

Population Health Profile 2022



Zone 2

Fundy Shore and Saint John Area



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 — Zone 2 : Région de Fundy et de Saint John

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What is a Population Health Profile?

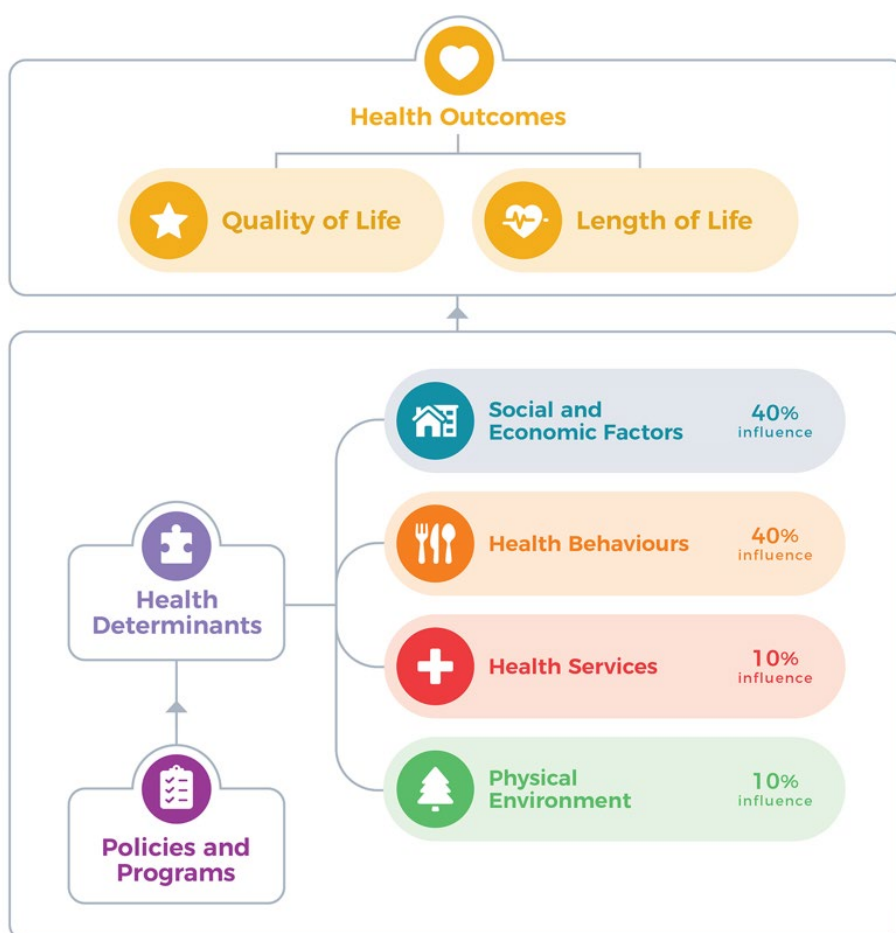
The New Brunswick Health Council's (NBHC) *Population Health Profile* provides an overview of the health and well-being of people who live, learn, work and take part in activities in each community of our province. This tool is designed to help citizens and decision-makers develop a shared understanding 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 Zone 2 - Fundy Shore and Saint John Area

- This is one of the most densely populated parts of the province.
- The mental fitness of youth is poorer than average, overall, but that of adults and seniors is better.
- Eating, sleeping, and substance use habits are less favourable.
- In general, residents reported they have a good relationship with their family doctor and good access to primary care services.



Health of the Community

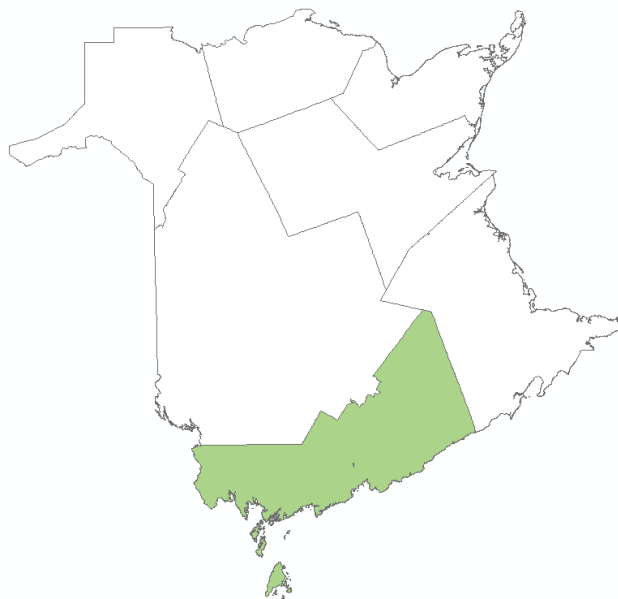
Demographic Context

- Area: 10,402 km²
- Population density: 17 persons per km²

Zone 2 has the second-highest population density in the province (17 persons per km²) and the birth rate is slightly lower than the death rate.

