

# Population Health Profile 2022



## Grand Bay-Westfield, Westfield, Greenwich 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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## What is a Population Health Profile?

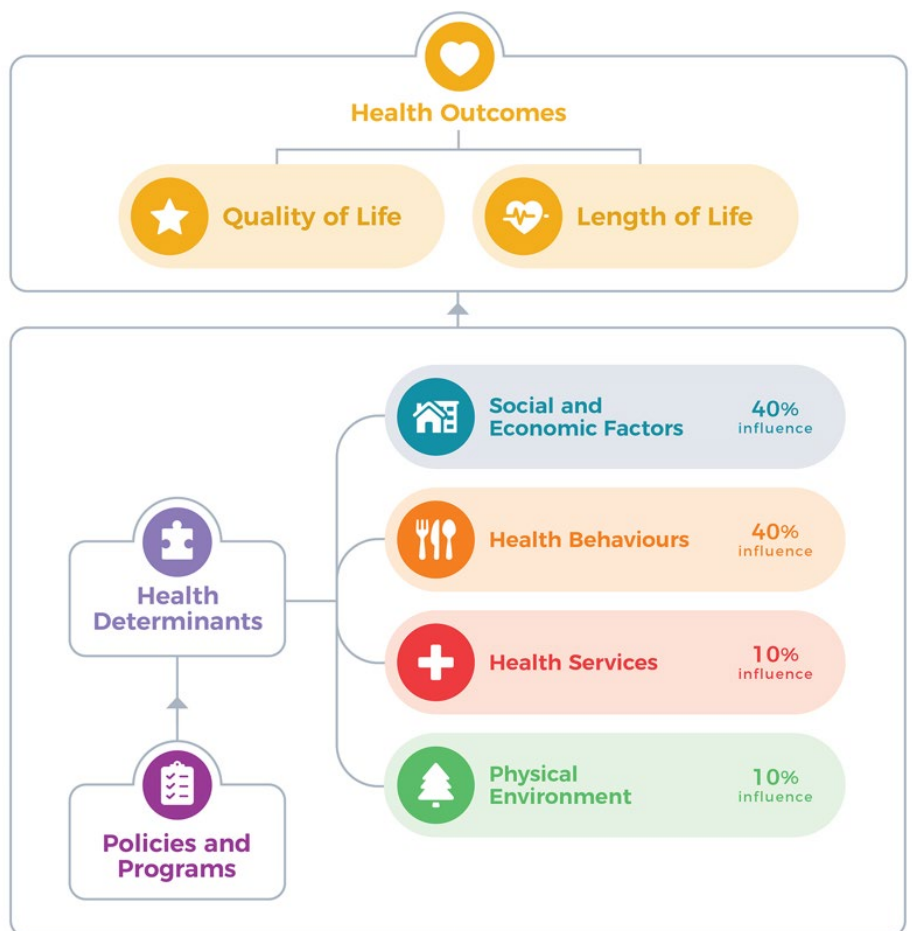
The New Brunswick Health Council's (NBHC) *Population Health Profile* provides an overview of the health and well-being of people who live, learn, work and take part in activities in each community of our province. This tool is designed to help citizens and decision-makers develop a shared understanding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

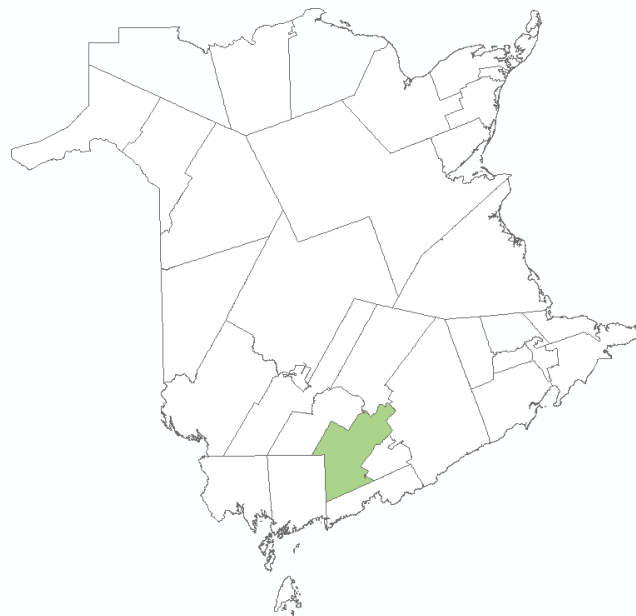
- The population grew at a lower rate than the province as a whole.
- Adults and seniors are among those who are the most optimistic about managing their health.
- Household incomes are high, and a relatively small percentage is spent on housing costs.
- Wait times to get an appointment with a family doctor and to access emergency services are among the best in the province.



