



Young New Brunswickers

- A Population Health Snapshot —
2010



New Brunswick Health Council | Conseil de la santé
du Nouveau-Brunswick

Engage. Evaluate. Inform. Recommend.
Engager. Évaluer. Informer. Recommander.

New Brunswickers have a right to be aware of the decisions being made, to be part of the decision-making process, and to be aware of the outcomes delivered by the health system and its cost.

The New Brunswick Health Council will foster this transparency, engagement, and accountability by engaging citizens in a meaningful dialogue, measuring, monitoring, and evaluating population health and health service quality, informing citizens on health system's performance and recommending improvements to health system partners.

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Fact Sheet :

The Young New Brunswickers Population Health Snapshot 2010, is the 1st report of this type produced from the New Brunswick Health Council. The purpose of this tool is to display information about Young New Brunswickers on a single page in order to focus on areas which require improvements.

We seek to inform individuals, communities, and organizations about the health status of young New Brunswickers (outcomes) with respect to the population in which they live. We also highlight some areas of health determinants which can be influenced or improved to have a positive effect on health status (outcomes).



Each indicator on our snapshot falls within one of our two categories:

- Health Status
- Health Determinants (which includes *Health Care, Behavioural Factors, Socioeconomic Factors and Physical and Social Environmental Factors*)

THE PROVINCIAL SNAPSHOT

HEALTH OUTCOMES - The leading cause of premature death for youth in New Brunswick is injuries. Seventy-two percent of youth perceive their mental health as being very good or excellent while 13% of Young New Brunswickers have low levels of mental fitness. It should also be noted that for every four young New Brunswickers, one is either overweight or obese. Have you ever asked yourself how healthy you are? How healthy do you want to be?

NUTRITION – Everyday, only 1 out of 4 youths eats their requirement of fruit and vegetables, and 2 out of every 5 youths eat breakfast . Sweetened non-nutritious beverages are consumed by 3 out of 5 youths daily. What are you drinking and eating?

PHYSICAL ACTIVITY – On average, 3 out of 5 young New Brunswickers do not do enough physical activity. The level of sedentary activity such as watching TV/ movies, playing video games, being in front of the computer or talking on the phone is higher than 2 hours a day for 60% of young New Brunswickers. The youths are also reporting that only 42% of their parents/step-parents or guardians do physical activity at least 3 times a week. How active are you?



SAFETY PRACTICES – In New Brunswick, 1 out of 5 youths report getting into a car with an impaired driver in the last year; only 46% of Young New Brunswickers wear a bicycle helmet and only 62 % of youth report using a condom during their last sexual encounter. What are you doing to stay safe?

PHYSICAL AND SOCIAL ENVIRONMENTAL FACTORS– Teachers are on the right track for healthy lifestyles; almost 3 out of 4 of teachers have a positive attitude towards healthy living, as reported by young New Brunswickers. Over 80% of young New Brunswickers feel respected at school, connected to their school or are satisfied with their level of mental fitness related to school, friends and family. Who is your positive mentor or role model? How connected are you to your family, friends, school and community?

The good news is that 2 out of 3 young New Brunswickers are noticing healthy choices at school (such as at sporting events, fundraisings, at the canteen/cafeteria). What are you noticing as healthy choices around you?

Young New Brunswickers Population Health Snapshot

The goal of the **Population Health Snapshot** is to inform individuals, communities, and organizations about their health status with respect to the population in which they live, and highlight some areas of health determinants which can be influenced or improved to have a positive effect on health status.

What is Health Status?

The **Health Status** equally weights length and quality of life as its two main sources of outcome related indicators.



What are the determinants of health?

Young New Brunswickers (10 to 19 years old) are no different than everyone else when it comes to what determines your health.

Health Determinants, as per The Public Health Agency of Canada, are the following:

- Social, economic, and physical environments,
- Personal health practices and behaviours,
- Individual capacity and coping skills,
- Human biology,
- Early childhood development,
- And health services.

Population Health

refers to the health of a population as measured by health status indicators and as influenced by the health determinants.

The snapshot is a representation of the health of the population, at a given point in time, depending on the availability of data.

It is a one page document that focuses on both:

- the Health Status and
- the Health Determinants

of a specific population. In this case, it is Young New Brunswickers, age 10 to 19 (all depending on the indicator).



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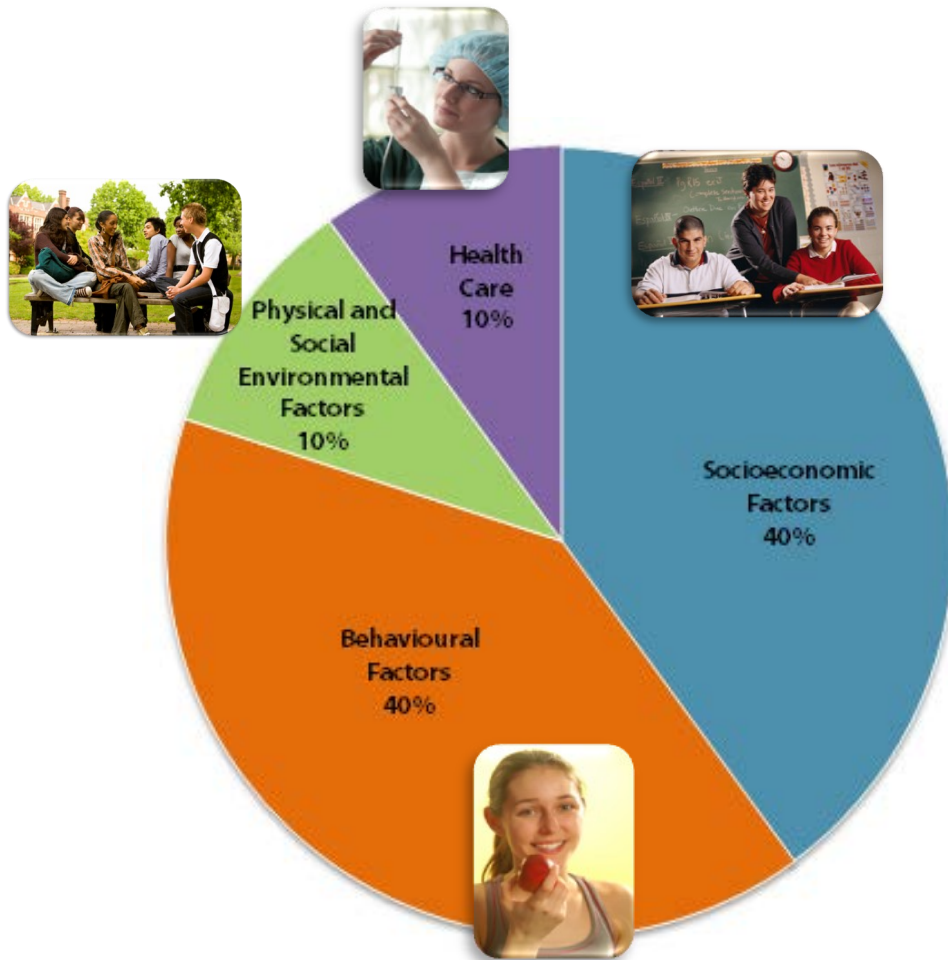
The model:

The model we have chosen to represent Population Health in New Brunswick has been adapted from various population health models and modified to fit New Brunswickers needs.

Based upon review of the literature and expert opinions on how these determinants contribute to health and by how much, we are using the

following model as a guide as to what influences our health.

This model regroups determinants of health that can be influenced by programs and policies. It also takes into account citizen involvement in their own health and well-being as well as external factors which can influence the health of the population.



Everyone wants to be as healthy as possible.

The purpose of this tool is to showcase information about Young New Brunswickers on a single page in order to focus on areas which require improvements.



1 Province View

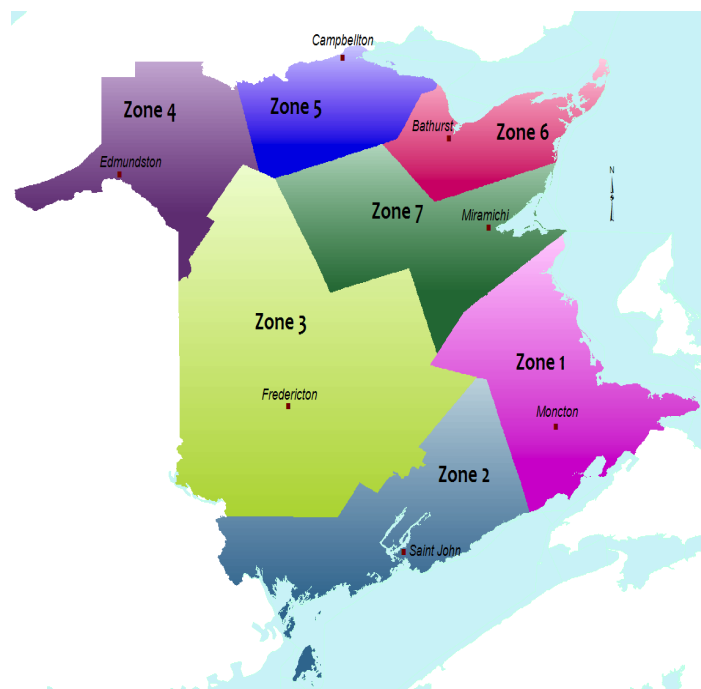
In this snapshot we look at the Young New Brunswick population (10 to 19 years old), showing male and female averages in relation to the overall provincial average of both sexes combined. Wherever possible we have included a Canadian average so we can show where New Brunswickers stand in relation to the other Canadian provinces and territories. There will be very few indicators where comparison is possible since much of the data is being supplied by New Brunswick databases supplied by various provincial government departments.

7 Zones View

We have created 7 snapshots, one for each health zone. Each of these zones is compared, whenever possible, with each other zone for every indicator. The goal of the health zone snapshot is to provide information on specific health determinants which are highlighted as doing well (ranked 1,2), Caution (ranked 3,4,5), or lagging (ranked 6,7). The rating is done by best (1) to worst (7).

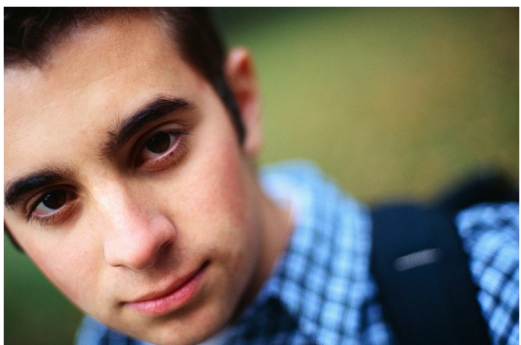
By comparing zones, some zones will always do better than others; ultimately, this can lead to encourage continuous improvement within the zone and affect the health of all New Brunswickers.

New Brunswick Health Zones





Limitations



The indicators provided on these snapshots are intended to contribute to our understanding of youth population health at

the provincial and zone levels. They are individual measures that capture a key dimension of health, of the health system or of some of the factors affecting health.

Individually they are not as strong of an indicator, but when looking at them together, they paint a very distinct picture of population health.

We have chosen **52 Indicators** to reflect the current health of Young New Brunswickers. Each indicator narrative will provide the definition, source . The contextual information on the importance of each indicator in our population health model will be included in our future youth reports.

Data Limitations

We have used information from statistical surveys, such as the Canadian Community Health Survey (CCHS), to display quantitative information.

The target population of this survey are individuals living in private dwellings aged 12 years and over with the exclusion of those living on Indian Reserves and Crown Lands, residents of institutions (such as long term care homes), full-time members of the Canadian Forces and residents of some remote areas. The number of

people interviewed in each province and territory is such that the information, for the most part, is representative of the provinces, territories, and zones at a given point in time. Occasionally you will see results where the number may be of more variability due to the small number of respondents. We have indicated these with a caution symbol to ensure they are interpreted with caution. Since 2007, data for the Canadian Community Health Survey (CCHS) are collected yearly instead of every two years. For New

Brunswick, this means reporting data with smaller sample sizes when reporting annual snapshots.

We have used the most up-to-date information available to us at this time in all cases. For some indicators, this meant using New Brunswick only data (such as information from the New Brunswick Student Wellness Survey), which limits our capacity to compare our information on a national front, but gives us more up-to-date and comprehensive information.

We acknowledge that responding to any survey is voluntary, and can be subject to the perspective of the respondent.

Model Limitations

The model is limited by the data we have been able to obtain for the different indicators. To improve the quality of the model, we need to continue working with partners and stakeholders to obtain a wider variety of quality data and the newest available data. This would create a more comprehensive picture to better understand the health of the young New Brunswick population.

The model is a representation of information and does not represent the detailed story associated with the health status from the interaction of the determinants in each health zone. This information will help with the recommendations around specific areas.



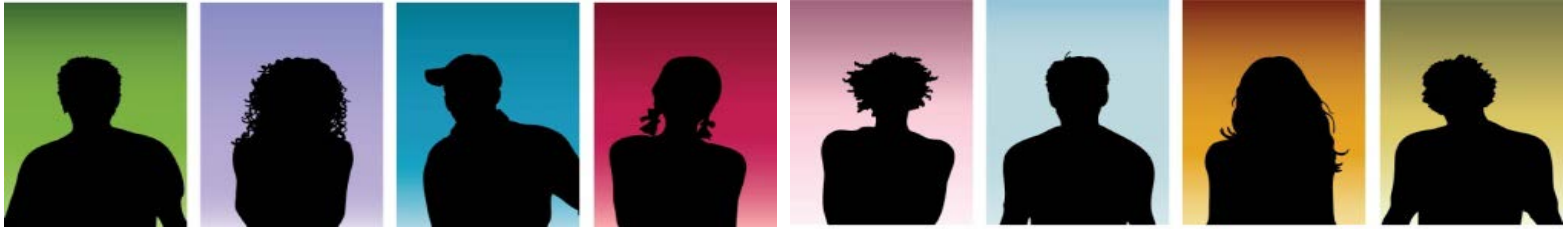
The Young New Brunswickers Population Health Snapshot is a work in progress that will evolve to better represent the health of the young population as we find new and better quality data sources and indicators as well as update our current information and work at investigating the story behind the numbers with various stakeholders.