This zone has the smallest percentage of residents who identify as Indigenous (2%).

Immigrants account for about one in twenty residents and visible minorities represent just under 4% of the population. In addition, 96% of residents speak primarily English at home, and Zone 2 has the lowest proportion of residents with knowledge of both English and French (14%).



Health Outcomes

Zone 2 has the highest proportion of newborns with an above-average birth weight (2.3%). Approximately one quarter of youth in this zone are overweight, the lowest percentage in the province; it also has the highest rate of underweight youth (8%).

This zone also has the lowest percentages of youth with moderate or high levels of mental fitness (75%), and youth who perceive their health as very good or excellent (57%). About two in five youth have symptoms of depression or anxiety, the highest rates in the province. Just under four in five youth have good life satisfaction and 70% have high or moderate levels of resilience.



In some respects, the situation is quite different for adults. Nine in ten adults are satisfied with life and almost half (47%) rated their health as very good or excellent. However, both adults (23%) and seniors (21%) are more likely to say they feel lonely.

Adults and seniors in Zone 2 are the most optimistic about managing their health (see Table 1).

Table 1. Perception of Seniors and Adult in the Fundy Shore and Saint John Area Regarding Their Management of Chronic Health Conditions				
	Zone 2 (%)		NB (%)	
	Adults	Seniors	Adults	Seniors
Very confident in managing their health condition	44	47	40	44
Strongly agree that they know how to prevent further problems with their health condition	42	32	38	31
Strongly agree that their health largely depends on how well they take care of themselves	66	52	62	51



Determinants of Health

Social and economic factors

The relationship youth in Zone 2 have with the people in their life are mixed. On the one hand, they reported that there are people they admire a great deal (47%); they also said that they can count on their friends to support them in difficult times (45%). On the other hand, just over three in four youth have their mental fitness needs highly satisfied by their family, while just over half said the same about their school; both proportions are below the provincial averages.

About one in five youth in Zone 2 have a somewhat strong or very strong sense of belonging to their community. In addition, 85% of youth feel it is safe for young children to play outside during the day, the highest percentage in the province. However, one in five youth in this zone have experienced dating violence, which is the highest proportion in the province.

The median household income in Zone 2 (\$61,609 per year) is higher than average and more than half of households have an annual income of more than \$60,000. Family resilience to financial shock (debt-to-asset ratio) is one of the highest in the province and moderate to severe food insecurity is close to average (9.3%). Despite this, the highest percentage (7%) of families with children who social assistance or social benefits live in Zone 2. In addition, one in four youth live in a low-income household.

Physical Environment

There is a slightly higher than average percentage of renters in Zone 2 (27%). Three in ten occupied dwellings were built before 1960 and only 11% of households have high radon levels, which is the lowest percentage in the province.





This is one of the zones where active modes of transportation are popular. Eight percent of youth walk, bike or skateboard to school, and one quarter of youth use those ways of getting around in combination inactive ones. One in twenty adults or seniors use active ways of getting to work. Zone 2 is home to the largest percentage of the population that uses public transit, although the figure is only about 3%.

Health Behaviours

Overall, the eating habits of youth in Zone 2 are slightly worse than the provincial average. Only two in five youth have breakfast every day and eat at least five servings of fruit or vegetables daily. More than one in two youth reported that they drink non-nutritious sugary beverages and one in seven reported having eaten at a fastfood restaurant at least three times in the previous seven days. The percentage of adults who eat at least five servings of fruits and vegetables daily (42%) also is below average. However, the percentage of seniors who eat the recommended servings of fruits and vegetables each day is the highest in the province (40%).

Physical activity habits in the Fundy Shore and Saint John Area are generally good. More than half of adults and seniors reported they get enough moderate or vigorous physical activity. And youth in this zone are among the most active in the province; one in five reported they get at least 60 minutes of daily physical activity.

