

Population Health Snapshot

New Brunswick

Population health outcomes

		Seniors Male	Seniors Female	Seniors Average	Overall N.B. Average	Canadian Seniors Average	Rank of N.B. seniors among provinces
Perceived health, very good or excellent	(%, 2014)	35.7	40.6	38.4	54.0	45.0	◆ 10/10
Perceived mental health, very good or excellent	(%, 2014)	57.0	62.1	59.9	66.7	69.0	◆ 10/10
Pain or soreness that prevents activities (physical or emotional)	(%, 2014)	14.7 ^E	21.7	18.5	16.3	21.3	● 3/10
Life satisfaction, satisfied or very satisfied	(%, 2014)	87.0	89.8	88.6	92.0	89.3	● 7/10
Life expectancy at 65	(years, 2007-2009)	17.7	21.1	19.5	19.5	20.2	● 7/10
Confidence at managing chronic health condition, very confident	(%, 2014)	48.2	42.1	44.1	42.2	--	--

Health determinants

Health Services - account for 10% of the health determinants

Has used Tele-Care or other telephone information lines in the last 12 months	(%, 2014)	3.4	5.3	4.5	7.4	--	--
Has a regular medical doctor	(%, 2014)	95.9	97.5	96.7	92.1	94.8	● 2/10
Medical doctor visit within the last year	(%, 2014)	88.6	89.9	89.3	79.6	90.8	◆ 8/10
Adults (65 years and up) who have received the flu shot in the last year	(%, 2014)	58.1	63.6	61.1	61.1	63.1	● 5/10
Family doctor coordinating care with other health care providers (among those who have a family doctor)	(%, 2014)	77.2	71.0	72.7	70.7	--	--
Access to a family doctor within 5 days	(%, 2014)	67.3	63.9	65.4	60.3	--	--
Has access to a primary health team	(%, 2014)	--	--	31.7	28.5	--	--
Acute care bed days occupied by alternate level of care (ALC) patients	(%, 2013-2014)	--	--	24.3	24.3	13.5	◆ 10/10
Wait time for hip replacement surgery (within 26 weeks)	(%, 2014)	--	--	--	74.0	83.0	● 7/10
Average number of days to complete long term care generic assessment	(days, 2013-2014)	--	--	59.0	59.0	--	--
Average wait time for nursing home placement	(days, 2014)	--	--	92.5	92.5	--	--
Nursing home beds	(rate per 1,000 population aged 75 or older, 2014)	--	--	81	81	--	--
Special care home beds	(rate per 1,000 population aged 75 or older, 2014)	--	--	117.2	117.2	--	--
Clients served by Extra-Mural Program	(rate per 1,000 population, 2013-2014)	--	--	48.7	48.7	--	--
Evaluation of care received for mental or emotional health, very helpful	(%, 2014)	54.7	64.7	61.7	55.7	--	--
Has rated overall health care services as 8, 9 or 10 on a scale of 0 (worst) to 10 (best)	(%, 2014)	80.5	78.5	79.4	67.9	--	--

Health Behaviours - account for 40% of the health determinants

Physical activity during free-time, moderately active or active	(%, 2014)	47.3	34.5	40.2	49.6	47.7	● 7/10
Fruit and vegetable consumption, 5 times or more per day	(%, 2014)	29.1	40.9	35.5	35.9	42.9	● 5/10
Adults with unhealthy weight (obese)	(%, 2014)	23.9	21.6	22.6	26.4	20.0	● 4/10
Perceived life stress, quite a lot	(%, 2014)	7.0 ^E	8.9	8.0	20.1	11.2	● 2/10
Current smoker, daily or occasional	(%, 2014)	11.2	9.7	10.3	19.2	9.4	● 7/10
Cyclists who always wear a bicycle helmet	(%, 2014)	69.4	65.6 ^E	68.6	53.2	48.3	● 3/10

Social and Economic Factors - account for 40% of the health determinants

No high school diploma (aged 65 and older)	(%, 2014)	47.3	53.6	51.0	38.7	--	--
Low income	(%, 2014)	20.8	38.4	30.4	17.2	19.9	● 6/10
No insurance coverage for prescription medications	(%, 2014)	15.2	19.0	17.3	17.4	--	--
Sense of belonging to community, somewhat strong or very strong	(%, 2014)	71.4	79.5	75.9	71.3	73.9	◆ 8/10
Unable to leave the house because of health problems	(%, 2014)	7.8	14.1	11.4	11.3	--	--
Have trouble finding their way around the health care system	(%, 2014)	4.6	6.7	5.8	9.3	--	--

Physical Environment - accounts for 10% of the health determinants

Exposure to radon at home	(% above 200 Bq/m ³ , 2012)	--	--	--	20.6	--	◆ 10/10
Transportation problems	(%, 2014)	4.4	6.4	5.5	7.1	--	--

Legend for ranking

- Doing well (ranked 1, 2, 3)
- Caution (ranked 4, 5, 6, 7)
- ◆ Lagging (ranked 8, 9, 10)

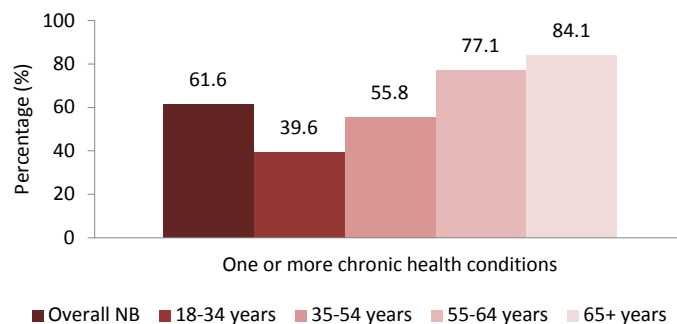
Note: seniors defined as 65 years old or older

Ranking by best (1) to worst (10); includes all provinces (10). ^E = Use data with caution; sample size too small, * = another province has the same ranking, -- = data unavailable, **Bold = Updated indicator**

Context and characteristics

Top 10 most common chronic health conditions		Prevalence among seniors (%)	Prevalence among N.B. population (%)
1	Hypertension	52.3	27.0
2	Arthritis	33.8	17.4
3	Gastric reflux (GERD)	23.9	16.4
4	Depression	21.6	14.9
5	Chronic pain	20.8	14.0
6	Asthma	19.6	11.8
7	Diabetes	18.4	10.7
8	Cancer	11.4	8.3
9	Heart disease	10.5	8.3
10	Emphysema or chronic obstructive pulmonary disease	7.0	3.0

New Brunswickers with one or more chronic health condition by age group



Demographic information

Age distribution of the population

Total population	-	751,170
0-19 years old	-	21%
20-39 years old	-	24%
40-64 years old	-	39%
65 + years old	-	17%
Median age	-	43.7

Language spoken at home

French	-	27.9%
English	-	68.2%

Additional population characteristics

Immigrant population	-	3.9%
Aboriginal population	-	3.1%