Young New Brunswickers Population Health Snapshot





2010 Young New Brunswickers -Provincial Health Snapshot-



		NB Boys	NB Girls	NB Average	Canadian Average	Rank (NB to Canada)
YOUNG NEW BRUNSWICKERS - HEALTH STATUS						
See their health as being very good or excellent	(%,2009)	71	62.8	67	68	◆ 6/13
See their mental health as being very good or excellent	(%,2009)	68.8	75.1	71.8	77.4	◆ 11/13
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act)	(%, 2009/2010)	84	89	87	x	x
Satisfied or very satisfied with life	(%,2009)	97	96.5	96.8	96.3	◆ 5*/13
Premature death from cancer	(year of life lost, 2004/2008)	25.01	13.2	19.25	x	x
Premature death from injuries	(year of life lost, 2004/2008)	152.38	62.89	108.77	x	x
Premature death from suicides / self-inflicted injuries	(year of life lost, 2004/2008)	51.16	15.55	33.8	x	x
Youths with unhealthy weight (overweight and obese)	(%, 2009/2010)	25	20	23	x	x
HEALTH DETERMINANTS						
Health Care – accounts for 10% of the health status						
Have a regular medical doctor	(%, 2009)	96.2	95.2	95.7	84.8	◆ 2/13
Medical doctor visit within the last year	(%, 2009)	64	74.7	69.2	72.1	◆ 7/13
Dental professional visit within the last year	(%, 2007/2008)	72	74	73	80.4	◆ 11/13
Behavioural Factors – account for 40% of the health status						
Eat 5 or more fruits or vegetables a day (not including juices)	(%, 2009/2010)	24	25	24	x	x
Eat breakfast daily	(%, 2009/2010)	45	38	41	x	x
Consume sweetened non-nutritious beverages	(%, 2009/2010)	68	56	61	x	x
Spend at least 90 minutes a day in a combination of moderate and hard physical activity	(%, 2009/2010)	48	33	40	x	x
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)	(%, 2009/2010)	35	44	40	x	x
Always wear a helmet when using a bicycle	(%, 2009)	46.5	46.0E	46.3	30.6	◆ 5/10
Have pro-social behaviours (being helpful, respectful, thoughtful, etc)	(%, 2009/2010)	66	79	73	x	x
Have oppositional behaviours (being defiant, disrespectful, rude, etc)	(%, 2009/2010)	18	13	16	x	x
Sleep more than 8 hours a night	(%, 2009/2010)	50	52	52	x	x
Have never tried smoking	(%, 2009/2010)	54	64	60	x	x
Have smoked in the last 30 days	(%, 2009/2010)	14	10	12	x	x
Heavy drinking (getting drunk) in the last 30 days	(% 2007)	24.5	23.3	23.9	25.8	◆ 1/4
Have used marijuana within the last year	(% 2007)	27	23.4	25.1	x	X
Have been a passenger with an impaired driver within the last year	(% 2007)	18.2	21.2	19.8	18.9	◆ 4/4
Safe sex – those that did engage in sexual activity and used a condom	(% 2007)	66.3	59.6	62.6	61.3	◆ 1/4
Have a sexually transmitted illnesses – Chlamydia rate	(rate per 100,000, 2009)	367.7	1584	959.2	x	x
Teens who gave birth	(rate per 1,000 females, 2008)	x	11	11	x	x
Violent crime done by youth	(rate per 10,000 youths, 2009)	x	x	292.5	186.4	◆ 8/13
Property crime done by youth	(rate per 10,000 youths, 2009)	x	x	885	649	◆ 7/13
Socioeconomic Factors – account for 40% of the health status						
Youth employment rate	(%, Oct 2010)	32.8	40.4	36.5	x	x
School dropout rate	(rate per 10,000, 2009)	x	x	215.93	x	x
Planning to begin studies at a college or university after high school graduation	(%, 2010)	74.5	84.3	79.6	x	x
Living in low-income family (under 17 years old)	(%, 2006)	x	x	16	17.5	◆ 3/10
Food insecurity at home, moderate and severe	(%, 2007/2008)	7.2	10.1	8.7	7.1	◆ 8*/10
Receiving social assistance money (Youth from 16 to 18 years old)	(%, Sept 2010)	x	x	15	x	x
Living in single parent household	(%, 2006)	x	x	16.4	15.9	◆ 5/13

For the sources, definitions and age range of all indicators, please check out www.nbhc.ca and download our *Definitions document*.

(The age range for this snapshot is 10 to 19 years old, all depending on the indicator.)

Physical and Social Environmental Factors – account for 10% of the health status

Teachers show a positive attitude towards healthy living	(%, 2010)	71.3	73.7	72.5	x	x
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.)	(%, 2009/2010)	56	65	61	x	x
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week)	(%, 2009/2010)	40	44	42	x	x
Feel respected at school	(%, 2010)	81.5	82	81.7	x	x
Feel connected to their school	(%, 2009/2010)	80	86	83	x	x
Have never been bullied	(%, 2009/2010)	41	30	35	x	x
Sense of belonging to your community, somewhat strong or very strong	(%, 2009)	83.5	81.3	82.5	75.1	● 4/13
Satisfaction with mental fitness needs related to school	(%, 2009/2010)	75	84	80	x	x
Satisfaction with mental fitness needs related to friends	(%, 2009/2010)	77	85	81	x	x
Satisfaction with mental fitness needs related to family	(%, 2009/2010)	80	85	83	x	x
Volunteer outside school without being paid, in the last year	(%, 2009/2010)	70	82	76	x	x
Have a family member (parent, step-parent, guardian, brother or sister) who smokes	(%, 2009/2010)	75	76	76	x	x
Come in contact with second-hand smoke at home	(%, 2009/2010)	24	22	23	x	x
Come in contact with second-hand smoke in the past week in a vehicle	(%, 2009/2010)	33	31	32	x	x
Children under 16 in child protection services	(rate per 10,000, Sept 2010)	x	x	45	x	x

● Doing well (ranked 1, 2, 3)

● Caution

◆ Lagging (last three places)

Includes all provinces and territories when data is available (13 in total).

*= another province/territory has the same ranking x = data unavailable at this time

Demographic information:

Enrolment by school district for the grades 7 to 12:

Anglophone school district – 72.29%

Francophone school district – 27.71%

Young New Brunswickers have a say in their own health and well-being, today and for tomorrow. They are the present and the future of our province. Let's work together to make healthy choices in lifestyles, from staying in school, eating healthy and doing physical activity, to keeping safe and staying out of trouble.





2010 Young New Brunswickers

Zone 1: Moncton/South-East

-Health Snapshot-



Zone 1 Boys	Zone 1 Girls	Zone 1 Average	NB Average	Rank (Zone 1 to other zones)
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YOUNG NEW BRUNSWICKERS - HEALTH STATUS

See their health as being very good or excellent	(%,2009)	72	x	64.8	67	◆ 4/6
See their mental health as being very good or excellent	(%,2009)	67.0E	x	72.5	71.8	◆ 4/6
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act)	(%, 2009/2010)	87	91	90	87	◆ 1*/7
Satisfied or very satisfied with life	(%,2009)	94.5	x	94.7	96.8	◆ 6/6
Premature death from cancer	(year of life lost, 2004/2008)	21.31	20.95	21.13	19.25	◆ 5/7
Premature death from injuries	(year of life lost, 2004/2008)	168.63	83.63	126.81	108.77	◆ 6/7
Premature death from suicides / self-inflicted injuries	(year of life lost, 2004/2008)	39.39	20.95	30.32	33.8	◆ 3/7
Youths with unhealthy weight (overweight and obese)	(%, 2009/2010)	21	19	20	23	◆ 1*/7

HEALTH DETERMINANTS

Health Care – accounts for 10% of the health status

Have a regular medical doctor	(%, 2009)	100	x	100	95.7	◆ 1*/6
Medical doctor visit within the last year	(%, 2009)	69.6 ^E	62.9	x	69.2	x
Dental professional visit within the last year	(%, 2007/2008)	76	58	67	73	◆ 6/7

Behavioural Factors – account for 40% of the health status

Eat 5 or more fruits or vegetables a day (not including juices)	(%, 2009/2010)	25	31	28	24	◆ 1/7
Eat breakfast daily	(%, 2009/2010)	51	47	49	41	◆ 1/7
Consume sweetened non-nutritious beverages	(%, 2009/2010)	61	51	56	61	◆ 4/7
Spend at least 90 minutes a day in a combination of moderate and hard physical activity	(%, 2009/2010)	47	31	39	40	◆ 6*/7
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)	(%, 2009/2010)	36	45	42	40	◆ 2/7
Always wear a helmet when using a bicycle	(%, 2009)	x	x	49.0 ^E	46.3	◆ 3/3
Have pro-social behaviours (being helpful, respectful, thoughtful, etc)	(%, 2009/2010)	67	82	75	73	◆ 3/7
Have oppositional behaviours (being defiant, disrespectful, rude, etc)	(%, 2009/2010)	15	10	13	16	◆ 1/7
Sleep greater than 8 hours a night	(%, 2009/2010)	49	51	50	52	◆ 4*/7
Have never tried smoking	(%, 2009/2010)	71	67	69	60	◆ 2/7
Have smoked in the last 30 days	(%, 2009/2010)	9	8	9	12	◆ 2/7
Heavy drinking (getting drunk) in the last 30 days	(% 2007)	x	x	25.7	23.9	◆ 6/7
Have used marijuana within the last year	(% 2007)	23.4	21.1	22.3	25.1	◆ 3/7
Have been a passenger with an impaired driver within the last year	(% 2007)	x	x	21.5	19.8	◆ 5/7
Safe sex – those that did engage in sexual activity and used a condom	(% 2007)	x	x	61.4	62.6	◆ 6/7
Have a sexually transmitted illnesses – Chlamydia rate	(rate per 100,000, 2009)	579.1	2013	1283.8	959.2	◆ 7/7
Teens who gave birth	(rate per 1,000 females, 2008)	x	10	10	11	◆ 3*/7
Violent crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	292.5	x
Property crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	885	x

Socioeconomic Factors – account for 40% of the health status

Youth employment rate	(%, Oct 2010)	x	x	x	36.5	x
School dropout rate	(rate per 10,000, 2009)	x	x	238.98	215.93	◆ 6/7
Planning to begin studies at a college or university after high school graduation	(%, 2010)	71.5	83.5	77.9	79.6	◆ 5/7
Living in low-income family (under 17 years old)	(%, 2006)	x	x	14.6	16	◆ 2/7
Food insecurity at home, moderate and severe	(%, 2007/2008)	5.2 ^E	11.4	8.4	8.7	◆ 4/7
Receiving social assistance money (Youth from 16 to 18 years old)	(%, Sept 2010)	x	x	13	15	◆ 3/7
Living in single parent household	(%, 2006)	x	x	15.4	16.4	◆ 3/7

For the sources, definitions and age range of all indicators, please check out www.nbhc.ca and download our *Definitions document*.

(The age range for this snapshot is 10 to 19 years old, all depending on the indicator.)

Physical and Social Environmental Factors – account for 10% of the health status

Teachers show a positive attitude towards healthy living	(%, 2010)	76	80.9	78.7	72.5	◆ 1/7
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc)	(%, 2009/2010)	61	67	64	61	◆ 2/7
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week)	(%, 2009/2010)	40	42	41	42	◆ 4*/7
Feel respected at school	(%, 2010)	81.2	82	81.5	81.7	◆ 4/7
Feel connected to their school	(%, 2009/2010)	83	88	85	83	◆ 3/7
Have never been bullied	(%, 2009/2010)	43	35	39	35	◆ 3/7
Sense of belonging to your community, somewhat strong or very strong	(%, 2009)	79.7	x	83.8	82.5	◆ 2/6
Satisfaction with mental fitness needs related to school	(%, 2009/2010)	78	86	82	80	◆ 3/7
Satisfaction with mental fitness needs related to friends	(%, 2009/2010)	80	86	83	81	◆ 3*/7
Satisfaction with mental fitness needs related to family	(%, 2009/2010)	82	87	85	83	◆ 2*/7
Volunteer outside school without being paid, in the last year	(%, 2009/2010)	75	85	80	76	◆ 1/7
Have a family member (parents, step-parents, guardian, brothers or sisters) who smokes	(%, 2009/2010)	77	78	77	76	◆ 3/7
Come in contact with second-hand smoke at home	(%, 2009/2010)	19	17	18	23	◆ 1/7
Come in contact with second-hand smoke in the past week in a vehicle	(%, 2009/2010)	24	25	25	32	◆ 1/7
Children under 16 in child protection services	(rate per 10,000, Sept 2010)	x	x	36	45	◆ 2/7

◆ Doing well (ranked 1, 2)

◆ Caution (ranked 3, 4, 5)

◆ Lagging (ranked 6, 7)

*= another zone has the same ranking, E = Use data with caution, sample size too small, x = data unavailable, Compares to all zones when data is available (7 in total).

Young New Brunswickers have a say in their own health and well-being, today and for tomorrow. They are the present and the future of our province. Let's work together to make healthy choices in lifestyles, from staying in school, eating healthy and doing physical activity, to keeping safe and staying out of trouble.





