

















## Zone 2 comparison (6 communities in NB)



[www.nbhc.ca/community-profiles](http://www.nbhc.ca/community-profiles)

			Age	Year	Sussex	Saint John	Grand Bay-Westfield	Quispamsis	St. George	St. Stephen	NB	
<b>Community Facts</b>												
Population (2011)*			All	2011	23,139	75,091	10,122	40,158	11,289	15,260	<b>751,171</b>	
Pre-school aged children (0 to 4)*			0 to 4 years old	%	2011	5	5	4	6	5	<b>5</b>	
School aged (5 to 19)*			5 to 19 years old	%	2011	18	16	19	21	17	<b>16</b>	
Adults (20 to 64)*			20 to 64 years old	%	2011	60	62	62	60	61	<b>62</b>	
Seniors (65 +)*			65+	%	2011	17	16	16	13	17	<b>16</b>	
Single parent family*			All	%	2011	13	23	13	12	16	<b>16</b>	
Seniors living alone*			65+	%	2011	27	29	20	19	28	<b>25</b>	
 Language most spoken at home - English*			All	%	2011	98	94	97	96	97	<b>68</b>	
 Language most spoken at home - French*			All	%	2011	1	2	1	2	0	<b>28</b>	
<b>Social and Economic Factors</b>												
 Household income - less than \$20,000			All	%	2011	15	18	7	7	16	18	<b>15</b>
Household income - \$20,000 to \$59,999*			All	%	2011	41	42	39	28	40	44	<b>41</b>
Household income - \$60,000 and more*			All	%	2011	44	40	54	65	43	38	<b>44</b>
 Spending 30% or more of household total income on shelter costs			All	%	2011	14	26	12	14	13	20	<b>19</b>
Food insecurity in homes with or without children present, moderate and severe			All	%	2011	8	8	9	6	15	5	<b>9</b>
Unemployment rate			15+	%	2011	8	10	8	7	15	10	<b>11</b>
High School Diploma or less			25 to 64 years old	%	2011	48	44	39	30	51	46	<b>43</b>
Trades, College, CEGEP, or other non-university certificate or diploma*			25 to 64 years old	%	2011	37	36	43	36	37	34	<b>35</b>
 University degree or certificate or above*			25 to 64 years old	%	2011	15	20	18	34	12	20	<b>22</b>
Getting an education is important to me			Youth (Grade 6 to 12)	%	2009-2010	54	57	n/a	56	55	51	<b>59</b>
School dropout rate			Youth (Grade 6 to 12)	%	2010-2011	2.5	1.7	0.0	0.9	1.8	1.8	<b>2.0</b>
Students with part-time jobs outside of school*			Youth (Grade 6 to 12)	%	2009-2010	47	45	n/a	35	37	F	<b>41</b>
Youth who volunteered outside school without being paid, in the last year			Youth (Grade 6 to 12)	%	2009-2010	76	76	n/a	77	89	F	<b>76</b>
Pro-social behaviour (being helpful, respectful, thoughtful, etc.)			Children (Grade 4 and 5)	%	2010-2011	68	69	72	75	69	60	<b>70</b>
			Youth (Grade 6 to 12)	%	2009-2010	80	82	n/a	81	74	74	<b>80</b>
Have opportunities to develop skills that will be useful later in life (like job skills and skills to care for others)			Youth (Grade 6 to 12)	%	2009-2010	44	45	n/a	42	46	38	<b>46</b>

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High levels of oppositional behaviours (being defiant, disrespectful, rude, etc.)	Children (Grade 4 and 5)	%	2010-2011	18	23	16	20	24	27	22	
	Youth (Grade 6 to 12)	%	2009-2010	32	31	n/a	25	21	30	27	
Has been bullied	Youth (Grade 6 to 12)	%	2009-2010	66	61	n/a	69	86	64	65	
	Crimes against Property	18+	rate per 10,000	2012	495	n/a	232	n/a	383	469	282
	Crimes against Persons	18+	rate per 10,000	2012	237	n/a	112	n/a	252	360	164
	Traffic collisions with injuries or fatalities (motor vehicle and off-road vehicle)	18+	rate per 10,000	2012	46	n/a	20	n/a	32	26	20
	Sense of community belonging to your community, somewhat strong or very strong	Adults	%	2009-2011	77	66	54	81	85	67	69
		Seniors (65+)	%	2009-2011	85	74	F	83	77	64	79
Know where to go in my community to get help	Youth (Grade 6 to 12)	%	2009-2010	24	22	n/a	25	29	21	26	
Students perception of healthy living in schools	Enjoy my cultural and family traditions	Youth (Grade 6 to 12)	%	2009-2010	42	38	n/a	41	47	37	41
	Most of the school staff eat healthy food	Youth (Grade 6 to 12)	%	2009-2010	34	32	n/a	37	21	26	31
	School provided access to healthy foods and snacks	Youth (Grade 6 to 12)	%	2009-2010	13	20	n/a	27	12	41	21
<b>Physical Environment</b>											
	Second hand smoke exposure at home	12+	%	2009-2011	8	9	8	6	14	4	7
	Second hand smoke exposure at in vehicles	12+	%	2009-2011	11	9	2	4	12	4	9
Occupied dwellings requiring major repairs	n/a	%	2011	11	10	10	6	12	11	10	
Private residence built before 1960	n/a	%	2011	31	42	27	14	39	41	27	
<b>Health Behaviours</b>											
	5 or more drinks at one time, at least once in the past 12 months	Youth (Grade 9 to 12)	%	2009-2010	59	52	n/a	41	31	F	51
	5 or more drinks at one time, at least once a month in the past year (heavy drinking)	Adults	%	2009-2011	22	28	20	22	20	17	25
		Seniors (65+)	%	2009-2011	5	4	F	6	4	6	6
	At risk of becoming a future smoker	Youth (Grade 6 to 12)	%	2009-2010	28	29	n/a	21	29	25	27
	Current smoker, daily or occasional	Youth (Grade 6 to 12)	%	2009-2010	10	10	n/a	7	9	14	8
		Adults	%	2009-2011	33	30	34	20	39	36	28
		Seniors (65+)	%	2009-2011	3	18	F	13	13	7	11
	Marijuana use within the last 12 months	Youth (Grade 9 to 12)	%	2009-2010	39	38	n/a	28	16	F	33