# Health of the Community

## Demographic Context

- Area: 1509 km<sup>2</sup>
- Population density: 7 persons per km<sup>2</sup>



The Grand Bay-Westfield, Westfield, Greenwich Area has lower-than-average population density. Its population grew by only 1.1% between 2016 and 2020, a rate that is significantly lower than the province as a whole (4.4%). The birth rate (eight per 1,000) and death rate (eight per 1,000) are identical to the provincial rates, and the median age of the population (47 years) is close to the New Brunswick average.

Two thirds of Grand Bay-Westfield area households include married or common-law couples, a higher proportion than the provincial average. Couples with children account for 44% of households and 7% of households consist of five or more people. English is by far the most widely used language in this community; 98% of residents said they speak primarily English at home and at work.

## Health Outcomes

Adults and seniors in this community have slightly better-than-average mental health and life satisfaction. Over 90% of adults and seniors have good life satisfaction. In addition, 56% of seniors perceive their mental health as very good or excellent, and one third have the same perception of their overall health. However, almost one quarter of adults reported that they feel lonely, a proportion that is higher than the New Brunswick average.



The median age of death, at 73 for men and 77 for women, is younger than the New Brunswick average. And yet, adults and seniors in the Grand Bay-Westfield area are among those who feel the most optimistic about managing their health (see Table 1).

**Table 1. Perception of Seniors and Adults in the Grand Bay-Westfield, Westfield, Greenwich Area Regarding the Management of their Health**

	Grand Bay-Westfield (%)		NB (%)	
	Adults	Seniors	Adults	Seniors
Very confident in managing their health condition	49	52	40	44
Strongly agree that they know how to prevent further problems with their health condition	47	37	38	31
Strongly agree that their health largely depends on how well they take care of themselves	69	55	62	51





## Determinants of Health

### Social and economic factors

Close to one third of adults and seniors reported they often or always feel a lack of companionship, social exclusion or social isolation. In addition, only 85% of residents in these age groups have access to the internet at home, as compared to 97% province-wide. Among the reasons for stress reported by adults, Grand Bay-Westfield area residents are more likely to name physical health problems or conditions (37%) than those in all other New Brunswick communities. In addition, almost half reported the health of family members as a reason for stress.

Households in the Grand Bay-Westfield area have relatively high incomes. The median household income is \$72,722 per year, considerably higher than the median income for New Brunswick (\$59,313). Almost three in five households have an annual income of \$60,000 or more. The proportion of residents across all groups who live in a low-income household is lower than the provincial average, and the community has the smallest percentage of households (9%) that spend 30% or more of their income on housing. More than half the residents in the labour force work full-time and year-round, and the participation (63%) and employment (57%) rates are higher than the New Brunswick average. In addition, almost two thirds (63%) of adults and seniors have a post-secondary certificate, diploma or degree.

### Physical environment

The Grand Bay-Westfield area has the province's highest proportion of residents who own their home (93%). Almost all residents (96%) drive or ride in a motor vehicle to get to or from work, school or health facilities. As a result, this community has one of the smallest proportions of adults and seniors who walk or bike to work (1.6%).

In terms of environmental quality, there were no extreme heat days, cold events, or boil water orders in this community during the period under consideration. There is also a high concentration of radon in one out of eight households.





## Health Behaviours

The percentage of youth in this community who eat lunch daily (54%) is higher than the provincial average.

The health habits of adults and seniors in the Grand Bay-Westfield area are relatively good. Almost half of adults eat at least five servings of fruits or vegetables daily, a higher proportion than the New Brunswick average. More than half of adults (56%) and seniors (52%) get the recommended amount of moderate or vigorous physical activity.



