

Population Health Profile 2022



Zone 6

Bathurst and Acadian Peninsula



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.

For more information

New Brunswick Health Council
Pavillon J.-Raymond-Frenette
50 de la Francophonie Street, suite 2200
Moncton, NB E1A 7R1
Phone: 1 (877) 225-2521
1 (506) 869-6870
Fax: 1 (506) 869-6282
Web: www.nbhc.ca

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Profil de santé de la population 2022 – Zone 6 : Région de Bathurst et de la Péninsule Acadienne

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What is a Population Health Profile?

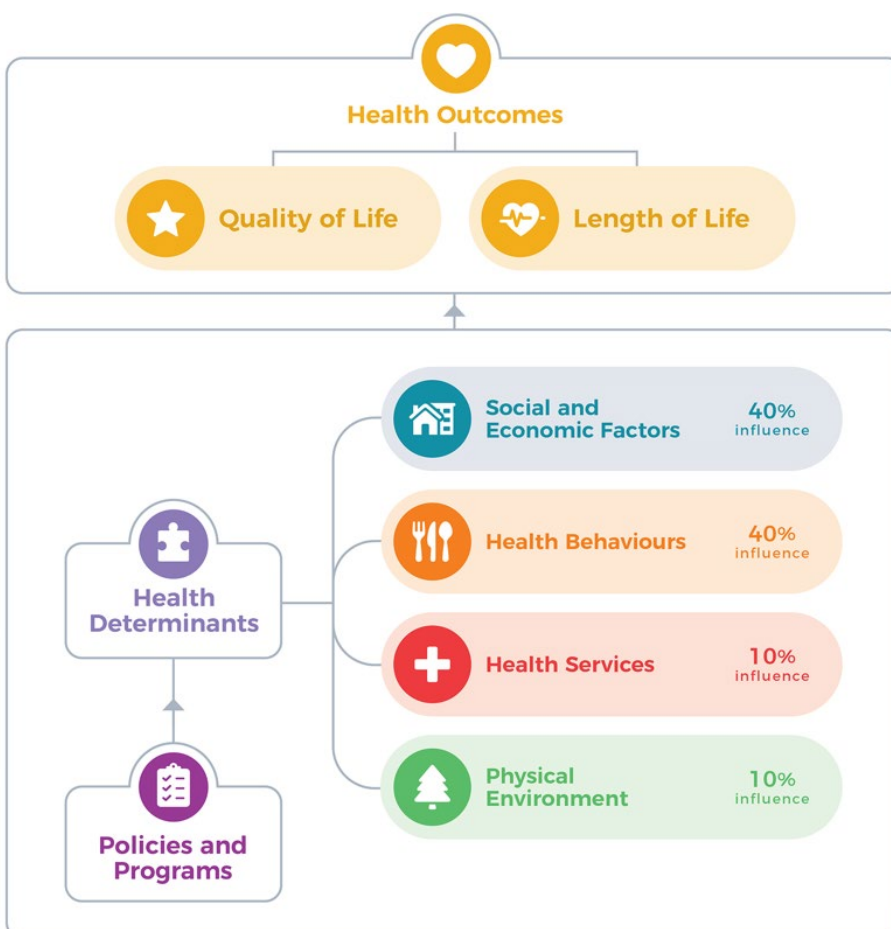
The New Brunswick Health Council's (NBHC) *Population Health Profile* provides an overview of the health and well-being of people who live, learn, work and take part in activities in each community of our province. This tool is designed to help citizens and decision-makers develop a shared understanding 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 6 - Bathurst and Acadian Peninsula

- The median age of the population is high and the birth rate is the lowest of all the provincial health zones.
- The median household income is among the lowest.
- Some health habits of the youth in this zone are the worst in the province, including drug use and injury prevention.
- Zone 6 residents gave the health services received the highest rating in the province.



