










Zone 7 comparison (2 communities in NB)

www.nbhc.ca/community-profiles

	Age		Year	Neguac	Miramichi	NB
Community Facts						
Population (2011)*	All		2011	8,656	36,032	751,171
Pre-school aged children (0 to 4)*	0 to 4 years old	%	2011	5	4	5
School aged (5 to 19)*	5 to 19 years old	%	2011	16	16	16
Adults (20 to 64)*	20 to 64 years old	%	2011	63	61	62
Seniors (65 +)*	65+	%	2011	17	19	16
Single parent family*	All	%	2011	23	17	16
Seniors living alone*	65+	%	2011	20	26	25
 Language most spoken at home - English*	All	%	2011	23	84	68
Language most spoken at home - French*	All	%	2011	70	12	28
Social and Economic Factors						
 Household income - less than \$20,000	All	%	2011	20	15	15
Household income - \$20,000 to \$59,999*	All	%	2011	49	43	41
Household income - \$60,000 and more*	All	%	2011	31	41	44
 Spending 30% or more of household total income on shelter costs	All	%	2011	15	17	19
Food insecurity in homes with or without children present, moderate and severe	All	%	2011	12	11	9
Unemployment rate	15+	%	2011	31	17	11
 High School Diploma or less	25 to 64 years old	%	2011	64	46	43
Trades, College, CEGEP, or other non-university certificate or diploma*	25 to 64 years old	%	2011	28	39	35
University degree or certificate or above*	25 to 64 years old	%	2011	9	15	22
 Getting an education is important to me	Youth (Grade 6 to 12)	%	2009-2010	64	52	59
School dropout rate	Youth (Grade 6 to 12)	%	2010-2011	6.1	3.3	2.0
Students with part-time jobs outside of school*	Youth (Grade 6 to 12)	%	2009-2010	39	42	41
Youth who volunteered outside school without being paid, in the last year	Youth (Grade 6 to 12)	%	2009-2010	87	76	76
Pro-social behaviour (being helpful, respectful, thoughtful, etc.)	Children (Grade 4 and 5)	%	2010-2011	68	77	70
	Youth (Grade 6 to 12)	%	2009-2010	80	80	80
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	41	38	46

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High levels of oppositional behaviours (being defiant, disrespectful, rude, etc.)		Children (Grade 4 and 5)	%	2010-2011	31	17	22
		Youth (Grade 6 to 12)	%	2009-2010	26	29	27
Has been bullied		Youth (Grade 6 to 12)	%	2009-2010	60	63	65
	Crimes against Property	18+	rate per 10,000	2012	388	n/a	282
	Crimes against Persons	18+	rate per 10,000	2012	364	n/a	164
	Traffic collisions with injuries or fatalities (motor vehicle and off-road vehicle)	18+	rate per 10,000	2012	45	n/a	20
	Sense of community belonging to your community, somewhat strong or very strong	Adults	%	2009-2011	74	81	69
		Seniors (65+)	%	2009-2011	F	80	79
Know where to go in my community to get help		Youth (Grade 6 to 12)	%	2009-2010	34	20	26
Students perception of healthy living in schools	Enjoy my cultural and family traditions	Youth (Grade 6 to 12)	%	2009-2010	45	32	41
	Most of the school staff eat healthy food	Youth (Grade 6 to 12)	%	2009-2010	27	28	31
	School provided access to healthy foods and snacks	Youth (Grade 6 to 12)	%	2009-2010	24	23	21

Physical Environment							
	Second hand smoke exposure at home	12+	%	2009-2011	4	8	7
	Second hand smoke exposure at in vehicles	12+	%	2009-2011	16	9	9
Occupied dwellings requiring major repairs		n/a	%	2011	19	10	10
Private residence built before 1960		n/a	%	2011	22	28	27

