Population Health Snapshot 2016

New Brunswick

		Male	Female	Average	Canadian Average	Rank among provinces	Change since last snapshot

Population health outcomes

		Male	Female	Average	Canadian Average	Rank among provinces	Change
Perceived health, very good or excellent	(%, 2014)	49.9	53.7	**51.8**	59.0	♦	**10/10**	▼
Perceived mental health, very good or excellent	(%, 2014)	63.9	64.2	**64.1**	71.1	♦	**10/10**	▼
Pain or soreness that prevents activities (physical or emotional)	(%, 2014)	15.9	18.7	**17.3**	14.9	♦	**9/10**	▼
Life satisfaction, satisfied or very satisfied	(%, 2014)	93.3	90.1	**91.7**	92.2	♦	**8/10**	▼
Life expectancy	(age, 2007-2009)	77.5	82.8	80.2	81.1	●	5*/10	=
Infants with less than average birth weight	(%, 2011-2013)	5.5	6.1	**5.8**	--		--	▼
Infant deaths	(rate per 1,000 live birth, 2011-2013)	4.3	3.1	**3.7**	--		--	▼
Premature deaths from heart and stroke	(years of life lost, rate per 10,000 2011-2013)	133.2	53.1	**92.8**	--		--	▲
Premature deaths from cancer	(years of life lost, rate per 10,000 2011-2013)	178.9	162.8	**170.8**	--		--	▲
Premature deaths from breathing diseases	(years of life lost, rate per 10,000 2011-2013)	28.1	18.5	**23.2**	--		--	▼
Premature deaths from unintentional injuries	(years of life lost, rate per 10,000 2011-2013)	101.6	34.0	**67.5**	--		--	▲
Premature deaths due to suicides/self-inflicted injuries	(years of life lost, rate per 10,000 2011-2013)	61.8	15.9	**38.6**	--		--	▲

Health determinants

Health Services - accounts for 10% of the health determinants

		Male	Female	Average	Canadian Average	Rank among provinces	Change
Has a regular medical doctor	(%, 2014)	91.5	96.2	**93.9**	85.1	●	**1/10**	▲
Medical doctor visit within the last year	(%, 2014)	72.8	85.3	**79.2**	79.0	●	**6/10**	▼
Dental professional visit within the last year	(%, 2014)	--	--	**57.4**	66.9	♦	**9/10**	▼
Avoidable hospitalizations	(aged-standardized rate per 100,000, 2013-2014)	463	365	**414**	283	♦	**9/10**	▼
Adults (65 years and up) who have received the flu shot in the last year	(%, 2014)	58.1	63.6	**61.1**	63.1	●	**5/10**	▼
Females (18 to 69 years old) who had a Pap test within the last 3 years	(%, 2014)	--	74.1	**74.1**	--		--	▲
Females (50 to 69 years old) who had a mammogram in the last 2 years	(%, 2014)	--	74.8	**74.8**	--		--	▼
Has rated hospital services as 8, 9 or 10 on a scale of 0 (worst) to 10 (best)	(%, 2013)	76.0	74.8	75.4	--		--	▼
Has rated overall health care services as 8, 9 or 10 on a scale of 0 (worst) to 10 (best)	(%, 2014)	68.0	67.7	**67.9**	--		--	▲

Health Behaviours - account for 40% of the health determinants

		Male	Female	Average	Canadian Average	Rank among provinces	Change
Physical activity during free-time, moderately active or active	(%, 2014)	56.3	42.6	**49.2**	53.7	♦	**8/10**	▼
Fruit and vegetable consumption, 5 times or more per day	(%, 2014)	27.5	40.8	**34.3**	39.5	●	**6/10**	▼
Adults with unhealthy weight (obese)	(%, 2014)	27.0	25.7	**26.4**	20.2	♦	**8/10**	▼
Heavy drinking (5 or more drinks at one time, at least once a month in the past year)	(%, 2014)	27.8	15.3	**21.4**	17.9	♦	**9/10**	▲
Perceived life stress, quite a lot	(%, 2014)	19.8	21.1	**20.5**	23.0	●	**5/10**	▼
Current smoker, daily or occasional	(%, 2014)	21.8	19.9	**20.9**	18.1	♦	**8/10**	▲
Number of sexually transmitted infections (genital Chlamydia)	(crude rate per 10,000 population, 2014)	15.1	30.8	**23.1**	--		--	▲
Teens who gave birth	(rate per 1,000 females, 2013)	--	16.3	**16.3**	--		--	▲
Cyclists who always wear a bicycle helmet	(%, 2014)	49.9	54.4	**51.5**	42.5	●	**4/10**	▼