Health of the Zone

Demographic Context

- Area: 4744 km²
- Population density: 17 persons per km²



In terms of land area, Zone 6 is the smallest zone in the province; it also has one of the highest population density in New Brunswick. The population increased by 0.5% between 2016 and 2020, one of the lowest increases of all the health zones. The birth rate (six per 1,000 population) is the lowest of all the New Brunswick health zones, while the death rate (ten per 1,000 population) is above the provincial average. The median age is 51 years, which is the second-oldest median age of all the New Brunswick health zones.

The percentage of the population that identifies as Indigenous (4%) is identical to the provincial average. The immigrant population (1.3%) is the smallest of all the health zones. Zone 6 also has the smallest percentage of youth who identify as a member of a sexual minority (11.8%). And the percentage of married or common-law couples (58%) and the percentage of dependents under the age of 20 (15%) are the lowest of all the health zones.

This zone has the highest percentage of youth diagnosed with having special education needs (28%). Among youth diagnosed with having such needs, those with Attention Deficit Hyperactivity Disorder (ADHD) or Attention Deficit Disorder without Hyperactivity (ADD) (13%) and those with “Other” special needs (5%) account for the highest percentages of all seven health zones. Bathurst and Acadian Peninsula also has the smallest percentage of adults and seniors with disabilities (21%).



Health Outcomes

Bathurst and Acadian Peninsula is the health zone with the highest percentage of low weight newborns (8%). Just over half of seniors (53%) perceive their mental health as very good or excellent, one of the highest percentages of all seven health zones. Zone 6 also has the smallest percentage of adults and seniors with three or more chronic health conditions (21%).

In terms of premature deaths, it also has the lowest rate of years of life lost due to respiratory illnesses for men (28 per 10,000 population), while women have the second-lowest rate (22 per 10,000 population). This zone also has the highest rate of years of life lost due to cancer for men (211 per 10,000 population) and youth (28 per 10,000 population). As for adults and seniors, one in ten (10%) reported they are living with cancer, the highest proportion in the province for each of the two age groups.



Determinants of Health

Social and economic factors

Youth in Zone 6 generally have a good connection with their school (see Table 1).

	Zone 6 (%)	NB (%)
Participate in activities or groups organized by school	56	54
Feel teachers treat me fairly	87	83
Feel safe at school	88	84
Feel connected to my school	95	92
Mental fitness needs highly satisfied by school	64	57
Have opportunities to develop skills that will be useful later in life (like job skills and skills to care for others)	44	41