2010 Young New Brunswickers

Zone 2: Fundy Shore/Saint John Area

-Health Snapshot-



Zone 2 Boys	Zone 2 Girls	Zone 2 Average	NB Average	Rank (Zone 2 to other zones)
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YOUNG NEW BRUNSWICKERS - HEALTH STATUS

Indicator	(%, 2009)	Zone 2 Boys	Zone 2 Girls	Zone 2 Average	NB Average	Rank (Zone 2 to other zones)
See their health as being very good or excellent	(%, 2009)	x	64.8E	59.2	67	◆ 5/6
See their mental health as being very good or excellent	(%, 2009)	x	70.7	59.0 ^E	71.8	◆ 6/6
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act)	(%, 2009/2010)	82	88	85	87	◆ 4*/7
Satisfied or very satisfied with life	(%, 2009)	x	92.4	95.6	96.8	◆ 5/6
Premature death from cancer	(year of life lost, 2004/2008)	29.02	10.05	19.94	19.25	◆ 4/7
Premature death from injuries	(year of life lost, 2004/2008)	116.24	20.65	70.48	108.77	◆ 3/7
Premature death from suicides / self-inflicted injuries	(year of life lost, 2004/2008)	39.41	0	20.54	33.8	◆ 1/7
Youths with unhealthy weight (overweight and obese)	(%, 2009/2010)	24	20	21	23	◆ 3/7

HEALTH DETERMINANTS

Health Care – accounts for 10% of the health status

Indicator	(%, 2009)	Zone 2 Boys	Zone 2 Girls	Zone 2 Average	NB Average	Rank (Zone 2 to other zones)
Have a regular medical doctor	(%, 2009)	x	100	100	95.7	◆ 1*/6
Medical doctor visit within the last year	(%, 2009)	x	88.1	87.2	69.2	◆ 1/5
Dental professional visit within the last year	(%, 2007/2008)	73	87	79	73	◆ 2*/7

Behavioural Factors – account for 40% of the health status

Indicator	(%, 2009/2010)	Zone 2 Boys	Zone 2 Girls	Zone 2 Average	NB Average	Rank (Zone 2 to other zones)
Eat 5 or more fruits or vegetables a day (not including juices)	(%, 2009/2010)	24	24	24	24	◆ 3*/7
Eat breakfast daily	(%, 2009/2010)	43	35	39	41	◆ 4*/7
Consume sweetened non-nutritious beverages	(%, 2009/2010)	29	42	36	61	◆ 1*/7
Spend at least 90 minutes a day in a combination of moderate and hard physical activity	(%, 2009/2010)	45	33	39	40	◆ 6*/7
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)	(%, 2009/2010)	33	42	38	40	◆ 4*/7
Always wear a helmet when using a bicycle	(%, 2009)	F	F	61.8 ^E	46.3	◆ 1/3
Have pro-social behaviours (being helpful, respectful, thoughtful, etc)	(%, 2009/2010)	64	79	72	73	◆ 5/7
Have oppositional behaviours (being defiant, disrespectful, rude, etc)	(%, 2009/2010)	19	14	17	16	◆ 5*/7
Sleep more than 8 hours a night	(%, 2009/2010)	46	49	47	52	◆ 6/7
Have never tried smoking	(%, 2009/2010)	50	60	55	60	◆ 5/7
Have smoked in the last 30 days	(%, 2009/2010)	16	11	13	12	◆ 4/7
Heavy drinking (getting drunk) in the last 30 days	(% 2007)	x	x	26.0	23.9	◆ 7/7
Have used marijuana within the last year	(% 2007)	33.1	28.8	30.9	25.1	◆ 7/7
Have been a passenger with an impaired driver within the last year	(% 2007)	x	x	20.0	19.8	◆ 2/7
Safe sex – those that did engage in sexual activity and used a condom	(% 2007)	x	x	62.5	62.6	◆ 5/7
Have a sexually transmitted illnesses – Chlamydia rate	(rate per 100,000, 2009)	281.3	1525	878	959.2	◆ 5/7
Teens who gave birth	(rate per 1,000 females, 2008)	x	15	15	11	◆ 7/7
Violent crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	292.5	X
Property crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	885	X

Socioeconomic Factors – account for 40% of the health status

Indicator	(%, Oct 2010)	Zone 2 Boys	Zone 2 Girls	Zone 2 Average	NB Average	Rank (Zone 2 to other zones)
Youth employment rate	(%, Oct 2010)	x	x	x	36.5	X
School dropout rate	(rate per 10,000, 2009)	x	x	192.59	215.93	◆ 3/7
Planning to begin studies at a college or university after high school graduation	(%, 2010)	73.7	78.6	76.3	79.6	◆ 7/7
Living in low-income family (under 17 years old)	(%, 2006)	x	x	18.3	16	◆ 5*/7
Food insecurity at home, moderate and severe	(%, 2007/2008)	6.9E	7.8E	7.3	8.7	◆ 1/7
Receiving social assistance money (Youth from 16 to 18 years old)	(%, Sept 2010)	x	x	21	15	◆ 6/7
Living in single parent household	(%, 2006)	x	x	17.7	16.4	◆ 4/7

For the sources, definitions and age range of all indicators, please check out www.nbhc.ca and download our *Definitions document*.

(The age range for this snapshot is 10 to 19 years old, all depending on the indicator.)

Physical and Social Environmental Factor – account for 10% of the health status

Teachers show a positive attitude towards healthy living	(%, 2010)	66.9	65.1	65.9	72.5	◆ 7/7
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.)	(%, 2009/2010)	53	61	57	61	◆ 6/7
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week)	(%, 2009/2010)	39	47	44	42	● 2/7
Feel respected at school	(%, 2010)	77.6	79.8	78.7	81.7	◆ 6/7
Feel connected to their school	(%, 2009/2010)	80	85	83	83	● 4*/7
Have never been bullied	(%, 2009/2010)	39	30	34	35	◆ 6/7
Sense of belonging to your community, somewhat strong or very strong	(%, 2009)	F	78.9	83.5	82.5	● 3/6
Satisfaction with mental fitness needs related to school	(%, 2009/2010)	72	81	77	80	◆ 7/7
Satisfaction with mental fitness needs related to friends	(%, 2009/2010)	74	84	79	81	◆ 6*/7
Satisfaction with mental fitness needs related to family	(%, 2009/2010)	76	83	80	83	◆ 7/7
Volunteer outside school without being paid, in the last year	(%, 2009/2010)	70	82	77	76	● 3*/7
Have a family member (parent, step-parent, guardian, brother or sister) who smokes	(%, 2009/2010)	70	72	71	76	● 1*/7
Come in contact with second-hand smoke at home	(%, 2009/2010)	23	19	20	23	● 2/7
Come in contact with second-hand smoke in the past week in a vehicle	(%, 2009/2010)	31	28	29	32	● 2/7
Children under 16 in child protection services	(rate per 10,000, Sept 2010)	x	x	59	45	◆ 6/7

● Doing well (ranked 1, 2)

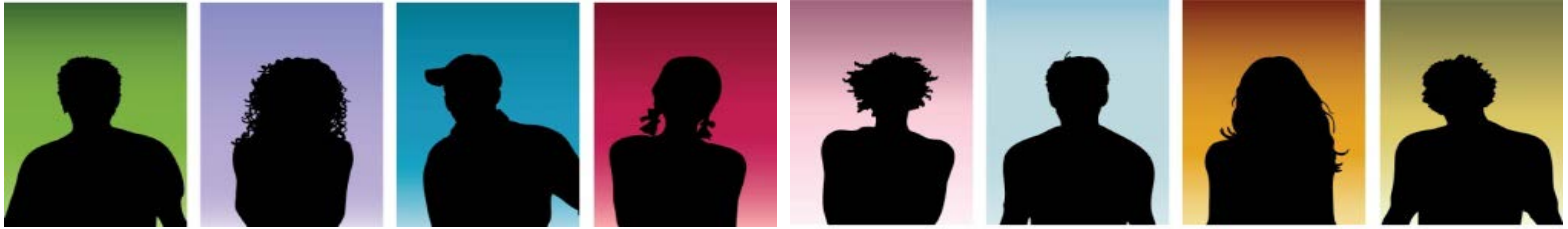
● Caution (ranked 3, 4, 5)

◆ Lagging (ranked 6, 7)

*= another zone has the same ranking, E = Use data with caution, sample size too small, x = data unavailable, Compares to all zones when data is available (7 in total).

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2010 Young New Brunswickers

Zone 3: Fredericton/River Valley Area

-Health Snapshot-



	Zone 3 Boys	Zone 3 Girls	Zone 3 Average	NB Average	Rank (Zone 3 to other zones)
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YOUNG NEW BRUNSWICKERS - HEALTH STATUS						
See their health as being very good or excellent	(%,2009)	69.3 ^E	60.8 ^E	65.2	67	◆ 3/6
See their mental health as being very good or excellent	(%,2009)	65.2 ^E	68.5	66.8	71.8	◆ 5/6
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act)	(%, 2009/2010)	82	86	84	87	◆ 6*/7
Satisfied or very satisfied with life	(%,2009)	97.2	100	98.6	96.8	◆ 2/6
Premature death from cancer	(year of life lost, 2004/2008)	31.55	0	16.19	19.25	◆ 3/7
Premature death from injuries	(year of life lost, 2004/2008)	158.14	44.62	102.88	108.77	◆ 4/7
Premature death from suicides / self-inflicted injuries	(year of life lost, 2004/2008)	42.13	33.46	37.91	33.8	◆ 5/7
Youths with unhealthy weight (overweight and obese)	(%, 2009/2010)	26	21	23	23	◆ 5/7

HEALTH DETERMINANTS

Health Care – accounts for 10% of the health status						
Have a regular medical doctor	(%, 2009)	100	83	91.7	95.7	◆ 5/6
Medical doctor visit within the last year	(%, 2009)	62.5 ^E	78.3	70.2	69.2	◆ 3/5
Dental professional visit within the last year	(%, 2007/2008)	68	76	72	73	◆ 4/7

Behavioural Factors – account for 40% of the health status						
Eat 5 or more fruits or vegetables a day (not including juices)	(%, 2009/2010)	25	24	25	24	◆ 2/7
Eat breakfast daily	(%, 2009/2010)	43	35	39	41	◆ 4*/7
Consume sweetened non-nutritious beverages	(%, 2009/2010)	30	43	36	61	◆ 1*/7
Spend at least 90 minutes a day in a combination of moderate and hard physical activity	(%, 2009/2010)	48	34	41	40	◆ 2/7
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)	(%, 2009/2010)	36	45	41	40	◆ 3/7
Always wear a helmet when using a bicycle	(%, 2009)	x	x	51.9 ^E	46.3	◆ 2/3
Have pro-social behaviours (being helpful, respectful, thoughtful, etc)	(%, 2009/2010)	64	76	70	73	◆ 6/7
Have oppositional behaviours (being defiant, disrespectful, rude, etc)	(%, 2009/2010)	18	15	16	16	◆ 3*/7
Sleep more than 8 hours a night	(%, 2009/2010)	50	51	50	52	◆ 4*/7
Have never tried smoking	(%, 2009/2010)	46	59	53	60	◆ 6/7
Have smoked in the last 30 days	(%, 2009/2010)	14	13	14	12	◆ 5/7
Heavy drinking (getting drunk) in the last 30 days	(% 2007)	x	x	22.2	23.9	◆ 2/7
Have used marijuana within the last year	(% 2007)	31.8	24.3	28	25.1	◆ 6/7
Have been a passenger with an impaired driver within the last year	(% 2007)	x	x	14.5	19.8	◆ 1/7
Safe sex – those that did engage in sexual activity and used a condom	(% 2007)	x	x	58.4	62.6	◆ 7/7
Have a sexually transmitted illnesses – Chlamydia rate	(rate per 100,000, 2009)	437.6	1948	1174.5	959.2	◆ 6/7
Teens who gave birth	(rate per 1,000 females, 2008)	x	11	11	11	◆ 5*/7
Violent crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	292.5	x
Property crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	885	x

Socioeconomic Factors – account for 40% of the health status						
Youth employment rate	(%, Oct 2010)	x	x	x	36.5	x
School dropout rate	(rate per 10,000, 2009)	x	x	236.06	215.93	◆ 5/7
Planning to begin studies at a college or university after high school graduation	(%, 2010)	72.5	83	77.8	79.6	◆ 6/7
Living in low-income family (under 17 years old)	(%, 2006)	x	x	13.7	16	◆ 1/7
Food insecurity at home, moderate and severe	(%, 2007/2008)	6.8 ^E	8.7	7.8	8.7	◆ 2/7
Receiving social assistance money (Youth from 16 to 18 years old)	(%, Sept 2010)	x	x	7	15	◆ 1/7
Living in single parent household	(%, 2006)	x	x	14.3	16.4	◆ 2/7

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(The age range for this snapshot is 10 to 19 years old, all depending on the indicator.)