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

		Male	Female	Average	Canadian Average	Rank among provinces	Change
No high school diploma (25-64 years old)	(%, 2011)	18.6	15.0	16.8	12.7	♦	**8/10**	--
Unemployment (15+ years)	(%, 2014)	--	--	**10.0**	6.9	♦	**9/10**	▲
Divorced	(%, 2011)	4.6	5.7	5.2	6.0	●	2*/10	--
Single parent families (of total number of census families in private households)	(%, 2011)	3.3	12.8	16.1	16.3	●	4*/10	--
Low income	(%, 2011)	15.4	18.8	17.2	14.9	♦	**8/10**	--
Violent crime	(rate per 100,000 population, 2014)	--	--	**1,164**	1,039	●	**5/10**	▲
Property crime	(rate per 100,000 population, 2014)	--	--	**2,611**	3,096	●	**3/10**	▲
Total impaired driving under the influence (drugs or alcohol)	(rate per 100,000 population, 2014)	--	--	**227**	210	●	**4/10**	▲
Sense of belonging to community, somewhat strong or very strong	(%, 2014)	69.5	71.3	**70.4**	66.4	●	**5/10**	▼

Physical Environment - accounts for 10% of the health determinants

		Male	Female	Average	Canadian Average	Rank among provinces	Change
Coming in contact with second-hand smoke at home	(%, 2013-2014)	5.1	4.9	**5.0**	4.2	♦	**8/10**	▲
Coming in contact with second-hand smoke in the past month in vehicles and/or public places	(%, 2013-2014)	16.7	13.2	**14.9**	16.4	●	**4/10**	▼
Dwellings rated as having excellent, very good or good indoor air quality	(%, 2013)	--	--	**92**	91	●	**3*/10**	▲
Occupied dwellings requiring major repairs	(%, 2011)	--	--	9.8	7.4	●	7/10	--

[E] = Use data with caution; sample size too small   * = another province has the same ranking   -- = data unavailable   **Bold = Updated indicator**

Legend for ranking
- ● Doing well (ranked 1, 2, 3)
- ● Caution (ranked 4, 5, 6, 7)
- ♦ Lagging (ranked 8, 9, 10)

Legend for change
- ▲ Favourable change
- ▼ Unfavourable change
- = No change
- -- Not available

Context and characteristics

Top 10 most frequent hospital admissions (per 10,000)

		# of cases	Rate
1	Normal newborn, singleton vaginal delivery	3330	44.3
2	Chronic obstructive pulmonary disease	3007	40.0
3	Heart failure without coronary angiogram	1721	22.9
4	Viral/unspecified pneumonia	1674	22.3
5	Palliative care	1558	20.7
6	Vaginal birth without anaesthetic without non-major obstetric/gynecologic intervention	1534	20.4
7	Myocardial infarction/shock/arrest without coronary angiogram	1492	19.9
8	Arrhythmia without coronary angiogram	1399	18.6
9	Vaginal birth with anaesthetic and non-major obstetric/gynecologic intervention	1398	18.6
10	Unilateral knee replacement	1375	18.3

Top 10 most common chronic health conditions

		Prevalence (%)
1	Hypertension	- 27.0
2	Arthritis	- 17.4
3	Gastric Reflux (GERD)	- 16.4
4	Depression	- 14.9
5	Chronic pain	- 14.0
6	Asthma	- 11.8
7	Diabetes	- 10.6
8	Cancer	- 8.3
9	Heart disease	- 8.3
10	Emphysema or chronic obstructive pulmonary disease	- 3.0

Top 5 causes of avoidable mortality[*]

1	Lung cancer
2	Heart disease
3	Suicide
4	Chronic obstructive pulmonary disease
5	Transport accidents

Demographic information

Population age distribution

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%

[*]Avoidable mortality refers to untimely deaths that should not occur in the presence of timely and effective health care or other public health practices, programs and policy interventions. It can be divided into two causes:

Avoidable mortality from preventable causes: Premature deaths that could potentially have been prevented through primary prevention efforts (e.g. screening, vaccination, healthy lifestyles, air quality, etc.)

Avoidable mortality from treatable causes: Premature deaths that could potentially have been avoided through secondary or tertiary prevention (e.g. treatments and interventions that can reduce the fatality of the health condition).