

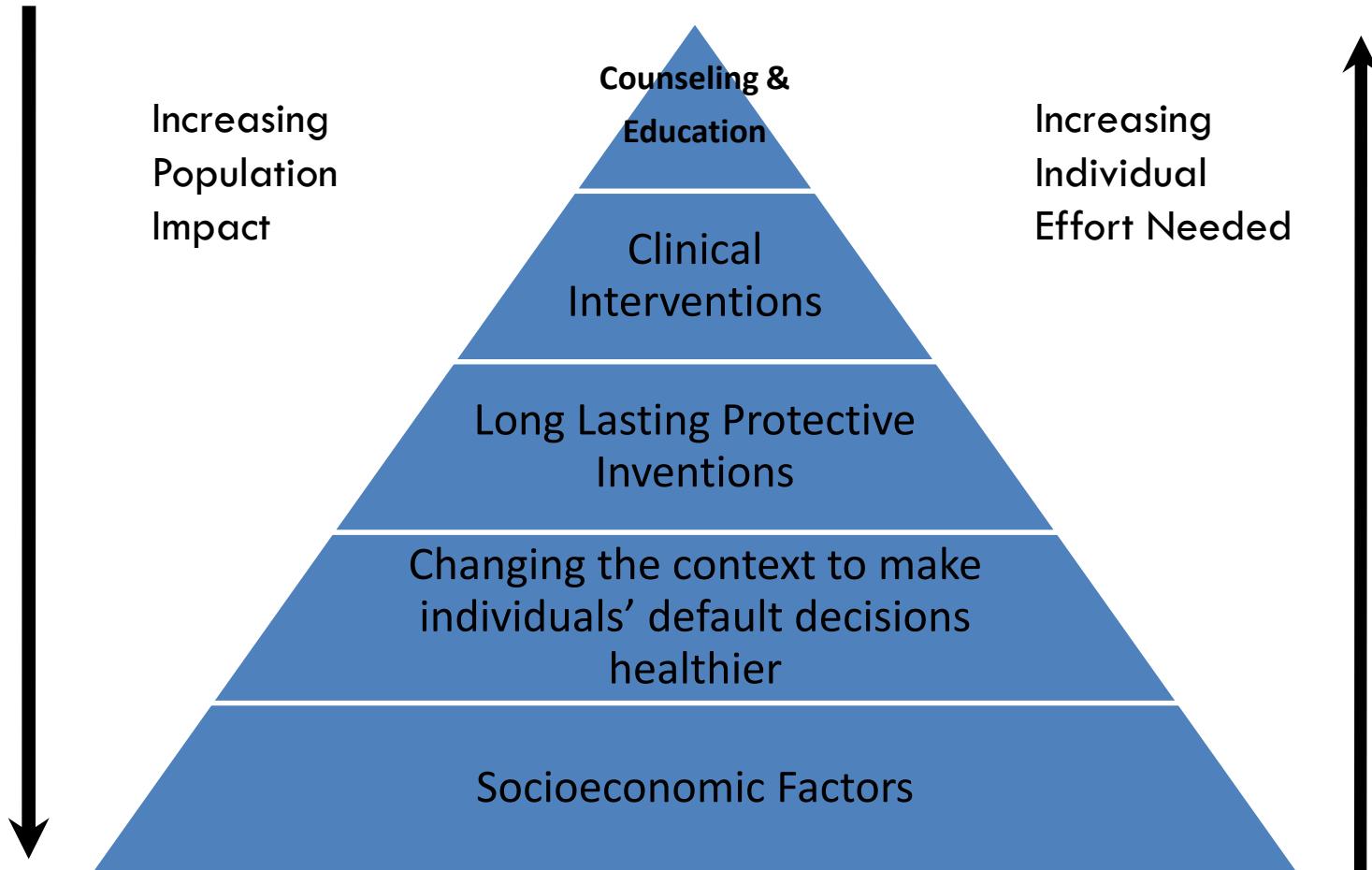
Why Design Health into New Brunswick Communities?