Physical and Social Environmental Factors – account for 10% of the health status

Teachers show a positive attitude towards healthy living	(%, 2010)	74.2	71	72.5	72.5	● 5/7
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.)	(%, 2009/2010)	57	69	63	61	● 3/7
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week)	(%, 2009/2010)	44	46	45	42	● 1/7
Feel respected at school	(%, 2010)	79.8	81.4	80.5	81.7	● 5/7
Feel connected to their school	(%, 2009/2010)	79	83	81	83	◆ 6*/7
Have never been bullied	(%, 2009/2010)	37	22	29	35	◆ 7/7
Sense of belonging to your community, somewhat strong or very strong	(%, 2009)	86.9	75.4	81.1	82.5	● 4/6
Satisfaction with mental fitness needs related to school	(%, 2009/2010)	74	81	78	80	● 5*/7
Satisfaction with mental fitness needs related to friends	(%, 2009/2010)	76	83	79	81	◆ 6*/7
Satisfaction with mental fitness needs related to family	(%, 2009/2010)	79	84	81	83	◆ 6/7
Volunteer outside school without being paid, in the last year	(%, 2009/2010)	66	78	72	76	◆ 7/7
Have a family member (parent, step-parent, guardian, brother or sister) who smokes	(%, 2009/2010)	71	70	71	76	● 1*/7
Come in contact with second-hand smoke at home	(%, 2009/2010)	24	22	23	23	● 4/7
Come in contact with second-hand smoke in the past week in a vehicle	(%, 2009/2010)	35	32	33	32	● 4/7
Children under 16 in child protection services	(rate per 10,000, Sept 2010)	x	x	25	45	● 1/7

● Doing well (ranked 1, 2)

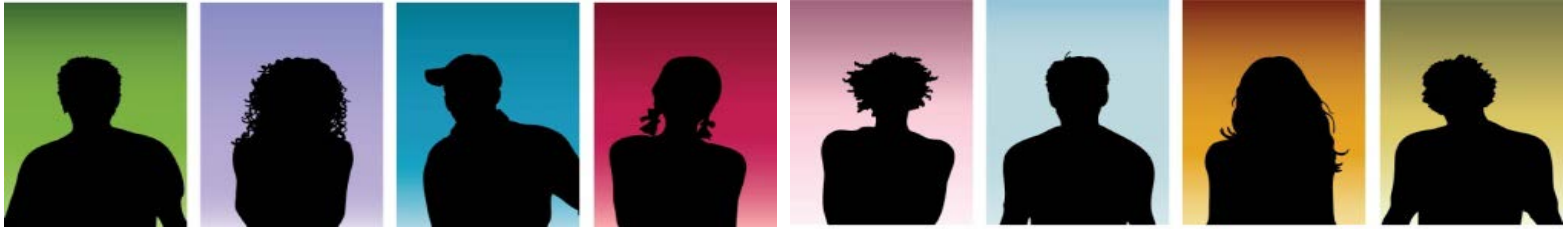
● Caution (ranked 3, 4, 5)

◆ Lagging (ranked 6, 7)

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2010 Young New Brunswickers

Zone 4: Madawaska/North West Area

-Health Snapshot-



	Zone 4 Boys	Zone 4 Girls	Zone 4 Average	NB Average	Rank (Zone 4 to other zones)
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YOUNG NEW BRUNSWICKERS - HEALTH STATUS

See their health as being very good or excellent	(%,2009)	x	x	57.3 ^E	67	◆ 6/6
See their mental health as being very good or excellent	(%,2009)	x	x	91.1	71.8	◆ 1/6
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act)	(%, 2009/2010)	85	93	89	87	◆ 3/7
Satisfied or very satisfied with life	(%,2009)	x	x	96.2	96.8	◆ 4/6
Premature death from cancer	(year of life lost, 2004/2008)	0	0	0	19.25	◆ 1*/7
Premature death from injuries	(year of life lost, 2004/2008)	71.92	155.88	113.47	108.77	◆ 5/7
Premature death from suicides / self-inflicted injuries	(year of life lost, 2004/2008)	70.66	37.36	54.18	33.8	◆ 6/7
Youths with unhealthy weight (overweight and obese)	(%, 2009/2010)	23	20	22	23	◆ 4/7

HEALTH DETERMINANTS

Health Care – accounts for 10% of the health status

Have a regular medical doctor	(%, 2009)	x	x	91.9	95.7	◆ 6/6
Medical doctor visit within the last year	(%, 2009)	x	x	50.2 ^E	69.2	◆ 4/5
Dental professional visit within the last year	(%, 2007/2008)	63	69	65	73	◆ 7/7

Behavioural Factors – account for 40% of the health status

Eat 5 or more fruits or vegetables a day (not including juices)	(%, 2009/2010)	22	22	22	24	◆ 5/7
Eat breakfast daily	(%, 2009/2010)	49	45	47	41	◆ 2*/7
Consume sweetened non-nutritious beverages	(%, 2009/2010)	70	54	61	61	◆ 5/7
Spend at least 90 minutes a day in a combination of moderate and hard physical activity	(%, 2009/2010)	51	29	40	40	◆ 3*/7
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)	(%, 2009/2010)	47	49	48	40	◆ 1/7
Always wear a helmet when using a bicycle	(%, 2009)	x	x	x	46.3	x
Have pro-social behaviours (being helpful, respectful, thoughtful, etc)	(%, 2009/2010)	69	82	76	73	◆ 2/7
Have oppositional behaviours (being defiant, disrespectful, rude, etc)	(%, 2009/2010)	18	11	14	16	◆ 2/7
Sleep more than 8 hours a night	(%, 2009/2010)	54	58	56	52	◆ 2/7
Have never tried smoking	(%, 2009/2010)	45	82	65	60	◆ 3/7
Have smoked in the last 30 days	(%, 2009/2010)	13	7	10	12	◆ 3/7
Heavy drinking (getting drunk) in the last 30 days	(% 2007)	x	x	22.4	23.9	◆ 3/7
Have used marijuana within the last year	(% 2007)	23.4	19.1	21.1	25.1	◆ 1/7
Have been a passenger with an impaired driver within the last year	(% 2007)	x	x	24.7	19.8	◆ 7/7
Safe sex – those that did engage in sexual activity and used a condom	(% 2007)	x	x	70.5	62.6	◆ 1/7
Have a sexually transmitted illnesses – Chlamydia rate	(rate per 100,000, 2009)	171.7	601.7	381.3	959.2	◆ 1/7
Teens who gave birth	(rate per 1,000 females, 2008)	x	9	9	11	◆ 2/7
Violent crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	292.5	x
Property crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	885	x

Socioeconomic Factors – account for 40% of the health status

Youth employment rate	(%, Oct 2010)	x	x	x	36.5	x
School dropout rate	(rate per 10,000, 2009)	x	x	263.98	215.93	◆ 7/7
Planning to begin studies at a college or university after high school graduation	(%, 2010)	74	92.4	84.8	79.6	◆ 3/7
Living in low-income family (under 17 years old)	(%, 2006)	x	x	15.4	16	◆ 3/7
Food insecurity at home, moderate and severe	(%, 2007/2008)	10.6 ^E	13.1 ^E	11.8	8.7	◆ 7/7
Receiving social assistance money (Youth from 16 to 18 years old)	(%, Sept 2010)	x	x	16	15	◆ 4/7
Living in single parent household	(%, 2006)	x	x	11.3	16.4	◆ 1/7

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(The age range for this snapshot is 10 to 19 years old, all depending on the indicator.)

Physical and Social Environmental Factors – account for 10% of the health status

Teachers show a positive attitude towards healthy living	(%, 2010)	72	80.2	76.6	72.5	● 2/7
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.)	(%, 2009/2010)	54	66	60	61	● 4*/7
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week)	(%, 2009/2010)	33	36	34	42	◆ 6/7
Feel respected at school	(%, 2010)	84.1	83	83.5	81.7	● 2/7
Feel connected to their school	(%, 2009/2010)	83	90	87	83	● 2/7
Have never been bullied	(%, 2009/2010)	48	42	45	35	● 1*/7
Sense of belonging to your community, somewhat strong or very strong	(%, 2009)	x	x	75.4	82.5	◆ 5/6
Satisfaction with mental fitness needs related to school	(%, 2009/2010)	78	88	83	80	● 2/7
Satisfaction with mental fitness needs related to friends	(%, 2009/2010)	79	90	85	81	● 1/7
Satisfaction with mental fitness needs related to family	(%, 2009/2010)	81	90	86	83	● 1/7
Volunteer outside school without being paid, in the last year	(%, 2009/2010)	73	84	79	76	● 2/7
Have a family member (parent, step-parent, guardian, brother or sister) who smokes	(%, 2009/2010)	87	88	87	76	◆ 7/7
Come in contact with second-hand smoke at home	(%, 2009/2010)	31	29	30	23	◆ 6/7
Come in contact with second-hand smoke in the past week in a vehicle	(%, 2009/2010)	39	36	39	32	● 5/7
Children under 16 in child protection services	(rate per 10,000, Sept 2010)	x	x	41	45	● 3/7

● Doing well (ranked 1, 2)

● Caution (ranked 3, 4, 5)

◆ Lagging (ranked 6, 7)

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2010 Young New Brunswickers

Zone 5: Restigouche Area

-Health Snapshot-



Zone 5 Boys	Zone 5 Girls	Zone 5 Average	NB Average	Rank (Zone 5 to other zones)
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YOUNG NEW BRUNSWICKERS - HEALTH STATUS

Indicator	(%, 2009)	Zone 5 Boys	Zone 5 Girls	Zone 5 Average	NB Average	Rank (Zone 5 to other zones)
See their health as being very good or excellent	(%, 2009)	x	x	x	67	x
See their mental health as being very good or excellent	(%, 2009)	x	x	x	71.8	x
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act)	(%, 2009/2010)	79	89	84	87	◆ 6*/7
Satisfied or very satisfied with life	(%, 2009)	x	x	x	96.8	x
Premature death from cancer	(year of life lost, 2004/2008)	64.37	0	32.32	19.25	◆ 6/7
Premature death from injuries	(year of life lost, 2004/2008)	0	0	0	108.77	◆ 1/7
Premature death from suicides / self-inflicted injuries	(year of life lost, 2004/2008)	64.37	0	32.32	33.8	◆ 4/7
Youths with unhealthy weight (overweight and obese)	(%, 2009/2010)	36	17	26	23	◆ 6/7

HEALTH DETERMINANTS

Health Care – accounts for 10% of the health status

Indicator	(%, 2009)	Zone 5 Boys	Zone 5 Girls	Zone 5 Average	NB Average	Rank (Zone 5 to other zones)
Have a regular medical doctor	(%, 2009)	x	x	x	95.7	x
Medical doctor visit within the last year	(%, 2009)	x	x	x	69.2	x
Dental professional visit within the last year	(%, 2007/2008)	72	84	79	73	◆ 2*/7

Behavioural Factors – account for 40% of the health status

Indicator	(%, 2009/2010)	Zone 5 Boys	Zone 5 Girls	Zone 5 Average	NB Average	Rank (Zone 5 to other zones)
Eat 5 or more fruits or vegetables a day (not including juices)	(%, 2009/2010)	24	19	21	24	◆ 6/7
Eat breakfast daily	(%, 2009/2010)	34	31	32	41	◆ 6*/7
Consume sweetened non-nutritious beverages	(%, 2009/2010)	68	58	63	61	◆ 6/7
Spend at least 90 minutes a day in a combination of moderate and hard physical activity	(%, 2009/2010)	48	31	40	40	◆ 3*/7
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)	(%, 2009/2010)	33	43	38	40	◆ 4*/7
Always wear a helmet when using a bicycle	(%, 2009)	x	x	x	46.3	x
Have pro-social behaviours (being helpful, respectful, thoughtful, etc)	(%, 2009/2010)	62	77	69	73	◆ 7/7
Have oppositional behaviours (being defiant, disrespectful, rude, etc)	(%, 2009/2010)	20	13	17	16	◆ 5*/7
Sleep more than 8 hours a night	(%, 2009/2010)	35	50	42	52	◆ 7/7
Have never tried smoking	(%, 2009/2010)	59	53	56	60	◆ 4/7
Have smoked in the last 30 days	(%, 2009/2010)	18	13	16	12	◆ 6/7
Heavy drinking (getting drunk) in the last 30 days	(% 2007)	x	x	68.8	62.6	◆ 2/7
Have used marijuana within the last year	(% 2007)	28.5	23.6	26	25.1	◆ 5/7
Have been a passenger with an impaired driver within the last year	(% 2007)	x	x	21.1	19.8	◆ 3*/7
Safe sex – those that did engage in sexual activity and used a condom	(% 2007)	x	x	23.9	23.9	◆ 5/7
Have a sexually transmitted illnesses – Chlamydia rate	(rate per 100,000, 2009)	108.7	1427	764.6	959.2	◆ 3/7
Teens who gave birth	(rate per 1,000 females, 2008)	x	8	8	11	◆ 1/7
Violent crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	292.5	x
Property crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	885	x

Socioeconomic Factors – account for 40% of the health status

Indicator	(%, Oct 2010)	Zone 5 Boys	Zone 5 Girls	Zone 5 Average	NB Average	Rank (Zone 5 to other zones)
Youth employment rate	(%, Oct 2010)	x	x	x	36.5	x
School dropout rate	(rate per 10,000, 2009)	x	x	182.76	215.93	◆ 2/7
Planning to begin studies at a college or university after high school graduation	(%, 2010)	82.4	89.3	86	79.6	◆ 2/7
Living in low-income family (under 17 years old)	(%, 2006)	x	x	20.9	16	◆ 7/7
Food insecurity at home, moderate and severe	(%, 2007/2008)	x	14.6 ^E	10.3	8.7	◆ 5/7
Receiving social assistance money (Youth from 16 to 18 years old)	(%, Sept 2010)	x	x	19	15	◆ 5/7
Living in single parent household	(%, 2006)	x	x	19.7	16.4	◆ 7/7

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(The age range for this snapshot is 10 to 19 years old, all depending on the indicator.)

Physical and Social Environmental Factors – account for 10% of the health status

Teachers show a positive attitude towards healthy living	(%, 2010)	71.4	73.7	72.6	72.5	● 4/7
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.)	(%, 2009/2010)	60	75	67	61	● 1/7
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week)	(%, 2009/2010)	39	42	41	42	● 4*/7
Feel respected at school	(%, 2010)	82.5	73.7	78.1	81.7	◆ 7/7
Feel connected to their school	(%, 2009/2010)	76	86	81	83	◆ 6*/7
Have never been bullied	(%, 2009/2010)	44	30	37	35	● 4*/7
Sense of belonging to your community, somewhat strong or very strong	(%, 2009)	x	x	x	82.5	x
Satisfaction with mental fitness needs related to school	(%, 2009/2010)	73	84	78	80	● 5*/7
Satisfaction with mental fitness needs related to friends	(%, 2009/2010)	77	87	82	81	● 5/7
Satisfaction with mental fitness needs related to family	(%, 2009/2010)	79	87	83	83	● 5/7
Volunteer outside school without being paid, in the last year	(%, 2009/2010)	66	80	73	76	◆ 6/7
Have a family member (parent, step-parent, guardian, brother or sister) who smokes	(%, 2009/2010)	82	84	83	76	● 5*/7
Come in contact with second-hand smoke at home	(%, 2009/2010)	33	45	34	23	◆ 7/7
Come in contact with second-hand smoke in the past week in a vehicle	(%, 2009/2010)	40	47	44	32	◆ 7/7
Children under 16 in child protection services	(rate per 10,000, Sept 2010)	x	x	91	45	◆ 7/7

● Doing well (ranked 1, 2)

● Caution (ranked 3, 4, 5)

◆ Lagging (ranked 6, 7)

*= another zone has the same ranking, E = Use data with caution, sample size too small, x = data unavailable, Compares to all zones when data is available (7 in total).