## Health Services

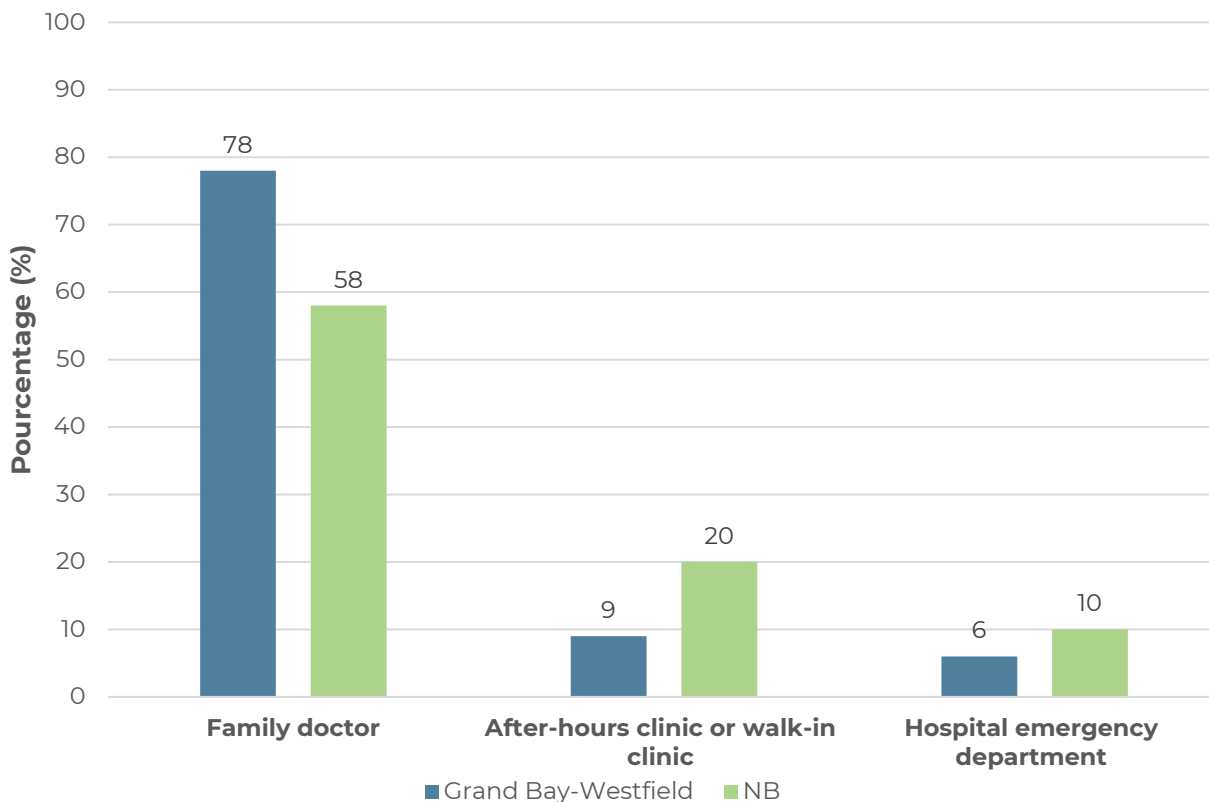
The Grand Bay-Westfield area stands out in terms of the accessibility of primary health care services. Well over half (63%) of adults reported being able to get an appointment with their family doctor within five days, while 69% of seniors reported the same. Taken together, this data puts the community just behind the Perth-Andover, Plaster Rock Area in terms of the best access to family doctors. Similarly, more than four in five (82%) residents reported waiting less than four hours to access emergency services. The latter figure puts the Grand Bay-Westfield area in the number three spot in the province.



When they are sick or need health care services, the residents of this area turn to their family physicians more frequently than the people in any other community in the province (see Figure 1). It is also worth noting that 91% of Grand Bay-Westfield, Westfield area residents reported they have a family doctor.



**Figure 1. Types of Services Most Often Used When Care Services are Needed in Grand Bay-Westfield, Westfield, Greenwich Area**



Residents of this community, across all age groups, reported having consulted a professional for their mental health, emotional health or substance use at a frequency similar to the provincial average. In fact, adults and seniors in this community are hospitalized for mental health problems at rates that are among the lowest in the province (57 per 10,000 population).

The Grand Bay-Westfield, Westfield Area has the highest proportion of people who said they know how their medication works (64%). The community also ranks among the highest in terms of the percentage of adults who are very confident about their ability to manage their health (49%).

Adults and seniors differ in terms of how they rated the health services they received. Only 60% of adults rated the health care services they received positively, while 86% of seniors did the same. In addition, only 64% of residents reported they get help from their family doctor to coordinate care services that involve other health professionals.