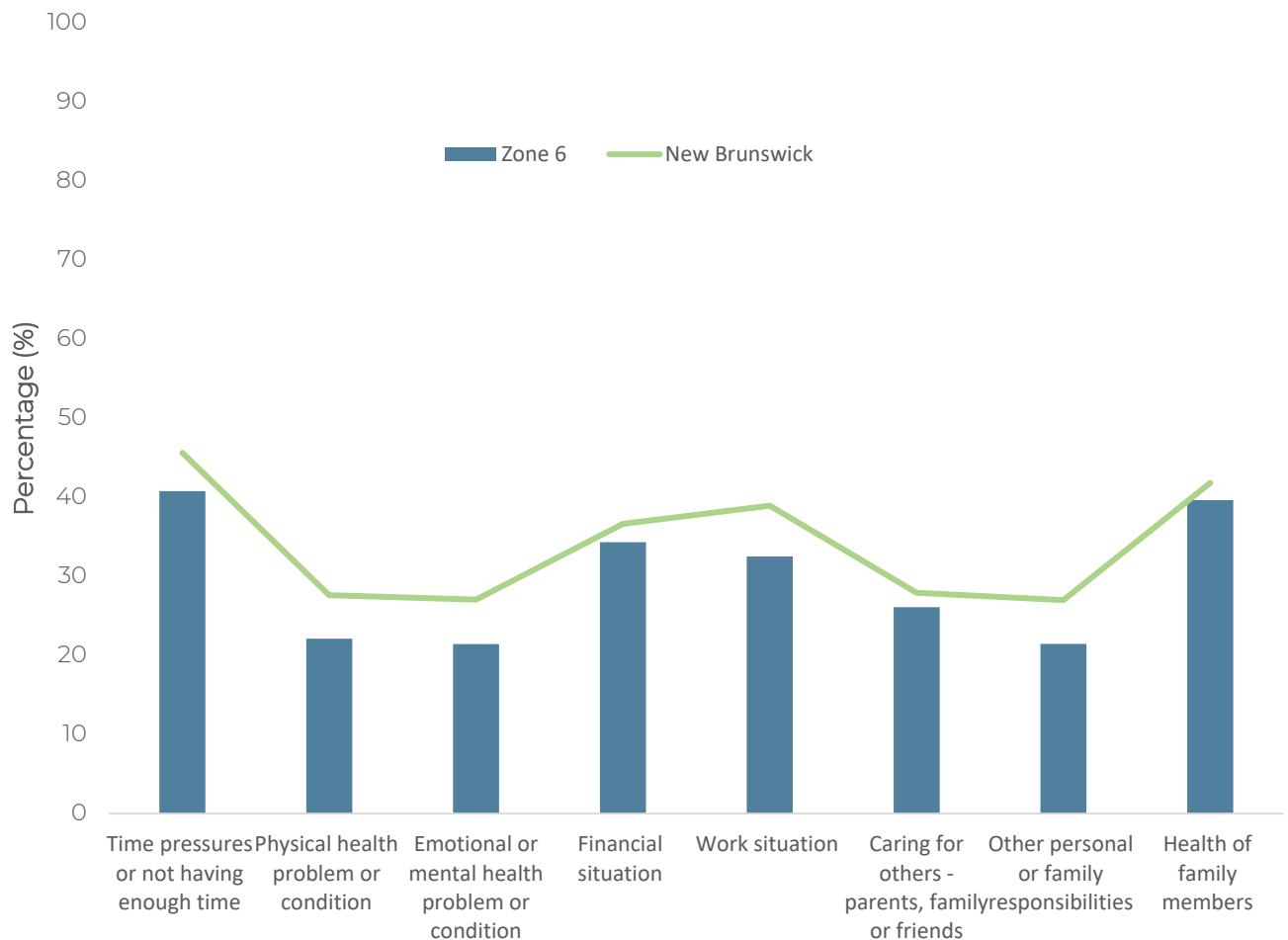
However, the connection that youth have with their community is more mixed. On the one hand, 77% of them volunteer outside of school, the second-highest percentage, behind Zone 4 (Madawaska and North-West Area). On the other hand, only one youth in four said that they know where to go in their community to get help. Also of note is the fact that 12% of youth reported they had been sexually assaulted, the highest percentage, tied with Zone 5 (Restigouche Area).

Zone 6 has the lowest property crime rate (21 cases per 1,000 population).

Its seniors and adults are generally under less stress than the provincial average (see Figure 1). However, there are two exceptions for seniors: the health of family members (35%) and caring for parents, family or friends (24%) are reasons for stress that are more frequently reported in Zone 6 than in any other zone.



Figure 1. Reasons for Stress Among Adults in Zone 6



Zone 6 has the highest percentage of residents who work only part year or part-time (65%). In addition, one in eight residents receive employment insurance benefits and more than one-quarter of the population does not have any prescription drug coverage. One in four adults and seniors do not have a high school diploma or equivalent, which is the highest proportion in the province.

The Zone 6 data for several indicators related to income and poverty are less favourable than average. This Zone has the second-lowest median household income in the province (\$52,763 per year), as well as the lowest median income for single-parent family households (\$23,619 per year). In addition, family resilience to financial shock is at its lowest (13%), and almost one third of seniors (31.2%) live in a low-income household.



Zone 6, however, has the smallest percentage of residents who are experiencing moderate or severe food insecurity (6.9%).

Physical environment

Zone 6 has the highest proportion of residents who own their home, and the smallest proportion of occupied dwellings built before 1960. This zone also has New Brunswick's highest proportion of households with high radon levels, or two in five of the households that have tested for it. About seven in ten households have heard of radon, but 91% have not tested for it. And of the four zones for which this data is available, Zone 6 has the highest percentage of households with a private well water supply (68%).