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2010 Young New Brunswickers

Zone 6: Bathurst/Acadian Peninsula Area

-Health Snapshot-

Zone 6 Boys	Zone 6 Girls	Zone 6 Average	NB Average	Rank (Zone 6 to other zones)
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YOUNG NEW BRUNSWICKERS - HEALTH STATUS

See their health as being very good or excellent	(%,2009)	87.5	x	86.7	67	◆1/6
See their mental health as being very good or excellent	(%,2009)	91.2	x	76.4	71.8	◆3/6
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act)	(%, 2009/2010)	87	91	90	87	◆1*/7
Satisfied or very satisfied with life	(%,2009)	97.1	x	98.5	96.8	◆3/6
Premature death from cancer	(year of life lost, 2004/2008)	26.78	53.48	39.87	19.25	◆7/7
Premature death from injuries	(year of life lost, 2004/2008)	371.13	103.91	240.09	108.77	◆7/7
Premature death from suicides / self-inflicted injuries	(year of life lost, 2004/2008)	49.37	0	25.16	33.8	◆2/7
Youths with unhealthy weight (overweight and obese)	(%, 2009/2010)	24	17	20	23	◆1*/7

HEALTH DETERMINANTS

Health Care – accounts for 10% of the health status

Have a regular medical doctor	(%, 2009)	92.6	x	94.1	95.7	◆3/6
Medical doctor visit within the last year	(%, 2009)	58.2 ^E	x	58	69.2	◆5/5
Dental professional visit within the last year	(%, 2007/2008)	77	66	71	73	◆5/7

Behavioural Factors – account for 40% of the health status

Eat 5 or more fruits or vegetables a day (not including juices)	(%, 2009/2010)	23	24	24	24	◆3*/7
Eat breakfast daily	(%, 2009/2010)	51	43	47	41	◆2*/7
Consume sweetened non-nutritious beverages	(%, 2009/2010)	61	50	55	61	◆3/7
Spend at least 90 minutes a day in a combination of moderate and hard physical activity	(%, 2009/2010)	51	30	40	40	◆3*/7
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)	(%, 2009/2010)	37	40	38	40	◆4*/7
Always wear a helmet when using a bicycle	(%, 2009)	x	x	x	46.3	x
Have pro-social behaviours (being helpful, respectful, thoughtful, etc)	(%, 2009/2010)	68	84	77	73	◆1/7
Have oppositional behaviours (being defiant, disrespectful, rude, etc)	(%, 2009/2010)	19	12	16	16	◆3*/7
Sleep more than 8 hours a night	(%, 2009/2010)	58	58	58	52	◆1/7
Have never tried smoking	(%, 2009/2010)	71	83	77	60	◆1/7
Have smoked in the last 30 days	(%, 2009/2010)	8	6	7	12	◆1/7
Heavy drinking (getting drunk) in the last 30 days	(% 2007)	x	x	19.6	23.9	◆1/7
Have used marijuana within the last year	(% 2007)	21.6	21.5	21.6	25.1	◆2/7
Have been a passenger with an impaired driver within the last year	(% 2007)	x	x	22.2	19.8	◆6/7
Safe sex – those that did engage in sexual activity and used a condom	(% 2007)	x	x	66.5	62.6	◆3/7
Have a sexually transmitted illnesses – Chlamydia rate	(rate per 100,000, 2009)	0	803	389.1	959.2	◆2/7
Teens who gave birth	(rate per 1,000 females, 2008)	x	10	10	11	◆3*/7
Violent crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	292.5	x
Property crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	885	x

Socioeconomic Factors – account for 40% of the health status

Youth employment rate	(%, Oct 2010)	x	x	x	36.5	x
School dropout rate	(rate per 10,000, 2009)	x	x	211.18	215.93	◆4/7
Planning to begin studies at a college or university after high school graduation	(%, 2010)	84.2	93.6	88.9	79.6	◆1/7
Living in low-income family (under 17 years old)	(%, 2006)	x	x	18.3	16	◆5*/7
Food insecurity at home, moderate and severe	(%, 2007/2008)	10.8 ^E	12.6 ^E	11.7	8.7	◆6/7
Receiving social assistance money (Youth from 16 to 18 years old)	(%, Sept 2010)	x	x	22	15	◆7/7
Living in single parent household	(%, 2006)	x	x	18.9	16.4	◆6/7

For the sources, definitions and age range of all indicators, please check out www.nbhc.ca and download our *Definitions document*.

(The age range for this snapshot is 10 to 19 years old, all depending on the indicator.)

Physical and Social Environmental Factors – account for 10% of the health status

Teachers show a positive attitude towards healthy living	(%, 2010)	70.5	80.4	75.7	72.5	● 3/7
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.)	(%, 2009/2010)	52	50	51	61	◆ 7/7
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week)	(%, 2009/2010)	28	35	33	42	◆ 7/7
Feel respected at school	(%, 2010)	93.1	92.6	92.6	81.7	● 1/7
Feel connected to their school	(%, 2009/2010)	85	90	88	83	● 1/7
Have never been bullied	(%, 2009/2010)	51	39	45	35	● 1*/7
Sense of belonging to your community, somewhat strong or very strong	(%, 2009)	63.6 ^E	x	70.4	82.5	◆ 6/6
Satisfaction with mental fitness needs related to school	(%, 2009/2010)	78	89	84	80	● 1/7
Satisfaction with mental fitness needs related to friends	(%, 2009/2010)	80	88	84	81	● 2/7
Satisfaction with mental fitness needs related to family	(%, 2009/2010)	82	88	85	83	● 2*/7
Volunteer outside school without being paid, in the last year	(%, 2009/2010)	70	83	77	76	● 3*/7
Have a family member (parent, step-parent, guardian, brother or sister) who smokes	(%, 2009/2010)	82	83	83	76	● 5*/7
Come in contact with second-hand smoke at home	(%, 2009/2010)	23	18	21	23	● 3/7
Come in contact with second-hand smoke in the past week in a vehicle	(%, 2009/2010)	32	34	32	32	● 3/7
Children under 16 in child protection services	(rate per 10,000, Sept 2010)	x	x	51	45	● 4/7

● Doing well (ranked 1, 2)

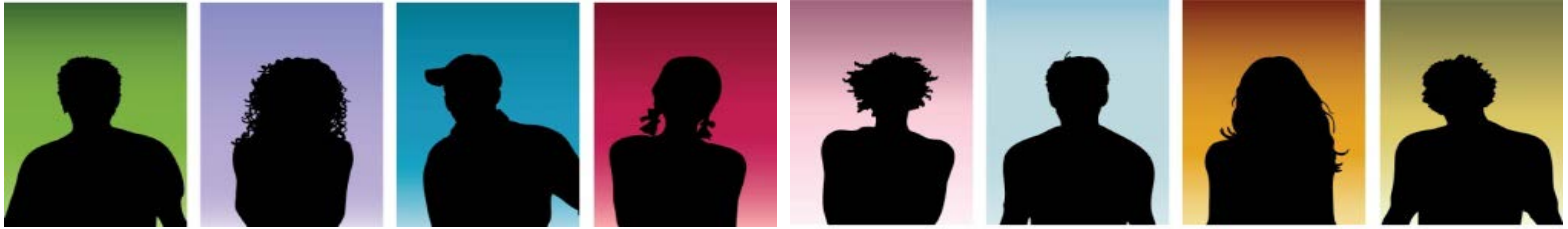
● Caution (ranked 3, 4, 5)

◆ Lagging (ranked 6, 7)

*= another zone has the same ranking, E = Use data with caution, sample size too small, x = data unavailable, Compares to all zones when data is available (7 in total).

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2010 Young New Brunswickers

Zone 7: Miramichi Area

-Health Snapshot-



Zone 7 Boys	Zone 7 Girls	Zone 7 Average	NB Average	Rank (Zone 7 to other zones)
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YOUNG NEW BRUNSWICKERS - HEALTH STATUS

Indicator	(%, 2009)	Zone 7 Boys	Zone 7 Girls	Zone 7 Average	NB Average	Rank (Zone 7 to other zones)
See their health as being very good or excellent	(%, 2009)	x	x	73.6	67	◆ 2/6
See their mental health as being very good or excellent	(%, 2009)	x	x	86.4	71.8	◆ 2/6
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act)	(%, 2009/2010)	81	87	85	87	◆ 4*/7
Satisfied or very satisfied with life	(%, 2009)	x	x	100	96.8	◆ 1/6
Premature death from cancer	(year of life lost, 2004/2008)	0	0	0	19.25	◆ 1*/7
Premature death from injuries	(year of life lost, 2004/2008)	38.19	82.83	59.9	108.77	◆ 2/7
Premature death from suicides / self-inflicted injuries	(year of life lost, 2004/2008)	152.76	0	78.49	33.8	◆ 7/7
Youths with unhealthy weight (overweight and obese)	(%, 2009/2010)	29	31	30	23	◆ 7/7

HEALTH DETERMINANTS

Health Care – accounts for 10% of the health status

Indicator	(%, 2009)	Zone 7 Boys	Zone 7 Girls	Zone 7 Average	NB Average	Rank (Zone 7 to other zones)
Have a regular medical doctor	(%, 2009)	x	x	92.6	95.7	◆ 4/6
Medical doctor visit within the last year	(%, 2009)	x	x	78.1	69.2	◆ 2/5
Dental professional visit within the last year	(%, 2007/2008)	72	92	81	73	◆ 1/7

Behavioural Factors – account for 40% of the health status

Indicator	(%, 2009/2010)	Zone 7 Boys	Zone 7 Girls	Zone 7 Average	NB Average	Rank (Zone 7 to other zones)
Eat 5 or more fruits or vegetables a day (not including juices)	(%, 2009/2010)	18	19	19	24	◆ 7/7
Eat breakfast daily	(%, 2009/2010)	36	29	32	41	◆ 6*/7
Consume sweetened non-nutritious beverages	(%, 2009/2010)	73	67	69	61	◆ 7/7
Spend at least 90 minutes a day in a combination of moderate and hard physical activity	(%, 2009/2010)	50	38	44	40	◆ 1/7
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)	(%, 2009/2010)	28	42	35	40	◆ 7/7
Always wear a helmet when using a bicycle	(%, 2009)	x	x	x	46.3	x
Have pro-social behaviours (being helpful, respectful, thoughtful, etc)	(%, 2009/2010)	66	82	74	73	◆ 4/7
Have oppositional behaviours (being defiant, disrespectful, rude, etc)	(%, 2009/2010)	21	15	18	16	◆ 7/7
Sleep more than 8 hours a night	(%, 2009/2010)	51	54	53	52	◆ 3/7
Have never tried smoking	(%, 2009/2010)	41	54	48	60	◆ 7/7
Have smoked in the last 30 days	(%, 2009/2010)	21	15	18	12	◆ 7/7
Heavy drinking (getting drunk) in the last 30 days	(% 2007)	x	x	23.3	23.9	◆ 4/7
Have used marijuana within the last year	(% 2007)	24.9	24.3	24.5	25.1	◆ 4/7
Have been a passenger with an impaired driver within the last year	(% 2007)	x	x	21.1	19.8	◆ 3*/7
Safe sex – those that did engage in sexual activity and used a condom	(% 2007)	x	x	63.5	62.6	◆ 4/7
Have a sexually transmitted illnesses – Chlamydia rate	(rate per 100,000, 2009)	598.4	1165	868.7	959.2	◆ 4/7
Teens who gave birth	(rate per 1,000 females, 2008)	x	11	11	11	◆ 5*/7
Violent crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	292.5	x
Property crime done by youth	(rate per 10,000 youths, 2009)	x	x	x	885	x

Socioeconomic Factors – account for 40% of the health status

Indicator	(%, Oct 2010)	Zone 7 Boys	Zone 7 Girls	Zone 7 Average	NB Average	Rank (Zone 7 to other zones)
Youth employment rate	(%, Oct 2010)	x	x	x	36.5	x
School dropout rate	(rate per 10,000, 2009)	x	x	138.14	215.93	◆ 1/7
Planning to begin studies at a college or university after high school graduation	(%, 2010)	75.9	86.2	80.9	79.6	◆ 4/7
Living in low-income family (under 17 years old)	(%, 2006)	x	x	16.2	16	4/7
Food insecurity at home, moderate and severe	(%, 2007/2008)	8.8 ^E	9.8 ^E	7.9 ^E	8.7	◆ 3/7
Receiving social assistance money (Youth from 16 to 18 years old)	(%, Sept 2010)	x	x	9	15	◆ 2/7
Living in single parent household	(%, 2006)	x	x	18	16.4	◆ 5/7

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(The age range for this snapshot is 10 to 19 years old, all depending on the indicator.)

Physical and Social Environmental Factors – account for 10% of the health status

Teachers show a positive attitude towards healthy living	(%, 2010)	64.1	72.2	67.9	72.5	◆ 6/7
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.)	(%, 2009/2010)	53	67	60	61	● 4*/7
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week)	(%, 2009/2010)	41	44	43	42	● 3/7
Feel respected at school	(%, 2010)	83.5	79.8	81.7	81.7	● 3/7
Feel connected to their school	(%, 2009/2010)	80	86	83	83	● 4*/7
Have never been bullied	(%, 2009/2010)	44	31	37	35	● 4*/7
Sense of belonging to your community, somewhat strong or very strong	(%, 2009)	x	x	92.7	82.5	● 1/7
Satisfaction with mental fitness needs related to school	(%, 2009/2010)	74	86	80	80	● 4/7
Satisfaction with mental fitness needs related to friends	(%, 2009/2010)	78	87	83	81	● 3*/7
Satisfaction with mental fitness needs related to family	(%, 2009/2010)	82	88	85	83	● 2*/7
Volunteer outside school without being paid, in the last year	(%, 2009/2010)	68	84	77	76	● 3*/7
Have a family member (parent, step-parent, guardian, brother or sister) who smokes	(%, 2009/2010)	76	79	78	76	● 4/7
Come in contact with second-hand smoke at home	(%, 2009/2010)	28	28	27	23	● 5/7
Come in contact with second-hand smoke in the past week in a vehicle	(%, 2009/2010)	43	40	41	32	◆ 6/7
Children under 16 in child protection services	(rate per 10,000, Sept 2010)	x	x	58	45	● 5/7

● Doing well (ranked 1, 2)

● Caution (ranked 3, 4, 5)

◆ Lagging (ranked 6, 7)

*= another zone has the same ranking, E = Use data with caution, sample size too small, x = data unavailable, Compares to all zones when data is available (7 in total).