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Medical Officer of Health
NB Department of Health



Health Impact Pyramid



From: Thomas R. Frieden, MD, MPH. American Journal of Public Health April 2010, Vol 100, No. 4

Percent of population 12+ reporting being diagnosed with diabetes, 2012

Statistics Canada

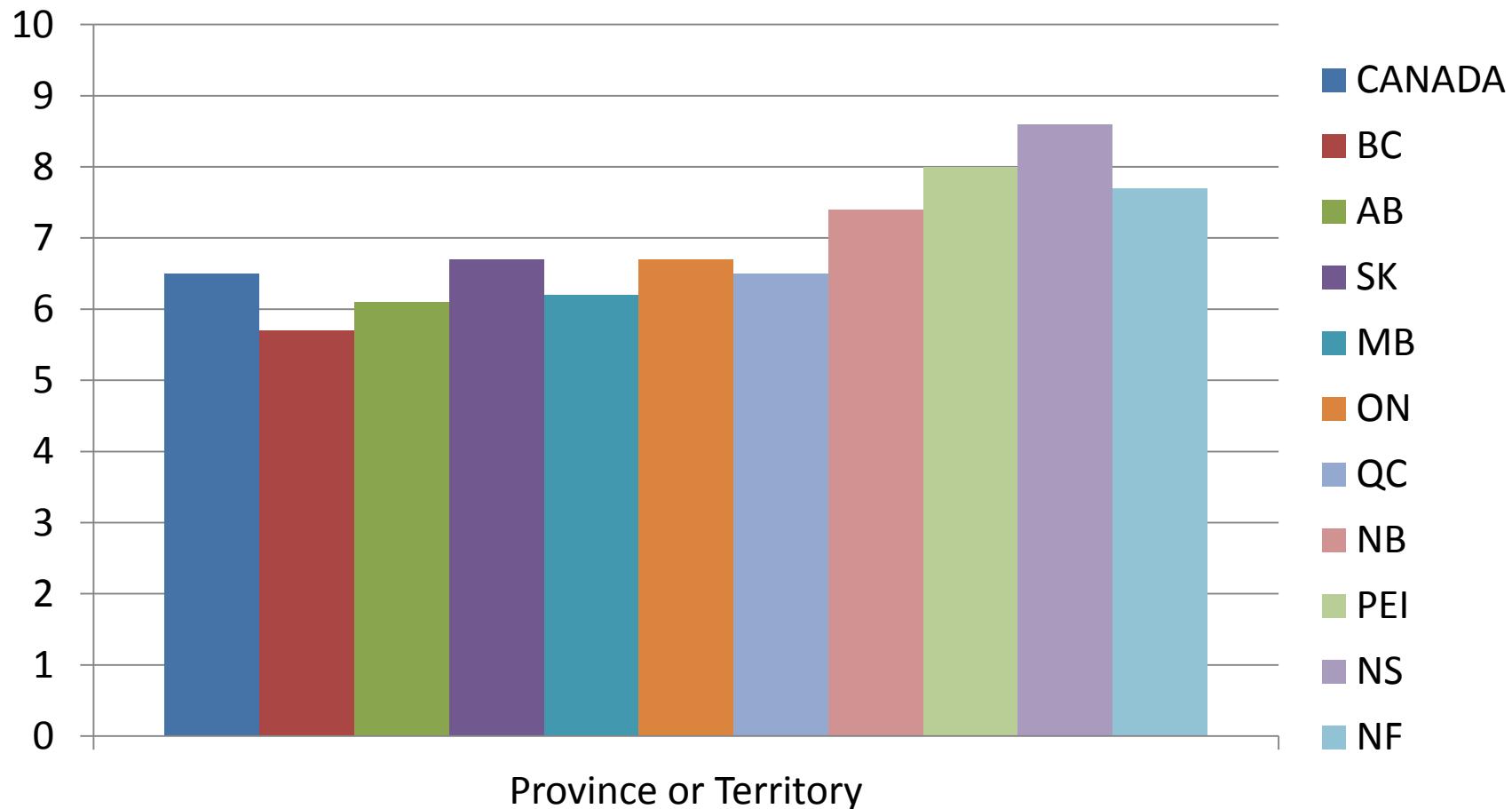
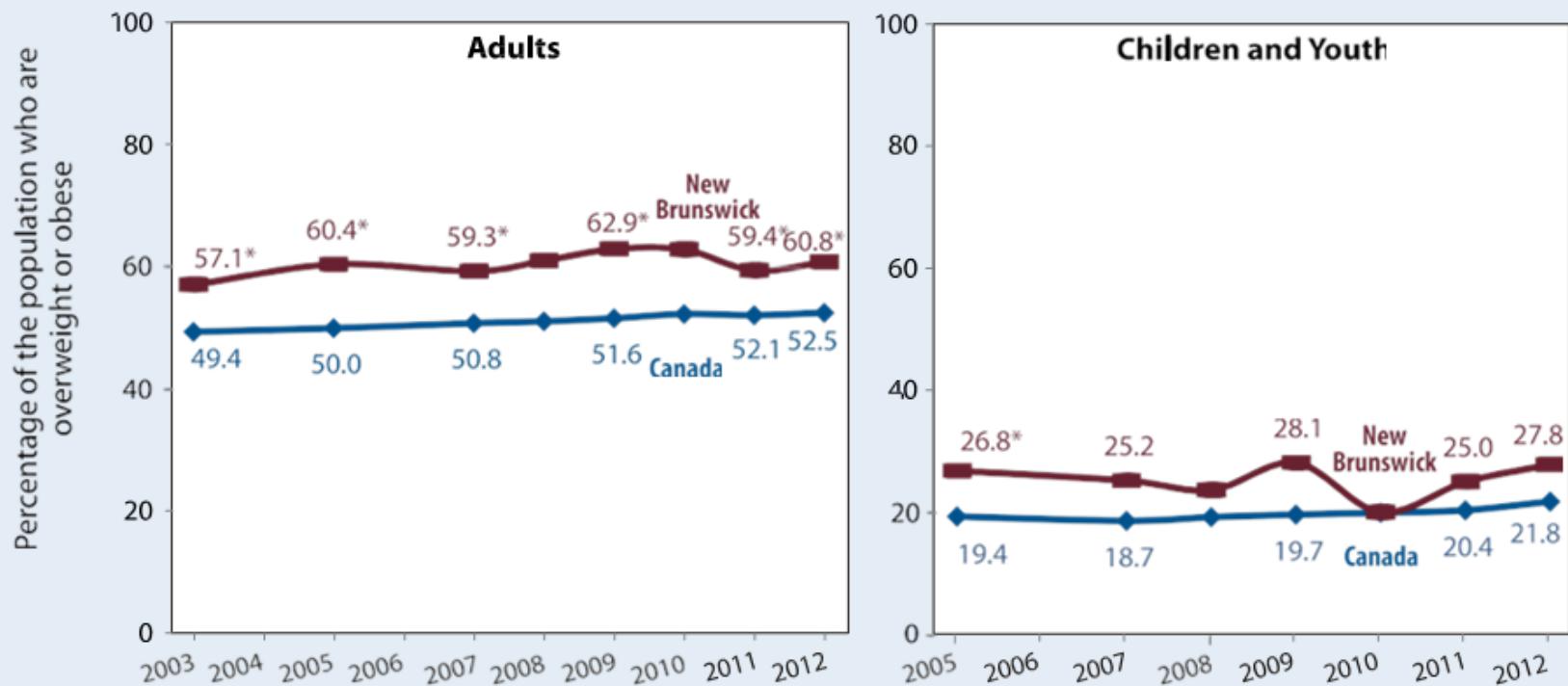