Bathurst and Acadian Peninsula residents are the least likely to use active ways of getting to school or work, when compared with the rest of the province. In fact, only 3% of adults walk or bike to work. And only 3% of youth walk, bike or skateboard to school, while 17% do so in combination with inactive ways of getting around. As regards environmental tobacco smoke, only one in nine youth reported that at least one person smokes inside their home daily or almost every day, which is the lowest proportion in the province.

Health Behaviours

Health behaviours in Zone 6 are mixed. On the one hand, about half of seniors in Zone 6 get the recommended amount of moderate to vigorous physical activity, the highest proportion in the province. In addition, almost two thirds of adults (66%) and seniors (67%) usually get at least seven hours of sleep each night. This zone also has the highest proportion of youth who reported they know when they are legally able to consent to sexual activity (75%), as well as the smallest percentage of teenagers who have given birth (6.3%).

On the other hand, 27% of youth reported that they use drugs, the highest rate in the province. Youth also have some of the worst injury prevention habits. Only one in five youth wear a helmet when riding a bicycle. And twenty-one percent of youth have been a passenger in an on-road vehicle driven by someone under the influence of alcohol or



drugs. In addition, 14% reported having driven an off-road vehicle under the influence of alcohol or drugs. Zone 6 also has the highest proportion of youth who had eaten at a fastfood restaurant at least three times in the previous seven days.