In terms of sleep patterns, just over one third of youth (35%) get at least eight hours of sleep per night. Fifty-six percent of seniors reported they usually get seven or more hours each night, the lowest percentage in the province.

Although the percentages of Zone 2 youth who smoke (15%) and drink heavily (14%) are close to the respective provincial averages, they use cannabis (24%) and other drugs (27%) more frequently than the rest of the province. A high percentage of adults drink heavily (27%).

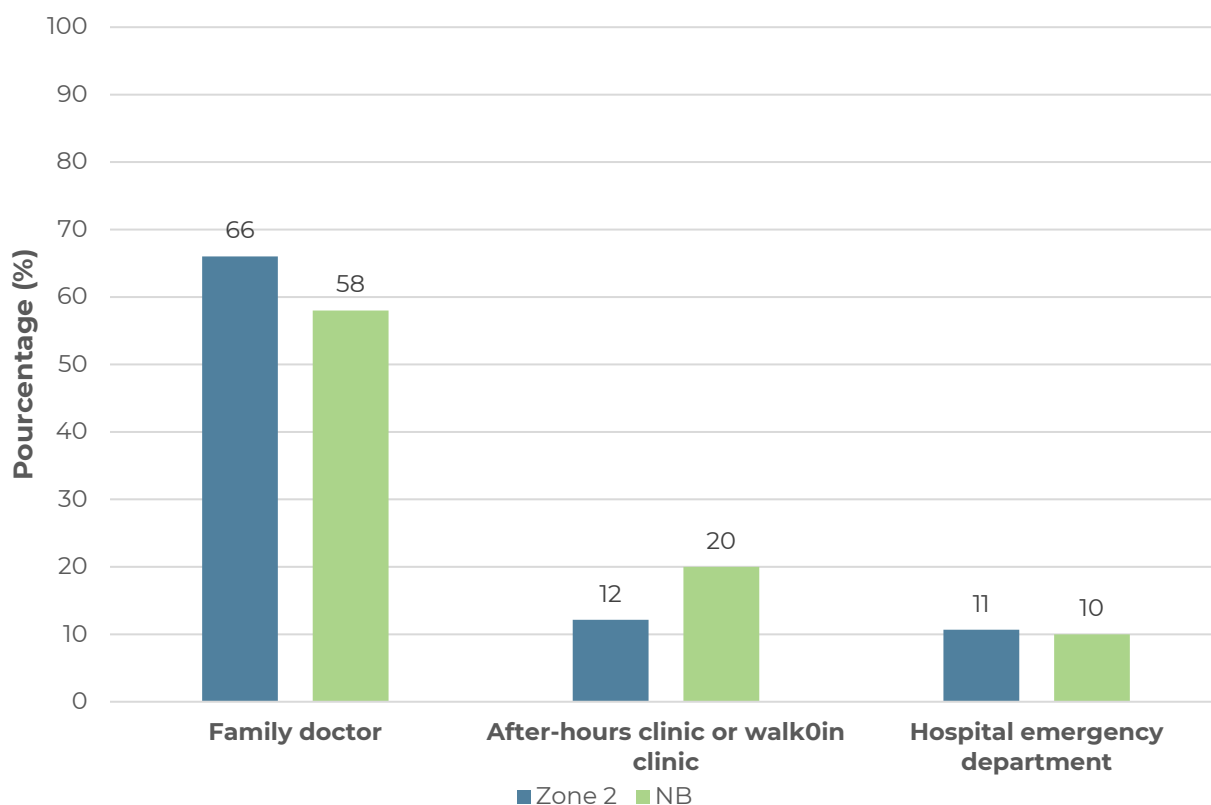


Health Services

Access to primary health care services in the Fundy Shore and Saint John Area is among the best in the province. More than half of adults (57%) and seniors (64%) reported being able to get an appointment with their family doctor within five days. Both of these figures are the second highest of all the zones in the province. Zone 2 also has the best wait times for emergency services: close to three quarters (71%) of people reported they waited less than four hours to access emergency services.

Compared to the provincial average, Zone 2 residents turn to their family doctor more frequently than to after-hours or walk-in clinics when they need health care services (see Figure 1).

Figure 1. Types of Services Most Often Used When Care Services are Needed in Zone 2: Fundy Shore and Saint John Area





The Fundy Shore and Saint John Area has the highest percentage of youth who reported having felt the need to talk to someone about an emotional or mental health problem (32%); it also has the highest percentage of youth (10%) who reported they did not talk to anyone despite having felt the need to do so.