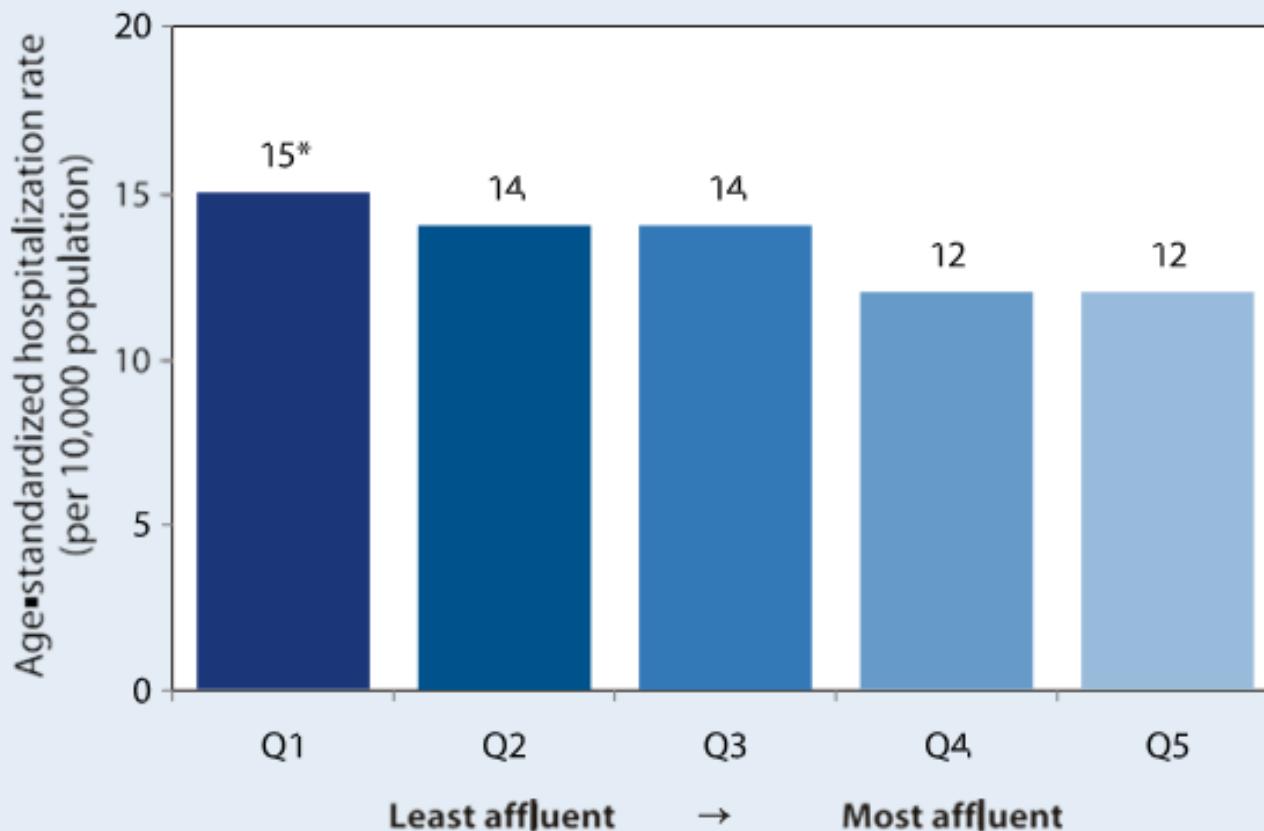
Figure 4.2: Trends in rates of overweight and obesity among adults (18 years and over) and children and youth (12-17 years), New Brunswick and Canada, 2003 to 2012



Note: * = statistically higher than the Canadian crude rate ($p < 0.05$). Age-standardized rates of overweight and obese adults also statistically higher than the Canadian rates ($p < 0.05$; not shown). Data based on self-reported height and weight, and categorized by Body Mass Index (BMI) according to health risk. Overweight and obese classification for adults based on standards developed by the World Health Organization; for children and youth based on BMI cut-offs established since 2005 by the International Obesity Task Force.

Source: Statistics Canada, Canadian Community Health Survey.