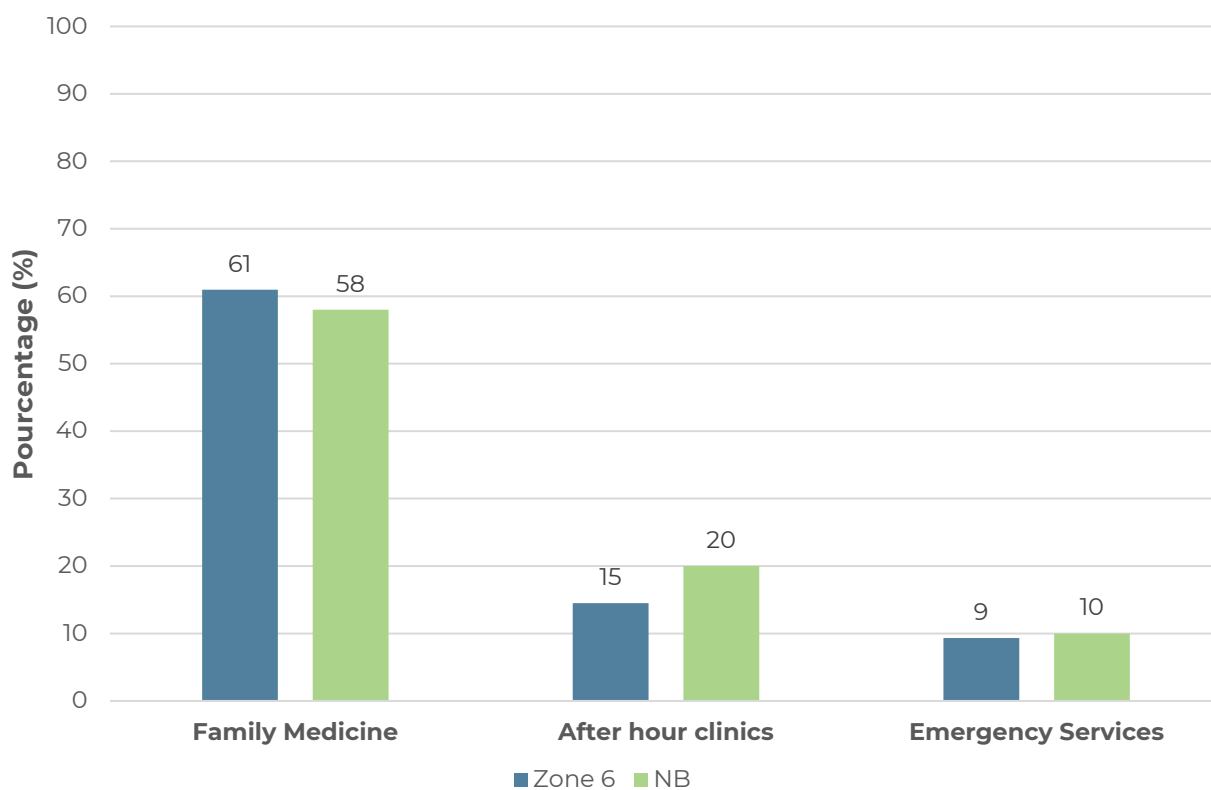


Health Services

Bathurst and Acadian Peninsula ranks below the provincial average in terms of access to primary health care services. Less than half of adults reported being able to get an appointment with their family doctor within five (47%) days; the figure for seniors is only slightly higher (51%). Only 64% of those surveyed reported waiting less than four hours to access emergency services; of all the provincial health zones, only Zone 1 (Moncton and South-East Area) ranked lower.

When they are sick or need care services, Zone 6 residents visit after-hours or walk-in clinics less often than the residents of the province as a whole (see Figure 2). Nine in ten residents have a family doctor, making this zone the one with the highest proportion of residents who do.

Figure 2. Types of Services Most Often Used When Care Services are Needed in Zone 6: Bathurst and Acadian Peninsula





Like three of its four communities (the exception being the community of Bathurst), Zone 6 has lower rates of hospitalization for injuries and higher rates of hospitalization for mental health conditions than the provincial averages. The preventable hospitalization rate is closer to the provincial average.

Bathurst and Acadian Peninsula residents are less likely to use mental health services. Only 15% of adults reported having felt the need to consult a health professional about their mental health, emotional health, or use of alcohol or drugs. The percentage of youth who reported having felt a similar need is higher (27%), but still well below the provincial average (30%). Only 6% of youth did not see or talk to a health professional despite having felt the need to do so; the figure for adults is 38%. Of the adults who did not seek care despite having felt they needed to do so, the wait time required was a barrier for a small proportion of them (9%), while a large percentage reported they were too busy (38%).

As with each of the individual communities that make up this zone, two in five or fewer adults reported they are very knowledgeable about the effects of each of their medications and that they are very confident about their ability to manage their health. Seventy-three percent of residents reported that their family doctor provides explanations that help them understand, which is lower than the figure for the province as a whole. Sixty-four percent said their family doctor always gives them enough time to talk, and 64% said they feel consulted in the decision-making process related to their health.

But in terms of the how Bathurst and Acadian Peninsula residents rated the health services received, Zone 6 is the most satisfied zone. More specifically speaking, 74% of adults and 84% of seniors gave the health services they received a positive rating.



Conclusion

Briefly put, Bathurst and Acadian Peninsula has experienced some of the most modest recent growth in the province. The population of Zone 6 has a high median age, and the lowest birth rate. Immigrants, visible minorities, and youth that identify as a member of a sexual minority make up a smaller proportion of the population than the figure for the province as a whole.

The quality of life for adults and seniors is better than average in some respects. However, cancer is more prevalent in this zone and rates of years of life lost to cancer are highest among youth and adult men.

Youth in this area generally have a good sense of connection with their school, but less so with their community, in some respects. Residents who are in the workforce are predominantly employed part year or part-time, and the median household income is one of the lowest. And residents have, generally speaking, a lower level of education than those in other health zones.

A large proportion of households in Zone 6 have high radon levels, but it is also recognized that the majority of people have not tested for it. Seniors and adults in this area generally have good health-related behaviours, but some behaviours of the youth in this zone, including those related to drug use and injury prevention, are less favourable.

As for access to primary health care, it is worse than average, both in terms of wait times to get an appointment with a family doctor and for emergency services. Residents of Zone 6, however, rated the health services they received positively.