Health Behaviours							
	5 or more drinks at one time, at least once in the past 12 months	Youth (Grade 9 to 12)	%	2009-2010	58	53	51
	5 or more drinks at one time, at least once a month in the past year (heavy drinking)	Adults	%	2009-2011	27	27	25
		Seniors (65+)	%	2009-2011	F	5	6
	At risk of becoming a future smoker	Youth (Grade 6 to 12)	%	2009-2010	32	23	27
	Current smoker, daily or occasional	Youth (Grade 6 to 12)	%	2009-2010	2	13	8
		Adults	%	2009-2011	27	27	28
		Seniors (65+)	%	2009-2011	F	9	11
	Marijuana use within the last 12 months	Youth (Grade 9 to 12)	%	2009-2010	26	32	33

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	Eat fruits and vegetables, 5 or more daily	Children (Grade 4 and 5)	%	2010-2011	45	46	51
		Youth (Grade 6 to 12)	%	2009-2010	42	32	40
		Adults	%	2009-2011	49	29	36
		Seniors (65+)	%	2009-2011	F	37	37
	Eat breakfast daily	Children (Grade 4 and 5)	%	2010-2011	62	71	70
		Youth (Grade 6 to 12)	%	2009-2010	38	32	41
	Physically active at least 30 minutes 3 or more times per week	Children (Grade 4 and 5)	%	2010-2011	71	83	80
	Physically active at least 90 minutes daily (moderate and hard physical activity)	Youth (Grade 6 to 12)	%	2009-2010	41	44	40
		Adults	%	2009-2011	45	46	52
	Physically active during free-time, moderately active or active daily	Seniors (65+)	%	2009-2011	F	30	36
	Sedentary activity - 2 hours or less a day (screen time)	Children (Grade 4 and 5)	%	2010-2011	32	42	39
		Youth (Grade 6 to 12)	%	2009-2010	26	23	25
	Sleep 8 hours or more a night	Youth (Grade 6 to 12)	%	2009-2010	15	24	29
	Seeing your stress as quite a bit and extreme	Adults	%	2009-2011	17	21	22
	Obese	Adults	%	2009-2011	36	31	27
		Seniors (65+)	%	2009-2011	F	28	20
	Unhealthy weight - overweight or obese	Children (kindergarten to G5)	%	2010-2011	51	40	37
		Youth (Grade 6 to 12)	%	2009-2010	31	30	23

Health Services – Quality and Access to Services

	Avoidable Hospitalization	All	rate per 10,000 population	2009/10-2011/12	73	77	60
	Hospitalization following an injury	0 to 17 years old	rate per 10,000 population	2009/10-2011/12	45	64	51
		All	rate per 10,000 population	2009/10-2011/12	72	93	70
	Has a personal family doctor	18+	%	2011	97	94	93
	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	23	33	32

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Health Outcomes						
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	76	84	80
	Youth (Grade 6 to 12)	%	2009-2010	81	75	77
See their mental health as being very good or excellent	18 to 64 years old	%	2009-2011	57	70	71
	Seniors (65+)	%	2009-2011	F	62	59
See their health as being very good or excellent	18 to 64 years old	%	2011	49	57	57
	Seniors (65+)	%	2011	21	37	38

Chronic Health Conditions:

Emphysema or COPD	18+	%	2011	F	3	3
Diabetes	18+	%	2011	7	10	9
Asthma	18+	%	2011	9	10	10
High blood pressure or hypertension	18+	%	2011	29	28	26
Arthritis	18+	%	2011	15	16	18
Cancer	18+	%	2011	6	7	7
Chronic Pain	18+	%	2011	13	14	15
Depression	18+	%	2011	9	13	13
Gastric reflux (GERD)	18+	%	2011	15	18	16
Heart Disease	18+	%	2011	9	8	8
Mood disorder other than depression	18+	%	2011	F	2	3
Stroke	18+	%	2011	F	3	2

Median Age of Death :

Male	All	Age	2007-2009	73	76	76
Female	All	Age	2007-2009	82	83	83
Both	All	Age	2007-2009	76	79	80

Complete profile and technical information: www.nbhc.ca/community-profiles

Worse than NB average

n/a = Not available

F = Too unreliable to be published

*= No comparison made with NB average