MEFFA_1	2018-2019
Youth - with mental fitness needs highly satisfied by friends	SH_MEFFR_1	2018-2019
Children - feel teachers treat me fairly	SE_SCC04_1	2019-2020
Children - feel safe at school	SE_SCC05_1	2019-2020
Children - feel connected to my school	SE_SCCHI_1	2019-2020
Children - with mental fitness needs highly satisfied by school	SE_MEFSC_1	2019-2020
Youth - participate in activities or groups organized by school	SH_INSAL_1	2018-2019
Youth - feel teachers treat me fairly	SH_SCC04_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
Approved child care spaces - infants (1 and under)	GNB-EESC-001	2019
Students with part-time jobs outside of school	SH_JOB01_1	2018-2019
Physical Environment		
Children - walk, bike or skateboard to get to school	SE_PHY02_1	2019-2020
Youth - walk, bike or skateboard to get to school	SH_PHY02_1	2018-2019
Youth - walk, bike or skateboard in combination with inactive transportation to get to school	SH_PHY02_4	2018-2019
Extreme heat events	CCCS-DCLIM-001	2020
Extreme cold days	CCCS-DCLIM-002	2020
Fine particulate matter (PM2.5)	GNB-DELG-001	2018
Number of boil orders	GNB-OCMOH-001	2020
Health Behaviours		
Children - Eat breakfast daily	SE_EAT04_1	2019-2020
Children - Eat 5 or more servings of vegetables or fruit daily	SE_EATFV_1	2019-2020
Children - Drink non-nutritious sugary beverages	SE_DRINN_1	2019-2020
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 at a fast food place or restaurant 3 times or more in the last 7 days	SH_EAT13_2	2018-2019
Youth - At risk of becoming a future smoker	SH_SMOSU_1	2018-2019



Youth - Cannabis use	SH_MAR02_2	2018-2019
Adults and seniors - Cannabis use	PH_MAR01_2	2020
Health Services		
Have a family doctor	PH_ACCFA_1	2020
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
Youth - who needed to see or talk to someone about their mental or emotional problem but didn't	SH_MHI02_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
Adults - very confident in managing their health condition	PH_MGT01_1	2020
Family doctor - always involves them in decisions about their health care	PH_APPFA_1	2020
Know what their prescribed medications do, strongly agree	PH_MED02_1	2020
Citizens - provide a favourable rating for overall health care services received	PH_SATOA_1	2020