Figure 3.11: Hospitalization rates for stroke by neighbourhood income quintile, New Brunswick, 2011-2012



Note: * = statistically significant disparity ratio between Q1 and Q5 rates ($p < 0.05$). Quintile 1 (Q1) refers to the least affluent neighbourhoods, while quintile 5 (Q5) refers to the most affluent. The quintiles were constructed according to methods developed by Statistics Canada.

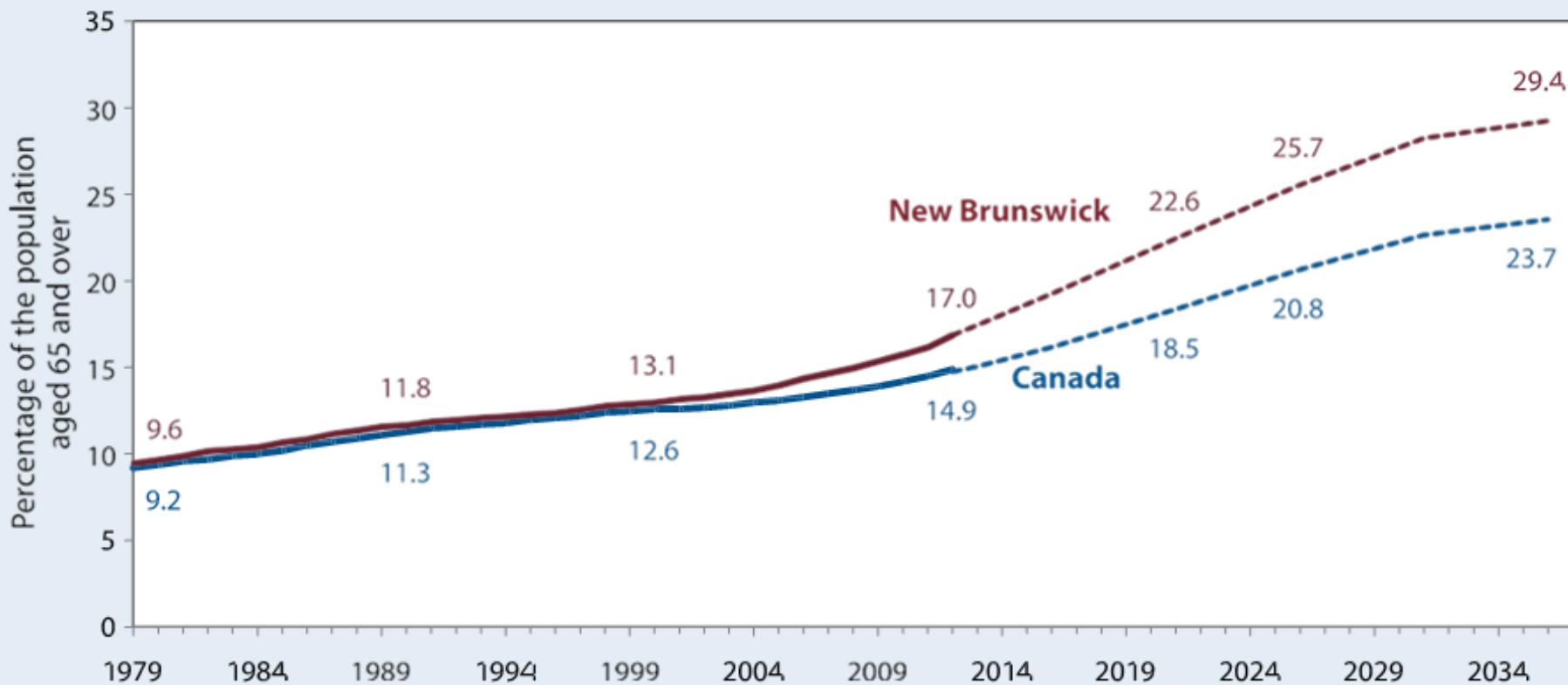
Source: Canadian Institute for Health Information, Statistics Canada.