		Age	Year	Sussex	Saint John	Grand Bay-Westfield	Quispamsis	St. George	St. Stephen	NB	
	Eat fruits and vegetables, 5 or more daily	Children (Grade 4 and 5)	%	2010-2011	50	47	44	53	45	43	<b>51</b>
		Youth (Grade 6 to 12)	%	2009-2010	34	42	n/a	43	20	32	<b>40</b>
		Adults	%	2009-2011	31	33	38	42	20	24	<b>36</b>
		Seniors (65+)	%	2009-2011	39	29	F	25	14	29	<b>37</b>
	Eat breakfast daily	Children (Grade 4 and 5)	%	2010-2011	60	69	59	72	43	64	<b>70</b>
		Youth (Grade 6 to 12)	%	2009-2010	38	36	n/a	43	25	33	<b>41</b>
	Physically active at least 30 minutes 3 or more times per week	Children (Grade 4 and 5)	%	2010-2011	75	79	77	81	77	72	<b>80</b>
	Physically active at least 90 minutes daily (moderate and hard physical activity)	Youth (Grade 6 to 12)	%	2009-2010	43	41	n/a	36	30	33	<b>40</b>
	Physically active during free-time, moderately active or active daily	Adults	%	2009-2011	52	57	54	66	51	34	<b>52</b>
		Seniors (65+)	%	2009-2011	40	35	F	44	28	31	<b>36</b>
	Sedentary activity - 2 hours or less a day (screen time)	Children (Grade 4 and 5)	%	2010-2011	40	38	41	40	31	34	<b>39</b>
		Youth (Grade 6 to 12)	%	2009-2010	26	21	n/a	24	9	20	<b>25</b>
	Sleep 8 hours or more a night	Youth (Grade 6 to 12)	%	2009-2010	37	33	n/a	42	23	F	<b>29</b>
	Seeing your stress as quite a bit and extreme	Adults	%	2009-2011	21	21	21	20	24	22	<b>22</b>
	Obese	Adults	%	2009-2011	30	25	27	19	23	26	<b>27</b>
		Seniors (65+)	%	2009-2011	31	15	F	14	11	24	<b>20</b>
	Unhealthy weight - overweight or obese	Children (kindergarten to G5)	%	2010-2011	37	39	31	28	41	38	<b>37</b>
		Youth (Grade 6 to 12)	%	2009-2010	26	26	n/a	16	34	26	<b>23</b>

### Health Services – Quality and Access to Services

	Avoidable Hospitalization	All	rate per 10,000 population	2009/10-2011/12	33	59	34	26	67	72	<b>60</b>
	Hospitalization following an injury	0 to 17 years old	rate per 10,000 population	2009/10-2011/12	39	40	29	30	55	53	<b>51</b>
		All	rate per 10,000 population	2009/10-2011/12	68	64	48	39	68	80	<b>70</b>
	Has a personal family doctor	18+	%	2011	92	88	92	92	85	97	<b>93</b>
	Talk to a health professional about things you could do to improve your health or prevent illness like stop smoking, drink less alcohol, etc. (always, usually)	18+	%	2011	32	33	37	34	33	25	<b>32</b>

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<b>Health Outcomes</b>										
Moderate to high level of mental fitness (having a positive sense of how they feel, think and act)	Children (Grade 4 and 5)	%	2010-2011	77	74	79	80	75	70	80
	Youth (Grade 6 to 12)	%	2009-2010	75	75	n/a	77	73	75	77
See their mental health as being very good or excellent	18 to 64 years old	%	2009-2011	73	70	68	80	67	65	71
	Seniors (65+)	%	2009-2011	59	60	F	65	66	69	59
See their health as being very good or excellent	18 to 64 years old	%	2011	56	55	66	65	53	53	57
	Seniors (65+)	%	2011	52	42	49	41	33	39	38

**Chronic Health Conditions:**

Emphysema or COPD	18+	%	2011	2	4	3	2	3	5	3
Diabetes	18+	%	2011	11	11	8	7	9	7	9
Asthma	18+	%	2011	11	11	9	11	7	11	10
High blood pressure or hypertension	18+	%	2011	28	26	23	22	29	26	26
Arthritis	18+	%	2011	20	23	16	17	27	23	18
Cancer	18+	%	2011	8	8	7	7	8	9	7
Chronic Pain	18+	%	2011	15	17	15	14	14	15	15
Depression	18+	%	2011	10	15	8	10	11	10	13
Gastric reflux (GERD)	18+	%	2011	14	15	14	16	18	16	16
Heart Disease	18+	%	2011	7	9	7	8	8	9	8
Mood disorder other than depression	18+	%	2011	F	3	F	2	F	F	3
Stroke	18+	%	2011	F	2	3	2	F	F	2

**Median Age of Death :**

Male	All	Age	2007-2009	75	76	72	74	76	75	76
Female	All	Age	2007-2009	81	83	78	82	83	85	83
Both	All	Age	2007-2009	79	80	74	78	79	81	80

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