The majority of people in this zone said their family doctor always explains things in a way they can understand (76%). They reported having enough time to talk with their family doctor (69%) and feel they are consulted in the decision-making process related to their health (77%). The Fundy Shore and Saint John Area also has the highest proportion of

residents who reported that they receive help from their family doctor to coordinate care services that involve other health professionals (70%).

When it comes to rating the health services received, the Fundy Shore and Saint John Area is in line with the provincial average. Two out of three adults and four in five seniors gave the health services they received a positive rating.



Conclusion

The Fundy Shore and Saint John Area is one of the province's most densely populated zones.

Although the median household income is higher than average, a relatively large proportion of children and youth live in a low-income household.

The mental fitness of youth is poorer than average, overall, but that of adults and seniors is better. Also noteworthy is the fact that the youth have mixed relationships with the people in their life. More specifically speaking, this zone has the highest proportion of youth who reported they have experienced dating violence.

Residents of this zone are more likely to use public transit and active modes of transportation to get to school or work. They also have better-than-average physical activity habits. But eating, sleeping, and substance use habits are less favourable. This zone has one of the best ratings for access to health care services, both in terms of appointments with family physicians and wait times for emergency 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.

[Health Zone 2 | New Brunswick Health Council \(nbhc.ca\)](https://nbhc.ca)

Table 2. 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
Indigenous	STATC-SCCEN-023	2016
Visible minority	STATC-SCCEN-022	2016
Birth rate	SNB-VITST-002	2014 to 2018
Death rate	SNB-VITST-001	2014 to 2018
Language most spoken at home - English	STATC-SCCEN-011	2016
Knowledge of official language - French and English	STATC-SCCEN-018	2016
Health outcomes		
Infants - higher than average birth weight	SNB-VITST-004	2016 to 2018
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 - Symptoms of depression	SH_DEP01_1	2018-2019
Youth - Underweight	SH_BMI02_2	2018-2019
Youth - Overweight or obese	SH_BMI02_3	2018-2019
Adults - Perceived health, very good or excellent	PH_HEP01_1	2020
Adults - Life satisfaction, very satisfied or satisfied	PH_LIF01_1	2020
Adults - Lonely (based on loneliness score)	PH_SIL04_1	2020
Seniors - Lonely (based on loneliness score)	PH_SIL04_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_BELODM_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 - 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 - have people I look up to	SH_RES05_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 - It is safe for younger children to play outside during the day	SH_SOC02_1	2018-2019
Youth - Victim of dating violence	SH_SEV02_1	2018-2019
Household income - \$60,000 and more	STATC-SCCEN-058	2016
Median household income	STATC-SCCEN-053	2016
Live in low-income household - Youth - live in low-income household (0-17 years)	STATC-SCCEN-045	2016
Family resilience to financial shock - debt to asset ratio	STATC-SFINSE-001	2019
Families with children receiving social assistance or welfare benefits	GNB-SOCDEV-001	2020
Food insecurity - moderate to severe	STATC-CCHS-001	2015 to 2019
Physical environment		
Rent a dwelling	STATC-SCCEN-026	2016
Occupied dwellings built before 1960	STATC-SCCEN-030	2016
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
Adults and seniors - walk or bike to get to work	STATC-SCCEN-033	2016
Use public transport	STATC-SCCEN-034	2016
Radon - household with high radon concentration	HCRAD-CCSRCH-001	2007
Health behaviours		
Youth - Eat breakfast daily	SH_EAT12_1	2018-2019
Youth - Drink non-nutritious sugary beverages	SH_DRINN_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
Adults - Eat 5 or more servings of vegetables or fruit daily	PH_EAT03_1	2020
Seniors 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 - Usually sleeps for 7 hours or more each night - Seniors	PH_SLE01_1	2020



Youth - Daily or occasional smoker	SH_SMO09_1	2018-2019
Youth - Heavy drinking	SH_ALC04_1	2018-2019
Youth - Cannabis use	SH_MAR02_2	2018-2019
Youth - Drug use	SH_DROAL_1	2018-2019
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
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
Adults - Family doctor - waited 5 days or less to have an appointment	PH_ACCFD_2	2020
Seniors - 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
Family doctor - always gives them enough time to discuss	PH_APPFB_1	2020
Family doctor - always involves them in decisions about their health care	PH_APPFA_1	2020
Family doctor - always helps them coordinate the care from other providers	PH_CRDFB_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