## Conclusion

Briefly put, the Grand Bay-Westfield, Westfield, Greenwich Area is a community with a smaller-than-average population that is growing at a lower rate than the province as a whole. Couples and families with children make up a relatively high proportion of households.

The mental health of adults and seniors is better than average, and they are among the most optimistic about managing their health. However, the residents of this community are less likely to report they have good social, and family supports.

Household incomes in this community are high and a relatively small portion of the household income is spent on housing costs. The majority of the population have a post-secondary certificate, diploma or degree. There is also evidence that adults and seniors have better-than-average health-related habits.

Access to primary health care services in the Grand Bay-Westfield area is better than the provincial average. More specifically speaking, wait times for an appointment with a family doctor and to access emergency services are among the most favourable.



## 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.

[Grand Bay-Westfield, Westfield, Greenwich Area | New Brunswick Health Council \(nbhc.ca\)](https://www.nbhc.ca)

Table 1. Indicator, unique code and year of dissemination		
Indicator	Unique Code	Year
<b>Demographic Context</b>		
Land area	STATC-CENCU-001	2016
Population density	STATC-CENCU-002	2016
Population change from 2016 to 2020	STATC-SCCEN-024	2016 to 2020
Median age of population	STATC-SCCEN-002	2016
Birth rate	SNB-VITST-002	2014 to 2018
Death rate	SNB-VITST-001	2014 to 2018
Married or living common-law	STATC-SCCEN-003	2016
Couples with children	STATC-SCCEN-005	2016
Private household with 5 or more people	STATC-SCCEN-007	2016
Language most spoken at home - English	STATC-SCCEN-011	2016
Language most spoken at work - English	STATC-SCCEN-019	2016
<b>Health Outcomes</b>		
Adults - Life satisfaction, very satisfied or satisfied	PH_LIF01_1	2020
Adults - Lonely (based on loneliness score)	PH_SIL04_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
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



Median age at death - Male	SNB-VITST-006	2014 to 2018
Median age at death - Female	SNB-VITST-006	2014 to 2018
<b>Social and Economic Factors</b>		
Adults and seniors - lack companionship some of the time or often	PH_SIL01_1	2020
Adults and seniors - feel left out some of the time or often	PH_SIL02_1	2020
Adults and seniors - feel isolated some of the time or often	PH_SIL03_1	2020
Have internet access at home	PH_INT02_1	2020
Physical health problem or condition	PH_STRPH_1	2020
Health of family members	PH_STRHF_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
Work a full year, full time	STATC-SCCEN-051	2016
Household income - \$60,000 and more	STATC-SCCEN-058	2016
Median household income	STATC-SCCEN-053	2016
Live in low-income household	STATC-SCCEN-044	2016
Live in low-income household - Youth - live in low-income household (0-17 years)	STATC-SCCEN-045	2016
Live in low-income household - ...Children - live in low-income household (0-5 years)	STATC-SCCEN-046	2016
Live in low-income household - Adults - live in low-income household	STATC-SCCEN-047	2016
Live in low-income household - Seniors - live in low-income household	STATC-SCCEN-048	2016
Spending 30% or more of household total income on shelter costs	STATC-SCCEN-059	2016
<b>Physical Environment</b>		
Own a dwelling	STATC-SCCEN-025	2016
Adults and seniors - walk or bike to get to work	STATC-SCCEN-033	2016
Passenger or driver in a car, truck or van	STATC-SCCEN-035	2016
Extreme heat events	CCCS-DCLIM-001	2020
Extreme cold days	CCCS-DCLIM-002	2020
Radon - household with high radon concentration	HCRAD-CCSRCH-001	2007
Number of boil orders	GNB-OCMOH-001	2020
<b>Health Behaviours</b>		
Youth - Eat breakfast daily	SH_EAT12_1	2018-2019
Adults and seniors - Eat 5 or more servings of vegetables or fruit daily	PH_EAT03_1	2020
Adults and seniors - Moderate or vigorous physical activity	PH_PHY01_1	2020
<b>Health Services</b>		
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
Family doctor - waited 5 days or less to have an appointment - Adults	PH_ACCFD_2	2020
Family doctor - waited 5 days or less to have an appointment - Seniors	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
Know what their prescribed medications do, strongly agree	PH_MED02_1	2020
Adults - Citizens - provide a favourable rating for overall health care services received	PH_SATOA_1	2020
Seniors - Citizens - provide a favourable rating for overall health care services received	PH_SATOA_1	2020