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Summary

- Youth Population Health Snapshot per zone, New Brunswick and Canada –

Indicator	Desired direction	Zone 1: Moncton/ South-East Area	Zone 2: Fundy Shore / Saint John Area	Zone 3: Fredericton / River Valley Area	Zone 4: Madawaska / North West Area	Zone 5: Restigouche Area	Zone 6: Bathurst / Acadian Peninsula Area	Zone 7: Miramichi area	New Brunswick	Canada
Young New Brunswickers - Health Status										
See their health as being very good or excellent (% , 2009)	▲ Better	64.8	◆ 59.2	65.2	◆ 57.3 ^E	x	◆ 86.7	◆ 73.6	67	68
See their mental health as being very good or excellent (% , 2009)	▲ Better	72.5	◆ 59.0 ^E	◆ 66.8	◆ 91.1	x	76.4	◆ 86.4	71.8	77.4
Have medium to high level of mental fitness (having a positive sense of how you feel, think and act) (% , 2009/2010)	▲ Better	◆ 90	85	◆ 84	89	◆ 84	◆ 90	85	87	x
Satisfied or very satisfied with life (% , 2009)	▲ Better	◆ 94.7	◆ 95.6	◆ 98.6	96.2	x	◆ 98.5	◆ 100	96.8	96.3
Premature deaths from cancer (years of life lost, 2004 to 2008)	▲ Better	21.13	19.94	16.19	◆ 0	◆ 32.32	◆ 39.87	◆ 0	19.25	x
Premature deaths from injuries (years of life lost, 2004 to 2008)	▲ Better	◆ 126.81	70.48	102.88	113.47	◆ 0	◆ 240.09	◆ 59.9	108.77	x
Premature deaths due to suicides/self-inflicted injuries (years of life lost, 2004 to 2008)	▲ Better	30.32	◆ 20.54	37.91	◆ 54.18	32.32	◆ 25.16	◆ 78.49	33.8	x
Youths with unhealthy weight (overweight and obese) (% , 2009/2010)	▲ Better	◆ 20	21	23	22	◆ 26	◆ 20	◆ 30	23	x
Health Determinants										
Health Care – accounts for 10 % of the health status										
Has a regular medical doctor (% , 2009)	▲ Better	◆ 100	◆ 100	◆ 91.7	◆ 91.9	x	94.1	92.6	95.7	84.8
Medical doctor visit within the last year (% , 2009)	▲ Better	x	◆ 87.2	70.2	◆ 50.2 ^E	x	◆ 58	◆ 78.1	69.2	72.1
Dental professional visit within the last year (% , 2007/2008)	▲ Better	◆ 67	◆ 79	72	◆ 65	◆ 79	71	◆ 81	73	80.4
Behavioural Factors – account for 40% of the health										
Eat 5 or more fruits or vegetables a day (not including juices) (% , 2009/2010)	▲ Better	◆ 28	24	◆ 25	22	◆ 21	24	◆ 19	24	x
Eat breakfast daily (% , 2009/2010)	▲ Better	◆ 49	39	39	◆ 47	◆ 32	◆ 47	◆ 32	41	x
Consume sweetened non-nutritious beverages (% , 2009/2010)	▼ Better	56	◆ 36	◆ 36	61	◆ 63	55	◆ 69	61	x
Spend at least 90 minutes a day in a combination of moderate and hard physical activity (% , 2009/2010)	▲ Better	◆ 39	◆ 39	◆ 41	40	40	40	◆ 44	40	x
Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone) (% , 2009/2010)	▲ Better	◆ 42	◆ 38	41	◆ 48	◆ 38	◆ 38	◆ 35	40	x
Always wear a helmet when using a bicycle (% , 2009)	▲ Better	◆ 49.0 ^E	◆ 61.8 ^E	51.9 ^E	x	x	x	x	46.3	30.6
Have pro-social behaviours (being helpful, respectful, thoughtful, etc) (% , 2009/2010)	▲ Better	75	72	◆ 70	◆ 76	◆ 69	◆ 77	74	73	x
Have oppositional behaviours (being defiant, disrespectful, rude, etc) (% , 2009/2010)	▼ Better	◆ 13	◆ 17	16	◆ 14	◆ 17	16	◆ 18	16	x
Sleep more than 8 hours a night (% , 2009/2010)	▲ Better	50	◆ 47	50	◆ 56	◆ 42	◆ 58	53	52	x
Have never tried smoking (% , 2009/2010)	▲ Better	◆ 69	55	◆ 53	65	56	◆ 77	◆ 48	60	x
Have smoked in the last 30 days (% , 2009/2010)	▼ Better	◆ 9	13	14	10	◆ 16	◆ 7	◆ 18	12	x
Heavy drinking (getting drunk) in the last 30 days (% , 2007)	▼ Better	◆ 25.7	◆ 26	◆ 22.2	22.4	23.9	◆ 19.6	23.3	23.9	25.8
Have used marijuana within the last year (% , 2007)	▼ Better	22.3	◆ 30.9	◆ 28	◆ 21.1	26	◆ 21.6	24.5	25.1	x
Have been a passenger with an impaired driver within the last year (% , 2007)	▼ Better	21.5	◆ 20	◆ 14.5	◆ 24.7	21.1	◆ 22.2	21.1	19.8	18.9
Safe sex – those that did engage in sexual activity and used a condom (% , 2007)	▲ Better	◆ 61.4	62.5	◆ 58.4	◆ 70.5	◆ 68.8	66.5	63.5	62.6	61.3
Have a sexually transmitted illnesses – Chlamydia rate (rate per 100,000, 2009)	▼ Better	◆ 1,283.8	878	◆ 1,174.5	◆ 381.3	764.6	◆ 389.1	868.7	959.2	x
Teens who gave birth (rate per 1,000 females, 2008)	▼ Better	10	◆ 15	◆ 11	◆ 9	◆ 8	10	◆ 11	11	x

Indicator	Desired direction	Zone 1: Moncton/ South-East Area	Zone 2: Fundy Shore / Saint John Area	Zone 3: Fredericton / River Valley Area	Zone 4: Madawaska / North West Area	Zone 5: Restigouche Area	Zone 6: Bathurst / Acadian Peninsula Area	Zone 7: Miramichi area	New Brunswick	Canada
Violent crime done by youth (rate per 10,000 youths, 2008)	▼ Better	x	x	x	x	x	x	x	292.5	186.4
Property crime done by youth (rate per 10,000 youths, 2008)	▼ Better	x	x	x	x	x	x	x	885	649
Socioeconomic Factors – account for 40% of the health status										
Youth employment rate (% , Oct 2010)	--	x	x	x	x	x	x	x	36.5	x
School dropout rate (rate per 10,000, 2009)	▼ Better	◆ 238.98	192.59	236.06	◆ 263.98	● 182.76	211.18	● 138.14	215.93	x
Planning to begin studies at a college or university after high school graduation (% , 2010)	▲ Better	77.9	◆ 76.3	◆ 77.8	84.8	● 86	● 88.9	80.9	79.6	x
Living in low-income family (under 17 years old) (% , 2006)	▼ Better	● 14.6	◆ 18.3	● 13.7	15.4	◆ 20.9	◆ 18.3	16.2	16	17.5
Food insecurity at home, moderate and severe (% , 2007/2008)	▼ Better	8.4	● 7.3	● 7.8	◆ 11.8	10.3	◆ 11.7	7.9 ^E	8.7	7.1
Receiving social assistance money (Youth from 16 to 18 years old) (% , Sept 2010)	▼ Better	13	◆ 21	● 7	16	19	◆ 22	● 9	15	x
Living in single parent household (% , 2006)	▼ Better	15.4	17.7	● 14.3	● 11.3	◆ 19.7	◆ 18.9	18	16.4	15.9
Physical and Social Environmental Factors – account for 10% of the health										
Teachers show a positive attitude towards healthy living (% , 2010)	▲ Better	● 78.7	◆ 65.9	72.5	● 76.6	72.6	75.7	◆ 67.9	72.5	x
Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.) (% , 2009/2010)	▲ Better	● 64	◆ 57	63	60	● 67	◆ 51	60	61	x
Physical activity of parents, step-parents or guardian as reported by a young person (at least 3 times in the last week) (% , 2009/2010)	▲ Better	41	● 44	● 45	◆ 34	41	◆ 33	43	42	x
Feel respected at school (% , 2010)	▲ Better	81.5	◆ 78.7	80.5	● 83.5	◆ 78.1	● 92.6	81.7	81.7	x
Feel connected to their school (% , 2009/2010)	▲ Better	85	83	◆ 81	● 87	◆ 81	● 88	83	83	x
Have never been bullied (% , 2009/2010)	▲ Better	39	◆ 34	◆ 29	● 45	37	● 45	37	35	x
Sense of belonging to your community, somewhat strong or very strong (% , 2009)	▲ Better	● 83.8	83.5	81.1	◆ 75.4	x	◆ 70.4	● 92.7	82.5	75.1
Satisfaction with mental fitness needs related to school (% , 2009/2010)	▲ Better	82	◆ 77	◆ 78	● 83	◆ 78	● 84	80	80	x
Satisfaction with mental fitness needs related to friends (% , 2009/2010)	▲ Better	83	◆ 79	◆ 79	● 85	82	● 84	83	81	x
Satisfaction with mental fitness needs related to family (% , 2009/2010)	▲ Better	● 85	◆ 80	◆ 81	● 86	83	● 85	● 85	83	x
Volunteer outside school without being paid, in the last year (% , 2009/2010)	▲ Better	● 80	77	◆ 72	● 79	◆ 73	77	77	76	x
Have a family member (parent, step-parent, guardian, brother or sister) who smokes (% , 2009/2010)	▼ Better	77	● 71	● 71	◆ 87	◆ 83	◆ 83	78	76	x
Come in contact with second-hand smoke at home (% , 2009/2010)	▼ Better	● 18	● 20	23	◆ 30	◆ 34	21	27	23	x
Come in contact with second-hand smoke in the past week in a vehicle (% , 2009/2010)	▼ Better	● 25	● 29	33	39	◆ 44	32	◆ 41	32	x
Children under 16 in child protection services (rate per 10,000, Sept 2010)	▼ Better	● 36	◆ 59	● 25	41	◆ 91	51	58	45	x

- Doing well (ranked 1 or 2 out of 7)
- ◆ Lagging (ranked 6 or 7 out of 7)
- x Data unavailable





Definitions: Population Health Status

1—See their health as being very good or excellent

Actual indicator: Perceived health, very good or excellent

Source: Statistics Canada, Canadian Community Health Survey, 2009.
CANSIM table no.: 105-0501

Definition:

Population aged 12 to 18 years old who reported perceiving their own health status as being either excellent or very good. Perceived health is an indicator of overall health status. It can reflect aspects of health not captured in other measures, such as: incipient disease, disease severity, aspects of positive health status, physiological and psychological reserves **and social and mental function. Perceived health refers to the perception of a person's health in general, either by the person himself or herself, or, in the case of proxy response, by the person responding.**

2—See their mental health as being very good or excellent

Actual indicator: Perceived mental health, very good or excellent

Source: Statistics Canada, Canadian Community Health Survey, 2009.
CANSIM table no.: 105-0501

Definition:

Population aged 12 to 18 years old who reported perceiving their own mental health status as being excellent or very good. Perceived mental health provides a general indication of the population suffering from some form of mental disorder, mental or emotional problems, or distress, not necessarily reflected in self-reported (physical) health.

3—Have medium to high level of mental fitness (having a positive sense of how you feel, think, act)

Actual indicator: Level of mental fitness and resilience

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report having medium to high levels of mental fitness.

Mental fitness means having a positive sense of how we feel, think and act which **improves our ability to enjoy life and respond to life's challenges. We are mentally fit when:**

- our skills and strengths are recognized and used by ourselves and others (competence)
- we have opportunities to make choices and take action to positively impact our lives (autonomy)
- we are connected to and encouraged by our family, friends, school, community and/or workplace (relatedness).

Our capacity to make positive changes in our daily routines, whether choosing healthy eating, being physically active, or living tobacco-free is impacted by our mental fitness.

The level of mental fitness is based on a low to high scale, which is a composite index created from the New Brunswick Student Wellness Survey. Students were presented with eighteen statements, six corresponding to each of the three aspects of mental fitness: autonomy, relatedness and competency. The results were scaled on a 10-point scale such that a score of 10 represented a high level of mental fitness. Students that scored above a 6.5 on the 10-point scale were considered to have a high level of mental fitness.



4—Satisfied or very satisfied with life

Actual indicator: Life satisfaction, satisfied or very satisfied

Source: Statistics Canada, Canadian Community Health Survey, 2009.
CANSIM table no.: 105-0501

Definition:

Population aged 12 to 18 who reported being satisfied or very satisfied with their life in general.

Starting in 2009, this indicator is based on a grouped variable. In 2009, the question was changed from 5-point answer category to an 11-point scale. The concordance between the two scales was found to be good.