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 6 | New Brunswick Health Council \(nbhc.ca\)](https://www.nbhc.ca)

Tableau 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
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
Married or living common-law	STATC-SCCEN-003	2016
Dependency ratio - Dependent under 20 years	STATC-ADECP-002	2019
Youth diagnosed with special education needs	SH_SENAL_1	2018-2019
Youth diagnosed with special education needs - Attention deficit hyperactivity disorder (ADHD) or attention deficit disorder (ADD)	SH_SENAT_1	2018-2019
Youth diagnosed with special education needs - Learning disability	SH_SENLE_1	2018-2019
Adults and seniors - with a disability	PH_PWD01_1	2020
Youth - sexual minority	SH_SEO02_7	2018-2019
Health outcomes		
Infants - low birth weight	SNB-VITST-003	2016 to 2018
Seniors - Perceived mental health, very good or excellent	PH_HEP02_1	2020
3 or more chronic health conditions	PH_CHC12_2	2020
Cancer (prevalence)	PH_CHCCA_1	2020
0 to 19 years old - Cancer, years of life lost	SNB-VITST-012	2014 to 2018
Cancer, years of life lost	SNB-VITST-007	2014 to 2018
Breathing diseases, years of life lost - Male	SNB-VITST-011	2014 to 2018



Breathing diseases, years of life lost - Female	SNB-VITST-011	2014 to 2018
Social and economic factors		
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
Youth - volunteer outside school without being paid	SH_VOLAT_1	2018-2019
Youth - know where to go in my community to get help	SH_RES02_1	2018-2019
Youth - Sexually violated	SH_SEV01_1	2018-2019
Crimes against property	STATC-UCR-002	2019
Time pressures or not having enough time	PH_STRTP_1	2020
Physical health problem or condition	PH_STRPH_1	2020
Emotional or mental health problem or condition	PH_STREH_1	2020
Financial situation	PH_STRFS_1	2020
Work situation	PH_STRWS_1	2020
Caring for others - parents, family or friends	PH_STRCO_1	2020
Other personal or family responsibilities	PH_STROP_1	2020
Health of family members	PH_STRHF_1	2020
Highest level completed of education - less than high school	STATC-SCCEN-037	2016
Work part of the year and/or part time	STATC-SCCEN-052	2016
Median household income	STATC-SCCEN-053	2016
Median lone-parent family income	STATC-SCCEN-055	2016
Live in low-income household - Seniors - live in low-income household	STATC-SCCEN-048	2016
Family resilience to financial shock - debt to asset ratio	STATC-SFINSE-001	2019
Population receiving Employment Insurance	STATC-ESDC-001	2020
Food insecurity - moderate to severe	STATC-CCHS-001	2015 to 2019
No insurance for prescription medications	PH_INS01_1	2020
Physical environment		
Own a dwelling	STATC-SCCEN-025	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
Youth - have at least one person who smokes inside their home	SH_SMO13_1	2018-2019
Radon - household with high radon concentration	HCRAD-CCSRCH-001	2007
Radon - household who has heard of radon	STATC-HENVS-006	2017
Radon - household who has not tested for radon	STATC-HENVS-007	2017



Private well drinking water supply	STATC-HENVS-010	2017
Health behaviours		
Youth - Ate at a fast food place or restaurant 3 times or more in the last 7 days	SH_EAT13_2	2018-2019
Seniors - Moderate or vigorous physical activity	PH_PHY01_1	2020
Adults - Usually sleeps for 7 hours or more each night	PH_SLE01_1	2020
Seniors - Usually sleeps for 7 hours or more each night	PH_SLE01_1	2020
Youth - Drug use	SH_DROAL_1	2018-2019
Youth - report they know when they are legally able to consent to sexual activity	SH_SEV03_1	2018-2019
Teens - gave birth	SNB-VITST-015	2019
Youth - Wear a helmet when riding a bicycle	SH_SAF03_1	2018-2019
Youth - Driver of an off-road vehicle - under the influence of alcohol or drugs	SH_SAF01_1	2018-2019
Youth - Passenger in an on-road vehicle - driven by someone under the influence of alcohol or drugs	SH_SAF02_1	2018-2019
Services de santé		
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
Hospitalization for mental health disorder	CIHI-DAD-018	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
Wait time for the services was too long	PH_MHI06_2	2020
Were too busy	PH_MHI06_3	2020
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
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