Physical Activity and Healthy Eating



- In 2011, 49% of NBers self-reported being inactive during their free time
- In 2012, 68% of NBers self-reported eating less than 5 fruits and vegetables per day
- Source: NBHC Population Health Snapshot 2012 and Statistics Canada

Figure 3.2: Trends and projections in population ageing, New Brunswick and Canada, 1979 to 2036



Note: Data for 1979-2012 based on census counts adjusted for census net undercoverage and estimated intercensal population growth. Projections for 2013-2036 based on historical demographic trends and medium-growth scenario.

Source: Statistics Canada.

Social equity and inclusion



Premier's Council on the Status of Disabled Persons

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Telephone: 506-444-3000 | Toll free: 1-800-442-4412

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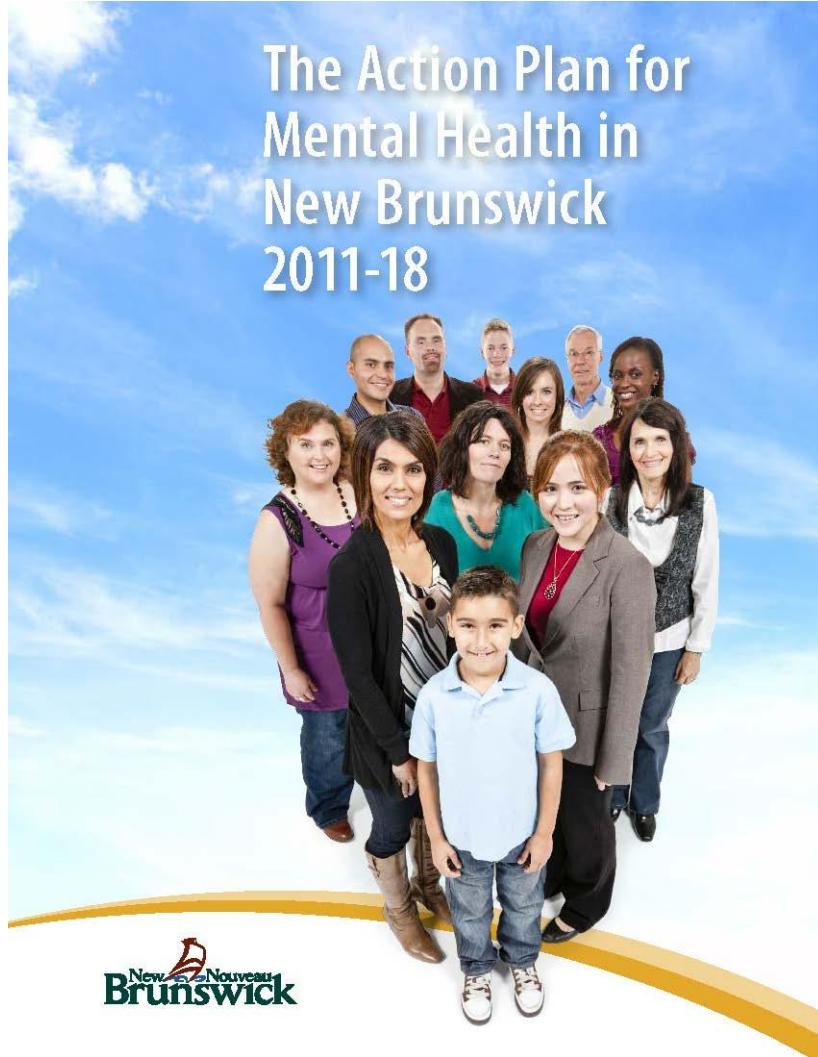
PROGRESS REPORT