5—Premature death from cancer

Actual indicator: Potential years of life lost – all cancers

Source: New Brunswick Vital Statistics, 2004 to 2008

Definition:

Potential years of life lost (PYLL) for all malignant neoplasm (ICD–10 C00 to C97) and for specific sites: colorectal (ICD–10 C18 to C21), lung (ICD–10 C33 to C34), female breast cancer (ICD–10 C50), and prostate cancer (ICD–10 C61) is the number of years of life "lost" when a person dies "prematurely" from any cancer – before age 75. A person dying at age 15, for example, has lost 60 years of life.

As a first step, the "years of life lost" are calculated for each person with a premature death from cancer between 10 and 19 years old (in any of the five years between 2004 and 2008), by taking the person's age at death and subtracting from 75. As a second step, the "ratio of life lost" is calculated by summing the total years of life lost for all premature deaths from cancer and dividing this number by the total population in that age range (based on 2006 census data). As a final step, this ratio is multiplied by 10,000 and divided by five (5) to present the potential years of life lost as a five-year average rate per 10,000 population.

6—Premature death from injuries

Actual indicator: Potential years of life lost - Unintentional injuries

Source: New Brunswick Vital Statistics, 2004 to 2008

Definition:

Potential years of life lost (PYLL) for unintentional injuries (ICD-10 V01 to X59, Y85 to Y86) is the number of years of life "lost" when a person dies "prematurely" from unintentional injuries – before age 75. A person dying at age 25, for example, has lost 50 years of life.

As a first step, the “years of life lost” are calculated for each person with a premature death from unintentional injuries 10 and 19 years old (in any of the five years between 2004 and 2008), by taking the person’s age at death and subtracting from 75. As a second step, the “ratio of life lost” is calculated by summing the total years of life lost for all premature deaths from unintentional injuries and dividing this number by the total population in that age range (based on 2006 census data) with age below 75. As a final step, this ratio is multiplied by 10,000 and divided by five (5) to present the potential years of life lost as a five-year average rate per 10,000 population.



7—Premature death from suicides/self-inflicted injuries

Actual indicator: Potential years of life lost - Suicides and self-inflicted injuries

Source: New Brunswick Vital Statistics, 2004 to 2008

Definition:

Potential years of life lost (PYLL) for suicide and self-inflicted injuries (ICD–10 X60 to X84, Y870) is the number of years of life "lost" when a person dies "prematurely" from suicide – before age 75. A person dying at age 25, for example, has lost 50 years of life.

As a first step, the "years of life lost" are calculated for each person with a premature death from suicide and self-inflicted injuries 10 and 19 years old (in any of the five years between 2004 and 2008), by taking the person's age at death and subtracting from 75. As a second step, the "ratio of life lost" is calculated by summing the total years of life lost for all premature deaths from suicide and self-inflicted injuries and dividing this number by the total population in that age range (based on 2006 census data) with age below 75. As a final step, this ratio is multiplied by 10,000 and divided by five (5) to present the potential years of life lost as a five-year average rate per 10,000 population.

The term 'self-inflicted injuries' refers to suicidal and non-suicidal behaviors such as self-mutilation.



8—Youth with unhealthy weight (overweight or obese)

Actual indicator: Overweight and obese

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:

We used BMI classification developed by the Centers for Disease Control and Prevention (CDC) in the United States that defines BMI ranges for children and youth to take into account normal differences in body fat between males and females and differences in body fat at various ages as children grow. In other words, the quantity of fat varies depending on age and sex, and interpretation of the BMI uses the following four categories:

Underweight - Less than the 5th percentile;

Healthy weight - 5th percentile to less than 85th percentile;

Overweight - 85th percentile to less than 95th percentile;

Obese - Equal to or greater than 95th percentile



Definitions: Health Determinants



Health Care

- accounts for 10% of the health status



Behavioural Factors

- account for 40% of the health status



Socioeconomic Factors

- account for 40% of the health status



Physical and Social Environmental Factors

- account for 10% of the health status





Health Care

- accounts for 10% of the health status

9— Have a regular medical doctor

Actual indicator: Regular medical doctor

Source: Statistics Canada, Canadian Community Health Survey, 2008 and 2009.
CANSIM table no.: 105-0501

Definition:

Population aged 12 to 18 years old who reported having a regular medical doctor, which includes family doctors/general practitioners, who provide primary medical care and are seen for routine procedures, annual exams, blood tests, or flu shots, but may include specialists.

10— Medical doctor visit within the last year

Actual indicator: Contact with a medical doctor in the past 12 months

Source: Statistics Canada, Canadian Community Health Survey, 2008 and 2009.
CANSIM table no.: 105-0501

Definition:

Population aged 12 to 18 years old who reported having consulted with a medical doctor in the past 12 months.



11—Dental professional visit within the last year

Actual indicator: Contact with dental professionals in the past 12 months

Source: Statistics Canada, Canadian Community Health Survey,
New Brunswick Department of Health, 2007-2008

Definition:

Population aged 12 to 18 years old who have consulted with a dental professional in the past 12 months.

Dental professionals include dentists or orthodontists.



Behavioural Factors

- account for 40% of the health status

12— Eat 5 or more fruits or vegetables a day

Actual indicator: Fruit and vegetables consumption, no juice included

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report eating fruits and vegetables at least 5 times in the day prior to responding to the Student Wellness Survey.

13— Eat breakfast daily

Actual indicator: Breakfast consumption

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report eating breakfast at least 7 times in the last week.



14—Consume sweetened non-nutritious beverages

Actual indicator: Consumed Sweetened, non-nutritious beverages in the last 24 hours

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition: Student population in grades 6 to 12 who report drinking at least one serving in the day prior to responding to the Student Wellness Survey.

A non-nutritious beverage can be fruit-flavored drinks (e.i. punch, Sunny D, lemonade, Slushies, regular pop and soft drinks); and high energy drinks (e.i. Red Bull).

15—Spend at least 90 minutes a day in a combination of moderate and hard physical activity

Actual indicator: Moderate and hard physical activity

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition: Student population in grades 6 to 12 who report doing a at least 90 minutes a day of hard or moderate physical activity during physical education class, lunch, recess, after school, in evenings and in their spare time, for each day in the last 7 days.

16—Spend 2 hours or less per day in sedentary activities (watching TV/movies, video games, computer time, messaging or talking on the phone)

Actual indicator: Youth screen time (2 hours or less)

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition: Student population in grades 6 to 12 who report spending 2 hours or less watching TV/movies, playing video/computer games, surfing the internet, instant messaging or talking on the phone for each day in the last 7 days.



17—Always wear a helmet when using a bicycle

Actual indicator: Always wears a bicycle helmet while on a bike

Source: Statistics Canada, Canadian Community Health Survey, 2009
CANSIM table no.: 105-0501

Definition:
Population aged 12 to 18 years old who reported that they always wore a helmet when riding a bicycle in the last 12 months.

18—Have pro-social behaviours (being helpful, respectful, thoughtful, etc.)

Actual indicator: Pro-social Behaviours

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:
Student population in grades 6 to 12 who report having pro-social behaviours.

Pro-social behaviours is expressing a social interest in others, a willingness to help, or being generous.

Having pro-social behaviours is based on a composite index of questions in the New Brunswick Student Wellness Survey, in which, students were presented with five statements, (e.g. *I often do favours for people without being asked*”). The results were scaled on a 10-point scale such that a score of 10 represented a high level of pro-social behaviours. Students that scored above a 6.5 on the 10-point scale were considered to have a high level of pro-social behaviours.



19—Have oppositional behaviours (being defiant, disrespectful, rude, etc.)

Actual indicator: Oppositional Attitudes and Behaviours

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report having oppositional behaviours.

Having oppositional behaviours is being defiant, disrespectful or rude.

Having oppositional behaviours is based on a composite index of questions in the New Brunswick Student Wellness Survey, in which, students were presented with seven statements, (e.g. *“I often say mean things to people to get what I want”*). The results were scaled on a 10-point scale such that a score of 10 represented a high level of oppositional behaviors. Students that scored above a 6.5 on the 10-point scale were considered to have a high level of oppositional behaviours.

20—Sleep more than 8 hours a night

Actual indicator: Sleeping at night

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report usually sleeping over 8 hours each night. This time does not include time spent resting.



21—Have never tried smoking

Actual indicator: Never smoked by grade 12

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:
Student population in grade 12 who reported never trying smoking, not even just a few puffs.

22—Have smoked in the last 30 days

Actual indicator: Youth smoked in last 30 days

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:
Student population in 6 to 12 who report having smoked in the last 30 days.

23—Heavy drinking (getting drunk) in the last 30 days

Actual indicator: Drunkenness in the 30 days prior to the survey among students in Grade 7, 9, 10 and 12

Source: Student Drug Use Survey in the Atlantic Provinces 2007
Department of Community Health and Epidemiology, Dalhousie University, 2007

Definition:
Student population in grade 7, 9, 10 and 12 who report they got drunk at least once in the 30 days prior to the survey.



24—Have used marijuana within the last year

Actual indicator: Any use of cannabis in the year prior to the survey among students in Grades 7, 9, 10 and 12.

Source: New Brunswick Department of Health, New Brunswick Student Drug Use Survey, 2007

Definition:

Student population in grade 7, 9, 10 and 12 who report having any use of cannabis in the year prior to the survey.

25—Have been a passenger with an impaired driver within the last year

Actual indicator: Being a passenger with impaired driver in the year prior to the survey, among students in Grades 7, 9, 10 and 12

Source: Student Drug Use Survey in the Atlantic Provinces 2007
Department of Community Health and Epidemiology, Dalhousie University, 2007

Definition:

Student population in grade 7, 9, 10 and 12 who report being a passenger with an impaired driver in the last year prior to the survey.

26—Safe sex—those that did engage in sexual activity and used a condom

Actual indicator: Did not use protection during the last sexual encounter in the year prior to the survey among students in Grade 9, 10 and 12.

Source: Student Drug Use Survey in the Atlantic Provinces 2007
Department of Community Health and Epidemiology, Dalhousie University, 2007

Definition:

Student population in grade 9, 10 and 12 who report they did no use protection during their last sexual encounter in the last year prior to the survey.



27—Have a sexually transmitted illness —Chlamydia rate

Actual indicator: Number of sexually transmitted infections, genital Chlamydia (STI)

Source: Annual Report, New Brunswick Department of Health, 2008-2009

Definition:

Communicable diseases are capable of being transmitted from an infected person or species to a susceptible host, either directly or indirectly.

Specifically, a sexually transmitted illness is an infection that has a negligible probability of transmission by means other than sexual contact, but has a realistic means of transmission by sexual contact (more sophisticated means — blood transfusion, sharing of hypodermic needles —are not taken into account). The Chlamydia rate per 100,000 is for youths 15 to 19 years old is what was looked at here.

28—Teens who gave birth

Actual indicator: Pregnancy, under 20 years

Source: New Brunswick Vital Statistics, 2008

Definition:

Teens who gave birth is defined as a teenaged or underage girl (under 20 years old) who has had a live birth.



29—Violent crime done by youth

Actual indicator: Total Violent Crime

Source: Statistics Canada, Canadian Centre for Justice Statistics:
Uniform Crime Reporting Survey, 2009

Definition:

Refers to the number of youth 12 to 17 years of age who were either charged (or recommended for charging) by police or diverted from the formal criminal justice system through the use of warnings, cautions, referrals to community programs, etc. Counts are based upon the most serious violation in the incident. One incident may involve multiple violations. Rates are calculated on the basis of 10,000 youth population. Percent change based on unrounded rates. Populations based upon July 1st estimates from Statistics Canada, Demography Division.

A violent crime or crime of violence is a crime in which the offender uses or threatens to use violent force upon the victim. This entails both crimes in which the violent act is the objective, such as murder, as well as crimes in which violence is the means to an end, such as robbery. Violent crimes include crimes committed with and without weapons.

30—Property crime done by youth

Actual indicator: Total Property Crime

Source: Statistics Canada, Canadian Centre for Justice Statistics:
Uniform Crime Reporting Survey, 2009

Definition:

Refers to the number of youth 12 to 17 years of age who were either charged (or recommended for charging) by police or diverted from the formal criminal justice system through the use of warnings, cautions, referrals to community programs, etc. Counts are based upon the most serious violation in the incident. One incident may involve multiple violations. Rates are calculated on the basis of 10,000 youth population. Percent change based on unrounded rates. Populations based upon July 1st estimates from Statistics Canada, Demography Division.

Property crime is a category of crime that includes, among other crimes, burglary, larceny, theft, motor vehicle theft, arson, shoplifting, and vandalism. Property crime only involves the taking of money or property, and does not involve force or threat of force against a victim.



Socioeconomic Factors

- account for 40% of the health status

31—Youth employment rate

Actual indicator: Employment rate

Source: Statistics Canada, Labour force survey estimates (LFS),
Oct 2010 Cansim Table no.: 282-0087

Definition:

The employment rate (formerly the employment/population ratio) is the number of persons employed expressed as a percentage of the population 15 years of age to 19 years old. The employment rate for a particular group (age, sex and marital status) is the number employed in that group expressed as a percentage of the population for that group. Estimates are percentages, rounded to the nearest tenth.

32—School dropout rate

Actual indicator: Education Dropout Statistics

Source: New Brunswick Department of Education, Policy and Planning
Division, Education dropout statistics 2008-2009 and Statistics
Canada, Census 2006.

Definition:

This is based on student tracking information provided by all New Brunswick public schools that house grades 7 and higher. Enrolment includes only those students who were active on September 30 of a given year and had not previously graduated. The dropout count is based only on students who were active on September 30, dropped out and did not return to school by the following September 30.

The period used is from September 30, 2008 to September 30, 2009. Students attending alternative learning centres affiliated with a public school are counted as part of the school's enrolment. This contributes to/affects the dropout rate for that particular school.

33—Planning to begin studies at a college or university after high school graduation

Actual indicator: Planning to begin post secondary studies after high school graduation

Source: New Brunswick Department of Education, 2010 Grade 12 Exit Survey *What's on Your Mind?*

Definition:

Proportion of surveyed student population in grade 12 who report that they are most likely to begin studies at a post secondary establishment after they finish high school. This includes private and community colleges, and private and community universities. This does not include students who indicated they will be joining the Canadian Forces or begin working immediately and undertaking studies later.



34—Living in low-income family (under 17 years old)

Actual indicator: Living in low-income family (under 17 years old)

Source: Statistics Canada., Census 2006, CANSIM Table no. :109-0300

Definition:

Low-income cut-offs (LICOs) represent levels of income where people spend disproportionate amounts of money for food, shelter and clothing. They are based on family and community size and are updated to account for changes in the Consumer Price Index (CPI). LICO data exclude institutional residents and were not derived for economic families or unattached individuals in the territories or on Indian reserves. Prevalence of low income rates are calculated from rounded counts of low income persons or families and the total number of persons or families. These counts have been rounded independently of the rounded counts shown in the table; thus, there may be a small difference between the rate shown and the one derived from the counts shown. Users are advised to interpret prevalence of low income rates based upon small counts with caution. For additional information and a table of low income cut-offs, please refer to the 2006 Census Dictionary, catalogue number 92-566-XWE.

49. The income status before tax refers to the position of an economic family or a person 15 years of age and over not in an economic family in relation to Statistics Canada's low income before tax cut-offs (LICOs). The income status after tax refers to the position of an economic family or a person 15 years of age and over in relation to Statistics Canada's low income after-tax cut-offs (LICO-AT).

35—Food insecurity at home, moderate and severe

Actual indicator: Household food insecure, moderate and severe

Source: Statistics Canada - Household food insecurity, 2007-2008
CANSIM Table no.: 105-0547

Definition:

This variable is based on the Canadian Community Health Survey (CCHS) Food Security module, a set of 18 questions, and indicates whether households both with and without children were able to afford the food they needed in the previous 12 months. The levels of food security are defined as: 1- Food secure: No, or one, indication of difficulty with income-related food access; 2- Moderately food insecure: Indication of compromise in quality and/or quantity of food consumed; 3- Severely food insecure: Indication of reduced food intake and disrupted eating patterns.

Since 2009, all rates in this table are calculated excluding non-response categories ("refusal", "don't know", and "not stated") in the denominator. Percentages are rounded to the nearest tenth. Numbers are rounded to the nearest unit. Bootstrapping techniques were used to produce the coefficient of variation (CV) and 95% confidence intervals (CIs). Data with a coefficient of variation (CV) from 16.6% to 33.3% are identified as follows: (E) use with caution. Data with a coefficient of variation (CV) greater than 33.3% were suppressed due to extreme sampling variability and are identified as follows: (F) too unreliable to be published.

The age group is from 12 to 19 years old, as a percent of persons in household with food insecurity, moderate and severe.

36—Receiving social assistance money (youth from 16 to 18 years old)

Actual indicator: Youth policy case

Source: New Brunswick Minister of Social Development, Sept 2010

Definition:

A youth policy case is a household with at least one youth aged 16 to 20 years old in receipt of social assistance and living outside the parental home. Social assistance program has a set of policies, specific to youth, which are intended to support and encourage youth to obtain their high school diplomas and/or acquire additional education or training. Through a specific case management process, they receive counseling and career advice so that they can stay in or return to school.



37—Living in a single parent household

Actual indicator: Lone-parent families

Source: Statistics Canada, 2006 Census. CANSIM Table 109-0300

Definition:

A lone parent of any marital status, with at least one child living in the same dwelling.







Physical and Social Environmental Factors - account for 10% of the health status

38—Teachers showed a positive attitude towards healthy living

Actual indicator: Teachers showed a positive attitude towards healthy living and health related issues

Source: New Brunswick Department of Education, 2010 Grade 12 Exit Survey *What's on Your Mind?*

Definition:

Proportion of surveyed student population in grade 12 who report they agree or strongly agree that teachers showed a positive attitude towards healthy living and

39—Healthy food choices noticed by youths in schools (at sporting or other events, for fundraising, in the canteen/cafeteria, lower prices for healthier foods, etc.)

Actual indicator: Healthy food choices in school

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report noticing healthy food choices available at school in their school in the last 12 months such as:

- healthier foods sold at sporting events or special food events (e.g. dances),
- healthier foods or non-food items sold for fundraising,
- healthier foods offered in vending machines and at canteens,
- healthier foods offered at cafeteria or in hot lunch program,
- information in their cafeteria about how to make healthier food choices
- or lower prices for healthier foods

40—Physical activity of parents, step-parents or guardian as reported by a young person

Actual indicator: Parents, stepparents or guardian physical activity

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition: Student population in grades 6 to 12 who report how many times were their parents, step-parents or guardian physically active for at least 30-60 minutes in the last 7 days.

41—Feel respected at school

Actual indicator: Felt respected at school

Source: New Brunswick Department of Education, 2010 Grade 12 Exit Survey *What's on Your Mind?*

Definition: Proportion of surveyed student population in grade 12 who report that they agree or strongly agree when asked if they felt respected at school.

42—Feel connected to their school

Actual indicator: School connectedness

Source: New Brunswick Department of Wellness, Culture and Sport, Student Wellness Survey, 2009-2010

Definition: Student population in grades 6 to 12 who report a high level of connectedness to their school.

Having school connectedness is based on a composite index of questions in the New Brunswick Student Wellness Survey, in which, students were presented with six statements (e.g. *"I feel I am part of my school"*). The results were scaled on a 10-point scale such that a score of 10 represented a high level of school connectedness.

Students that scored above a 6.5 on the 10-point scale were considered to have a high level of school connectedness.



43—Have never been bullied

Actual indicator: Never been bullied

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report having never been bullied at school. Includes name-calling, made fun of, teased in a hurtful way, felt excluded on purpose or completely ignored, physically abused, bullied by phone or by computer, email messages or pictures.

44—Sense of belonging to your community, somewhat strong or very strong

Actual indicator: Sense of community belonging

Source: Statistics Canada, Canadian Community Health Survey, 2008
and 2009.
CANSIM table no.: 105-0501

Definition:

Population aged 12 to 18 years old who reported their sense of belonging to their local community as being very strong or somewhat strong.



45— Satisfaction with mental fitness needs related to school

Actual indicator: Mental fitness fulfillment to school
Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:
Student population in grades 6 to 12 who report being satisfied with their mental fitness needs from their school.

Mental fitness means having a positive sense of how we feel, think and act which **improves our ability to enjoy life and respond to life's challenges. We are mentally fit** when:

- our skills and strengths are recognized and used by ourselves and others (competence)
- we have opportunities to make choices and take action to positively impact our lives (autonomy)
- we are connected to and encouraged by our family, friends, school, community and/or workplace (relatedness).

Our capacity to make positive changes in our daily routines, whether choosing healthy eating, being physically active, or living tobacco-free is impacted by our mental fitness. The level of satisfaction with mental fitness need fulfillment at school is based on a low to high scale, which is a composite index created from the New Brunswick Student Wellness Survey.



46—Satisfaction with mental fitness needs related to friends

Actual indicator: Mental fitness fulfillment to friends
Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:
Student population in grades 6 to 12 who report being satisfied with their mental fitness needs from their friends.

Mental fitness means having a positive sense of how we feel, think and act which **improves our ability to enjoy life and respond to life's challenges. We are mentally fit** when:

- our skills and strengths are recognized and used by ourselves and others (competence)
- we have opportunities to make choices and take action to positively impact our lives (autonomy)
- we are connected to and encouraged by our family, friends, school, community and/or workplace (relatedness).

Our capacity to make positive changes in our daily routines, whether choosing healthy eating, being physically active, or living tobacco-free is impacted by our Mental Fitness. The level of satisfaction with mental fitness needs fulfillment by your friends is based on a low to high scale, which is a composite index created from the New Brunswick Student Wellness Survey.



47—Satisfaction with mental fitness needs related to family

Actual indicator: Mental fitness fulfillment to family

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report being satisfied with their mental fitness needs from their family .

Mental fitness means having a positive sense of how we feel, think and act which **improves our ability to enjoy life and respond to life's challenges. We are mentally fit** when:

- our skills and strengths are recognized and used by ourselves and others (competence)
- we have opportunities to make choices and take action to positively impact our lives (autonomy)
- we are connected to and encouraged by our family, friends, school, community and/or workplace (relatedness).

Our capacity to make positive changes in our daily routines, whether choosing healthy eating, being physically active, or living tobacco-free is impacted by our Mental Fitness.

The level of satisfaction with mental fitness needs fulfillment by your family is based on a low to high scale, which is a composite index created from the New Brunswick Student Wellness Survey.

48—Volunteer outside school without being paid in the last year

Actual indicator: Volunteer activity

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:

Student population in grades 6 to 12 who report taking part in any volunteer activity outside of school requirements, without being paid.



49—Have a family member (parent, step-parent, guardian, brother or sister) who smokes

Actual indicator: Any family members that smoke

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:
Student population in grades 6 to 12 who report having a family member who smokes.

50—Come in contact with second-hand smoke at home

Actual indicator: Coming in contact with second-hand smoke at home

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:
Student population in grades 6 to 12 who report having people smoke cigarettes inside their home every day or almost every day. Does not include people who smoke outside.

51—Come in contact with second-hand smoke in the past week in a vehicle

Actual indicator: Coming in contact with second-hand smoke in a vehicle

Source: New Brunswick Department of Wellness, Culture and Sport,
Student Wellness Survey, 2009-2010

Definition:
Student population in grades 6 to 12 who report riding in a car with someone who was smoking cigarettes in the last 7 days.



52—Children under 16 in child protection services

Actual indicator: Child protection case

Source: New Brunswick Minister of Social Development, Sept 2010

Definition:

A child protection case is a household, with at least one child under 16 years of age, in which suspicions of abuse and/or neglect of a child has been substantiated. Standardized Risk Management System, with nine risk decisions, is used in providing the service. Child services are provided for children living at home as well as those who must be temporarily removed from their parents. In keeping with the Family Services Act for any child under 16, or any disabled child under 19, who is deemed to be physically and/or emotionally abused and/or neglected, services may be provided if at-home care is deemed to place the child in jeopardy.



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Appendix—Description of zones

Zone 1: Moncton / South-East area

Acadieville, Alma, Beaubassin East/ Beaubassin-est, Bouctouche, Buctouche, Botsford, Cap-Pelé, Carleton, Coverdale, Dieppe, Dundas, Dorchester, Elgin, Elsipogtog, Fort Folly, Hartcourt, Harvey, Hillsborough, Hopewell, Huskisson, Indian Island, Memramcook, Moncton, Petitcodiac, Port Elgin, Rexton, Richibucto, Riverside-Albert, Riverview, Sackville, Saint-Antoine, Saint-Charles, Saint-Louis, Saint-Louis de Kent, Saint Mary, Saint-Paul, Salisbury, Shediac, Weldford, Wellington, Westmorland

Zone 2: Fundy Shore / Saint John area

Blacks Harbour, Brunswick, Campobello, Cardwell, Clarendon, Dufferin, Dumbarton, Hammond, , Hampstead, Hampton , Havelock, Grand Bay-Westfield, Grand Manan, Greenwich, Johnston, Kars, Kingston, Lepreau, Musquash, Norton, Pennfield, Petersville, Quispamsis, Rothesay, Saint Andrews, Saint Croix, Saint George, Saint **James, Saint John, Saint Martin's, Saint Patrick, Saint Stephen, Simonds, Springfield,** Sussex Corner, Sussex, Studholm, Upham, Waterford, Westfield, West Isles, Wickham

Zone 3: Fredericton / River Valley area

Aberdeen, Andover, Aroostook, Bath, Blissfield, Blissville, Bright, Brighton, Bristol, Burton, Cambridge, Cambridge-Narrows, Canning, Canterbury, Centreville, Chipman, Denmark, Devon, Doaktown, Douglas Dumfries, Florenceville, Fredericton, Fredericton Junction, Gagetown, Gladstone, Gordon, Hartland, Harvey, Kent, Kingsclear, Lincoln, Lorne, Ludlow, Manners Sutton, Maugerville, McAdam, Medictic, Millville, Minto, Nackawic, New Maryland, Northampton, Northfield, North Lake, Oromocto, Peel, Prince William, Perth, Plaster Rock, Queensbury, Richmond, Saint Mary's, Sheffield, Simonds, Southampton, Stanley, Tobique, Tracy, Wakefield, Waterborough, Wicklow, Wilmot, Woodstock



Zone 4: Madawaska / North West area

Baker Brook, Clair, Drummond, Edmundston, Grand Falls/Grand-Sault, Grimmer, Kedgwick, Lac Baker, Madawaska, Notre-Dame-de-Lourdes, Rivière-Verte, Saint-André, Sainte-Anne, Saint-Anne-de-Madawaska, Saint-Basile, Saint-François, Saint-François de Madawaska, Saint-Hilaire, Saint-Jacques, Saint-Joseph, Saint-Léonard, Saint-Quentin

Zone 5: Restigouche area

Addington, Atholville, Balmoral, Belledune, Campbellton, Charlo, Colborne, Dalhousie, Durham, Eel River, Eel River Bar, Eel River Crossing, Eldon, Indian Ranch, Tide Head

Zone 6 : Bathurst / Acadian Peninsula area

Allardville, Bas-Caraquet, Bathurst, Beresford, Bertrand, Caraquet, Grande-Anse, Inkerman, Lamèque, Le Goulet, Maisonnette, New Brandon, Nigadoo, Pabineau, Paquetville, Petit Rocher, Pointe-Verte, Sainte-Marie-Saint-Raphaël, Saint-Isidore, Saint-Léolin, Saumarez, Shippagan, Tracadie-Sheila

Zone 7: Miramichi area

Alnwick, Baie-Sainte-Anne, Big Hole, Blackville, Burnt Church, Chatham, Derby, Eel Ground, Hardwicke, Glenelg, Metepenagiag, Miramichi, Neguac, Nelson, Newcastle, Northesk, Red Bank, Rogersville, Southesk, Tabusintac







**New Brunswick
Health Council**

Engage. Evaluate. Inform. Recommend.