APRIL 1ST, 2011 to MARCH 31ST, 2013

The New
Brunswick **Economic
and Social
Inclusion Plan**

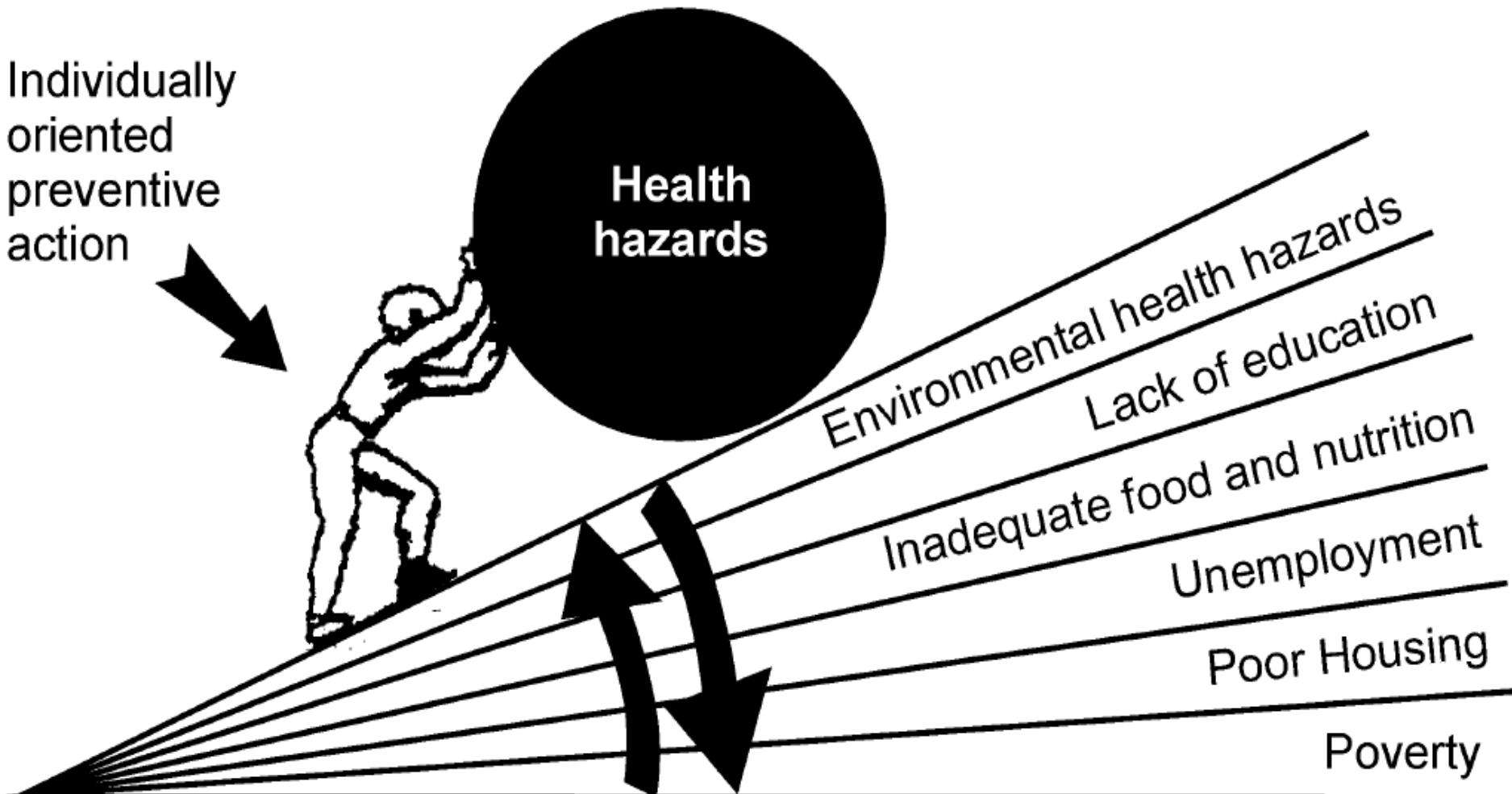
ECONOMIC AND SOCIAL INCLUSION CORPORATION

Mental Health and Social Isolation



- 32% of NBers see their mental health as being fair or poor
(9th out of 10 provinces)
- 70.6% of NBers have a somewhat or very strong sense of belonging to local community
(8th out of 13 province/territories)

Individual action can reduce the impact of health hazards but structural /social factors count!



Can we make the healthy choice the safe, attractive and easy choice?



